



AUTUMN 1 NEWSLETTER

Newsletter from your Service Team.



Lesley Ure
Community and Service Lead
KGA Central Team



Claire Rutherford
Service Children and Families Coordinator
KGA Central Team

We are based in the King's
Academies Gosport Community
Hub, Military Road Gosport, PO12
3BF



GOSPORT
COMMUNITY HUB

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

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 10.55-11.20 in the Den behind the
KA Community Hub.**



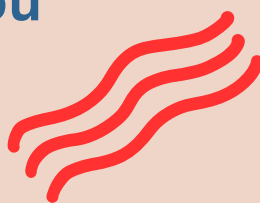
**Service Club at Kings Academy Gomer
every Tuesday term time at Lunch
with Miss Hall.**

**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 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
10th September
24th September
8th October
22nd October
5th November
19th November
3rd December



**@ 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 KA 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>

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)
Please note you do not
have to have Young
Children to come
along.

Service personnel, spouses and
veterans we have a free
wellbeing session
On: Sunday 16th November.
Time: 10.00-1.30

This is an amazing opportunity
for those of you who would like
to have the chance to
experience yoga or sound
healing.

No previous experience is
necessary just an open mind
and willingness to have a go.
Please use the QR code to book
your place. Only 8 places
remaining

This opportunity is open for all
Service personnel, spouses or
veterans not just King's Group
Academy school families.
We look forward to seeing some
of you at the event.

The Yoga Being Wellness Event

THE INNER RESET

A Half-Day Retreat for Service Families
For still serving, spouses & veterans

A blend of yoga, life coaching, and sound healing
(No experience needed – just curiosity and an open mind)

NOVEMBER 16TH
10-1.30 PM
King's Group Academies
Gosport Community Hub



www.theyogabeing.co.uk



GOSPORT COMMUNITY HUB **ROYAL NAVY & ROYAL MARINES CHARITY**

SERVICE FAMILY KITCHEN



A fun time was had at our first session for this school year, families had the chance to cook together making Sausage or Cheese rolls, we definitely has some great chefs at this session. Well done everyone and thank you for a wonderful session.

Service family cooking Tuesday 30th
September

We all done the activity together, where at home the kids wouldn't of joined in with cooking or the washing up!

OCTOBER SPOOKY SPIDER COOKIES



COOKING TOGETHER

Service Family Kitchen October session.

Some amazing skills were shown in the session, good communication and following of the instructions were needed for this one.

I personally noticed some wonderful teamwork, encouragement, connections of families and some amazing piping skills, as well as some fantastic dedication from all to make the best spiders and spider webs.

I hope you all enjoyed the session and that your spider cookies tasted delicious.

Thank you for a great evening.

Please keep an eye out for the next session date.



Service Family Page

A place where the Service Team can share information with the Local Service families.

[facebook.com](https://www.facebook.com)

Don't forget to become a member for our Service Family Facebook page. A dedicated page to share information straight to Service families.

Working with other Charities and Organisations



Natalie from Naval Families Federation will be at Gosport Community Hub on Wednesday Mornings for their Monthly drop in.
If you would like to come along and meet with Natalie please come between 9.30-11.00 on these dates.
(No appointment needed)

24th September
22nd October
26th November
17th December



Natalie from Naval Families Federation holds 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 26th November
9.30-11.00**



Rowans Living Well Services Drop In

**Every Thursday
10:30am - 12:00**

**Gosport Community Hub
Brune Park Community School, Military Road, Gosport**

Do you, or someone you know live with, care for, or are/have been affected by a life limiting/progressive illness? Then this may be of interest to you.

RLWS will be here to provide support, guidance and advice as you need, regardless of diagnosis, and extend our support to their friends and family members during any stage of the illness, including bereavement.

Macmillan CAB will be attending on the 2nd and 4th Thursday.

All our Living Well Services are offered **free** of charge. If you would like to support us, you can make a donation by calling 023 9225 0001 or visiting www.rowanshospice.co.uk/donate



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/CVAwC3mgPiauoRz49>

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



Weekending

Deployment

SUPPORT AND OPPORTUNITIES AVAILABLE FOR YOU



Anchoring Minds

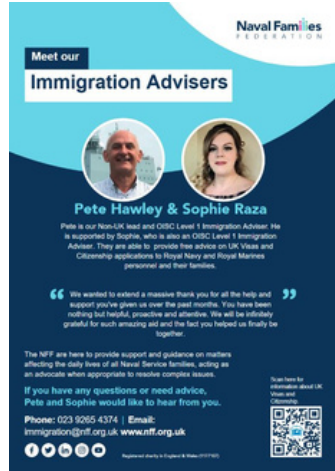
Supporting Royal Navy and Royal Marines serving personnel and their families

Run by Solent Mind, in partnership with the Royal Navy and Royal Marines Charity, we help families navigate the unique challenges of military life.

