

MLG
Education



Supporting Service Families

MLG (Education)

NEWSLETTER

Supporting Highlands Armed Forces Community

February 2024 Newsletter- Issue 18



Armed Forces Community



3 SCOTS

The end of 2023 proved to be a busy period for Unit. The 3 SCOTS Bn has been focused on establishing their new role as a Security Force Assistance Bn. (SFAB) This seen soldiers in 3 SCOTS deploy on partnering exercises on Japan, Bruni, Australia and Hawaii.

The draw down for Christmas saw the community centre in full swing as the wife's Dinner night, the children's party and a number of Company parties were held. A well deserved night off for all after a busy year.

As we look into 2024 our sights are set on the coming **exercise to Kenya** in Feb. later in the year there is an **Operational deployment** which will see the majority of the Bn **deploy for an extended period**.

Resources: Deployment/Separation

Supporting & Understanding Children and Young People within your School or Early Learning setting from Armed Forces Families

Click the images to access



Armed Forces Covenant Group

www.armedforcesmorayandhighland.co.uk

A Tribute to Roddy Balfour

Roddy was the most committed Champion of the Armed Forces. In his role as Armed Forces and Veterans' Champion he excelled in understanding the challenges experienced by both veterans and those currently serving, as well as having great respect for the families who supported them. His contacts across the military family were often called upon in order to help resolve issues or just to gain a greater insight and understanding. He was a proactive and committed Core Partner on Highlands Military Liaison Group (Education) to support making a difference to Children and Young People from Armed Forces families in Highland. He had huge admiration for the work done by local schools who had children of military families amongst their pupils.

Roddy was the driving force behind the Council's commitment to the Armed Forces Covenant and its proud achievement in gaining the Gold Employer Recognition Award. He will be sadly missed.

(Cllr Leslie-anne Niven, Chair - Highland Armed Forces & Veterans Community Partnership & Armed Forces Champion)

School Enrolment Let your school know if your child is from a Serving, Reservist or Veteran family. If we know we can get the right targeted support to them at the right time if or when needed. [Click Here](#) for information.

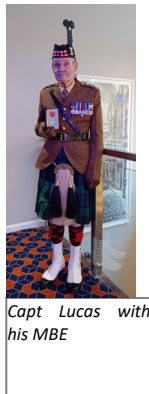
Volunteer Bart Invested with MBE



An Adult Volunteer has had their service in helping the Cadet Forces recognised by royalty. Captain Bart Lucas (76), from 1st Battalion The Highlanders Army Cadet Force, was invested with his MBE last Wednesday at the Palace of Holyrood House in Edinburgh by Her Royal Highness Princess Anne, The Princess Royal.

Bart, who is the Detachment Commander of Culloden Detachment, was recognised in the 2023 King's Birthday Honours for his services to the cadets and Young People of the Highlands.

Bart has been a volunteer with the Army Cadets since December 1976, as well as prior Military Service in the Royal Air Force and service within the old Northern Constabulary – now Police Scotland. Throughout his forty-seven years of volunteering with the cadets he has held almost every post you can think of, from Detachment Commander and Company Commander to Adventure Training Officer and Duke of Edinburgh Award Officer, some posts he's held several times over his long career.



Capt Lucas with his MBE

To hear more about Capt Lucas' investiture [click here](#). For more information about 1st Battalion The Highlanders [click here](#)



The Highland Council

Armed Forces Families Highland Website



Staff Training Opportunity

MLG (Education) provide face to face training. Please get in touch [HERE](#) if interested in the following:

Understanding the Emotional Cycles of Deployment/Separation

Raising Awareness & Understanding of being a Child or Young Person from an Armed Forces family

For online learning resources [CLICK HERE](#)

Do you need advice with regards to complying with the **ARMED FORCES COVENANT DUTY: EDUCATION**

