



# MLG (Education) Group

supporting  
**HIGHLANDS**  
Armed Forces Community  
January 2022 Newsletter- Issue 12

## Armed Forces Community



### 3 SCOTS

On a frosty Tuesday evening, Santa Claus very kindly agreed for his reindeer to attend the 3SCOTS Welfare Christmas Market. Although Santa's reindeer stole the show, we were fortunate to have our ladies selling arts and crafts and local produce. We also had The Military Wife's Choir singing for the children and our very own Father Christmas was in attendance with chocolate for the children. As one leaves the seat, another one arrives, the team would like to welcome Captain Richard Grisdale (Scouse) into the chair. We wish Scouse all the best of luck for the next two years.



### 7 SCOTS

Members of the Seventh Battalion Royal Regiment of Scotland roll up their sleeves for Scottish National Blood Transfusion Service in Inverness in support of fellow soldier



[Click Here](#) to read the full article:



Our Inverness Regional Team is at the heart of an extensive network supporting the Armed Forces community across the North of Scotland. We pinpoint the support you need and put you in contact with experts who can help.

We can provide support for a wide variety of issues such as housing, employment, education, finances, mobility and mental health. Whatever problems you are facing, we can get you the support you need to take control of your life.

[www.poppyscotland.org.uk](http://www.poppyscotland.org.uk)

#### Contact us:

Tel: [01463 710300](tel:01463710300) (during office hours)

Email: [inverness@poppyscotland.org.uk](mailto:inverness@poppyscotland.org.uk)

**School Enrolment** Let your school know if your child is from a Serving, Reservist or Veteran family. If we know—we have a greater understanding of your child and how best to ensure their time at school is the best it can be. [Click Here](#) for info

## LANI EARNS HER STRIPES



A Volunteer from 1<sup>st</sup> Battalion The Highlanders has completed the final stage of her training to become a fully trained Instructor with the Army Cadets. Potential Instructor Lani Jones (21), from Castletown Detachment, completed her Adult Induction Course at Barry Buddon.

The Adult Induction Course is the final course an Adult Volunteer completes in becoming an Adult Instructor with the Army Cadets, which also confirms their promotion to the rank of Sergeant Instructor.

The nine-day course, held between the 12-20 November and delivered by Cadet Training Team Scotland, is designed to test instructors – who wish to be Adult Volunteers in the cadets – on their knowledge of the cadet training syllabus. Lani's knowledge was tested by delivering a number of lessons to fellow students on her course. Each lesson was assessed by members of the training team who were more than happy with her lesson delivery, meaning Lani is now able to teach the majority of the syllabus to the cadets of Caithness Company.



For more the full story [click here](#)



### HAVE YOU SEEN & SHARED NEW MLG RESOURCES?:

[TIME FOR YOU](#)

KEY MESSAGES FOR EDUCATORS: [Early-Primary](#) / [Secondary](#)  
[SCHOOL TRANSITIONS:QUICK ACCESS & KEY CONTACTS](#)

HAVE YOU SEEN THE RECENT MLG MEDIA COVERAGE?:

[ENVOY MAGAZINE](#) (Page 29)

[GTC TEACHING SCOTLAND MAGAZINE](#) (Page 46)

MLG say thank you and farewell to Capt Allan Campbell 3SCOTS in this photo. Capt Campbell has been a committed partner to MLG and a valued support to Highland's Children and Young People and their families when in his role as UWO.



MLG welcomes Capt Richard Grisdale, 3SCOTS Unit Welfare Officer and looks forward to working with him and his team.

Highland Council's Armed Forces Website

[Click here](#) or visit [www.highland.gov.uk](http://www.highland.gov.uk) search "Armed Forces"

**JUST ASK**

An enquiry line for our Parents, Carers, Children, Young People and those who work with them.

