

FACILITIES AND OPPORTUNITIES AVAILABLE TO RN FAMILIES

FAMILY FLATS

RNAS CULDROSE -

Family Flats, behind the wire, contact: NAVYCULOGSGroupAccommodation@mod.gov.uk

RNAS YEOVILTON -

2 x 1 Bedroom Flats above Channel Dash, contact: Lisa.hawkins753@mod.gov.uk

CTCRM LYMPSTONE -

4 x Family Contact Houses, 3 of which are in Exmouth, contact: Sue.Parker148@mod.gov.uk

HELENSBURGH SCOTLAND -

Short Term Family accommodation, contact: Terence.Heeney919@mod.gov.uk

NEWTONMORE SCOTLAND, Pine Cottage -

(Bunk house with family unit), contact: Terence.Heeney919@mod.gov.uk

HMS NELSON -

3 x Family Flats or Mews, contact: NAVYNBCP-NAVYMEWS@mod.gov.uk



ENJOY AN AFFORDABLE BREAK

1 x 6 berth static caravan on Pentire Coastal Holiday Park, in Kilkhampton near Bude.
1 x 10 berth Narrow Boat moored at Hilperton Marina on the Kennet and Avon Canal.
Please enquire by email to: Lisa.hawkins753@mod.gov.uk

2 x 6 berth static caravans located at the Valley Caravan Park Polzeath
Please enquire by email to: Sue.Parker148@mod.gov.uk

4 x 6 berth static caravans located at Loch Ewe, Aultbea, Wester Ross
2 x 4 berth Motorhomes, Eddis Explorers 155
Please enquire by email to: Terence.Heeney919@mod.gov.uk

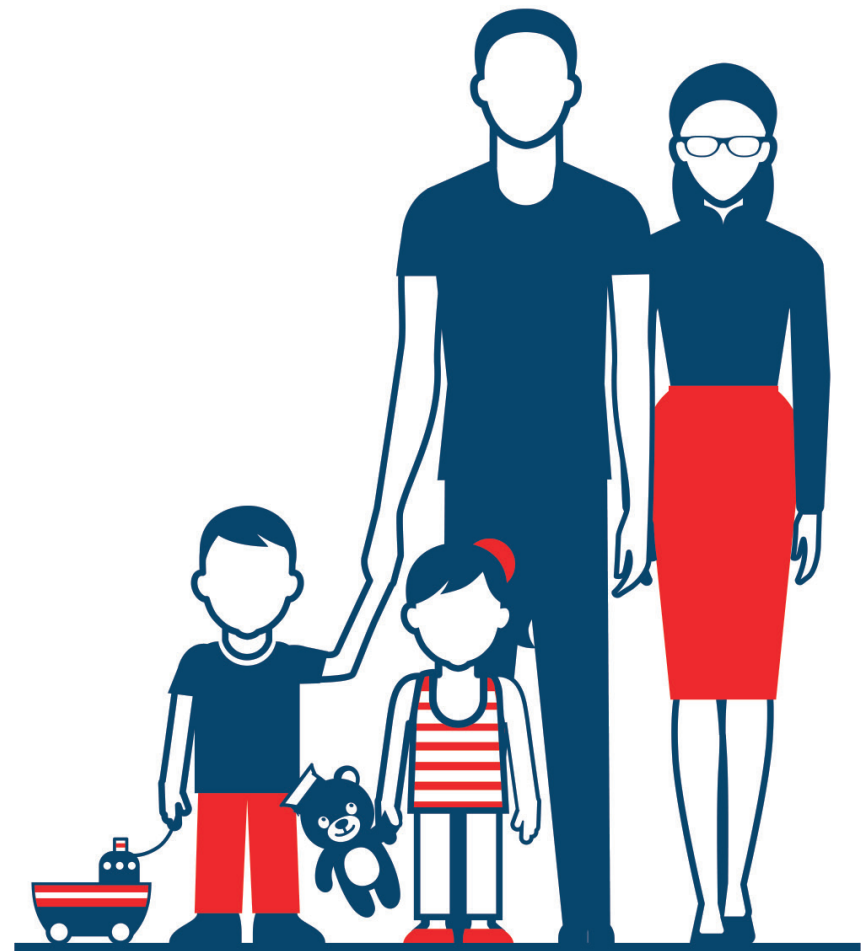


REWARD, RECOGNITION AND RESPITE BREAKS FOR COUPLES AND FAMILIES

Delivered through a range of providers, such as Parkdean Resorts, China Fleet Country Club, Victory Service and Union Jack Club. Applications are considered through a selection board process. For more information email mygrant@rnrmc.org.uk and ask for the latest updates.



