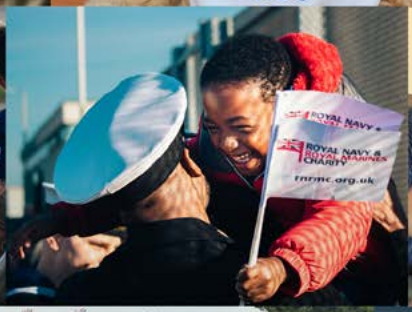
P&T

PEOPLE AND TRAINING

ROYAL NAVY



Our Charities

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Welcome

The Royal Navy is very lucky to have a variety of charities available to offer invaluable support to our people – whether past or present serving members, regulars or reserves, Royal Fleet Auxiliary, or our loved ones.

The past few years have presented us with new challenges, from the pandemic to increases in the cost of living, and it is incumbent on all of us, particularly those with responsibilities for people management, to be mindful of the impact this is having on our people.

It is not always easy to navigate the complex network of support available to the Royal Navy community. This online booklet collates an overview from a number of naval charities as a useful reference and tool to assist in signposting you to the right one for you. We often say that our people are our greatest assets, and it is therefore vital that we care for them accordingly.

Rear Admiral Jude Terry OBE
Director People and Training

Supporting Royal Navy Families and improving mental health

17,168 Royal Navy and Royal Marine sailors benefitted directly from a frontline welfare grant funded by the RNRMC in 2021;

the Charity responded to operational needs which led to a 55% increase in the number minor grants awarded. For 2022, we expect to award circa £3 million in Grants to improve quality of life and further efficiency and morale, typically through bids from ships and units and establishments and often including funding for team building/social events or prizes and awards.

The Royal Navy's families play a vital role in supporting operational effectiveness, often accepting the direct consequences and additional stressors over and above those that all families face.

In addition to the direct support to frontline personnel, in 2021 we spent £2.1 million on projects and programmes supporting Royal Navy families and mental health welfare.

The RNRMC remains committed to its strategic intent to prioritise support for Royal Navy families and take steps to improve the mental health of all those who serve and their families by continuing to work in partnership with key delivery partners and local communities.

A snapshot of our future priorities in providing support to RN families

- Provide professional counselling and relationship support to couples and families to deal with the challenges of modern family life and pressures of being part of an RN family.
- Bespoke support for families from overseas in collaboration with the Naval Families Federation.
- Affordable childcare during school holidays that encourages children to engage in sports activities, learn together and have fun in groups.
- Support projects for young adults such as the Rookie Academy and residential activity weeks that increases essential life-skills and a pilot residential Kings Camp for teenagers.
- Inspiring families to be more active together and through play build family cohesion; providing families in need the opportunity to receive an 'Active Families' Pack alongside support from case workers and volunteers.
- Individualised support to RN families in need and to funding for resources to help families cope with separation delivered through Aggies, Naval Children's Charity, KIDS and Naval Families Federation.
- Continuing, our partnership with Home-Start UK and local branches that will allow any RN serving family in need to receive face to face support from a local Home-Start branch across the UK; the project includes working in partnership with Argyle and Bute Health and Social care partners tp establish a new Home-Start in Lomand, Scotland
- Helping to alleviate loneliness and isolation experienced by families through funding community development support and projects, including ongoing amenities grants used for family support projects as requested by individual units and RNFPS.
- Continuation of our partnership with Parkdean Resorts, China Fleet Club and a new delivery partner, Give Us Time so that RN families benefit from a holiday or respite break through the RN Reward, Recognition and Respite process.

Our efforts to improve the mental health and well-being of serving personnel and families in the future will be focused on

- Emotional care and wellbeing support to serving personnel delivered by Aggies Pastoral Workers supporting the RN Chaplaincy teams in training establishments through Community Waves.
- Mental wellbeing and mental health support for non-serving partners.
- Alcohol and gambling addiction support for serving personnel.
- Navy Babies: Post Natal support for RN Mothers (serving and non-serving) with new support services delivered digitally across the UK.
- Gosport and Fareham Academy Trust - Community Hub and Outreach support for RN children and families in Gosport and Fareham

As a result of our engagement work with partners two new ways to improve the support available have been identified. Subject to discovery and further engagement with key partners these may result in significant new commissioned projects for 2023 and beyond.

