

SEMAPHORE SHORT

AHOY SHIPMATES! Here we are in those lazy, hazy (crazy?) days of summer, yet the pace never really lets up. Whether analysing the success (or otherwise!) of events, planning activities, organising stalls/fêtes/lunches/dinners/visits/commemorations or supporting shipmates and the RN, there is a constant buzz of activity from thousands of volunteers at Area and Branch level. Hopefully you'll be able to draw breath and recharge batteries before the autumn - make sure you fit a little stand easy into your schedules!

PLAY THE ROYAL NAVAL ASSOCIATION WEEKLY LOTTERY AND WIN UP TO £25,000 [PLAY NOW](#)

DIY SOS BBC One's flagship property series DIY SOS is returning, and the team behind the programme is looking for homeowners around the UK who are in desperate need of their help. If you, or someone you know, has a problem with a home that is not fit for purpose then email production company South Shore at diysos@southshore.uk, giving full details.

Central Office visits Central Office staff would be delighted to be invited to your Area meetings. We'd love to tell you about new initiatives and to hear about the wonderful work being done in your Area and Branches. Please email COS, Chris Trevethan, on cos@rnassoc.org to let us know when and where you are meeting and we will do our best to attend. Don't forget to keep us updated about events, presentations, and any other branch news - comms@rnassoc.org



Thrivin Together
6/7/8th September

Surfing Weekend
Bideford

£60 - including surfing & DB&B
Friday: arrive 1900 - supper
Saturday: Surfing lessons - Intro, beginners or advanced - to suit your level and fitness - Supper
Sunday: Morning lesson, lunch and home

Accommodation is in separate male and female dormitories. Breakfast and supper provided.

BOOKING DEADLINE:
30th August

This break is financially supplemented thanks to a grant from the RNRMC, and is available to Shipmates who will benefit from a supportive environment of like-minded individuals. To enquire or book: cml@rnassoc.org

CONTINUE TO THRIVE The Royal Naval Association empowers its members to build resilience and help each other with peer support when life gets tough. Our Thriving Together Programme encourages serving personnel and working age veterans to come together, build bonds, learn new skills, overcome mental and physical issues and, importantly, have fun together. Sign up for Surfing in September (North Cornwall, based in Bideford in North Devon - see details above) and watch this space for Walking in the Lakes in early October, and Cookery in Portsmouth at the end of October. Email cml@rnassoc.org for more details or to reserve a space. If you would like to see a video of what the last group of Thriving Shipmates got up to click here: youtube.com/shorts/Hmo4DyHAbAc.

You should also keep an eye on future editions of the monthly Semaphore Circular for pictures and personal accounts of these activities.

USEFUL LINKS The MOD has published a series of collated links to support services for military and Defence personnel and their families, and for veterans and their families. Please follow the links below to access the information - and share across your networks:

- Support services for military and defence personnel and their families
- Support services for veterans and their families

PUT YOURSELF ON COURSE The Royal British Legion Industries (RBLI) Lifeworks team runs free employability skills courses throughout the year within a year-long employment support programme, helping veterans, Service leavers and families find the right job and giving them the tools to actually make it their own.

One such four-day course is being run at the China Fleet Club in Saltash, Cornwall, from 27-30 August; as with all courses it will cover a range of subjects including how to deal with change and new situations, creating an effective CV, writing covering letters, preparing for an interview and running through interview techniques.

Lifeworks support continues after the course - the highly-skilled RBLI support staff, assessors and trainers, many with years of experience in helping those with close links to the Armed Forces, contact individuals at regular intervals and are available to help in any way they can, from an informal chat to lending a hand with a job application.

People with more complex needs can be signposted to the appropriate specialist service. For more information on or to register for the Saltash course (there is also a course in Cardiff on 9-12 September) - for the full schedule see the Lifeworks website at wearelifeworks.org.uk/ The Lifeworks team also regularly schedules remote versions of the course.

FIRESIDE CHATS Our Fireside Chat programme is taking a break in August, and will return in early September - keep an eye on our Facebook page for more information. Fireside Chats start at 1830 every Monday, and to access the chats, log into Zoom here. The meeting ID is 288 830 5105 and the access password is Shipmate.



Ship-spotting RNA members who signed up for our recent Central Office Open Day get a close look at Type 23 frigate HMS Iron Duke in Portsmouth Harbour. The Open Day programme is finished for this year but we expect to publish dates for next year in due course.

RETURN TO HMS SCOTIA... On Saturday 14 September an event will be held to celebrate 30 years since HMS Scotia incorporated HMS Camperdown and HMS Claverhouse.

The day will consist of a parade through Dunfermline city centre accompanied by the Royal Marines Band and a formal reception at the City Chambers, followed by a more relaxed celebration at Scotia, which is on the HMS Caledonia site in Rosyth.

Attendees should muster at Scotia for 1000 to be transported into Dunfermline. It is envisaged that the day will end around 1600.

Organisers of the event are hoping that as many former members of the Ship's Company as possible could attend. Anyone interested should contact organisers to confirm their attendance - email Lt McGillivray (jack.mcgillivray100@mod.gov.uk) providing their name and their vehicle registration number if they are planning to drive to HMS Caledonia.

... AND TO HMS RALEIGH During his tenure as Public Relations Officer at HMS Raleigh, Chris Cleary started the initiative of opening the gates of the training establishment up to Royal Navy veterans for a return to see their old

CHRISTMAS CARDS - TIME TO DELIVER The deadline for entries in the RNA Christmas Card and Calendar competition is fast approaching so if you want to take part you need to get your entries to us by 29 August. Judging takes place two days later. For further details see the poster on page 7 of the August Semaphore Circular, available to download from royal-naval-association.co.uk/members/downloads/august-2024/

stamping ground.

The initiative has been a great success, and in recent times there has been a welcome increase in applications from RNA groups interested in seeing how things have changed at the Torpoint base.

Two final events are scheduled for this year, on 18 October and 8 November. The programme will recommence in March 2025.

Shipmates wishing to apply for either of the 2024 dates should let Chris know on **Christopher.Cleary680@mod.gov.uk** by 26 August - he leaves his position at the end of August, and it will be gapped until the beginning of October.

If members wish to apply after 26 August, they should contact Chris's relief on: **Claire.Axford624@mod.gov.uk** from 1 October 2024.

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ROYAL NAVAL ASSOCIATION

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