



Community News

JULY / AUGUST 2014

FOR THE NAVAL & LOCAL COMMUNITY IN & AROUND HELENSBURGH

Churchill Estate . . looking good!

Captain Alistair Willis, Captain of HMS Neptune, had the pleasure of unveiling the plaque marking the completion of the massive Regeneration of Upper Churchill Project.

The project, finished a year ahead of schedule and within budget has seen over £11 million spent making improvements to 225 properties on Upper Churchill.

The properties have been given a new and much brighter paint scheme along with new roofs, smart entrance canopies and major upgrades to gardens with new patios, fencing and storage sheds. A Multi Use Games Area (MUGA) has also been built along with two new play parks. Roads have been resurfaced and footpaths and lighting improved.

At the unveiling, the Captain was full of praise for the Companies and personnel involved. He said “the investment that has gone into Churchill the past few years is brilliant. It is people who make a Community and this work has been about families—keeping them happy so that our sailors, submariners and marines can go and do the job of delivering military capability from the Clyde. I would like to thank everyone involved in this project. In particular Andrew Blessing, Hilary Scott, Tom Corcoran, and John Pryce from DIO (Defence Infrastructure Organisation), and not forgetting Graham Wilton and Graham Ogilvie, from Mansell and Stephen Munroe from Turners. Their excellent team work, combined with the support of Royal Navy personnel has ensured success.”

Andrew Blessing, DIO’s regional manager for Scotland and Northern Ireland, added, “for DIO this was probably the biggest concentration of investment on the upgrade of Service Families Accommodation in the UK.

The success of this project has been down to the Royal Navy, DIO, Turner Estate Solutions, and their supply chain working together and understanding what the service families’ needs are for the Estate.

The regeneration was particularly challenging as major construction and civil engineering works were carried out while residents still lived there, but the end results speak for themselves. We have hopefully instilled a sense of Community ownership with the new facilities.”



**How you
could
save a
person's
life
tomorrow,
see page 5**

**NATIONAL
TRANSPLANT
WEEK 2014
7-13 JULY**

Helensburgh & Lomond Autism/Aspergers Society

We are a new support group for Parents and Carers of children & adults, diagnosed or awaiting diagnosis with Autism, Aspergers and other neurological disorders.

Support meetings and fun times for the kids coming soon. Check our Facebook page for updates.

If you are interested in joining us, providing support and advice or just wish to talk to others with similar experiences, please get in touch using the following points of contact.



facebook

www.facebook.com/groups/HL.ASD/
EMAIL: HL.ASD@groups.facebook.com
OR CALL ANGELA BEGGS ON
01436 673568 between 9am and 6pm

EVERYONE
WELCOME



ssafa
Lifelong support
for our Forces
and their families

Decadent **WEDS 9TH
JULY 1-3pm**
@The Families Centre

Tea Party
CAKES - FANCIES - TEAS - BUCKS FIZZ - COFFEES



The SSAFA Decadent Tea Party is a fundraiser with all profits from the event donated to SSAFAs Faslane In-Service Team. There will also be additional donation opportunities during the event.

Great things are done with every penny!

Reg charity 210760 Est 1885. Reg charity Scotland No SC38056

New Blue Badge eligibility criteria

From 28 June 2014 there are two new eligibility criteria for the blue badge scheme. These may apply to you if you have been transferred from Disability Living Allowance (DLA) to Personal Independence Payment (PIP).

If you were getting the higher rate mobility component of DLA you were automatically entitled to a blue badge. If you have been transferred onto PIP, you will no longer be automatically entitled to a blue badge if you have been awarded less than 8 points for the 'moving around' activity or less than 12 points for the 'planning and following journeys' activity of the PIP mobility component. The two new eligibility criteria may be able to help you if you are in this situation.



The first new eligibility criteria applies to you if you were getting higher rate mobility component of DLA but you are now getting PIP at a rate which means you are not automatically entitled to a blue badge. If you have requested a mandatory reconsideration of your PIP award within the last year, then you will be entitled to a blue badge for one year.

The second new eligibility criteria applies to you if you were getting a 'lifetime' or 'indefinite' award of higher rate mobility component DLA but you are now getting PIP. From 28 June, you will be automatically entitled to a blue badge because of your previous DLA award.

