Information for Service personnel and their families at RM Condor

Upcoming events

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

- **Thursday 10th January 1pm** Condor Crafts in the Families Centre. See page 4 for details.

- **Saturday 12th January afternoon** StoryBook Waves Club. See page 6 for details.

- **Monday 14th January 1-3pm** Knit and Natter in the Haven. See page 5 for details.

- **22–24 January** Rhyme Week—full details being finalised. See page 3 for more info.

- **Friday 25 January 6-8pm** Family Ceilidh at the Haven. See page 3 for more info.

- **Saturday 2nd February afternoon** StoryBook Waves Club. See page 6 for details.

- **February cinema trip**—still to be finalised look out on the RN Forum and the RNRMW Arbroath Facebook page for details.

- **Saturday February 16th 1-4pm** Bring and Buy Sale at the Families Centre see page 6 for details.

- **Tuesday 5th March** Pancake Day at the Families Centre details to follow.

- **Tuesday 12th March** Bingo at the Haven see page 6 for details

**Cancelled**

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 45Cdo on Twitter @45CdoGp

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

Details of regular groups on back page
To the families and friends of 45 Commando Group,

A very Happy New Year to everyone! I trust that everyone enjoyed a relaxing break and some quality family time.

RM Condor was a quiet place over the festive period, with the odd burst of activity as various groups of people transited through to deploy out to the States. So far, all has gone smoothly, with around 600 deployed already. The final 200 people will depart from Prestwick on Friday, ahead of what I hope will be a really exciting six weeks for everyone. The exercise offers some excellent opportunities and, through the hard work of the team, it is well resourced. Return flights should be between the 18th and 24th of February, although this will not be confirmed until next week, at which point we’ll let you know. Should you need to get in touch with loved ones, they will have WiFi when on camp and the phone signal is good. If you’re struggling, please go through Base Company Sergeant Major (01241 822232), who will be able to put you in touch with the team in America.

Whilst we’re away, everything continues apace on camp. There is a large team left behind, including welfare and pastoral support, along with a plan to continue to deliver events and socials, both in the Families’ Centre and in the Chaplaincy. First up, is the Pass Out of the first batch of the Volunteer Cadet Corps, on Saturday, which will start at 1400, with guest of honour Ant Middleton (of ‘SAS: Who Dares Wins’ fame). You are all most welcome - please just let Base Company know, if you plan to attend, so we can ensure smooth access. There is a family ceilidh, in the Haven on 25 Jan, and we are developing plans for a trip to Chalmers Cinema. Importantly, we have a new Welfare Officer, Chief Petty Officer Sean Morrow, who has moved on to the patch, taking over from Paul Hannigan.

Our next big exercise is SOUTHWEST SWORD, down in Plymouth, which will ensure we’re qualified to operate from Navy shipping, ahead of our Baltics deployment in May. This will run from 4th - 15th March, but should only require about 3 days for each company. Other than those in Logistics Company, most should be able to travel down and back up in the same week.

Finally, the bulk of the unit will no longer participate in Exercise JOINT WARRIOR, which was going to conflict with the English and Angus school holidays. This has allowed us to move the unit’s Easter leave, which will now take place from 5th to 21st April. There is still a requirement for a small HQ cell, but the other companies and enablers are stood down.

My mobile will remain on whilst we’re in the US and you should feel free to contact me at any time if you need to. As ever, keep track of what we’re doing on the Twitter (@45CdoGp).

Regards,

D G Forbes
Lt Col RM
CO 45 Cdo Gp
Deployment Support Publications

There are lots of deployment support publications available to help families and Service personnel during times of Deployment. Some are accessible online others can be collected or posted.

**Coping with Separation** is a booklet which explains emotions through the different stages of deployment. It can reassure you about feelings you have and what to expect through the course of a deployment. Available from Lorna Robertson, Welfare Support Worker or from the Families Centre

**Knit the Family** is a book helping families understand and cope with the impact and demands both pre, post and during deployment. Hardcopy available from Lorna Robertson, Welfare Support Worker or from the Families Centre or as a download from: http://rnrmchildrensfund.org.uk/knit-the-family

**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@rnrmchildrensfund.org.uk Or download at http://rnrmchildrensfund.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

If you need welfare help or advice see page 7 for information and contact details.

Rhyme Week and Ceilidh

On 22nd, 23rd and 24th January there will be rhymes and themed crafts for young children at the coffee mornings in the Families Centre and the Haven.

There will be after school sessions for older children in the Families Centre.

Thursday will see us making decorations for our Burns night Family Ceilidh on Friday 25th January.

The Ceilidh will be in the Haven from 6-8pm.

Look out for full details on the RN Forum and the RNRMW Arbroath Facebook page.
**Bookbug Baby**

Do you have a little one aged from birth up to around 18 months. Come along an join our Bookbug sessions on Tuesday afternoons in the Families Centre at 2pm. This group is free to attend.