We offer:

- A friendly chat with someone who understands what you are going through.
- Free resources to help you manage your mental health and wellbeing.
- Signposting to local services and groups, depending on what's available in your area.

Call 0300 303 1725 or email anchoringminds@solentmind.org.uk to speak to a member of the team. For resources, support and more, visit our website at solentmind.org.uk/anchoringminds



Meet our Immigration Advisers

Pete Hawley & Sophie Raza

Pete is our Norfolk Island and Cocos Level 1 Immigration Adviser. He is supported by Sophie, who is also an OSC Level 1 Immigration Adviser. They are able to provide free advice on UK Visas and Citizenship opportunities to Royal Navy and Royal Marines personnel and their families.

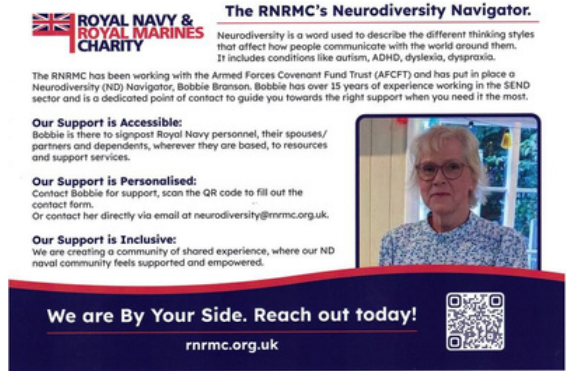
"We wanted to extend a massive thank you for all the help and support you've given us over the last month. You have been nothing but helpful, proactive and attentive. We will be incredibly grateful for such amazing aid and the fact you helped us finally be together."

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 | Website: www.nff.org.uk

Scan here to download about UK Visas and Citizenship



The RNRMC's Neurodiversity Navigator.

Neurodiversity is a word used to describe the different thinking styles that affect how people communicate with the world around them. It includes conditions like autism, ADHD, dyslexia, dyspraxia.

The RNRMC has been working with the Armed Forces Covenant Fund Trust (AFCFT) and has put in place a Neurodiversity (ND) Navigator, Bobbie Brenson. Bobbie has over 15 years of experience working in the SEND sector and is a dedicated point of contact to guide you towards the right support when you need it the most.

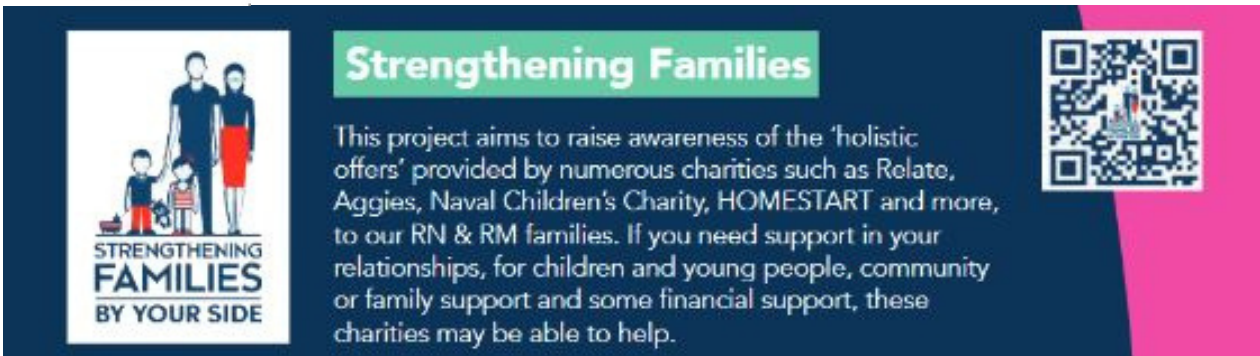
Our Support is Accessible: Bobbie is there to signpost Royal Navy personnel, their spouses/partners and dependents, wherever they are based, to resources and support services.

Our Support is Personalised: Contact Bobbie for support, scan the QR code to fill out the contact form. Or contact her directly via email at neurodiversity@rnrmc.org.uk.

Our Support is Inclusive: We are creating a community of shared experience, where our ND naval community feels supported and empowered.

We are By Your Side. Reach out today!

rnrmc.org.uk



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.



Up to 20 hours

Wraparound Childcare funding

Per child, per week for before and after school childcare costs during term time

Who is it for?

