

MAKING *A* DIFFERENCE



2022



Serving the Naval Family since 1876

Impact Report 2022



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


Company No. 11114651
Charity No. 1176596


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Chairman of Trustees
Captain Paddy Allen

Chief Executive Officer
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Her Majesty the Queen
Ministry of Defence

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Our Year in figures



Pastoral Workers
38



Locations
19



Coffee Lounges
13



Pastoral Conversations
6,286



Children benefitting from Storybook Waves
666



Book Clubs Run
12



Children attending Book Club
80



Volunteers
18



Pastoral Worker hours per week
714



Acts of Kindness
66,136



Storybook Waves Recordings
427



Annual number of Pastoral Worker hours gifted to naval community in the year
34,272

Message from the Chair of Trustees, Captain Paddy Allen

In her Autobiography, *My Life among the Bluejackets*, Dame Agnes reflects on a visit to Portsmouth dockyard. "Amidst all the modern scientific navy there is a ship in Portsmouth useless for fighting purposes, but invaluable in the lessons she teaches, and for the history and poetry that surrounds her – I mean of course, Nelson's old flagship HMS Victory". She goes on to describe a visit by a pensioner looking at the famous signal flying aloft and then placing a wreath over the words Here Nelson Fell. The scene spoke to Dame Agnes' heart. "There is one who has taught us that our duty is to love, by love serve, and the evolverment of love, if we are Christians at all, must blossom out in our lives." Dame Agnes found throughout her life "that ways and methods change, and, we trust, improve as years roll on, the root principle, Love, never changes but abideth for ever."

It is strange reading about Dame Agnes describe a Modern Scientific Navy over a hundred years ago as 2021 has seen the deployment of our Modern Carrier Strike Group, the largest for decades, and represented a step change in the way we as a Royal Navy operate. Moreover, through technology we are more connected and the staff at Aggies have continued to adapt and exploit these new means of communication to remain in touch and provide support throughout another year of COVID. Aggies will continue to adapt where we conduct our outreach to remain in step with how and where the Royal Navy, Royal Marines and Royal Fleet Auxiliary operate and the impact that this will have on the those who serve and the families who support them.

It has been a huge privilege to take over the role as Chair of the Trustees from Bob Fancy. I am truly excited about the work, which I along with my fellow trustees, the Executive and Pastoral teams as well as the raft of dedicated volunteers have been called to do on behalf of Our Lord. But we must never loose sight of why we provide this support: Our duty is to love each other. In Dame Agnes' words – this abideth for ever.

Foreword from the CEO

It has been a huge privilege to be the custodian of Aggie's legacy. Reading her memoirs in "My life amongst the blue jackets" it is clear that she was one of a very small number of individuals who could genuinely be described as having fundamentally shaped society in Victorian Britain. She corresponded with people, provided safe havens with refreshment, provided pastoral workers, gave practical support to naval families, and influenced policy makers.

Her legacy, the charity we have the honour of serving, has changed hugely but still provides the same functions:

- We correspond with people (albeit much of it is electronic now);
- We provide safe havens (often within chaplaincy centres) and refreshment in 13 military establishments, have a presence in 4 other establishments, and operate from community centres in all naval regions;
- Over the last year we have maintained 38 pastoral worker posts;
- We have developed Portsmouth Community Waves to serve families in the Portsmouth area, are building a similar team in Plymouth, and have grown the capacity of Storybook Waves;
- We have regular engagement with other charities and the Naval Chaplaincy Service so that we can contribute a positive influence to the policy making process.

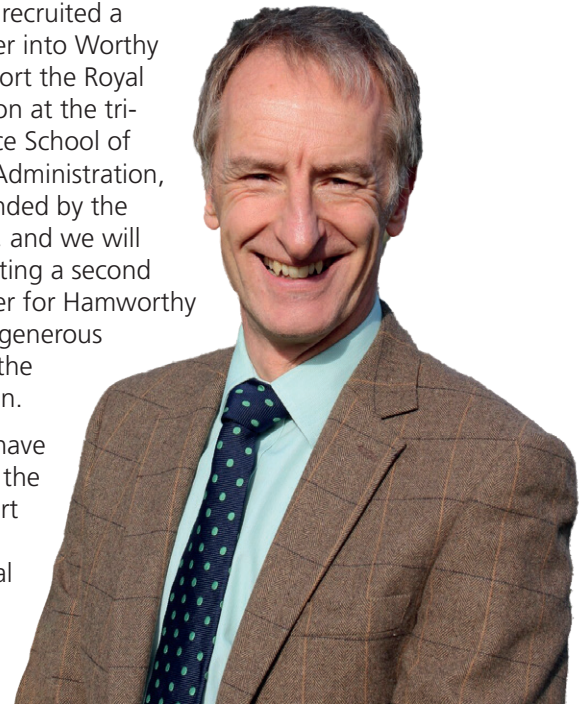
Aggie built two amazing rests in Portsmouth and Devonport (both destroyed by the bombing raids of 1941 and replaced post war). More were built in other naval locations over the next two decades but the last of these was sold off in 2015. The income from releasing these properties now provides an investment fund that covers all the HQ costs and many salaries of pastoral workers. Aggie's legacy, therefore, is alive and well, and delivering real benefit to serving personnel, their families, and the capability of the Royal Navy more than 100 years after her death. This fund is not sufficient, however, to meet the

cost of employing pastoral workers in all the necessary locations. This is why the ongoing support of grant making trusts, charities and private donors is so essential to enabling the work to continue.