- Support for RN Families when a child has ADHD or Autism
- Professional therapeutic intervention to help families facing challenging circumstances

Scan here with your smart phone for a handy infographic providing details of the current support we offer to all Royal Navy families through our Strengthening Families By Your Side project

ROYAL NAVY & ROYAL MARINES CHARITY

rnrmc.org.uk

The Royal Navy and Royal Marines Charity is a company limited by guarantee registered in England and Wales (no. 6047294) and is a registered charity (no. 1117794) and Scotland (SC041898)

GREENWICH HOSPITAL

SUPPORTING THE ROYAL NAVY SINCE 1694

Established in 1694 Greenwich Hospital is a unique Crown Charity providing charitable support to serving and retired personnel of the Royal Navy, Royal Marines and Royal Fleet Auxiliary, and their families GreenwichHospital has a simple philosophy We aim for upstream intervention to prevent or reduce downstream problems

Examples of how our funding has benefitted our community includes:

- Greenwich Hospital co funds SAIL, the Seafarers' Advice and Information Line SAIL is a Citizens Advice telephone service for seafarers and their families across the UK, run by Greenwich Citizens Advice Bureaux SAIL can be contacted for help with debt, pensions, and immigration, consumer, accommodation and family problems Contact them at **www sailine. org.uk** for confidential advice and support
- We awarded 125 000 per year for three years in partnership with The Royal British Legion for Admiral Nurses a specialist civilian nursing service helping the families and carers of Royal Navy with dementia
- Funded a post to support the running of the Gordon Messenger Centre at Lympstone
- Funded the Forces Employment Charity's Project Nova programme which supports former serving personnel who have been arrested or are at risk of falling into the criminal justice system
- Contributed to life changing independence for a seriously disabled Royal Marine and his family through major household renovations at the request of The Royal Marines Charity
- Honoured our commitment to a £2 million contribution over three years to the RBLI Centenary village expansion to provide modern independent living accommodation for veterans, which has now completed
- Helped the inner city London Nautical School to expand their Sea Cadet unit and use moorings for their boats at Excel in London's Dockland
- Greenwich Hospital works in partnership with several naval charities across the UK to support Royal Navy and Royal Marines former serving personnel vi a almonised grant making through the SSAFA CMS 2 database To date, Greenwich Hospital has awarded 127 006 in grants through SSAFA to ex service personnel experiencing hardship or requiring support
- The Royal Hospital School was founded in 1712 as part of Greenwich Hospital It was established to provide children from seafaring backgrounds with education opportunities. The School is located on an impressive purpose built campus in 200 acres of Suffolk countryside and supports the children of serving and retired naval personnel by awarding means tested bursaries for boarding school places

The history of Greenwich Hospital is fascinating. To find out more about our history, and to enquire about how our charity may support you or your activities please log on to our website **www. grenhosp.org.uk** Alternatively, contact **enquiries@grenhosp.org.uk**

THE WHITE ENSIGN ASSOCIATION

Our staff offer unbiased, confidential and free advice through personal interviews and lectures delivered at all RN/RM establishments throughout the United Kingdom on a regular basis.

HOW WE CAN HELP

- *Leaving the Service*
- *Need assistance with your CV*
- *Job Hunting in Civvy Street*
- *Buying a house*
- *Thinking about emigrating*
- *Need legal advice*
- *Seeking impartial financial guidance*
- *Confused about your pension*
- *Personal debt getting out of hand*
- *Concerned about savings*
- *Worried about the impact of divorce*

Our mission, as a Naval Charity, is to inform and provide guidance to all serving and former members of the Royal Navy, Royal Marines, their Reserves and their families on:
Employment, Finance, Resettlement and Personal Administration

EMPLOYMENT SERVICES

Whether you are seeking employment at the end of your Service career or just weighing up your options, we can help. The White Ensign Association offers a range of employment services to suit your individual needs.

You can gain access to:

- *Job Vacancies,*
- *Mentoring Opportunities,*
- *General CV advice,*
- *Interview and Job Hunting Techniques*

You can also create an online profile for Employers who are partnered with the WEA to view and contact you with any potential job opportunities.

PERSONAL FINANCE & ADMINISTRATION

Our staff offer guidance and referrals to our Panel of Professional Advisors on a wide range of subjects including;

- ***Resettlement,***
- ***Savings and Investments,***
- ***Insurances and Assurances,***
- ***Medical Discharge***
- ***Separation and Divorce,***
- ***House Purchase, Mortgages,***
- ***Pensions,***
- ***Taxation, Emigration,***
- ***Armed Forces Compensation,***
- ***Debt Management***

As well as general personal matters.