[Click here](#) for the website or call us Tuesday and Thursdays 1-4pm on 0300 303 1365

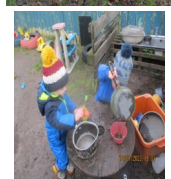
# My Journey, My Voice

## Listening, learning from and working with Children & Young People from Armed Forces Families

### WIMBERLEY WAY



Hello from Wimberley Estate Childcare Centre, we are currently very busy learning about our families and moving onto Eskimos - the children were learning the process of ice and how to help the dinosaurs get out of the ice!



We are now preparing for Nursery enrolment w/c 14<sup>th</sup> Feb, if your child will be turning 3yrs od then please get in touch with us, we have various options on offer for the use of your funded 1140hrs. Spaces available from August 2022.



### RAIGMORE PRIMARY SCHOOL

Our younger Raigy Forces children have been very busy completing their first Reading Force Scrapbook. P1-3 have enjoyed exploring "Alan's Big Scary Teeth" and their favourite part was acting out the story using the puppets they had made. They can't wait for their first certificate to arrive! Our P4-7 Raigy Forces have also been really busy learning more about a Positive Growth Mindset. They have been busy creating their goals for the year ahead and are currently working on their own Positivity Shields, filling them with lots of positive affirmations. "We made shields because positive self talk will shield us" Raigy Forces P5. They are looking forward to spending some more time outdoors this term.



### University of the Highlands and Islands

UHI is delighted to be formally represented on the MLG (Education) Group by the Head of Careers and Employability Nicola Smith. Nicola has advised the group that she is looking forward to working with them in the future to support service personal and their families explore opportunities for study through UHI. UHI is fully committed through its Covenant Commitment to engaging on a partnership level with the regional support framework in place and welcomes the opportunity to support MLG and its members going forward.



### Opportunity of Interest

**NEW**

One of our Highland Armed Forces families kindly shared a helpful link that may be of interest to other Armed Forces Families:

#### **"Bounce Forward—Building Resilience with Military Families"**

*"A lovely course for parents and useful for the children when discussing and exploring emotional fortitude".*

[Click Here](#) to find out more

We are always delighted to share and highlight resources you may know of that can support our Armed Forces Communities.

Please get in touch with [louise.kinnear2@highland.gov.uk](mailto:louise.kinnear2@highland.gov.uk)

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

getting  
it right  
for every child

# News and information FROM SPECIALIST SERVICE PROVIDERS MLG (Education) Group Partners

ARMY  
WELFARE  
SERVICE



The Army Welfare Service (AWS) is the Army's professional welfare provider; it delivers a comprehensive and confidential welfare service responsive to the needs of individuals, families, and the Chain of Command in order to maximise the operational effectiveness of Service Personnel. AWS delivers its services via Personal Support and Community Support and has responsibility for the Service Cotswold Centre (SCC).

**Personal Support** - Personal Support services help with matters such as Domestic Abuse, Child & Adult Safeguarding, Bereavement, Relationship Difficulties, Stress & Anxiety Management, Emotional Wellbeing and Signposting.

For all Personal Support enquiries and referrals please contact the Intake and Assessment Team (the AWS' single point of contact):

RC-AWS-IAT-0Mailbox@mod.gov.uk

**Community Support** - Community Support secures or directly provides learning and personal development opportunities for military personnel and their families wherever they are living. Non-formal education opportunities are provided within Community, Youth and Play Centres and Projects to children, young people and their families throughout the year and across the UK and overseas.

For general information about AWS in Highland/Moray and the North of Scotland please email [Tracie.McDermott360@mod.gov.uk](mailto:Tracie.McDermott360@mod.gov.uk) or call 0300 162 3075

ROYAL NAVY  
FORUM

RN FPS provides support for our service personnel and their families when required. Family support is vital to pre and school age children and especially when loved ones are absent from home due to deployment. We can send out a Memory Box to decorate and fill with memories to show your loved one these precious moments upon their return. We can provide deployment publications to assist with emotions during this period, and of course we have our RN Forum to keep in the loop and in touch with What's On, and days out ! Please follow this [link to RN Forum](#) . If you wish any further information please email us at:

[rnrn-wio@royalnavymail.mod.uk](mailto:rnrn-wio@royalnavymail.mod.uk)

ssafa

the  
Armed Forces  
charity

ROYAL  
AIR FORCE



SSAFA, the Armed Forces charity is always working to recognise the changing needs of the RAF community and adapt our service to support and assist Regulars, Reserves and their families. We have been delivering our Personal Support and Social Work Service to the RAF for over 25 years, so are experienced in providing support as military life changes.

