

Strengthening Families By Your Side

Funded By



A guide to support those serving
Royal Navy, Royal Marines,
Royal Fleet Auxiliary, Royal Naval
Reserve and their families

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Welcome to our Strengthening Families - By Your Side support offer for Naval personnel and their Families.

Royal Navy & Royal Marines Charity (RNRMC) 'Strengthening Families - By Your Side' was developed in response to the need for ongoing support of serving Royal Navy, Royal Marine, Royal Fleet Auxiliary including reservists and their families. Families can have different make ups and do not always include children. This support offer is for those who are serving and anyone who they count as 'family' and who are impacted by the life of service. The support here is also available for families transitioning into civilian life, as we appreciate this can take an adjustment period.

RNRMC is always listening and responds by resourcing and putting things in place that may be a help. We recognise that being a naval family can sometimes be tough and increasingly so during deployment and operations.

In this booklet you will find information about organisations and activities RNRMC fund to try and make life a little easier in times of need. We call this our Strengthening Families Support and it is free for you to access. We have focussed on:

Whole Family Support to strengthen family bonds, have some fun and respite, as well as address things that might affect a whole family at once.

Relationship Support to strengthen all kinds of different relationships you may have to help maintain strong, healthy relationships despite the pressures of service life.

Parenting Support to strengthen relationships and skills to help our children thrive and navigate service life well.

Mental Health and Wellbeing Support to strengthen each of us, developing resilience, positive health and wellbeing, and having someone else to listen and support you.

How to use this booklet

A lot of the offers of support here meet needs in more than one different area at the same time.

In addition, you will find we have grouped support in different levels so you can easily find where you are at and see what is available to you. We call this a **pathway of support**.

We hope it's helpful for you and please do get in touch with these organisations as you need to, we are all here to be by your side.

Pathway of Support

The focussed support for strengthening families, relationships, parents and mental health and wellbeing has been grouped into different levels ranging from more community type activities to professional support. Do have a look and see which level may be appropriate to you:

1. Peer/Friendship Support Level - Friends and family are vital to all our wellbeing. Not everyone lives near a base or if they do, they might not have family nearby. Life can be complicated, small things can become big things. We hope these events and activities are a good opportunity for you to connect with each other and share together informally. Do check out the Royal Navy Forum, your local community centre if you are near a base and visit www.rnrmc.org.uk/WhatsOn

2. Community Support Level - Problems can sometimes escalate from small issues, and they don't always go away. There is truth in the saying a problem shared is a problem halved. Our community of experienced providers is there to support you, bring people together through activities and events, alleviating loneliness and isolation and being a point of help for when niggles are growing. Do keep an eye on our website for details.

3. Community Based Interventions Level - You may find community support helpful but you might need some more specialist help or individual support. These organisations offer services to meet a variety of needs with care and expertise.

4. Professional Interventions Level - Sometimes, challenges can become overwhelming and hit a crisis point, and more specialised support is needed, or you may need an experts involvement to guide you.

Below outlines the various levels of support available for whole family, relationship, parenting and mental health and wellbeing support. Read on to learn more about each level and how it can help meet your needs.



List of whats available to support Families

Please note: It might be that contact details, or activities/services may change, please do check both RNRMC website and providers websites for the most up to date information.

Peer/Friendship Support

Community Support



Aggie's Community Waves

Run By: Aggie's

Dame Agnes Weston Charity has been helping sailors since 1876. 'Aggie's' workers can be found on bases 'behind the wire' and in the community. They are there to support through listening/pastoral conversations and community-based support, events and activities for families. Aggies volunteers can also support families practically in times of need.

Focus:

- Whole Family
- Mental Health and Wellbeing Support

Activities:

- Easter, Christmas and Half term activities
- Families Days, Homecomings
- Summer BBQ's
- Mocktails & Mystery Crafts
- Wavy Navy (Wives/Partners and Young children)
- Walk & Talk
- Practical support as appropriate/depending on volunteer availability

Where:

- In person via local Community Centres & Family Hubs

How:

To access Aggie's support, please visit: www.aggies.org.uk and check out the RNRMC website (rnrmc.org.uk) for upcoming events.

