

# Supporting Armed Forces Children in our Schools

Newsletter  
February 2026



Our new Forces and Me Lunchtime Club sessions are now well underway and it has been wonderful to see the children getting to know one another and settling into the groups.



January to  
March



Monday - Hermitage Academy

Tuesday - Garelochhead Primary

Wednesday - Hermitage Primary

Thursday - Cardross Primary

Over the past few weeks, the children have enjoyed playing bingo, uno, jenga and other games, creating their own medals, colouring in, and talking about who they have in the Armed Forces. They have also begun making their separation crafts, with many choosing to crochet their own bracelets – a lovely way to keep someone special close while they are away.

It has been a real pleasure to welcome these children into the clubs, and we are very much looking forward to continuing our sessions throughout February.

Our clubs at Garelochhead and Cardross Primary will finish at the end of February with a celebratory party to mark everything the children have achieved together. The Club at Hermitage Primary will continue to the end of June with sessions taking place as follows:-

## WHATS IN THIS ISSUE

Forces and Me  
Lunchtime Clubs

Woodlandwise and The  
Exchange Programmes

RNFPS Information Officer

Never Such Innocence

Forces Friday Event @  
Cardross Primary

Starcatchers

RNSA Youth Crew

Swim Free

P1-P3  
4<sup>th</sup> February  
4<sup>th</sup> March

P4-P7  
18<sup>th</sup> February  
18<sup>th</sup> March

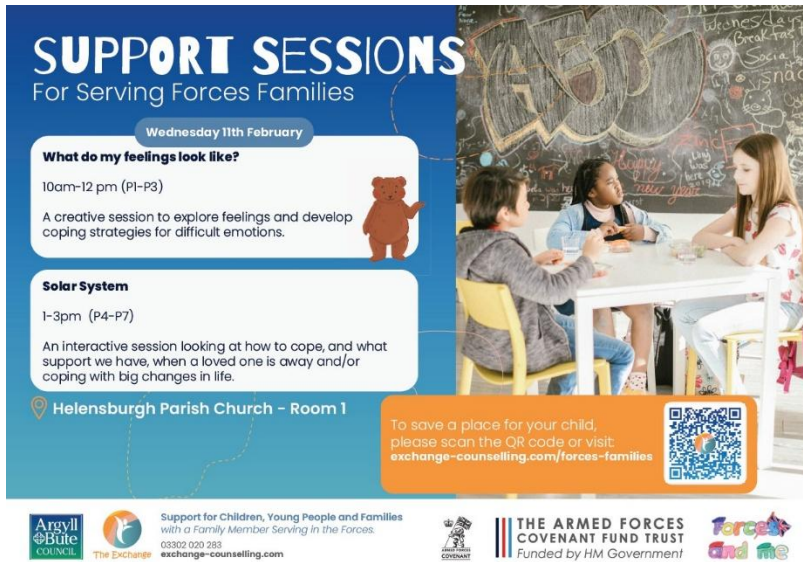
Joint Easter Party  
1<sup>st</sup> April



Thanks to funding from The Armed Forces Covenant Fund Trust: Service Pupil Support Programme 2024 children and young people from serving Armed Forces families have benefitted from extra support during school holidays as follows:-

## February Break

Both organisations will deliver sessions across the two-year period during school holidays. Over the February and Easter break sessions will take place as follows:-



**SUPPORT SESSIONS**  
For Serving Forces Families

Wednesday 11th February

**What do my feelings look like?**  
10am-12 pm (P1-P3)  
A creative session to explore feelings and develop coping strategies for difficult emotions.

**Solar System**  
1-3pm (P4-P7)  
An interactive session looking at how to cope, and what support we have, when a loved one is away and/or coping with big changes in life.

Helensburgh Parish Church – Room 1

To save a place for your child, please scan the QR code or visit: [exchange-counselling.com/forces-families](https://exchange-counselling.com/forces-families)

Logos: Argyll & Bute Council, The Exchange, Support for Children, Young People and Families with a Family Member Serving in the Forces, THE ARMED FORCES COVENANT FUND TRUST, Force and Me.



