

MAKING *A* DIFFERENCE



2023



Faithfully Alongside the Naval Family



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Chief Executive Officer
Chris New, OBE, FCIPD

Director of Finance
Nikki Torrance, FCCA DChA

**Dame Agnes Weston's Royal Charity
for the Naval Service**
Company No. 11114651
Charity No. 1176596



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A Message from Aggie's Chair of Trustees and CEO



Chair of Trustees

Paddy Allen



Chief Executive Officer

Chris New, OBE

The cost of building the original sailors rests in Devonport and Portsmouth (late 1870s through to early 1880s) was, in today's prices, £17m (and the cost of a cabin for one night was £1.65 in today's prices).

Dame Agnes did not, however, regard the buildings as her most important resource, it was the people she employed. Each rest had approximately 100 staff, some of whom were based within the rest, and some of whom undertook outreach in order to find those in need and invite them into the rests. All of them were united by two things: their Christian faith; and a desire to serve the Royal Navy community, both the serving members and their families.

Although much has changed there are many parallels between the values of Aggie's in the 1880s and those of Aggie's today. Our principal resource is our people: we now employ 39 pastoral workers in 20 locations and we have introduced a new check-in process which allows us to better support our people through 6-monthly visits to each location. The beneficiary group remains the Royal Navy community (which includes Royal Navy and Royal Fleet Auxiliary) and we have, over the last 12 months, introduced more activities and initiatives in order to engage and support a broader spectrum of people. Again, the check-in process will enable us to better assess the impact we are having and to fine-tune our initiatives accordingly.

Our relationship with the Naval Chaplaincy Service is ever strengthening, as is the collaboration between Aggie's and other RN charities operating in the same space. What matters, however, is the impact we are having on the lives of members of the Royal Navy community. As you read this edition of Making A Difference you will see many stories, testimonies and quotes from people whose lives have been enhanced through the support they have received from Aggie's. When the lives of Royal Navy personnel and their families are enhanced, so too is the effectiveness of the Royal Navy as an operational capability.

This work could not continue, however, without the generous support of charitable partners, grant making trusts and individual donors and supporters. We value hugely the financial support we receive from many organisations and individuals, but finance is only one way in which people support us. Others pray for our work, yet more advocate for the service we provide. Some people volunteer to edit Storybook Waves recordings while others volunteer their time to support Pastoral Workers either within naval establishments or in the Community Waves teams operating amongst the Service Family Accommodation areas. The work of Aggie Weston's is, therefore, a true partnership for which we thank God and all those supporters who are making it possible.



“
What matters is the impact we are having on the lives of members of the Royal Navy community.”

Our Year in numbers



Where is Aggie's based?



“

Without Nikki, I would not have left my house. I'm So Grateful for the support I've received. You see the Aggie's Staff and you know you are safe.



Aggie's Community Waves Portsmouth works across the Service Family accommodation areas in Portsmouth, Fareham and Gosport.

With groups timetabled across the week and across the area there is something for everyone, from Get Active with Aggie's, to Chill n' Chat with RN FPS and craft workshops, Get OWT, homecomings, families days and seasonal spectaculars, the team have been incredibly busy over April 22 to March 23.

With an increase in the size of the team this year the Community Waves team has been able to increase the direct work that they have been completing with families one to one.

One of the families that has benefited from this addition work is Family R.

Family R's Story

Family R is from the commonwealth and mum suffers from a degenerative disease which has a huge impact on her young children who provide her care when dad is at sea.

Aggie's Family Pastoral Worker Nikki is engaged with the family on a one to one basis. After assessing the situation the family were in, Nikki helped to get the children listed as service children at their school and signposted the family to the NFF, RN FPS and the DIO.

This signposting ensured that the children could get the additional help and support that they needed at school, their family SFA could be adapted to meet mum's needs and mum started to be able to get out and about to Aggie's and Home Start groups. This ensured mum was not isolated during deployments and that each member of the family would be able to live their life to the fullest.



The year kicked off with Craft, Coffee, Wavy Navy, a Jubilee Bunting project, and school visits across Plymouth.

