

MAY 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.**

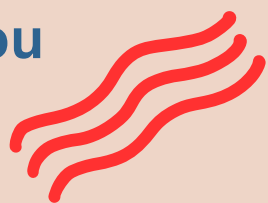


**Service Club at Kings Academy Gomer:
every Tuesday term time at Lunch
with Miss Hall.**

**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>

We will have Lucy from Reading Forces visiting us on 18th June to offer some reading opportunities for over the summer.



VE DAY 2025

80th Anniversary



S
E
R
V
I
C
E
S

C
L
U
B

Mrs Hall with some of the Service children having a wonderful time celebrating at KGA Gomer over lunch time.



At Service Youth Club we made flags and sewing crafts then had a little indoor street party as we Celebrated VE DAY.



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?



SEASONAL YOGA

LOCAL YOGA CLASSES

BEGINNERS & IMPROVERS

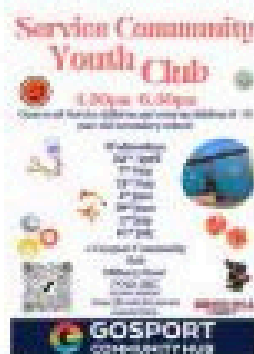
Gosport Community Hub
Sunday 8TH June 10am- 11.30am

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 8TH June at Gosport Community Hub 10.00-11.30 To book a place please click the link <https://forms.gle/CK4Ue2zCbR6yigrZ7>

9.30 - 11.00
term time only



**Sunday
May 11th
June 8th**
**look out for the Poster
with booking details**



9.30-11.00

Poster to follow soon.

gosportcommunityhub@kgahampshire.uk

Working with other Charities and Organisations

Wednesday Mornings



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

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 18th June
9.30-11.00

Look out for our Gazebo at HMS Collingwood open day on Sat 28th June 2025

We will have a stall at HMS Collingwood show again this year. Please come and say hi and have a go on our Tombola .

HMS Collingwood Open Day, a family-friendly event showcasing the Royal Navy and Royal Marines, will be held on Saturday, June 28, 2025

click here to get tickets

<https://royalnavy.ticketsrv.co.uk/tickets/13>



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



Want to get out for a few hours in the Half Term why not meet other service families down at the field next to GAFIRS. Lesley and Claire will be there come along and say hi, take a picnic and games. A local place where people can meet.



What is on at the Gosport Community Hub



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
The next round starts on 23rd June

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



Service Children Good News



Well done to Zac Price for receiving most improved of the season 24/25 in his Rugby showing your hard work and dedication Well done Zac!

Wonderful News for two of our year 11 students who both successfully auditioned for a place at Barton Peveril college and gained places on the Musical Theatre course. We look forward to hearing about your future and where it takes you both. Well done Holly and Ruby



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



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 (1077002)

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




Free one-to-one jobs support in England & Wales

Find a new way forward after the Forces.

If you're part of the Armed Forces community, The Poppy Factory is ready to help you on your journey towards employment.

Our specialist Employment Consultants help hundreds of veterans with health conditions to change their lives each year, across England and Wales.

We help with:

- Career mapping
- Accessing training
- Overcoming barriers
- CV writing
- Job search
- Interview preparation
- In-work support

EMAIL: support@poppyfactory.org
 CALL: 020 8939 1837
 REGISTER ONLINE: poppyfactory.org/register

Registered Charity No. 225348





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

Scan me with your camera 

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

Registered charity in England & Wales (1077002)

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>

