

HMS WESTMINSTER

Newsletter

Issue 01 | January 2017



WESTMINSTER WAVES GOODBYE TO THE WALL

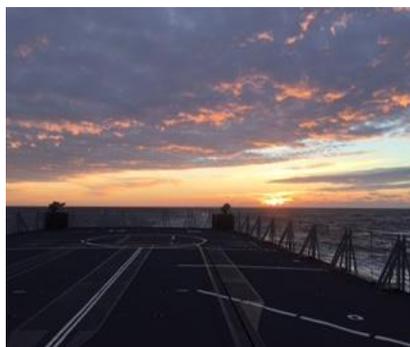
After an extensive refit programme of over two years, HMS Westminster finally waves goodbye to HMNB Portsmouth to begin Initial Sea Safety Training (ISST). Part of the Regeneration Cycle, it is essential to train the Ship's Company to a standard to which they are prepared to deal with any incident onboard, be it fighting fires and floods or casualty handling. Staff from Flag Officer Sea Training (FOST) embarked over the weekend period where the Ship's Company were tried and tested with a number of intense serials. HMS Westminster received a SAFE assessment and we were cleared to proceed onto the next part of the programme. A week of Marine Engineering Trials has tested the Ship's machinery to its limits and has taken a great deal of hard work from the Ship's Company to breathe life back into our Ship.



SUCCESS WITH CIRCUITS

A message from LPT Mannering:

"The first of Westminster's circuits began at sea on Sat 21 January: 'Westy Fit 01'. We started with a promising turn out of 22 people, but word soon got around and by the time we hit Tue 24 Jan, the numbers had shot up to 33! A buzz can be felt across the Ship from those attending, working together outside of their normal roles and responsibilities to maintain fitness and health while at sea. It's great to see the evening sessions so popular, even if people are aching a little more than usual. I hope the attendance and enthusiasm continues when we sail in the near future!"



A MESSAGE FROM THE CAPTAIN

Sailing out of HMNB Portsmouth on 21 Jan was a proud moment for me and the rest of Ship's Company. I'm delighted to finally be taking 'the Capital Ship' back to sea where she belongs. This has been a long time in the making, and is the result of a significant amount of hard work by my Ship's Company as well as those in support of us. Without those teams involved and the support of our families we wouldn't be where we are today.

A Naval Service family has to cope with more pressures than most in civilian life. Separation from a spouse or partner for one reason, military action and danger for another. I want to use this opportunity to inform families of the support available while your loved ones are away.

Royal Navy and Royal Marines Welfare (RNRMW)

Provide a confidential service for families regarding any welfare issue. RNRMW Portal can be accessed via the RN Website (<http://www.royalnavy.mod.uk/welfare/welfare-teams>)

During the working day contact
+44 (0)2392 72 87 77
navypers-welfare@mod.uk

Out of Hours Cover provided by
Officer of the Watch at HMS Nelson
023 9272 3875

These teams are there to support you, so please make sure that you call them if you need them.

Cdr Simon P Kelly RN

THE UNITED STATES HITS OUR PLATES DURING WESTMINSTER'S YANKEE NIGHT

We may not have had the sunshine of Florida, but the heat was definitely high in Westminster's galley on Wed 25 Jan in preparation for a huge 'American Theme' night. LCh Whitlock, LCh Scott, Ch Francis and Ch O'Donnell produced a banquet of American delicacies – Tower Burgers, Fried Chicken, Chilli Dogs and Mac 'n' Cheese made by our very own expert Senior Chief Parker on exchange from the US Coastguard I think it's safe to say everyone was left feeling satisfied!



WHOLE SHIP QUIZ NIGHT

On the evening of Mon 23 Jan, LPT Mannering and LET Scragg hosted a whole ship quiz over the internal comms system, with a delicious cheese board awaiting the winners. With rounds such as 'How well do you know your WREN?' and 'Name the Chocolate', the Wardroom's high level of general knowledge shone through, with the Commanding Officer and the Heads of Department in a close second place and the Warrant Officer and Chief's Mess in third. The Wardroom looks forward to hosting the next quiz, let's see how well everyone knows the Officers on board!

MEET THE SAILOR:

Name: Harry Hickman
Age: 23
Hometown: Rochester, Kent
Date joined: Feb 15
Advanced from AB2 to AB1 Jan 16

"Since moving onboard Westminster I've made some great friends in the mess and have enjoyed the challenges of bringing the ship out of refit. I'm part of the Ship's rugby and football team which gives me a chance to chill out from work with other players onboard. I'm looking forward to challenging myself in the upcoming busy period of OST "



OFFICER CADETS INITIAL SEA AQUAINT 8 – 28 Jan

As part of Phase 1 Officer Training at Britannia Royal Naval College, Officer Cadets take part in a 3 week acquaint onboard an RN ship. Since the 8 Jan, 10 cadets have experienced life onboard Westminster;

"Initial Sea Acquaint was the first opportunity for all of the Officer Cadets to see what the Royal Navy was like first hand, and HMS Westminster delivered in buckets full. The Ship's Company were a welcoming group of sailors, giving advice of the ship's systems, programmes and their own experiences of the Royal Navy. Every individual gave a valuable insight into the RN way of life that the Officer Cadets can take back to Britannia Royal Naval College and look forward to experiencing in their own future careers. A particular highlight of our time onboard was the ability to get 'hands on' during the working day; from cleaning to fire fighting to baking a cake in the galley. Initial Sea Acquaint has been a worthwhile experience that is a key part of our Officer training."

Officer Cadet David Morey

