

Supporting Children and Young People from Armed Forces Families in Schools

Newsletter
September 2026

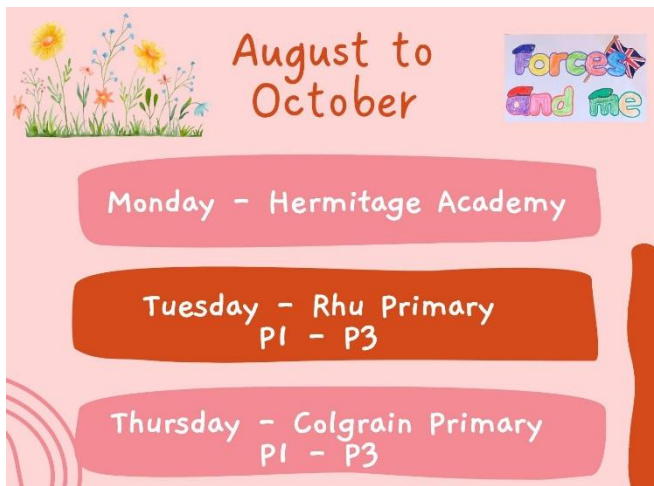


Forces and Me Sessions

We look forward to re-starting our Forces and Me Lunchtime Clubs in schools after the summer holidays!

The aim of the club is to support children and young people when a parent is deployed, about to be deployment or just back. It provides them with a safe space to discuss this with adults who understand. It also provides peer support, letting them know they are not alone. Some young people attend because they are new to the school and it gives them an opportunity to make new friends and others attend looking for general support or just a bit of fun.

From August to December clubs will take place in the following schools



New Forces & Me Afterschool Club

A new club for P1 - P7 children from serving Armed Forces families (regular and reserve) will start in September. The club will be facilitated by The Exchange and funded by The Armed Forces Covenant Fund Trust.

The club will be a fun, friendly space where children can:

- ✦ Meet others from Armed Forces families
- ✦ Build friendships
- ✦ Take part in fun activities/crafts
- ✦ Feel supported and connected

✦ If your child/children would be interested in attending, please complete the following expression of interest form.

<https://forms.gle/V1s7nT5QwrVepL4m9>

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Forces and Me October Break Sessions

I am pleased to announce that, once again, we have organised a range of activities and support sessions for children and young people from serving Armed Forces families to enjoy during the October school break.

These sessions are a great opportunity for children to meet other Armed Forces young people, have fun, build new skills and access some additional support during the school holidays.

Woodlandwise Forest School

These sessions will provide children from P1 – S1 with the opportunity to get outdoors, explore, have fun and take part in a range of forest school activities.

 Sunday 4th October
 11:00am **SOLD OUT** 1pm or 1:45pm – 3:45pm

 Friday 9th October
 11:00am – 1:00pm (ASN Session) or 1:45pm – 3:45pm



Don't miss out! Scan the QR code to secure your place, as spaces are limited.

The Exchange – Literacy & Numeracy Sessions

The Exchange will be offering Literacy and Numeracy sessions during the October break.

Whether your child is new to the area, would like to meet other Armed Forces children, or would simply benefit from some additional support with literacy and numeracy, we would love to welcome them along.

 Wednesday 7th October – Forces and Me Literacy
 10:00am – 12:00pm (P1-P3) or 1:00pm – 3:00pm (P4-P7)

 Thursday 8th October – Forces and Me Numeracy
 10:00am – 12:00pm (P1-P3) or 1:00pm – 3:00pm (P4-P7)

To book a place on any of these sessions please email
emer.flett@argyll-bute.gov.uk

Let's Join Forces

Support for Children, Young People and Families with a Family Member Serving in the Forces in Argyll and Bute.



THE ARMED FORCES
COVENANT FUND TRUST
Funded by HM Government



RNRMC/The Submarine Family Funding

I am delighted to announce that we have been awarded a grant from the RNRMC/The Submarine Family Fund to support children and young people from Armed Forces families in schools across Helensburgh and Lomond.

This funding will contribute towards our Forces & Me Lunchtime Clubs, support activities during the Month of the Military Child (MotMC) and enable the design and creation of welcome leaflets and gifts for children and young people who are moving to Helensburgh and starting school in the area.

These projects will help ensure that Armed Forces children and young people feel welcomed, supported and connected as they settle into their new school and community.