For further information please contact:
The White Ensign Association, HMS BELFAST, Tooley Street LONDON, SE1 2JH
www.whiteensign.co.uk 020 7407 8658 office@whiteensign.co.uk

THE ROYAL MARINES CHARITY

Registered with FUNDRAISING REGULATOR

EMPLOYER RECOGNITION SCHEME
GOLD AWARD 2022

Offering lifelong support to the Royal Marines Family

- Transition & Support
- Employment & Education
- Comradeship through the Royal Marines Association
- Alcohol Intervention and Dependency Issues
- RMA Support Volunteers
- Mental Health & Wellbeing
- War Pensions & Armed Forces Compensation Scheme advice
- Grants & Benevolence

Scan to learn more

WWW.RMA-TRMC.ORG

RMA – The Royal Marines Charity is a charity registered in England & Wales 1134205 and Scotland SC048185 and is a charitable company limited by guarantee 07142012 registered with Companies House.

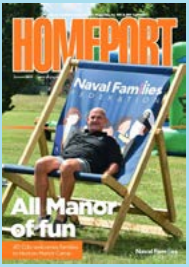
Who are we?

The Naval Families Federation exists to give Royal Navy and Royal Marines families a voice and representation to the Ministry of Defence, Ministers, other Government Departments, the Chain of Command, and civilian service providers. As an independent Charity, we provide support and guidance on matters affecting the daily lives of Naval Service families, acting as an advocate when appropriate to resolve complex issues. Your lived experiences can shape change! We regularly meet with decision makers to present evidence gathered from the RN and RM Community. Our website contains a vast amount of valuable information that could prove useful to you. We have also developed a wide range of resources, tailored to the needs of services families. Please take a look!

Our vision and values

Our vision is for all members of the RN and RM families to: Have their views heard by those in position of power; Feel valued; Be treated with fairness and respect; Thrive in their communities of choice.

Our values are: respectful; constructive; trustworthy; empowering; evidence-based; independent.



Our free resources

Are you deploying soon with a young person at home? Are you planning to leave the Service? We have just the resource for you. Simply scan this QR code to access all of our tailored booklets, free of charge!

Stay in touch with the NFF

02392 654374

nff.org.uk

contactus@nff.org.uk

Building 25, HMS EXCELLENT, Portsmouth PO2 8ER

Sign up to our Homeport magazine and/or regular e-updates:

Subscribe to our quarterly stakeholders update:

Providing Support for Serving Officers and their Families

The Royal Navy Officers' Charity (RNOC) assists all those across the Royal Navy Officer family who need financial support, practical advice or signposting. Founded in 1739 the Charity supports a diverse range of beneficiaries and in 2021 awarded a record amount of grants of over £500k including single donations and long-term assistance. This is a lifeline to our beneficiaries, of all ages and backgrounds, both serving and retired.

The Charity works closely with sister organisation the Association of Royal Navy Officers (ARNO) and all members help support the RNOC. The charity receives no external funding or grants but relies on investments, donations and legacies.

The RNOC supports young families and the children of serving and former Royal Navy or Royal Marines Officers. The Charity is there in challenging times such as illness, the loss of a parent or marriage breakdown, which can have a huge impact. The RNOC will help with education costs, counselling and other practical support, and offer advice about navigating potential sources of help.

Grants awarded cover healthcare (if treatment is not available on the NHS, unless extreme wait time), school and education fees, assistance with transition and career advancement, white goods replacement, removals and debt repayment. The RNOC completes means-testing on all applications which calculates disposable income and available savings.

How to Apply
We have a simple process in place to make sure you get the advice and assistance you require quickly and easily.

Call us on 020 7402 5231 or email **rnoc@arno.org.uk** and let us know what the problem is. A case worker from Naval Welfare, SSAFA or the RBL will collect and coordinate the necessary information and complete an application form on your behalf. Whichever organisation is helping with your application they will process the standard form and forward to the RNOC. The Charity's Benevolence Committee will make a decision and you will know the outcome as soon as possible (usually in under a week).

