

ASHORE & AFLOAT


Aggies

Spring 2024



Faithfully Alongside the Naval Family



Royal Navy sailors wave as they return home from WESTLANT 23

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THOUSANDS GREET BRITAIN'S BIGGEST WARSHIP AS HMS PRINCE OF WALES COMPLETES U.S. DEPLOYMENT.

On 11th December 2023, HMS Prince of Wales returned to home base port, HMNB Portsmouth, after a successful WESTLANT deployment to the United States of America. Three thousand families and friends gave their biggest welcome in the Portsmouth Historic Dockyard, the largest homecoming the Hampshire Naval Base has seen in several years.

The return of HMS Prince of Wales is an unrivalled opportunity to demonstrate to the nation the personal sacrifice that comes with a life of service; the close-knit relationships that come at the heart of the Armed Forces community and the unique capabilities of the most powerful warship in the Royal Navy.

Dame Agnes Weston's Royal Charity for the Naval Service

Generally known as Aggie's
Company No. 11114651 • Charity No. 1176596

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Cover Photo

Aggie's Pastoral Worker Vicky Plastow accepts the CGRM Award at MOD Main Building.

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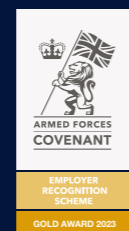
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Introduction from Aggie's CEO – Chris New, OBE

I am delighted to be able to welcome you to this edition of Ashore and Afloat in which we aim to update you on the activities undertaken, and the impact made, by our Pastoral Workers since over the last four months. The news last year brought us highs and lows across the world, in the UK, and for individual families, from the Coronation of King Charles to the invasion of Ukraine and a deepening crisis in the Middle East. As naval children celebrated the Coronation through the making of banners, we were also praying for the innocent victims of war and supporting naval beneficiaries through difficult times.

This is, however, exactly what Jesus did – he celebrated with his disciples, but he also came alongside people who were in need, listening to them, loving them, and offering them hope for the future. It is a privilege for Aggie's to be able to support the Royal Naval community as we faithfully come alongside them, celebrating the highs, and walking with them through the lows.



Welcome On Board



Hayley Stephens, Family Pastoral Worker – Hamworthy Barracks

I am delighted to have started working for Aggie's. I am learning so much more about the Royal Navy and the incredible impact Aggie's has had over the decades. I have a heart for supporting and empowering women, and I feel very privileged to have the opportunity to work as part of the Chaplaincy team as a Pastoral Worker in Hamworthy and Westmoor's.

Since having children, I have worked with many families of all backgrounds, providing parenting strategies to help with life at home, wellbeing support, confidence building sessions, and running a ministry at my Church that supports women who are survivors of domestic violence and abuse.

I am a mother of 3 children and, as a family, we love the outdoors and adventure. I am excited to see how God leads and directs me as I mix with the women, listen to what they need and navigate how best to love and support.



Joanne Triffitt, Pastoral Worker – RNAS Yeovilton

My professional background is in Community Development and Family Support work. I understand the importance of safe spaces: time to step away from the day to day and the positive impact this has on individuals and their families.

Working as part of the Chaplaincy Team at RNAS Yeovilton we aim to create a warm and welcoming environment, a listening ear, or a place to just be.



Around & About

HMS Collingwood – Pete Wood and Emma Boorn, Pastoral Workers

Emma and Pete have introduced a new timetable of events, here is a round up of all the events they have run:

Pete leads on the Warhammer group which has been hugely successful; the group continues to grow and, such is demand, they sometimes have three games all running consecutively. These events have been beneficial to the mental health of several sailors. Many of them used to spend time alone in their cabins but have now found other like-minded people who they can talk to and meet with. Another great benefit is that many within the group have now joined the Collingwood Warhammer WhatsApp group where they are continually engaged in conversations and where they are now meeting up socially outside the wire. It has been great to see this group grow and to help connect people who were previously struggling on their own. It also helps them to build relationships with the PWs so that they can open up and share things that previously were kept bottled up. The Warhammer community within the Navy is growing and options are being considered to get other bases involved for tournaments.

Role Playing Games, like Warhammer, are proving to be an effective way of attracting a wide cross-section of our community, including those who do not have an interest in sport.

