

# CATTERICK GARRISON GAZETTE

PUBLISHED EVERY OTHER MONTH

ISSUE 209 JUNE-JULY 2024

NEWS AND FEATURES FROM CATTERICK,  
RIPON, TOPCLIFFE AND DISHFORTH



THE LANCERS WELCOME HER MAJESTY THE QUEEN  
8 RIFLES EXERCISE NORTHERN FROSTED SWORD 5  
ARMY BENEVOLENT FUND



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## FROM THE EDITOR:

Welcome to this summer edition of the Catterick Garrison Gazette, thankfully the sun has come out and mercury has finally risen in N Yorks, hopefully it is not to fleeting!

Within this edition of the Garrison Gazette, we have a range of military articles from local units, detailing adventurous endeavours in the French and building esprit de corps hiking in the Yorkshire Dales to name a few. Of note is the Royal Lancers article, who welcomed their new Colonel-in-Chief, Her majesty the Queen to Catterick for a landmark visit to the Regiment.

We also have articles reporting the great work of local community groups, as well as great articles from busy local schools. I would like to thank the Garrison community 'military and civilian' who continue to support the Gazette and wider Catterick Garrison events.

A huge congratulations also goes to Lyla O'Donovan and Kacey Clarke, both students at Le Cateau CP School, who were both deserving winners at the recent N Yorks Service Childrens Awards. What a magnificent achievement.

I hope the articles have inspired you to pen a submission for the coming editions of the Gazette highlighting your individual or organisations endeavours. Should you wish to submit an article for the next edition of the Garrison Gazette, then please send them to us at [CatterickGar-iHub-GpMailbox@mod.gov.uk](mailto:CatterickGar-iHub-GpMailbox@mod.gov.uk) by 19th July 2024.

**Kind regards,  
Maj AJ Green  
COS HQ Catterick Garrison**



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Submit articles in electronic form – on CD. Include high quality digital images where possible. Please keep the text and images separate.



# THE SIX DALES TRAIL

By SSgt Waters, Band Catterick

**On 23rd April, British Army Band Catterick embarked on the Six Dales Trail in Yorkshire, lead by our resident Mountain Leaders.**

After a morning of mixed weather, the band arrived at the start position of Blubberhouses. A scenic walk along Fewston Reservoir eased us in gently to what was going to be a challenging week. The football fans amongst us were pleased to pass the house of Gareth Southgate, England football manager, at Swinsty Hall. Our Mountain Leaders took the liberty of navigating the band away from the beaten path, to take in some quiet Yorkshire country side and enjoy a rainy lunch on a small bridge at Norwood Bottom. Day 1's final checkpoint was in Otley, where the band put their feet up, had a light refreshment and soaked in some Yorkshire sun.

Day 2 provided more spectacular scenery of Thruscross Reservoir and Heyshaw Moor. The rain held off, so we took a detour onto the Nidderdale Way. This gave us a great scenic view of Pateley Bridge, where we finished for the day. On arrival at Pateley Bridge, some band members visited the oldest sweet shop in England and treated themselves to a Yorkshire delicacy, Pateley fruity pebbles.

Day 3 provided a challenge for all unit members, as the mountain leaders picked up the pace. The band started at Gollinglith foot and ascended to Roundhill Reservoir. We then stepped further

up the contours to Low Ash Head Moor, where we stopped for lunch in the sun. Ascending a little higher, we passed Jenny Twigg and her daughter Tib - two colossal boulders left behind from the Ice Age. After 13 miles all of ascent, we were relieved to descend into Wath.

The penultimate day began at the remains of Jervaulx Abbey and the trail latched onto the river Ure. The track gently undulated for several miles, before we ascended from the river up to Middleham. A picturesque view awaited us, as Middleham Castle came into view, resulting in a fine end to a nice day.

Our final leg was a circular route starting and finishing in Leyburn. We took in the beautiful Leyburn Shawl, passing Tullis Cote and stopping for lunch in the quiet village of Wensley. We then descended down to a track following the river Ure, coming through the village Harmby and landing back in Leyburn. After a week on our feet, we felt accomplished and happy with our yearly dose of Yorkshire countryside.

## Catterick Coffee Mornings

British Army Band Catterick have recently been hosting charity coffee mornings, welcoming people from across the Garrison. If you would like to come along to the next event, please contact LCpl Souter at [holly.souter100@mod.gov.uk](mailto:holly.souter100@mod.gov.uk) for details. We would be thrilled to host you!

Last month, band members and guests channelled their inner Mary Berry and participated in a 'Bake



Off' competition, with a lemon drizzle cake winning 1st Place. Whilst baked goods are not obligatory, we encourage guests to bring some change for the charity donation pot. Our last coffee morning raised a fantastic £111.54 for the Motor Neurone Disease Association.

Cpl Sally Pearson is the head of the band's social committee and is passionate about fundraising, especially for the MND Association. The MND Association focuses on improving access to care, research and campaigning for those people living with or affected by MND in England, Wales, and Northern Ireland.





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# THE LANCERS WELCOME HER MAJESTY THE QUEEN

By Capt Cameron Smith, RL



There was a hubbub of activity as the Regiment made the final preparations for the first visit of their new Colonel-in-Chief since her appointment in June 2023. On a damp and miserable day in Catterick Garrison, boots were polished, flags were raised and a marquee was erected in anticipation of The Queen's arrival. When she did arrive, shortly after 11 o'clock, the Regiment were formed up on parade to greet her. 500 strong, the Regiment were stood

in three ranks, line abreast across the parade square. 600 old comrades and families had also turned out, along with the nation's press, all eager for their moment with Her Majesty. It was quite the spectacle.