Peer/Friendship Support

Community Support



Aggie's Pastoral Workers

Run By: Aggie's

Pastoral Workers are based 'behind the wire' supporting our serving personnel throughout their careers from basic training and into phase 2 training and beyond, providing social activities such as the infamous Bacon Butties! They also offer 1:1 pastoral conversation.

Focus:

- Mental Health and Wellbeing Support

Activities:

- Games nights
- 'Baking Bad' Group Cooking
- Mindfulness events / Pamper evenings
- No money Movie & Pizza nights
- Bumps and Babies
- Menopause groups
- 1:1 pastoral conversations

Where:

- In person via The Haven & Chaplaincy Teams

How:

To access Aggie's support, please visit: www.aggies.org.uk or contact your local chaplaincy team.



Aggie's Storybook Waves

Run By: Aggie's

Storybook Waves enables personnel serving in the Royal Navy, Royal Marines and Royal Fleet Auxiliary to record a story for a child or a message for their loved ones, such as a family member with dementia, or on a special occasion, to listen to whilst they are separated. This can be done on bases, ships or remotely across the world.

Focus:

- Whole Family Support

Activities:

- Storybook recordings for children and family/friends
- Special occasion messages

Where:

Stories can be recorded remotely via your mobile phone, by using the recording equipment onboard or via a recording centre.

- Online – accessible to all, including overseas
- Chaplaincy Teams
- The Haven
- Pastoral Workers

How:

To access Aggie's support, please visit: aggies.org.uk/storybook-waves-remote or contact your local Aggies Worker.



Anchoring Minds

Run By: Solent Mind

Although based in the Solent Area, Anchoring Minds offers support to naval families wherever they are. Part of the national Mind network, Solent Mind provides a single contact point through the Mental Health Navigator, for serving personnel and their families to Anchoring Minds support and signpost around mental health and wellbeing needs. The Mental Health Navigator is the 'front door' to all services and a good first point of contact in seeking mental health/wellbeing support. They will speak with you to understand the help you need and discuss with you how you could best be supported, removing any blocks and barriers to services and making referrals on your behalf.

Focus:

- Mental Health and Wellbeing Support

Activities:

- National Mental Health Navigator – for everyone
- Casework Support - Where signposting onto other organisations is not appropriate, the service user can be referred onto the Anchoring Minds case worker for more in depth 1:1 support
- 1:1 Listening Support
- Webinars – 20-minute online webinars to give people immediate mental health support wherever in the world they may be, offering coping strategies and techniques to support people to manage their mental wellbeing.

Where:

Online – accessible to all, including overseas / In person (if in Solent area)

How:

For more information visit:
www.solentmind.org.uk/support-for-you/our-services/anchoring-minds/



Fighting With Pride

Run By: Fighting With Pride

FWP supports the health and wellbeing of LGBT+, both service personnel and veterans and their families – particularly those most impacted by the ban on LGBT+ personnel serving in the Armed Forces prior to January 2000. Their team can help with issues arising for individuals, reparations and community connection, signposting and events.

Focus:

- Mental Health and Wellbeing Support

Activities/Service:

- 1:1 Support
- Signposting
- Community support through events and activities
- Assistance with reparations

Where:

Nationally online and in person at different events across the country

How:

Website: <https://www.fightingwithpride.org.uk/> or

Email: info@fightingwithpride.org.uk



FLAGS

(Forces Linking Alcohol and/or Gambling with Support Services)

Run By: Society of St James

A unique service delivered for the Royal Navy/ Royal Marines by an independent charity organisation, The Society of St James. They specialise in supporting people to make their lives better as well as having expertise in behaviour change interventions. The aim of FLAGS is to provide a private and confidential service to support service personnel who may be experiencing difficulties with alcohol and /or gambling.

