

# HMS DUNCAN

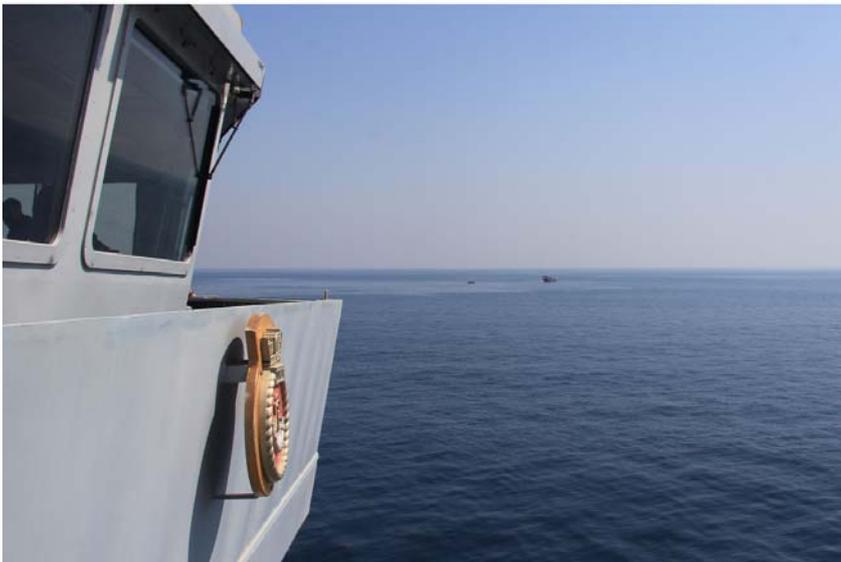
## Family and Friends Newsletter

October 2015



## DUNCAN to the rescue

It was a normal day at sea when the bridge team picked up a 'Mayday' call. Ready for anything, DUNCAN immediately turned to help the dhow OLI-1. In less than an hour a medical team and the Royal Marines team were transferred to assist the dhow and provide first aid to the injured fisherman.



**Homecoming letters** with the final arrangements will be released shortly. It promises to be a fantastic day and the perfect welcome home to complete our nine month deployment-we hope to see many of you there.

### A MESSAGE FROM THE CAPTAIN

*Dear Duncan Family,*

It won't be long until we make the return entry into HMNB Portsmouth and greet you on the jetty. I am thrilled to hear that we can expect over 800 people to wave us in and participate in our homecoming festivities. The plans for Homecoming are taking place and as soon as we have all the details I will ensure that you receive them.

We are now entering the finale to what has been an extremely successful deployment. The Ship's Company have continued to work hard and I, once again, thank you for all your support in helping us achieve our objectives. We have received significant praise for the tasking conducted to date from organisations such as Commander Carrier Strike Group 12 whom we have spent the majority of our time deployed operating with as part of the Task Force conducting strikes against ISIL.

The job is not over yet but the next period should afford us the opportunity to enjoy several upcoming port stops and a period of a less intense operational tempo ready for our return to the UK.

*Cdr Rich Atkinson*  
Commanding Officer HMS DUNCAN

### Race to Portsmouth

As the ship makes her way back the Ship's Company will be running, rowing and cycling the 11,755 kilometres from Bahrain back to Portsmouth. We hope to achieve this distance in 10 days whilst raising money for the Progressive Supranuclear Palsy Association. If you would like to sponsor us [www.virginmoneygiving.com/team/HMSDN\\_CN](http://www.virginmoneygiving.com/team/HMSDN_CN)



COMJFC arrives onboard (above) and PTI Sgt Abrams receives his medal at the Naval Support Activity Base (below)

## Goodbye to Bahrain

During our final stop in the Gulf we made the most of our time alongside in Bahrain by getting involved in a range of activities. The nearby US Naval Support Activity base held a 5km run to celebrate the anniversary of the US Navy. 6 members of Ship's Company took part with DUNCAN's PTI Sgt Abrams coming second out of almost 500 competitors. We also utilised the facilities on offer to hold a Whole Ship Softball and BBQ which was enjoyed by all. As part of our Healthy Lifestyle Trial a port stop walk took place visiting the Grand Mosque and the UNESCO World Heritage Pearl Trail. During our time alongside we were honoured to also receive a visit from the Commander Joint Forces Command (COMJFC), General Sir Richard Barrons KCB CBE ADC GEN.



A port stop walk took in the sights of Bahrain

## Man overboard

You will have already read about many of the exercises in our newsletters that we perform on a regular basis. It is vital that we continue to practice these drills during our deployment so that in the event of a real life situation everyone onboard is ready to respond. One of the exercises we regularly practice is the situation of a Man Overboard. The 'Buffer' will throw a Man Overboard dummy affectionately known as 'Fred' or 'Ruth' into the water which then needs to be rescued. The Officer of the Watch must manoeuvre the ship into position whilst the 'Swimmer of the Watch' enters the water to rescue the casualty. At the same time the sea boat is getting ready to enter the water. Everyone is expected to help out and respond to any emergency onboard as you can see below!



AB Button enters the water as Swimmer of the Watch (above) and its all hands in during a Man Overboard exercise (right)



# Meet the Executive Department



The Executive Departments primary role is the day to day running of the Ship on behalf of the Commanding Officer. This covers everything from the time at which the crew start work to the standards of hygiene and cleanliness. Although one of the smallest Departments on board it is undoubtedly the most important, responsible for the care and well being of all members of the Ships Company including guests and visitors.