[CLICK HERE](#) to get in touch



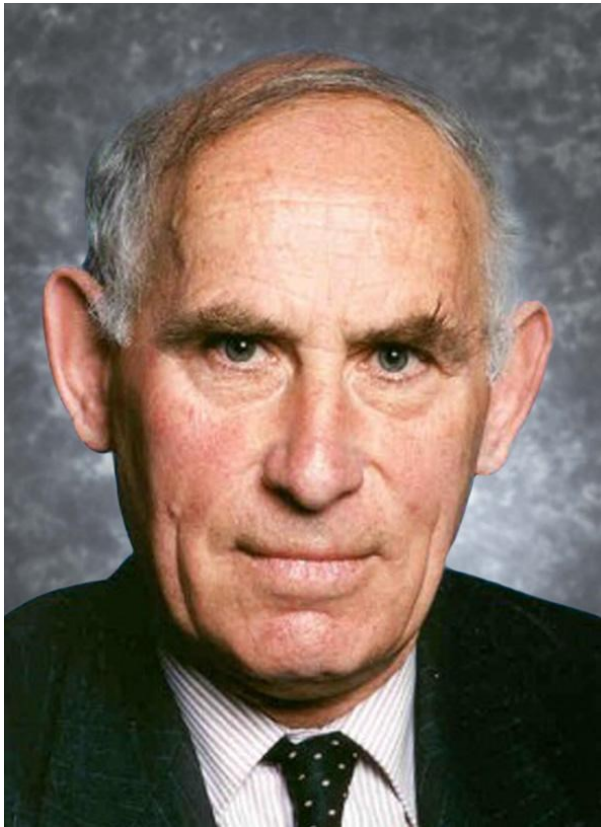
The Armed Forces Families Highland Website

Developed for You to Support You: Families, Children & Young People, Educationalists—[CLICK HERE](#)

Click

Tribute paid to Roddy Balfour

Who created positive change for
Highland's Armed Forces Community



Highland Council MLG (Education) partnership were sadden to hear the news that **Roddy Balfour**, a former Highland Councillor and **instrumental Armed Forces Champion**, passed away 11th January 2024 - he will be very sadly missed.

“The Highland Council’s Armed Forces and Veterans’ Champion was invited to a reception held at Edinburgh Castle to receive the Council’s Gold award for the Defence Employers’ Recognition Scheme.” (October 2021) [Click here](#) for article



Pictured accompanying Cllr Balfour to receive the Gold award presented by Lieutenant General James Swift OBE, The Ministry of Defence's HR Director. are Jim McCreath and Jane Henderson

[Click here](#) to read MLG's 'Latest News' blog & **Highland Council Tribute**

[Click here](#) to read article in **Press & Journal**

Go to page 12 of this MLG Newsletter to read Highland Council's **Armed Forces Covenant Group Tribute**.



Children & Young People Included, Involved, Participating Drakies Primary, Inverness

Primary 6/7 and Primary 7 pupils at Drakies Primary School officially opened their Remembrance and Mindfulness Garden on Friday 10th November 2023 with the support of many of their guests. They were also treated to some words from Revd. David Scott and Revd. Canon Dr John Cuthbert .

In the lead up to this event the children planned, organised and led a week of fundraising activities at Drakies Primary during the week commencing 6th November 2023, raising a total of £533.82 for Poppy Scotland. Activities included decorating poppy biscuits, beat the goalie, create your own poppy and other exciting activities that children of all ages were invited to engage with for a small donation. Further to this, the P6/7 and P7 children led a Community Café on Friday 10th November which saw an incredible turn out. Donations were welcomed from parents, family members and members of the community as they were treated to a thought-provoking and at times emotional performance from the Primary 6/7 and Primary 7 children. The tea and coffee was flowing well and many delicious cakes were enjoyed.



Drakies Primary would like to express their sincere thanks to representatives from The Royal British Legion Scotland for donating an oak tree for the garden and for attending the event. They are also grateful to representatives from Poppy Scotland and from the Highland Military Liaison Group for attending the event. Further thanks also go to the Cairngorm Group for donating £500 towards the garden, to Simpsons Garden Centre for donating £250 towards the garden, to Hugh Brown and Robin for donating chipped bark and to the Woodland Trust for the donation of a hedgerow. Without this generous support the project would not have been possible.

Children of all ages at Drakies will now benefit from a relaxing and calming space to reflect, regulate their emotions and remember loved ones. In a busy world it is so important to have an opportunity to take time to 'chill and still'. The Remembrance and Mindfulness Garden provides this opportunity.

Well done to all the children and staff involved in this project!