Our considerable experience of working with the RAF has taught us that problems which occur in service life can feel different for each individual. Whether you're single and living alone or struggling to balance work and family commitments, we are here to help.

Our professionally trained and knowledgeable staff are on hand to advise, signpost and support you no matter the situation. You can contact us by phone, online or in person. With our out-of-hours service, we are available 24 hours a day and 365 days a year.

We are an independent service so anything we support you with is confidential and outside the chain of command.

Call 0300 0111 723

Monday-Friday 08.30-17.00

We are also contactable out of hours to give you support when you need it most.

Email [pssw@RAF@ssafa.org.uk](mailto:pssw@RAF@ssafa.org.uk)

Visit [www.ssafa.org.uk/RAFsupport](http://www.ssafa.org.uk/RAFsupport)

SSAFA  
LOSSIEMOUTH  
teams contact  
details:

Telephone  
01343 817076

SSAFA are  
contracted to  
provide a  
Personal  
Support and  
Social Work  
Service to  
serving RAF  
personnel and  
their families.

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Supporting Service Families



getting  
it right  
for every child

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

## TOOLKIT for TEACHERS



Forces Children's Education (FCE) has launched the **ADES Toolkit for Teachers**—packed with guidance and tips for educators who work with children and young people from Armed Forces families.



Toolkit for teachers



Key areas covered include the importance of:

- \* Identifying Armed Forces pupils,
- \* their challenges,
- \* Inclusion,
- \* Support available, and
- \* celebrating their successes.

The toolkit has been created by the Association of Directors of Education in Scotland (ADES) National Transitions Officer, Carolyn MacLeod – to support and advise educators who work with Armed Forces families.

*"The Toolkit was developed in collaboration with teachers who have a wealth of experience and knowledge, and in response to specific questions for more information. I think all staff will appreciate this resource."*

You can download the [Toolkit for Teachers](#) on the [Forces Children's Education website](#).

Contact **Carolyn MacLeod**, National Transitions Officer, ADES at

[info@forceschildrenseducation.org.uk](mailto:info@forceschildrenseducation.org.uk)

[www.forceschildrenseducation.org.uk](http://www.forceschildrenseducation.org.uk)

### Forces Life Board Game Project

Forces Children Scotland received generous funding from the [Armed Forces Covenant Fund Trust](#) to develop its Forces Life Project.

We are working directly with young people from forces families across Scotland to co-produce a board game and comic book to creatively channel many of the positive and challenging aspects behind their unique lived experiences.

It is hoped their creativity will become an important learning resource for civilian classmates as well as a valuable professional development tool for teachers in schools as well as those involved in youth work and similar community settings.

Find out more about the project [here](#).

Contact : Nina Collins, C&YP Participation Manager. [nina.collins@forceschildrenscotland.org.uk](mailto:nina.collins@forceschildrenscotland.org.uk).

Forces Children Scotland received generous funding from the [Armed Forces Covenant Fund Trust](#) to develop [Your Mind Matters](#) – a new mental health and wellbeing service for children and young people from serving, reservist and veteran families.

The project team is currently working directly with children and young people from forces families across Scotland to co-produce and launch a bespoke website and pilot innovative face-to-face peer support services from early next year.

Children and young people have been busy working behind the scenes with our project team to complete the discovery phase, which has set the foundation to develop their bespoke mental health and wellbeing website.

Click [here](#) to find out more information about this project.

Contact: Cara Pleyrn, Digital Participation Worker. [cara.pleyrn@forceschildrenscotland.org.uk](mailto:cara.pleyrn@forceschildrenscotland.org.uk).



