Information for Service personnel and their families at RM Condor

Upcoming events

- **Tuesday 5th March** Pancake Day at the Families Centre, sign up for this event closed on 28th February

- Starting **Tuesday 5th March** at 7pm for 5 weeks. Soul man. See page 5 for details

- **Thursday 7th March** Education Officer visit to Coffee Morning
  See page 3 for details

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

- **Saturday 23rd March** Storybook Waves Club see page 6 for details

- **Thursday 28th March** Families Meeting in the Families Centre 10.30am

- **Tuesday April 2nd** Easter Service, Dinner and Egg hunt. See page 5 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.

Details of regular groups on back page

Would you like to see more events at RM Condor? Why not volunteer to help?

You might want to volunteer to help with

Family and Friends Events, Deployment Support Events, youth work, parent and toddler groups, coffee mornings, Stay and Play, social committee, administrator volunteers

Volunteers can be Service personnel, their families or civilians

Please contact Stephanie Huxtable, RNRMW Volunteer Coordinator 01436 672 798 or rnrmwsvc@gmail.com

Or pick up a volunteer pack from the Families Centre or Welfare office

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
To the families and friends of 45 Commando Group,

A huge amount has happened since I last wrote prior to heading out to California. Most importantly, we have assumed the responsibility for Lead Commando Unit duties, taking over from 40 Commando on 1 March. This means that our battlegroup is the Royal Navy's very high readiness force - ready to respond to emerging crises - with the potential to deploy by ship or air. Everyone is held at a maximum of 5 days' notice to move and we will hold this duty for the next 2 years. You shouldn't notice any difference to the day-to-day approach we take but we need to be even more stringent than usual to ensure our kit, equipment and personal affairs are in 'good order'.

Last week's announcement by Minister Ellwood that the Condor airfield will be retained was most welcome. This followed sustained efforts to demonstrate the utility of the airfield to ministers over the last 2 years; many of your 'other halves' will have been involved. I am delighted that all the hard work has paid off and we have protected the airfield for those that come after us.

The US trip was great. My priority was to certify each company group as being proficient at various types of live fire training - they came through with flying colours. A close second were our two 'force-on-force' exercises against the US Marine Corps. Everyone worked unbelievably hard and cemented our reputation as a tough, innovative and professional battlegroup. Whatever our role, we were all tested and come away from these battles have learnt tons and with bags of confidence that we can adapt and overcome when tackling whatever is thrown at us. Importantly, this 'force-on-force' structure will be the new model for the US Marine Corps - and we (the Royal Marines) will be linked in with them in the future - a great outcome. 40 Commando are out there in the autumn to pick up where we left off.

After squaring away the vehicles and handing back our borrowed kit, everyone disappeared off for some stand down. For some, that meant a couple of days in Las Vegas or San Diego, or a few days skiing or climbing, whilst others stayed longer and spent a week travelling all over California and beyond.

Now we’re back to work, the initial priority is our ‘amphibious MOT’ (Exercise South West Sword) - 6 days getting on and off ships, helicopters and small craft; practicing waterproofing vehicles to drive ashore; and ensuring we can undersling equipment from helicopters etc. All this takes place near Plymouth - alas, it couldn't be much further from Arbroath...! (And the weather is not helping right now with Storm Freya proving difficult). After that, we'll send a small team to help deliver Exercise JOINT WARRIOR, off the west coast of Scotland and Wales, whilst the bulk of the unit will take Easter leave (6th to 21st April).
After that, we’ll have just under a month to finalise preparations for the JEF(M) (the Joint Expeditionary Force (Maritime)) deployment where we will work with NATO partners throughout North Eastern Europe. There are still a lot of details to be worked through, but the plan sees us training in various guises in Denmark, Sweden, Germany, Latvia, Lithuania and Estonia. I anticipate the main body leaving around the 19th May and returning mid/late July. Summer leave is provisionally scheduled for the 27th July to 25th August. I hope to be able to finalise those dates by the start of April.

Back on camp, there’s still plenty going on. Lorna posts events on our Facebook page and there is the Royal Navy / Royal Marines Welfare Facebook page for families based in Arbroath (RNRMW Arbroath). We try and keep you up to date through Twitter (@45CdoGp) - with now over 2000 followers. As ever, if there is anything we can do better, or things you would like to see introduced, please just get in touch.

Regards,

Duncan

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**Education Centre visit to Coffee Morning**

The Unit Education Officer will be at the Families Coffee morning on Thursday 7th March. Come along and chat to him to find out what the Education Centre can do for you. Coffee morning is in Condor Families Centre Tuesdays and Thursdays 10.15am—11.30am

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**Looking for work?**

This independent organisation can assist in finding employment to Service spouses by uploading your CV. They can also assist in CV writing, interview techniques, training opportunities and introduce you to businesses that support the Armed Forces Community.