[CLICK HERE TO READ BLOG AND LISTEN TO THE CHILDREN SINGING](#)
"The Eleventh Hour of The Eleventh Day"





Children & Young People Included, Involved, Participating Raigmore Primary, Inverness

9th November - Poppy Unveiling

Some of our Raigy Forces Committee were delighted to represent our Raigy Forces at the unveiling of the beautiful new poppy with the WW1 Soldier of Remembrance slated on to the roof at the community centre at Wimberly Way. It really is a beautiful symbol of remembrance. They also got to watch the parade and listen to the beautiful singing of the Fijian choir. They can't wait to visit it again with the whole school soon.



19th December - Kindness at Christmas

P1 & P2 wanted to spread kindness in the community over Christmas. They worked hard to collect pre-loved toys to donate to the community centre at Wimberly Way. They presented them at the community centre and treated some of the local families to a performance of their Christmas song.

Welcome / Leavers Certificates

The Raigy Forces Committee have been working hard to ensure that all new children to our school feel welcomed. They know how hard it can be to change schools, so they decided to create a **Welcome to our School** certificate. They also created a leavers certificate to thank any children moving on to new adventures for being part of team Raigy. They are currently working on a welcome to our school video. Watch this space!

SHARE YOUR SCHOOL OR EARLY LEARNING CENTRE NEWS!

Does your School or Early Learning Setting have news for this MLG Newsletter?

Get in touch [HERE](#) to let us know what's been happening in your setting with your **CHILDREN AND YOUNG PEOPLE FROM ARMED FORCES FAMILIES**

News Update

Out and About



PoppyBud visited **Muirtown Primary School**, Inverness. [Click here](#) to read more about the visit and fantastic day of learning. To book PoppyBud click here



An incredible piece of artwork at 3SCOTS Community Centre roof!.



Information stand about the work of MLG attracts the interest of Councillors and members of the Health & Social Care Committee, Highland Council Chambers (Nov '23).



Fantastic 3SCOTS Celebrations for National Fijian Day 2023. [Click Here](#) to read more and [view the video](#)

AWARENESS RAISING TRAINING SCHEDULED

MLG Partners look forward to delivering "Raising Awareness and Understanding of being a Child or Young Person from an Armed Forces Family" to **Highlife Highland** staff working directly with Children and Young People (Mar '24) and staff at **Muirtown Primary School**, Inverness (Feb '24).



To book a training session for your staff get in touch [HERE](#) Or to access online learning resources [CLICK HERE](#)



Highland
Community
Planning
Partnership

Com-pàirteachas
Dealbhadh
Coimhearsnachd
na Gàidhealtachd

Representatives from MLG and Highland Armed Forces & Veterans Community Covenant Group were delighted to offer and deliver a **presentation to Highland Community Partnership Chairs** to raise awareness and understanding about the **Armed Forces Covenant and its Duty**. Detailing how Education, Health and Housing in Highland are working at creating better experiences for the Armed Forces Community and in consideration to the Armed Forces Duty—we look forward to further engagement and collaboration with these partnerships in the future. To visit the Highland Community Planning Partnership Armed Forces Covenant page [Click Here](#)

FUTURE DATES FOR YOUR DIARY...

3SCOTS Coffee Mornings

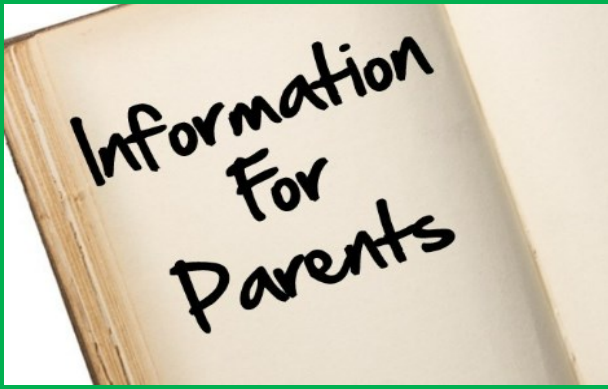
Every Wednesday 10am-12noon
3SCOTS Community Centre,
Wimberley Way, Inverness

Month of the Military Child

Celebrated in the month of April
How will you celebrate in your setting?
[Click Here](#) for helpful ideas

Armed Forces Day

29th June 2024
How will you celebrate in your setting?
[Click Here](#) for School/ELC resources



Helpful information and opportunities

More help and support can be found on page 13

Community Support Programme 2023
Wimberley Way Community Hub

OPEN TO ALL Services, Reservists, Veterans and those living on the patch. ALL SESSIONS MUST BE PRE BOOKED – scan QR code. ALL SESSIONS: \$50 per person for refreshments.

