



# MLG (Education)

## January 2021 Newsletter. Issue 8

### Highland's Armed Forces Community

#### Armed Forces Community 3SCOTS & 7SCOTS



#### 3 SCOTS

Since lockdown commenced in March the Battalion has deployed across the Highlands to test the community against COVID-19. At the end of the Summer they handed the task over to 39 Engineer in Kinloss and 3 SCOTS focused on the preparation for their upcoming deployment on Op TORAL in early 2021.

#### 7 SCOTS

Members of the Battalion continue to support the NHS by providing teams across Scotland to test the community's against COVID-19.

#### Caithness Cadets Help TV Celebrity Fundraiser



Army Cadets from Caithness offered comfort to Channel 4's 'Hunted' Jordan Wylie (37) when his fundraising attempt was halted due to the new December Coronavirus Restrictions. The 1st Battalion The Highlanders cadets visited Scrabster Harbour on Wednesday 23 December to support TV Star and thank him for his efforts with some presentations – including a £500 donation from the Battalion.

Jordan who is a National Ambassador to ACF, was raising money for Frontline Children – a charity focused on helping children who are caught in the middle of war as part of The Great British Paddle, an Official Guinness World Record attempt to circumnavigate the UK on a Stand-Up Paddle Board. After 149 days, 7 hours and 36 minutes at sea and already travelled 2377.29 Km Jordan's journey stopped at Scrabster, just 23km from John O'Groats



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

For more information about the 1st Battalion The Highlanders Army Cadet Force [Click Here](#) or search [armycadets.com/1sthighlandersacf](http://armycadets.com/1sthighlandersacf)

**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



Poppyscotland  
The MacRobert Centre  
Strother's Lane  
Inverness  
IV1 1LR

#### Meet the Inverness Team (at a respectable distance)



Nina Semple  
Manager



Lorna McConnell  
Co-ordinator



Roy Harrison  
Co-ordinator (p/t)



Tim Williams  
Administrator

Happy New Year to One and All – Let's Hope it's a Better One!

Despite the temporary closure of the office in town, the Poppyscotland team for the North of Scotland continue to provide general and targeted welfare support services to any member of our Armed Forces community – serving, ex-Forces, and family – facing difficulties and in need of help.

Call or email using the contacts below.

For more information:  
Tel: [01463 710300](tel:01463710300) or  
Email: [inverness@poppyscotland.org.uk](mailto:inverness@poppyscotland.org.uk)



#### Forces Radio Broadcast

MLG (Education) lead, Lou Kinnear was interviewed by Mark McKenzie from British Forces Radio (BFBS). [Click here](#) to listen as she introduces MLG. Further radio broadcasts to share the work and projects of MLG partners will be coming soon, watch this space!

#### Raigmore Primary School

We are delighted to share that thanks to a generous grant from the Armed Forces Education Trust, we have appointed class teacher, Kerry Challinor, to support our forces children (in school and remotely) with literacy, numeracy and health & wellbeing.

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

# Children and Young People from Armed Forces Families Listening to the voices of Raigmore Primary School Pupils

"He's away for such a long time and I get worried I won't ever see him again."

"I like the Camouflage kids group in school and making things for my Dad for when he comes home."

"I feel really proud of my Dad for being in the Army. He looks so smart in his uniform."

"I feel sad when Dad has to miss things like my birthday, Christmas or school shows."




"I don't like saying goodbye to my friends when I have to move away."

"Mum spoils me when Dad is away."

"Starting a new school can be exciting but being the new kid can also be scary."

"When Daddy goes away it's like I have a broken heart."

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Supporting Service Families

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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 MLG (Education) Partners

### Supporting Highland's Children & Young People

**Your Mind Matters**



Royal Caledonian Education Trust  
Scotland's Armed Forces Children's Charity

**SAMH**  
for Scotland's mental health

In partnership with SAMH, RCET is actively seeking Armed Forces young people in your area to [join the project now](#), both to influence and co-produce the new wellbeing service and to shape how young people should be involved. There are opportunities for young people to join all or part of the process and be involved in governance as a Young Person Digital Mentor.

[Your Mind Matters](#) is a wellbeing project being developed with and for Armed Forces young people to create a brand new bespoke digital platform available nationwide as well as delivering wellbeing support across two pilot areas.




To learn more, please contact Cara Pleyrn  
Digital Participation Worker, RCET  
[wellbeing@rcet.org.uk](mailto:wellbeing@rcet.org.uk)  
07768432452

**Reading Force** continues to support families by sending out **FREE** books and scrapbooks to children and families. Reading a book together and enjoying scrapbooking as a family, at home together or online if separated, helps children and family members stay connected, gives them something to chat about, provides a constructive activity AND boosts literacy confidence!

