



Supporting Deployment and Separation

As you may be aware UK troops have now left Afghanistan and are returning to their bases. Deployment is a cycle that involves the lead up to and the returning and resettling from a Deployment and can affect Children and Young People and their families in different ways. We hope this Newsletter provides you with helpful information and advice that can support your Armed Forces Community and that you can consider and share with those you feel it maybe helpful to.

What's happening on

The Patch, Wimberley Way, Inverness

Supporting Children and Young People and their families

Clubs, Activities and Events



Despite the challenges of no staff and various units on deployment, both the UWO team and AWS continue to deliver a variety of activities .

Coffee Mornings on Tues and Wed allow the community to come together and helps reduce those feelings of isolation. It also lets us share any important news. Children are welcome and there is a drop in **Parent & Toddler** session at the same time.



Anne runs the **Story Time** session Wed evenings—

Toast ,milk and a story before bedtime.



More on the next page!



Supporting Deployment and Separation

What's happening on The Patch, Wimberley Way, Inverness Supporting Children and Young People and their families Clubs, Activities and Events



Junior Youth Club runs on Thurs afternoon followed by a drop in for the 10—16 year olds in the evening.



Friday is **Arts & Crafts** for the children.



The adults are not forgotten about with **Bingo, Medium Nights** and lots more.



In September we will have a **Pot Luck Lunch**.



Don't forget our **Military Wives Choir** is always looking for new members!

We are also looking to supplement the face to face sessions with **Virtual Clubs** for those living further afield or struggle with transport.



Supporting Deployment and Separation

Examples of Good Practice from Highland Schools

Raigmore Primary School

TOP TIPS: Active Listening



Taken from RCET Forces Kids-This is My Life Support Materials © Royal Caledonian Education Trust & Moira Leslie April 2016. [CLICK HERE](#) to access full materials.

**Positive ways to encourage dialogue and keep channels of communication open.
Use with non-verbal signs like open body language and nodding.**

Checking

Did I hear you say...?

Am I right in thinking...?

Acknowledging

That sounds important...

You sound angry / upset...

Encouraging

Tell me some more...

Earlier you said...

Clarification

I'm not sure I understand...

Did you say...

Affirmation

Thanks for telling me...

I appreciate you talking about this with me...

Empathy

It's understandable that you are worried about this...

That sounds tough...

Reflecting

So, you... (repeating back the last few words)

Summarising

So there seems to be several things bothering you...

Varied questions

Could you say more about that?

Also note - silence/timing/voice tone and volume.

Try not to block communication by -

Threaten	You had better...
Order	You must...
Analyse	I don't think you are really facing up to this...
Lecture	That was a stupid thing to do...
Excuse	Don't worry, it will all blow over...
Judge	You obviously don't care about...
Preach	You should.../When I was your age...
Scold	You really are hopeless...
Provoke	So she says you did it on purpose... what do you have got to say...?
Moralise	This really isn't good enough...
Interrogate	Why were you there...? What were you doing...?
Undervalue	It can't be that bad...?
Take sides	Try to see it from their point of view...

Supporting Deployment and Separation

Examples of Good Practice from Highland Schools

Millburn Academy

Communication



As a school, one thing that we are trying to improve is our communication with all our young people from an Armed Forces family. Therefore, a mailing list has been created in order to share information and keep in contact with everyone. We just need our young people to check their school Gmail accounts!

What Can We Do Better?

We are also committed to making sure all Armed Forces young people in our school feel well supported and would love to hear ideas about how we can do better. To this end, I met recently with Welfare Officer Capt Allan Campbell and asked him to bring this up with the young people who attend the Thursday youth group. I believe they're now thinking this over and I'm very much looking forward to any suggestions!



Armed Forces Pupil Activity Day— Wednesday 1st of September

On Wednesday, 1st September, Staff Sergeant Matt MacDonald and his team are visiting Millburn to run a team building activity day for our Armed Forces Pupils!

Matt and his team aim to provide some no cost activities that can help our young people work on their social and interactional skills which also can be used along with SQA guidelines. The activities (TRIPLOC) can help with the following skills:

Teamwork, Resilience, Initiative, Problem Solving, Leadership, Organisation and Communication.

Everyone is looking forward to meeting the Staff Sergeant and his team!



Supporting Deployment and Separation

Armed Forces Community

3SCOTS



Over the period of the Deployment the Welfare Office had a busy time organising a number of events to keep the families entertained whilst their loved ones were away.