For further information of the RNOC's work and impact see **www.rnoc.org.uk**

China Fleet Country Club ★★★★

YOUR CLUB

As a serving Royal Navy, Royal Marine, RFA or Reservist, you & your immediate family are automatic members of the China Fleet Country Club.

With you in mind we have great benefits for you to enjoy.
Register for FREE and receive your discounts.

- Fixed room rate of £90 per night (Book direct – promo code RNRM)
- £15 golf green fees
- Free pay as you play membership
- Discounted health club monthly membership
- Discounted golf membership
- Discount on the driving range
- 15% discount on food & drink
- Free room hire on events
- 10% discount on weddings
- 15% discount on beauty treatments
- 15% discount on Woodland Adventure Golf
- Discount on Woodland Fairy Trail
- 10% discount on spa days
- 10% discount on spa breaks
- 25% discount on golf breaks

JOIN NOW!

Prices apply at time of print. Subject to change. T&Cs apply.

FOOD HYGIENE RATING
1 2 3 4 5

Call 01752 848668
www.china-fleet.co.uk

China Fleet Country Club

We know that looking after yourself is about more than simply taking exercise, you need to enjoy life, taking time to relax and have fun.
Join us and pay to use the pool, aqua spa, gym, exercise classes, racquet sports and golf course.

OR

Pay a monthly membership for unlimited use starting from only £42.75 per month.
You have complete flexibility and can change your membership to suit your lifestyle needs.

JOIN NOW!

Joining Fees	**None**	**Single Golf**	**£50.00**
Single Full Leisure	**£42.75**	**Single Golf & Leisure**	**£85.50**
Couple Full Leisure	**£63.00**	**Couple Golf**	**£96.00**
Under 6 years	**FREE**	**Couple Golf & Leisure**	**£152.50**
Over 6 years starting from	**£11.25**	**Couple 1 Golf and both Leisure**	**£107.00**

Start your membership today and enjoy all that China Fleet has to offer.

Prices apply at time of print. Subject to change.
T&Cs apply.

0422

Call 01752 848668
www.china-fleet.co.uk

Women's Royal Naval Service Benevolent Trust

The Trust exists to provide worldwide advice and financial relief in cases of necessity or distress among its members (both Officers and Ratings), and their dependants and to make grants for the education and training of members.

A member is automatically anyone who was served in the Women's Royal Naval Service (WRNS) including those who transferred to the Royal Navy on 1 November 1993. Separately, the RNRMC is a corporate member.

The Trust aims to give help in the most constructive way possible, whilst dealing with all requests speedily and effectively. Every case is considered on need and taken on its merit.

Regular Charitable Payments
Subject to real need, we have five types of regular grants, categorised as follows:

- General Amenity Grants - These grants help with day-to-day living expenses, e.g. the payment of bills, clothing or perhaps household goods otherwise unaffordable and are paid periodically
- Care Enhancement Grant - Weekly assistance for beneficiaries of state pension age, paid quarterly. Grants are given towards the cost of permanent or temporary care in either a care home, their own home or external activities such as day centres
- Overseas Grant - A weekly allowance for beneficiaries who live overseas, paid quarterly
- Weekly Maintenance Grant - A set weekly allowance for beneficiaries of state pension age, paid quarterly
- Weekly Support Supplement - A flexible weekly allowance awarded to beneficiaries below state pension age, paid quarterly

One off Grants
The types of demand can be extremely varied. The main areas of current expenditure are categorised as below, but there is no set parameter and each request is taken on its own merit.

Welfare

- Debts (Priority) and Arrears
- Funeral Expenses
- Household Goods and Repairs
- Medical Aids
- Removal and Travel Expenses
- Rent and Deposits

Education and Training

- This is normally in the form of help with the cost of training courses, study costs, computers, books etc. for former Wrens seeking to promote financial award within current or future employment.

Contact Us

Web wrnsbt.org.uk FB WRNSBT
Email generalsecretary@wrnsbt.org.uk
Tel 02392 655301

THE ROYAL NAVAL BENEVOLENT TRUST

SERVE A DAY, SUPPORTED FOR LIFE

Who we help

RNBT gives help, in cases of need, to serving and former Royal Naval ratings and Royal Marines other ranks; they are known as Primary Beneficiaries. We may also help their partners, children and some others connected with them.

How we help

Every year we make financial grants to just under 3,000 applicants, from under £100 up to several thousand pounds, totalling more than £1.5 million. The circumstances must involve '**necessity or distress**' (in the words of our Royal Charter), and the range is almost endless.