Focus:

- Mental Health and Wellbeing Support

Activities/Services:

- 1:1 counselling/therapeutic support sessions (as many as needed, no information shared without permission, unless a significant risk of harm to yourself or others is of concern)
- Support interventions / unlimited access to aftercare / financial advice

Where:

Online/In Person (Solent/Yeovilton)

How:

To access support please contact Leanne on 07851 721 438

leanne.gallagher-costello@ssj.org.uk



Gosport Community Hub

Run By: Kings Group Academy at Brune Park School, Gosport

The Kings Group Academy is a group of primary and secondary schools. Some of these fall in the Portsmouth/Gosport area. RNRMC funded the building of 'Gosport Community Hub' and services/activities for both children and families. Based at Brune Park School with bespoke activities to students and their families of the hub, it has also opened its door to all military families in the area (including veterans) and to sharing good practice around service pupil premium with schools across the country. The team welcomes contact from other schools armed forces leads. While you do not have to go to the school to take part in community activities at the Hub, some activities such as transition support are only for families at KAGT schools. Please check the Hub Facebook page for details or contact the hub directly.

Focus:

- Families
- Parents
- Mental Health and Wellbeing

Activities/Services:

- Transition support – transition to fully involve the entire family throughout transition at both KS2-3 and KS4-5 as well as any new in year admissions.
- Youth Club (11-16)
- Activities at the hub to connect families e.g. Family Cooking Sessions, Yoga, drop ins, trips, seasonal events
- Family Sessions
- Talking Teens Course for parents

Where:

In person for families/children in Gosport / online advice & guidance support for other schools.

How:

Visit: sites.google.com/gfmat.org/gosportcommunityhub/home/about-us
Or www.facebook.com/Gosport-Community-Hub-103674492279691



Home-Start Blackmore Vale (Yeovilton)

Run By: Home-Start Blackmore Vale

Home-Start Blackmore Vale is part of the national Home-Start network and offers free, confidential support, friendship and practical help to parents of children under five across North and West Dorset and South Somerset.

Home-Start Blackmore Vale provides support to parents with at least one child under 5 who are going through a difficult time. Being a parent, whatever your situation, can be very challenging, especially when children are young. Many parents feel exhausted and overwhelmed by the stresses of family life. For some parents it's a particular struggle because they are also coping with issues such as post-natal depression, their or their child's illness or disability, isolation or multiple births.

Focus:

- Whole Family Support
- Relationship Support

Activities:

- 1:1 volunteer-led family befriending to provide practical assistance and emotional support in the family home.
- Group-based support sessions
- Mothers in Mind Group - support for mums struggling with perinatal mental health problems in South Somerset.

Where:

In person for families living across Somerset.

How:

Visit homestartblackmorevale.org.uk/contact-us/ or call 01258 473038.



Home-Start Hampshire

Run By: Home-Start Hampshire

Home-Start is a national organisation that has branches all over the country. Local community networks of trained volunteers and expert support help families with young children through their challenging times. They are there for parents when they need them. Naval families can access support at any branch across the UK. RNRMC have funded some specific Home-Starts to deliver bespoke support to families, mainly around bases but some offers are online and accessible for all.

Home-Start Hampshire covers Gosport and Fareham.

Focus:

- Parenting Support
- Mental Health and Wellbeing Support

Activities:

- 1:2:1 volunteer-led family befriending to provide practical assistance and emotional support in the family home.
- Group-based support and activity sessions including the provision of an after-school mindfulness group.

Where:

In person via local community centres, family hubs and homes across Hampshire.

How:

Tel: 0330 124 2095 or
Email: info@hshants.org.uk



Home-Start Kernow (Cornwall)

Run By: Home-Start Kernow

Home-Start Kernow is part of the national Home-Start network and offers free, confidential support, friendship and practical help to parents of children under five in the county of Cornwall.

Focus:

- Parenting Support
- Mental Health and Wellbeing Support

Activities:

- 1:1 volunteer-led family befriending to provide practical assistance and emotional support in the family home.
- Weekly group-based support sessions
- Bi-weekly walking group

Where:

- Available to families living across Cornwall
- Helston Community Centre

How:

Tel: 01209 214490
Email: info@homestartkernow.org.uk



Home-Start Lomond (Helensborough)

Run By: Home-Start Lomond

As part of the national Home-Start network, committed to promoting the welfare of families, Home-Start Lomond offers a range of support and activities including home visiting service, befriending and family groups that include soft play, messy play and outdoor play. In addition, a range of activities and events for families take place throughout the year, so do check out their website.