In 2021, we focussed our efforts in a number of discrete areas. The first was identifying and filling capability gaps in establishments where there was an unmet need for a pastoral worker. We were able to appoint a pastoral worker into Royal Marines Chivenor, an establishment with over 1300 staff, due to generous funding from the RMA-The Royal Marines Charity.

We have now recruited a pastoral worker into Worthy Down to support the Royal Navy population at the tri-Service Defence School of Logistics and Administration, generously funded by the RNRM Charity, and we will soon be recruiting a second pastoral worker for Hamworthy Barracks with generous funding from the SBS Association.

Secondly, we have been growing the families support work in areas with high naval population.





Portsmouth Community Waves has, throughout the year as COVID restrictions permitted, been running “Get Out With Toddlers” in woods and open spaces, Rhyme Time, craft and painting groups, and Mums and toddlers activities. They have been organising coastal walk and talk sessions, as well as conducting individual 1:1 sessions. At the height of the lockdown they walked the streets of the family accommodation areas, talking to those in need over the garden fences, as this was the only activity that complied with the restrictions.

Thirdly, we have been enhancing our communications: we have changed our social media strategy in response to changes in popular trends; we have increased daily Facebook activity; and we started but then stopped activities that were best suited to COVID lockdown. We raised the profile of Storybook Waves in advance of the Carrier Strike Group deployment and received wonderful feedback from families served in this way.

Fourthly, we have been looking at ways to use resources more effectively, collaborating more efficiently with other charities. We have begun the process of re-structuring teams so that we can provide greater flexibility and more evening cover in the havens mid-week. Meanwhile, our team in HMS RALEIGH, Torpoint, funded by Greenwich Hospital Trust, has sustained Part 1 training through a very challenging two-year period and has, without doubt, saved the careers of a number of sailors.

While the past year has been exciting, the year ahead looks equally so. We expect to grow Plymouth Community Waves with support from Trinity House and will be distributing our new deployment journal with Storybook Waves recordings.

A steadily increasing number of Royal Navy families have decided not to move around the country from one family quarter to another, but to remain located in their hometowns (often nowhere near a naval base port area). These families have, traditionally, not been as well supported as those who move to naval base areas, but they still need to have access to support workers who understand what it is like to be a Naval family. Furthermore, as more ships are forward deployed with two crews alternating, there will be an increasing number of “off-watch” personnel living at home while doing on-line training, working on projects from remote, or just taking leave. At present there is no mechanism to ensure they have access to pastoral support and this is an area for development over the next financial year.

God has blessed our work richly over the last 12 months. Two things, however, remain crystal clear. One is that the need is steadily increasing, the other is that the Royal Navy purse strings will be steadily tightened as it grapples with over-spending projects. Aggie’s must, therefore, rise to the challenge and meet this need – it is what Aggie would have wanted.



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What do Pastoral Workers Do?

As the 'Sailor's Friend' pastoral workers are available to listen and chat, offer comfort and support, encourage and signpost those serving in the Royal Navy and their families. However, what does this mean in practical terms?



Pastoral workers Listen:

All of Aggie's Pastoral Workers are trained to actively listen. They are not trained counsellors but have undertaken the Pastoral Care UK Pastoral Worker course and know the importance of truly listening to a problem and giving the person they are with their undivided attention. A pastoral worker will always stop what they are doing when someone wants to talk.

"I haven't had a conversation like that since I got here" – from a recruit who was pleased to talk and be listened to.



Pastoral Workers Chat:

Aggie's Pastoral Workers manage the NCS Coffee Bars and Havens and run a timetable of events for personnel and families. Creating a home from home environment in the Havens allows personnel to relax and Pastoral Workers to notice when someone is sitting quietly. A Pastoral Worker will always approach someone in need of a chat.

Feedback received from a Divisional Officer regarding a beneficiary:

"They found it really useful to talk to you and you helped them to understand more about themselves and what was happening with their situation. They look forward to talking to you in the New Year."



Pastoral Workers offer Comfort:

Offering comfort is described as 'the easing or alleviation of a person's feelings of grief or distress'. By being available to chat and actively listen to our personnel and their families Aggie's Pastoral workers naturally bring comfort to those they meet. A pastoral worker will always be ready with a hot drink or a tissue.

Helensburgh family member..." You 2 are hugs in human form..."

Pastoral Workers Support:

Aggie's Pastoral Workers are Christian people and the natural expression of the Christian's servant heart is to provide support to those of all faiths and none. A Pastoral Worker will always be ready to give assistance from a cup of tea to creating hundreds of goodie bags for personnel in isolation.

'Hello Emma, Thank you so much for your support over the last 10 days. Much appreciated, I am off now to see my chief. Take care and once again thank you to all of Aggie's'

Pastoral Workers encourage:

Aggie's Pastoral Workers love to champion those that have come to them for help. Be that helping to re-lace a new recruit's boots so they are more comfortable on their trek across Dartmoor to an encouraging word before return to work, an Aggie's Pastoral worker is always positive.

Self Esteem/Service Life Concerns – this Recruit (18 years old) was in a tearful state. Our conversation lasted approx. 1hr 15 mins. He was only 1.5 weeks into training but realised he had made a "dreadful mistake" and did not want to continue. I managed to calm him down and build him up, focussing on all the positive things he told me he had already achieved.

Pastoral Workers Signpost:

Aggie's Pastoral Workers are not trained counsellors and as such will always Signpost to experts in other fields, be this within the chain of command, the Royal Navy or outside specialist charities and agencies. A Pastoral Worker will always know where more help can be found.

"Thank you Alex, I have been in touch with the NFF – exactly the right people I needed."