Pete runs a monthly tournament in the Collingwood Haven, rotating between Pool, Darts and Chess. These events are always well attended, drawing people together from all ranks so that they can socialise and have fun together (with the added incentive of a gift voucher for the winner). There is also a music room available with several different types of guitars, keyboards etc for sailors to use which is greatly beneficial as they can find that quiet space in which they can relax. In the past groups of sailors have formed a band, bringing in equipment to record their own music sessions.

Emma, meanwhile, leads on the running of the coffee shop in the Haven and runs money courses which teach sailors how to develop and adhere to a budget. She supports a parents networking group and runs the fellowship lunch. All these activities are designed to bring trainees and staff into contact with the Pastoral Workers so that relationships and trust are built, and pastoral conversations become possible.

Emma and Pete were recently invited to a meal with the Second Sea Lord. They were there to represent the chaplaincy and had the opportunity to discuss the challenges faced by Phase Two trainees. Afterwards they attended an awards ceremony where several personnel received medals.



Aggie's Pastoral Worker Vicky Plastow receives top award

In September 2023, Aggie's Pastoral Worker Vicky Plastow was awarded a Commandant General Royal Marines (CGRM) Award for her dedication to the Royal Marines Family at the Commando Training Centre Royal Marines.

Vicky has been based at CTCRM since 2012, moving into The Gordon Messenger Centre in 2020. Vicky's dedication to the Royal Marine Family was highlighted in the award citation:

Her skill, passion and commitment has been a determining factor in the establishment of the important provision of a raft of groups and activities every day of the week. Day-to-day, she provides a warm welcome, a friendly ear and a guide to where additional support can be found. She is a trusted friend and confidant to many of those who attend her groups, with countless examples where she has assisted those in need. This includes compiling SFA issues and concerns, providing welcome gifts for new families and celebrating special events such as births. A measure of her effectiveness are the numerous glowing testimonials written about her by service users. Her rationale is that by caring for local service families, this allows service people to work more effectively in the knowledge that their nearest and dearest are being supported.

She is a loyal, reliable, and a hugely appreciated colleague to the wider GMC team. She often helps far beyond her remit, encouraging others and providing counsel to fellow pastoral workers. She is always the first to offer to cover shifts and regularly works extra hours as a volunteer out of love for those she serves.

Ms Plastow is an inspiring individual who has wholly committed herself to providing incredible support and service to the Corps family. Her carefully targeted groups and activities have improved the quality of life of hundreds of people. Crucially, she has become a trusted point of contact, a critical link between CTCRM and the local military community, enabling the Centre to ensure the welfare of its people more effectively. She dedicates herself to Aggie Weston's primary role of providing pastoral support - there to listen, encourage, comfort and support. I wholeheartedly and enthusiastically endorse her for a CGRM award.





RM Stonehouse – Letty Jones

The Aggie's All Ranks Lounge has grown in popularity throughout the Autumn and has become a favourite hangout for many people across the site. The Marines have been rearranging the furniture to suit them and the generous donation from the RNRMC has allowed Letty to buy a coffee machine on a par with the Officers' mess which several Marines have said is 'the best thing on the unit.' Further donations from people on site have provided an Xbox 360 and Wii and a highlight of the year was watching a group of officers having a Mario Kart battle as the unit left for Christmas leave. Weekly Aggie's Butty sessions have provided great opportunities to get to know people on site, leading to pastoral conversations. They have been supplemented with cake and hot chocolate at Remembrance, offering hot sustenance at the end of the 'Commando Challenge,' and a carol service in the Stonehouse chapel with children from the local school singing. Many pastoral conversations and Storybook Waves recording requests have resulted from engagement in the Lounge. These range from helping people to settle into the unit, supporting families to gain a SEND diagnosis for a child, helping serving personnel struggling with working conditions, to supporting those approaching the end of their military career and relocating their families.



HMS Nelson – Emma Barfoot, Paul Jackson and Tracey Harvey

Fridays can be a quiet time in HMS Nelson. The Sick Bay closes early, the Naval Police office is only partly staffed, and many DOs are working from home for the day. It is also the day when ships arrive alongside for weekend leave, sometimes landing sailors due to medical, welfare or discipline reasons. After being processed, they arrive in HMS Nelson where their first challenge is to find accommodation. They now find themselves alone, in an unfamiliar base, with few people to talk to to find out basic information. They are often feeling very often rejected and scared.