Focus:

- Parenting Support
- Mental Health and Wellbeing Support

Activities:

- 1:1 volunteer-led family befriending to provide practical assistance and emotional support in the family home.
- 'Navy Wife, Crazy Life' peer support group
- 'Chat & Play' family peer support group
- Book Bug
- Tea & Tots

Where:

In person, at the office in Churchill Square or at the Drumfork Community Centre, Helensburgh.

How:

For more information, please visit homestartlomond.org.uk/ or contact via Tel: 07793459522 or email: laura@homestartlomond.org.uk



Home-Start Portsmouth

Run By: Home-Start Portsmouth

Home-Start Portsmouth is part of the national Home-Start network committed to promoting the welfare of families, under the age of 5.

They provide emotional and practical support to families with our trained home-visiting volunteers, stay and play groups and expert support, helping them through their most challenging times.

Home-Start Portsmouth's Nurturing Programme has been designed to help parents and carers build positive relationships, encourage co-operative behaviours and develop resilience in yourself and your children.

Focus:

- Parenting Support
- Mental Health and Wellbeing Support

Activities:

- 1:1 volunteer-led family befriending to provide practical assistance and emotional support in the family home.
- Weekly group-based support sessions
- The Nurturing Programme – An in person 5-week programme to empower parents with children under the age of 5, to build positive relationships by providing building blocks for positive, constructive relationships and confident parenting.

Where:

In person via local community centres, family hubs and homes across Portsmouth.

How:

Tel: 023 9273 4400 Email: office@hsportsmouth.org.uk

For more information on the Nurturing programme, please visit: <https://hsportsmouth.org.uk/parenting-support-project/>



Immigration and Visa Support

Run By: Naval Families Federation

The Naval Families Federation is there to help families thrive. They offer support, drive change and champion Royal Navy and Royal Marine serving families as they navigate both serving and civilian life challenges. They also publish a quarterly magazine which you can subscribe to free of charge: Homeport Magazine | The NFF's Magazine for RNRM Families.

Non-UK and Commonwealth personnel face unique challenges when integrating into life in the UK, including navigating legal complexities, cultural adaptation, and in some cases dealing with separation from loved ones in their home countries. These challenges can significantly impact mental health and overall well-being. The Immigration and Visa Support team, now with additional capacity funded by RNRMC, and the AFCFT, has dedicated advisors to support you with immigration issues including applying to enter and remain in the UK (including Children's applications) Fiancé Visas and Visit Visas.

Focus:

- Whole Family Support

Activities/Service:

- Access to specialist advice and guidance regarding Visa & Immigration support.
- 1:1 immigration and visa support

Where:

Online and in person where possible.

How:

Tel: 02392 654374 or email immigration@nff.org.uk or visit: nff.org.uk/uk-visas-citizenship/



Different Ships, Same Ocean Nurturing Anchors

Run By: Kids

Kids is a national charity leading in SEND support. Every child should have an equal opportunity to play, learn, grow and thrive. Kids offers opportunities by providing a wide range of support for parent/ carers, young people, young carers, who are living with Neurodiversity/SEND. Support for naval families can be accessed from wherever they are. To make this easy for you, Kids have a dedicated page called the Navy Hub where you can find all the funded support available.

Focus:

- Whole Family Support
- Parenting Support
- Relationship Support
- Mental Health and Wellbeing Support

Activities:

- Navy Hub – Provides access to courses, information and signposting for adults and young people, including SEND Education guides. (A good place for young people to go themselves and find content specific to them.)
- 6-week Understanding Me workshops for young people. (13-15 years and 16-18 years)
- 6 – week Understanding Me workshops for parents/carers.
- Nurturing Anchors – A 6-week programme of support which aims to improve health, wellbeing and understanding among parents/carers of children with additional needs.
- Riding the Rapids courses – A 6-week course for parents/carers designed to help them understand their child when they display behaviours that challenge.
- Coffee and Connect - Facilitated monthly drop-in peer support group.