**The Executive Officer (XO)**- The Second in Command AKA the First Lieutenant. The XO runs the Ship on behalf of the Captain, ensuring that the Ship is in the correct posture for what ever tasking we may be involved with. This can range from fighting the ship at action through to evacuating British and foreign nationals from natural disasters in far off corners of the world.

**The Executive Warrant Officer (EWO)** – A unique position held by a WO1 selected for this role. The EWO by appointment is the most Senior, Senior rate onboard. Responsible through the XO to the CO for the “Moral component of Operational Capability”. He ensures that all members of the Ship Company are looked after correctly, routines and that the work rest balance are as fair as Operations dictate. Other roles include Trauma Risk Management, Equality and Diversity and being the Captains eyes and ears ensuring that the he has a feel of the Ships morale.

**The Regulating Petty Officer** – The RPO & LReg are primarily Royal Navy Police and as such ensure the good order and discipline of the Ship’s Company. Although this is their primary role we are fortunate to have a good team who manage to behave (most of the time). This allows them to spend more time in their secondary duties of which they hold a number. RPO Martin “Smudge” Smith is a Flight Deck Officer, he assists with the safe launch and recovery of the ships lynx helicopter, in fact with any helicopter that has clearance to land on a T45 additionally he is also responsible for physical and documentary security. During his down time is the Captain of and assists with the running of the ships football team.

**The Leading Regulator** – LReg Dan Crouch, over and above his policing duties, is the ships postman. Dan and Smudge sort through the vast quantities of mail that the ship receives at the various ports of call. Liaising with the UK and the many Port authorities Dan ensures that mail is received and dispatched at every opportunity. Ensuring that postcards, blueys, parcels written by the Ship’s Company to loved ones arrive at their chosen destination, (he doesn’t like Amazon).

**The Physical Training Instructor (PTI)** – HMS Duncan is unique in that she currently has a Royal Marine Sergeant PTI. He is responsible for the fitness and physical training of the Ships Company ensuring that they are “fighting fit and fit to fight”. This he does to great effect. He conducts a minimum of 4 PT circuits per day and most days he will also run RN fitness tests. In addition to the regime which he puts the crew through onboard he organises and facilitates all sporting activities ashore. Arranging fixtures for multiple sports with local teams where ever we may be. Adventurous Training (AT) has featured heavily this trip with Mountain biking and hiking in Crete. Paddle boarding, sand biking and diving in Bahrain, now he is planning the Skiing for early next year.



RPO Smith in his role as the Flight Deck Officer (above) and the EWO during an exercise (below)



Lt Cdr Wells watches carefully as we leave harbour



Sgt Abrams leads circuits on the Flight Deck (left) and LReg Crouch takes the helm during a RAS (above)



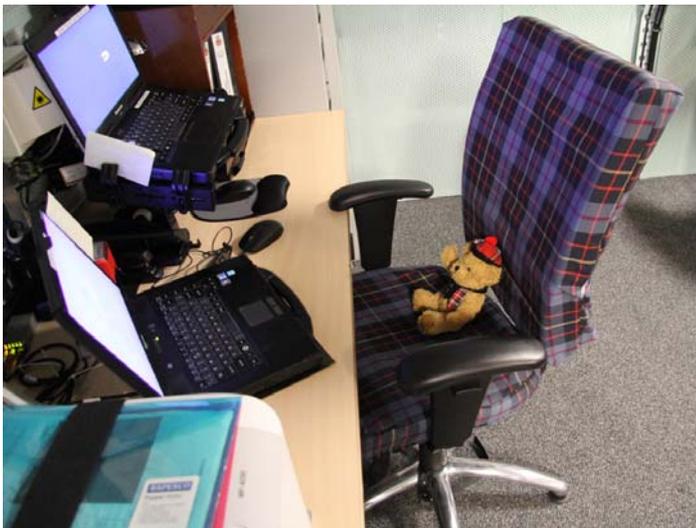
# KIDS CORNER



## DUNCAN the Bear



I like visiting lots of new countries!



Working hard in the Operation Room



Helping the RPO muster the safes

Hi Everyone!

I hope you are all ok! We are looking forward to getting home so much to see you all. I need to make sure I find my coat though before Portsmouth because after all the sun and sand it is going to be chilly when we get back.

I have been having lots of fun. All of the Ship's Company went and played softball the other day which is a bit like rounders but with a much bigger bat! I also went swimming lots in the pool which was nice although I have to be careful to dry my fur properly or else it goes all frizzy!!

I have been working hard to help the Ship's Company 'Race to Portsmouth'. We have a long way to cover but we are doing well, I like rowing the most.

I have been helping the policeman onboard this week, the RPO, muster the safes which is where people keep their important things. I have to look inside and tell him everything that is in there so that he can write it down.

Thank you very much for the colouring competition entries, I have put them up for everyone to see on the Ship. I like all the colours you have used and I think I look very smart in the pictures.

I am looking forward to seeing you all at Homecoming-keep an eye out for me and see if you can spot me! Make sure you come and say hello!

Bye for now,

*DUNCAN*

**You can write to me at:**

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