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STRENGTHENING FAMILIES



**DO YOU KNOW WHAT
HELP IS AVAILABLE?**



BY YOUR SIDE

FOR MORE INFORMATION
GO TO RNRMC.ORG.UK



RELATIONSHIP SUPPORT



Relate

6 sessions of relationship and family counselling

Free face-to-face, online & telephone counselling

Free relationship counselling portal 'Building Stronger Families' for serving RN/RM personnel and their families.

📞 01302 380279

🌐 relate.org.uk

STRENGTHENING PARENTS



Free support programmes that help parents cope better with circumstances that challenge interparental relationships and reduce conflict. Parents can access them together or individually.

🌐 homestart-southandwestdevon.org.uk/navy-armed-forces/

✉ homestart.shpt@gmail.com

ADVICE, SUPPORT & ADVOCACY



Naval Families FEDERATION

Providing support and guidance on matters affecting the daily lives of all Naval Service families, acting as an advocate when appropriate to resolve complex issues.

🌐 nff.org.uk

📞 02392 654374

SUPPORT FOR CHILDREN & YOUNG PEOPLE



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



Rookie Academy for 15-17s. Multiple activities, fun and a social experience to build confidence, leadership and sports skills as part of Kings activity camps.
www.kingscamps.org/programme/activities-for-teens/



The Weekender for 14 - 17s to gain confidence, meet new people, learn new life skills and a taster experience of University life.
www.rnrmc.org.uk/kings-weekender

📞 01142 632160 🌐 kingscamps.org.uk



Tri-service residential for young people (13-18 yrs) to meet and share their views and experiences – giving a voice to the young adults of military parents.

RN Residential Week: outdoor activities to help children (8-14 yrs) develop some independence away from electronics and the home environment.

RN Youth Network: For 11-19 yrs to come together regularly (virtually) with their peers for fun activities and support in the production of supporting materials.

🌐 forum.royalnavy.mod.uk



Supporting families with disabled children and young carers who live with a close family member who is ill or has a disability. Support includes events and residential trips during school holidays.

📞 01329 312312 🌐 kids.org.uk

COMMUNITY SUPPORT



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

📞 02392 650505 🌐 aggies.org.uk



When families feel isolated and lack support around them, nurturing a family can feel a real struggle; Home-Start is there so that no naval family feels alone in the critical task of raising children.

Help might include:

- Independent confidential support and a non-judgmental listening ear
- Regular visits from a new friend who can provide an extra pair of hands and practical help
- Connecting to other parents and families.

📞 01164 64545

🌐 home-start.org.uk/find-your-nearest-home-start



Mum's On Board is an 8 week informal, confidential one hour session delivered on Zoom with a Home-Start Co-ordinator.

Confidential facilitated groups run every 3 months and over 8 weeks bring mum's together, create a space where they can talk, share experiences, get information, make new friends and create an ongoing support network.

📞 07307 873163

🌐 homestart-southandwestdevon.org.uk/navy-armed-forces/

NON UK / COMMONWEALTH FAMILIES

A qualified adviser can support you with visa applications to enter and remain in the UK including Children's applications, Fiancé Visas and Visit Visas.

🌐 nff.org.uk/hm-forces-visas

📞 02392 654374

FINANCIAL SUPPORT



Provides financial grants, advice, free resources and wider support in response to any child-related need for children (aged <25) with a parent/guardian who is serving/veteran member of the RN (Regular/Reserves) and RFA.

📞 02392 639534

🌐 navalchildrenscharity.org.uk



Providing financial, practical and emotional support.

🌐 sailorschildrensociety.org.uk/apply-for-help/

ROYAL NAVY FAMILY & PEOPLE SUPPORT



The RN Forum provides practical advice, information and support including updates from Royal Navy units, establishments, networks and regional locations, keeping you informed, involved and in touch. For one-to-one support call: Royal Navy Family & People Support (RN FPS) Tel: 0800 145 6088

🌐 forum.royalnavy.mod.uk

✉ navypeople-psrnfpsportal@mod.gov.uk