I don't have words that will ever be enough but me and Steven thank you from the bottom of our hearts for your help, we've had Oliver's assessment this evening and he's been diagnosed with adhd and autism, with our your help we wouldn't have got this far so quick again we can not thank you enough ❤️❤️



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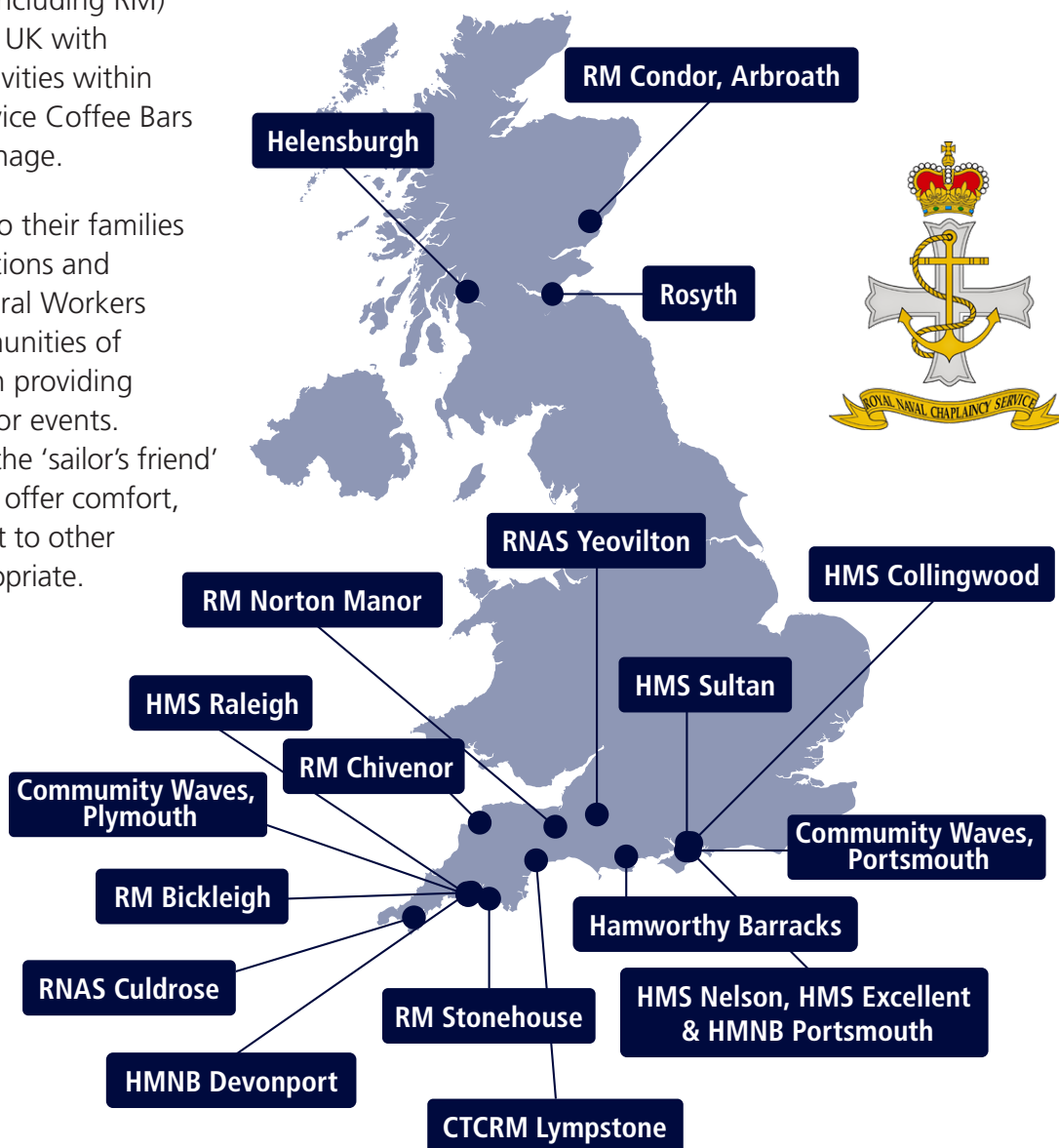


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Where are the Pastoral Workers Based?

Aggie's Pastoral Support is available to serving personnel in RN (including RM) establishments across the UK with a regular timetable of activities within the Naval Chaplaincy Service Coffee Bars and Havens that they manage.

Support is also provided to their families at the establishment locations and by dedicated Family Pastoral Workers working within the communities of Portsmouth and Plymouth providing regular indoor and outdoor events. Our Pastoral Workers are the 'sailor's friend' and are available to listen, offer comfort, chat, support and signpost to other organisations where appropriate.



Focus on HMS Collingwood

Pastoral Workers Emma Boorn and Pete Wood joined Aggie's as the country went into lockdown. As restrictions allowed, Emma and Pete returned to HMS Collingwood to find new ways of working with personnel in Phase Two of Training.

The programme of work that Emma and Pete undertook had a great impact on personnel at HMS Collingwood. CPO Riley-Allsopp writes:

"Good morning Emma,

I just wanted to tie up the year by thanking you and congratulating you on a sterling performance in supporting HMS Collingwood. I joined Collingwood in Dec 2020 and have never really seen the input AGGIE'S have as I've mainly been at sea. Can I just say that I am not sure if all establishments AGGIE'S are based at offer the same opportunities and care that you do, but if they do half as much then they are certainly in a better place because of it!

The care, advice, compassion and enthusiasm to do activities and engage in the Collingwood community are without doubt your absolute strengths and I thank you from my position where I work with vulnerable adults daily as many of my division see you regularly, but also from a CV-19 Isolation perspective you have delivered in spades!