**Well Wishes** is a mindful craft activity based on the tradition of healing 'Clootie Wells'. Through our postal project, your 'Well Wish' will join others from across Highland in an exhibition at Inverness Museum & Art Gallery in April 2022. We will then compost the wishes – this reflects the tying of cloths at healing wells, where the decay of the fabric represents fulfilment of the wish. The compost created will support new plant life in Highland.



**Well Wishes** is part of the engagement programme for *Health, Wealth and Happiness*, an Inverness Museum & Art Gallery project supported by funding from the Museums Galleries Scotland Covid Recovery Grant. Running in January and February 2022, it can be done by individuals or groups in Highland.



To express interest, please contact [alison.parfitt@highlifehighland.com](mailto:alison.parfitt@highlifehighland.com)

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Supporting Service Families

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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*

**Naval Families**  
FEDERATION  
Championing Royal Navy and Royal Marines Families

**Vicky Brindley**  
Devolved Policy Manager  
Vicky.Brindley@nff.org.uk  
07849087822

**nff.org.uk**  
Naval Families Federation  
@The\_NFF

The NFF exists to give all currently serving Royal Navy and Royal Marines personnel and their families the opportunity to have their views heard by those in positions of power.

[nff.org.uk](http://nff.org.uk)

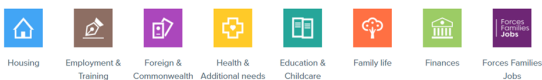
*"Whether help with education and childcare, where you live or work, your finances, your future, a posting overseas, relationships or your health, we are here to help"*



**Amanda Yorke**  
Regional Lead Scotland  
07780 093115  
[scotland@aff.org.uk](mailto:scotland@aff.org.uk)

**aff** army families federation  
*We are here to help!*

#### How can we help?



The Army Families Federation (AFF) is the independent voice of Army families and works hard to improve the quality of life for Army families around the world – on any aspect that is affected by the Army lifestyle.

### Keeping informed on the RAF Community through the RAF FF



The RAF Families Federation produces a quarterly magazine and a short weekly e-Bulletin; both of which are free of charge to subscribe to and are aimed at keeping you up to date on what's available to you within the RAF, as well as the wider Armed Forces community. These include education-related news and policy updates.

To find out more, or to subscribe, you can visit our [Publications page online](#).



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Families Children  
and Young People  
in Highland

getting  
it right  
for every child

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



[www.armedforcesmorayandhighland.co.uk](http://www.armedforcesmorayandhighland.co.uk)

Information, guidance, advice and help for the Armed Forces community in Highland and Moray. We welcome suggestions to improve information please email

[dot.ferguson@highland.gov.uk](mailto:dot.ferguson@highland.gov.uk)

2021 proved a productive year for the Highland Community Covenant Partnership and 2022 is already shaping up to offer real progress in terms of work with our partners in the Community Planning (CP) network and also in the private sector—both of which are going to be two key areas of focus.

Working with Moray Council, Highland Council received a grant of £25,000 from the Armed Forces Covenant Fund Trust to produce training materials and embed the understanding of the Armed Forces community within the CP network. It is hoped that this will provide the sustainability needed to ensure all of our Armed Forces community receive an informed approach when looking for services from any of our partners. There will also be a strand of work looking specifically at spousal employment.

Work with the private sector will focus on outlining the benefits of employing Reservists and also encouraging more employers to consider applying for the Defence Employers Recognition Scheme.

**Reading Force** provides **FREE books and scrapbooks** for children and young people from 0-18 for all families with an Armed Forces connection: serving, veterans, reserves and cadets. Our aim is to support families to share stories and create memories in special scrapbooks, whether they are at home together or separated for any reason, such as deployment/training, separation/divorce or



distance from extended family such as grandparents, aunts, uncles and cousins.



'We liked sharing the book together as we all shared ideas as to which character we all liked best and why. As Daddy was away on exercise, the children were able to feel closer to him, have something to talk to him about and it also reduced the separation anxiety.' *Reading Force family*

Reading Force have launched a new resource for young people aged 11 and above – a **Reading Journal** called 'Life of a Page Turner'. The journal is not just a place to write or draw about book(s), but also where they can freely express their feelings - about how the book and characters make them feel, what they would say to someone in their own life they are missing, or their experience of being a Forces child.

