

Royal Navy Royal Marines Welfare (RNRMW)

Newsletter – Central Area

July – September 2018



This community newsletter is produced for the RNRMW Central Area by your RNRMW Specialist Welfare, Information Support and Community Teams located at **RNAS Yeovilton, 40 CDO Taunton, RMB Chivenor and CTC RM Lympstone** to demonstrate the work achieved over the last few months in support of your communities.

We hope that you will enjoy reading this and if you have any comments or would like more information about your specific area, please let us know at NAVYNPS-PEOPLESPTNRNRMWINFO@mod.gov.uk

RNAS Yeovilton

RNRMW Volunteer 'Thank You'

On Tuesday 10th July, RNRMW Volunteer Coordinator, Heather Burton, invited all registered volunteers to a reward and training morning with the aim of introducing the volunteers to each other, complete training in safeguarding and child protection, identify further training needs, complete volunteer induction and most of all to thank those that had stepped forward to act as volunteers for RNRMW.

After lots of good discussions and the training, a vintage tea/lunch was enjoyed by all.

The volunteers enjoyed the training and the lunch and the feedback received included ...

"Fantastic morning, glad I came"

"This has been lovely"

"When will we get together again"

"Thank you so much"



As a result of this event, there will be quarterly volunteer get togethers' and meetings and plans are already in place for a Christmas Tea for volunteers with mince pies, Christmas cake and pass the parcel/secret Santa.

If you would like to become a RNRMW Volunteer or would like to find out more information, please contact Heather Burton at nrmwcvc@gmail.com.

Little Acorns Baby & Toddler Group – Trip to Pennywell Farm

On Wednesday 18th July, before the schools broke up for the summer and families had older children to cater for, the 'Little Acorns' Baby and Toddler Group volunteers organised a trip for the parents and their young ones to 'Pennywell Farm' near Buckfastleigh in Devon.

It was a beautiful day, like so many days this summer ... and this only added to the great time that everyone had. RNRMW funded the coach, which left promptly at 0930 to give all the families enough time to enjoy all the attractions and activities at Pennywell Farm and make the most of the day before timing the return journey home in time for school pick-ups of older siblings.



14 families enjoyed a fun filled day in which the parents had as much fun as the children. Kids (baby goats – not children!) were bottle fed, piglets were held, tractor rides were experienced and ice creams scoffed. The journey back was a much quieter one ... you always know it's been a winner of day when the children are all asleep on the way back!

Feedback from those that enjoyed the day included:

'Fantastic day, very well organised. Loved all the animals and didn't want to leave'

'Great day out, had a lovely time'

'It was our son's first time at a farm and he enjoyed it – piggy cuddles were the best'

'We had a great day, enjoyed seeing all the animals – thank you'

'A lovely family day out, thank you. Well organised and a lovely treat'



Children Getting Crafty!



Following the success of last year's Craft Activity, RNRMW secured the funding to put on two sessions of themed crafting for primary school aged service children living around the RNAS Yeovilton area at the Tall Trees Community Centre in Ilchester.

The first session was held on Friday 10th August with the theme 'Muppets' where the children (and mums and dads) made muppet puppets of their friends and family. This resulted in some amazing creations! The second session was held on Thursday 16th August, this time the theme was 'Bugs', which again resulted in some impressive multi-legged not to mention multi-coloured creatures!

The aim of this project was to provide a social environment where service children can mix with others of a similar age and give parents the opportunity to engage with each other as well. The fact that a complete mess could be made by everyone also provided a stress-free atmosphere and let's say there was no limiting of any creative juices!



Babies Getting Messy!

This was such a successful event last year, RNRMW decided to hold two baby and toddler messy play sessions again this year. Held on the 15th and 21st August, these events had the aim of providing children and parents with the opportunity to enjoy having fun together without having to worry about either making a mess or having to clear up the mess!