More details about the Blue Badge Scheme such as, How you can apply for a blue badge, and What you can do if your application for a Blue Badge is refused, can be found on the Citizens Advice website at www.adviceguide.org.uk

HMS Vanguard (STBD) Charity Cycle Challenge

→ Stafford 76.3 miles, Day 5: Stafford → Preston 85.8 miles, Day 6: Preston → Penrith 68.5 miles, Day 7:

Day 1: Lands End → Gloucester 87.8 miles, Day 4: Gloucester → Taunton 73.9 miles, Day 3: Taunton → Launceston 84.8 miles, Day 2: Launceston →

Eight members of HMS Vanguard (STBD) led by Lieutenant Commander Scott Sobers and Lieutenant Lee Arnold, have completed the grueling challenge of cycling over 900 miles from Lands End to John O'Groats (LEJOG) in order to raise money for two vital Armed Forces charities, The Royal Navy & Royal Marines Charity and SSAFA.

Both of these charities give practical, emotional and financial support enabling serving and former Naval personnel and their families to have a better quality of life. The team hope to raise as much money as possible to enable these charities to continue this vital work.

The event began on Monday 9th June and the team finished on the 19th June, just 11 days later. This was an outstanding achievement for such a gruelling challenge!

The full team were all from HMS Vanguard (STBD Crew) and are based at HMNB Clyde and the members were as follows.

Lt Cdr Scott Sobers RN	Lt Lee Arnold RN	WO2 Iain Long
CPO Michael Firth	CPO Iain Carr	PO Andrew Leonard
LH John Sheedy	Support Driver LET Colin Hart	



Penrith → Sanguhar 78.6 miles, Day 8: Sanguhar → Helensburgh 79.8 miles, Day 9: Helensburgh → Fort William 80.7 miles, Day 10:

Donations would still be gratefully received via the fundraising site:

<http://www.virginmoneygiving.com/team/Vanguardcycling>

Or by texting LEJO82 followed by the amount you would like to donate £1, £2, £3, £4, £5 or £10 to 70070.

Helensburgh Cycles, 37-39 East Clyde St, Helensburgh G84 7NY, (01436 675239) kindly sponsored the event by providing all the spare equipment and parts.



Check out the Facebook Page: **HMS Vanguard STBD Crew Cycling Challenge, 2014** for our blog and photographs.



Total 900.5 miles **THE END** 95.1 miles Jon O'Groats ← Inverness Day 11: 89.2 miles Inverness ← Fort William

Employment Support for military Spouses and Partners



What is LifeWorks Families?

LifeWorks Families is a free support service to help military spouses and partners get the job they want.

Who is it for?

It is available to all spouses and partners of any serving (or recently discharged) member of the Armed Forces, including Reserves.

Discover the career that suits You.

Our online assessment, completed at home and in your own time, helps identify your strengths as well as potential career and training opportunities.

Cope with change in location or situation.

We help you understand and manage the impact of a change in a location or situation, increasing your confidence and motivation, so you can move towards employment.

Search and Apply for jobs.

Develop key skills and tools, including: job searching, C.V. writing, interview skills, application forms.

The LifeWorks Families Team is able to provide employment support by phone, email and through courses. Online support will also be available in the near future.

0800 319 6844

lifeworks@rbl.co.uk



RBLI
LifeWorks Families



@RBLI_LWF

www.rblilifeworksfamilies.co.uk

UPCOMING COMMUNITY EVENTS 2014

- Tuesday 1 July — Families Fun Day
Helensburgh Rugby Club
Rhu Road Higher from 1—4pm (Free Entry)
- Wednesday 2 July, Astute/Patrol Boat Trip to
Edinburgh Zoo
- Tuesday 8 July, Ambush - Riverhill Courtyard
2-5pm
- Thursday 10 July, Bus Trip to Blair Drummond
Safari Park 09.30—4.30 pm
Churchill Sq. Helensburgh
- Wednesday 16 July, Sledging Fun Day
Dry Ski Slope, Faslane (Time TBC)
- Saturday 19 July Patrol Boat Trip to Blair
Drummond Safari Park
- Tuesday 22 July,
Day Trip to Heads of Ayr Farm Park
£7.75 per person
(Times TBC)
- Patrol Boat Spa Day July ??? TBC
- Thursday 24 July Astute Theatre Trip
- Week beginning 28 July
Trip to Balloch Country Park (Free)
- Week beginning 2 August
Colgrain Community House BBQ
Details TBC
- W/E of 12/13 August
Braeholm Families BBQ/Fun Day
Date and time TBC
- Saturday 23 August Ambush Cruin Dinner
details TBC
- Sunday 31 August , Astute trip to Heads of Ayr

Further details from Sophia, Community
Development Worker on 01436 675496

Please monitor the Community Section
of the Royal Navy Website to check for
Team Around the Ship Events which
will be updated regularly.