Aggie would regularly be on the jetty to wave off deploying ships and would be back on the jetty to welcome them home. Our Pastoral Workers continue to do this today, the Nelson team being particularly busy in December when many ships returned from deployment (in some cases later than had been originally planned). These homecomings create an opportunity to engage with both the serving personnel and their families, and to identify situations where a pastoral conversation may be helpful.

Over the last 12 months the Aggie's team has helped many of these people, who find themselves walking into the Chaplaincy Haven because they have seen the Aggie's banner outside.

Just before the end of the Christmas term, Emma attended the pass out parade for the RM Band service recruits who had successfully completed their Initial Military Training at the Commando Training Centre Royal Marines in Lympstone. It was very moving to watch the troop be presented with their berets and to enjoy the parade. Emma provides pastoral support to the Royal Marines School of Music in Portsmouth, so was particularly grateful for the opportunity to meet the recruits as they passed out of their Phase One course.

Sometimes they just need someone listen to how they feel, on other occasions they need practical help or signposting to support groups. Showing an interest in their life can sometimes be all that is needed. One individual was at the end of his tether with a major family issue and found himself in tears for the first time in his life. He sat with a Pastoral Worker in the safety of the Aggie's office and spent two hours talking through his options and getting his thoughts together. He acknowledged that, deep down, he had known what action he needed to take but that talking it over allowed him to test out his thoughts and clarify the pathway to resolving the situation. He returned a few weeks later to thank the Pastoral Worker and to confirm that he had indeed addressed the situation successfully.

Tracey, meanwhile, continues her work in the People Support Group, having pastoral conversations with serving personnel who have a range of challenging personal, health and career issues. She also provides pastoral support for the Divisional staff who are responsible for managing hundreds of serving personnel. Through this work Tracey has the opportunity to significantly change the outcome for sailors who are facing a dire situation.

Norton Manor – Rachel O'Malley

The timetable of events at Norton Manor includes Aggie's Butties for the serving personnel and coffee mornings for the families. Rachel ensured the service children at RM Norton Manor had the opportunity to pay their respects on Remembrance Day, arranging a walk for the children to lay a wreath and take part in the day's ceremony.

The children had a lovely time walking over, seeing the Marines and the trucks, laying the wreath, and especially enjoying the squash and cakes you had laid on for us afterwards on behalf of Aggie's. It gave the children the energy they needed to walk back to nursery! They were also thrilled with the colouring books and story books you gave them.



RNAS Yeovilton – Angel Tree

Sometimes Santa needs a little help and at the end of 2023, Aggie's Pastoral Worker Angela Harper was on hand to provide that help.

Along with civil servant Kayleigh Gledhill, Angla walked around RNAS Yeovilton with their Angel Tree. The tree contained gift tags that gave some basic information on a local child in need along with their Christmas wish.

The whole station got involved with personnel from HMS Heron, Wildcat Maritime Force, Commando Helicopter Force, 1 Army Air Corps, civil servants and base contractors donating presents. From art supplies to footballs, donations poured in with an astounding grand total of 250 presents donated.

Kayleigh and Angela gifted those presents to participating charities and Navy/Army welfare teams ensuring children will receive their Christmas wish this year!

Well done to all who participated. A thank you to Holly Armstrong for some great wrapping skills and to Kayleigh and Angela for launching and running the project.



Helensburgh and HMNB Clyde

What a few months it has been for Aggie's in Helensburgh and on base at HMNB Clyde. Sam has introduced Storybook Waves recording sessions within the naval base, enabling personnel to record their bedtime stories before they deploy.

The Aggie's Butties stand-easy remains popular, with the event being held outdoors on the days that the Scottish weather permits! Sam has been acquainting herself with the People Support Group over the last few months and will begin to work there one day a week to support serving personnel.

Outside the wire, in St Margaret's Church in Helensburgh, the weekly Church Café continues to be popular with the families, as do the monthly Deployed Boat coffee morning.

As well as the regular timetable of events, Aggie's in Helensburgh has hosted several seasonal events, from an Act of Remembrance for service families at the local nursery to three wreath making workshops.



Aggie's Community Waves Portsmouth – Katie White, Community Waves Co-ordinator, Portsmouth

Last year, saw the Coronation of our King and Pompey's Military Kids (PMK) wanted to create something special to mark this historic occasion.