The babies and toddlers that came along had a great time exploring different textures and all their senses. All the children had a fantastic time getting to grips with dry rice of all different colours, cooked spaghetti, crushed biscuits, cous cous and various other edible delights.

Whilst the expressions on the children's faces gave the best feedback, the adults also had some positive things to say which included:

'Great event, kids love messy play, brilliant for little ones discovering the world around them'

'Brilliant, really good for little ones and grown-ups!'

'Been brilliant to socialise with other children and get messy'

'Really enjoyable, the children love this and it saves having the mess in your home'



Wincanton Families Day

It was a shame that this RNRMW Families Day for service families living in the Wincanton area had to be postponed from the original date planned due to the weather, which given the summer we have had was a surprise! Nevertheless, without any 'wet weather alternative' we had no choice, however the RNRMW community staff quickly put plans together to hold the event on Friday 17th August. This day was not ideal, not being a weekend, but the calendar of community events the RNRMW team were supporting was very full and it was better than cancelling altogether.

This time the weather was a little more kind, the rain stayed away and the sun even made an appearance for the families that were able to make the most of this event. There was a bouncy castle, sumo suit fun, toys and games and free ice creams.

Given the small percentage of the total number of service families based at RNAS Yeovilton that live in the service families' accommodation in Wincanton, it could be considered an isolated area away from the air station and the majority of service support, however we hope that the provision of this kind of event helps to bring the service community together and reinforces the fact that RNRMW will support service families, no matter where they live.



Brings the community together

These events are important

A chance to meet others & socialise

Really well organised - thank you

We were very thankful for the positive feedback that we received for this event, however there was some negative feedback regarding the timing of this event and the way it had been advertised. We hope that the families living in Wincanton will understand that this event was meant to be held on the Saturday before and we will always endeavour to hold families' events on a weekend. Please also be aware that RNRMW staff are only permitted to advertise events on official social media platforms which are authorised and fully moderated. Please make sure you keep up with news and updates on our Facebook group www.facebook.com/groups/RNRMWYeovilton/ or our local RN website forum www.royalnavy.mod.uk/forums/f370.aspx

Summer Families Day at Tall Trees Community Centre



RNRMW staff hosted this 'Summer Families Day' at Tall Trees Community Centre on Saturday 18th August for all service families based at RNAS Yeovilton. Given that most of us have been experiencing the hottest summer since 1977 we were extremely optimistic that we would need no 'wet weather routine', however as the weeks progressed towards the date of the event it was clear that we may not be that lucky. However, all our worrying was in vain as, although the sun was a little shy that day, it remained dry and even a little warm.

The families that attended were treated to a fun afternoon in the park area outside the community centre where there was a bouncy slide, gladiator fun and small soft play area for younger children along with various outside games and toys. Obviously for risk assessment and general information purposes, two of the RNRMW team HAD to try out the 'gladiator'... luckily this was out of the sight of service families before everyone had arrived (just be grateful you were spared the sight!).

Although families had been invited to bring a picnic, most opted to eat at home and then come along.

It was clear from feedback received from the families that attended that all had enjoyed the event and valued the opportunity to get together with other service families in a relaxed social environment.

'Family events are great to get families and friends together, time for families to get out and let off steam with the added bonus that the kids can play safely'

'Very beneficial to service kids'

'We really love these events'

'Fantastic day, really well organised'

'A great event for the kids, thoroughly entertained for hours. Important to get together with friends and colleagues'

'It's an amazing opportunity for the kids to play and socialise. Extremely well organised, thank you'



What an end to the Summer ...

What a fantastic end to the summer ... RNRMW organised an 'End of Summer' Families Day on Saturday 1st September at the Tall Trees Community Centre in Ilchester with a BBQ, live music, bungee run, bouncy obstacle courses, play activities and glitter tattoos ... what a party!

30 families, made up from the Royal Navy, Royal Marines and Army, joined together to celebrate the end of summer. Luckily the weather stayed with us and the rain didn't come with the sun even trying to make an appearance.