**NATIONAL
TRANSPLANT
WEEK 2014
7-13 JULY**

Discuss it with your loved ones and get registered.

This is my friend Selina. She's smart, she's funny, she's kind. Selina sings in the Military Wives Choir and . . . she has end stage kidney disease.

Selina says: "I've had Lupus since I was 9 years old and it's part of my life now. I'm married to Tommo who is a submariner in the Royal Navy and we have two gorgeous sons, Jordan aged 17 and Ben aged 5.

My Lupus means I'm sun sensitive and affects my kidneys, my joints and my blood too, so I'm on Warfarin for life.

I'm now on the transplant list and I've been told it could take 3 years or more for a donor to come forward. When my symptoms get worse I'll dialyze every day."



To mark the start of this year's National Transplant Week (July 8-14), some of the UK's best known communicators are showing the public how important and easy it is to let those closest to them know that they want to be an organ donor.

David Harewood, Kay Burley and Wil Johnson feature in a series of short memorable films which inspire people to have a conversation about organ donation with their loved ones. Also supporting the campaign is Richard Branson, whose film highlights the need for people to sign up to the Organ Donor Register.

Having a conversation about organ donation is vitally important as one thousand people a year, that's three a day, die in the UK because of a shortage of organs for transplant. Despite the thousands of life-saving transplant operations which take place every year, around 7,300 people are on the transplant waiting list in the UK

The latest statistics show that while 95% of families agree to donation if a loved one is registered and has discussed their wishes, this drops to only 46% when donation wishes aren't known.

Each film is an intimate and personal interpretation of a conversation explaining why they support organ donation and more crucially showing just how easy it can be to let your loved ones know you have signed up to the Organ Donor Register.

NHS Blood and Transplant is encouraging people to watch the films at www.youtube.com/transplantweek and talk to those closest to them about their donation wishes and sign up to the Organ Donor Register.

According to news presenter Kay Burley, "When I signed up to become an organ donor I just assumed that was it. Job done. Then I started thinking how would anyone know I'd signed up if I'd never actually told them? Being an organ donor is important to me because I wouldn't hesitate to say yes, if someone close to me needed an organ so it's only right I am able to help save someone's life after my death too."

Sally Johnson, NHS Blood and Transplant's Director of Organ Donation and Transplantation, added: "We need a transformation in donor and family consent to organ donation because the UK's family refusal rate remains one of the highest in Europe. Until we see a shift in consent, each year thousands of viable organs will be cremated or buried leaving others to die needlessly.

"I would urge you to watch these fantastic films and have a conversation with those around you. We want more people to consent to organ donation so that the UK can be proud of a donation record that matches the best in the world.

"Besides having the conversation about organ donation, signing up to the NHS Organ Donor Register remains crucial. Joining is quick and easy - to register visit transplantweek.co.uk, call 0300 123 2323 or text DONATE to 62323."

For further information about National Transplant Week, go to www.transplantweek.co.uk, keep an eye on www.facebook.com/organdonationuk and follow us on twitter @NHSOrganDonor.

Fair in the Square 2014



Two lucky raffle prize winners Sarah Hodgson with £50 VIP voucher generously donated by Frankie & Benny's and Lizzie McFarlane with wifi Printer generously donated by Hewlett-Packard



The sun didn't exactly shine on the day but everything else did during another fantastic Fair in the Square on Churchill Estate, Helensburgh. The whole Community came together in support of Armed Forces Day and to raise funds for the RNRM Charity and local Community Projects.

Captain of the Base, Captain HMS Neptune, Alistair Willis opened the Fair by thanking and further encouraging the Community to support this marvellous annual event. He thanked the organisers Iain Mackenzie, Sophia McArdle and Hannah Mbise (all of Royal Navy Royal Marine Welfare Scotland) and the team behind them which once again included a team of Submarine Qualification Trainees' from Faslane.