After much thought, a plan was developed to showcase the families of military personnel serving in His Majesty's Armed Forces in the Portsmouth area. The Community Waves team reached out to the fabulous Naval Children's Charity for some assistance, and they kindly funded the whole project – HUGE THANKS to NCC. Each school in the PMK cluster was invited to take part and offered patches of fabric and fabric paints to allow the children to draw pictures of their family or, if they preferred, something to do with the King. The vast majority chose to draw their families and WOW! We were blown away with the care that so many children took, showing their love for their unique family units. There are some amazing artists out there.

The completed patches were returned to the Aggie's team and were joined together to create three large banners. The first two were displayed in St Anne's Church and Victory building's cafe, both of them locations where they would be seen by a large number of people. For the third banner, Commander of the Base liaised with the office of the Lord Mayor of Portsmouth who kindly agreed to display the banner in his office in Portsmouth's Guildhall. Not only did he agree to display it, but he invited a delegation to an amazing unveiling ceremony. In addition to some representatives from PMK schools, he invited Captain of the Base, Aggie's CEO (Chris New) and Naval Children's Charity CEO (Clare Scherer). They were treated to a guided tour of the Lord Mayor's rooms, the city's remarkable collection of silver, and the council chamber.

We are so grateful for all the love and support that this project has received and hope that everyone who has taken part has enjoyed it as much as we have had coordinating it.

God bless you all and God save the King.

To keep our families involved, in addition to the coronation quilt, the Community Waves team ran several events in Portsmouth, Gosport and Fareham including a Seafront Lantern Walk, poppy creation workshops for Remembrance Day, the annual Christmas service in St Anne's church and a number of PMK workshops.



Aggie's Community Waves Plymouth - Letty Jones, Community Waves Co-ordinator, Plymouth

The focus of the Autumn term was on gradually building momentum for Community Waves in Plymouth.

Several home visits took place including one where their Storybook Waves package arrived during the visit! The children were so excited to receive their little medals; the youngest child said 'Wait! Do you mean that this has come from my daddy? My ACTUAL Daddy!'

Sarah has led the slowly growing 'Wavy Navy Tots' at the RN's Crownhill Community Centre, introducing a rhyme time and craft into their programme. A lovely supportive group has developed, and the group fulfils a need for those with little ones; one lady said 'you are the first adult I have spoken to in 36 hours'.

Also led by Sarah have been our 'Mocktail and Mystery Craft' evenings for adults and mellow teens. Crafts have included pebble art, making wax melts, learning to crochet and origami.

Mark has headed up our family nights which give parents an opportunity to have a break, to be fed and to have the kids entertained. This activity has grown momentum, usually attended by around 6 families with a mixture of new contacts and familiar faces. Often full of messy chaos, it has attracted both families experiencing deployment and those including service personnel who want to spend some quality time together. A favourite memory of mine was popping my head out of the kitchen

to see a tired mum coming through the door with 2 pre-school aged children. She said, 'I know I didn't text you, but can I come in?' and I thought, of course, that is exactly what we are here for!

We continue our partnership with Plymstock Chapel, helping them to run 'Messy Church' which is attended by a few families on that side of the city. Our school visits have continued with Sarah leading her 'Commendations for Courage' workshop and Mark leading 'Change Games' at a few schools for their service children. Christmas brought several well attended Wreath-making evenings, complete with mince pies and mulled punch.



CTCRM – from Alison Blackwell

It has been all change at CTC as we said goodbye to Padre John Money and welcomed Paul Andrew back. More recently we have welcomed Ade Gascoyne who has just completed officer training at Dartmouth.

The sports café has been revamped and painted – it is a popular place to chill out, eat pizzas, play pool or chess with tea and coffee on tap. It is a great venue for Toasty nights, now called “FUEL, for body and soul.” Recruits enjoy making their own toasties with varying degrees of expertise, after which those who want to can meet for Christian fellowship. It’s great to have Padre Paul preparing something from the Bible for the recruits to think about.