Where:

Online – accessible to all, including overseas

How:

To access a range of support, please visit the Navy Hub: www.kids.org.uk/services/navy-hub/



Kings Camps

Run By: Kings Active Foundation

Kings Active Foundation leads sport and activity camps for 5 to 17-year olds during school holidays across the country and abroad. Activity camps are held at key Royal Navy bases or in the local area surrounding them, as well as throughout the UK and abroad. They are open to all serving families. Costs are subsidised by RNRMC to enable more affordable childcare. For families living away from bases, they can still access any camp at the RNRMC subsidised rate. The aim is to encourage increased levels of child activity, offer highly affordable childcare during the holiday season, while providing increased opportunities for children to form friendships with fellow Naval service children.

Dates of camps are available and bookings can be made online. Please note bookings open at staggered times. Check out the website for details.

Focus:

- Whole Family Support - Mental Health and Wellbeing Support

Activity:

- Non-residential (Mon – Fri) Sport and activity camp for 5-17 year olds, designed to get children active, having fun and learning together throughout the week participating in sports and active games. A typical summer camp day includes sports and activity sessions, time to socialise and team challenges.

Where:

Delivered at key Royal Navy bases throughout the UK and internationally.

(Costs are subsidised by RNRMC wherever your camp takes place)

How:

www.kingscamps.org/kids-camps-at-military-bases/
Please also see nrmc.org.uk



Marriage Care - Early Intervention to Strengthen Families and Relationships

Run By: Marriage Care

Marriage care helps people with marriage, relationships, and family life by providing relationship counselling services and marriage preparation services. This support seeks to relieve the relationship distress that presents challenges to the wellbeing of Royal Navy/ Royal Marine personnel and their families. Marriage Care is running groups to discuss the unique pressures on relationships presented by service and the deployment cycle, to explore how, when and why relationships can come under stress, and what can help. Marriage Care can also offer counselling to those who wish or need to go deeper.

Focus:

- Relationships - Mental Health and Wellbeing

Activities/Services:

- Group sessions covering the themes of:

- relationship journey and history, communication,
- conflict and intimacy,
- the relationship between mental and emotional wellbeing and relationships,
- Having a 'third party' in the relationship (e.g. Royal Navy), including the deployment cycle in relationships, its impact, and how best to navigate this.
- Further 1:1 couple /individual counselling if needed
(Please note, a fee may be payable)

Where:

Sessions will take place online.

How:

Tel: 07762 260592 or visit www.marriagecare.org.uk/RNRM
Email: RNRM@marriagecare.org.uk



Mums and Dads Onboard

Run By: Home-Start South and West Devon

Home-Start South and West Devon has designed a series of group sessions to engage and support new parents across the UK and abroad, who are struggling with mental health and/or isolation following the birth of a child. It's an opportunity to meet other parents/carers who have children under the age of 5 who are in a similar situation. In addition, recognising the importance of dads, Dad's Onboard is a great opportunity for dads to get together.

In addition to Mums and dads Onboard, please see their website for details of courses run for serving families around reducing parental conflict – Within My Reach, Triple P – Family Transition.

Focus:

- Parenting Support
- Mental Health and Wellbeing Support

Activities:

- Facilitated parent-led online support groups for new Mums (spouses and partners)
- Facilitated parent-led online support groups for new Mums (Female serving personnel).
- Facilitated parent-led online support groups for new or expecting Dads.
- Please also see reducing parental conflict courses for military families at www.homestart-southandwestdevon.org.uk/current-services/

Where:

Online, available to all families regardless of location, including overseas.