For further information visit [www.recruitforspouses.co.uk](http://www.recruitforspouses.co.uk)

Tel: 0333 2020 996

E: enquiries@recruitforspouses.co.uk

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**Find out what’s going on locally......**

[www.royalnavy.mod.uk](http://www.royalnavy.mod.uk)

Click on Welfare, Events or Forums

[www.facebook.com/groups/RNRMWarbroath](http://www.facebook.com/groups/RNRMWarbroath)

[@RNRMWelfare](https://twitter.com/RNRMWelfare)
Murton Farm—Free family and individual passes

Murton Farm Trust is a popular visitor attraction in the beautiful Angus countryside just outside Forfar. At Murton Farm you will be able to meet the very friendly collection of animals and birds including Dennis and Gnasher the adorable Kune Kune pigs. The play area has sand pits, pedal toys, an adventure trail and a variety of outdoor toys.

The tea room serves light lunches and snacks, together with a wide choice of home baking. Enjoy a walk or leisurely stroll around the extensive nature reserve. There are beautiful lochs and wetlands which are home to a wide variety of birds and wildfowl. There is a well-maintained network of paths that everyone can enjoy whatever the season.

For your free family or individual pass please contact Lorna Robertson, Welfare Support Worker, lorna.robertson106@mod.gov.uk

www.murtonwildlife.org.uk

Murton farm improvements

Information for visitors to Murton Farm

TEAROOM CLOSURE AND PARTIAL SITE CLOSURE

Please note that our tearoom will be closing on Sunday 24th February at 4pm for approximately 4 weeks, to allow for the completion of our new extension. The farm will be open at weekends only and we will have no catering facilities during the closed period. The nature reserve remains open 7 days a week but toilets may not always be available during this time.

Craigtoun Park near St Andrews – Free days out

Craigtoun park is a very popular visitor attraction near St Andrews. The Royal Marines Association are again this year purchasing tickets for the use of personnel at RM Condor. There will be 2 tickets each for a family of 4.

The season at Craigtoun Park lasts from April to October and the tickets should be here for the start of the season. Further details about using the tickets will be made available when they are received.

There is plenty to see and do on your visit to Craigtoun Park including

- Rio Grande Railway
- Boating lake with pedalos and rowing boats
- Puffin’ Billy tractor ride
- Pedal cars
- bouncy castle
- crazy golf
- Adventure Playground
- Trim Trail
- Geocaching

A beautiful park including walled garden, stumpery, lakes and lots of grass for football and picnics!

See www.friendsofcraigtoun.org.uk for more information about the park

Local MSP surgery

Local Member of the Scottish Parliament Graeme Day holds monthly surgeries at the constituency office.

The next is Friday, 29th March (10am-11am). This is a good opportunity if you have an issue that you want to raise in person. You can also get in touch at any time using the details below

Office of Graeme Dey, MSP for Angus South Constituency, 282-284 High Street, Arbroath, DD11 1JF
01241 873058
Condor Crafts

Condor crafts is a weekly craft group for young children and their adult to explore arts, crafts and messy play. Sessions are organised and run by Annmarie Silcock.

The cost for each session is £1 per child and this is used to purchase arts and craft materials. Come along and join us on a Thursday at 1pm in Condor Families Centre

Aggies and the Chaplaincy

EASTER FAMILY SERVICE, CELEBRATION DINNER AND EGG HUNT
Tuesday, April 2 @ 5pm
At the Haven

An opportunity for service personnel to consider questions

- Do we have souls and, if so, what are they for?
- Does God exist and how does what I do, or don’t believe about God, affect my life?
- What is the point of prayer?
- Do right and wrong exist and, if so, how do I decide what is right and what is wrong?
- Is there life after death and, if so, will my actions in this life affect my life after death?

Starting on Tuesday 5th March at 1900hrs in the Haven (chaplaincy) for 5 weeks. Please come along to all, or any as you are able. Coffee and cake provided.

Phone Seonid or Sue to book your places on 01241 822226

For more info speak with the Padre or call 2225
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 01241 822226 or pop into the Haven.
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.
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

Useful numbers/websites

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<th>Service</th>
<th>Contact Details</th>
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<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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<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>
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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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<td>Angus Council</td>
<td><a href="http://www.angus.gov.uk/">www.angus.gov.uk/</a></td>
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<td>08452 777 778</td>
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<td>What’s on in Arbroath and Angus</td>
<td><a href="http://www.angusahead.com">www.angusahead.com</a></td>
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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.

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

Soul Man - Starting Tuesday 5th March at 7pm in the Haven. For Service personnel. Coffee and cake provided. Contact the Padre for details Ext 2225

Wednesday
Coffee and Chat and Wednesday Wrigglers 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 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

If you would like to receive a copy of the Condor Courier by email please contact lorna.robertson106@mod.gov.uk