For Dandelion Club and Youth Club a parent or guardian must attend the first session to ensure all paperwork is completed.

Dandelion Mini's - Tuesdays 1000 – 1200 hrs from 7th Nov
For under 5s with their Parent, guardian or carer, Mums and Bumps too. Bring the tots both big and small for fun playing. Soft play, messy play, games, read books plus lots more.

Dandelion Club - For PS – P7s
Arts, Crafts, Games, LEGO, Free Play and themed activity
1200 – 1900 hrs from 1st November

YOUTH CLUB For 51 – 56 from 8th Nov
Wednesdays 1915 – 2045 hrs
Arts, Crafts, Games, LEGO, Baking, Quiz / Movie nights

Community Drop-in - Thursdays
1200 – 1400 hrs from 9th Nov
bring your lunch.
Fancy coming on a lunch break? Call in for a cuppa and a chat. Resources available for children.

CHRISTMAS Arts & Crafts Session
Tuesday 5th December 1600 – 1800 hrs
ALL AGES

For more information, please contact the Community Development Worker Charlene at Charlene.Bleakley101@mod.gov.uk or 07788 396431

Community Support
Wimberley Way
Click the image for full article or contact:
Charlene.Bleakley101@mod.gov.uk
Tel: 07788 396431



LAUNCH OF VETERANS ID CARD
Click here to find out from Forces Network all you need to know including a short video clip. Or head to the Gov.UK

How it works Find a provider Apply or renew News Get Your Business Involved Contact

HAVE YOU GOT YOUR ACCESS CARD?

Get your access requirements recognised at thousands of events, attractions, venues, and

“The physical card acts as a photo ID that can be used to easily communicate your access requirements to events and venues, so that the venues can provide accessibility to the needs of their visitors”.
[CLICK HERE](#) to find out more.

Highland Multicultural Friends
Scottish Charity number SC043200

50% OFF HIGH LIFE MEMBERSHIP
Armed Forces Covenant

£10.30 per month Individual Membership!
£15.50 per month Family Membership!

JOIN NOW!

As a member of the Armed Forces, including Reservists and Cadet Force instructors, benefit from 50% saving on individual or family High Life Membership.
Just visit your local leisure centre today and sign up by showing your BCF900 Card.

Love Life!
LOVE HIGH LIFE!
highlifehighland.com/join-high-life

AMAZING OFFER!
Click here to view full image.

Parents and Carers Training Course

Raising Children with Confidence
Promoting Mental & Emotional Wellbeing

“Course for parents of 0 to 11 years. Explore how to raise children with confidence.
Raising Children with Confidence is a six week course for parents and carers of children up to age 11 years. The course gives you the chance to explore how to promote emotional health and well-being for your family. Courses are free.”

Parents and Carers Course

Raising Teens with Confidence
Promoting Mental & Emotional Wellbeing

“Course for parents of 11 to 16 years. Explore how to raise your teen with confidence.
Raising Teens with Confidence is a six week course for parents and carers of young people aged 11 to 16 years. The course helps you to explore emotional health and well-being and ways to promote it in your family. Courses are free.”

Interested?
Get in touch with Jill.gudelis@highland.gov.uk



Goodbyes and Hellos!

3SCOTS Assistant Unit Welfare Officer

MLG said farewell to WO2 Barry Smith and extends a warm welcome to CSgt John Fay and look forward to working with him. [Click here](#) to read full article



WO2 Barry Smith, outgoing 3SCOTS Assistant Unit Welfare Officer (pictured left) and CSgt John Fay (pictured right) who now takes over this role.



MLG welcomes Lynsey Mulraine, Health Visitor for Armed Forces Families, Inverness area. [Click here](#) to read more about the work and support that Lynsey will be providing.



MLG say goodbye and thank you to **Aodhan Bryne** who takes up his new job with Highland Council as **Housing Manager**, Easter Ross.

Aodhan worked for many years as the **Housing representative on Highland's Armed Forces and Veterans Covenant Partnership Group** in relation to supporting the assistance that exists for the Armed Forces in the area of housing. He worked closely with MLG lead partners in Education and Health in relation to on-going work with Highland's Community Partnerships. MLG look forward to welcoming the new Highland representative for Armed Forces Housing in the near future.