- Regular and FTRS personnel Serving in the UK, EEA&S, using a DCS provider overseas or Serving overseas unaccompanied with family remaining in an eligible location.
- Children aged 4 to 11 years old (4-16 year if in receipt of disability benefits).
- Children attending before or after school care during term time (up to 39 weeks per year).

Is your family missing out on Wraparound Childcare?

Check if you are eligible by searching: Wraparound Childcare on Discover My Benefits, defnet or Defence Connect



GO SAILING

This October & November in Portsmouth!

FREE Sailing Courses for the Partners of serving RN, RM and RFA. Book now for your RYA Level 1&2 at ASC Portsmouth, PO3 5LY

Funded by GREENWICH HOSPITAL | Delivered through ANDREW SIMPSON FOUNDATION

rnsagosailing.org.uk



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

Find out more: rafbf.org/get-support
Call our helpline: 0300 102 1919

Scan QR code with your camera



Free swimming lessons

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

Available in Portsmouth and Gosport

Scan to find out more and book, or visit swim-free.org.uk

SWIMFREE

Funded by GREENWICH HOSPITAL | Delivered in partnership with ANDREW SIMPSON FOUNDATION



Aqua Fun & Fitness

At Gosport Leisure Centre

Open to Stage 7+ swimmers, these sessions take a fun approach to fitness in the water by building strength, stamina and water safety through fun challenges, games and aquatic fitness activities

Thursdays at 5.30pm

Scan to find out more and book, or visit swim-free.org.uk

SWIMFREE

Funded by GREENWICH HOSPITAL | Delivered in partnership with ANDREW SIMPSON FOUNDATION



army families federation

Supporting Army personnel and families worldwide

The Army Families Federation is a strong independent voice for Service personnel and families. We work to improve quality of life for the Army family, wherever you are in the world.

Army Families Federation



WHAT'S GOING ON AT KING'S ACADEMIES GOSPORT COMMUNITY HUB?



Wednesday 26th November
7.30pm-9.00pm

Understanding and supporting Autism in
Children and Young People

CYP-PCW
CHILDREN AND YOUNG PEOPLE'S
PRIMARY CARE WELLBEING SERVICE

NHS
Hampshire Child and Adolescent
Mental Health Services

PARENT AND CARERS EVENING WORKSHOP

UNDERSTANDING & SUPPORTING AUTISM IN CHILDREN AND YOUNG PEOPLE

You are invited to join us for an informal workshop on autism in children and young people. We will aim to discuss what is autism, recognising the strengths of autism in your young people, autism and the impact on anxiety and how best to support an autistic young person. Refreshments will be provided.

Wednesday, 26 November 2025
7:30pm - 9pm
Gosport Community Hub,
Kings Academy Brune Park,
Military Road, Gosport PO12 3BF

Scan the QR
code to book
your space

A NEW SERVICE CHILDREN'S
CHOIR BEING HELD ON
MONDAYS FOR CHILDREN AGED
6-16 YEARS.

**Service Children's
Community Choir**
Hampshire

Service Children's Community Choir
A friendly new group for children in the military family
Run by experienced military musicians

Open to all children, 6-16 years old

Mondays 4-5:30pm

King's Academy Gosport Community Hub
King's Academy Brune Park School
Military Road
PO12 3BX

**GOSPORT
COMMUNITY HUB**

Sccc.hampshire@gmail.com SCCC.Hampshire

**GOSPORT
COMMUNITY HUB**

Talking Teens

Support for parents and carers of
teenagers

This free four-week course runs regularly throughout the year
Held at the Gosport Community Hub, King's Academy Brune Park
Register your interest today and we'll let you know when the next
one is starting.

Talking Teens helps parents and carers understand teenage
development, emotions, and behaviour – and how to build a calmer
more connected relationship with your teen.
You'll gain practical tools, reduce family stress, and share
experiences with other parents in a relaxed, supportive space.

Ready to learn more or sign up?
✉ Email: gospportcommunityhub@kgahampshire.uk
🔗 Or fill in our quick form:
<https://forms.gle/9RgPfkXjXwHWg6av6>

"I realised I wasn't alone. Talking with other parents
helped so much."
No pressure. No judgment. Just practical, friendly
support for navigating the teenage years.

Please use the link here
to fill in our quick form of
interest.

**[https://forms.gle/wwUu1
2F4RgDHDqPw7](https://forms.gle/wwUu12F4RgDHDqPw7)**



Gosport Community Hub

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



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.

It was a lovely day, meeting other service families and catching up with families we have not seen for a little while due to work commitments.



A chance to mix with other families in a similar situation to myself. A relaxed friendly space to take my baby



Our Service family day in July, it was wonderful to see so many of you come along, time where families could come together have fun, play games meet other service families and connect.





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



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