A great time was had by all and it was great to see mums, dads and children enjoying the choice of activities and getting quality time together. The glitter tattoos were a real hit with some children having more than one.

Feedback from those that attended included ...

"Lots to see and do"

"The girls thoroughly enjoyed it"

"The music was really good"

"Lovely event"

"The kids loved the glitter tattoos, thank you"

One of our RNRMW volunteers had this to say ...

"It was a pleasure to take part in this day, we were really busy and the children were so creative in their choice of tattoos and colours. It looked like everyone was having a good time and it was good to be part of it. Volunteering at events like this is so rewarding and can make such a difference".



Keep up to date with Royal Navy Royal Marines Welfare

Subscribe to our National and Local Royal Navy web forums:

www.royalnavy.mod.uk/forums/f371.aspx (National)

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And/or join our official Yeovilton closed Facebook Group - www.facebook.com/groups/RNRMWYeovilton

Royal Marines Corp Weekend – 15 & 16 Sept

RNRMW Taunton took a coach of deployed families to CTCRM, Lympstone to enjoy the events, stances and displays laid on for the RM Corps weekend.

The children enjoyed the wide variety of entertainment which included zorbing, bungee trampolining, zip wire, climbing wall and the obligatory face painting to mention a few.

Military stances included Commando Wildcat and Merlin helicopters, Offshore raiding craft, JCB, Viking, 105mm Artillery towed light gun and a wide selection of weaponry and equipment used currently by the RM Corps.

The adults were able to relax, taking advantage of food and drinks stalls and had the opportunity to visit a wide number of Information, charity and support organisations that displayed on the day.

Unfortunately, our limited manpower at Norton Manor Camp meant the tug of war team selection was "if you're not injured - you're on the team" ...this did not bode well against some well drilled teams, thankfully the RM cadets quickly took centre stage and conducted a fantastic PTI display.



Absolutely brilliant day out, thanks so much for organising it.

Great Day! Thanks for all your help

Thank You - lovely day out 😊



Forces Families Event at Norton Manor Camp

The Forces Families Event at Norton Manor Camp, near Taunton, was held on Saturday 29th September, in 40 Cdo's Main Galley.

There was a good turnout, with 71 coming along (26 adults and 45 children) from four different Units ... Even the sun came along too which made it all the better for sitting outside having tea and cake.

The children were thoroughly entertained by Fizz Pop Science which meant hands on workshops turning liquids into slimy putty, a cool mini explosion and creating bubbles from fizzy chemical reactions. Four members of the RNAS Yeovilton RNRMW team came over to supply glitter tattoos and candy floss which went down well.

There was information from various stall holders; SSAFA provided information on how their organisation can support Forces Families.

The 'Poppy of Honour 2018' stall was raising awareness of the project and families took up the invitation to write the names of the fallen on poppy petals which will be part of the project. There were several fascinating artefacts from the First World War, some of which had been found where the Somme trenches would have been, including a Lee-Enfield Rifle, Razor Blades, webbing, and a tooth brush made from cow bone and horse hair, as well of other pieces.

The Royal British Legion had a plethora of poppy related pieces including pins, bracelets, water bottles etc.

Two local Police Community Support Officers had a stall with various leaflets and gadgets on keeping safe.

The Forces Credit Union had useful financial information and ways to help the Service family with money matters.

The Naval Families Federation had examples of the books that families can order from them; and was also able to give some very useful advice to several families on various subjects.

Our RNRMW stall was busy all day giving away Memory Boxes to the children which they were delighted with as they all had a dad who was on deployment and so had lots of ideas of what they were going to fill them with, along with the activity books supplied – Hello from Home, When A Special Person Goes Away and Reading Force Scrap books. There was also the opportunity to pick up a Deployment Information Pack for those who hadn't got one and talk to the welfare staff one to one.

Everyone went home with some goodies and had the opportunity to meet up with friends and make new ones too, as we had some families who had never been to Norton Manor Camp before. All in all it was a very good afternoon.