Argyll & Bute Council  
**Force and Me**

For children of serving Armed Force personnel

**FEBRUARY HOLIDAY CAMPS**

MONDAY 16<sup>TH</sup> FEBRUARY 11-1 & 1.30-3.30

**Helensburgh**  
Check our booking page or scan QR for upcoming sessions  
<https://woodlandwise-forest-school.live.baluu.co.uk>

Adventure, creativity, and confidence grow in every tree!  
Join our February Forest School Sessions for a magical mix of nature play, skills, and friendship your child will never forget.

Logos: THE ARMED FORCES COVENANT FUND TRUST, www.woodlandwiseforestschool.co.uk

## Easter Break

Woodlandwise Forest School	The Exchange
<p>7<sup>th</sup> April (P1-S1) 11a.m. – 1p.m. @ Ardencaple</p> <p>14<sup>th</sup> April (P1-S1) 11a.m. – 1p.m. @ Ardencaple</p> <p>Booking details to follow shortly</p>	<p>8<sup>th</sup> April (P1-P3) 10a.m. – 12p.m. (P4-P7) 1p.m. – 3p.m.</p> <p>15<sup>th</sup> April (P1-P3) 10a.m. – 12p.m. (P4-P7) 1p.m. – 3p.m.</p> <p>Wellbeing Sessions – Feelings, Emotions, Separation from parent Venue TBC</p>



Royal Navy Family People Support (RN FPS) are very happy to announce that Jillian Barclay has joined us as your Information Officer. Information support is available, as and when required, and is useful for when relocating, deploying, looking for a specific service, or if you have a question or issue that you cannot find the answer to.

**FAMILY & PEOPLE SUPPORT**

Whilst Jillian's main base is Triton House, Churchill Square, you will also find her within HMNB Clyde and the Drumfork Centre. She is also fully accessible via email ([navypeople-psrnfpsinfo@mod.gov.uk](mailto:navypeople-psrnfpsinfo@mod.gov.uk)), Tel (01436 672798) and via the RN Forum (Ask Info Scotland).

Jillian provides information support to all Personnel and Families across the Globe with connections to Clyde, Arbroath, and Rosyth.

As part of RN FPS, Jillian and her colleagues, ensure information circulated, displayed on notice boards, and posted on the RN Forum is up to date and relevant to the whole RN Community.

**RN FPS YOUTH GROUP**  
**CLOUD 9**  
 Tuesdays  
 Drumfork Community Centre  
 Open to all children  
 P3 - P7  
 15.30 - 17:00  
 Donation of £2 per session  
 Includes snack  
 Join us on Tuesday evenings for games, music, craft workshops and trips  
 Please email your interest to [NAVYPEOPLE-PSRNFPSCOT@MOD.GOV.UK](mailto:NAVYPEOPLE-PSRNFPSCOT@MOD.GOV.UK)  
 01436 672798

**Cloud 9**

Join RN FPS on a Tuesday evening for games, music and craft workshops.

When: Tuesdays 1530-1700

Where: Drumfork Community Centre

Open to all children P3-P7

£2 Donation per session (includes snack)

Please email your interest to [NAVYPEOPLE-PSRNFPSCOM@mod.gov.uk](mailto:NAVYPEOPLE-PSRNFPSCOM@mod.gov.uk)



**Never Such Innocence**

The Military Kids Choir is a group of military connected children, 6-18 years old, from across the UK who have come together to sing for a wide variety of occasions! We encourage children of service members, both currently serving and veteran, to share what life is like for them.

**To Join the Choir please click here**

**<https://form.jotform.com/221313741394047>**



**DO YOU LOVE TO SING?**  
**OPEN TO MILITARY CHILDREN 8-18**

Opportunities to write, record and sing songs - all while making friends around the UK and overseas



[NEVERSUCHINNOCENCE.COM/VOICES-OF-ARMED-FORCES-CHILDREN](http://NEVERSUCHINNOCENCE.COM/VOICES-OF-ARMED-FORCES-CHILDREN)



## Forces Friday Event at Cardross Primary

Cardross Primary School proudly hosted their Forces Friday event on 30<sup>th</sup> January. The event brought together Armed Forces pupils, families, partner organisations and school staff, for an afternoon of connection, fun and shared experiences.

Families from Luss Primary were also invited to attend, giving them the opportunity to engage and enjoy the activities together.

