Lieutenant Commander
S A Henderson
MBE Royal Navy

Commanding Officer
MCM1 Crew 2

Simon joined the Royal Navy in June 2006 as an 18 year old Midshipman. During his time at Britannia Royal Naval College, he completed Initial Sea Training in HMS Nottingham and subsequently completed Fleet Time in HM Ships' Illustrious, Tyne and Clyde.

Upon successful completion of Initial Warfare Officer's Course, his first compliment assignment was in HMS Northumberland as Officer of the Watch 2. Joining mid-way through an OP KIPION Deployment, he spent 4 months in the Middle East, followed by a year operating in the UK before redeploying to the Middle East in 2010.

After completing Preliminary Navigating Officer's Course, Simon spent 6 month completing language training before an exchange with the Royal Norwegian Navy in 2010 where he became Executive Officer of HNoMS Steil, a Skjold class Fast Patrol Boat. A highlight was being the first ship to fire the new Norwegian Anti-Ship missile and the first ship of the class to deploy overseas for Ex Joint Warrior.

Returning to the UK in 2013, Simon completed Fleet Navigating Officer's Course and returned to HMS Northumberland as the Navigating Officer, joining prior to Operational Sea Training and once again deploying to the Middle East as part of OP KIPION, conducting counter narcotics operations. During this assignment, Simon was selected for Command, joining HMS Sabre, part of the Royal Navy Gibraltar Squadron, as Commanding Officer in June 2015. Upon promotion to Lt Cdr in 2016, Simon assumed Command of the Royal Navy Gibraltar Squadron.

On return to the UK Simon completed Staff training and PWO course in 2017. Joining HMS Argyll as PWO(U), conducting Operational Sea Training and then deploying to the Far East on a 9 month operational tour as the Operations Officer. Selected for Command of MCM1 Crew 2, Simon's final assignment before assuming Command was a challenging, but rewarding, 2 years working as the lead maritime planner in a busy joint operational headquarters in London. Simon was honoured to be made a Member of The British Empire in the 2022 Queen's Platinum Jubilee Honours list for his work during his time in London.

Simon lives with his wife in Edinburgh and enjoys many sports, particularly karate, skiing and rugby, but being a Scotland fan generally makes it a difficult watch!