A huge thank you to RNRMC and The Submarine Family for their support.





Webinar – 8th September 2026

An Introduction to Children from Armed Forces and Veteran Families

A 90 minute online webinar exploring the experiences, strengths, and support needs of children and young people from Armed Forces and Veteran families.

Children and young people from Armed Forces families live in every local authority across Scotland, yet many remain under-identified within services and support systems.

This introductory session is designed for professionals with little or no prior knowledge of Armed Forces children and young people's experiences. Drawing on research, policy, and the voices of young people, participants will gain an understanding of service life and culture, the strengths and resilience often developed by Armed Forces children, and the challenges they may face, including separation, deployment, mobility, and transitions.

To book your place please click on the following link

[An Introduction to Children from Armed Forces and Veteran Families Tickets, Tuesday, September 8 • 4 PM - 5:30 PM GMT+1 | Eventbrite](#)

Who Should Attend?

These sessions are suitable for:

- Education staff
- Youth workers and third-sector practitioners
- Health and wellbeing practitioners
- Anyone supporting children, young people, and families from Armed Forces families in Scotland



Armed Forces S1 Open Session at Hermitage Academy

On Monday 31st August, we hosted an open session at Hermitage Academy during Period 4 for all the new S1 Armed Forces young people at the school, which was facilitated by:-

- **Emer Flett** – Service Pupil Advisor
- **Lucy Impey** – Forces Children Scotland
- **Christine Stewart** – Royal Navy Family and People Support

The aim of the session was to provide an opportunity to connect with other Armed Forces young people and learn more about the support available to them both in school and through external organisations.

It was brilliant to see some of the young people already getting involved, with some expressing an interest in becoming Armed Forces Ambassadors, others wanting to get involved in projects with Forces Children Scotland, and some signing up to attend the Forces & Me Lunchtime Club.

We're looking forward to getting to know more of the S1s and supporting them throughout the year! 💜

HERMITAGE ACADEMY ARMED FORCES S1 OPEN SESSION



Monday 31st August 2026

Are you new to S1 and part of an Armed Forces family?

Come along to our Armed Forces S1 Open Session to find out more about the support available to you at the school and in the community and how you can get involved with Forces Children Scotland in future projects.

Where: Hermitage Academy Library

When: Period 4 followed by the Forces & Me Lunchtime Club in room C216

Who: Open to all S1 Armed Forces young people from serving, veteran, and reserve families

Emer Flett Service Pupil Advisor, Lucy Impey Participation and Rights Worker and Christine Stewart Community Support Worker will be there to chat about the support available to you and opportunities to have your voice heard and get involved in future projects.

COME ALONG AND JOIN IN!



Meet Lucy Impey
from Forces Children
Scotland

Free Pizza Slice

Play games and
socialise

Meet Christine
Stewart
From RN FPS

Meet Emer Flett
Service Pupil Advisor

Emer is available
every Monday in
room C023 to talk
about support
required

Forces and Me
Monday Lunchtime
Club

Navigating Periods of Separation

This is an updated suite of resources for all naval families dealing with periods of separation and time apart, whether that is through deployments, crew rotations or weekending. We recognise the challenges naval families may face during time apart, how adult relationships may change and how children experience the absence of their serving parent, as well as the impact on the wider family. These resources share information on what to expect, insights into the Emotional Cycle of Deployment and the support available. We have also created a new guide specifically for schools, sharing guidance and best practice for supporting naval children at school.

The purpose of this resource is to go further than the previous Experiencing Parental Absence guide, making it more relevant to the wider family, providing further insights for families and education professionals, and reflecting current service life.

The resources are split into 4 sections and all are available online:

- Navigating Periods of Separation is the guide for all naval families dealing with periods of separation and time apart
- Section 5a: What about the wider family and 5b: Hearing and valuing children's perspectives share the voice of children, how they have experience separation and what tools or strategies have helped them.
- How Education Professionals Can Help is our guide for schools supporting naval children, full of information, guidance and best practice.



The Comic Club – Helensburgh



We're excited to be launching The Comic Club, a new free weekly programme for young people aged 11–18 in the Helensburgh and Lomond area.

The club has been developed in response to feedback from young people and aims to provide a safe, welcoming and inclusive space where young people can meet others, build friendships and explore their interest in comics and graphic novels.

