

Service Families Newsletter

July 2025



York Garrison Armed Forces Art Competition 2025

It was fantastic to receive so many entries to this year's competition. The children have worked really hard to produce artwork depicting a positive Armed Forces theme. Congratulation to all children.

We really enjoyed looking through the entries and were impressed with the artwork! The artwork was reviewed and three 'top' pieces selected from each school – giving us a total of 15 pieces for the exhibition. A winner and runner-up was chosen for each school and 3 overall winners were selected by the Commanding Officer of 2 Signal Regiment, Leader of York Council and York College; these 3 will be proudly displayed for a year across 3 sites - CYC, York Army Museum and York College.

The exhibition is now being hosted by the York Army Museum who have kindly offered to display across the summer holidays. Pop along and have a look.

Thank you to all who have supported this event this year!



Information and Resources



Overseas assignments Support

The MOD wants to hear from Armed Forces personnel and families about their experiences of life on an overseas assignment.

What information and support has been helpful to you and what could be better on issues like childcare, partner employment, communication and safeguarding?

It ends on 30 August and is anonymous.

[More information](#)

[Survey](#)

Click here to find out more

Ministry of Defence

How can we better support you and your family while overseas?

Take the MOD Overseas Families Survey!

Your feedback will help to shape Defence's overseas families' policies, in areas such as education and childcare, partner employment, and welfare.

Take the survey

All Regular and Reserve Service personnel, and their partners / civil spouses, are encouraged to complete the survey.

Please be assured that survey responses are **anonymous**.

Survey closes on **Saturday 30 August 2025**.

**REVISED
MOVE-IN
STANDARDS
FOR SFA**

SFA Revised Move In Standards

DIO has brought in revised move-in standards and they are effective now.

Find out more here by clicking the link below.

[New Standards](#)



NEWS
NEWS
NEWS
NEWS
NEWS

BREAKING NEWS

MILITARY LIFE
AND NEWS
ANXIETY

@dandelionmilitaryfamilies



In light of current events Dandelion Military Families have experienced an increase in the number of people messaging feeling understandably overwhelmed and anxious. They have posted the message below on their social media pages.

'It's hard not to find the 24 hour news cycle anxiety-provoking at the best of times, but as military families we often look at those bulletins through a different lens to the average viewer - what are geopolitical changes likely to mean for us and our serving person(s); will a particular news item mean those with 'short notice to move' are activated; will leave be cancelled; is a deployment on the horizon; are we and our loved ones at increased risk?!

It can be really triggering, even if you're not usually of an anxious disposition or have loved ones directly involved. We can relate to this personally when during Op Pitting the news cycle was especially relentless; the changes and sense of imperilment increased hour by hour, and our notifications were constantly pinging with breaking news. I'm sure other families who've experienced armed conflict in the smartphone era will have felt similarly.

During that time we learned the hard way how important it is to maintain a healthy relationship with the news cycle. It's important to remain informed, but there's a difference between that and fixating or ruminating on the latest events, and for sanity's sake, you have to try and preserve your peace.

For us, ways of achieving this included; turning off news app notifications, being intentional about the times you choose to engage with the news (I opted for twice a day, but not too close to bedtime!), select only trusted sources of information, mute misinformation, don't engage with social media speculation and when you're feeling powerless, discuss your fears and concerns with someone who gets it. Fellow spouses can be a godsend in these moments.

Also, polite notice if you're on the fringes of military life, please think before you message military families saying 'have you seen this?' or 'what's the latest on this?'. We know it's usually well intentioned, but we probably don't have any additional information, and even if we did, we couldn't tell you.'



Click her for more
information on Dandelion
Military Families

FAMILIES HUB SUPPORT



Families Hub Support

Launched earlier this year, the Families Hub signposts Service personnel, spouses and partners to information, support and organisations like AFF that help you in your Forces life.

It offers links to advice on a wide range of subjects, from childcare, education and health to housing, partner support and transition to civvy street.

Click the image opposite for more information.



Click here for more information

Live Well York
Armed Forces
Community

LIVE
WELL
YORK

An information and advice
community website for
all adults



www.livewellyork.co.uk

An information and advice community website
for all adults

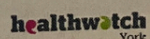
- What's On directory
- Wide range of health and wellbeing information and advice pages
- Services and products directory
- Personalised booklet you can create for yourself or someone you know



livewellyork@york.gov.uk, or scan this QR code:



All Explore libraries have computers for public use and free WiFi



What's On?



Strensall Station
COHESION DAY
BRING YOUR OWN PICNIC

FREE ENTRY

SATURDAY
26th
July
25

12:00 pm
UNTIL
16:00 PM

WHAT'S ON
Music, Silent Disco, Bar,
Go Karts, Games,
Children's
Entertainment, Free Ice
Cream, Face Painting,
Bouncy Castles, Bucking
Bronco, Craft Stalls,
Tombola Stalls, Fire
Engine, Police.

Hosted By 21 MMR Welfare
21MMR-RHQ-WELFARE-MAILBOX@MOD.GOV.UK

 Tickets Via QR Code



York Youth Festival
@ Rowntree Park

Wednesday
23rd July 2025
2pm - 5pm
11-18
year-olds

Fun *Free* *Live music*
Friends *Food* *Summer picnic vibes*

Accessibility info



YORK Learning
SUMMER FESTIVAL

Family workshops in Summer 2025

- Make your own Mosaic
- Phone Photography:
Portraits of your Children
- Nature Photography with
your Children
- Revamp your t-shirt
- Let's Cook Together!
- Hand sewing: Make a small
denim bag
- Old York, Block by VR Block

 SCAN ME

 Family Learning In York
 @FamilyLearningInYork

For more information and to join in:
visit www.yorklearning.org.uk
call 01904 554277
email york.learning@york.gov.uk

YORK Learning  



Army Welfare Service
Serving the Service Community



Holiday Provision for Service Children and Young People

- Fulford Mon 21 - Fri 25 July 2025 10.00am - 3.00pm (9.30am for trip days)
- Strensall Mon 28 July - Fri 1 August 2025 10.00am - 4.00pm (9.30am for trip days)

The Army Welfare Service is running low cost multi-activity weeks for Service children/young people during the summer school holidays. This is aimed at children/young people aged 8-16 years, but we may also be able to offer some places to 6 and 7 year olds if there is a need for this.

