

The Round Up

What's on this Month Weekly groups

Wednesdays	Bumps & Babies Walk	RN&RM families who are expecting or with 0-5s (Contact: Miriam.charlton103@mod.gov.uk)	1230	Saltram NT (meet at Cafe)
Wednesdays	RNFPS Junior Youth Group	RN & RM kids aged 6-12	1730-1900	Crownhill RN Centre
Thursdays	Wavy Navy Tots Stay & Play	Military Families with 0-5s Older children welcome in school holidays	0930-1100	Crownhill RN Centre
Thursdays (1 st , 2 nd & 3 rd weeks of the month)	RNFPS Junior Youth Group	RN & RM kids aged 6-12	1730-1900	Radford RN Centre
Fridays	RNFPS Family Friday	Coffee morning for Service families, children welcome	0930-1100	Radford RN Centre



Storybook Waves Christmas Specials

Going away over Christmas? Arrange your Storybook Waves recordings done and receive Christmas Crafts as part of your Storybook Waves Packs.

Contact Letty.Jones@aggies.org.uk for more information.

Pastoral Care

As ever, the Aggie's team is available to offer 1 on 1 pastoral visits and signposting to other organisations. If you know of a family or individuals who need a bit of support, however small, do let them know about us.

The Round Up

What's on this Month

Monday 1st December	Christmas Book Club: The Dinosaur that Pooped a Reindeer	All military families	1615-1715	Jack & Jills, Trevorder Cl. Torpoint
Friday 5 th December	Christmas Pamper Evening	Suitable for adults and mellow teens	1900-2100	Crownhill RN Centre
Saturday 6 th December	RNFPS Crownhill Christmas Party	RN & RM Families (signup on RN Forum)	1100-1300	Crownhill RN Centre
Sunday 7 th December	Swim Free Family Swim Session	All RN, RM & RFA Families (signup at www.swim-free.org.uk)	0900-1200	Plymouth Life Centre
Sunday 7 th December	HMS Raleigh Children's Christmas Party	Raleigh staff & RNRM families based in Torpoint (signup by 4 th December)	1100-1400	HMS Raleigh
Friday 12 th December	RNFPS Radford Christmas Party	RN & RM Families (signup on RN Forum)	1600-1800	Radford RN Centre
Monday 15 th December	Family Night: Christmas Fun & Food	All military families. Ideal for children up to age 7	1630-1830	Crownhill RN Centre

Family Nights

Take the pressure out of your week and let us feed and entertain you! Join us for our last Family night of the year with themed crafts, games, dinner & dessert. Please sign up so we can cater accordingly.

15th December - Crownhill Centre - 1630-1830

www.aggies.org.uk/family-night



Aggies Community Waves
Plymouth

Family Night

Monthly on a Monday
1630 - 1830

Crownhill RN Centre, PL6 5BX

Booking essential:
www.aggies.org.uk/family-night

Suggested donation
£5

Quality time with family - dinner, craft and games!
Ideal for children 7 years old and younger
(older children welcome).

For more information contact:
Mark.Jones@aggies.org.uk

15th September 2025: Boat Fun & Food
20th October 2025: Racing Fun & Food
17th November 2025: Space Fun & Food
15th December 2025: Christmas Fun & Food

www.facebook.com/AggiesCWPL

Featured Events



THE DINOSAUR THAT POOPED A REINDEER!

Suggested Donation
£1.50 per family

Christmas Book Club

Booking essential via:
www.aggies.org.uk/

Jack & Jills, PL11 2NS
01 December, 1615 - 1715

Join us for a special Christmas storytime, snacks and crafts. Ideal for children under the age of 7. For more info, email: Letty.Jones@aggies.org.uk

Supported by:  www.aggies.org.uk



Children's Christmas Party

Booking essential before 4 December via:
www.aggies.org.uk/raleigh-christmas-party

HMS Raleigh, WOs & SNr Mess
07 December, 1100-1400

Open to all families of those working at Raleigh & RNRM serving families living in the Torpoint. Join us for food, entertainment & fun! Email: Letty.Jones@aggies.org.uk for more info.

Supported by: 

Booking essential via:
www.aggies.org.uk/raleigh-christmas-party

www.aggies.org.uk

Torpoint Christmas Events

Based or living over the water? Join us for one of our Christmas events in Torpoint.
(The HMS Raleigh Christmas party must be booked by the 4th December.)

Christmas Book Club:
The Dinosaur that Pooped a Reindeer
1st December - Jack & Jills, PL11 2NS
1615-1715
www.aggies.org.uk/christmas-book-club

HMS Raleigh
Children's Christmas Party
7th December - HMS Raleigh, Wos & SNCOs Mess
1100-1400
www.aggies.org.uk/raleigh-christmas-party

Christmas Pamper Evening

Need a calming respite from the festive preparations? Come join us for a relaxing evening with mulled punch and festive treats with shiatsu massage, facials and mani-pedis.

5th December - Crownhill Centre - 1900-2100

Contact Letty.Jones@aggies.org.uk for more information.

www.aggies.org.uk/pamper



Christmas Pamper Evening

Booking essential before 4 December via:
www.aggies.org.uk/pamper

Crownhill Community Centre, PL6 5BX
05 December, 1900-2100

Take a break from the busyness and enjoy a relaxing evening of mulled punch, seasonal treats, facials, mani-pedis and foot spas. Suitable for adults and mellow teens. £5 suggested donation. Email: Letty.Jones@aggies.org.uk for more info.

Booking essential via:
www.aggies.org.uk/pamper

www.aggies.org.uk

Check out:

www.facebook.com/AggiesCWPL
www.instagram.com/aggiesplymouth

Other Opportunities



Are you or your partner part of the Armed Forces?