Sessions will include opportunities to read and discuss comics, discover new authors and genres, create characters and stories, develop their own comic strips, and take part in creative group activities.

The programme will also support the development of literacy, communication, creativity, confidence and social skills in a relaxed, informal environment.

- Starting Monday 14th September**
- Every Monday, 4pm–5pm**
- Helensburgh Community Hub**
- Free entry**
- Open to young people aged 11–18**

All young people are welcome – whether they're already passionate comic fans or simply want to try something new!

What's on in September



The CAVE

Tuesday's
starting on 18th August
1800 - 2000
S1 - S6
Free to attend

The Cave, Churchill Square, G84 9HL

The Cave
Starting on 18th August 2026, 1800 - 2000

RN FPS brand new meeting place for our local young people
The Cave, officially starts on Tuesday 18th August 2026, 1800 - 2000.

Open to all S1 - S6

To join please email NAVYPEOPLE-PSRNFPSSCOT@mod.gov.uk



SERVICE PUPIL ADVISOR

ADVICE AND INFORMATION APPOINTMENT

EVERY WEDNESDAY FROM
9A.M. - 12P.M.

@

DRUMFORK COMMUNITY CENTRE

If you have any questions regarding the Scottish education system, you are new to the area or you would like some advice/information then please contact me to arrange an appointment

Emer Flett
Service Pupil Advisor
Emer.Flett@argyll-bute.gov.uk
Tel: 01436 658921

Argyll & Bute Council



ROLLS & ROAST

Every Friday (term time)
0930 - 1130
The Cave, Churchill Square
Donation £1 + £1 per breakfast roll

Rolls & Roast
Starting on Friday 28th August 2026, 0930 - 1130

Join the RN FPS Community Team for a friendly morning get-together a bacon roll or veggie alternative, a cuppa and a chat.

Whether you're new to the area or have been part of the community for years, we'd love to see you there. Open to all Service families.

The Cave, Churchill Square, Helensburgh, G84 9HL

Please let us know you are attending by emailing NAVYPEOPLE-PSRNFPSSCOT@mod.gov.uk



Scottish Charity No. SC053058

Millig (Helensburgh) SWI Junior Dippers

Celebrating crafty creators

P4-P7 and S1-S3

Come join our fun and friendly Junior Dippers Group where we'll be diving into exciting activities, crafts, and new skills each month!

When: 4th Monday of every month (Sept - May)

Time: 5:30PM - 7:00PM

Where: Brownie Hall, John Street, Helensburgh

Cost: Only £2 per session!

First session: Monday, 28th September

Bring your friends and come along for a fun-filled evening!

To register, please email us at milligswi@gmail.com

Don't miss out — we can't wait to see you there!

Let your imagination soar

Discover the joy of creating

Boost your confidence

Make new friends

Be happy and have fun

Create beautiful things

Get in touch to book a place
milligswi@gmail.com



HOME START Lomond
Registered Charity No: SC053026

MONDAYS with Home-Start

9.30-11am Baby Bistro
breastfeeding support

The Family Hub, Churchill Square, Helensburgh
Open to All

9.30-11am Bookbug

The Phoenix Centre, Quarry Knowe, Dumbarton
Open to All

1.30-3.30pm - Naval Families' Playdate

The Drumfork Centre, Churchill Square, Helensburgh
Naval Families only

The Robertson Trust

THE ARMED FORCES COVENANT FUND TRUST
Funded by HM Government

ROYAL NAVY & ROYAL MARINES CHARITY



HOME START Lomond
Registered Charity No: SC053026

TUESDAYS with Home-Start

10.30-12pm Bookbug

The Family Hub, Churchill Square, Helensburgh
Open to All

The Robertson Trust

THE ARMED FORCES COVENANT FUND TRUST
Funded by HM Government

ROYAL NAVY & ROYAL MARINES CHARITY

Stay Connected

We welcome contributions to future newsletters.

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

**Google Drive for Armed Forces
Parents/Families**

Check out this Google Drive full of info and
resources for parents to access

Support locally and
nationally for
parents

SCAN ME! →



Moving to
Scotland

Info and
resources on
deployment



Contact Me

Emer Flett
Service Pupil Advisor

☎ 01436 658921

✉ emer.flett@argyll-bute.gov.uk

f Service Pupil Advisor Helensburgh
& Lomond

✕ @AdvisorPupil