It is such a privilege to work alongside these young men and support them through training. Rarely an evening shift goes by without some sort of amazing conversation, whether it’s about the day they’ve just had in training, returning from the field exhausted and in need of pizza,

the topic they have chosen for the “personal interest lecture” they are about to present, or sharing in the exhilaration of completing their 30 miler and earning the coveted green beret. We also enjoy conversations about faith which frequently give testament to God’s faithfulness in their lives and their conversion experiences, or individuals wanting to know about the Christian faith and asking questions.

These conversations can take place within the confines of the Pastoral Workers’ office, in the corridor or the café, but often in the med bay which is close to the chaplaincy. We arrive on the ward with packets of Haribo sweets (morale-boost) and chat to those who want to. Usually, most patients want to tell you about the injuries they’ve sustained. It is an opportunity to look out for them and see if we can play some small part in raising their morale and helping their recovery.



CTCRM – Maria Fraser Roe

I love my part-time ‘job’ as an Aggie’s Pastoral Worker at CTCRM, Lymstone. I am now in my fifth year and for me, this is not a job, it is a vocation.

Winter 2023 and early 2024 was an especially busy time for me:

I attended a lecture and service for recruits in Chaplaincy (most senior and newest Troop). I helped to provide refreshments afterwards and it was a joy to see the two Troops interacting over “a wet” and biscuits, the newest recruits eager to learn from those embarking on their Commando Phase week. Creating the environment and opportunities for such gatherings to take place helps to contribute towards improved morale and overall wellbeing.

In December I travelled to 42 Commando in Bickleigh to support Troop 343 as they completed their iconic 30 miler and witnessed the presentation of their hard-earned Green Berets.

The All Arms Commandos were also receiving their Green Berets so there was a large crowd in attendance. In this crowd there were three young Royal Marines and when they heard I worked for Aggie’s at CTCRM, they sang high praise of how welcome they were made to feel by us all in Chaplaincy and how it helped them to get through their training; it was so satisfying to hear this!

To celebrate the end of year, I arranged, in collaboration with Tesco Exmouth, an evening Christmas Party in Chaplaincy. The event was well received by all who attended. There was party food, fun and games - beer pong, without the beer (Aggie would have approved!) substituted with chocolates in Aggie’s mugs!

Thank you to Tesco Exmouth’s Community Worker and her colleagues – for supporting this and other events across the year.

I was honoured to attend January’s first King’s Squad Pass Out at CTCRM for Troop 343. Before the ceremony I met Julie from the VUAS (Veteran’s United Against Suicide). Julie had a great interest in Aggie’s and the work that we do with the troops and serving personnel, as her son is serving and she had heard great things about our work; she had once been told, if you ever need to speak – go and chat to Aggie’s!

A very satisfying end to last year and start to a new year.

Aggie’s support to People Support Groups

“Royal Navy Parent Support and Information Teams thank Aggie’s for their support.”

Be it meeting up with groups of Royal Navy parents out on a walk, providing them with welcome hot drink and a savoury snack, or providing support to a mum with an uneasy, crying baby, the Aggie’s workers are always there to provide assistance to the Royal Navy Parent Support and Information Teams (PSITs), located in the major Waterfronts in the UK.

The PSITs were formed ten years ago; the first was formed in Portsmouth and the teams in Devonport and Faslane followed. The PSIT’s role is to provide parents with support when they are vulnerable during pregnancy and their maternity leave. They also support parents on their Adoption and Shared Parental leave who can be equally vulnerable.

Aggie’s workers are always there supporting the PSIT staff, service parents and their spouses. They provide pastoral care and group activities, ensuring that there is always a safe hub in which the beneficiaries can meet. The kindness that the Aggie’s workers extend to RN persons (even if it is just a chat over a coffee), makes everyone feel valued and special during the most challenging of times.

The support from Aggie’s is invaluable to the Regional PSITs who passionately strive to provide a service to our families. The regional PSIT teams, (Rosie Dodd from Portsmouth, Miriam Charlton from Devonport, and Colette Green from Faslane), extend a huge vote of thanks to all Aggie’s workers across the country for their help which enables the teams to support our service parents and ensure that they continue to be valued by the RN.”



HMNB Portsmouth – Handmade toys gifted

Aggie’s at HMS Nelson were asked if they had use for a number of beautifully handmade soft toys designed for babies. We immediately knew we could use them, and they were gifted to Aggie’s.

The soft toys were handed out during the Bumps & Babies group at HMS Nelson and at the Portsmouth Community Waves Easter Egg-stravaganza at Stansted House.