The Trust can provide grants towards many purposes including; food vouchers, rent arrears and rent in advance, furniture and furnishings, funeral expenses, mobility aids, easing fuel poverty and training and employment (leading to over 90% of applicants becoming re-employed).

How to access help

At the RNBT we are unable to consider a request for assistance without an application. There are 3 ways to submit an application to the Trust.

- Contact your local RNFPS and discuss your situation and, if appropriate, they can raise the necessary paperwork on your behalf requesting financial assistance.

- If your request is likely to be £700 or under you can apply online via the RNBT website https://www.rnbt.org.uk/how-we-help/wide-ranging-financial-help/how-to-apply/

- If you would prefer a case worker to raise an application on your behalf or for values above £700 you will need to contact a case working charity (SSAFA or The Royal British Legion). They will discuss your situation and, if appropriate, will raise a case on your behalf

Beneficiary Support Co-ordinator

The Beneficiary Support Coordinator (BSC) predominantly assess the requirements of cases presented to the Trust via SSAFA & TRBL etc, usually after the RNBT have awarded a grant. The application narrative indicates individual needs and background information that may lead to the provision of a holistic beneficiary support package that is be tailored to the individual-family needs, if so desired

The BSC will offer advice, and together formulate a bespoke plan to regain control and enhance the beneficiary's situation with a long term view of empowering them and making them self-sufficient. When the consultation has ended the BSC will send a confirmation letter/email outlining the many agencies/charities talked about that would help along their chosen/recovery pathway. Inclusive in the letter/email is the contact numbers and links to these agencies, with the offer of support and help from the BSC to facilitate. This approach ensures the beneficiary/family is empowered to take the opportunity to help them-selves, enhance their wellbeing and self-worth for a brighter future.

Castaway House, 311 Twyford Avenue, Portsmouth , PO2 8RN
Tel: 02392 690112 · Email: rnbt@rnbt.org.uk · www.rnbt.org.uk

Royal Naval Association (RNA)

Established by Royal Charter after WW2 with the central tenets of Unity, Loyalty, Patriotism and Comradeship, the Royal Naval Association (RNA) exists to support serving and former serving naval personnel and their families. We are a growing organisation with over 240 branches, and 14,500 members.

The RNA is a registered charity with strong links to the Royal Navy and other related Associations and charities; with funding support from RNRMC, Greenwich Hospital, AFC Trust, Veterans Foundation, and other loyal sponsors and donors, the RNA offers considerable multi-generational camaraderie and well-being benefits, helping to bring the wider naval family together. Thanks to increasingly broad collaboration, we have a significant reach and influence at home and abroad. We are also proud supporters of the Armed Forces Covenant and have received the ERS Silver Award in recognition of our work.

Sharing the same mindset and language, the RNA is all about family. It is your Association, providing access to a life-long community of like-minded and supportive shipmates; it is here for serving, for former serving; it's here for family and friends; it's here for you!

We suggest that the RNA is "probably the second-best Club in the world" and, if you are now pondering what might be the best club in the world, anyone who has served in the Royal Navy will be able to tell you that! To join please enter your own details on your smartphone using the QR code below. 'Once Navy Always Navy', so welcome on board!

For further information, please contact us by emailing **admin@royalnavalassoc.com**

Above: *RNA Trustee, WO1 Clare Robson, with S/M Hugh Diaper, Vice Chair of the Bognor Regis Branch at an Open Day.*

Dame Agnes Weston's Royal Charity for the Naval Service supports all personnel serving in the Royal Navy, Royal Marines, Royal Fleet Auxiliary and their families with pastoral and practical support.

Aggie's has Pastoral Workers based in RN establishments and RM units across the UK and has a dedicated Pastoral Worker, based at Whale Island, for those serving in the RFA. Aggie's pastoral workers are available to listen, chat, offer comfort and support and signpost all serving personnel and their families as they require.

Aggie's Pastoral Workers work in close collaboration with the chaplains and are often located within NCS Havens and coffee bars, which offer a relaxed environment for personnel.

The Community Waves teams in Portsmouth and Plymouth offer families a timetable of events based in and around SFA areas. Events range from fitness and walking groups to sewing, craft and coffee and toddler groups.

The timetable of all events can be found on Aggie's social media.

