

Condor Courier

Issue number 31

February 2019

Information for Service personnel and their families at RM Condor

Upcoming events



Saturday 2nd February afternoon **StoryBook Waves Club**. See page 4 for details



Saturday February 16th 1-4pm **Bring and Buy sale** at the Families Centre see page 4 for details



Tuesday 19th February 2pm **Reading Force/Bookbug session** at Condor Families Centre see page 3 for details



Thursday 27th February **Families Meeting** 10:30am in Condor Families Centre. Everyone welcome



Tuesday 5th March **Pancake Day** at the Families Centre details to follow.



Tuesday 12th March **Bingo** at the Haven see page 4 for details

Look out on The Royal Navy Forum and the RNRMW Arbroath Facebook for up to date information about events

Please note these events may not have been finalised and are subject to change. For more information contact Lorna Robertson Welfare Support Worker.

Details of regular groups on back page

What's on in Angus

There are lots of events in Arbroath, Angus, Dundee and further afield.

www.visitangus.com—has information on places to visit and a what's on calendar.

www.dundee.gov.uk/events has a what's on calendar for Dundee

www.dayoutwiththekids.co.uk has a searchable database with lots of great activities and places to visit.

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Keep up to date with events at RM Condor

Join the **RNRMW Arbroath** Facebook group and sign up to the Royal Navy Forum at www.royalnavy.mod.uk

You can now follow 45Cdo on Twitter **@45CdoGp**

To keep up to date with information from Aggies join the **St Christophers Church, RM Condor** group on Facebook

Lovat Lodge

Lovat Lodge is located in the village of Braemar. Available for Service personnel and their dependants and MOD civil servants employed within RM Condor. Lovat lodge can accommodate up to 8 people.

Lovat Lodge can be booked by Service personnel via the Base Coy subsite on Sharepoint or by calling 01241 822262



More accommodation ideas

HMS Neptune administers a number of accommodation facilities in Scotland that are available to all Service personnel and their families, ex Service personnel and selected civilian organisations. There are cottages, caravans and a motorhome.

Copies of the Facilities brochure are held in Condor Families Centre and at the Welfare offices on RM Condor

If you would like to enquire or book please contact
Central amenities fund manager
HMS Neptune
HMNB Clyde
01436 677266

Pine Cottage, Newtonmore

Aultbea Caravans, Wester Ross

Swift Escape Motorhome (4/5 Berth)

**Short Term Family Accommodation,
Helensburgh**

Holiday Discounts



The Defence Discount Service has 100's of discounts available including holidays, car hire, airport parking etc.

The ONLY official Ministry Of Defence Discount Service Visit www.defencediscountservice.co.uk

Defence Discount Service brochures can be picked up at Condor Families Centre or at the Welfare office.

Union Jack Club

The Union Jack Club is for all Serving and Veteran non-commissioned members of HM Armed Forces and their families, providing a comfortable, relaxed and friendly base in London.

Whether staying overnight or simply meeting up with friends, family or colleagues the Club is here for you, every day. Our famous full English breakfast is from 0700 every morning, with the Main Bar serving from 1100 with beer from £2.50 a pint, and the Restaurant for lunch from 12 noon and dinner from 1700.

Search online for Union Jack Club



The Family Warrior



The Family Warrior

Are you an adult family member of a serving person in the Armed Forces?

Being part of a Forces Family can be rewarding and at the same time it can present unique challenges. Here at The Warrior Programme we are here to help you work through the challenges.

Serving Families Course 5 - 7 March 2019 Wiltshire

Call our freephone +44 (0)808 801 0898
www.warriorprogramme.org.uk

thewarriorprogramme

Bookbug and Reading Force Special Event



On 19th February we will have a very special Bookbug Baby session.

Bookbug is teaming up with Reading Force,

Reading Force have gifted special bookbags and Bookbug have also sent some extra goodies for you all. We will be learning all about Reading Force and how to use their scrapbooks with babies and toddlers to help during times of deployment and separation.



We will still have all the usual song, stories and rhymes. If you have a little one aged birth to 18 months come along and join us.

If you would like to come to the session please contact Lorna Robertson, Welfare Support Worker,

lorna.robertson106@mod.gov.uk

Due to the free goodies places are limited so book ASAP

We held a similar session in November. If you attended that session you are very welcome to come along again, we will still have all the usual fun songs and rhymes. (unfortunately you won't receive the free goodies again!)





Storybook Waves Bookclub

Join us for a fun family afternoon reading and exploring a story together. There will be fun, crafts and snack!

Contact Seonid or Sue to book a place for you family. Spaces are limited and priority will be given to families dealing with separation.

12th January **Cancelled**

2nd February : Aliens Love Underpants

23rd March : The Snail and the Whale

Aggie Weston's Storybook Waves Book club is funded by:



Storybook Waves is supported by:



BRING & BUY



Saturday 16th February

1 - 4 pm

Families Centre

£5 per table

Refreshments available

To book a table please contact Seonid



Visit www.storybookwaves.org.uk or call us on 0300 30 20 183

Royal Navy Royal Marines Welfare (RNRMW)

RNRMW offers a range of services to Naval personnel and their families, across the UK and overseas. RNRMW provides an accessible and confidential service in these key areas: specialist welfare, advice and support to the executive and divisional/regimental system, a network of community, information and communication

There are times when you may require more specialised services that will give you support during a crisis or personal situation. This is where our Specialist Welfare Staff are invaluable. They offer direct advice, support either practical or emotional, and advocacy on behalf of you as service users directly or in conjunction with other agencies. Our team includes Social Workers, Case Workers, Welfare Support Workers, and Community Development Workers.