Moira Leslie—MLG Partner

Shares information about on-going SCiP Alliance Case Studies

The Service Children's Progression Alliance (SCiP) is based at Winchester University but works across the whole of the UK focussing on the progression of children and young people from Armed Forces families throughout their educational journeys. One of its current projects is collecting Case Studies from schools across the country showcasing support for Armed Forces pupils. I am delighted to report that four schools from Highland have been selected to showcase their work. Congratulations to Cawdor, Cromarty, Millburn and Raigmore who are all producing Case Studies which will be published later this year to add to the national bank of resources. These Case Studies show how some Highland schools support their Armed Forces pupils and we are very grateful to them for sharing their good practice which will help other schools across the country.

Raigmore Primary School

Raigmore's Case Study highlights how they make sure that all their staff are **well informed** about issues affecting pupils from Armed Forces families



Cawdor Primary School

Cawdor's Case Study shows how they make sure that their pupils from Armed Forces families get the appropriate support to help them **achieve highly**.



Milburn Academy

Milburn's Case Study demonstrates how they provide lots of opportunities to listen to their Armed Forces pupils and make sure that **their voices are heard**.



Cromarty Primary School

Cromarty's Case Study shows how a small rural school's **inclusive approach** ensures that pupils from Armed Forces families are **well integrated** into all aspect of the life of the school. It also acknowledges the school's appreciation of being **well informed by Armed Forces parents** about issues such as deployment which may have an effect on the pupils.



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Supporting Service Families

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News and information

ARMED FORCES

SPECIALIST SERVICE PROVIDERS

MLG (Education) Partners

ARMY
WELFARE
SERVICE



COMMUNITY SUPPORT PROGRAMME 2024

Wimberley Way Community Hub, Inverness

[CLICK HERE](#) to access



Community Mail Out

Receive updates on sessions, events and relevant Welfare Information direct to your inbox.



Community Support Consultation

Let us know what activities, events, workshops you would like and suggestions for the Community by completing the online questionnaire by 31st January 2024.



COMMUNITY AND PERSONAL SUPPORT

In **Community Support** we aim to provide learning opportunities, programmes, activities, and experiences for military personnel (serving, reservists and veterans) and their families.

These will be social, recreational, educational and responsive to the local needs.

We believe that the best way to support our communities is to listen and develop an understanding of your needs and concerns and then, where possible, facilitate a programme that meets these.

AWS Personal Support is staffed by military and civilian personnel with social work and specialist training. To receive support from PS referrals can be made via the Unit Welfare Officer or you can self-refer by emailing the Intake and Assessment Team at AWS-HQ-IAT@mod.gov.uk.

Welfare Support Officer – Tracie McDermott
Office Number: 0300 162 3075

Business Support Worker – Emma Oliver
Office Number: 0300 170 1846

Senior Community Development Worker – Susan Reid
Office Number: 0300 154 5087
Email: susan.reid137@mod.gov.uk

Community Development Worker,
Inverness – Charlene Bleakley
Charlene.bleakley101@mod.gov.uk
Office Number: 0300 170 1846

ssafa
the
Armed Forces
charity

ROYAL
AIR FORCE

Personal Support & Social Work Service RAF Lossiemouth

Need to talk? Contact our confidential, independent service
on: Call 03000 111 723

Available 24 hours a day, 365 days a year or
Email pswsraf@ssafa.org.uk

SSAFA offer a **CONFIDENTIAL** welfare service to **ALL** military personnel on the Station irrespective of rank, gender, or marital status. We are here to support spouses, partners, children, and extended families.

Contact Us

Debra.clarke@ssafa.org.uk

01343 817076 (95161 7076)

Royal Navy Family & People Support (RN FPS)

0800 145 6088

RN FPS provide support to Service Personnel & their Families at times of personal crisis through RN Specialist Welfare Workers & Civilian Social Workers.

Staff are located across the UK with some also deploying with Units to provide direct support to personnel.

Further support is provided by Community & Engagement staff, both through Face to Face & online delivery.