The West of Scotland Military Wives Choir got the ball rolling with their usual high class repertoire which set the tone for a brilliant day. Babcock Marine once again provided the BBQ (which I had to check twice before I could believe how good it was, - Ed.)

It was good to see more activity stalls this year with plenty of games for adults and children alike so we had Coconut Shy, Commando Net, Crockery Smash, Twister Mania, Cake Decorating, Hook a Duck, Beat the goalie, Roll a Tenpence, Lucky Dip, Inflatable Slide and Farm Animals to name just a few.

The total raised was £1428.50 this year which is in addition to what the Stall Holders raise for their particular Community Group's. Staff from McColl's Shop in Churchill Square raised in excess of £500 for the Beatson West of Scotland Cancer Centre at Gartnavel on the Day also. Thanks to all who took part, especially those who donated and the folk who came along to support us on the day, here's to next year!





The Families Centre



**Churchill Square,
(behind the Shop)
HELENSBURGH,
G84 9HL
Tel: 01436 679526 /
678029**



Iain Mackenzie RN Com. Dev. (Social Media)	Sophia McArdle Community Dev. Worker	Lorna Austin HIVE Information Officer	Ricardo Keller Com News Editor Business Support	Marie Drummond Family Support Worker	Amy Boulton Family Support Worker	Louise McSparran Family Support Worker

DINKY DOLPHINS CRÈCHE

**Families Centre, Churchill Sq.
Monday – Friday 9:15 – 11:14
Birth - 5 Years**



**Places available
Only £7 per session
Further info from Lee / Nic
07748 398059**



Faslane HIVE Information Office
The Families Centre
Churchill Square
Helensburgh
01436 678029

Monday - Thursday 0800—1530
Friday 0800 – 1300

The HIVE Information Service is an information network available to all members of the Service community - serving personnel both married and single, together with their families and dependants as well as civilians employed by the Services.

The HIVE Friday 5 is a one page weekly newsletter giving brief details of the latest 5 national threads of interest to the Royal Navy & Royal Marine community, plus local news to your unit.

To sign up for the Faslane HIVE Friday 5, email the HIVE Officer, Lorna Austin, at: navy_pers-pfcs_hive_faslane@mod.uk.



The Families Centre



FUN FIRST - Thursdays 1.45 - 2.45

Free funtime sessions for children 0 - 5 years with songs rhymes and stories.

The children benefit by learning whilst they have fun.

Unlike toddlers' groups and nurseries, the children's families stay and join in structured activities with the children therefore this also benefits the family as a whole.

(except school holidays)



Churchill Chill-Out-Group



We're a friendly Group who meet up every Thursday & Friday between 09.15 and 11.15 in the Hall in the Families Centre behind the shop in Churchill Square.

On Thursday we have Arts & Crafts for the under 5's and on Fridays we enjoy Hot Rolls, a cuppa and a chat.

- Trips organised
- Short Courses
- Fundraising Activities
- Friendly Atmosphere

New members are always welcome. First visit is free, thereafter just £1

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<http://www.thousandhills.co.uk/>



ROYAL NAVY

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&
BBQ CHILLI SAUCE

community
contacts



How can you help?

Do Something Great Today By Joining Our Team as a
Volunteer

We work with people with support needs in our communities. We help them to live their lives in a way they choose too. We welcome volunteers as equals: join us to share skills, interests, time and understanding. Training and on-going support provided.

Contact us to find out more



becsbarker@carrgomm.org



07766925388

www.carrgomm.org/communitycontacts



a Carr Gomm project



RN/RM Welfare

Our Mission

'To provide accessible support services that strengthen and enhance the resilience and resourcefulness of Naval Service personnel, their families and communities in order to contribute to the Moral Component and optimise Operational Capability.'



After a comprehensive review over the past two years of the way the Navy delivers welfare and other services the new RNRM Welfare Organisation came into force on 3rd March 2014.

Major staff restructuring and a flattened management chain gives us better national coverage and a greater ability to focus our resources where and when they are needed.