How:

To register your interest, please contact Home-Start South and West Devon:

Call: 07307873163 Email: homestart.shpt@gmail.com
Or www.rnrmc.org.uk/support-us/fundraise-and-events/attend-event



Neurodiversity Navigator

Run By: RNRMC
(with funding from AFCFT)

In response to families' requests, RNRMC and AFCFT (Armed Forces Covenant Fund Trust) have funded a Neurodiversity Navigator (NDN) to come along side families and support those living with neurodiversity. The NDN is able to help serving Royal Navy, Royal Marines, Royal Fleet Auxiliary and their families with advice, signposting, forms/applications, assessments, matters around schools, respite breaks and sourcing what support families (adults and children) need. If you have a question or are feeling like you 'don't know what you don't know,' or find yourself reaching for Google, do get in contact with the NDN. The NDN keeps an eye out for upcoming events/activities that support neurodiversity and posts them on the RN Forum.

In addition, the ND Navigator keeps in touch with a group we call 'Neurodiversity Champions', meeting periodically, to help shape future support and change, in an advisory role. This is open to any family living with neurodiversity so do get in touch if you want to be part of it.

Focus:

- Families
- Parents
- Mental Health and Wellbeing

Activities/Services:

- Bespoke 1:1 advice, guidance and support, with follow up and ongoing help where needed.
- Neurodiversity Champions / Advisory Group
- Keeps an eye out for upcoming events/activities that support neurodiversity.

Where:

Online.

How:

Through our contact form on:

www.rnrmc.org.uk/how-we-help/rnrmc-neurodiversity-navigator or
email: neurodiversity@rnrmc.org.uk



Relate at Family Action

Relate is now part of Family Action, the family charity

Run By: Family Action

A professional service to help strengthen relationships, Relate has centres all over the UK. Relate is providing relationship counselling services to adults, children and young people. It is available to serving personnel, veterans and/or dependants wherever they live in the UK.

Focus:

- Relationships
- Mental Health & wellbeing

Services:

Up to 6 sessions of counselling paid for by RNRMC (veterans pay £35 a session). Further counselling available at own cost (individual grants might be an option from benevolence charities)

- One-session therapy - 30 min telephone chat
- One-session therapy - One off 60 min session
- Adult Relationship Counselling for couples or individuals
- Family Counselling
- Children and Young Person's Counselling
- Psychosexual Therapy

Where:

Online/in person.

How:

www.relate.org.uk/royal-navy-and-royal-marines-charity



Royal Navy Community Support

Run By: RNFPS - Royal Navy Family & People Support

Royal Navy Family & People Support (RN FPS) provides accessible support services that strengthen and enhance resilience to service personnel and their families wherever you are located in the UK and Overseas. A key area of work is deployment support. This includes briefings, bespoke deployment packs, activities and events, plus administration and engagement of the RN Forum. In addition, RN FPS is the first port of call if you are in a crisis where personal support will be provided by Military/Civilian Caseworkers. For more information on all RN FPS support please go to the Royal Navy Forum or call the RN FPS Portal team on 0800 145 6088. RNRMC is working closely with RN FPS in communities to ensure families are supported. They offer a range of events and activities led by RN FPS and registered volunteers. Volunteer Coordinators support anyone wanting to volunteer at community events.

Focus: - Whole Family Support

Activities:

- **Local community activities** - quiz nights, craft events, children's entertainment, movie nights, book/film clubs, 'Chill & Chat' coffee mornings, seasonal events etc. areas may vary in what they offer - see RN Forum for details.
- **Volunteer network** - Volunteer Coordinators in Helensburgh, Portsmouth, Yeovilton, Plymouth and Culdrose would welcome your support. Volunteering is a good way of meeting people and being supported yourself.

(For young people RN FPS also run a Youth Network and Forum, and an annual residential week in the holidays)

Where: Online and in person.

How: Please visit the Royal Navy forum <https://forum.royalnavy.mod.uk/> or royalnavy.mod.uk/families-and-veterans/local-community-centres

If you are interested in volunteering, please contact: navypeople-psrnfpscom@mod.gov.uk

Community Support

Community Based Interventions

Professional Interventions



Solid Foundations: Strengthening Families

Run By: Southampton Families Trust

Southampton Family Trust seeks to provide a focus for relationship building and support, working directly with couples and parents. Older children are welcome to attend some of courses. Southampton Family Trust is based in the Solent area but are working nationally with Royal Navy and Royal Marines families. A team of trained and experienced family support practitioners, they specialise in strengthening parents.