The families enjoyed a Jacobite boat trip around Loch Ness, this was very well attended with the younger kids enjoying the story of the Loch Ness Monster whilst having their buffet lunch provided.

*Jacobite Cruise
on Loch Ness*



*Kineraig
Highland Wildlife
Park*



A trip to Highland Wildlife Park attracted over 100 people again this was an excellent day for all who attended. The children and adults really had a great day at the Park seeing a wide range of different animals and learning all about them. After the trip to the Wildlife Park all who attended made their way back to Wimberley Way Community Centre where a BBQ and inflatables had been set up for all the families. The families were very complimentary of the food and the kids also enjoyed the inflatables and had fun until the event finished at 2030.

Events continue each night of the week at Wimberley Way Community Centre with Coffee Mornings, Story Telling and Youth Drop In, out with this the Community Centre also caters for the Associations, Military Choir and charity events.



Youth Drop In

Supporting Deployment and Separation

Armed Forces Community



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

Highland Armed Forces Community Covenant

We agree to work and act together to honour the Armed Forces Community Covenant.

The Community Covenant Partnership, along with other partners in the wider Highland community, will work together to fulfil the principles and aims of the Community Covenant for Highland.

While Council offices remain closed, help on all Council-delivered services and contacts are available at the following link:

https://www.highland.gov.uk/info/591/council_and_government/535/customer_services

For emergency welfare, food or business support call our Covid helpline—0300 303 1362

SCOTLAND GUIDE

For Line Managers and Serving Personnel in Scotland



Updated: 17 June 2020



[Click Here](#) to go direct to Veterans Scotland Information Guide. An excellent all-encompassing resources booklet.

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



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

For more information:

Tel: [01463 710300](tel:01463710300)

Email: inverness@poppyscotland.org.uk



Army Welfare Service Community Support

There has been a lot of media coverage regarding the situation in Afghanistan and due to media restrictions, we cannot share more information

This results in families relying on what they hear on TV. Not knowing what's going on can be very unsettling for both adults and children. Unintentionally, parents can voice their worries and the children/young people will pick up on that. Already children are talking about their nightmares and worrying about burglars breaking in for example. A few minutes in conversation can make such a difference.

If you have a child or young person who you know is struggling for whatever reason, exhibiting changes in their behaviour, and think we can help, please get in touch.

I can be contacted on 07855 077305 or Email: Helen.martin773@mod.gov.uk

Capt Campbell and the team can be contacted on 01463 225907.

My Journey, My Voice

Children & Young People from Armed Forces Families in Highland

DEPLOYMENT

Understanding our needs Primary

HIGH READINESS
ALERT/STANDBY



Will my parent still remember me when they come home?

Did you know I sometimes feel lonely but I don't know how to tell you?

I want to tell you my story, will you listen?

How will you make me feel safe and secure because sometimes I'm really worried and scared?

Did you know that things at home can be difficult and we fall out and get sad?

I want to still be able to visit and keep in touch with my relatives

I want to see and play with my friends

I want to have friends round and sleepovers

I want to go to clubs and groups with other Army pupils



Will you listen to me and understand my worries and fears?

Will you help me to feel secure and safe when my parent is away?

Can you help me to keep in touch with my parent when they are away?

Can you help me to still feel important because I sometimes feel its about everything else when my parent is away?

Will you support me to cope with changes when my parent leaves/returns?



WEEKENDING

TRAINING EXERCISE

This information is taken from Highland Council's MLG resources. The resource is a package which is in the final stages of development. It will sit on the Highland Council Armed Forces Website section "Learning and Knowledge Hub". We look forward to launching this resource in the near future.

The next page provides voices from Secondary Level

My Journey, My Voice

Children & Young People from Armed Forces Families in Highland

DEPLOYMENT

Understanding our needs

Secondary Pupils

HIGH READINESS ALERT/STANDBY



Will you make time for me to have an emotional check in?

Did you know I'm not always ok just because I'm used to military life?

Would you make time for me to share and discuss my experiences?

Did you know that I want to be involved with the planning for me arriving in your school?

Who will include me in discussing where I am in my learning?

Will you discuss with me the interruptions I have had in my learning?

Does my community understand what it is like being from a military family?

Are there activities that support my wellbeing that I can use anywhere?

Would the community like to hear about my experiences?

Could you help support me to be integrated into my community? I want to be treated the same.

How could the community understand and help with the impact on my health and wellbeing due to high mobility and deployment?

How will you know if my parent is being deployed and how will you support and empower me during this time?

Do you have a notice board for military pupils to make us feel welcome and understood?

