



Condor Courier

Issue number 33

April 2019

Information for Service personnel and their families at RM Condor

Upcoming events



Tuesday 2nd April **Easter Service, Dinner and Egg hunt.** See page 5 for details



Monday 27th May **May day fun day at the Haven** see page 5 for details



Summer Safari park trip. Details to be finalised. This trip will be advertised on the Royal Navy Forum and RNRMW Arbroath Facebook page.

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](#)

Local Easter events

There are lots of events on locally during the Easter holidays which include

5th–22nd April, Easter Trail at Monikie Country Park

6th–23rd April, Easter Trail at Crombie Country Park

19th–22nd April, Easter Egg Hunts at Barry Mill and House of Dun

20th-21nd April, Easter Weekends at Glamis Castle and Forbes of Kingennie

20th– 21st April, Calendon Railway Easter Eggspress

21st April, Outdoor Cinema at Glamis Castle

Go to www.visitangus.com for more information on these events and lots of other events and places to visit.

Inside this issue

CO's Letter	2
CO's Letter Craigtoun Park Passes	3
Murton Farm Passes Condor Crafts Baby Rhyme	4
Easter Service Family Fun Day Storybook Waves	5
Welfare Support Worker information	6
Contact house/Families Centre Hire Welfare information	7
Regular Groups Useful Contacts	8

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



Commanding Officer 45 Commando Royal Marines

Lieutenant Colonel D G Forbes Royal Marines

To the families and friends of 45 Commando Group,

It seems like no time since I put pen to paper soon after getting back from the US. We have worked hard to prioritise activity but there seems to have been a steady stream of individual courses, top up training and assurance inspections to keep everyone on their toes. Importantly, we completed Exercise South West Sword, off the coast of Plymouth a couple of weeks ago. The weather was terrible which had a big impact on what could actually be achieved. Put simply, helicopters and landing craft don't work too well in stormy conditions - this had major knock-ons to the planned activity which was frustrating for all involved. To their credit, the men and women of the Cdo stuck to the task (and we achieved about 2/3rds of what we needed to).

In and around camp, we have had the chance to pick up on some low-level skills and hone lessons from the recent trip to the US. Importantly, our Motor Transport Troop and Equipment Support Troop did a brilliant job by securing a(nother!) strong pass on our latest external assurance audit - the Logistic Support Inspection. That they managed this while the preparations were largely conducted while the Cdo was deployed in California for the early part of the year was just superb. This also needed a heck of a lot of graft - for which we are all most grateful.

Recce Troop have just delivered a cracking 'sniper experience' package for some willing volunteers from across the UK and further afield - and raised over £20,000 for the Royal Marine Charity in the process. A fantastic effort.

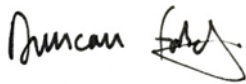
Not long now until Easter Leave which is set from lunch time on 6th April until 23rd April. Around 20 people are on exercise during this period, but the great majority of folk should get the full period off. For your diaries, we also plan to secure the Cdo for the first May bank holiday for long weekend leave to break up this pre-deployment period - returning to work on 7th May. (Zulu Company are taking the following weekend off).

The plan still sees us setting off for the Joint Expeditionary Force (Maritime) (JEF(M)) deployment around 18th May. (Confusingly, you may also now hear this trip called 'Baltic Protector'). This trip is shaping up nicely with the various threads coming together - with training from Denmark to Estonia, via Sweden, Germany, Latvia and Lithuania. It will be a real mix of planes, trains and automobiles (and ships...) between the various locations - lots of planning to be getting on with between now and then. We are still aiming to get back mid/late July, with summer leave scheduled for the 27th July to 25th August.

We are aiming to ensure there is plenty going on in Arbroath during this trip - details are posted on Facebook and will be updated on the next issue of the Condor Courier. If you have any ideas, do get in touch with the team or with me direct.

