

APRIL NEWSLETTER

Newsletter from your Service Team.



SERVICE TEAM CONTACT DETAILS...

PRIMARY PHASE

Mrs Sharpe -King's Academy Rowner; Primary Phase
Pupil Premium Lead (including Service Premium)

01329 280299

King's Academy Rowner Junior School: Mr and Mrs
Connor - Service Club leads
enquiries@kgarowner.uk

01329 280299

King's Academy Gomer Junior School: Miss Hall -
Service Club lead
enquiries@kgagomer.uk

02392 524312

SECONDARY PHASE

Lesley Ure
Community and Service Lead
(Service pupil premium lead for Kings Academy
Bay House School)
02392 616017
lure@kgahampshire.uk

Claire Rutherford
Service Children and Families Coordinator
02392 616017
crutherford@kgahampshire.uk

Service Club Information



**Service lunch drop in at Kings Academy
Bay House is on every Monday lunch time
13.00-13.30 in G7**



**Service lunch drop in at Kings Academy
Brune Park is on every Tuesday lunch time
13.00-13.30 in the Den behind the
Community Hub.**



**Service Club at Kings Academy Gomer:
every Tuesday term time at Lunch
with Miss Hall.**

**For any more information about this
please email enquiries@kgagomer.uk**



**Service Club at Kings Academy Rowner:
Mr & Mrs Connor run an afterschool Club
every Tuesday term time 3:05pm - 4:00pm.
For more information about this please email
enquiries@kgarowner.uk
Mr and Mrs Connor would love to see you
there.**



YOUTH CLUB

Service Community Youth Club



4.30pm–6.30pm

Open to all Service children and veteran children 11–16
year old (secondary school)



Wednesdays

23rd April

7th May

21st May

4th June

18th June

2nd July

16th July



**@ Gosport Community
Hub**

Military Road

PO12 3BU

02392 616017

Scan QR code for parent
consent form



**GOSPORT
COMMUNITY HUB**



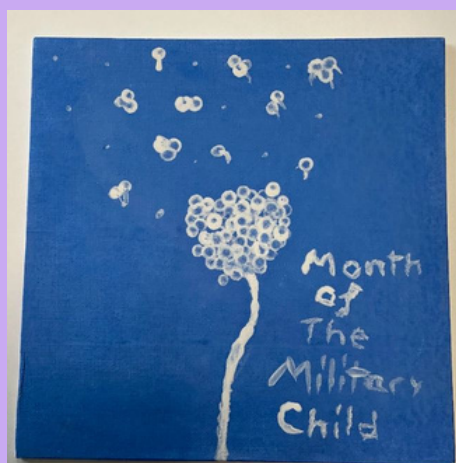
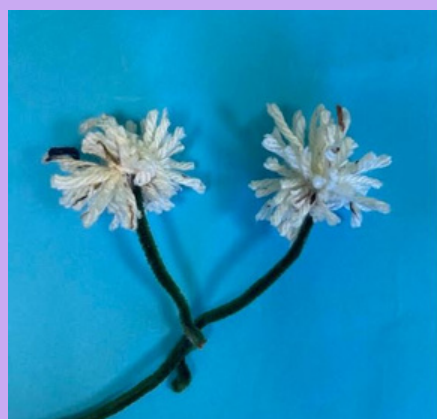
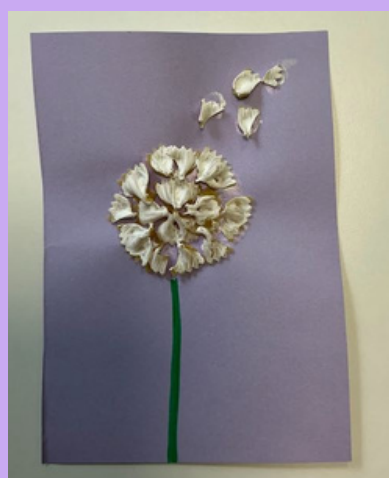
The Youth Club is free of charge and is held at the Gosport Community Hub.

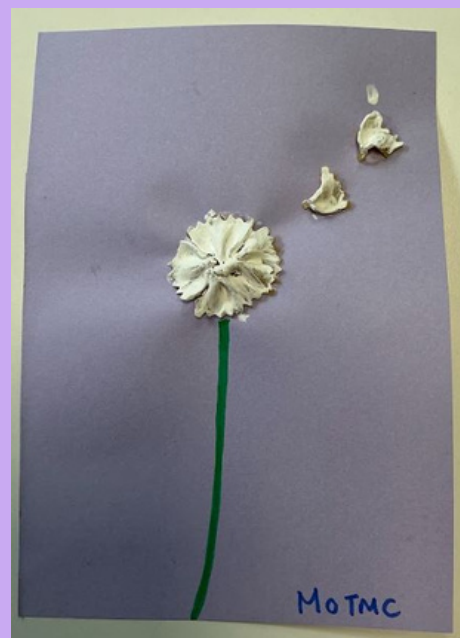
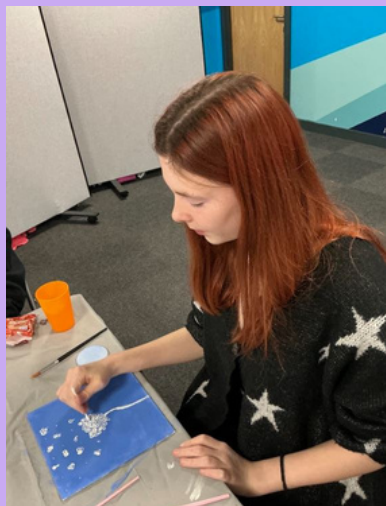
If your child would like to come along
please fill in the form to give emergency contact details before they come
along if you have not done so already.