The School Visits were very popular, with Aggie's Pastoral Worker Zoe providing an educational talk on Dame Agnes and, after the whole school assembly, Zoe worked with Service Children on a simple craft project.

The work that Zoe has started in the schools has proved crucial to many of the children, with Zoe providing support to the children and signposting families to sources of support. Pastoral conversations have allowed the children to get to know Zoe and build trust within the community.

“

Aggie's are the team that can help and support your loved ones when we are at sea.



Collaborations with the local RN FPS team have grown from strength to strength over the year and the teams have hosted an Easter Party and a Jubilee Fun Day which gave Letty, Sarah and Zoe an opportunity to engage with the local service families community.

Family work continued with a 'Day at Sea' and a Families Day on-board HMS Montrose, during which a student Zoe had worked with during her school visit proudly introduced Zoe to her family and her father whose time away they had been counting down.

“

I just knew we had to come and find you today. Our Daughter has talked about you since your visit to the school.

Aggie's visiting the school has made a difference.



Things are Taking off at RNAS Culdrose



“

It has been lovely to watch a community grow and friendships form over the past year - all through events that have been hosted by Aggie's Pastoral Worker Georgie.

The last twelve months with Aggie's at RNAS Culdrose have been extremely busy.

Aggie's Pastoral Worker Georgie has delivered a weekly programme of events at the local community centre and at the chaplaincy, as well as a series of ad hoc evening events for the community to enjoy.

Ad hoc events for the families within the community have included trips to the beach, visits to Trevaskis Farm for strawberry picking, Penrose Walks, a summer fête, the Panto bus and a carol concert.

In addition to these events Georgie has hosted a number of well received evening events just for adults; a pizza night followed the much loved Chinese evening and the station wide Health and Wellbeing day was complimented with a Well Being evening in the senior rates mess.

During the Well Being evening Georgie had the opportunity to chat with a family member who was struggling with mental health. The evening introduced the beneficiary to yoga and gave her an opportunity to talk and be listened to. The provision of a listening ear led the beneficiary to speak further with her GP and encouraged her to take control of her self care, helping her to start living life to its fullest measure.

“

In a world where mental health is becoming more talked about and accepted the well being night held by the wonderfully kind Georgie from Aggie's was much needed. Having loved ones away on deployment and the strains of every day life it was nice to take some time out to breathe, and the fact so many others joined as well obviously meant I wasn't alone in needing some self care.



Getting known in the RFA

Aggie's Pastoral Worker Debbie is seeing the benefits for all her hard work over the last twelve months.

With a steady increase in the number of pastoral conversations and self-referrals for in-depth one to one help, Debbie is starting to make an impact on the lives of those serving in the Royal Fleet Auxiliary.

Regular teaching slots on the Leadership and Management course, individual ship visits and regular visits to training establishments to meet as many personnel as possible are ensuring awareness of Aggie's within the RFA is rising.



“

In all the 6 months I was off sick, the only person from the RFA I heard from (on a regular basis) was Debbie.

Ted's Story*

Having met Debbie during a ship visit Ted knew who he could call when his marriage fell apart.

Ted phoned Debbie as he knew she would provide the signposting required and be the listening ear that he needed to help him order his thoughts and formulate a way forward. After their call Ted got a plan together and took some much needed time away.

Several months later Debbie had a chance meeting with Ted and was delighted to see that he was back at work and had been promoted.

During an on-board gathering Ted was very vocal in his appreciation of the support provided by Aggie's and continues to be an advocate of our work within the RFA.

*Not the real name



“
Storybook Waves has been amazing, we've listened to it endlessly, it has helped so much.”

Aggies Storybook Waves

The Storybook Waves project continues to be a source of support and comfort for both personnel serving away from home and the families who are 'left behind' during a deployment.

Over the last 12 months Storybook Waves has steadily increased the number of deployment kits that are based across the fleet and has redeployed existing kits to ensure the most appropriate use. The majority of kits are placed with seagoing chaplains such as Reverend Ralph Barber, who tells us why the project is still so important to serving personnel and their families.