The Commanding Officer, Lieutenant Colonel Davies, invited The Queen to inspect her Regiment. After she did so, they marched forward in review order to hear her speak. The Queen spoke of her special connection with the Regiment: her late father,

Major Bruce Shand, had served with the 12th Lancers during the Second World War and won the Military Cross and Bar for gallantry during the retreat to Dunkirk and at the second battle of El Alamein. She recalled his fond memories, particularly of the Regiment's esprit de corps and the Non-Commissioned Officers' unparalleled capacity to consume beer.







The Queen then met families and old comrades in the marquee on the parade square, before making her way to the Sergeants' and Warrant Officers' Mess to present Buchan Medals. She gave six medals to serving and former Lancers for conspicuous service to her Regiment. Afterwards, she visited the Officers' Mess to review a museum

exhibition: her father's desert tunic worn during the North African campaign in 1942. She paused for a while to meet those gathered, spending far longer with her Regiment than had been planned. As she left the Officers' Mess, an impromptu three cheers were given, led by the Regimental Sergeant Major Warrant Officer Class I Mukungunugwa.

The rain couldn't dampen the Lancers' spirits and, after The Queen left, the three messes ate, drank and celebrated a wonderful occasion. The day marked the final parade of the Regiment for over a year as Squadrons deploy on operations across the world this summer.

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# 8 RIFLES EXERCISE NORTHERN FROSTED SWORD 5

By SSgt Kitchen, 8 Rifles

**E**x Northern Frosted Sword 5 (Ex NF55) took place in the French Alps during the period 7-13 Jan 24 and was a Type 3 Adventurous Training (AT) exercise. 8 Rifles delivered the Ex which saw a total of 36 Officers and Riflemen travel by road and air to the Val Thorens ski resort and conduct alpine ski activities in the hugely popular 3 valleys area. Les Trois Vallee's boasts to provide the worlds largest ski area with a vast network of 600km of ski runs which suits all abilities from novice to advanced skiers alike and proved to be an excellent location from which to deliver all planned activities.



The aim of Ex NF55 was to introduce selected Officers and Soldiers to Alpine Skiing, whilst continuing to identify and develop future Ski Leaders as they progress through the Alpine Ski scheme. This was achieved by concurrently delivering 2x Ski Foundation 1 (SF1) and 2x Ski Foundation 2 (SF2) courses/continuation training. As 8 Rifles is geographically located in several locations a secondary aim was to continue to build upon unit cohesion amongst attendees.

Despite some particularly adverse weather conditions, the aim of the Ex was comfortably met and a total of 10 x SF1 and 4 x SF2 qualifications were awarded which is testament to the excellent tuition and guidance provided by various internal and external instructors. In addition to this, lots of experience was gained in the form of Continuation Training for previously qualified personnel who were all provided with an action plan and relevant advice in order to progress towards future leader awards. Furthermore, in terms of the 'real life' experience, all personnel had the opportunity to work/socialise with a wide mix of ranks, from Lt Col to Rifleman, across the

Bn and test themselves to the limit in arduous conditions with regards to enhancing Operational Effectiveness. This proved to have a positive effect of strengthening inter-Coy relations and provided a valuable opportunity for the more junior members of the Bn to get to know some key personalities from BHQ/other Coys.



Some excellent feedback from attendees include the following comments:

"Definitely got pushed out of our comfort zones but ended up learning a lot!"

"Quite a different day to wake up to. The conditions and visibility were very difficult and challenging which made everything much harder"

"It was fantastic and the best AT I have done so far with the military.

Ex NF55 was funded from a mix of Public and Non-Public Funds, including a personal financial contribution from all attendees. Without the generous donations from organisations such as RFCA and HQ Catterick Garrison Welfare Funds it would be extremely difficult to deliver this type of event and a huge thank you is offered to these organisations from an extremely grateful OIC of the Ex.



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By Jen Gardiner, Risedale School



## Year 11 Intervention Weekend at Bewerley Park

### Year 11 Risedale School pupils go all out for GCSE success!

Forty-three Year 11 pupils embarked on a challenging but rewarding intervention weekend at Bewerley Park Outdoor Centre, aiming to boost their performance in core GCSE subjects.



After school on Friday 1st March, the group set off for a 24-hour session filled with focused revision and engaging activities. They spent three dedicated hours working on English, Maths, and Science before a bit of well-deserved sleep in their dorms (although we suspect a few late-night conversations might have taken place!).



Saturday began bright and early with breakfast, followed by another three hours of focused revision. To acknowledge their hard work, pupils were

rewarded with a choice of exciting outdoor activities: canoeing, bouldering, or a high ropes course. Despite the rain, the Bewerley Park staff ensured everyone had a fun and memorable experience.

The teachers involved expressed immense pride in the pupils' commitment, effort, and teamwork throughout the weekend. Special thanks to Miss Roberts, Miss Burke, Mr Carter, Mr Allen, and Mr Dean for dedicating their weekend to support and guide the pupils.

*"It was truly impressive to witness the pupils' commitment to their revision," remarked Mr Dean, Teacher of Maths. "The teamwork and effort displayed by the entire group throughout their time at Bewerley Park were truly exceptional."*

**Mrs Hailwood - Senior Teacher**

## Year 9 Pupils Explore the World of Fashion and Textiles

Year 9 pupils at Risedale School got a taste of the exciting world of fashion and textiles during a special taster session led by Teacher of Technology, Mrs Vizor. To kick off the session, the group delved into the world of design inspiration, examining successful designs in everything from cutting-edge technology to popular products like Stanley cups and makeup. This exploration provided a broad understanding of what makes a design successful, setting the stage for the creative tasks to come.