We now have a single point of contact called the RNRM Welfare Portal which will mean one telephone number and one email address to gain access to our qualified and trained welfare staff

The contact details for the RNRM Welfare Portal are:

RN/RM Welfare Portal Team, Swiftsure Block
HMS NELSON, Portsmouth, PO1 3HH

Tel: (Mil): 9380 28777 (Civ): 0044 (0)2392 728777
Fax: (Mil): 9380 25082 (Civ): 0044 (0)2392 725082
DII: NAVY PERS-welfare (MULTIUSER)

Forces Family Friday

Back to School Summer BBQ

Friday 15th August 2014

7.00 - 10.30pm

Drumfork Centre

Entertainer, Face Painter, Glitter Tattoo's

Bar, Meat and Kids Raffle, Bingo

Open to all Serving/Veteran/Reservist Members
of the Tri-Service and their Families

Facebook 'Armed Forces Families, Helensburgh'



Brew @ Rhu

Every Tues - Brew @ Rhu meet from 1-3 pm at The CornerHouse for tea, biscuits and a chat. £1 per adult, 50p per child.

Every Thurs - Breakfast Brew @ Rhu meet from 0930-1200 at The CornerHouse for Bacon and Egg rolls, tea and a chat. £2 per adult, 50p per child.

Why not try our new - Stitch and Blether, a friendly craft session over a cup of tea. Ring for details.

For more information about The CornerHouse contact Sophia McArdle at the Families Centre. 01436 675496

Climbing Ben Nevis not a problem!



Quote from Roz:

"This Saturday I'm undertaking the biggest challenge of my 49 years— I'm only gonna climb Ben Nevis . This has been a personal dream of mine since I was a wee girl and after having 3 back ops in 3 years it's something I wanna achieve ..thankyou to Jan and Sophia for giving me the opportunity to do this."

On Friday the 6th of June ladies from the Cosy Coffeehouse and the Families Centre completed their biggest outdoor task and back to basics challenge ever by climbing Ben Nevis, the highest peak in Britain at 4,409 ft.

The girls spent the night before the trek sleeping?? in the Bothy (Very basic mountain shelter) in Fort William, by kind permission of Terry Heeney of HMS Neptune Central Amenities Fund (CAF). It was a night of fun and laughter that few of us will ever forget.

The challenge was extremely tough but very worthwhile when all reached the top to survey the most magnificent scenery and views. Sophia and Jan would like to thank everyone for their support and sponsorship with money still coming in. Funds raised will go the FAFDU. Special thanks to Kevin Guest, our mountain leader for his support and encouragement on the day.



3 DAY CELTIC F.C. SOCCER CAMP

Hermitage Academy

22nd - 24th July 10.00 - 15.00

Free Kit provided

Personal Contribution £20 per child

For Armed Forces children (aged 6 -12)

funded by Royal Navy & Royal Marines Charity



Further info from Scott Jackson on
01436 672798 or email
Scott.jackson874@mod.uk



Why Does Your Pension Matter?



FIGHTING FOR THE FORCES
AND THEIR FAMILIES

Find out on **20th October 2014** from
15:00 in Neptune Building Conference
Room on **21st October** at **08:30**

when Donald Kirkpatrick from the Forces
Pension Society will explore this issue.

**You owe it to yourself, your
dependants and your fellow
Servicemen and women to know.**

**Further information on the Forces
Pension Society is at:**

www.forcespensionsociety.org



Are you new to the area & feeling lonely? then come into 'Cosy' Coffeehouse in Churchill Square (next to the Shop) & meet new friends in a relaxed and friendly atmosphere. All are very welcome.

We're open Monday to Friday (see notice board for times). Times will vary over the school holidays.

We have delicious Tchibo Coffee or Hot Chocolate, still only £1 and a selection of cakes to choose from. Take away service is available and we have free wifi

Tuesdays are now "Bacon Butty Tuesday" with a special price of only £2 for a Butty and a hot or cold drink.

Call Jan for further info on 01436 672537 or 07818 278221 or pop into Cosy.