Mike's Story

Just before I deployed my wife heard about Storybook Waves and encouraged me to read some stories for the children. Our children are 10 and 13 and I thought they might be too old for the stories, but Roald Dahl's Revolting Rhymes was spot on for them! My next concern was getting the stories to my children at boarding school. But a quick chat to the Storybook Waves team ensured that the stories were sent to both home and boarding school. This ensured the children felt connected to me every day - not just when they were at home. On returning from deployment I was able to re-connect with my daughter very quickly as we spent time chatting about the stories and looking at the scrapbook and deployment journal that she completed.

I wanted to take the opportunity to thank you all for your help. The storybook session was much appreciated by the crew and did a lot to boost morale. I was impressed to see the level of support offered to military personnel from shore side and I will be sure to recommend your services... This is a phenomenal resource.

During this morning's bacon event a wife told me her two sons had a Storybook Waves recording and that they both enjoyed the stories. She mentioned how she burst into tears when she heard the stories and The boys, after listening to the stories every night give the CD player a hug and say Good night Daddy.

The audio recording of my husband reading two stories has been invaluable. While he has been away, my son (2.5) has listened to it at least twice a day... my son doesn't really want to chat to my husband on the phone, but he wants to hear the story and chats back to his Daddy as he is reading.

A view from the Sea

By Rev'd Ralph Barber

During 2021 I was on-board HMS Queen Elizabeth for her first global deployment, which would be a real challenge in itself, but was made extra difficult due to Covid.

However, what remains the same in any deployment is the separation from our loved ones. Story Book Waves played a key role in supporting both our sailors and their families. Twice a week I would set up the recording equipment in the chapel and place the books and paperwork in the next door library so while sailors were queuing up they could spend the time choosing their story.

When I brought a sailor in I would explain the process, start the recording and then leave so they could make the recording in the private which was really important as they had space to add a private message at the end. Most of those making recordings were young parents but I would also encourage young sailors to make recordings for their younger siblings. Personally I loved making these recordings, partly because it meant that I could talk about their families in a positive way because all too often as a chaplain I have to talk to them when something has gone wrong. The most moving experience for me was when I did recordings for our embarked United States Marines as I had not realised that the US doesn't fly sailors or marines home for the birth of a child. This meant that we had some Americans making recordings for their babies who they had not met yet which always made me emotional as a father myself. One aspect that isn't normally considered is that even if the baby is very young then the parent at home still benefits as they get to hear their loved one's voice reading the story. It is hard being deployed so any effort we can make to strengthen the family bond is important.

Is it worth it?

Definitely! I made exactly 150 recordings which I think is a record for a single deployment, and what makes this even more remarkable is that many sailors would have made recordings before we sailed as well.



“

That is hundreds of children who could hear their parent's voice when missing them the most. It is hard being deployed so any effort we can make to strengthen the family bond is important.”

CTCRM

The 'new team' at CTCRM has settled into life providing after hours support to recruits as they go through their training. From Waffle Wednesday and Thursday Night Toasties, to chats during Music Monday (where Recruits can have a simple 15 minute music lesson) the team are really providing 'something for everyone', each and every week of the recruits' training. An active and varied timetable has encouraged the recruits into the chaplaincy and has ensured many pastoral conversations have taken place across the year which has helped to build long lasting friendships.

I really believe it was right we met and chatted that first night. Knowing you were there made all the difference - thank you.

Marine K's Story

Marine K was struggling to settle into the training regime at CTCRM. Home sick, anxious and injured, Marine K sought out the Aggie's team for a chat. By providing a listening ear to Marine K, encouraging him and letting him know we believed in him, Marine K was able to return to, and pass his training. He is now a Royal Marine!

Marine G's Story

Marine G was spending a lot of his weekends in the chaplaincy on his own. After striking up a conversation with an Aggie's Pastoral Worker, it became apparent that Marine G had many issues at home and within his marriage. Over the course of his training, Marine G opened up and developed a good relationship with the Aggie's Pastoral Workers, allowing them to chat to him and signpost him and his family to specialist support such as that offered by Relate through the RNRMC. At the end of his course Marine G visited with the Aggie's Pastoral workers and said:

“

I really appreciate you giving me some of your time and listening to me. It has helped me to put into words the thoughts and ideas that have been going round and round in my head. You made it easy and comfortable to do this, I am grateful.