Have you had to reallocate your family?

We need your feedback to help serving families in the Plymouth area.

Please help us and submit your feedback via the QR code below



**07
DEC**

SWIMFREE Family Swim Session

📍 Plymouth Life Centre

Session highlights:

- Christmas music to set the festive mood
- Floats and fun for all ages
- Friendly relay races
- A family-friendly water polo game

**9am -
12 noon**



After the swim,
join us for tea,
coffee, juice
and pastries!!

Scan me to find out more or visit swim-free.org.uk



Never Such Innocence Poetry, Art & Songwriting Competition

Never Such Innocence
International Competition
Poetry, Art, Songwriting
26/09/2025 - 27/02/2026
Open to 9-18 year olds
WORLDWIDE

Closing date: 27th February 2026

For more information & rules:

www.neversuchinnocence.com/2025-26-competition



Check out:

www.facebook.com/AggiesCWPL
www.instagram.com/aggiesplymouth

Courses & Support





Solid Foundations: Strengthening Families
 For all Royal Navy and Royal Marines families in the UK and abroad

ROYAL NAVY AND ROYAL MARINES COUPLES

Would you like some help with communication and managing conflict?



On Zoom
 Attend from anywhere at times and dates that suit you (in working hours)

Six free sessions of support

- Strength and growth areas
- Relationship dynamics
- Communication
- Managing conflict
- Family of origin and personality

Book a place by emailing info@sfrust.org.uk





Childcare Works

Are you the partner of serving military personnel or reservist and interested in joining our paid 16-week, part-time childcare programme?

"I couldn't have achieved employment in the nursery without the support of NDNA. It has changed my life. I am really grateful"
 Jade, Trainee Nursery Assistant



"Joining NDNA's Childcare Works Project has given me a lifeline and the confidence to start a new chapter in my life. I can't thank you enough for all your help, support and understanding."
 Linda, Trainee Nursery Assistant

Find Out More
lesley.williams@ndna.org.uk
 077 18803652 / 01824707823
 @NDNATalk / ndna.org.uk NationalDayNurseries



Parenting a child who struggles with big emotions and outbursts?

FREE online course for parents

You're not alone. Join our supportive parenting course to learn practical strategies, share experiences with others who understand and build confidence in managing challenging behaviours at home.

Four weekly sessions on
 Thursdays 7.30-9.00 pm
 January 22nd, 29th and February 5th, 12th 2026


Book a place by emailing info@sfrust.org.uk



Funded by the Armed Forces Covenant Fund Trust

Heading to Uni?

If you're under 25 and from a Naval family, you could be eligible for financial support.



Applications for the University Education Bursary Award Scheme 2025-2026 are still open!

Closing date: 28th November 2025

For more information go to:
www.navalchildrenscharity.org.uk/university-bursary-scheme

Even more Courses & Support





Solid Foundations: Strengthening Families
For all Royal Navy and Royal Marines families in the UK and abroad

Does your child have ADHD or ADHD traits?
Are they aged between 3 and 11 years?

FREE online course:
Parenting Children with ADHD

On Tuesdays from
20th Jan to 17th March 2026
9.30-11.30 am



On Zoom
Attend from anywhere!
8 weeks, term-time only

Learn about:

- ✔ Understanding ADHD
- ✔ Boosting self-esteem
- ✔ Meeting emotional needs
- ✔ Managing behaviour
- ✔ Tips for school and the wider family



Book a place by emailing info@sftrust.org.uk




FREE ONLINE

SEMINAR

An Introduction to Parenting Children with ADHD

Insights and strategies for families of children who have or might have ADHD

Wednesday 7th January 2026
7.30-9.00 pm

Book a place by emailing info@sftrust.org.uk



Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad




FREE ONLINE

SEMINAR

An Introduction to Parenting Children with Autism

Insights and strategies for families of children who have or might have Autism

Wednesday 14th January 2026
7.30-9.00 pm

Book a place by emailing info@sftrust.org.uk



Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad




FREE ONLINE

SEMINAR

Pathological Demand Avoidance

Does your child experience Pathological Demand Avoidance (also known as Pervasive Drive for Autonomy)?
Come along to this seminar to understand why PDA happens, its underlying factors and learn practical tips and strategies to support your child.

Monday 2nd February 2026
7.30-9.00 pm

Book a place by emailing info@sftrust.org.uk



Part of the Strengthening Families programme for all Royal Navy and Royal Marines families in the UK and abroad

Useful Websites for Schools:

www.mkcheroes.org
www.scipalliance.org
www.littletroopers.net
www.navalchildrenscharity.org.uk
www.nff.org.uk

School Visits

Our Community Waves team love would love to visit you Military Kids clubs or say hello at any service family coffee mornings. We are also able to do home visits and offer low-level support and signposting to families so do get in touch if you feel this would be of use to you.

To arrange a school visit contact: Letty.Jones@aggies.org.uk



Loyalty: Military Value Workshop

A 1 hour workshop for schools to explore the core military value of loyalty with discussion and games. Ideal for a group of up to 30 Key Stage 1 or 2 children and can be run in a hall or classroom with some cleared space to move around. Get in touch if you would like to book a visit.

Letty.Jones@aggies.org.uk

Change Games: Sports Workshop

Our 2 hour workshop for schools exploring the theme of change experienced by so many military children. Ideal for a group of up to 30 Key Stage 2 children and can be run in a hall or outside space. Get in touch if you would like to book Mark for a visit.

Mark.Jones@aggies.org.uk