Finally, after four years in post, this is the last Condor Courier to be produced by Lorna Roberston - our Welfare Support Worker. She leaves us in April for pastures new; taking up a role as an executive assistant for a senior civil servant in Dundee. She has poured herself into life in and around Condor - whether developing the families' centre, organising trips or parties, or quietly sorting things out. We have done our best to anticipate some of the gaps that she leaves behind, and it has been great that folk have volunteered to assist in all manner of ways. But there will be things we have missed and for those of you who live locally, please bear with us as we adapt. We will all miss Lorna and wish her the very best of luck.

Regards,



Free days out at Craigtoun Park, near St Andrews



The Royal Marines Association have purchased tickets for the use of personnel and families at RM Condor. There are 2 tickets each for 4 people.

The tickets can be booked and obtained by contacting the Guardroom

There is plenty to see and do on your visit to Craigtoun Park. Don't miss the famous attractions. Families have enjoyed Craigtoun's facilities for over fifty years, so come and find out what all the fuss is about!

● Rio Grande Railway ● Boating lake ● Puffin' Billy tractor ride ● Pedal cars ● bouncy castle ● crazy golf ● Adventure Playground ● trampolines ● zip lines ● Trim Trail ● fairy glen ● lots of grass for games and picnics ● A beautiful park including walled garden, stumpery, lakes

The tickets are valid from 30th March 2019—20th October 2019. These tickets cover the paid attractions.

Details of opening hours and more information can be found at www.friendsofcraigtoun.org.uk



Ladies Circuits

Wednesdays 1-2pm at the Gym. Free to attend. Contact UPTI for more info 01241 822008. Parents who attend take turns to look after children while the others attend the class.

Please note there is no class on 10th or 17th April.

Murton Farm—Free family and individual passes



Murton Farm Trust is a popular visitor attraction in the beautiful Angus countryside just outside Forfar

At Murton Farm you will be able to meet the very friendly collection of animals and birds including Dennis and Gnasher the adorable Kune Kune pigs. The play area has sand pits, pedal toys, an adventure trail and a variety of outdoor toys.

The tea room serves light lunches and snacks, together with a wide choice of home baking.

Enjoy a walk or leisurely stroll around the extensive nature reserve. There are beautiful lochs and wetlands which are home to a wide variety of birds and wildfowl. There is a well-maintained network of paths that everyone can enjoy whatever the season.

For your free family or individual pass please contact

The Welfare office at RM Condor 01241 822260

www.murtonwildlife.org.uk

Condor Crafts



Condor crafts is a weekly craft group for young children and their adult to explore arts, crafts and messy play.

Sessions are organised and run by Annmarie Silcock.

The cost for each session is £1 per child and this is used to purchase arts and craft materials.

Come along and join us on a Thursday at 1pm in Condor Families Centre

Baby Rhyme



Copyright Homemade-Preschool.com

Baby Rhyme

Join us on Tuesdays at 2pm in Condor Families Centre

We will have rhymes and songs for you to enjoy with your baby.

Sessions are led by Kimberley Edge

This is a great way to meet other parents with young babies in a relaxed, informal environment



Copyright Homemade-Preschool.com



Find out what's going on locally.....

www.royalnavy.mod.uk

Click on Welfare, Events or Forums



www.facebook.com/groups/RNRMWarbroath



[@RNRMWelfare](https://twitter.com/RNRMWelfare)

**EASTER FAMILY
SERVICE,
CELEBRATION DINNER
AND EGG HUNT**

**Tuesday, April 2 @ 5pm
At the Haven**



Phone Seonid or Sue to book your places on
01241 822226

**FAMILY
FUN DAY**

Monday 27th May 11am



**Join us for a day of fun for
all the family!**

£2.50 per child

£5 per adult



*****BOOKING ESSENTIAL*****

**To book places for your family
contact Seonid or Sue
(822226)**



BBQ



Storybook Waves

Storybook Waves helps members of the Royal Navy and Royal Marines maintain the link with their children by recording a bedtime story for them to listen to when a parent is serving away from home.

