



Condor Courier

Issue number 29

December 2018

Information for Service personnel and their families at RM Condor

Upcoming events



Sunday 2nd December 2018 **Families Christmas Party**—booking has closed for this event



Wednesday 5th December **Christmas film night** 4.30pm £2 per person. Contact Seonid in the Haven.



Monday 10th December **Christmas Service** see the St Christopher's church Facebook page where information will be posted.



Tuesday 8th January 10.30am **Families Meeting** in the Families Centre. Everyone is encouraged to come along.



21–25 January **Nursery Rhyme Week**—full details being finalised, check RNRMW Arbroath or the RN Forum for details.

Look out on [The Royal Navy Forum](#) and the [RNRMW Arbroath Facebook](#) for up to date information about events

Please note these events may not have been finalised and are subject to change. For more information contact Lorna Robertson Welfare Support Worker.

RNRMW Events for 2019

There will be a Families Meeting on Tuesday 8th January in Condor Families Centre at 10:30am where we will discuss events that you would like to see in 2019. Please come along with lots of ideas.

If you cannot attend the meeting but have ideas please get in touch with Lorna Robertson, Welfare Support Worker.

Royal Navy Royal Marines Welfare is looking for volunteers to run or help run events for families. **More volunteers = more events.** Volunteers will receive training required. Volunteering is fun and is a great thing to put on your CV.

Volunteers can be military personnel, their spouses, grown-up children or someone from the wider community.

Please contact the RNRMW Volunteer Co-ordinator 01436672798 for more information or speak to Lorna Robertson your Welfare Support Worker. There are Volunteer handbooks and information packs available to collect from Lorna Robertson.

Inside this issue

| | |
|------------------------------------|---|
| CO's letter | 2 |
| CO's letter | 3 |
| Deployment Support | |
| Deployment Support | 4 |
| Contact house/Families Centre Hire | 5 |
| Welfare information | |
| Regular Groups | 6 |
| Useful Contacts | |

Keep up to date with events at RM Condor

Join the [RNRMW Arbroath Facebook](#) group and sign up to the Royal Navy Forum at www.royalnavy.mod.uk

You can now follow the CO on Twitter [@LtColForbes](#)

To keep up to date with information from Aggies join the [St Christophers Church, RM Condor](#) group on Facebook



Hello from Home is an activity book for children which provides them with activities to keep in contact with the serving person who is deployed – this is suitable for primary aged children.

Available from Lorna Robertson, Welfare Support Worker or from the Families Centre .

When a Special Person goes away is a Children's activity book, suitable for primary aged children. Hardcopy available from Lorna Robertson, Welfare Support Worker or from the Families Centre . Download at www.royalnavy.mod.uk/welfare/deployment



Reading Force offers children a connection and communication method with their deployed service person, where they all read the same book and swap comments which are then recorded in the reading force scrapbook.

There are two types of Scrapbooks available. A green one suitable for all ages and a yellow one more suited for Pre-school age children. These are available from Lorna Robertson, Welfare Support Worker or from the Families Centre or online www.readingforce.org.uk

My Daddy's Going Away is a picture book aimed at primary aged children as a tool to help explain separation. Also available is "Mummy's Home!" to help mothers explain their temporary absence to young children. This publication will need to be purchased direct from supplier. www.mydaddysgoingaway.com



Zoe and the Time Rabbit storybook follows Zoe and her emotions when her father has to go away and the help she gets from a magical time rabbit. The book is intended to help any family where a parental figure might be away for an extended period.

Hardcopy on request email book@rnmchildrensfund.org.uk Or download at <http://rnmchildrensfund.org.uk>

Naval Families Federation have been given LIBOR funding in order to provide a free book to children around deployment. www.nff.org.uk Tel: 023 9265 4374



Details of the help available from **Royal Navy Royal Marines Welfare** can be found on page 5

Storybook Waves



Storybook Waves helps members of the Royal Navy and Royal Marines maintain the link with their children by recording a bedtime story for them to listen to when a parent is serving away from home.

The Royal Navy and Royal Marines deploy more frequently than personnel in the other services. Leaving loved ones behind when serving overseas or on board a ship, is a feature of life in the most 'separated service.' These separations can be especially difficult for children. Storybook Waves exists to help maintain the link between parent and child, no matter how far apart they may be.

Storybook Waves provides facilities for anyone serving away from home to record a bedtime story for their child. Once recorded, trained volunteer editors add a soundtrack and create a personalised CD for each child so that he or she can listen to a parent's voice whenever they want. The recipients of each recording get a copy of the story being read, a scrapbook, and a medal with their recording - all for FREE!

Recording a story is quick and easy, it takes about twenty minutes! We have a selection of books available suitable for different ages you can choose from. For more information, or to make a recording, simply contact Seonid or Sue on 01241822226 or pop into the Haven.



Royal Navy Royal Marines Welfare (RNRMW)

RNRMW offers a range of services to Naval personnel and their families, across the UK and overseas. RNRMW provides an accessible and confidential service in these key areas: specialist welfare, advice and support to the executive and divisional/regimental system, a network of community, information and communication

There are times when you may require more specialised services that will give you support during a crisis or personal situation. This is where our Specialist Welfare Staff are invaluable. They offer direct advice, support either practical or emotional, and advocacy on behalf of you as service users directly or in conjunction with other agencies. Our team includes Social Workers, Case Workers, Welfare Support Workers, and Community Development Workers.