“

If it hadn't been for our chats, it is unlikely I would have continued in training, I was so proud and privileged to have attended the King's Squad pass out.



CTCRM – GMC

Cake at the Castle, baby massage, Who Let the Dad's Out, Storybook Waves book club and Fun at the Fort, it is all happening at the Gordon Messenger Centre at CTCRM.

Vicky and the team of volunteers have been serving up the fun all year. The sessions that are run at the centre are invaluable to the families and provide a safe place to chat and offload (sometimes that is all a beneficiary needs to be able to carry on) and Fun at the Fort also provides the families with a meal, taking away the stress of wondering 'what's for tea' that night.

Fun at the Fort is run from 1500-1700 and is enjoyed by older school aged children, giving them the opportunity to continue developing their friendships with other military children, ensuring they stay connected with their peers who understand their lifestyle. The group also gives serving personnel the opportunity to pop into the centre after work to spend some quality time with their families.

For Aggie's Pastoral Workers the group offers the opportunity to chat, listen, support and signpost.

“

Vicky is invaluable. She has supported my family through everything. She goes above and beyond to help us all.



What do the Aggie's sessions at the GMC mean to you?

Monday's session is literally a lifesaver. I love the chance to meet up with other military mums and its a real break from having to worry about what's for tea.

We can relax and just be around people who really get our lifestyle and the stress and struggles that go with it - it's like a counselling session.

Priceless! I would not survive deployments without them!

It's a chance to have some down time, to relax and chill out and know the children can run around and play and are safe.

Across Plymouth at HMNB Devonport, HMS Raleigh and RM Stonehouse

The Relaunch of the Haven kicked off the year for the three person strong team at HMNB Devonport. The week saw an increased footfall as the team hosted Pastry stand easy, Aggie's Butties, Smoothie stand easy, Movie Night, Ladies Night and a gaming event.

The events saw faces old and new coming into the Haven to chat, relax and find out about the all new Aggie's timetable! Regular events now include Ladies Night, Family Storytime, Sensory Play in the bumps and babies room, Movie Nights, smoothie pop ups and the infamous Aggie's Butties. Having such a diverse timetable provides for all of those on base and with a well known name the team have been invited along to homecoming events for HMS Montrose and Albion. The relaxed environment has encouraged many to pop in for a chat, like Richard.

Rich's Story

After 22 years of dedicated service in an engineering role Rich spent some time assisting Chaplaincy and realised that his next step after leaving the RN should be in a community role.

Rich was extremely suited for this, showed many skills and passions in this area but his RN training, CV content and the support offered officially all pointed towards engineering. With a focused desire for a fresh start and new direction, but with little experience of being interview-ready or applying for jobs in civilian life, Aggie's supported Rich in; reflecting on his transferable skills and creating a CV, helping him apply for his dream job and giving him confidence to make applications independently. In addition the team helped with interview skills, practise and technique to help him feel prepared and have the best chance of success.

After all of this Rich was able to confidently apply for a range of roles and accept a number of interviews with an increased confidence in what he could offer, current knowledge and job specific responses. Rich went from being overwhelmed by the resettlement process with little idea of how he would be employable outside of the RN to feeling hopeful, energised and with a sense of success in finding his new position. Rich was successful in his interview and his role will significantly impact vulnerable members of society and is perfectly suited to the Rich's character, skills and transferable experiences.

The help and guidance from Aggie's has been invaluable and without them I may not be in the privileged position I am today, looking forward to a bright and challenging future.

HMS Raleigh and RM Stonehouse

HMS Raleigh

Mark, Aggie's Pastoral Worker at HMS Raleigh, has been working with Conqueror Division (trainees who are medically downgraded) over the last 12 months. During his time with the Division Mark has been talking to the trainees, building relationships through regular social events and hosting weekly Aggie's Butties for the whole base so everyone has access to pastoral conversations, a listening ear and expert signposting. This calendar of events has given Mark access to those trainees that have really needed his help, such as Trainee Recruit G.

Trainee Recruit G's Story

Trainee Recruit G suffered a significant injury to his ankle during initial training and was medically downgraded and placed in Conqueror Division. When G met with Mark he was at a very low point and pessimistic about the future.