I have listed a few things below as to why I have taken the time to thank you today:

- Pastoral care to vulnerable adults that, in an extremely busy time for DCMH, often look for someone to talk to in their time of need. You offer this consistently and face-to-face where safe to do so which is a huge benefit.
- Pastoral care and regular phone calls to each individual in the CV-19 isolation suites. I know first-hand how much a simple phone call means to them.
- Care packages. You go out of your way to secure funding and donations to ensure those in isolation receive care packages. You may think them simple gestures but you cannot begin to imagine how

important these are to ensure the mental welfare of those in isolation is maintained.

- Charity support. You have assisted and run many charity events this year. Even in times of strict restrictions, you have found a way to make things as safe as possible and get us together. From bacon buttie mornings to larger events such as RBL Poppy Appeal, LGBTQAI+ & Children in Need, you have supported Collingwood in all that is good.
- Take Aways. I could not believe when I first joined the effort you were putting into collecting take aways etc for those in isolation. I remember calling you, and you trying to juggle parenting with getting a pizza for vulnerable people who just needed a pick me up. That was truly going above and beyond. I remember you saying 'well if that was my kid, I'd want to know someone cared about them'. It was because of this that I engaged with ESS to offer a more sustainable approach regarding food for those in isolation.
- Engagement with family members. You have consistently engaged with parents etc who would have undoubtedly been worried about their families' wellbeing. You have supported them in an unpredictable time and I know they are all grateful. Having a simple letter made up by the RN community and family to give encouragement to those in isolation has pulled on the heart strings at times. So again - Thank you!!
- Improvements made within the chaplaincy – these improvements offer a safe and friendly space for sailors to go to during the day or evening rather than sitting alone in their cabins. Again, this is hugely contributing to sound mental health.



I know you do much more and I apologise if I have missed anything. I know we have spoken many times in person but I wanted you to have something in writing so, if you ever wonder if you have made a difference, then you just need to read above as to what you have achieved in a very difficult year but also the countless sailors and wider family you have helped along the way. From me and undoubtedly the whole of HMS Collingwood – THANK YOU."

The care, advice, compassion and enthusiasm to do activities and engage in the Collingwood community are without doubt your absolute strengths and I thank you from my position where I work with vulnerable adults daily as many of my division see you regularly, but also from a CV-19 Isolation perspective you have delivered in spades!

David Riley-Allsopp
HMS COLLINGWOOD CSSET Team Leader



Focus on Ship's in Upkeep

HMNB Portsmouth Update from Aggie's Pastoral Worker Emma Barfoot.

Since getting back to work in June 2021, after covid restrictions allowed a return to the office, Pastoral Workers based at HMNB Portsmouth were keen to develop a relationship with ships alongside going through a period of maintenance.

The way we set about this was to engage with the leadership team of individual ships. This was because the ship's company were not in all cases living on board, a great deal of the maintenance work was being carried out by sub-contractors, and of course the pandemic had, as expected, caused delays to their planned time table.

Actions

Organised visits on board were arranged with the Divisional Officers (DOs) of HMS Duncan. This allowed an opportunity to introduce the work of the Aggie Weston's Pastoral Workers to the DOs. We informed them how we could be used to offer support to members of their Divisions: Being available for conversations; hosting events; and delivering the hugely successful Storybook Waves Project. In November 2021, the CO of HMS Duncan extended an invitation to the Pastoral Team in Portsmouth to lunch on board in order to meet members of his ship's company and better understand the supporting role we could play. Subsequently our already tried and tested method of an 'Aggie's Butty stand easy' was carried out on the Flight Deck of HMS Duncan.

Impact

The immediate impact of this was that Aggie's were able to create an important opportunity for the ship's company to step away from work and come together in an informal setting. Even though this event took a relatively short amount of time to arrange and carry out, the positive outcomes are far reaching. We have had numerous personnel visit us from HMS Duncan since the 'Stand Easy' and have seen many people signposted to us by DOs who now know about Aggie's and the service Pastoral Workers can provide.

Outcomes

Members of the ship's company have been able to receive the pastoral care, support and general encouragement that Aggie's Pastoral Workers are able to provide. It has confirmed to us that this model of engaging directly with ships achieves a positive result. This relationship enables an enduring link between the ship and Aggie Weston's Pastoral Workers.



Focus on the CSG and How Aggie's delivered Help at RNAS Culdrose

Feedback received regarding an Aggie's staff member.

"I would just like to say how amazing Georgina House has been last week, how she went above and beyond to ensure that members of our community felt supported and listened to after the awful news last week. I cannot thank Georgina enough for what she did in the coffee morning last week. She could see that I was a little upset from the news and made sure that I was ok, offering help and assistance. Georgina ensured everybody was ok and went the extra mile and continues to do so. I really wanted to explain how valuable her support is to our community and that we do value you and your team's support. I hope this email receives you well. Many thanks."

As a Royal Navy spouse, Aggie's Pastoral Worker Georgie House is experienced in handling life at home whilst her serving partner is at sea. Her personal experience has hugely benefitted those serving at RNAS Culdrose and their families during the recent CSG Deployment. Here Georgie tells us how she supported Aggie's beneficiaries during the seven month deployment.

"In the weeks leading up to the deployment I was recording as many Storybook Waves bedtime stories as I could. I visited squadron buildings and encouraged those that I missed to come into my office to record a story. During the recording, personnel completed a log sheet with their family details on. If the serving person gave me a telephone number for the person they were leaving at home I made sure that they got a 'how are you doing' phone call both before and as the deployment began,

as I know that this can be a very tricky time for families as they settle into a 'new routine'.