Deployment support includes collated information & Memory Boxes for Children & Young People as well as planned events & activities. Further details can be found at <https://forum.royalnavy.mod.uk>

ROYAL NAVY
FORUM

MLG
Education



Supporting Service Families

News and information From MLG (Education) Partners Supporting Highland's Children & Young People

**FORCES
CHILDREN'S
EDUCATION**

LEADERS ADVANCING LEARNING
A · D · E · S

FORCES CHILDREN – Additional Learning Needs

The Centre for Military Research, Education & Public Engagement, Edinburgh Napier University, are working in partnership with ADES and the National Education Officer for children and young people of armed forces families, on a two-year research project, funded by the Armed Forces Covenant Fund Trust. The project is to develop a clear pathway to benefit serving and veteran parents and their children with additional support needs, when transitioning to and from Scotland. Work will be based on the identification of enablers and barriers impacting the child's learning journey, wellbeing, and family life. This will empower policymakers with evidence-based recommendations to catalyse whole-system change.



THE ARMED FORCES
COVENANT FUND TRUST

Contact Carolyn MacLeod MBE, National Education Officer, ADES at
info@forceschildrenseducation.org.uk
www.forceschildrenseducation.org.uk

**FORCES
CHILDREN
SCOTLAND**



Forces Children Scotland's digital wellbeing hub, Your Mind Matters is co-produced with young people from serving and veteran families and provides a range of information and support. From wellbeing quizzes to helpful downloadable resources to various podcasts, where young people directly share their experiences, there's something for everyone!

Visit our hub [here](#)

Do you have an idea for a great podcast? Get in touch to let us know!

Contact Nina Collins, Children and Young People's Participation Manager.

nina.collins@forceschildrenscotland.org.uk



Scottish Apprenticeship Week in the Highlands

[Scottish Apprenticeship Week 2024](#) takes place from 4 to 8 March with the theme [Skills Generation](#).

The aim of the campaign is to recognise that Scottish Apprenticeships are creating the new generation of Scotland's skilled workforce.

Foundation, Modern and Graduate Apprenticeships generate high-quality opportunities to help people achieve their full potential.

Over 40,000 apprentices are supporting around 12,000 businesses across the country and gaining skills employers need now and in the future.

There will be a range of national online events and activities taking place during Scottish Apprenticeship Week for parents and carers, school pupils and employers to attend.

The campaign is also supported by employers, schools, learning providers and organisations hosting their own regional events and activities.

To see what is happening in the Highlands, check out the [online events calendar](#) found on the Scottish Apprenticeship Week area of apprenticeship.scot. The calendar will continue to be updated by event organisers in the run up to the week.

You can also find out about Scottish Apprenticeships and any apprenticeship vacancies in the Highlands posted by employers by visiting apprenticeships.scot.

More information about Scottish Apprenticeship Week is available at apprenticeships.scot/scotappweek.

Skills
Development
Scotland

How we can help - Veterans

Welfare Service offer specific advice, support, and guidance to veterans and serving personnel when applying for [Armed Forces Compensation Scheme \(AFCS\)](#) and the [War Pension Scheme \(WPS\)](#). We can also assist in providing information and assistance in applying for benefits that are available through the Department of Working Pensions (DWP) and can make referrals to social services and other voluntary or charity organisations to request support from the service they provide. Our support can be provided thorough either telephone contact or we can arrange a home visit if required.

How to contact us – Veterans UK has 4 welfare centres, providing advice and support across the UK.

Veterans UK - Glasgow covers the whole of Scotland and the NE of England (Scotland, NE England, NI and ROI).

Veterans-UK-VWS-Scot-NI@mod.gov.uk



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FAMILY FEDERATIONS NEWS

Supporting

Highland's Tri-Service Community

MLG (Education) Partners

Naval Families
FEDERATION
Speaking up for Naval Service families

The Naval Families Federation magazine

Published quarterly for Royal Navy and Royal Marines families throughout the world, [Homeport](#) covers the work NFF continues to do to enable families to thrive in their communities of choice.