Mark scheduled a pastoral conversation with G to chat through his situation, Mark sat with G and listened to the issues that he had with senior members of his Division. At the end of the conversation Mark and G agreed that G would take the time to talk to the leadership team of the division. When they next met he expressed his thanks. A few weeks later G was back in division but was very unhappy and very close to leaving the Royal Navy, but G was worried about his parents reaction to this. Mark arranged for G to talk privately with his parents for over 90 minutes to discuss the situation. After the phone call and further chats with Mark, G returned to Division determined to pass out.

Trainee G is now ready to pass out and he and his family have asked our Pastoral worker to attend, acknowledging the help mark has given over these months.

“

By simply gifting time, listening and allowing an extra phone call, a trainee has passed out ready for phase 2 - rather than leaving.



RM Stonehouse

Aggie's Pastoral Worker Letty Jones has been working on the all new Haven at RM Stonehouse over the last few months and will soon be joyfully welcoming all rates and ranks to the space.

Whilst the renovations have been taking shape Letty has been out and about across the Base with pop up Aggie's Butties events and, over Christmas, held a carols and mulled punch event in the juniors chapel. If you judge the event my the raucous singing - it was a huge success.

HMS Collingwood

Many of the Phase 2 trainees coming through HMS Collingwood are young and still finding their feet in the world and the Royal Navy. The team at HMS Collingwood consistently provide Aggie's butties to encourage all personnel into the chaplaincy each week, they talk to every new joiner's course about Aggie's, how we can help and our involvement in events across the base, from families days to Black History month to ensuring the team are at the forefront of trainees' and staff minds when there is an issue. This is exactly what happened with Ollie.

Ollie's Story

Ollie arrived at the Chaplaincy in a very distressed state. Life in the Royal Navy, home life and training were all presenting issues that he felt he could no longer cope with and a fellow trainee, who had experienced an Aggie's Pastoral Conversation, suggested Ollie visit the Chaplaincy for help.

Ollie was finding training hard and was struggling to pass his exams, feeling 'stuck at Collingwood' as his friends left and began their lives travelling the world. He desperately wanted to leave the Navy but, as an Army Veteran, his father was keen for him to stay.

In addition to his struggles with training Ollie had issues in his personal life. Struggling in an abusive relationship he was finding his mental health diminishing every day.

When our Pastoral Worker first met with Ollie, he wanted to leave the RN and had very poor mental health saying 'he was in a very dark place'.

Our Aggie's Pastoral worker chatted to Ollie, both in person and on the phone. Support, advice and signposting were given and, after several months of intervention, Ollie started to turn his life around.

Ollie changed courses to one that he is now really enjoying, he left his relationship and he is now enjoying life in the Royal Navy.

"I like to come to Aggie's, I arrive feeling a bit low, but always leave positive."



"Thank you for walking this journey with me, you got me through the other side."

HMNB Portsmouth and HMS Nelson

With a busy weekly calendar, supporting the RM School of Music, Families days, Storybook Waves recording sessions in the Chaplaincy and on board, Bacon Butties, Mums and Bumps and pre-deployment briefings, the team at HMNB Portsmouth are getting out and about seeing lots of our beneficiaries.

Aggie's Pastoral Worker Tracey is now an integrated associate of the People Support Group and, as such, is immediately on hand should any of the Divisional Officers require assistance with a member of their division. Tracey was recently on hand to help with a distressed serving person with suicidal ideation. Being so close to the team Tracey was able to quickly join the meeting, alleviate further stress and provide a calm environment for the serving person, giving them the opportunity to chat and de-escalate.

Whilst Tracey was having her pastoral conversation the Divisional officer had time to deal with the administrative and medical care required for the serving person, ensuring the help they needed was sought quicker and more effectively.

The work within the PSG and the Naval Base is ensuring that personnel serving in the RN remain connected, supported and available to fulfil their roles.

"Tracey's output and support from a DO perspective is that she massively helps lessen the burden on more complex issues with members of the PSG. Not only that she is a sounding board for the DO's to talk issues through, she supports the staff as much as she supports the PSG ratings. PSG as a whole would be less effective if she didn't provide the service and support that she does. Also makes a great panini!"