Before the deployment I had quite a few pastoral conversations, speaking to personnel about managing expectations with loved ones at home and talking about practical activities that they could do with their families before they go away that might help the family prepare for when they go away. Meanwhile I was comforting and listening to the concerns of both military personnel and their families.

I was then involved in the RN FPS deployment days at the Royal Navy community centre Culdrose, offering a space for families and partners to come and ask questions, chat, be listened to and feel that they and their families were fully supported.

Myself and the RN FPS Integrated Support Worker also walked 'the patch', ready to talk to anyone who may have any questions about the deployment but also to just show people that we are there and Aggie's really does care.

I attended zoom meetings that the information officer organised in the evenings. These events enabled those who work or do not have childcare the opportunity to speak to RN FPS and Aggie's. The evening events really demonstrated that as a team, and as individuals, we were ready to go above and beyond to support and listen to our families.



During the deployment I organised fun family trips and events and, although these were open to all of those associated with RNAS Culdrose, we had quite a few people attend who had loved ones deployed. The trips were to Roskilly's, Trevaskis Farm and to the beach. This enabled people to connect, feel valued and be a part of a community and often led them to make new friends. Afterwards I would often get messages of thanks. One person said, "I had such a lush day thank you, thank you for organising it xx" another saying "Looks lush! Would love to come next time!" Both women with husbands away on this deployment.

I also spent time at the Royal Navy Community Centre coffee mornings; here I served Aggie's butties every second Wednesday of the month. During the coffee morning I would often answer questions regarding every aspect of the deployment; from how to communicate with the ship, to how to maintain a work/home life balance whilst a loved one is away (which is not easy at times). I was often a shoulder to cry on and welcomed being able to support partners in this way. During the coffee events I would often place myself strategically in the kitchen, armed with drinks to hand through the hatch. This meant I was slightly removed from those attending the morning which gave me the perfect opportunity to have one on one pastoral conversations.

Other work during the deployment included signposting families to resources including the RN FPS memory boxes.

As the deployment drew to a close we continued our family support, in collaboration with RN FPS, at events such as the Themed food evening, the pantomime, the Christmas wreath making workshop and I encouraged families to make Welcome Home banners to display at the homecoming.

Homecoming was wonderful! I walked round chatting to families whilst we awaited loved ones landing at the air station, the atmosphere was amazing and it was so fantastic to see everyone being reunited with their families.



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Storybook Waves – this is what we did

The Aggie's Storybook Waves project is celebrating its tenth year of connecting service children with their parents. Project Manager Kathryn Hearn talks about the recent successes of the project:

It has been an honour to look after and develop the Storybook Waves project for the last 5 years. Over this time we have helped thousands of children to stay connected to their serving parent, delivered many stories to families across the world, heard stories read in several different languages including Swahili and ensured the project is accessible to those serving in Royal Navy Establishments and on ships, both at home and abroad.

Most recently I had the pleasure of working on the Aggie's Storybook Waves Deployment Journal and the Journal is now included in the gift pack that is sent out to the family. The journal is sent to children aged 8 and over along with a copy of the storybook recorded, Reading Force Scrapbooks for each child and of course, the ever popular Aggie's Mini Hero medal.

I could talk at length about the impact that the project has on service children and their families and how the project helps on board, but I feel that Reverend Mike Woodall from HMS Raleigh, explains this in the email he sent to CEO, Chris New.

"Firstly, Story Book Waves itself was an excellent resource to be able to offer. I had positive feedback from all people

who used the resource. The pack on-board was easy to use and it was clear how to send the recordings, which arrived very quickly, to the families, including my personal one that I sent to my Niece. The book and recording arriving is such a clear encouragement and lifeline to families, partners and children who will be missing a loved one. It is a practical way of sharing the love of God to help in situations that are not easy. The fact it is free and that the organisation of Aggies and the work of a Chaplain makes this possible is a great witness.

Moreover, my second and more important point; is that using this resource developed my opportunity to support and minister as a chaplain on-board. Individuals who took part all seemed to immediately gain a new depth of relationship and trust with me once I had completed their recording. In one instance, a Leading Hand was under a lot of pressure and stress in his job on-board. He had been quite distant with me, I had tried to initiate conversation but he kept me at arms-length for a number of weeks. His friend recommended he record a story through storybook waves and through this process I was able to open a door and have a good conversation with him. Following this, the guy came to speak to me for personal chats a few more times and I offered to help him in practical tasks with his job a few times. A healthy relationship grew offering me chance to support and

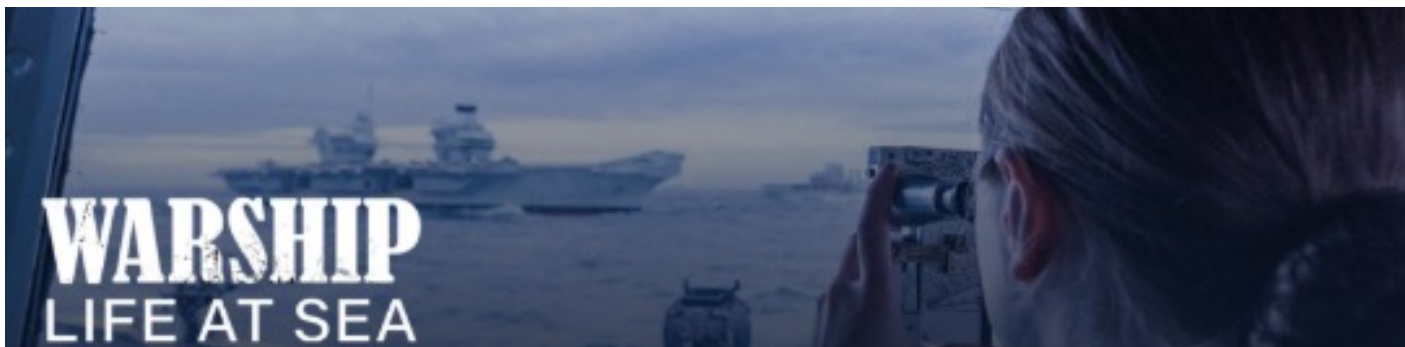
minister to him and an improvement in his work and mood was noted by his Chief. This developed the operational capability of the ship, it developed the lad's character and job output as well as satisfaction and it developed his view of chaplaincy and hopefully the image of God. It was all down to the resource of Story Book Waves that opened the door. A great blessing for his family yes, but so much more that came from it.