It provides official updates of policies that affect our audience, the latest activities within the Naval Service, advice and columns written for serving families and much more. [Homeport \(pagesuite-professional.co.uk\)](#)

Our Devolved Policy Manager is Vicky Brindley and she can be contacted at Vicky.Brindley@nff.org.uk

aff army families federation



Winter edition 2023/24

[Click to read online](#)

Our Education & Childcare Specialist Anna Hutchinson can be contacted on: educationsupport@aff.org.uk

Our Devolved Nations Assistant Amanda Yorke can be contacted on: devolvedasst@aff.org.uk | 07780 093115

The RAF Families Federation (RAFFF) provides an independent voice for all Regular and Reserve RAF personnel and



families. We work to improve quality of life around the world – at work or at home, whether personnel are single or have partners and children.

The [RAFFF website](#) has information to support the RAF community including [Support for Service Children](#) and information on the [Month of the Military Child](#) which is celebrated every April.



To read the RAFFF's quarterly magazine, Envoy, visit: [Envoy Magazine \(pagesuite.com\)](#) or [Contact Us](#) if you need support.

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Getting It Right
for Forces
Families Children
and Young People
in Highland

News and information From MLG (Education) Partners Supporting Highland's Children & Young People



Poppy Scotland provides life-changing support to the Armed Forces community, including those who have served, those still serving, and their families across Scotland.

Their financial support services can help with things like digital access grants to enable families the ability to connect online, in addition to providing grants for food and children's clothing vouchers.

Poppy Scotland are also able to support spouses through our Employment Grants, giving families of the Armed Forces community the opportunity to re-train and tackle their employment goals.

Contact us:

Tel: 0131 550 1557 (Mon-Fri 09:00-17:00)

Email: gethelp@poppyscotland.org.uk

Web: www.poppyscotland.org.uk

Combat Stress is delighted and very excited to be working from a new Highlands hub which is based at the Army Welfare Centre in Inverness. Our Senior Mental Health Nurse Rachel Speed aims to work effectively and collaboratively with local agencies within the Highlands, both statutory and third sector.



Professional referrals can be made directly to the Scotland Service or self-referrals can be made via our 24-hour Helpline which is a free phone number, 0800 138 1619, and is available to all military veterans and their families for emotional support and guidance.

There are also veteran specific educational resources for common mental health problems on our website www.combatstress.org.uk.

Look out on our social media channels for a film with recruitment information and an insight from staff members into the work we do.

FREE books, scrapbooks and reading journals for all Armed Forces families, including veterans/ex-Forces
www.readingforce.org.uk



If you are an Armed Forces family with children or grandchildren, or a veteran/ex-Forces family with children or grandchildren, then Reading Force is for you!!

We give/send out **FREE books and scrapbooks** for children/grandchildren from babies to age 10. Have fun sharing stories and chatting about books at home together or online if separated for any reason, such as living in different parts of the country or deployment/training

We also have **FREE books and reading journals** for young people aged 11-18—the journal is a great place for them to write about the books they're reading as well as having pages for drawing, self-expression, and when they're missing a loved one

If you are a nursery/pre-school, primary or secondary school, welfare organisation or charity supporting Armed Forces families, Reading Force is for you too!!

You can order **FREE scrapbooks and/or reading journals** to hand out to your Armed Forces children/young people (including children/grandchildren of veterans/ex-Forces) [here](#) - families can then request their **FREE books** via our website [here](#)

'Talking to the families it became apparent just how important books and reading with the children can be. In general the consensus was that to give a child a book, it not only opens up their imagination but it also allows conversation to flow'. Feedback following visit by Fiona Maxwell, RF Ambassador Scotland, to a Royal Marines Charity families event



For more information about how families/organisations can take part, please contact Fiona Maxwell on 07548 778930 or email fiona@readingforce.org.uk

Highlife Highland Choose to Lead



During the October school holidays Highlife Highland in partnership with the Army Welfare Service and 8 young people took part in Highlife Highlands Leadership programme completing the choose to lead introductory course over 2 days.

This course is designed to prepare the young people for active leadership through volunteering at school and within their communities e.g., lunch time clubs, youth clubs etc. for ages 12 to 25.

The main emphasis of the course was fun and active learning. Course content included ice breaker games, planning and preparation, risk assessment, leadership styles, role model behaviours and learning and delivering a range of activities.

On completion of the course along with completing 25 hours of volunteering the young people were then awarded their purple hoodie and their 25-hour saltire awards certificate.