Focus:

- Relationships
- Parenting

Activities/Services:

- 6 funded sessions of confidential help for couples in managing communication and conflict
- Building Respectful Families (looking at aggressive or violent behaviour at home by children aged 8-12 years) (online and funded by AFCFT)
- Parenting a primary school-aged child with ADHD or showing traits of ADHD
- Parenting primary school-aged child with Autism or traits of Autism
- Online evening seminars covering:
 - An Introduction to Parenting Children with ADHD – Insights and Strategies for Families
 - Co-Parenting While Divorced or Separated – Guidance, Support & Tools for Success
 - Reducing Parenting Conflict with Your Ex-Partner – Guidance, Support & Tools for Success
 - Different Parenting Styles? Working Together Better – Strategies for Parents
 - An Introduction to Parenting Children with Autism – Insights and Strategies for Families
 - Parenting During the Deployment Cycle
 - Resilient Families and the Deployment Cycle
 - Parenting in the Navy – Thriving Through Work-Related Separations and Weekending

Where:

Online (If local to Solent area, specialist couples support could be in person)

How:

Contact info@sftrust.org.uk. Please see rnrmc.org.uk for more information.



rnrmc.org.uk

We're building a stronger, more connected naval community.

From mentorship programmes to family support initiatives, we're strengthening bonds that last a lifetime.



Additional Funded Support



Albatross Arts

Inspire • Make • Empower

Albatross Arts CIC: Creative Workshops

Based in Helensburgh, Albatross works with communities through the medium of art and crafts to support families during the deployment cycle. Please check our website, or the Royal Navy Forum for any activities we are currently supporting with Albatross Arts.

For more information, visit:

rnrmc.org.uk/support-us/fundraise-and-events/attend-event



Naval Children's Charity: Caseworkers & Financial Assistance

The Naval Children's Charity (NCC) aims to improve the lives of children of Royal Naval Personnel through welfare support and opportunities that enhance their mental health and prospects.

NCC provides financial and holistic support to help children (up to the age of 25) of the Royal Navy, Royal Fleet Auxiliary, Royal Marines, Queen Alexandra's Royal Naval Nursing Service, Women's Royal Naval Service and Reserve Forces, their families, serving and veterans.

You can ring their office and speak to a caseworker. They will discuss your needs and send you a form to complete, (or you can do it online) and they will then get back to you.

To speak to a caseworker or find out more about what they do visit:

navalchildrenscharity.org.uk or

call - **023 9263 9534** (9.00am to 4.00pm Mon - Friday) or

email - caseworkers@navalchildrenscharity.org.uk



RMA - The Royal Marines Charity: Membership and Support

RMA - The Royal Marines Charity is dedicated to helping Royal Marines and their families through every phase of life. Whether you are just starting out, serving full-time or as a reservist, preparing for civilian life (or already there) belonging to the Royal Marines Association, part of RMA-The Royal Marines Charity keeps you at the very heart of the Royal Marines Family.

With a focus on providing tailored, practical support, RMA-The Royal Marines Charity is dedicated to helping Royal Marines and their families overcome personal, financial and mental health challenges by offering essential services including mental health programmes, financial grants, career transition guidance and support for wounded, injured and sick service members.

For more information and how to join:

visit rma-trmc.org or call **0800 468 1664**

(Office hours are 08:30 - 16:00, Monday to Friday)

Royal Navy Association: Membership and Welfare



**ROYAL NAVAL
ASSOCIATION**

The Royal Naval Association is open to anyone to join, either as a member if you are serving/have served, or as an associate member for family members and supporters. The RNA is underpinned by the 7 C's:

**Companionship, community, connection, compassion,
care, commemoration and celebration.**

RNA supports new Royal Navy entrants and their families, runs national events and activities and delivers welfare advice and wellbeing support to its members. Membership is funded by RNRMC at no cost to individuals, local branches can be found across the UK and overseas.