The session then took pupils on a journey through the fascinating world of artistic movements. They explored the distinctive styles of Art Deco, Bauhaus, and Memphis, gaining an appreciation for their unique aesthetics. Armed with this knowledge, the pupils were challenged to design their own outfits inspired by these movements.

The session culminated in a hands-on practical activity where pupils brought their design concepts to life. Using a combination of fabric paint, batik techniques, and fabric manipulation, they creatively adhered their designs onto a mannequin template or 'fashion croquis'. The results were a showcase of individual creativity and a testament to the pupils' new found design skills.



*"The classroom was buzzing with activity during the session," remarked Mrs Vizor. "It was wonderful to see their imaginations flourish as they explored different design elements and translated them into their own unique creations. I was so pleased at how engaged the pupils were with the activities. Well done Year 9!"*

The successful taster session has undoubtedly sparked a passion for fashion and design in many Year 9 pupils. Whether they choose to pursue it further in Year 10 or simply carry this newfound appreciation with them, the experience has undoubtedly enriched their knowledge and ignited their creative spirit.

## Celebrating International Women's Day at Risedale School!

International Women's Day at Risedale School kicked off with an inspiring assembly led by Senior Teacher



Mrs Cox for Years 7-10. We heard about the achievements of incredible women throughout history and were encouraged to follow our own dreams.

### Let Girls Play!

To mark this significant occasion, ten amazing Year 7 girls from Risedale took part in the biggest-ever football session run by the national Girls' Football in Schools Partnership! The #LetGirlsPlay event, hosted by Richmond School, aimed to promote a love for the sport and provided a fantastic opportunity for our girls to play in a friendly tournament against other local schools.



The Risedale team showed true grit and determination throughout the day, playing a total of 6 games. While they may not have come away with wins in every match, the girls' teamwork, perseverance, and pure enjoyment of the game shone through!

We're so proud of our girls for embracing this opportunity and celebrating International Women's Day by playing the beautiful game!

## Pupil Mental Health Ambassadors

**Risedale's Mental Health Ambassadors launch a new platform for pupil voices.**



Risedale School's dedicated team of Pupil Mental Health Ambassadors are continuing to make strides in their mission to promote positive mental health and wellbeing across the school community. Recently the ambassadors unveiled an exciting new initiative: a Google Classroom for wellbeing.

This online platform, accessible to all Risedale pupils, creates a space for open communication and collaboration on matters related to mental health and wellbeing. The platform's primary goal is to empower pupils to share ideas and contribute

to fostering a positive school environment that prioritises everyone's wellbeing.

School Counsellor, Lisa Smith, said, *"We are really excited to launch this platform within school so that all pupils at Risedale have a voice for positive mental health and wellbeing ideas."*

### Building on Success:

The Pupil Mental Health Ambassadors have already made significant contributions to the school community. On World Mental Health Day the ambassadors presented a whole school assembly to raise awareness about mental health. They've also completed a course in pupil mentor training, equipping them with valuable skills to support their peers.

### Looking Forward:

The ambassadors are brimming with new ideas to further their positive impact. They're taking inspiration from the Google Classroom suggestions, with plans to install a "Suggestions Box" near the Risedale Pupil Reception. This drop-in box will provide pupils with a safe and anonymous way to share their worries and ideas.

Fundraising for a Mental Health charity is another initiative on the horizon. This will not only raise vital funds for a worthy cause but also continue to raise the profile of mental health within the school.

### A Whole School Approach:

Risedale School is committed to a "Whole School Approach" to Mental Health and Wellbeing, recognising the importance of a coordinated effort across the entire school community. The Pupil Mental Health Ambassadors are a key part of this approach, and their initiatives complement the school's wider mental health strategy.

The ambassadors are also taking an active role in shaping school policy. They will be working alongside School Counsellor, Lisa Smith, to review the school's Positive Mental Health Policy, ensuring their voices are heard in the decision-making process.

Risedale School applauds the ongoing efforts of the Mental Health Ambassadors and their dedication to creating a supportive and inclusive environment for all pupils. The launch of the Google Classroom for wellbeing, alongside their other initiatives, is a significant step forward in empowering pupils and fostering a culture of open communication and positive mental health at Risedale.



## Here's what some of our Pupil Mental Health Ambassadors had to say:

Rose Stoddart (10Ford) said, *"I wanted to become a Pupil Mental Health Ambassador because I wanted to help improve the impact we had on the school by doing more things like assemblies and updating the notice boards around the school with our photos so people know who we are and know that they have people to talk to if they need help with something."*

Kristian Cutress (10Dunphy) said, *"I think our best achievement so far is that we have made pupils aware that the Pupil Mental Health Ambassadors are here for ALL pupils."*

Natasha Griffiths-Allen (11Westwood) said, *"To me, our greatest achievement is the Google Classroom, everyone has so many good ideas. I am hoping that by being a Pupil Mental Health Ambassador, we can help everyone know where support is and that people will associate good things with mental health, not just the bad."*

## Rotary STEM Tournament

Pupils from Risedale School went head-to-head with over 150 pupils from 10 other schools at a STEM design challenge held on Tuesday 12th March. The event, organised by the Rotary Club of Northallerton and the 1st Close Support Battalion REME at Catterick Garrison, tasked pupils with building a machine that could launch a ping pong ball to impressive heights and then land it safely through a hoop in a designated zone.