This is just one example, but I would observe that out of the 15 recordings I conducted in just this one deployment, at least half the sailors who took part were much more favourable towards me and I had greater relationships develop after using the Story Book Waves resource with them".

The chaplain of HMS Queen Elizabeth also provided some feedback: "As a sea-going chaplain I often talk to sailors about their families when something horrible has happened, but by running Story Book Waves on board I now get to talk to them about their families in a positive way. It's also a great way to build relationships with them."



Storybook Waves – View from the Front Line



Aggie's Storybook Waves was featured on the latest season of 'Warship Life at Sea', a Channel 5 Documentary that shows life on-board HMS Northumberland.

Commander Thom Hobbs, Commanding officer of HMS Northumberland during her filmed deployment, explains the impact that Storybook Waves had on personnel serving on board.

"HMS Northumberland deployed for a total of 4 months, with a ship's company of 195, around 100 of whom had family.

The Executive Warrant Officer (EWO) and Chaplain had responsibility for the recording kit provided by Aggie's. Between them they organised recording sessions from a central location and for the kit to be moved around the ship to mess decks and cabins, as personnel needed – anything to enable personnel to keep connected with their families.

"I know from personal experience how important Storybook Waves is for the families, the ability to read stories for little ones means you feel like you're still there for them to listen. My wife burned the stories onto extra cds for our children so they could listen whenever and wherever they were missing me.

The ability to connect to my family was hugely valued, and the effort that goes into the "back office" of storybook waves is not forgotten. The work they/you do means we can still be a part of bedtime even though we are not there."

Lee Ellis was featured recording 'Sir Charlie Stinky Socks and the Really big Adventure' on Warship, we asked Lee how using Storybook Waves helped during his time away:

"For a short period I was able to feel like Daddy again and thoroughly enjoyed reading the Gruffalo to my children. They loved their Storybook Waves CD and really enjoy playing it in the car. The children enjoyed hearing my voice at bedtime, it was a great way for me to 'do my bit' at bedtime whilst being deployed on operations.



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Focus on the Family – Community Waves

In 2021 the Aggie's Community Waves programme entered its second year. The team built on the success of 2020 and, as Covid restrictions were relaxed, the team re-introduced a timetable of face-to-face events. From singing in Rhyme time groups across Portsmouth to sitting by the fire at our special Half Term Get OWT the team has not stopped during 2021. Community Waves team co-ordinator Katie White reports on the impact their work has had on the family.

Rhyme Time

The team started with one Rhyme Time Group in Portsmouth. The concept was born from an idea of two Naval wives, who in lockdown started a singing group in their back gardens. As restrictions eased, they wanted to continue and grow the project for the community, but were unable to do this themselves so they approached Aggie's and requested we take ownership. With limits remaining in place on RN FPS facilities, a private hall was hired to ensure COVID restrictions were met.

This weekly group consists of 20 minutes of singing with actions, followed by 40 mins free play and craft. Refreshments and snacks are provided with a suggested donation of £1. This helps cover costs of hall hire and refreshments. Limited to 15 families and aimed at Pre-schoolers, the groups give service partners and their children the opportunity to meet and socialise with people who understand the stresses and strains of service life. The group soon filled up with a large waiting list. It became obvious that there was an unmet need in the Portsmouth area so the team set up another group close to Service Family Accommodation and over the year the groups have become so popular we opened a third Rhyme Time in Gosport. Each of the groups offers support to struggling parents with an Aggie's Family worker being on hand to offer support and advice and to be there to listen when needed.

Get OWT (Get Outside With Toddlers)

The Get OWT Groups are aimed at families with Pre-school and primary school aged children. The concept is inspired by the Salvation Army Get OWT programme of events and is designed to allow family group activities to take place within covid restrictions.

The Community Waves team have adapted the programme to suit Service families and the groups are currently held at two locations; a woodland and a beach. The team are currently looking to begin a third group – which again will be located close to Service Family Accommodation, ensuring easy access for our service families.

Get OWT allows children and their parents to interact with nature. Being with other service families encourages friendships, helps children develop their social skills and often, as it is outdoors, serving Dads will attend as they are comfortable outside, building dens; this interaction creates amazing memories for the children to treasure when Daddy is deployed.

Being outside the team can be flexible with the number of families attending, but do have a maximum limit of 15 families per session, this ensures that Pastoral Workers can chat to all of those in attendance, provide one to one support if needed and encourage families to chat and get connected, to nature and each other.



After school club

The Community Waves Afterschool Club is currently only held in one location. It is incredibly popular with attending families; the group allows older school age children to attend, giving them the opportunity to engage with fellow service families and develop friendships outside of school.