The toys were enthusiastically received, and we would like to extend our heartfelt thanks to the talented lady who made these items and made the events extra special for our young service children. More than 50 children from the 2 groups received and benefited from these beautiful toys, all of which found their forever homes.

Thank you, Shirley, for these lovely items that will be forever loved and cherished.



Arbroath – Seonid Cunningham

As we start 2024, I look back at the last quarter of 2023 and remember all the wonderful events that we have held for the serving personnel and families at RM Condor.

Whenever a unit is deploying, I offer a Storybook Waves recording session and these have continued to be popular over the year. Also popular at the end of 2023 was the Winter Housing Surgery that I facilitated for DIO/Amey; it was a great opportunity for families to be able to speak directly to someone about issues with their Service Family Accommodation, it also created an opportunity for me to engage with those needing pastoral support.

Families have joined the Aggie's team in the Haven and Families' centre for many events in the last part of 2023. The Weekly Coffee morning is always busy, as is the Aggie's Butties event that I host each month. Over the Christmas period we organised and hosted a Families Christmas Service, assisted with the Unit Carol Service which featured the RM Band, and hosted a Christmas Wreath Making evening which is one of our most anticipated events of the year!

We were approached by Angus Council in the latter part of the year and, in November 2023, we launched the Armed Forces Kids Club. Each week fifteen to twenty children come along to the families' centre and enjoy spending time together, eating snacks and making crafts. It has been a great group that we hope to grow during 2024.

Lots of family members at RM Condor are now knitters thanks to our Coffee & Craft events! Over the last few months I have been teaching them to knit and we have seen some wonderful creations – some much needed in the Scottish Weather!

And to boost morale, my Westie (called Aggie) joined in where she could!



HMS Drake – Kate Thorn

Weekly Bacon Standeasy continues to be popular, attendees sometimes including groups who are attending training or briefings in the Drake Theatre next door. It presents an excellent opportunity for pastoral conversations but also helps to build community, allowing those being re-assigned to introduce us to those replacing them.

I wanted to show R (person replacing them) what a great place this was and that they need to make this somewhere they come regularly. Life will be so much better if they do.

One growing success since November has been Fiona's "No Money Movie Night" - a movie on the last Tuesday of the month when people may be holding out for payday. It includes food and drinks and has grown in popularity. There's always a chance for pastoral conversations before and after and Fiona has got people involved in choosing the movies - another good way of building community. The Christmas movie at the December event felt particularly poignant, creating a cosy, homely, welcoming space that helped people feel positive about the festive season; especially those who may have had duties coming up or could not get home for leave.

I've really enjoyed them (movie nights) because it brings people together, we can enjoy food together and quite a lot of people have met someone new.

The biweekly "Cook your own Scran" night continues to be a huge success with the group growing to over 15 on some occasions. A particular favourite was the last one before Christmas when we cooked slow baked ham and all the trimmings with plenty of flavour creativity and festive reminiscing. This helped several people to process some of their more painful memories of Christmas and to share them in a safe space among new friends.

It's like we are one big, weird family.

Ladies Night is biweekly and has a good core of attendees with lots of people popping in when they can. The group is comfortable and a great place for people to really build deep roots of friendship across the ages, ranks and backgrounds. It is a privilege to facilitate this event. A particular highlight was the serenity and peace of a still life drawing session of plants and poppies where you could have heard a pin drop! People completely relaxed and immersed themselves in doing something in the moment. A very, very special night.

Fiona continues to offer faith-based sessions and picks up on these contacts and conversations throughout the week too.

Crafternoons. Bumps and Babies in 2023 included a beauty and wellbeing-based session and, nearer Christmas, a hand-painted wrapping paper printing session. PWs and Chaplains were on hand to hold the babies, giving parents a short break and free hands to do their crafting. Comments from parents show that the care and little details of these sessions make our beneficiaries feel valued, encouraged, and connected to the naval family so returning to work is less daunting.

Our Base Carol Service in December saw lots of people coming together to enjoy a Christmas flavour buttie in the church. Attendees from across the base and ranks all seemed to get something from the event and this year included a Nativity Reflection by PWs and the Bumps and Babies Crew. Great feedback afterwards showed that embedding this group into the day-to-day life and calendar of the base at such a special occasion was really valued by both serving people and their partners.