Risedale sent four teams to the challenge, and all four displayed remarkable resilience and ingenuity. Even a team whose machine faltered during practice managed to pull off a successful final test, showcasing their ability to adapt and overcome obstacles. Congratulations to all the participating pupils for representing Risedale School so well at this prestigious event.

## Year 11 GCSE Geography Field Trip to Hornsea

On Friday 15th March our intrepid Year 11 GCSE Geographers embarked on a field trip to Hornsea on the Holderness Coast. Equipped with scientific curiosity and a taste for adventure, the group of sixty pupils delved into the fascinating world of coastal landscapes.

The morning session saw them transformed into coastal engineers, diligently measuring groynes (coastal defences) on Hornsea Beach. This hands-on experience provided them with a first-hand understanding of hard engineering techniques used to combat coastal erosion.



The afternoon brought a shift in focus, with the pupils venturing into Hornsea town centre. Here, they donned the hats of social scientists, conducting surveys to gauge local perspectives on the impact of tourism. But their exploration wasn't limited to questionnaires – they also treated themselves to a taste of the seaside with some delicious fish and chips! Thankfully, the weather cooperated, making it a truly enriching experience.

The success of this trip wouldn't have been possible without the dedication of our fantastic staff – Mrs Fletcher, Mr Ford, Mrs Johnson, Mrs Price, and Mr Meacher. Their support and guidance ensured a valuable learning experience for all the pupils.

**Mr Sherwood - Senior Teacher and Head of Humanities**

## Flood a School Day

### Risedale Welcomes University Ambassadors for Inspiring Careers Day

On Friday 15th March, Risedale School hosted student ambassadors from York St. John University as part of our Careers, Education, Information and Guidance (CEIAG) programme linked to Inspiring Choices and Uniconnect. This initiative focuses on equipping secondary school pupils with the knowledge and guidance they need to make informed decisions about their futures.



The visiting ambassadors had the opportunity to interact with a large group of Risedale pupils. They shared their personal journeys to higher education, including their chosen subjects and the career paths they envision. These informal discussions provided a valuable platform for Risedale pupils to ask questions and gain insights directly from current university students.

Risedale's Careers Leader, Helen Porritt, explained, *"I've been delivering careers lessons to Years 7, 8, and 9, specifically highlighting the various technical routes pupils can pursue to qualify for their desired careers. Today's visit from the student ambassadors has further solidified the message that higher education is a viable option for all. The Risedale pupils actively participated, asking insightful and thought-provoking questions throughout the sessions."*

This event served as a valuable addition to Risedale's CEIAG programme, providing pupils with first-hand exposure to university life and career opportunities. By fostering connections with university students, Risedale empowers its own pupils to make informed choices about their futures.

## Red Nose Day 2024

### Risedale Raises the Red Nose Day Bar with Fancy Dress Extravaganza!

This year, Risedale School pupils brought extra flair to Red Nose Day! Ditching their uniforms for a pound donation, they took things a step further with a best-dressed competition themed around TV and film characters.

The creativity was phenomenal! From the classic stylings of Bananaman to Bilbo Baggins, and the darkly delightful Beetlejuice, pupils brought their favourite characters to life.

Mr Hill, Head of Seacole House, was overwhelmed by the effort put in. *"The enthusiasm for the competition was fantastic,"* he said. *"The costumes were all so impressive, I couldn't possibly choose a winner myself. Letting the school vote was the only fair solution and it got me out of a tough decision!"*

Mr Watkinson, Head of Turing House, shared Mr Hill's sentiments. *"Honestly,"* he admitted, *"when I saw the outfits, I teared up with joy!"*

Following a school-wide vote, the winners were announced. In third place was Kai Martin's Bananaman. In second place was Joshua-Jay Whitaker's Tiki. And the first place was won by Oscar Baker for portraying the hero of The Shire, Bilbo Baggins. The competition was very close, so congratulations to all participants.

On Instagram, Comic Relief, said, *"We love a non-uniform day. Thank you so much for your support."*



But the fundraising fun didn't stop there!

On 20th March our Year 10 and Year 11 boys took part in a charity football match. Both teams displayed exceptional sportsmanship and a strong sense of community spirit throughout the game. It was inspiring to see them dedicate their all to a worthy cause. Year 11 emerged victorious with a final score of 4-1.

Oliver Aspden led the Year 11 offence with a stellar performance, scoring 2 goals. Riley Hampson and Lewis Littler also added their names to the scoreboard. For the Y10 team, Andrew Crane held his nerve and delivered a penalty kick that sent the crowd erupting.

*"Both teams played with fantastic spirit,"* said PE Teacher Mr Lawson. *"I truly hope they enjoyed it as much as we did!"* He continued, expressing his gratitude to the enthusiastic crowd: *"A huge thank you goes out to the incredible crowd! The support from pupils, parents, and staff was truly heart-warming and made a real difference to the atmosphere."*



**The Winning Year 11 Team.**



Head of PE, Miss Brierley, echoed Mr Lawson's sentiment, thanking him for organising such a successful event. *"Well done, Mr Lawson, for putting on such a great event, and thank you again to all who came along and generously donated."*

## A Winning Day for Charity

**The real winner, of course, is Red Nose Day and the incredible work of Comic Relief.**

**Thanks to the generosity of our pupils, parents/carers and staff, Risedale raised a fantastic total of £430.93!**



Risedale is proud to have played its part in supporting such a worthy cause. Here's to another successful Red Nose Day next year!