I would like to take this opportunity to thank those who sponsored me for the Ben Nevis Climb & to all my regulars for valued custom & wish everyone a restful & happy holiday season.

ssafa Lifelong support
for our Forces
and their families

The Scottish SSAFA Raffle 2014

First Prize: £2000

Second Prize: Apple iPad

and more great prizes

**Draw will take place on
16th January 2015 at Stirling Castle**

**Tickets available from the Families Centre,
Churchill Square**

Registered Charity No. 201760 Est 1885
Reg Charity No. (Scotland) SC038056

Numbers which may come in Useful

B.A.S.I.C. (Court Martial Suite)	01436 679666	MoD Police - Churchill Office	01436 678046
Braeholm	01436 671880	Naval Families Federation	02392 654374
Council Offices - Helensburgh	01436 658887	NHS 24	Freephone 111
Citizens Advice Bureau	01389 765345	RN RM Welfare	02392 728777
Defence Infrastructure - Allocations	0800 169 6322	Rape Crisis - for women	0800 121 4685
Defence Infrastructure Faults/Repairs	0800 328 6337	Rape Crisis - for men	0800 032 0399
Drumfork Club	01436 670910	Royal Alexandra Hospital, Paisley	0141 887 9111
Electrical Emergency	0845 2727 999	Royal Navy Police HQ	01436 673452
Families Centre, Churchill Square	01436 679526	Short Term Families Accommodation	01436 670910
FRANK - Drug related helpline	0800 77 66 00	SPVA - Veterans' Welfare Service	0141 224 2709
Gas Emergency	0800 111 999	SSAFA Confidential Support Line	0800 731 4880
Helensburgh Library	01436 658833	SSAFA Office - Dumbarton	01389 730513
Helensburgh Police	101	Vale of Leven Hospital	01389 754121
HMNB Clyde	01436 674321	Veterans UK	0800 169 2277
Helensburgh Medical Centre	01436 672277 673366	Water Emergency	0845 601 8855
HIVE	01436 678029	Women's Aid	01389 751036

HMNB CLYDE SHORT TERM FAMILY ACCOMMODATION (STFAC)



2 Bedroom House
£30 per night / £200 per week

3 Bedroom House
£32 per night / £210 per week

4 Bedroom House
£35 per night / £225 per week



TV & Freeview - Kitchen Facilities - Bedding Supplied
(occupants must supply own towels)

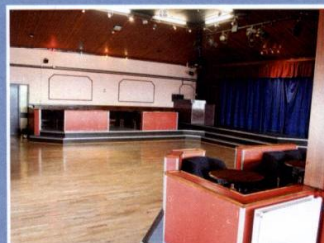


For Information & Bookings:
The Drumfork Centre - 01436 670910
CAF Manager - 01436 677266
Email - Terence.heeney919@mod.uk

THE DRUMFORK CENTRE CHURCHILL SQUARE, HELENSBURGH



*** FUNCTION ROOMS AVAILABLE TO HIRE *
PARTIES, CHARITY EVENTS, CHRISTENINGS**



**GYM FACILITIES & MEMBERSHIP
USER GROUP AVAILABILITY
FUNCTION ROOM HIRE
HALL HIRE
BAR FACILITIES FOR FUNCTIONS
BUFFET CATERING & DJ HIRE**



**FOR BOOKINGS & INFORMATION
CONTACT : 01436 670910**

A big thank you to RNRM Charity

Two of the staff from Dinky Dolphins Crèche in the Families Centre were keen to say thanks this month to the RNRM Charity for helping them with funding for their SVQ level 2 Children's Care, Learning and Development which is a requirement for them to work towards in the Crèche.

Elizabeth Grant and Lucy Feeney were assisted in their application by Sophia McArdle, RNRM Welfare Community Development Worker who has nothing but praise for the fantastic support provided to her by the RNRM Charity in her role supporting Service Families in the Community.

Sophia said: "We've had a lot of support from the RNRM Charity over the years which is why we try and give some back from our own fundraisers such as Fair in the Square which will donate again this year."



Liz and Lucy with some of their Dinky Dolphins

Rosneath Highland Peninsula Gathering

SUNDAY 20th JULY 2014
HOWIE PARK, ROSNEATH

Summer Fun for all the Family
Come and join our Chieftan
Captain of the Base & Captain HMS Neptune

PROGRAMME

- 09:00 Gates Open
- 09:30 Solo Piping & Highland Dancing Competitions begin.
- 12:30 Grand Parade through Rosneath Village lead by Chieftan Captain Alistair Willis.
- 12:50: Chieftan officially opens the Highland Games
- 13:00 Highland Games Track & Field & Cycling Competitions begin.
- 16:30 Gates close.
- 17:00 Chieftan closes the Gathering.

