Volunteers Day Out

On Friday 7th June we celebrated National Volunteer Week, to say thank you to all our volunteers for all their dedication and support to the project.

Unfortunately, due to poor weather our exciting day paddle boarding had to be set aside.

Our volunteer Co-ordinator, Lisa, arranged to take them to the cinema and lunch. This helped to further build relationships between the volunteers, while giving them a well-deserved treat.

When the volunteers were asked, since volunteering for this project, what has changed in your life and what difference has volunteering for RNRMW?

These were a few of the responses.

“My anxiety has decreased and I am more confident when talking to parents and children”

“I have made numerous new friends from volunteering, and enjoy spending time with children and their families.”

“I feel less isolated and it has improved my confidence.”

“The project has given me confidence and friendship”

If you have some time to spare and would like to participate in our volunteer program, please contact Lisa Clarke for more information and an application form. Email: rnrmwwvc@gmail.com

If you are deploying or your loved one is already deployed and you would like a Deployment Information Pack please contact: navynps-peoplesptnsfpsinfo@mod.gov.uk
Some of our local schools hold regular sessions for their military children.

During one of Widey Court Primary School’s Military Kids Club Heroes (MKC Heroes) sessions held in the Crownhill Community Centre, they held a sensory painting session.

The room was set up, by covering some of the dancefloor with a large piece of card.

When the children arrived, they put on their aprons and were given a wax crayon, a paint brush and some paint.

The children then walked around the card while music was playing (like musical chairs), when the music stopped they had to draw something, in response the music.

If the music was loud and fast they had to draw something loud and fast and if the music was soft and slow they had to draw something slow and soft.

All of the children really enjoyed it and even got some of the parents to join in too.

The finished piece was taken to Widey Court School where it will be put on display.

Some of the work involving our young people, Volunteers and Community colleagues is a little more serious, recently one Young Volunteer attended Plymouths Youth Network Conference with Naomi (CDW) and Bradley (Volunteer). This was a gathering of young people across Plymouth who belong to youth participation groups who look to change and improve the lives of other young people in Plymouth. The Conference had workshops and presentations on various hard hitting topics such as The Environment (run by Plymouth Sound Marine Park); ending knife crime; suicide awareness and mental health.

Our young volunteer said ‘I really enjoyed the activities and found it interesting and would like to use the ideas in youth group such as decorating pebbles with inspiring words/pictures and placing them on Tamar Bridge to help prevent people jumping’.

If you would like to get involved in our Youth Forum please take a look at our community pages on the Royal Navy website for more information and contact details.
https://www.royalnavy.mod.uk/community-and-support/community/crownhill
RNAS Culdrose

820 Squadron Families Day

RNRMW were invited to attend and offer support to 820 Sqn families in Culdrose on 31st May.

Some of our Plymouth colleagues were lucky enough to attend in support of the team in Culdrose.

It was a fantastic event for the families, with lots of entertainment for the children – inflatable quasar – the squadron had organised for Marks Ark to attend, bringing with him an array of creatures including a Tarantula, a beautiful Skunk (it wasn't at all smelly!), a Monitor Lizard and Scorpion.

We also had a selection of our available publications, gizzetts and information on display and ready to give away – not quite as exciting as the entertainment on offer.

The Squadron organised flights for their families (and other visitors), that went out across the south coast to Penzance, before returning to base. A fantastic experience for all that were able to participate.

There were biscuits and refreshments available throughout the day and a delicious hog roast to round it all off.

A wonderful day and great way to say thank you to our families for their support.

Thank you 820 for your hospitality!

Have you seen our Memory Boxes? A useful tool to help children (and Adults) to cope during periods of separation. These wonderful boxes come with some stationary items – you can decorate the box if you wish - and are available free from your local RNRMW Information Office.

navynps-peoplesptnsfpsinfo@mod.gov.uk
Friendly Friday - Culdrose

In the Community Centre at Culdrose – Hibernia Road – they hold a regular session called Friendly Friday. The group recently had an Alice in Wonderland themed morning. Where they made jam tarts, Mad Hatter’s hats, Cheshire cat grins and queen of heart crowns.

Every Friday morning, they meet for chat and a family activity. They have started to use the time for discussing issues, such as ways to talk with children about deployment and how to discipline as a lone parent.

Why not pop along if you get the chance. For more information on groups and events in the Community Centre check their page on the Royal Navy website: https://www.royalnavy.mod.uk/community-and-support/community/culdrose

Check out our events pages to find out what’s on in your area and beyond!

https://www.royalnavy.mod.uk/news-and-latest-activity/events