"Really helped talking. You ask the right questions compared to others. You get it."

"A massive thank you for today! Really helped! Many many thanks."



RM Condor

Family fun has been the name of the game for Aggie's Pastoral Worker Seonid at RM Condor in Arbroath.

The year started with a very successful 'Cow' painting evening, which was swiftly followed by a family movie night, a family games night and Bingo.

The Storybook Waves book clubs were also relaunched on a monthly basis and, with the help of Forces Children Scotland, Seonid hosted a Military Kids Lunch Club.

In addition to the weekly events held in the Family Centre, Seonid has been a listening ear for many of the serving personnel and families based in Arbroath.

Jack's Story

Jack and his family had been living happily in the area for sometime when Mrs J suddenly left the family home.

A distraught Jack visited Seonid in the family centre seeking help. Our PW supported Jack and his family with a listening ear and by providing a neutral space within which to chat.

Our PW encouraged Jack to talk through his situation, seek help for his mental health and, when Jack made an attempt on his life, our PW was there to provide a safe Haven.

Despite his initial reaction to leave, Jack stayed in the Corp, partly due to the support he received from Aggie's.

“ Thank you, you have done so much for me, I know I can turn to you for help.



Helensburgh

These are just a few of the comments that Aggie's has received on the team based at St Margaret's in Helensburgh. The daily coffee shop, weekly food events and monthly book clubs have ensured that the team in Helensburgh are truly integrating with the serving families in the area and providing a varied set of events to attract new families to join Aggie's.

The team's warmth and support proved invaluable to K whose child was struggling at school.



“ The Dream team! Love these ladies so much. These Ladies are amazing, me and my family will miss them so much. Amazing ladies, always there for everyone. We love you so much.



K's Story

K attended the coffee shop at St Margaret's and appeared 'stressed' so our Pastoral Worker took the time to sit with K and listen to the issues. When K began to feel better for being able to talk freely our pastoral worker signposted her to the schools service pupil expert as well as to the NCC who could help with a referral to the Autism Charity.

K took on board all the advice that was given and the conversations have led to additional support being put in place at school and now a much less 'stressed' K can enjoy coffee with the team.



RM – Norton Manor

“Distinguished service while serving in support of 40 Commando Royal Marines”, is the citation given on Aggie’s Pastoral Worker Rachel O’Malley’s certificate of commendation which was presented to Rachel by Colonel Dow in 2022.

Rachel’s work at Norton Manor has included weekly Aggie’s Butties and family coffee morning, a visit from the Panto Bus, a Carol Service, Jingle and Mingle Family event and the greatly appreciated Children’s Holiday Club that Rachel organised for the families of 40 Commando.



Thanks received for the holiday club

This event (school holiday club) was a real life saver. I’m disabled so I am really limited on what I can do with my children in the holidays - especially when my husband is away.

Thank you for organising the camp. My child absolutely loved it!... she was excited to come every day... The camps give parents the freedom to work and gets the kids (and us) out meeting new people. All the kids and parents relate to each other being military and you can see the way the children support each other if one of the parents is away. Not only is the camp excellent for their interaction skills, but also for their mental well being.



“
Thank you for the holiday club you provided over the summer and October half term.. the service provided was excellent and the kids have made some great friends. The club has allowed me to continue working.”

DSLA, Worthy Down

Aggie’s Pastoral Worker Chloe Sheppard has hit the ground running at DSLA, Worthy Down, with ‘Hello and Welcome’ events for each new joiners group, Church Cafe every week, and a series of pamper nights.

The positive impact Chloe is having with the students is demonstrated through the relationships she is building and the increase in the number of pastoral conversations and signposting being given to both students and teachers.

Matt’s Story

Matt had a very unhappy experience at HMS Raleigh where he was on holdover for many months due to health issues. Compounding this situation was the fact that he was bullied for much of his time at Raleigh and does not learn at the same speed or in the same way as many of his fellow students. He therefore felt very nervous about coming to Worthy Down.