<https://forms.gle/36kWeLZt9CaNnG2n6>



Please take a look at the beautiful Art work our Service children have been producing with the Dandelion theme for the Month of the Military Child. The children produced these wonderful pieces.





Things to do for you and your family



Welcome Wednesdays. Come along and meet new families, bring the little ones with you, a place to chat and meet other service families
9.30-11.00
(Term time only)



Yoga

FREE SESSION

Serving person, Spouse, Partner or Veteran?



LOCAL YOGA CLASSES

SEASONAL YOGA

BEGINNERS & IMPROVERS

Gosport Community Hub
Sunday 11th May 10am- 11.30am

Time for you, a place to relax and reconnect even if you have never tried yoga before this is the time to come and have a try. Scan the code to book your place.



A Yoga session just for the adults. We have a Yoga session booked on Sunday 11th May at Gosport Community Hub Sunday 11th May from 10.00-11.30 To book a place please click the link
<https://forms.gle/ND7yjsxYFw2D1sjMr9>



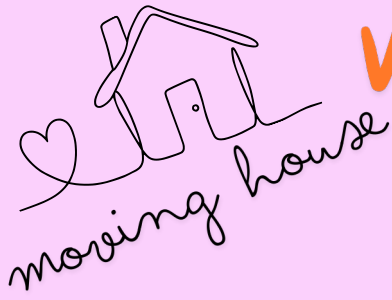
A shout out for your child

We would love to hear about your child's or children's achievements and good news. Have they been involved in an out of school activity, competition, charity event? If you would like to share some wonderful news for us to post in our next news letter please email in to crutherford@kgahampshire.uk

THANK YOU

A thank you to those who filled out our information gathering form, one lucky family received the voucher to Paultons Park and we hope they had a wonderful day.

We are looking though all of the ideas and information received and we hope we can offer some of your ideas into lace for you. Please keep a look out on the facebook group and emails.



Weekending

Deployment

FAMILY CIRCUMSTANCES

Being part of a Military Family we know that circumstances and routines can change. Sometimes these changes are at last minute but some may be planned.

As your Service Team we would like to support you and your family throughout these uncertainties.

Sharing information with us is vital for us to be able to understand the needs of our families and the Children in our schools.

It is helpful to inform us if you have a deployment in the family.

If you have any information to share with the Team please do use this form and we will be in touch.

<https://forms.gle/CVAwC3mgPiauRz49>

**Or if you would like to have a discussion about any type of support for you or your child please email
Claire Rutherford on crutherford@kgahampshire.uk
or Lesley Ure on lure@kgahampshire.uk**



**PROUDLY
SUPPORTING
THOSE WHO
SERVE.**



EMPLOYER RECOGNITION SCHEME

BRONZE AWARD

Proudly supporting those who serve.

Working with other Charities and Organisations



Rowans
Living Well Services

Female Veteran and Serving Personnel
Support Group

Thursdays, 10:30am - 12:00pm
Gosport Community Hub

This is an opportunity for any Female Veteran or Serving Personnel who is living with, had experience of caring or been bereaved through a life-limiting illness, to seek advice, support, socialisation, and companionship.

- This will be a time to sit with others and reflect over tea and biscuits
- A chance to have a chat with others that have had similar experiences
- A theme to explore which will be set as an informal agenda.

How to book your place
Please contact the Living Well Centre via
telephone on 02392 248011 or
email LWC@rowanshospice.co.uk.

Rowans are holding a Female Veteran and Serving Personnel Support group on Thursdays at Gosport Community Hub 10.30-1200

Please see the poster information for more details.

Please contact 02392 248011 to book your place

Natalie from Naval Families Federation will hold her monthly drop in sessions in the Hub on Wednesday mornings. If you have any questions on housing, or naval life please do pop along to see her. You do not need to book just turn up.

**Next drop in is
Wednesday 21st May
9.30-11.00**



Wednesday Mornings

Naval Families
FEDERATION

**DROP-IN
SESSIONS**

NFF will hold drop in sessions once a month on a Wednesday morning from 9.30-11.00

Pop along and see Natalie at the Gosport Community Hub, Military Road. If you have any questions or need advice pop along. No booking required.
Wednesday's

**22nd Jan, 12th Feb, 19th March, 23rd April,
21st May, 18th June, 16th July**

Naval Families
FEDERATION

CHAMPIONING
Royal Navy & Royal Marines
Families



VOLUNTEER

The Gosport Community Hub are looking for volunteers to support with our projects.