Aggie's Storybook Waves is a FREE service that enables all personnel serving in the Royal Navy to record a bedtime story for their children to listen to whilst they are separated. Separation can be through deployment, non-operational separation, courses and long shift patterns. After the story is recorded, sound effects are added and then sent to the family with the Aggie's gift pack that includes; a copy of the book read, copy of the NCC's Zoe and the Time Rabbit, Aggie's Mini Medals for each child, book marks and aged appropriate deployment journals.

Further information on Aggie Weston's and the services provided can be found at:

Aggies

@aggiewestons
@aggiewestons
023 9265 0505

office@aggies.org.uk
www.aggies.org.uk

Naval Children's Charity

NCC Mission: Provide help and support for children and young people who through personal circumstances are in need and would benefit from support from the Naval Children's Charity. Eligible children are those aged up to the age of 25 with a parent/ guardian who serves or has served in the Royal Navy (including the Royal Marines, QARNNS, WRNS, Reserves and Royal Fleet Auxiliary).

The Naval Children's Charity provides financial and holistic support to children of serving and veteran families. We endeavour to improve and change the lives of children, providing relief from worry, stress and changing futures. We make children our central focus, providing essential support and representing the needs of all Naval children. We work in close collaboration with other Naval charities in the Naval, Maritime, Educational and Children's Sectors. Our dedicated and trained caseworkers use their expertise to place
the child at the centre of our work, seeking to improve lives in the longer term based on five pillars of support:

Health, Wellbeing, Security, Education and Life Chances

Support is given in three areas:

Direct support to the beneficiary at the point of need through welfare grants to the families.

Indirect support provided through a parent or family, guardian or carer, school or community establishment to ameliorate the impact of circumstances and to assist with a long-term improvement in conditions

Prevention, advocacy and support to identify and address conditions that impact children, their families, and circumstances and to work with other charities, agencies and organisations to improve these conditions.

In this way we contribute to the resilience of our children, their families and support efforts to increase retention in the Royal Navy thus enhancing their operational capacity.

The Charity employ five professional caseworkers as well as working with RN FPS and external caseworkers such as SSAFA and TRBL. Caseworkers assess each welfare case, dealing with the families directly to ascertain need and ensure the family are receiving a package of care. We fund activities in the community to improve children's life chances such as:

Funding to community centres and schools for Military after school clubs, playgrounds, toys and furniture, resources and community events.

Research into the impact of Armed Forces life on our children.

ARU: The Impact of Service Life on the Military Child - The Overlooked Casualties of Conflict update and Review Report (launched May 2021).

ARU: Dropping in and out Report: Social media and internet-based communication amongst Naval families during separation (launching Sept 2022).

SCiP Alliance: assessment and case studies on the use of their Thriving Lives Toolkit as they roll it out to schools across the UK.

SCiP Alliance, funded by FiMT, into the funding landscape for Armed Forces children to identify and enhance opportunities for collaboration and development of resources for schools (to be launched Feb 2023).

Voyages with the Tall Ships Youth Trust – an opportunity for our Naval children to grow in self-confidence and gain qualifications whilst also creating bonds with other children from Naval backgrounds.

We also provide free resources to children and families to assist those that are not in crisis but still feeling the impact of their parents' service. These include:

Books for younger children to understand separation and deployment: Zoe and the Time Rabbit, when a daddy goes away; Henry and the Time Penguin, when a mummy goes away.

Knit the Family, book for families to understand the cycle of deployment and manage the emotions and impact

Mental Health resources for older children including a journal/notebook Wisdom While you Work and booklets on bereavement for both children/young people and parents/ carers as well as other bereavement resources.

Welcome gift for new Naval Babies, a bandana bib – to reach out and connect with young serving families, providing an offer of help right from the start

Families apply directly through our website **www.navalchildrenscharity.org.uk** or by emailing **caseworkers@navalchildrenscharity.org.uk** 023 9263 9534 or through RN FPS/SSAFA and other organisations. Resources available through website or by contacting office ncc@navalchildrenscharity.org.uk

Clare Scherer
CEO Naval Children's Charity
023 9263 9536

Association of Wrens

Women of the Royal Naval Services

Who is the Association for?
We are the association for all women who are serving or have served in or with the Royal Navy.