The programme of activities will include: arts & crafts - games - sports - baking - visits to playparks - Forest School activities - free play - trips to Stockeld Park and William's Den (both are adventure play parks)

The cost is just £20 per child for the full week. The programme of activities will be held in the MOD community centres adjacent to the barracks in both locations.

If you have any questions, need any more information or would like to book a place for your child(ren), please email michael.bailey124@mod.gov.uk Tel. 077 6700 8982 - AWS Community Development Worker, York / Strensall

**'SO
MUCH
FUN'**





BRAND NEW FOR 2025

Family Reconnection
Weekend

www.littletroopers.net

JOIN US IN 2025 FOR A WEEKEND OF
FAMILY ADVENTURE ACTIVITIES

2025 DATES

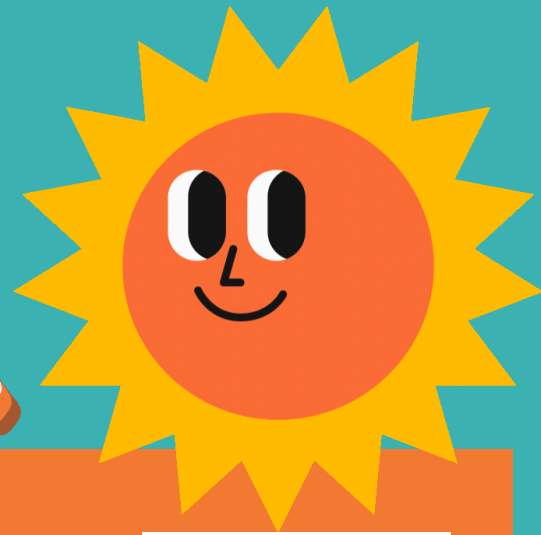
2nd - 4th May ~ PORTLAND
13th - 15th June ~ NEW FOREST
25th - 27th July ~ BRENSCOMBE
26th - 28th September ~ PORTLAND

Fully funded for military families with
children 9yrs / Year4 +
fully catered residential

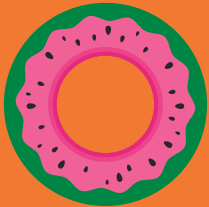


**'SO
MUCH
FUN'**

WHAT'S ON? *Summer*



Visit York



Useful contacts



Army Welfare Service
Serving the Service Community

For all Personal Support enquiries and referrals please contact the Intake and Assessment Team (the AWS welfare single point of contact) at:

RC-AWS-IAT-0Mailbox@mod.gov.uk or 01904 882053 (civ) / 94777 3053 (mil)



21 Multi-Role Medical Regiment

Welfare Officer: Capt Kyle Bruce

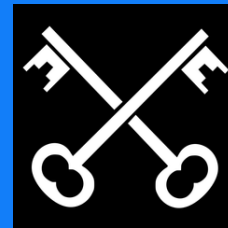
21MMR-RHQ-WELFARE-OFFR@MOD.GOV.UK

WO2 Nikki Robson

Email: 21MMR-RHQ-WELFARE-0MAILBOX@MOD.GOV.UK
Tel: 01904 442989

(Out of hours welfare please call the guardroom on 01904 442864 and ask to the Duty Welfare Officer)

Unit Welfare Clerk
Mrs Susan Wilson
Email: 34Hosp-rhq-welfare-clerk@mod.gov.uk



2 Signals Regiment

UWO
Capt Mark Davies

Unit Welfare SNCO
SSgt Katie Mancey

WO2 Carl White

2sig-spsqn-welfare-groupmailbox@mod.gov.uk
Civ: 01904 651572 | Welfare Mob : 07973817562



01264 554004



contact@aff.org.uk



www.aff.org.uk



Beccy Dixon
Service Families Liaison
Officer



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r.dixon@ebor.adademy



SERVICE FAMILIES LIAISON OFFICER

A message from me...

Hello everyone,

The final few weeks of the school year are ahead of us and the summer holidays are creeping up; another school year has flown by!

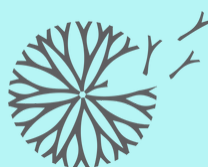
This year has provided me with new and exciting opportunities to engage with and support the military community across York and to work with schools, universities and other professionals to raise the profile and awareness of Service children and Young people. A particular highlight for me was the Service Children's Awards, which was running for its 2nd year. It was a privilege to meet so many amazing Service Children and Young people and to celebrate with them.

Over the past 2 years, I have delivered the 'Supporting Service Children & Young People in Education' professional training programme to in excess of 500 teachers, school staff, university PGCE students and new-beginning teacher, and professionals working with the military community. The purpose of the training is to raise awareness of the challenges that may be faced by Service children & Young People, due to the Armed Forces lifestyle, that have the potential to impact education and well-being and to equip participants with the knowledge and understanding so they are more confident to provide effective support.

Whatever you have planned for the holidays, I hope you all enjoy the summer break.

See you in September!

Beccy



 **THE ARMED FORCES
COVENANT FUND TRUST**