## The Great Nicholson Scone Competition

**Pupils Celebrate Mrs Nicholson's Legacy with a Scone Showdown!**

Risedale pupils baked up a storm on Wednesday 20th March in honour of their beloved Food Technology Teacher, Julie Nicholson, who sadly passed away in December 2023. The Great Nicholson Scone Competition saw a group of talented young bakers compete for the coveted title of Star Baker and Scone Champion.



The competition was organised by Mrs Nicholson's friend and colleague, Teacher of Technology, Mrs Vizor.

*"Julie was passionate about baking and loved seeing her pupils experiment in the kitchen,"* Mrs Vizor shared. *"This competition is a wonderful way to celebrate her memory and inspire the next generation of bakers, as well as celebrate the talented and hard-working pupils we have here at Risedale."*

The call went out earlier in March, with pupils invited to submit their most scrumptious scone recipes. Creativity was key, with Mrs Vizor encouraging entries that went beyond the ordinary. After careful consideration, the best recipes were shortlisted, and the bakers were invited to compete on the 20th. On competition day, each pupil brought in their own ingredients and battled it out in the Food Technology kitchen to win a trophy, a prize and to be crowned Scone Champion of 2024!

The winning team, Jake Barraclough (10Hill) and Leeland Webster (10Ford) impressed the judges with their delicious and unusual piña colada and lemon curd scones. *"We're so pleased!"* said Jake. *"It was great working together as a team!"*

Leeland added, *"I love piña coladas! (...and getting caught in the rain)."*

The Great Nicholson Scone Competition was a heart-warming tribute to a much-loved teacher. It not only showcased the pupils' baking skills but also fostered a sense of community and friendly competition. The legacy of Mrs Nicholson, a true champion of culinary creativity, is sure to live on through the pupils she inspired.

Thank you to our brilliant judges; Mrs Clarke, Mrs Louison, Mrs Smith and Mrs Southworth-Gedye and to all the pupils who took part, especially our deserving winners, Jake and Leeland.



**Mrs Vizor, Mrs Louison and our winners Jake and Leeland.**

## Risedale School's Head of Art Exhibits at London Gallery

Jaime Westwood, Head of Art at Risedale School, exhibited her work in a group exhibition titled "Somewhere, Beyond the Tide, the Wind Whispers" at the Alveston Fine Arts Gallery in Notting Hill, London.

The exhibition ran from March 14th to April 15th, 2024, and featured works from a talented group of female artists, including our very own Ms Westwood.



Ms Westwood gained recognition for her collection of 100 ceramic bonbon dishes featured on Grayson's Art Club in 2023 and was excited to be part of this group show.

Ms Westwood said, *"Making artwork, and particularly ceramic pottery, brings me so much personal joy but I never create work with the expectation of it being exhibited or appreciated by others. To have been asked to participate in this showcase of work by female artists was such an honour."*

Everyone at Risedale School is so proud of Ms Westwood's artistic achievements. Her participation in such a prestigious London exhibition serves as an inspiration to all our pupils, demonstrating the boundless possibilities that lie within the realm of art.





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# PADRE'S ARTICLE

By Rev'd Desics, Padre | Yorks



**In December 2018 I commissioned into the Royal Army Chaplains' Department as Padre to Cleveland Army Cadet Force, where I spent nearly five very happy years, alongside my day job as a Church of England parish priest. Having been bitten by the 'green bug,' and after 22 years in parish ministry and at the age of 46, I was persuaded to offer myself to the Army as a Regular Chaplain. Having had great fun at the Army Officers' Selection Board in Westbury, I had even greater fun as one of eight Regular Chaplains on Commissioning Course Short 233 at the Royal Military Academy Sandhurst. I loved my time at RMAS, especially the moving (and chilly!) experience of being 'baptised' in the Wish Stream!**

Having slow-marched up the steps of Old College, I took up my first Regular posting as Chaplain to the 1st Battalion The Royal Yorkshire Regiment based at Alma Lines. Transitioning into 1 R Yorks from Cleveland ACF was exciting, not least because many of the detachments in my former unit are affiliated to The Yorkshire Regiment. It has been a bit of a steep learning curve! However, the support I've received from the CO, Lt Col Ed Lyons MBE, and the Adjutant, Capt Mal Jones, has been second to none. 1 R York is very much a County regiment, and has a wonderful family feeling to it.

1 R Yorks is a busy outfit. When I arrived into unit, troops were deployed in Iraq and Kosovo, and the Battalion was preparing for a very full 2024 calendar with training exercises in Oman and on Salisbury Plain, as well as an operational deployment. A highlight for me so far this year has

been to work with JCCC in France to rededicate the graves of five soldiers of the Great War. These five men served in the Yorks and Lancs Regiment, and were buried as 'unknown' for over a century. But with the dedicated work of the 'MOD War Detectives,' the CWGC, and enthusiastic volunteers in the UK and France those who were once 'unknown' have had their names and identities restored, and their histories retold.

In a busy Unit my pastoral role is a bit like herding cats! But I ensure that I walk the patch regularly and chat with the lads and lasses. Of course, as a Padre I am an officer, but I do like to remind my flock that I'm the only officer they don't have to call 'Sir.' The heart of the role of the unit Padre is to be a pastor, to listen, to advise, and above all to pray. I've lost count of the number of times a soldier has come up to me for a chat, opening the conversation with, "Padre, I'm not religious...but." Army Padres are there for everyone, regardless of faith (or lack thereof).