Website: royal-naval-association.co.uk

Email: admin@rnassoc.org

Tel: **023 9272 3747**



Sailors' Children's Society

Sailors' Children's Society: Caseworkers and Financial Support

For more information visit:

sailorschildren.org.uk

Contact:

info@sailorschildren.org.uk

Call **01482 342331** between 8.30am-4pm

Sailors' Children's Society offers financial and emotional support to children and families from seafaring backgrounds who are in a time of crisis. They help families with connections to those working for the Royal Navy. Grants may be given for welfare, clothing, etc.

Please note, financial grants are means tested.

Scotty's Little Soldiers: Bereavement Support

A charity dedicated to supporting bereaved military children and young people. It provides its beneficiaries with support and guidance throughout their childhood and offers a respite, however brief, from the daily ups and downs of coping with loss. Scotties offer respite breaks, events and activities and 1:1 support.



Website: www.scottyslittlesoldiers.co.uk

Email: hello@scottyslittlesoldiers.co.uk

SSAFA: Transitional Mentoring



The SSAFA mentoring service provides a range of welfare support to service leavers, families and veterans, to prepare them for life post service. They offer weekly face-to-face or virtual 1:1 support with a trained mentor.

SSAFA also offers support in a number of different ways to the Armed Forces community, visit ssafa.org.uk or call **0800 260 6780** between 0900 – 1700 Monday to Friday.



THE ROYAL NAVAL BENEVOLENT TRUST
SERVE A DAY, SUPPORTED FOR LIFE

The Royal Naval Benevolent Trust (RNBT) - Financial Assistance.

RNBT provides financial assistance and support to serving and former Royal Navy ratings and Royal Marines other ranks WO1 and below and their dependants in times of need.

For ranks of Warrant Officer and below of the Royal Navy and Royal Marines, Reservists, and their dependants, both serving and veteran including Wrens who served after 1st Nov 1993.

Visit
rnbt.org.uk

Access support through:

SSAFA Caseworkers - **0800 260 6767**

or RBL Caseworkers - **0800 802 8080.**



White Ensign Association:

Financial Awareness and Compensation Support

WEA offers financial information, advice and guidance for serving personnel and veterans. This only takes place on service establishments.

- 'Your Future' presentations to serving personnel in transition from the Royal Navy and Royal Marines
- Pension Awareness briefings for all serving Royal Navy and Royal Marines personnel.
- 1:1 personal interviews.
- Casework support arounds pensions, tribunals and compensation.

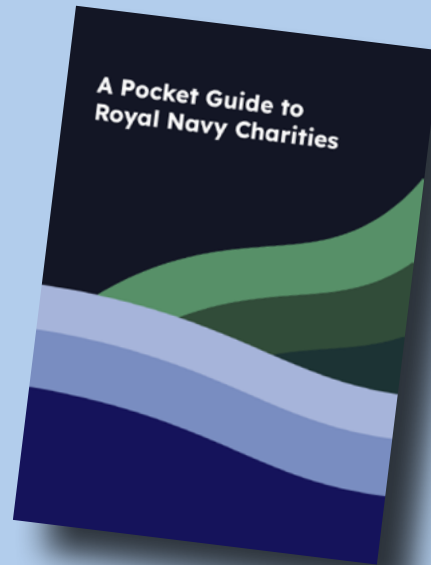
For further information please visit
www.whiteensign.co.uk or call **07384575598.**

This booklet is not an exhaustive list of help.

Please also see our Royal Navy Charities Pocket Guide.



Scan Here To Find Out More



rnmcc.org.uk

We're deeply committed to supporting Naval families by funding and facilitating events like Families Days, providing vital opportunities for families to connect, engage, and celebrate the service and sacrifice of loved ones.

These occasions offer a chance for families to experience first-hand the life and work of the Royal Navy and beyond.



RN Forum

forum.royalnavy.mod.uk

RN Forum has details of support and events from a wide range of organisations

If you are serving or a family member in crisis please call RN FPS Portal team on 0800 145 6088

Scan to go to our
'What's On' Events Page
on our website.



Scan to go to our Families
and Relationship Page on
our website.