**By telling military families about us in your newsletters, communications and on social media...**  
...every military child from age 0-18 can receive a **FREE** book and Reading Force scrapbook posted to them at home

**Reading Force is FREE for all military families, including currently serving, veterans, reservists and ex-military through separation/divorce**

**Families can request FREE books and scrapbooks via our website [here](#)—please share the link with your families!**



For more information about working with Reading Force to support your military families, please contact Fiona Maxwell, RF Ambassador (Scotland) on 07548 778 930 or

**\*Thank you for this resource – our family has very much appreciated it and the support and encouragement to keep reading!\***

**[Click here](#) to view MLG's leaflet—providing an overview of how the group supports Highlands Armed Forces Community**

**ARMY BE THE BEST**

## Army Welfare Service Community Support

Having carried out the necessary Risk Assessments, Community Support staff had resumed face to face work with some of the young people and families. Although numbers were strictly limited, it was clear that there was a need to offer more than virtual opportunities to get together. Parent & toddler sessions and targeted work within schools were our priority. New Tier guidelines have halted this but we will restart our Youth Clubs and Adult Learning as soon as government restrictions have been relaxed.

Currently we have resumed delivery via zoom to support families and, having been designated key workers, are keen to explore how we can support schools. Young Carers and those with Additional Support Needs being a priority.

As always, we are keen to develop new partnerships and if your organisation feel that we could work together, please contact Helen (details below)

For further information, please contact Helen Martin  
Senior Community Development worker on 07855077305 or  
Email [Helen.Martin773@mod.gov.uk](mailto:Helen.Martin773@mod.gov.uk)

**During Lockdown High Life Highland Youth Workers are still working hard supporting our local young people across the highlands. Current focus:**



- Wellbeing, we are currently offering young people individual support digitally, and meeting those who most need face to face support outdoors with measures in place
- We are also supporting the Highland Council's daily wellbeing sessions which are open to any young person secondary age in Highland. Find the codes on our Twitter @HLHYouthWork
- Working with Young people and Families we are also able to create individual 'learning support packs' which could include anything a young person or family feels they need at this time.
- Working with Partner agencies and Funders we are identifying young people and supporting them with Digital Tools, Devices/Internet Access
- Youth workers are helping young people achieve during lockdown with Awards such as; Youth Achievement Award, Dynamic Youth, Saltire, Duke of Edinburgh, SQA modules

As lockdown measures ease our focus will broaden, and we look forward to the day where we are back working face to face with young people, in and around our communities.

For more info [Click Here](#) to contact your local youth worker

# FAMILY FEDERATIONS NEWS

## Supporting Highland's Tri-Service Community MLG (Education) Partners



It was not much of a summer, but the NFF team did our best to Brighten Your Day with a little something to amuse or entertain you. Now, as 2020 draws to a welcome close and we keep our fingers crossed for 2021, we've revamped our shopping list in order to offer you a warm, welcoming Winter Glow. **As with the Brighten Your Day project, [Winter Glow](#) aims to provide Royal Navy and Royal Marines families (Regular and Reserves) with resources to support resilience, enhance coping strategies and bring a bit of cheer in difficult times. It is designed to support those families experiencing periods of separation or those impacted by covid-19.**



AFF continues to work with and support Army families during this period of lockdown and restrictions, please check our webpages for our most up to date information on the support we can offer and updates surrounding COVID: [www.aff.org.uk](http://www.aff.org.uk)

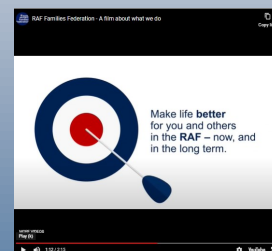
Our newly appointed Regional Lead for Scotland, Filomena Tuivanualevu is now in place so please feel free to contact her using the details below:

07780 093115  
[scotland@aff.org.uk](mailto:scotland@aff.org.uk)



Ever wondered what we do?

Watch the RAF Families Federation's new short film to find out why you, RAF personnel and families should make use of this friendly team of specialists.



View the video at [About Us | RAF Families](#)





# Bits n' Pieces Of Interest ...



3 Scots have had new playpark constructed at Burma Court, Wimberley Way, Inverness. This playpark has already proved popular from residents on Wimberley Way estate and also the surrounding areas. We also received a Regional Welfare Grant from 51 Brigade which has enabled modernisation of our Community Centre. The Community Centre is now a light, airy and inviting place for all families of 3 Scots but also the local community of Inverness. Unfortunately due to the Covid restrictions we have not been able to open, but we are looking forward to inviting all when the restrictions are lifted. The Community Centre also includes a sensory room which will not only benefit the children of 3 Scots but it is also an asset to the NHS Health Workers in our area.



