

Royal Navy Royal Marines Welfare (RNRMW)

Newsletter – Plymouth Area

January - March 2019



Deployment Support

HMS Montrose



This January and February HMS Montrose organised two events in Plymouth to provide deployment support to their families. RNRMW staff and volunteers went along to provide support and information.

The first event was a small coffee morning in HMS Drake, where there was a ball pit and bouncy castle for the children (and adults) to play in, tea, coffee and quite a selection of things to eat including fruit, doughnuts and sandwiches.



A couple of weeks later, HMS Montrose organised a private session at the children's soft play centre Jump! Families and friends gathered for a few hours of fun play and tea party food, even our information officer enjoyed the slides! A great evening out, with lots of fun had by all.



"Hi! Just want to say thank you so much to everyone that organised jump tonight! My kids both had an amazing time! And it was lovely meeting all the mums too. ☺ x"

"We had a lovely time this evening!! Someone enjoyed the cake ☺ Thank you so much HMS Montrose xx"

If your loved one is deployed or getting ready to deploy don't forget to request a deployment information pack and the selection of items we also have for children.

To request any of the above email nrm-wio@royalnavymail.mod.uk

Visit www.royalnavy.mod.uk/forums to keep up to date with your Deployed Unit.

HMS Argyll – Homecoming

In March RNRMW were privileged to be invited to participate in the homecoming of HMS Argyll.

Families arrived at Devonport on a grey day to be reunited with their loved ones at a long-awaited homecoming after a 9-month deployment.

Spirits were high and weren't dampened by the weather. Everyone enjoyed the refreshments and entertainment put on by the ship while waiting for their arrival.



The crew of HMS Argyll received quite a reception, with hundreds of people that were friends, family and DEVFLOT in attendance.

Their deployment was a success to be proud of from start to finish. Notably rescuing all 27 crew members from a vessel on fire on in the Bay of Biscay just days before arriving in her home port of Plymouth.

It was a brilliant, emotional day filled with banners, balloons and reunions.

Thank you for inviting us HMS Argyll.

BRNC – Health and Wellbeing Fair



RNRMW were invited to join with the fun and information sharing at the Wellbeing Fair at BRNC this March. Two of our Information Officers and a Caseworker went along and shared information about RNRMW, while taking in the amazing scenery and participating in the stalls on offer – Smoothie bike anyone?! – Oh and, who's that over there in the chef whites?..

RNRMW Plymouth – Youth Group

Our Youth Group in Plymouth have had a busy start to 2019, meeting once a week to participate in activities.

Two of our young volunteers who attend at Radford use the Youth Group as part of their Duke of Edinburgh Award. With a variety of activities and events which are often themed to national or cultural events.

In January we made bird feeders and learned about birds for the big Garden Birdwatch (RSPB), in February we had activities for Chinese New Year, and thinking of others, then in March we celebrated St David's Day by making Welsh Cakes and making pancakes for Pancake Day.



"I loved making the bird feeder, it's now hanging in our garden - Thank you!"



Did you know that we have lots of groups running in our community centres? From Coffee Mornings to Bumps and Babes, Dementia support groups and Dance Classes.

Get in touch with navynps-peoplesptrnrmwinfo@mod.gov.uk or visit www.royalnavy.mod.uk/community-and-support to find out more about what's on and when.

Come and get involved!

<p>RADFORD COMMUNITY CENTRE Stokingway Cl, Plymouth, PL3 9JL 01752 469661</p>	<p>CROWNHILL COMMUNITY CENTRE Crownhill Fort Rd, Plymouth, PL6 9BX 01752 279964</p>	<p>ROYAL NAVY ROYAL MARINES YOUTH FORUM 01752 469661 / 01752 469672 Have your say on issues that affect you</p>	<p>ROYAL NAVY ROYAL MARINES WELFARE (RNRMW) VOLUNTEER PROGRAMME</p>
<p>RADFORD COFFEE MORNING Every Friday 09:00-11:00 With a twist! Each month a different organisation or agency will attend to promote their services within the community Offering a place for Deployment Support Tea and coffee available Bring your children! Everyone welcome!</p>	<p>CROWNHILL COFFEE MORNING Every Thursday 09:00-11:00 With a twist! Each month a different organisation or agency will attend to promote their services within the community Offering a place for Deployment Support Tea and coffee available Bring your children! Everyone welcome!</p>	<p>Your local youth forum will provide a chance for you to: Express your voice & an issue concerning you and be listened to by those in positions of authority. Discuss topics relevant & important to you. Come together & meet other young people with a similar background to you. Help share current and future services and youth provision. Represent your views to Adult Youth Parliament. Be involved in national and international events. Have some fun... Meeting held every 3rd Tuesday of the month, 18:30-20:00 Please contact Neve Osburn for more information on 01752 469661 / 01752 469672 Email: neve.osburn@mod.gov.uk Come and have your say Refreshments Provided</p>	<p>Our RNRMW Volunteers support Service Families in a variety of groups and projects such as: Family Support Activities Deployment Support Activities Foreign Deployments Centre based groups Parent AT/DDAR Youth Groups Coffee mornings Social Events If you have some spare time and would like to offer this time in support to Service Families and are interested in joining our dedicated team of Volunteers contact: Lisa Clarke Volunteer Coordinator 01752 270966 RNRMWVCS@mod.gov.uk Or have your details with a member of your contact. Volunteers Receive: Full Support through Induction, Training, and Travel Expenses. Volunteers are Covered in a Volunteering Expenses area to receive work. Reaching out to Service Families Building Communities Together Supported by RNRMW & HSBC</p>

PLYMOUTH JUNIOR YOUTH GROUPS

Crownhill Community Centre, Crownhill Fort Road, Crownhill, PL6 5BX
WEDNESDAYS 17.30 – 19.00

Radford Community Centre, Stokingway Close, Plymstock, PL9 9JL
THURSDAYS 17.30 – 19.00



6 – 12 years old

Get up and
Get Involved....

Try new things...

Make new friends...

All welcome.....

For more
information
contact
Naomi Ozanne
Tel: 01752 555041



Fun activities, health information and support

Tri-Service Youth Forum - Plymouth

On 11th January The Tri-Service Youth Forum in collaboration with the Military Kids Club Heroes, attended an MP Question time. They were able to put questions to the panel which consisted of Luke Pollard, Johnny Mercer and Gary Streeter along with other strategic members of the Plymouth City Council including the Major. The event took place in Plymouth Council Chambers and the young people were chosen by a young person who chaired the meeting.

The questions that the young people prepared were:

1. Can you put a program in place to encourage schools to better support service pupils in relation to issues surrounding mental health when parents are deployed?
2. Can you put training in place for teachers to learn about how to better support service children?
3. Can you encourage schools to be more transparent about their spending of Service Pupil Premium?

For a slightly less serious social and team building event, the group went to Escape rooms where they had to put clues together and solve problems to escape out of the room. Everyone really enjoyed it and worked well together.

“Questions not properly answered, MP’s skirted around the questions.”

“Teachers should have been able to stay with their students to help direct it a bit more.”

“It was more interesting than expected, it was a good amount of time to keep interest but wasn’t long enough for all questions.”

“The Escape room was Brilliant! I would have liked to do another room though as we did the first one too quickly.”

For further information on activities and events within your area visit
www.royalnavy.mod.uk/community-and-support