Can you give me opportunities to meet with other young people from military families?

Is there a key contact for pupils from military families?

Do staff and my peers understand the possible challenges that I may face?

Can I get involved in sessions to educate staff and my peers about the challenges I face?



WEEKENDING

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Helpful Information From MLG (Education) Partners

Supporting Deployment and Separation



Royal Caledonian Education Trust are developing their work to support the mental health and wellbeing of Armed Forces Children, Young People and families.

We will be looking to roll out new ways of supporting young people and families directly in relation to key areas such as deployment and separation. Please have a look at our social media platforms and our website for further information on how best to get involved or refer young people to the support.

The wider details of the mental health and wellbeing support will be confirmed in due course. Until then, feel free to get in touch with Chris Paul (Children and Family Service Manager) via chrispaul@RCET.org.uk

"It is normal for children and young people from Armed Forces families to experience changes in behaviour, and become unsettled at school, when one of their parents goes away for any length of time.



If your child's school knows that a parent is absent, and what changes to look out for, they will be better able to support the child if they are unsettled.

Schools are busy places and although you can tell teachers/school offices verbally, your child is much more likely to get the support they deserve if you give them this information in writing.

Parents and carers are encouraged to complete and return this form to their child's school in advance of any parental deployments or absences (such as training)." [CLICK HERE](#) for the form.

Information taken direct from Forces Children's Education Website

Contact the National Transitions Officer at
info@forceschildrenseducation.org.uk
www.forceschildrenseducation.org.uk



JUST ASK

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

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 Armed Forces Website is packed with information for Educators, Practitioners, families & young people. [Click here](#) or visit www.highland.gov.uk search "Armed Forces"

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ARMED FORCES COVENANT

highlife

FAMILY FEDERATIONS

Highland's Tri-Service Community

Supporting Deployment and Separation

Naval Families
FEDERATION
Speaking up for Naval Service families



THE RIGHT SUPPORT AT THE RIGHT TIME

Every family needs a bit of support from time to time, and getting the right support, at the right time, can make all the difference. The Royal Navy and Royal Marines Charity (RNRMC) and the Naval Families Federation (NFF) have a heightened sense of awareness of the sacrifices that families make. We also know that sometimes families feel a difference in support if they are living away from base ports.

That's why we are delighted to launch a new offer of support for all currently serving Royal Navy and Royal Marines families.

'Strengthening Families- By Your Side' has been developed by the RNRMC and the NFF, in partnership with the Royal Navy, Aggie Weston's, Home-Start UK, KIDS, Kings Active Foundation, the Naval Children's Charity and Relate.

More information can be found on the back page.

Relationship support

relate
UK's largest provider of relationship support

- Free relationship counselling portal 'Building Stronger Families' for serving RN/RM personnel and their families.
- Free face-to-face, online & telephone counselling.

01302 380279
rnrmc.org.uk/relate-onship-support
relate.org.uk

Support for children & young people

Aggie's
Pastoral support via phone, social media, at events, or in person at some locations.

02392 650505
aggies.org.uk

KIDS
Support families with disabled young people (aged <25) & young carers (7-19) across England.

Weekly Staying Positive group (Gosport & Havant) for young disabled people (aged 14-25).

01329 312312
kids.org.uk

Kings Active Foundation
Sports & activity camps for young people (5-17) during school holidays (fee subsidised by the RNRMC). Available at 10 UK Naval bases + 55 nationwide non-military locations.

01142 632160
kingscamps.org

Community support

Aggie's
Groups for spouses & toddlers, craft sessions, after-school homework clubs, social events, Storybook Waves book clubs, holiday clubs, financial management courses and special interest groups.

02392 650505
aggies.org.uk

Home Start
Local community network of trained volunteers and expert support helping families with young people through challenging times, including 1-to-1 sessions, group support, linking to other local support networks.

2 hour weekly home visit by a volunteer to support families during challenges (e.g. isolation, health, bereavement).

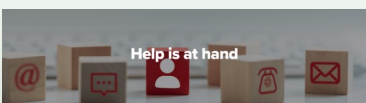
01164 645450
home-start.org.uk

Financial support

Naval Children's Charity
Offers help to children (aged <25) with a parent/guardian who is a current/former member of the RN (Regular/Reserves) & RFA by providing grants, advice and guidance.

Free books to help children to understand feelings when a parent goes away.

02392 639534
navalchildrenscharity.org.uk



aff army families federation

We are here to help!