The Care and Learning Alliance (CALA) have been delivering Active Play sessions in a number of Early Learning and Childcare (ELC) settings, supported and funded by NHS Highland and Public Health Scotland. The programme outcomes focus on:



- Reducing health inequalities, improving health equity and health literacy.
- Supporting and empowering children, young people and families to make positive and sustainable changes to their health and wellbeing.
- Child Healthy Weight Minimum Standards for Scotland - healthy

weight in childhood can put children at risk of long-term health conditions such as heart disease, type 2 diabetes and poor mental wellbeing. Physical activity reduces the risk.

[Click Here](#) to read more about this Active Play on our Projects page.



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# Introducing and putting The Spotlight On ...



Hi, my name is Andy McMahon I work for Highlife Highland I have been kindly given the spotlight to tell you a little about myself and my role. I'm the Youth Development Officer for the Millburn Area School group. I'm based at the Raigmore Community Centre, although like many, I have been working from home for the past 10 months. My role involves working with young people aged 11 to 23, providing social opportunities to boost confidence and self-development. I help plan and run a wide range of activities such as Youth Clubs, various sports, Mountain Biking and a Wildlife Club etc. All these events assist the young people gain awards such as the Duke of Edinburgh, Saltire, Dynamic Youth, SQA's or the John Muir Award. I also help support young people to have their voices heard and be involved in local and national decision making

During the current situation the emphasis is on supporting young people with their health and wellbeing. This is mainly facilitated through online virtual activities and being there for emotional support and sign posting to relevant services if required.

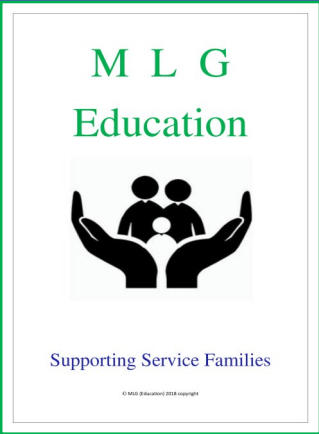
I work with many partners agencies; Millburn Academy, Active Schools, Children's Services Worker, The Hub at Wimberley Way and many others.

I'm also an Army Cadet Instructor and have spent some time in the military as a regular and as a reserve. Given that I work in the Millburn area I am fortunate to work with many of Highland's forces families, children and young people in a variety of settings. My direct experience of having served in the forces helps me to relate to and understand many of the challenges they may face.

If you wish to get in contact, please see details below:

Mobile :07796 995986

Email: [andy.mcmahon@highlifehighland.com](mailto:andy.mcmahon@highlifehighland.com)



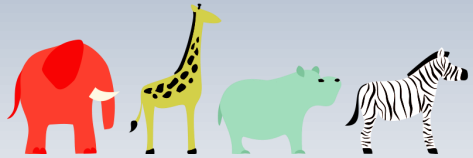
# MLG (Education) Newsletter

## A great place for sharing Information and Resources



Impact of COVID-19 on the transitions of children from Armed Forces Families.

[Click here](#) to read.



[bumps to bairns](#)

Early help for Highland children



Follow us:  
Twitter @HLHYouthWork  
Instagram @HLHYouthWork  
Or  
[Email Nigel](#), Youth Work Manager



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

### 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

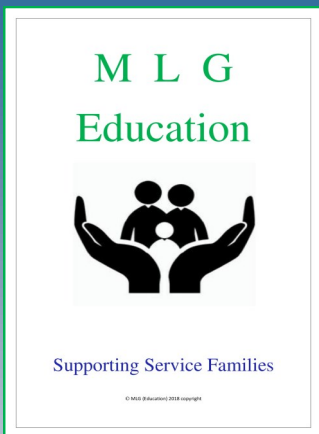
[Click Here](#) to view poster



Youth Highland/Voluntary Youth Network (VYN) do regular News Drops, like this one, of updated National guidance, regional support, helpful resources, events, training & funding opportunities which are archived on our Youth Highland website. Click on this link to see all previous & upcoming News Drops <http://www.youthhighland.org.uk/> and click here to see the latest news [Go to this Sway](#)



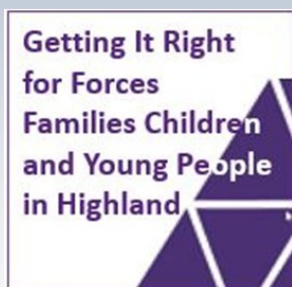
**Chip+ Parent Pack**, a great resource for parents and carers in Highland whose child may have an additional support need. [Click Here](#)



# 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.**



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