Feedback received from those that attended included: -

'Thanks for another great event'

'Thank You, we all had a fantastic time'

'The RNRMW team pulled a blinder for the little ones today'



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And/or join our official 40 CDO closed Facebook Group - www.facebook.com/groups/RNRMWtaunton

Outreach Coffee Morning & Stay and Play

We have a very popular group and numbers are increasing steadily with newcomers to Chivenor being 'brave' and coming along to see what it is all about.

All the parents have a hot drink made for them by our friendly Welfare Support Worker, Clare, who introduces herself and will explain a little of what Royal Navy Royal Marines Welfare is all about, and what we do.

We have a lovely Stay and Play running alongside the Coffee morning, unfortunately there weren't many children playing in here when the photo was taken, but most weeks it is buzzing in there with children playing and doing arts and crafts, and all of them having an absolute ball.

We get some lovely comments from the parents, saying how much they enjoy coming along, what a relaxed setting it is, how 'un-clubby' it is and how welcome they are made to feel. All very positive comments, which makes this a very enjoyable group to be a part of.



Youth Club

Chivenor Youth Club has an impressive attendance of 34 children, and they all really enjoy themselves every Wednesday evening. We have been doing arts and crafts with beads, feathers, pompoms, straws, pipe cleaners to name but a few things. They have also made quite a bit of slime! They will be making poppies in preparation for Remembrance, with paper and papier-mache. The group members have quite a few things to choose from to do including playing pool, table football, playing on the X-Box or doing some quiet crafting. We did some circus skills during the summer months in the garden, learning how to juggle, spin plates, tightrope walking, stilts to name but a few.

We are having a trip to go roller skating in October, making pizzas and for Halloween there will be a fancy-dress option, if they would like to come along for a spooky experience!

As you can see from the smiles (and the poses!) in the photographs, they are having a great time.



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National Forces Families Event - Manchester

Under the National Forces Families Events (FFE) project, funded by the RNRMC, a families' day was put on for all Service Families living within the vicinity of the Manchester area, irrespective of where their serving person was based or deployed, on Saturday 8th September.

The event was held at the University Royal Naval Unit in Manchester to offer easy accessibility and maximise attendance by service families with a view to combat isolation and build a wider service community network to promote the further building of resourcefulness and resilience amongst service families. To facilitate this a team of RNRMW staff from the Central area headed up the M5 & M6 motorways the day before. The next day, unfortunately, the weather could not really have been worse with howling wind and driving rain which we desperately hoped would not put people off coming ... however we were very pleased to see over 30 people attend this inaugural event – of which at least 4 families had travelled from well outside the immediate area.

Information about RNRMW services and support was available, comprising of information/goodie bags, Deployment Information Packs and various other pieces of relevant and up to date information. Various service related charities and organisations were also invited to attend.

Families had the opportunity to engage with the RNRMW staff, who were happily on hand to answer any questions, and find out about other support and advice from the wide range invited organisations.

One of the main benefits of this event was for the families to meet each other, swap experiences and stories about their serving loved ones whilst enjoying a lunch. Over half of the families attending had a service person who was currently deployed and a lot of deployment information, support publications and 'Memory Boxes' for the children were given out. The adults had ample time to talk to each other whilst the children were entertained by a Fizz Pop Science workshop and a magician/balloon maker.



Some very positive feedback from the event was received which included:

'It was worth the journey, for the information I obtained, lots of information which helped with questions I've had over many year's'.

'Great day lovely to meet staff from Welfare and talk about different issues'

'Very helpful lots of information I did not know'

'Good food, good info, good company, bad weather'

'It went really well, my son enjoyed the science stall and it was good to get more knowledge about the Navy services'

'A very good idea for everyone. Staff friendly and helpful'

'I thought that it was great that this event took place outside of the usual Navy/Marine bases. It was useful to be able to speak to the Welfare team and find out a little more about the service on offer'

For further information on activities and events within your area visit
www.royalnavy.mod.uk