Babies start to learn about the world around them as soon as they are born. You can encourage this learning using simple rhymes, stories and songs. Although your baby may not yet understand the words, the rhythm of songs and rhymes can form the beginnings of recognising words and encourages communication.

Our sessions include lots of action songs rhymes and a story.

Sessions are lead by Lorna Robertson Welfare Support Worker.

There is lots of information about Bookbug at [www.scottishbooktrust.com/bookbug](http://www.scottishbooktrust.com/bookbug)

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**Condor Crafts**

Condor Crafts is a new group for children along with their adult to explore all types of crafts and messy play.

Annemarie runs this weekly group in Condor Families Centre on a Thursday at 1pm. The cost is only £1 per child, this money is used as a contribution towards supplies.

Lots of fun is had each week. So far the group have made salt dough decorations and cards. There are lots of other crafts coming up to try.

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**RM Condor Military Wives Choir**

Families of service personnel move around frequently and it can often be tough to put down roots or make new friends, which can leave women feeling isolated.

Research shows that singing in a choir can help to alleviate stress and can contribute to an improvement in isolation, anxiety and depression. The Military Wives Choirs therefore have a vital role to play by bringing women in the military community together to sing, share and support one another.

There are over 2,000 women with a military connection in our 74 choirs based across the UK and in British military bases abroad, including Cyprus, Belgium, Germany and the Netherlands.

Choirs are not just open to wives of serving personnel either – anyone with a military connection can join including those currently serving, veterans, mothers, sisters and daughters, empowering women from across the military community. Rehearsals are weekly, with a relaxed, welcoming atmosphere and no experience or auditions necessary.

Every new posting for a military wife is as daunting as it is exciting, but knowing that you have a choir to go to in your new location thanks to the MWC network where you know the songs and even some of the people can be a real lifeline.

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

The choir also holds “pop up choir” evenings

For more information contact RM Condor Military Wives Choir on Facebook

or email condor@militarywiveschoirs.org
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.

Knit & Natter

Come along, chat and learn a new skill! Whether you can already knit or are a complete beginner, all are welcome!

Starts Monday 14th January 1-3pm in the Haven
£1.50 per week

For more information, contact Seonid on 822226 or 07585306515
BINGO Family Fun Night

Tuesday 12th March
6pm
The Haven
Fun and prizes for all ages!
£1 entry
Buy books at door
Contact Seonid on 07585306515
or Sue on 07912703859
for more info

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Storybook Waves Book Club

Join us for a fun family afternoon reading and exploring a story together. There will be fun, crafts and snack!
Contact Seonid or Sue to book a place for your family. Spaces are limited and priority will be given to families dealing with separation.

12th January: Cancelled
2nd February: Aliens Love Underpants
23rd March: The Snail and the Whale

Visit www.storybookwaves.org.uk or call us on 0300 30 20 183

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BRING & BUY SALE

Saturday 16th February
1 - 4 pm
Families Centre
£5 per table
Refreshments available

To book a table please contact Seonid
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.

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

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**Regular Groups**

**Monday**
Knit and natter— in the Haven. 1.30pm. £1.50 per session. Contact Seonid for more information 01241 822226

**Tuesday**
Coffee Morning – In the Families Centre  10.15am – 11.30am everyone welcome. £1 donation for tea and coffee

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

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

Yoga 11.30am in squash court 3 at the Gym. £3.50 per session. Contact UPTI Marv for info 01241 822008

Ladies Group fitness—1-2pm at the Gym. Free to attend. Contact UPTI Marv for info 01241 822008. Parents who attend take turns to look after children while the others attend the class.

**Thursday**
Coffee Morning – In the Families Centre  10.15am – 11.30am everyone welcome. £1 donation for tea and coffee

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

**Friday**
Military Wives Choir - 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

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

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

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**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

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**Useful numbers/websites**

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<tr>
<th>Service</th>
<th>Number</th>
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<tbody>
<tr>
<td>RM Condor Guardroom</td>
<td>01241 822132</td>
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<tr>
<td>Learning Centre</td>
<td>01241 822037</td>
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<tr>
<td>PRI (Regimental Institute Shop)</td>
<td>01241 852036</td>
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<tr>
<td>RNRM Welfare Portal</td>
<td>02392 728 777</td>
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<td>Welfare Support Worker</td>
<td>01241 822262</td>
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<td>Amey</td>
<td>0800 7076000</td>
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<td>Contact House/Families Centre booking</td>
<td>01241 822332</td>
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<td>Central Taxis</td>
<td>01241 877766</td>
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<td>NHS 24</td>
<td>111</td>
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<td>RM Condor Medical Centre</td>
<td>01241 822067</td>
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<td>RM Condor Dental Centre</td>
<td>01241 822066</td>
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<tr>
<td>What’s on in Arbroth and Angus</td>
<td><a href="http://www.angusahead.com">www.angusahead.com</a></td>
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If you would like to receive a copy of the Condor Courier by email please contact lorna.robertson106@mod.gov.uk