My role as a chaplain is founded on the belief that all people are made in the image and likeness of God. As St John reminds us, 'God is love.' My calling is to love my soldiers. Just as Jesus Christ came into the world to be with and amongst his people, so am I also called to be with and amongst his people in 1 R Yorks. It is an honour and a joy to serve them.







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### Army&You magazine

AFF's award-winning magazine, Army&You, containing news, features, interviews, reviews and much more, is delivered four times a year to Army families in the UK and overseas. Go to [armyandyou.co.uk](http://armyandyou.co.uk) or find it on Facebook, Instagram and Twitter @ArmyandYou

## Forces Families Jobs

### Forces Families Jobs

This is a tri-Service jobs platform, which links spouses, partners and family members of serving UK military personnel with Forces-friendly employers and training organisations, as well as providing access to careers information. [forcesfamiliesjobs.co.uk](http://forcesfamiliesjobs.co.uk)

Army Families Federation is a charitable incorporated organisation registered in England and Wales with registered charity number 1176393 and a charity registered in Scotland with registered charity number SC048282 having its principal office at IDL 414, Floor 1, Zone 6, Ramillies Building, Marlborough Lines, Monxton Road, Andover SP11 8HJ



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# ARMY BENEVOLENT FUND

By Lt Col Barney Barnbrook, Regional Director Army Benevolent Fund North East

## Fundraising Update

One of the best things about working for the Army Benevolent Fund is the people that we meet through their fundraising. In April and May, we had the pleasure of working with a number of fantastic serving soldiers from units within the Garrison, raising almost £7,000 in total for their efforts.

First, we worked with Major Billy Garrick, a Company Commander at the Infantry Training Center (now part of Soldier Academy North). In April, Billy cycled from Catterick Garrison to John O'Groats – a total distance of 558 miles in five days, including a cumulative ascent of over 6,500 metres; he also completed a quick loop of Orkney to round the challenge off! Billy was due to be accompanied on his challenge, but unforeseen circumstances forced him to complete the ride alone – certainly a test of personal motivation! In total, Billy raised an incredible £2,680 for the Charity.



**Tile 1:** Maj Billy Garrick at the start of his challenge, at the BFBS Office.



**Tile 2:** Billy at John O'Groats.

Then, at the start of May, a team from 1st Battalion Scots Guards completed the National Three Peaks Challenge. Whilst this was primarily an official endurance activity, the team decided to jointly raise money for the Army Benevolent Fund and the Scots Guards Charity, raising over £4,000. They summited Ben Nevis (3 hours 54 minutes), Scafell Pike (3 hours 4 minutes), and Yr Wyddfa/Snowdon (4 hours 11 minutes) - giving a total time for the whole National Three Peaks Challenge of 22 hours 58 minutes, comfortably under the 24-hour threshold.

As conquering the National Three Peaks in itself was considered 'tame' by the team, they also took 'Frank' with them. Frank is a 50kg casualty simulation dummy, literally a dead weight! For those soldiers of a certain generation, the irony of Frank is probably not lost. Often seen abseiling, skiing, and skydiving, Frank was a central character in the British Army advertising campaigns of the early nineties.



**Tile 3:** ISG National Three Peaks Team on departure from Somme Barracks.



**Tile 4:** ISG National Three Peaks Team on Ben Nevis.



**Tile 5:** ISG National Three Peaks Team on Scafell Pike.



**Tile 6:** ISG National Three Peaks Team on Snowdon.



**Tile 7:** Frank – the 50 kg casualty simulation dummy.

Whilst we are supremely thankful to both Major Garrick, and to the Scots Guards Team, for their hard work and effort in fundraising through these fantastic challenges, we are also grateful for the way they have raised the profile of the Charity in the Garrison, encouraging other serving soldiers to support their national charity.

If you would like to know more about The Army Benevolent Fund, or if you have any great fundraising ideas, please get in touch with the Regional Office based in Catterick Garrison. Please call 01748 874127, 07900 707654 or 07900 707657. Alternatively email [northeast@armybenevolentfund.org](mailto:northeast@armybenevolentfund.org). Find us on Facebook at [www.facebook.com/abfne](https://www.facebook.com/abfne). Further information can also be found at [www.armybenevolentfund.org](http://www.armybenevolentfund.org) or by scanning the QR Code.



**The Army Benevolent Fund is the National Charity of the British Army, there to support soldiers, veterans, and their immediate families in times of genuine need.**



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# CATTERICK HISTORICAL EXHIBITION: A MONTH-LONG JOURNEY INTO LOCAL HISTORY & HERITAGE

By Mark Hill MBE



**A**s May unfolds, the Garrison Library becomes a hub of historical exploration. In celebration of Local and Community History Month, the Catterick Historical Archive, in collaboration with Garrison Headquarters, North Yorkshire Council, and CRACCL (Catterick, Richmond, and Colburn Community Libraries), has unveiled a

remarkable tribute to the area's rich history and heritage. The culmination of this collaborative effort is a captivating history exhibition hosted at the Catterick Library. Showcasing a diverse array of artifacts from different periods, including Roman and Saxon relics, as well as items from both World Wars, this exhibition promises to be an immersive journey through time. From fossils of extinct flora to poignant reminders of wartime sacrifices, each display offers a glimpse into the vibrant tapestry of Catterick's past. The exhibition was inaugurated by the Garrison Commander, Col Charlie, who delivered a poignant speech before officially opening the event by cutting the ribbon. Attended by local school children from Risedale School, Le Cateau Community Primary School, and Cambrai Primary School, along with veterans and members of the public, this exhibition is aimed to educate and engage visitors of all ages. During the launch event, participating schools engaged in educational

