Information for Service personnel and their families at RM Condor

Upcoming events

Saturday 2nd February afternoon StoryBook Waves Club. See page 4 for details

Saturday February 16th 1-4pm Bring and Buy sale at the Families Centre see page 4 for details

Tuesday 19th February 2pm Reading Force/Bookbug session at Condor Families Centre see page 3 for details

Thursday 27th February Families Meeting 10:30am in Condor Families Centre. Everyone welcome

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

Tuesday 12th March Bingo at the Haven see page 4 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

What’s on in Angus

There are lots of events in Arbroath, Angus, Dundee and further afield.

www.visitangus.com—has information on places to visit and a what’s on calendar.

www.dundeecity.gov.uk/events has a what’s on calendar for Dundee

www.dayoutwiththekids.co.uk has a searchable database with lots of great activities and places to visit.
Lovat Lodge

Lovat Lodge is located in the village of Braemar. Available for Service personnel and their dependants and MOD civil servants employed within RM Condor. Lovat lodge can accommodate up to 8 people.

Lovat Lodge can be booked by Service personnel via the Base Coy subsite on Sharepoint or by calling 01241 822262

More accommodation ideas

HMS Neptune administers a number of accommodation facilities in Scotland that are available to all Service personnel and their families, ex Service personnel and selected civilian organisations. There are cottages, caravans and a motorhome.

Copies of the Facilities brochure are held in Condor Families Centre and at the Welfare offices on RM Condor

If you would like to enquire or book please contact Central amenities fund manager
HMS Neptune
HMNB Clyde
01436 677266

Holiday Discounts

The Defence Discount Service has 100’s of discounts available including holidays, car hire, airport parking etc.

Visit www.defencediscountservice.co.uk

Defence Discount Service brochures can be picked up at Condor Families Centre or at the Welfare office.

Union Jack Club

The Union Jack Club is for all Serving and Veteran non-commissioned members of HM Armed Forces and their families, providing a comfortable, relaxed and friendly base in London.

Whether staying overnight or simply meeting up with friends, family or colleagues the Club is here for you, every day. Our famous full English breakfast is from 0700 every morning, with the Main Bar serving from 1100 with beer from £2.50 a pint, and the Restaurant for lunch from 12 noon and dinner from 1700.

Search online for Union Jack Club
On 19th February we will have a very special Bookbug Baby session. Bookbug is teaming up with Reading Force,
Reading Force have gifted special bookbags and Bookbug have also sent some extra goodies for you all. We will be learning all about Reading Force and how to use their scrapbooks with babies and toddlers to help during times of deployment and separation.

We will still have all the usual song, stories and rhymes. If you have a little one aged birth to 18 months come along and join us.
If you would like to come to the session please contact Lorna Robertson, Welfare Support Worker,
lorna.robertson106@mod.gov.uk

Due to the free goodies places are limited so book ASAP

We held a similar session in November. If you attended that session you are very welcome to come along again, we will still have all the usual fun songs and rhymes. (unfortunately you won’t receive the free goodies again!)
**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 07911073859

for more info

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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

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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 you 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](http://www.storybookwaves.org.uk) or call us on 0300 30 20 183
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)1436 674321 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.
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

<table>
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<tr>
<th>Service</th>
<th>Contact Information</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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<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>Angus Council</td>
<td><a href="http://www.angus.gov.uk/">www.angus.gov.uk/</a></td>
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<td></td>
<td>08452 777 778</td>
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<tr>
<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

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Contact Information</th>
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<tr>
<td>Monday</td>
<td>Knit and natter — in the Haven. 1-3pm. £1.50 per session. Contact Seonid for more information</td>
<td>01241 822226</td>
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<tr>
<td>Tuesday</td>
<td>Coffee Morning – In the Families Centre 10.15am – 11.30am everyone welcome. £1 donation for tea and coffee</td>
<td>CENTRAL Taxis 01241 877766</td>
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<td></td>
<td>Bookbug Baby—2pm in the Families Centre. Check the RNRMW Arbroath Facebook page or RN Forum for details.</td>
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<tr>
<td>Wednesday</td>
<td>Coffee and Chat and Wednesday Wigglers at 10am. Both in the Haven at St Christopher's Church. Contact Seonid or Sue for more information</td>
<td>01241 822226</td>
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<td>Yoga 11.30am in squash court 3 at the Gym. £3.50 per session. Contact UPTI Marv for info</td>
<td>01241 822008</td>
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<td></td>
<td>Ladies Group fitness—1-2pm at the Gym. Free to attend. Contact UPTI Marv for info</td>
<td>01241 822008. Parents who attend take turns to look after children while the others attend the class.</td>
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<td>Thursday</td>
<td>Coffee Morning – In the Families Centre 10.15am – 11.30am everyone welcome. £1 donation for tea and coffee</td>
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<td>Condor Crafts 1-2pm in the Families Centre £1 per child towards craft supplies. See RNRMW Arbroath Facebook page and RN Forum for details.</td>
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<td>Friday</td>
<td>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</td>
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<tr>
<td>Other regular events</td>
<td>Walking group—Check RNRMW Arbroath Facebook page or the RN Forum for future walk dates</td>
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<td></td>
<td>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</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