What do we do?
We are primarily a social, rather than benevolent, association, enabling our members to maintain a social network with former service colleagues, and providing opportunities to meet and make friends with others from all generations who have the common bond of Naval service.

Our HQ is in HMNB Portsmouth, but we have worldwide membership, with branches and informal groups which meet regularly throughout the UK and beyond. We also have a virtual branch, which meets monthly via Zoom. You do not, however, have to join a branch and benefits are available to all our members.

We maintain links with our members through our website **https://wrens.org.uk**, various social media platforms (including Facebook, twitter, Instagram and linked-in) and our magazine, The Wren, which is published three times each year (free to all members).

What are the benefits?
Full details of member benefits can be found on our website **https://wrens.org.uk,** and include reduced entry fees to museums and special invitation events, plus association dinners and social weekends.

How do I join?
Scan the QR code at the top of the page or visit **https://wrens.org.uk** - and apply online.

Alternatively, email **office@wrens.org.uk** or telephone 02392 725141.

How much does it cost?
Annual membership is currently £13. Five-year membership is £60 or ten-year, £110.

Branch fees vary but are typically around £10, and it costs nothing to join an Informal Group.

AOW – You're Welcome!

ROYAL HOSPITAL SCHOOL

NAVIGATING SUCCESS

BOOK AN OPEN MORNING, TASTER DAY OR PRIVATE TOUR

DISCOVER OUR UNIQUE MARITIME HERITAGE

An ambitious and supportive boarding education based on the stunning Suffolk coast.

We offer seafaring bursaries through the support of our parent charity, Greenwich Hospital. These means-tested bursaries are available to the children of serving or retired officers and ratings of the Royal Navy, Royal Marines, WRNS and RFA. We also offer a discounted full boarding fee for families in receipt of MOD CEA.

Scholarships and Bursaries available

ROYALHOSPITALSCHOOL.ORG

Independent / Co-educational / Boarding & Day / Ages 11-18

Royal Naval Sailing Association

Founded in 1935, and an incorporated charity since 2020, the RNSA is the Service Sports Association that delivers the sport of sailing for the Royal Navy, Royal Marines and their associated Maritime Reserve Forces. We operate across the UK and aim to get Service men and women of all sailing abilities actively engaged in our sport.
We passionately believe sailing is an ideal vehicle for improving personal skills, fitness, teamwork, wellbeing, maritime awareness and as a result military efficiency. We organise our sailing into the core disciplines of yachting (both racing and cruising), dinghy sailing, windsurfing and wingfoiling. We strive to provide exciting, dynamic and enjoyable sailing and social programmes that help provide suitable pathways into the world of sailing.

We have over 5000 members who support the Charity through their subscriptions, expertise and time. This amazing membership base forms the foundation of our success, which along with some brilliant volunteer engagement and the generous support of Naval charities is essential to our ability to deliver our charitable endeavour. There are also, of course, plenty of exciting benefits for members to enjoy.

RNSA is hugely keen to make sailing accessible to all, whatever your skills and background. Membership in 2022 is free for Service personnel joining RNSA for the first time. For a very modest annual subscription, those who are no longer serving are also most welcome to join.

Find out more
www.rnsa.org.uk, use the QR code, email admin@rnsa.org.uk
or call 02392 521100

Registered Charity No 1183562

sailors childrens society
A LIFELINE SINCE 1821

Sailors Childrens Society

Naval families turn to us following a traumatic event such as bereavement, breakdown of a marital relationship or diagnosis of a lifechanging illness.

We provide a combination of financial, emotional and practical support to help the family cope in their new circumstances and move forwards again for the benefit of the children.

We provide ongoing regular support including:

- Small financial grants
- School uniforms and winter clothing
- Home computers
- Educational trips
- Caravan holidays
- Student grants

Along with face to face or virtual emotional support by a specially trained team and access to counselling and debt advice.

Call: **01482 342331**
Email: **info@sailorschildren.org.uk**
Find us either on **CMS2/mosiac**
or **facebook**

Naval & Military Bible Society

The Naval & Military Bible Society is a fully independent, unique Bible Society rooted in a rich history starting in 1779 through to the present day.

NMBS provision of Bibles includes HMS Victory and HMS Bounty, the latter ship's Bible currently resides in the Pitcairn islands, but even today, when offered, over 80% of new recruits at HMS Raleigh receive a Royal Navy New Testament and Psalms.