For more information on the Highlife Highland Leadership programme search:

<https://www.highlifehighland.com/sport/leadership-programme/>

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Getting It Right
for Forces
Families Children
and Young People
in Highland

HIVE Information

Supporting the Service Community and their Families



Contact Information

Debs Tulip | HIVE Information Officer

St Aidan's Centre, RAF Lossiemouth, Moray, IV31 6SD

BT: (01343) 817050 | Mil: 95161 7050 | Skype No: +443001682931

Email: LOS-RAFLossiemouthHIVE1@mod.gov.uk

 www.raf.mod.uk/serving-families/hive-finder/

 [RAF Lossiemouth](https://www.facebook.com/RAFLossiemouth)

 [RAF Lossiemouth](https://twitter.com/RAFLossiemouth)



Your Local HIVE is: Leuchars

Community Centre, Tutor Rd, Leuchars

Your local HIVE Information Support Officer is:

Sarah



RC-Pers-HIVE-Scotland-0Mailbox@mod.gov.uk



Tel: 01334 857649

www.armyhive.blogspot.com

Scan the QR code to view HIVE's location guides:



 www.army.mod.uk/hives
 www.twitter.com/ArmyHIVEinfo

 www.facebook.com/ArmyHIVE
 www.instagram.com/ArmyHIVEinfo

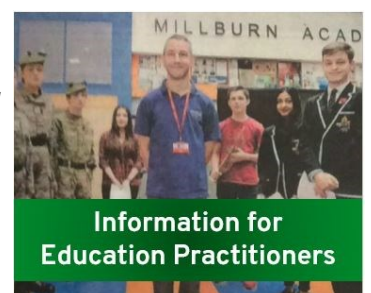


Armed Forces Families Highland Website



Click the images to explore

- Help families navigate and understand the Scottish Education system, year groups and Enrolment process to enable a smooth transition into Highland. Additionally, to get the right information to you promptly to support your enquiry.
- Provide helpful resources to support Children and Young People, their wellbeing and mental health and information about their Rights (UNCRC), moving School or leaving School.
- Provide resources and training to educationalists and practitioners to support and promote awareness and understanding of being from an Armed Forces Family and the challenges around interrupted education, mobility, deployment and separation.



[Subscribe here](#) to receive updates of helpful information

MLG
Education



Supporting Service Families

MLG (Education) Newsletter

A great place for sharing Information, Support and Resources



Scottish Charity number SCO43200

[Highland Multicultural Friends](#)

JUST ASK

Do you have a question about the development or wellbeing of a child or young person in

Call us:

Tuesdays or Thursdays, 1–4pm

A health or educational professional will call you back within a few days

[Click Here](#) to view poster



Defence Children Services

The DCS Vision is that we Educate the Child – Support the Family – Defend the Nation

[Click Here](#) to visit and find out more information about the Education Advisory Team (UK)



Highland Council Psychological Service



Works for Positive Change



[Highland Council's Psychological Service have a selection of resources and training materials available.](#)

kooth For ages: 10-18

Kooth is an **online mental wellbeing** community for young people

Here are some of the features you can access on Kooth:

- Magazine** | The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards** | Start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat** | Chat with our helpful team about anything that's on your mind
- Daily Journal** | Use your daily journal to track feelings or emotions and reflect on how you're doing
- Wellbeing Activities** | Find activities that support your wellbeing and help to build valuable life skills

Sign up for free at kooth.com

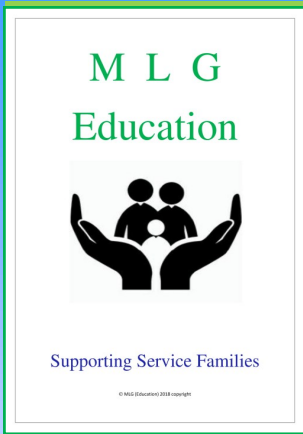
07514 120288 info@thrivingfamilies.org.uk

Our goal is to become the 'go to' organisation, known for improving the lives of families living in the Highlands, by giving you confidence, empowering you to know your rights, know what questions to ask and have your voices heard.

Thriving Families
Improving the lives of families in the Highlands



Bumps to Bairns
Early help for Highland children



MLG (Education) Newsletter Share your Voice Get Involved



Getting It Right for Children and Young People
from Armed Forces Families in Highland

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Get Involved
SHARE YOUR NEWS
Have Your Say
Make a difference ... TOGETHER

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If you require an alternative format to suit individual needs please get in touch