We would like to extend our heartfelt thanks to the many fantastic organisations who supported the day and helped make it such a success - including Reading Force, Royal Navy Family & People Support, Naval Families Federation, Royal Navy Royal Marines Charity and the Royal Navy Police.



Starcatchers are working with local nurseries in Helensburgh, to deliver Wee People, Big Feelings, an emotional literacy training programme for early years practitioners.

This programme is developed from Starcatchers' [Wee People, Big Feelings project](#), a programme working with forces families with wee ones from two years old to age five, and practitioners in Scots Corner to explore how creativity can help early years children to understand and express their feelings. Now, the project has been reimaged for Helensburgh's Naval families, locally and in surrounding areas.





The Armed Forces Covenant Fund Trust has funded Argyll & Bute Council and Starcatchers to work in partnership to offer training opportunities to the early years workforce who work with Naval families, stationed at HM Naval Base Clyde. The training programme includes mentoring sessions in four local nurseries with Starcatchers artists working directly with the staff and little ones.

To view resources produced please click on the following link <https://starcatchers.org.uk/work/wee-people-big-feelings-helensburgh/>



Bookings are now open for Youth Crew Sailing courses at Blairvadach Outdoor Education Centre near Rhu! Other locations also available across the UK! New locations also coming soon!

We've got a great range of sailing opportunities for young people:

-  **Ages 8–10:** Beginner courses
-  **Ages 11–17:** Beginner courses
-  **Ages 8–17:** Improver courses
-  **Ages 11–17:** Beginner & Improver Residential courses

These courses are **FREE** for 8-17 year old children of serving RN, RM, RFA personnel. Fully funded by Greenwich Hospital.

Whether they're new to sailing or looking to build on their skills, there's something for everyone!

 **Book now:** <https://rnsayouthcrew.org.uk/> Spaces fill up fast—don't miss out!



**YOUTH CREW**  
**2026 Dates Now LIVE!**

FREE RYA Sailing weeks for 8-17 year olds of serving RN, RM and RFA families

**Across the UK!**  
[rnsayouthcrew.org.uk](https://rnsayouthcrew.org.uk)

**SAIL TOGETHER**

Funded by GREENWICH HOSPITAL  
Delivered through PRINCE OF WALES FOUNDATION

# SWIMFREE

## FREE Swimming Lessons for Service Families

We're delighted to offer FREE swimming lessons in Scotland for children of serving personnel from the Royal Navy, Royal Marines and Royal Fleet Auxiliary through the Swim Free programme.

Now running at Inverclyde Leisure, Greenock

Book now at: <https://swim-free.org.uk/>



ROYAL NAVY &  
ROYAL MARINES  
CHARITY

FREE ONLINE STAND-ALONE  
**SEMINARS**

For parents of children with neurodivergence


- **Oppositional behaviours**  
*Mon 2<sup>nd</sup> February 2026*
- **Understanding school anxiety**  
*Mon 23<sup>rd</sup> February 2026*
- **Masking and Burnout**  
*Mon 2<sup>nd</sup> March 2026*
- **Parenting During the Deployment Cycle**  
*Wed 18<sup>th</sup> March 2026*

All seminars from 7:30 - 9:00 pm  
Book a place by emailing [info@sftrust.org.uk](mailto:info@sftrust.org.uk)



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

Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad





**SWIMFREE**

**Free swimming lessons**  
at the Waterfront Leisure Complex, Greenock!

for children and young people from serving Royal Navy, Royal Marines and Royal Fleet Auxiliary families

Book your lessons now  
visit [swim-free.org.uk](http://swim-free.org.uk)  
Start lessons anytime over the 12 week block

Funded by  GREENWICH HOSPITAL  
SUPPORTING THE ROYAL NAVY SINCE 1694

Delivered in partnership with  ANDREW SIMPSON FOUNDATION

## Stay Connected


We welcome contributions to future newsletters.


If you'd like to share a story or event, please contact me.


## Contact Me


---

**Emer Flett**  
Service Pupil Advisor

 01436 658921

 [emer.flett@argyll-bute.gov.uk](mailto:emer.flett@argyll-bute.gov.uk)

 Service Pupil Advisor Helensburgh & Lomond

 @AdvisorPupil