Are you keen to share your skills and develop some new ones too?



If you would like to play a part in supporting your local community please contact us:



gosportcommunityhub@kgahampshire.uk



GOSPORT
COMMUNITY HUB




SUPPORT AVAILABLE FOR YOU



Anchoring Minds is an emotional wellbeing service providing support in the community to Royal Navy and Royal Marine families in Portsmouth, Fareham, Gosport and the Isle of Wight.

anchoringminds@solentmind.org.uk | solentmind.org.uk

In partnership with  

We want to ensure families of serving personnel know how and where to access wellbeing and mental health support when they need it.

We understand that living with a partner, child or parent in the Royal Navy or Royal Marines creates a unique set of challenges, that can at times put pressure on your mental health or wellbeing.

With frequent moving, stress around deployment and loneliness to contend with, families can sometimes need some extra support.

Anchoring Minds can help you:

- Access the support you need.
- Offer a friendly chat with someone who understands what you are going through.
- Provide access to peer support groups for you to join
- Offer free courses to improve your wellbeing or longer term support.

You don't need a mental health diagnosis, or a GP referral.

Email: anchoringminds@solentmind.org.uk
Website: solentmind.org.uk
Find more information under 'Support for you' and 'Our Services'.



Meet our Immigration Advisers



Pete Hawley & Sophie Raza

Pete is our Non-UK lead and OISC Level 1 Immigration Adviser. He is supported by Sophie, who is also an OISC Level 1 Immigration Adviser. They are able to provide free advice on UK Visas and Citizenship applications to Royal Navy and Royal Marines personnel and their families.

“ We wanted to extend a massive thank you for all the help and support you've given us over the past months. You have been nothing but helpful, proactive and attentive. We will be infinitely grateful for such amazing aid and the fact you helped us finally be together. ”


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

If you have any questions or need advice, Pete and Sophie would like to hear from you.

Phone: 023 9265 4374 | Email: immigration@nff.org.uk | www.nff.org.uk


    

Registered charity in England & Wales (1077802)



Strengthening Families


This project aims to raise awareness of the 'holistic offers' provided by numerous charities such as Relate, Aggies, Naval Children's Charity, HOMESTART and more, to our RN & RM families. If you need support in your relationships, for children and young people, community or family support and some financial support, these charities may be able to help.



ARMY BE THE BEST

Army support

<https://www.army.mod.uk/support-and-training/health-performance-and-wellbeing/relationship-support/>




We're here to support you

Whether you've served for a day or decades, as a Regular or Reserve, we're here for you and your family.

- ✓ Wellbeing support including counselling
- ✓ Financial assistance
- ✓ Relationship, family and youth support
- ✓ Mobility and home adaptations
- ✓ Welfare breaks
- ✓ Friendship and connections

Visit rafbf.org/get-support
Call our helpline 0300 102 1919



What is on at the Gosport Community Hub

We welcome you to come along to our Coffee morning as we Celebrate VE DAY 80th Anniversary.



The four-week course will commence on Monday 23rd June 2025, 5.30pm - 7.30pm. The venue will be the Gosport Community Hub on the King's Academy Brune Park site.

Talking Teens will enable adults to understand the feelings of teenagers regarding their Behaviours, Emotions, Maintaining and improving the relationships the teen has.

The programme is conducted over four sessions, and will including information such as:

- Exploring the importance of parents towards teenagers.
- Developing the parents' understanding of teenage development and the influence of the brain development on behaviour.
 - Developing the parents' understanding of the importance of listening, verbal and non-verbal communication.
 - Promoting a positive approach to setting boundaries and problem solving.
 - Providing an opportunity to parents to share their experience with other parents.

There are many different outcomes for the parents and children, these outcomes are:

- Improving relationships between the parents and their teenagers.
- Reducing conflict and stress within the family.
- Increased confidence for both child and parents about

talking about their problems.

- Further understanding of teenagers' needs and their development.

Please click the link below to submit your interest:

<https://forms.gle/Wmijuz64PY74dJMN6>

Or email gospportcommunityhub@kgahampshire.uk

Please contact Lesley Ure (lure@kgahampshire.uk) with any questions you may have or to book a 1:1 meeting prior to the course start date.

Talking teens is an evidenced based programme for parents/carers please read the poster for more information

Use the link to express your interest.
<https://forms.gle/qn4szvDbDtyzaFEz8>

Feedback

We would love to hear from you. If you can click the QR code to give feedback on events or activities you or your child may have attended.



Service family facebook page FB Link

<https://www.facebook.com/groups/servicefamily>

Gosport Community Hub

<https://www.facebook.com/GosportCommunityHub>