Soon after Matt joined the course at Worthy Down our pastoral worker built a relationship with him and identified his needs so that she could provide the appropriate level of care and support for him.

Building a relationship to help support Matt was vital for his care at Worthy Down. There was a lot of new learning to be done including cooking, a skill which did not come naturally to Matt at all, and he failed a few of the exams. The teaching staff provided additional 1:1 teaching for him because of his specific learning needs and have given him additional supervision in his academic studies. Matt managed to pass all his exams eventually, in part due to the encouragement he received from our pastoral worker.



“
Chloe helped me get through my chef training and fully my training has come to an end. Chloe is really understanding and a good listener.”

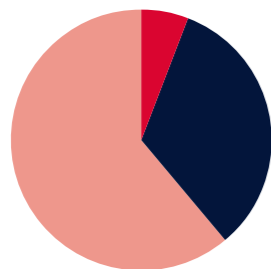


Matt just wanted to fit in and feel “normal”. The last thing he wanted was to be bullied after experiencing this throughout his school life and Part 1 training. This impacted him, causing low self-esteem and making him feel rejected and lonely. Our pastoral worker introduced him to another young man of similar age in the block, and this has grown into a friendship that has proved beneficial to the performance and state of mind of both individuals.

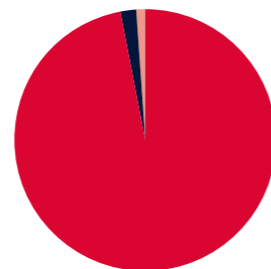
Matt now attends Church Café weekly and enjoys being part of the social activity, dealing with any concerns, and being prayed for when he asks for it. He also has regular support from the chaplaincy team and welfare. Matt is now proud to be part of the Navy community, has completed his training and is really looking forward to joining his ship.



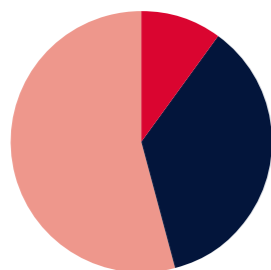
How do we fund it all?



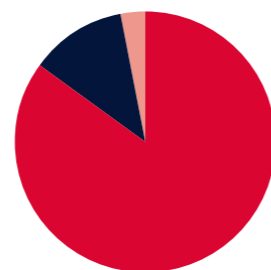
Income	
2022/23	£'000
● Donations & Legacies	53
● Grants	290
● Investment Income	538
	881



Expenditure	
2022/23	£'000
● Charitable Activities	781
● Investment Management	17
● Fundraising	11
	809



Income	
2021/22	£'000
● Donations & Legacies	76
● Grants	262
● Investment Income	394
Capital Receipts	157
	889



Expenditure	
2021/22	£'000
● Charitable Activities	646
● Investment Management	91
● Fundraising	25
	761

Net Results

2022/23	£'000
Surplus/(Deficit) before capital receipts	72
Surplus after capital receipts	72
2021/22	£'000
Surplus/(Deficit) before capital receipts	(30)
Surplus after capital receipts	128

Our income and expenditure explained:

Every penny that we receive from donors and grants goes to fund our charitable activities. We use our investment income for overhead costs as well as contributing to charitable activities.

Where our money comes from:

Donations & Legacies: we are so very grateful to our individual donors who so generously give to support the valuable work that Aggie's does. A massive thank you to all of you.

If you would like to consider leaving something however big or small as a legacy to Aggie's, there is information on our website under 'Get involved' or you can call us on 02392 650505.

Grants: we acknowledge (see page 26 & 27) with grateful thanks all the organisations that have granted funds to Aggie's this year and continue to support us.

Assets & Liabilities

2022/23	£'000
Investments	12,833
Current assets	842
Current liabilities	(39)
	13,636
2021/22	£'000
Investments	13,265
Current assets	754
Current liabilities	(52)
	13,967

Investment income: we changed our investment strategy during 22/23 to total return. This means that we are able to draw down upon capital returns and not just rely upon income from dividends. This change has resulted in an increased contribution to the total income as investments now form over 60% of the charity's income.