exercises crafted by their teachers, designed to encourage fact-finding and note-taking. A highlight of the display is a Morse Code table equipped with an osculator key, providing students with the opportunity to learn about this historic communication method by writing their names and secret messages in Morse Code. Adding an immersive touch to the exhibition, one of the veterans from the Catterick Historical Archive Group donned the attire of a Roman soldier, lending authenticity to discussions about the Roman artifacts with young attendees. Additionally, a moving poem titled 'Poppy Fields of Remembrance,' penned by a veteran around Armistice Remembrance, is prominently featured, offering a poignant reflection on the sacrifices made during wartime. The Garrison Library, known for its extensive military book section, further enriched the exhibition experience with recorded voices of veterans sharing their personal stories through the Garrison Origins project. These narratives provide visitors





with a deeper understanding of the experiences of those who served. Central to the event is the mission to educate young people about the local history and heritage of Catterick Garrison and its surrounding parishes, while also inspiring a love for reading. The opening of the exhibition was covered by BFBS Catterick, amplifying the reach of our message and ensuring that the community was informed about this unique opportunity to delve into Catterick's past. This exhibition isn't just a one-day event, it's a month-long journey into local history and heritage. Throughout the entire month of May, visitors are invited to explore the exhibits, engage in educational activities, and immerse themselves in the stories of the past. Whether you're a student eager to uncover hidden gems, a veteran reflecting on shared experiences, serving military personnel researching history, or a member of the public wanting to learn more about the local area, there's something for everyone at the Catterick Historical Exhibition. So, mark your calendars and make plans to visit the Catterick Library this May. Join us as we celebrate the rich history and heritage of the Garrison area, and embark on a fascinating journey through time, carefully crafted to educate, inspire, and enlighten.





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# SERVICE PUPIL AWARDS

By Mrs Galloway, Le Cateau Primary School



**T**he first ever 'Service Children Awards' took place last week; the aim is to recognise and celebrate the achievements and contributions of Service children and those who work hard to support them here in North Yorkshire.

There were over 60 nominees from all over the county, with 2 lucky winners coming from Le Cateau CP School.

## Lyla O'Donovan

Lyla rose was diagnosed with a brain stem tumour in 2016 and underwent a life-threatening operation to remove it, since then she has had multiple high-risk operations to deal with the aftermath of the tumour. Whilst recovering from these life changing surgeries Lyla has continued to give support to families with a child who has a life-threatening illness and through her charity Lyla & Lillesys Stars has provided days out to make special memories.

Lyla is a remarkable child with the spirit of a lion, a very worthy winner.

## Kacey Clarke

Kacey was awarded the Caring Champion Award for supporting her brother TJ and mum whilst her dad is serving away from home.

Kacey's brother TJ has complex health and developmental needs, at 10 years old TJ is non-verbal and tube fed, this can result in lots of time in and out of hospital, Kacey is a constant help at home and supports her mum when times get tough, asking if she is ok and helping with chores around the house all while still attending school and giving it 100%.

Kacey is the most caring child who never makes anyone feel any different she truly embraces the Le Cateau motto "Equally Important, Equally Different".







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# GIRAFFES ON TOUR LAUNCHES CHARITY GIRAFFE TEDDY WITH SUPPORT FROM QUEEN ETHELBURGA'S COLLEGIATE

By M Hatfield, Marketing and Communications Officer, Queen Ethelburga's School

**On Thursday 25th April 2024, 500 giraffe teddies joined a No 10 Squadron RAF flight to raise awareness and support for Great Ormond Street Hospital in memory of Louise Conway, the daughter of Director of Giraffes on Tour, Ian Conway. On board the 5-hour flight, with the call sign GIRAFFE-500, was Ian Conway and his wife, two representatives from sponsors, Queen Ethelburga's Collegiate, and two Flight Lieutenants; Mark Scott and Jake Weeks.**

The 'Flight of the Giraffes 2' was organised between Ian and Mark to coincide with the one-year anniversary of their successful first 'Flight of the Giraffes' which raised £4000 for Great Ormond Street Hospital when it flew 330 donated giraffe teddies on an RAF Voyager. This year, the GIRAFFE-500 flight flew in a heart shape route that departed, and returned to, RAF Brize Norton to launch the 500 newly manufactured Geoffrey giraffe teddies, which were made possible by the kind donation from Chapter House School, who offered to cover 50% of all production costs.

Sarah Hunter-White, Forces Liaison Officer at Queen Ethelburga's Collegiate, who was on board the flight, commented, "Our school has a longstanding relationship with the Forces Community and there are approximately 340 Forces students currently onsite, which is about 25% of our community. On a Forces Family Day, one of our team met Ian and learnt about Giraffes on Tour and the great charitable work it was doing in the memory of his daughter. We have a certain amount of Forces community outreach funding available and decided that this was such a worthy cause. We were delighted to be a part of it and the flight was definitely an experience I will never forget!"

Ian Conway explained, "The reason we're flying all these giraffes, it's set up from one giraffe that my daughter, Louise, had when she was very unwell at Great Ormond Street. Sadly, Louise passed away, and her best friend was Geoffrey the giraffe. So, in her legacy, we've got a little giraffe going on adventures. As much as Geoffrey's travelling, Louise is travelling with him. It means a lot to have the support from so many amazing people, especially the Royal Air Force who provide opportunities for our Geoffrey adventures and Chapter House School who sponsored the creation of the giraffe teddies. It's all very heartwarming. Our 500 giraffes all had the most amazing time and we do hope that they can find new homes."