Aggie's Pastoral Workers are on hand with arts and crafts for children of all ages to explore their creativity, and for those that need it, there is plenty of free play – all before a healthy dinner is cooked up for the children. Providing dinner gives the serving parent a much needed night off, and whilst the children are entertained by the team parents can chat to likeminded families, helping them build their social networks.

Messy Church

Held monthly at Southwick Park, this is a great opportunity for working partnerships between the Community team and the Naval Chaplaincy. Offering a more Christian aspect to this Aggie's group, it is led by a Families Pastoral worker. Offering food and refreshments as well as arts and craft, families can come together in an informal, safe, fun environment and explore Christianity, whilst meeting other Service families and creating a connection and support network.

"We have loved our Get OWT sessions so much. Helen is just amazing as is the whole team! Rhys is his happiest outside so these sessions are just perfect for us. It's the highlight of our week. Cannot wait to come back"

The work of the Community Waves team in Portsmouth is supported by:

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COVENANT FUND TRUST**



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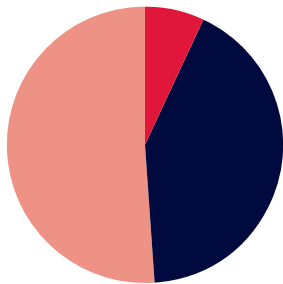
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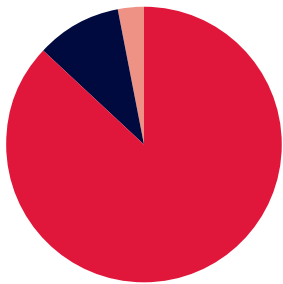
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How do we fund it all?

Aggie’s Director of Finance, Nicki Torrance explains how Aggie’s manages its finance ensuring that as a Charity we are as efficient and effective as we can be.



Income	
2020/21	£'000
Donations & Legacies	37
Grants	226
Investment Income	272
	535



Expenditure	
2020/21	£'000
Charitable Activities	615
Investment Management	73
Fundraising	21
	709

	£'000
Deficit before capital receipts	(174)
Capital receipts	449
Surplus after capital receipts	275

**Grant income includes £52k Government grants - CIRS*

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.

Currently our annual income is not sufficient to meet all of our costs. We were fortunate in 2020/21 to receive capital receipts (see right) which eliminated the budgeted deficit for the year. Surplus funds will be retained to offset against future anticipated deficits.

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 do. A massive thank you to all of you.

Grants: we acknowledge (see page 22 and 23) with grateful thanks all the organisations that have granted funds to Aggie's this year and continue to support us.

Investment income: Just over half of the charity's income was derived from returns on investments. This represents a 2.2% return on the investment value at 31st March 2021. We are looking at ways to increase the investment income to reduce the annual deficit position going forwards.

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, obviously this source of income will cease.

Balance sheet

31.3.21	£'000
Investments	12,499
Current assets	827
Current liabilities	(47)
	13,279

Reserves

31.3.21	£'000
Endowment funds	13,165
Restricted funds	33
Unrestricted funds	81
	13,279

Our reserves explained:

We know that it looks like we have a reasonable amount of 'money' looking at our Endowment funds. However, all is not what it may seem! We have invested these endowed funds in order to generate an annual income for the charity. This investment income is the main source of funds for Aggie's, contributing over half of our annual income in 2020/21. Should the investment funds be used to meet costs, it would reduce the amount of income we are able to generate and increase the amount of endowed funds required to be expended in the future. A vicious circle!

The value of investments needs to be maintained in order to generate income each year, contributing to the long term ability of the charity to deliver its objectives.

Use of grant funding during Coronavirus and the furlough scheme:

Where grants have been made to support the staff costs of Pastoral Workers who have needed to be furloughed (mostly part-time) these funds have been held as restricted funds and carried forward for future use once the PW's have been able to resume activities.

During the pandemic, Aggie's committed to paying all furloughed staff 100% of their salaries in order to prevent financial hardship, to retain employees and maintain morale, despite only being able to claim a maximum of 80% under the Coronavirus Job Retention Scheme.



From 12hrs to 28hrs!

Nicola Goudie joined Aggie's as a Chaplaincy Support worker in 2003. Here Nicola reflects on her time working with Aggie's.

When a friend first told me about the vacancy for a Chaplaincy Support Worker (at Hamworthy Barracks) and asked if I wanted to apply, my first thought was no, I really don't think I will apply, but God has a plan and I did apply, got the job and 18 years later I am still in the role and still loving it!

'it's not a job, It's a vocation and I just love caring and helping service families, hopefully the work that I do and the time that I spend with the families make a difference to them'

The work of a Pastoral Worker is very varied, no two weeks have been the same. Over the years I have accompanied people on hospital appointments when their husband has been deployed, I have helped care for a baby whilst mum gets a much needed soothing bath, I have signposted families to other agencies and resources to ensure that they get the full help that they need. Anything to help families survive and in some cases thrive during deployments.

During Covid my skills were put to the test with learning zoom very quickly! I had one to one chats with families and personnel in need online as well as on the phone and in line with government regulations. I read many stories dressed as the main character of the story, which were put online for the children to enjoy at bedtime.

Over the years I have had the pleasure of running weekly groups in our community centre. Coffee mornings, Stay and Play and Mum, Bump and baby groups – to name but a few. The goal with each group being that the families see me as a friend, a person they can trust and open up to, someone who is on their side and in their corner when needed.

My own experience of being a Military wife has proven that Service life can sometimes be a challenge, but it can also be fun and rewarding – it really is what you make it and



I pray that my work with Aggie's has helped other families to make the most of their service life as my goal each working day is to "Make a difference".