The Aggie's Christmas Storybook Waves session was a nice, homely occasion with some scrummy scran for little tummies and a nice bit of crafting alongside the story telling. It was lovely to meet some of the slightly older children of our regular Butties Standeasy attendees and one mum could not believe how much her little one ate and asked for the recipe for dinner! This event was particularly effective in connecting people who were returning after maternity leave with the new colleagues and reducing their anxiety. It raised the profile of SBW and created opportunities for some great pastoral conversations at what can be a challenging time of year for some.

Si Reckless has done an amazing job working alongside Babcock to get a golf buggy up and running for us to use around base for "pop-up chaplaincy". The outreach work continues to be improved – activity in recent months included impromptu ship visits and popping into the Naval Base HQ building to bring some Christmas light to the building on a particularly dreary day. This visit resulted in a number of pastoral conversations which led to signposting and information gathering for the coming year. The information helped us put some care packages together for Chaplains and Aggie's to distribute to those on duty over the Christmas period.

Rosyth – Jim McRae

The Caledonia site has been recommissioned as HMS Caledonia and hosts the Fleet Support Establishment. Other "lodge units" on site include: HMS SCOTIA, which is the Royal Naval Reserve establishment for the East of Scotland; the Band of His Majesty's Royal Marines Scotland; the Headquarters of the Naval Regional Officer Scotland; the HQ of the Royal Marines Reserve Scotland; the Candidate Preparation Centre North for naval recruitment; and the domestic services needed to support ships refitting and building in the adjacent Babcock International dockyard.

The last year for Aggie's at Rosyth has been dominated by the refit and maintenance of a fully crewed HMS PRINCE OF WALES whose daily life in Rosyth has often required the help and support of Aggie's. I have been helping to support personnel prepare for returning to the active Fleet and an autumn Carrier Strike Group deployment. This, and four ship visits, has given me engagement with a large number of beneficiaries in need of pastoral support.



RM Bickleigh – Christingles

Aggie's Pastoral Worker Brian Green was on hand at RM Bickleigh to help with this year's Family Christingle service, helping to make up the Party Bags for those who were attending the service and making up another fifty bags to distribute to Bickleigh families not living in the Plymouth area. Brian has been able to use his unique background (years of RM service) to connect with Royal Marines who need a pastoral conversation. He has also collaborated with the Community Waves team to provide a termly family event in addition to running film and curry nights and weekly butties events inside the wire.



Aggie's continues to be blessed by the continued financial support of the organisations that provide our grants and the generosity of our donors and supporters who have faithfully given us both money and prayer in support of our work

Thank you!



PBT The Pemberton-Barnes Trust
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BAE SYSTEMS



Everest Trust Privy Purse

HMS Sultan – Rebecca Baird

The team at HMS Sultan have a busy timetable of Aggie's Butties every Tuesday, Storybook Waves Book Club on the 1st Thursday of the month, Youth Group at Brune Park School on the third Wednesday of the month and pastoral conversations every day.

Serving Butties every Tuesday the team decided it would be beneficial for serving personnel not only to have the opportunity to chat to them and the Chaplains, but to also meet with other organisations that can help them and their families. Over the course of the autumn term representatives from Naval Families Federation, Naval Children's Charity, Sport And Recreation Centre, White Ensign Association, RNRM Charity, Sickbay and Andy's Man Club have been to events, each able to offer support to personnel. This additional signposting at Aggie's butties has given personnel the chance to chat about issues including immigration support and mental health.

Relationships with SWAN (Sultan Women and Allies Network) have been growing over the last few months and the team welcomed members of SWAN to the chaplaincy for their initial meeting. The team's positivity towards the event has ensured that the network will now be meeting in the Chaplaincy on a regular basis, giving our Pastoral workers the opportunity to talk with the women of Sultan.

Becky and Iain have stepped out from behind the wire every month to host Storybook Waves book club at the Crossley Community Centre in Gosport. The group is well attended by service children and gives parents the opportunity to connect with each other and Aggie's. Another way the team are connecting with the families is through the Youth Group held at Brune Park school on the third Thursday of the month.





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 (which includes the Royal Marines and the Royal Fleet Auxiliary) 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 Aggie's.org.uk or contact our central office on 079 7764 1876.