Karen Kilkenny, Head of Chapter House and Queen's Kindergarten, which is part of Queen Ethelburga's Collegiate added, "Chapter House School has Forces boarders in Years 3 to 5 who have really got behind Geoffrey and his adventures. They have their own boarding house Geoffrey and enjoy filling out his adventure passport and reading about the recent RAF flight he has been on. The children love Geoffrey. He's becoming a key part of Chapter House boarding and is brilliant at facilitating conversations with our military children, both within our newly renovated boarding house and in our Forces Club."

Pastoral Co-ordinator and Army Veteran of 25 years, Danny Abdy, who runs the Chapter House Forces Club and joined Sarah on the GIRAFFE-500 flight, said, "It has been an incredibly enjoyable experience, and it is for such a good cause. As an ex-military family man myself, I know the importance that a community feel has on military children and in my experience, Chapter House and Queen Ethelburga's do a terrific job of making our military children part of a community within a community. The children can join the Forces club in Chapter House and our Combined Cadet Force in King's Magna, QE College and

QE Faculty. There are Forces pin badges, similar to Prefect badges, that the children can wear with pride, our CCF host our own Remembrance Parade onsite, we run activities for events like Armed Forces Day and there are a team of us trained in how to best support Forces children. So, an opportunity like this, is just an extension of our commitment to supporting Forces families and in making them feel truly welcome here."

Flt Lt Mark Scott said of the flight and the relationship with Giraffes on Tour, "I love having these giraffes with me when we go flying, making everyone smile as they see us around the Voyager building with the giraffes. The charity's fundraising for Great Ormond Street Hospital has been close to my heart for several years, and it's an honour for me to use a "normal" day at work to help them do something extraordinary."

*Each limited edition 'Flights of the Giraffe 2' teddy comes with a pencil and a passport to record Geoffrey's adventures and will be made available to buy immediately on the Giraffes on Tour online store, with all proceeds going to Great Ormond Street Hospital.*

*Chapter House Prep School is part of Queen Ethelburga's Collegiate and offers a co-educational environment for ages 3 months to Year 5, with boarding available in specialist accommodation from Year 3. To hear more about Chapter House boarding, visit [www.qe.org/chapter-house](http://www.qe.org/chapter-house) or to book a private tour, email [admissions@qe.org](mailto:admissions@qe.org).*

*To purchase a giraffe or to read about Geoffrey's other adventures visit, [www.giraffesontour.co.uk](http://www.giraffesontour.co.uk). To learn more about RAF Brize Norton, visit [www.raf.mod.uk](http://www.raf.mod.uk).*





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# 'A FEW HOURS A WEEK CAN CHANGE SOMEONE'S LIFE' – JOIN THE RANKS OF SSAFA TODAY!

**SSAFA, the Armed Forces charity is looking for local volunteers to join its Serving Community Team (SCT) at Catterick Garrison, North Yorkshire.**

SSAFA has long had a presence within bases and garrisons in the UK and around the world. Catterick Garrison in North Yorkshire is the largest British Army garrison in the UK, home to over 13,000 serving personnel and their families. With a population large enough to fill a football stadium, Catterick requires a big team of caring volunteers to provide practical and emotional support to its serving community.

SSAFA is looking for volunteers who are passionate about giving back to the Armed Forces community to join the SCT at Catterick Garrison. Depending on your preferences and the role you choose, you

may assist with fundraising, managing finances, or supporting publicity.

Volunteers can give as much or as little time as they can – the roles are designed to be flexible, as we understand many of our volunteers also have work or family commitments. No experience is necessary for most positions, but a military connection or an understanding of the unique challenges that service personnel and their families face would be excellent.

## **Community Volunteers**

Community volunteers are a great way to get involved with serving personnel and their families on a personal level. **Charlotte Eadie, Serving Community Manager at SSAFA, added:** "Community Volunteers can also provide that emotional support and companionship, such as being a listening ear or offering practical

support such as help with lifts to medical appointments."

## **Community Connection Champion**

SSAFA has also designed a new volunteer role called a Community Connection Champion. This role has seen success in other regions and will aim to bring members of the serving community together through the creation and planning of events and activities to help alleviate loneliness and isolation. Examples of previous events include book clubs, music nights, craft sessions and more.

Volunteering with the SCT at Catterick Garrison is a fantastic way to give back to those who have given so much, and your time can make a world of difference in the lives of our Armed Forces service personnel and their families. To find out more about volunteering opportunities, please email [sct.interest@ssafa.org.uk](mailto:sct.interest@ssafa.org.uk).





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We are committed to serving the Services, Ex-Services and MoD community and are working with members of the community to better understand and meet your needs.

We work closely with The Forces Pension Society, which is an organisation that acts as a pension watchdog for the whole military community. We are also signatories to the Armed Forces Corporate Covenant. Our head of the Armed Forces Sector served with the Army for 20 years before making a career change and maintains links with the Services still.

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Following a twenty-year Army career in the Royal Logistic Corps as an officer I decided to change tack entirely to pursue a career in the law. Many of the skills learned in the Army have proved directly transferable to this role, but for me it's more than that. Having been where you are, I understand your challenges and struggles and strive to reach effective solutions for my clients as quickly as possible.

**Mark Hood**  
 Head of our Armed Forces Sector  
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