Capital receipts: the charity is one of the beneficiaries of the Dashwood Trust which holds a portfolio of properties that are generally disposed of on becoming vacant. Proceeds of the sale are distributed to the Trust's beneficiaries. Amounts distributed can vary considerably and the timing cannot be predicted. Once all of the properties are disposed of, this source of income will cease.

Reserves

2022/23	£'000
Unrestricted funds	207
Restricted funds	53
Endowment funds	13,376
	13,636

Our reserves explained:





Unrestricted funds are those that available for the charity to use for any of its charitable purposes. The Trustees have confirmed that they do not intend to build up reserves for unspecified purposes, but rather to apply all income to direct charitable purposes.






Restricted funds are those that have been given to the charity for a particular reason and can only be spent in accordance with the requests of the donor.

Endowment funds are those held by the charity for the purposes of investment. These investments are crucial for Aggie's as they generate an annual income for the charity. It is the main source of funds, contributing more than 60% to our annual income in 2022/23. This increased income is a result of the adoption of a total return strategy which allows the charity to benefit from a drawdown of capital growth alongside annual distribution income. Investments are held in a responsible fund designed to have a positive impact on people and the planet.

Thank you

The Work that Aggie's undertakes would not be possible without the generous support of our supporters:

	Pastoral Workers HMS Raleigh & StoryBook Waves equipment	<p>We are so grateful to Greenwich Hospital who have continued to provide support for the Part-Time Pastoral Workers at HMS Raleigh, providing trainees with a source of support and confidential guidance to help through a challenging training regime as well as contributing to teaching 'life skills' and the provision of social events for those in holdover; and now also contributing to the costs of SBW equipment.</p>
	Pastoral Workers: training establishments	<p>With the support of the Royal Navy and Royal Marines Charity subsidising Pastoral Workers on training establishments and supporting the RFA, we continue to offer an Aggie's presence among the beneficiary group, providing that vital listening ear and support of our service personnel.</p>
	Community work	<p>Aggie's work with the families of serving personnel continues to thrive with the support of the Royal Navy and Royal Marines Charity contributing to the costs of Pastoral Workers in Portsmouth (including Gosport & Fareham) , Plymouth and Helensburgh.</p>
	Story Book Waves	<p>The Storybook Waves initiative continues to be a key project for Aggie's, connecting families during periods of separation through weekending, training or deployment. The management of this project is funded by the Royal Navy and Royal Marines Charity.</p>
	SBW book club	<p>An offshoot of the Storybook Waves recordings is the "Storybook Waves Book-club" project, materials for which are funded by the Annington Trust.</p>
	Pastoral Workers at RM bases	<p>RMA-TRMC continue to provide grant funding contributing to pastoral workers on the RM bases who support the RM trainees through practical help, encouragement and, where needed, signposting to other organisations for specialist assistance.</p>

	PW's support	<p>We work in collaboration with the Naval Children's Charity who made a contribution towards our Pastoral support programme in 2022/23 and continue to offer one-off grant funding going forwards for projects supporting naval children. We were particularly grateful to receive funding for our Coronation projects in Portsmouth and Plymouth and funding for the families BBQ at the Poppy Pods weekend.</p>
	Aggie's Community Waves (Portsmouth)	<p>Armed Forces Covenant Trust Fund have awarded Aggie's funding for a 3 year project to continue and expand the work within the community in the Portsmouth region. This work reduces loneliness and isolation for the families of serving personnel and enables families to find a support network.</p>
	Aggie's Community Waves (Plymouth)	<p>Trinity House has generously renewed their funding for a second year, contributing towards the cost of employing a project coordinator to expand the much needed community work that we do with families in the Plymouth region.</p>
	Aggie's Community Waves (Portsmouth)	<p>The success of the community waves programme in Portsmouth led to the need for additional team members and we are grateful to BAE Systems Community Investment scheme for contributing funds to this work.</p>
	General funding	<p>We are delighted to be the recipients of a 3 year annual grant award from the Pemberton Barnes Trust who have been hugely supportive of the work we do.</p>

We would also like to thank the following trusts and foundations for their generous gifts during the year:

The Everest Trust • The Scouloudi Foundation • Privy Purse



Aggies



**Dame Agnes Weston's Royal
Charity for the Naval Service**

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