If, as an Army family, you're finding recent events in Afghanistan difficult to deal with, don't forget that there's lots of dedicated help and expert advice out there for you.

[Help is at hand - Army Families Federation \(aff.org.uk\)](http://Help is at hand - Army Families Federation (aff.org.uk))

If you're having difficulty accessing the mental health support you need as an Army family, contact our Health & Additional Needs Specialist healthsupport@aff.org.uk



If you have a forthcoming deployment please visit the RAF Families Federation information website. There is really useful information for Families [Support for RAF Families | RAF Families Federation \(raf-ff.org.uk\)](http://Support for RAF Families | RAF Families Federation (raf-ff.org.uk))

Children [Deployment support for children | RAF Families Federation \(raf-ff.org.uk\)](http://Deployment support for children | RAF Families Federation (raf-ff.org.uk))

When you come home from the deployment [Home from deployment | RAF Families Federation \(raf-ff.org.uk\)](http://Home from deployment | RAF Families Federation (raf-ff.org.uk))

Further Help and Support for Children and Young People and their Families Supporting Deployment and Separation

- **READING FORCE** provides **FREE** books and special scrapbooks to support babies/children *of all ages* and their families (both immediate and extended family members) to share stories, read together for fun and fill scrapbooks with their collective thoughts, drawings, crafts and photographs.....anything they like!
- During deployment and separation, sharing stories both at home and with a loved one who is away (online/by telephone) gives them something to chat about when conversations can be difficult, and helps them to stay in touch and keep them close and bonded
- **FREE** book and scrapbook for each child!



NEW NEW NEW!..... READING JOURNAL FOR TEENS

- Our new **FREE** Reading Journal for young people at secondary school has been designed with the help of Armed Forces young people
- It has space for them to write about the book(s) they are reading and how they are feeling, is full of inspirational quotes and has a sheet of sticker emojis designed by Armed Forces young people
- A pull-out book review sheet, which they can post, or photograph and email to us, means they can share their thoughts about the book(s) they are reading without having to share the contents of their journal

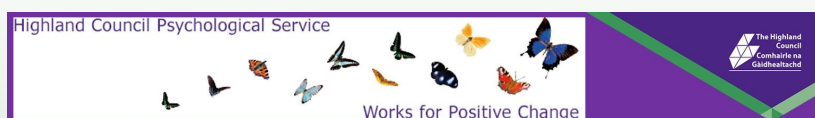


FAMILIES can order books, scrapbooks and Reading Journals [here](#)

SCHOOLS/PRE-SCHOOLS, WELFARE ORGANISATIONS, CLUBS can order scrapbooks to give out to families [here](#)

SCHOOLS/PRE-SCHOOLS, WELFARE ORGANISATIONS, CLUBS please order Reading Journals by emailing Fiona Maxwell, RF Ambassador Scotland: fiona@readingforce.org.uk or Tel 07548 778 930

For more information please contact Fiona Maxwell, as above



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



bumps to bairns

Early help for Highland children

07514 120288
 info@thrivingfamilies.org.uk

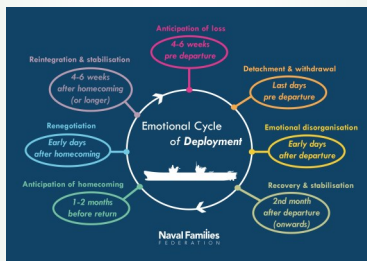
Our goal is to become the 'go to' organisation, known for improving the lives of families living in the Highlands, by giving you confidence, empowering you to know your rights, know what questions to ask and have your voices heard.

Thriving Families
 Improving the lives of families in the Highlands

Thriving Families
 Improving the lives of families in the Highlands

Supporting Deployment and Separation Resources and Reports that you may find helpful

The following information and links are helpful
and very relevant to all Services:



Parental Notification of Deployment (ADES form): [Click Here](#)

Parental Notification of Deployment (Basic Form): [Click Here](#)

RCET: Resource Boxes and Recommended Book List: [Click Here](#)

Emotional cycle of deployment: [Click Here](#)

The Experience of Parental Absence: [Click Here](#)

The Impact of Service Life on the Military Child: [Click Here](#)

Education Scotland, Supporting Learners Children and Young
People from Service Families: [Click Here](#)

Veterans Assist: [Click Here](#)

Veterans Gateway: [Click Here](#)

Welcome to Scotland Guide: [Click Here](#)

Highland Council Armed Forces Website: [Click Here](#)

MLG
Education



Supporting Service Families

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

MLG (Education) Newsletter

Share your Voice

**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

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