The Royal Navy and Royal Marines deploy more frequently than personnel in the other services. Leaving loved ones behind when serving overseas or on board a ship, is a feature of life in the most 'separated service.' These separations can be especially difficult for children. Storybook Waves exists to help maintain the link between parent and child, no matter how far apart they may be.

Storybook Waves provides facilities for anyone serving away from home to record a bedtime story for their child. Once recorded, trained volunteer editors add a soundtrack and create a personalised CD for each child so that he or she can listen to a parent's voice whenever they want. The recipients of each recording get a copy of the story being read, a scrapbook, and a medal with their recording - all for FREE!

Recording a story is quick and easy, it takes about twenty minutes! We have a selection of books available suitable for different ages you can choose from. For more information, or to make a recording, simply contact Seonid or Sue on 01241 822226 or pop into the Haven.



Welfare Support Worker leaving post

As most of you know I am leaving RM Condor and my post will be uncovered for a time until RNRMW advertise and fill the vacancy. I wanted to use this opportunity to thank you all for the help and support you have given over the past 4 years.

I also wanted to remind you of a few things, just so they are not forgotten about—

The families own items that are stored near my office. Sean Morrow the Welfare Caseworker can give you access to them for families events. There are—

Halloween Decorations

Christmas Decorations/Christmas trees (these have been used to decorate the Families Centre in the past)

2 x Chocolate fountains

The excess funds from families teas and coffees are banked with Central Bank on Camp (in the Base Company building). There is currently around £200 saved here (£30 of this money was charity money left from the garden project and is to be used for fixings for the new garden chalkboards).

New garden chalkboards —There are two large chalkboards (plus a box of chalks and a duster) for the Families Centre garden. Hopefully they will be installed soon.

Once they are installed please look after the chalks by replacing them in the box after each session (new chalks will need to be funded from the families tea fund). Please also wipe the boards at the end of each play session—the longer you leave the chalk on the board the harder it is to clean off!

For those whose children use the toys in the Families Centre please remember to have regular cleaning sessions to sort and clean the toys to keep them hygienic and in a good state of repair.

I have recently updated the local RNRMW Information Sheets and placed copies in the Families Centre—they cover subjects including Education and Childcare, Financial and Legal, Housing, Health and Sports/recreation. In the Families Centre you will also find Reading Force and Hello From Home workbooks as well as lots of information from military charities and other organisations who can help. If you would like a copy of any of the information sheets or if you need any further information you can go to www.royalnavy.mod.uk/welfare or email naynps-peoplesptrnrmwinfo@mod.gov.uk

If you want to keep up to date you can join the Royal Navy Forum at www.royalnavy.mod.uk here you will find a forum specifically for Arbroath.

You can also join the RNRMW Arbroath Facebook Group. If you have a question you can post it there. This group is moderated by RNRMW staff who will respond to you.

The RNRMW Community Development Worker for Scotland, Sophia, will be visiting coffee morning over the next few weeks and is looking forward to meeting you all.

I wish you all the best for the future

Lorna Robertson

Welfare Support Worker

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

Useful numbers/websites

RM Condor Guardroom	01241 822132
Learning Centre	01241 822037
PRI (Regimental Institute Shop)	01241 852036
RNRM Welfare Portal	02392 728 777
Welfare Office	01241 822260
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.visitangus.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

Baby Rhyme —2pm in the Families Centre. Free to attend. See RMRMW Arbroath Facebook page and RN forum for details. Kimberley Edge is the session leader

Soul Man - Starting Tuesday 5th March at 7pm in the Haven. For Service personnel. Coffee and cake provided. Contact the Padre for details Ext 2225

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 Circuits—1-2pm at the Gym. Free to attend. Contact UPTI for info 01241 822008. Parents who attend take turns to look after children while the others attend the class. Please note there is no class on 10th or 17 April.

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 RMRMW Arbroath Facebook page and RN forum for details. Annmarie Silcock is the session leader

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