I am a very fortunate person to have my 'job' and yes 18 years is a long time! Offices change, times change, guidelines change, technology changes, people change BUT the love and care I have for the Families of Hamworthy Barracks doesn't !!!

Nicola

Comment from Hamworthy wife:

"Nicola has always been supportive and a valued member of the team at the community centre.

I remember the days when I had a new baby and I came to the old centre. I was always welcomed with a cup of tea and had 5 mins to drink it hot while Nicola held my son. It allowed me to have a moment, a cuppa, a chat with fellow wives in the same position. It allowed me to be me for an hour.

Nicola, as a military wife herself, understood completely, having been through and going through it all herself. I could speak freely without holding back, something I couldn't do anywhere else.

Going through deployments and family issues, Nicola has always been there to chat to and be available. I appreciate the time and advice through my ups and downs, tears and laughter"



**WILL
YOU**

REMEMBER A CHARITY

Find out how to leave a gift in your Will



LEAVING A LEGACY

Aggie was passionate about the welfare of sailors and left a legacy that is benefitting sailors and their families more than 100 years after her death. Aggie Weston's therefore supports Remember A Charity, a registered charitable organisation that seeks to educate the population on the benefits of leaving a legacy (www.rememberacharity.org.uk).

Many people reading this report will not be in a position to leave a legacy to a charity in their will, and many more simply will not want to do so, but a survey conducted in 2019 indicated that 40% of the public would be happy to leave such a legacy, but only 7% actually do so.

Perhaps more of us would do so if we knew what was required, how easy it is, and the benefits of doing so. To leave a gift, either as a fixed sum or as a percentage of the estate, the Will needs to include: The charity name; registered address of the charity; and charity number. Not only does this form of giving provide a lasting legacy for a charitable cause close to the heart of the donor, but it is also very tax efficient. Gifts to charities are not subject to inheritance tax. With inheritance tax currently set at 40%, the value of a gift can be increased by two thirds compared to the value of the sum if subject to inheritance tax.

For more information on Remember A Charity please do visit their web site, or ring the Aggie's office and we will do our best to answer your questions.



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Thank you

 GREENWICH HOSPITAL <small>Supporting the Royal Navy since 1694</small>	<p>Pastoral Workers HMS Raleigh & RM Bickleigh Greenwich Hospital has continued to provide support for the Pastoral Workers at HMS Raleigh and RM Bickleigh providing the trainees with a source of support and confidential guidance that helps the trainees to get through a challenging training regime.</p>
	<p>RNRMC – Pastoral Workers: training establishments and Community With the support of the Royal Navy and Royal Marines Charity subsidising Pastoral Workers on training establishments and within the community, we have maintained Aggie's presence among the beneficiary group throughout the Covid-19 pandemic.</p> <p>Story Book Waves The Storybook Waves initiative continues to be a key project for Aggie's, especially during this time of significant deployment. The management of this project is funded by the Royal Navy and Royal Marines Charity.</p> <p>RFA The success of our pilot project providing pastoral support to the personnel of the Royal Fleet Auxilliary led to funding being awarded from the Royal Navy and Royal Marines Charity to progress the work for another year.</p>
 ANNINGTON TRUST	<p>SBW bookclub An offshoot of the Storybook Waves recordings is the "Storybook Waves Book-club" project, materials for which are funded by the Annington Trust.</p> <p>SBW deployment journal As part of the SBW offering we received funding from the Annington Trust for our exciting new project: production of the deployment journal which will further maintain that connection between school-aged children and their deployed parent.</p>
	<p>RMA-TRMC – Pastoral Workers at RM bases RMA-TRMC continue to provide grant funding in support of pastoral workers on the RM bases and the establishment of the new post at RM Chivenor support the RM trainees through practical help, encouragement and, where needed, signposting to other organisations for specialist assistance.</p>

	<p>NCC – (PW's support)</p> <p>We continue to work in collaboration with the Naval Children's Charity who make a contribution towards our Pastoral support programme.</p>
	<p>Aggie's Community Waves (Portsmouth)</p> <p>2022/23 sees Aggie's move into the third year of a 3-year project to reduce loneliness and isolation for the families of serving personnel in the Portsmouth region with the aid of a generous grant from the Armed Forces Covenant Trust Fund.</p> <p>Aggie's Community Waves (Portsmouth & Plymouth)</p> <p>Aggie Weston's community Pastoral Workers are responding to the need for Post-Covid recovery and support to be provided to the Naval communities. Through funding from the Armed Forces Covenant Trust Fund, Aggie's will provide safe spaces for families to meet together, through gatherings in the Plymouth and Portsmouth areas to expand the activities enabling signposting and support.</p>
 <p>TRINITY HOUSE</p>	<p>Aggie's Community Waves (Plymouth)</p> <p>Trinity House has generously provided us with funding 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>
	<p>Aggie's Community Waves (Portsmouth)</p> <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>
	<p>General funding</p> <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>



Aggie's is a Christian charity that has been serving the Royal Navy since 1876. It bears the name of its founder, Dame Agnes Weston, who set up the charity to provide support and comfort to the Royal Navy through the provision of Royal Sailor's Rests in Dockyard areas. Although the Rests have now gone, our Pastoral Workers continue to abide by the principal established by Aggie, namely to demonstrate the Love of God to all members of the Royal Navy and Royal Marines and their families by providing help and pastoral support without judgement or prejudice.



"For the Glory of God and the Good of the Service"

If you would like to learn more about the work of Aggie Weston's and how you can support us, either by donating, volunteering or remembering us in your will please visit our website at **aggies.org.uk** or contact our central office on **023 9265 0505**.