Access our service by calling our RNRMW Team on 023 9272 8777. They will assess your needs and discuss what steps will be taken to provide the support required.

Out of hours RNRMW Duty Worker

To reach the RNRMW Duty Worker outside office hours or on public holidays contact:

Duty Naval Base Officer Clyde , Faslane

+44 (0)1436674321 ext 4005

Services available to serving individuals and their families are extensive. Some of the main areas covered are: Relationships problems, Bereavement, Linkage to Charities, Mental/Physical Health, Care of Children/Special Needs, Pregnancy Complications and Separation

In an Emergency

If circumstances arise, whilst your relative is deployed overseas or on a ship out of UK waters, which make it necessary for you to request for their return home on compassionate grounds; a death in the family, serious illness or a serious family crisis, you should contact: **The Joint Casualty & Compassionate Centre (JCCC) +44 (0)1452 519951**

The JCCC is staffed 24 hours a day including weekends and bank holidays. If circumstances arise, whilst your relative is serving ashore in the UK or on a ship in UK waters, that make it necessary for you to request their return home on compassionate grounds; a death in the family, serious illness or a serious family crisis, you should contact the Portal Team as above.

Contact houses/Family Centre hire

RM Condor has two 3 bedroom, fully furnished houses that Service personnel can hire for visiting family or friends. The current charge is £30 per night.

Condor Families Centre can also be hired for private events. This hire is free of charge for birthday parties etc. If you wish to hire the Families Centre for personal business reasons (eg private childminding) There is a charge of £20 per day

Both the houses and Families Centre are booked by calling 01241 822332 between 8am and 4pm Monday to Thursday, Friday 8am until 1230pm. Or visiting the Works office on Camp.

If you wish to use them it is essential that you book the Families Centre or Contact Houses . Keys will not be given out without a booking.

If you hire either the Families Centre or the Contact Houses please leave them clean and tidy, removing all personal items, decorations, leftover food etc. Please ensure windows and doors are secured before returning the keys.



Call the 24-hour
mental health
helpline on
0800 323 4444

Combat Stress Helpline
is available 24-hours a
day for serving personnel
and their families

Please visit www.combatstress.org.uk for more information

Condor Service Personnel and Families Information Sheet

Lorna Robertson
Welfare Support Worker
Welfare Office
RM Condor
01241 822262
07818520757
lorna.robertson106@mod.gov.uk
RNRMW Arbroath Facebook Group

Input and Feedback

Your input and feedback regarding this Information Letter is greatly appreciated.

If there is something you would like to see included please contact Lorna Robertson, contact details above

Useful numbers/websites

| | |
|---------------------------------------|---|
| RM Condor Guardroom | 01241 822132 |
| Learning Centre | 01241 822037 |
| PRI (Regimental Institute Shop) | 01241 852036 |
| RNRMW Welfare Portal | 02392 728 777 navywers-welfare@mod.uk |
| Welfare Support Worker | 01241 822262 |
| Amey | 0800 7076000 |
| Contact House/Families Centre booking | 01241 822332 |
| Central Taxis | 01241 877766 |
| NHS 24 | 111 |
| RM Condor Medical Centre | 01241 822067 |
| RM Condor Dental Centre | 01241 822066 |
| Angus Council | www.angus.gov.uk/ 08452 777 778 |
| What's on in Arbroath and Angus | www.angusahead.com |

Sign up to receive future Information Letters by e-mail

If you would like to receive future copies of this Information Letter by e-mail please send an e-mail to lorna.robertson106@mod.gov.uk with "Information sign up" as the subject

Regular Groups

Coffee Morning – Tuesdays and Thursdays in the Families Centre 10.15am – 11.30am everyone welcome. £1 donation for tea and coffee

Military Wives Choir - meets on Friday mornings in St Christopher's Church. The choir practice from 10am until 11.30am. Meet from 9.30am for tea and chat. Contact Facebook RM Condor Military Wives Choir

Ladies Group fitness—Wednesday 1-2pm at the Gym. Free to attend. Contact UPTI Marv for info. Parents who attend take turns to look after children while the others attend the class.

Walking group—Check RNRMW Arbroath Facebook page or the RN Forum for future walk dates

Ladies dance class Mondays 10am in the Gym £2 per session. Contact Lucy Adams 07912981765

Families meeting - Families Meetings are held in the Families Centre usually once per month. Look out on the Royal Navy Forum or the RNRMW Arbroath Facebook group

Coffee and Chat on Wednesday morning and **Wednesday Wigglers** at 10am. Both in the Haven at St Christopher's Church. Contact Seonid or Sue for more information 01241 822226

Bookbug Baby—Tuesdays at 2pm in the Families Centre. Check the RNRMW Arbroath Facebook page or RN Forum for details of sessions

Condor Crafts Thursdays 1-2pm in the Families Centre £1 per week towards craft supplies. See RMRMW Arbroath Facebook page and RN forum for details.

militarywives
Choirs®