Access our service by calling our RNRMW Team on 023 9272 8777. They will assess your needs and discuss what steps will be taken to provide the support required.

Out of hours RNRMW Duty Worker

To reach the RNRMW Duty Worker outside office hours or on public holidays contact:

Duty Naval Base Officer Clyde , Faslane

+44 (0)1436674321 ext 4005

Services available to serving individuals and their families are extensive. Some of the main areas covered are: Relationships problems, Bereavement, Linkage to Charities, Mental/Physical Health, Care of Children/Special Needs, Pregnancy Complications and Separation

In an Emergency

If circumstances arise, whilst your relative is deployed overseas or on a ship out of UK waters, which make it necessary for you to request for their return home on compassionate grounds; a death in the family, serious illness or a serious family crisis, you should contact: **The Joint Casualty & Compassionate Centre (JCCC) +44 (0)1452 519951**

The JCCC is staffed 24 hours a day including weekends and bank holidays. If circumstances arise, whilst your relative is serving ashore in the UK or on a ship in UK waters, that make it necessary for you to request their return home on compassionate grounds; a death in the family, serious illness or a serious family crisis, you should contact the Portal Team as above.

Contact houses/Family Centre hire

RM Condor has two 3 bedroom, fully furnished houses that Service personnel can hire for visiting family or friends. The current charge is £30 per night.

Condor Families Centre can also be hired for private events. This hire is free of charge for birthday parties etc. If you wish to hire the Families Centre for personal business reasons (eg private childminding) There is a charge of £20 per day

Both the houses and Families Centre are booked by calling 01241 822332 between 8am and 4pm Monday to Thursday, Friday 8am until 1230pm. Or visiting the Works office on Camp.

If you wish to use them it is essential that you book the Families Centre or Contact Houses . Keys will not be given out without a booking.

If you hire either the Families Centre or the Contact Houses please leave them clean and tidy, removing all personal items, decorations, leftover food etc. Please ensure windows and doors are secured before returning the keys.



Call the 24-hour
mental health
helpline on
0800 323 4444

Combat Stress Helpline
is available 24-hours a
day for serving personnel
and their families

Please visit www.combatstress.org.uk for more information

Condor Service Personnel and Families Information Sheet

Lorna Robertson
Welfare Support Worker
Welfare Office
RM Condor
01241 822262
07818520757
lorna.robertson106@mod.gov.uk
RNRMW Arbroath Facebook Group

Input and Feedback

Your input and feedback regarding this Information Letter is greatly appreciated.

If there is something you would like to see included please contact Lorna Robertson, contact details above

Useful numbers/websites

RM Condor Guardroom	01241 822132
Learning Centre	01241 822037
PRI (Regimental Institute Shop)	01241 852036
RNRMW Welfare Portal	02392 728 777
Welfare Support Worker	01241 822262
Amey	0800 7076000
Contact House/Families Centre booking	01241 822332
Central Taxis	01241 877766
NHS 24	111
RM Condor Medical Centre	01241 822067
RM Condor Dental Centre	01241 822066
Angus Council	www.angus.gov.uk/ 08452 777 778
What's on in Arbroath and Angus	www.angusahead.com

Regular Groups

Monday

Knit and natter—in the Haven. 1-3pm. £1.50 per session. Contact Seonid for more information 01241 822226

Tuesday

Coffee Morning – In the Families Centre 10.15am – 11.30am everyone welcome. £1 donation for tea and coffee

Bookbug Baby—2pm in the Families Centre. Check the RNRMW Arbroath Facebook page or RN Forum for details of sessions

Wednesday

Coffee and Chat and **Wednesday Wiggles** at 10am. Both in the Haven at St Christopher's Church. Contact Seonid or Sue for more information 01241 822226

Yoga 11.30am in squash court 3 at the Gym. £3.50 per session. Contact UPTI Marv for info 01241 822008

Ladies Group fitness—1-2pm at the Gym. Free to attend. Contact UPTI Marv for info 01241 822008. Parents who attend take turns to look after children while the others attend the class.

Thursday

Coffee Morning – In the Families Centre 10.15am – 11.30am everyone welcome. £1 donation for tea and coffee

Condor Crafts 1-2pm in the Families Centre £1 per child towards craft supplies. See RNRMW Arbroath Facebook page and RN forum for details.

Friday

Military Wives Choir - in St Christopher's Church. The choir practice from 10am until 11.30am. Meet from 9.30am for tea and chat. Contact Facebook RM Condor Military Wives Choir

Other regular events

Walking group—Check RNRMW Arbroath Facebook page or the RN Forum for future walk dates

Families meeting - Families Meetings are held in the Families Centre usually once per month. Look out on the Royal Navy Forum or the RNRMW Arbroath Facebook group

If you would like to receive a copy of the Condor Courier by email please contact
lorna.robertson106@mod.gov.uk