*'I found the journal very interesting, the stickers and the theme of the book are perfect. It's calming as well as artistic, it helps take my mind off my worries as well as a space for me to write down my feelings and worries: one of the days I was feeling overwhelmed, being able to draw in this journal really did help'. Armed Forces young person (age 13), Helensburgh*

**Schools, welfare organisations, other charities** can order scrapbooks to give out as part of their pastoral care [here](#) (families can then order free books [here](#))

**Families** can order books and scrapbooks [here](#)

**Families/young people, schools, welfare organisations, other charities** can order Reading Journals [here](#)

For more information contact Fiona Maxwell, RF Ambassador Scotland: [fiona@readingforce.org.uk](mailto:fiona@readingforce.org.uk) or Tel 07548 778 930

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for every child

# 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](mailto:LOS-RAFLossiemouthHIVE1@mod.gov.uk)

 [www.raf.mod.uk/serving-families/hive-finder/](http://www.raf.mod.uk/serving-families/hive-finder/)

 RAF HIVE

 RAF HIVE

**Your Local HIVE is:  
Leuchars**

**Your Local HIVE Information Support Officer is:  
Sarah Stone**

[RC-Pers-HIVE-Scotland-0Mailbox@mod.gov.uk](mailto:RC-Pers-HIVE-Scotland-0Mailbox@mod.gov.uk)

Mil:95151 7649 Civ:01334 857649

[www.armyhiveinfo.blogspot.com](http://www.armyhiveinfo.blogspot.com)

For more information, or to contact Army HIVE visit:

 [www.army.mod.uk/hives](http://www.army.mod.uk/hives)

 [www.facebook.com/ArmyHIVE](http://www.facebook.com/ArmyHIVE)

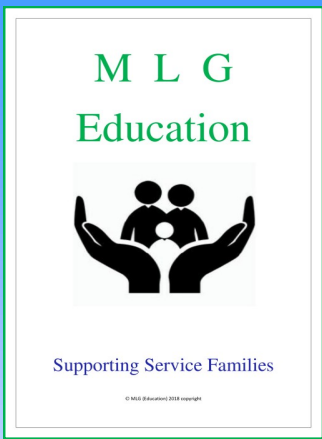
 [www.twitter.com/ArmyHIVEinfo](http://www.twitter.com/ArmyHIVEinfo)

 [www.armyhiveinfo.blogspot.com](http://www.armyhiveinfo.blogspot.com)

 [www.instagram.com/ArmyHIVEinfo](http://www.instagram.com/ArmyHIVEinfo)



**Army HIVE**



# MLG (Education) Newsletter

## A great place for sharing Information and Resources

### 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



Highland Council’s Psychological Service have made a selection of resources and training materials available on the [Highland Council Psychological Service Blog \(external link\)](#).

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.

Improving the lives of families in the Highlands

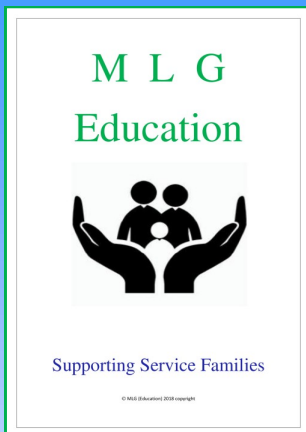
**Thriving Families**  
Improving the lives of families in the Highlands



[Click Here](#) for further information

[bumps to bairns](#)  
Early help for Highland children





# MLG (Education) Newsletter

## Share your Voice

## Information and Resources



**Getting It Right for Forces  
Children In Highland**  
[Click Here for website](#)

**Get Involved.  
Have Your Say.  
Make a Difference.**

**Your News  
Your Views  
Your MLG**



Email: [louise.kinnear2@highland.gov.uk](mailto:louise.kinnear2@highland.gov.uk)

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