The Society is dedicated to serving all UK military and cadet forces and seafarers globally, through the gifted provision of Bibles and other Christian resources.

NMBS aims to be flexible, adaptable and agile; able to respond quickly to changing needs, grasp new opportunities as they arise.

The Society deals with a variety of partners, suppliers and distributors to meet requirements of its ministry efficiently and effectively; always dependant on God for the growth of the kingdom of God.

To find out more either contact director@nmbs.org.uk
of look at our website: www.nmbs.org.uk

Testimonials

"You took the time to help me with everything I needed to make my career transition"

"My replacement bike is a lifesaver – your support has been invaluable"

"The boys and I have just returned from Greece thanks to your Respite Grant. It is hard to explain in writing what a positive affect it had on us individually and as a family - I don't think I realised how much we needed it"

"I cannot express just how grateful I am for your help in challenging my War Pension – it's also improved my physical and mental health and you've made me feel that although I have left the Corps, I am not alone"

"I cannot thank you enough for your help in paying some of our essential living costs immediately after my diagnosis. Thank you - the brotherhood really does work"

"The prosthesis has helped me to resume some normal activities – thank you for giving me back my life"

"I cannot tell you how much your amazingly kind and generous donations have helped improve the life of my 2 daughters. The way you have helped me during this very tough year is incredible and I will never forget it"

"I can honestly say that this course has not only changed my outlook, but my life too. Prior to going on this retreat I was dealing with a lot stress from being medically discharged from the Navy and trying to decide what my next steps would be. Since I am under therapy for an existing mental health condition, this added stress was not helping me get the best results. It turns out that the Thrival Instinct Living Yoga Method Retreat was what was missing! This weekend provided the best form of isolation and escapism from life to really take time to focus on my mental and physical health."

"To have a space like this with these facilities is so important. They have baby chairs, baby gyms, changing tables - everything. You can come with your baby and exercise easily."

"The garden is truly amazing. The children now choose to be in the garden for most of the day. Most activities throughout the day now take place in the garden and children are becoming able to manage risks themselves due to the larger equipment. We have also noticed how the children are more engaged with their learning and their vocabulary development reflects this."

HMS Queen Elizabeth was docked in the port of Yokosuka for a series of exercises and engagements as part of the UK's commitment to strengthening ties with Japan. However, due to COVID concerns the crew were restricted to the ship during their stay and were unable to experience Japanese culture first hand. In response to this, the RNRMC were able to act quickly and provide the funds to allow 'goodie bags' to be assembled for all sailors aboard the ship.

"We received support from RNRMC who kindly enabled gift bags for the ship. Thank you! 1500 "gizzet" bags to provide a souvenir of Japan for every soul on board: magnets, postcards, snacks, art."

Naval Children's Charity

"Such a positive experience. I hate asking for help and always pride myself of doing everything I can. This wasn't easy asking for help especially money. Butthis supports my daughter's many complex needs and will improve her life. Thankyou so much."

"Very helpful service and no judgement from the supporter teams. It has made the difference between having to let my children down and being able toprovide for them."

GREENWICH HOSPITAL
SUPPORTING THE ROYAL NAVY SINCE 1694

Greenwich Hospital awarded a grant to HMS Drake's WIS Unit to provide seven weekend retreats and activities for sick and injured RN and RM serving personnel aimed to improve their well-being and recovery.

"The retreat was indeed life changing for me, combining the breathing with the postures and the mindfulness has increased my self-confidence and allowed me to be much more in control of my thoughts."

"I found the tranquility, the practices, the green space and the tone of the weekend really helped my mental health and wellbeing and was a five star experience. I'd definitely recommend it to anyone and I'd be amazed if anyone attending didn't find any positives to take away from the experience."

ROYAL NAVAL ASSOCIATION

"When you join the Royal Navy , you learn the famous words, become a good team, the man next to you is your shipmate for ever more.

But the day sadly comes, when that dreadful day arrives, and you leave. The banter, the laughs , but most of all, your shipmates are gone. That golden world has gone. But has it? In the background is still shipmates, the Royal Navy Association, that beats a mighty big heart, to ensure you are NOT alone still.

They are there to get you down the right channel, if you seek guidance, just like what it was like when you serve. I've been assisted many times, so from leaving and feeling so alone, to I am not alone, to back with shipmates with the same big heart. "

P&T

PEOPLE AND TRAINING

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