Details at www.rosneathgames.co.uk

Colgrain Community Group

105, Drumfork Road Colgrain

Mondays
13.00—15.00 Group / Arts and Crafts

Wednesdays
09.30—12.30 Group / Tea, Coffee & Roll

Fantastic bespoke garden and children's play area.

Further info from
Marie / Louise / Amy on
01436 679526

The House is also the meeting place for the Neptune Special Needs Support Group.

Further details from
David Wynne on
07740 828629



NEPTUNE SKI & BOARD CENTRE

Programme for July & August 14

Keeping you up to date with what's going on at the Neptune slopes and would you believe it, it's

*****SUMMER*****

. . . . and all this sunshine is making the misting system work very hard to keep the Snowflex wet and slippy!

SUMMER SKI & BOARD CAMPS

What to do during the Summers Hols?

From 21st July

Monday - Friday 13.00 - 17.00

All are welcome to attend five afternoon sessions including skiing and snowboard instruction.

Improve your technique, relax and enjoy the company of like minded people and just have fun.

To enrol or enquire please email:

neptunesnowflex@gmail.com

Or contact via our website at:

www.neptuneskiandboardcentre.com

OPENING TIMES:

The current opening times will continue throughout the Summer

Wednesday & Thursday 15.00 - 20.00

Saturdays 12.00 - 17.00

Parties by arrangement

DEFENCE Discount Service

The ONLY official Ministry Of Defence Discount Service

The Defence Discount Service money saving mobile app is now available for both iPhone and Android device users.

The Defence Discount Service offers attractive discounts to members of the military community and the civilians who work alongside them. The app gives access to discounts and offers on the go.

Whether it's cheap cinema trips, a bargain outfit, or the latest deals for laptops or mobile phones, the Defence Discount Service app allows users to get the most up-to-date savings.

There is a simple registration process and **features include:**

- Quick and easy access to all online and high street offers
- The inbuilt map finds nearby offers
- Shop online and save money through the app
- Get the offers of the week directly to your handset
- Shake your device to receive a random offer
- Apply for the Defence Privilege Card through the app
- 3D Defence Privilege Card built into the app

iPhone users: visit the App Store at apple.com

Android users: visit the Play Store at play.google.com

The MOD launched the Defence Discount Service as part of the Armed Forces Covenant. The app builds on the Defence Privilege Card;

DEADLINE FOR COMMUNITY NEWS SEPTEMBER 2014 EDITION

Wednesday 20th August 2014.

Items can be handed in to NPFS/RMW Staff in the Families Centre, posted to the Editor, Families Centre, Churchill Square, Helensburgh, G84 9HL, emailed to richard.keller469@mod.uk or simply phone/fax to 01436 679526



Braeholm

Your home from home

Supporting the Naval Service since 1876



Aggie Weston's has been supporting the Naval Service since 1876. The charity provides friendship and hospitality to all serving members of the Royal Marines, the Royal Navy and their families. Braeholm is their centre in Scotland supporting the men and women at HMNB Clyde. The centre welcomes all members of the Royal Navy and Royal Marines.

Facilities at Braeholm

- 3 star Bed and Breakfast
- 16 ensuite bedrooms with flat screen TV
- iPod docking bay and DVD player
- Complimentary Wifi
- Meeting rooms and conference facilities
- Coffee shop serving light lunches
- Gym and sauna
- Hairdressing salon
- Yoga suite and massage treatment room
- Set in mature gardens with free car parking



Supporting the Naval Service since 1876

facebook.com/braeholm.helensburgh

Contact us: 01436 671880

reservations@braeholm.org.uk

Room Rates including breakfast	RN/RM rate	Standard rate
Single room	£32.00	£40.00
Double/Twin room	£48.00	£60.00
Family suite, up to 4 people	£72.00	£90.00
Single occupancy in a Double/Twin room	£38.50	£47.50

Please note RN/RM discount is only available for telephone bookings



**Braeholm, 31 East Montrose Street
Helensburgh, Argyll and Bute
G84 7HR (G84 7HN SatNav)
01436 671880
e-mail: office@braeholm.org.uk**



Supporting the Naval Service since 1876

Complimentary Voucher

Braeholm

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