

FLASHLIGHT

The Magazine of the MOD Guard Service

Issue 48 Autumn 2015

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From the editor

Hello and a warm welcome to issue 48 of Flashlight.

I am pleased to announce the establishment of a Flashlight Coordinators' network. On the opposite page is a list of individuals who have volunteered to undertake the role. Its purpose is to help the editorial team develop the magazine by seeking

The cartoon on the right was drawn by [REDACTED] who is a Supervisor (currently, TMP OM) based at DSTL Portsmouth West on the South coast. As you can see, [REDACTED] is a very talented artist and her work will become a regular feature in Flashlight. [REDACTED] also undertakes commissions. If you would like to find out more, [REDACTED] can be contacted on her mobile: [REDACTED]

opportunities for interesting stories or articles; encourage ideas and proposals to improve Flashlight and generally promote the work of the MGS. If you haven't seen the recent announcements on MOSS and you would like to know more, please contact myself or [REDACTED] for details.

The inaugural Coordinators' Forum was held at HO in July and a number of the ideas discussed have already been incorporated into the magazine. Watch this space for more!

On page 2, you can read [REDACTED] interview with the new HUG, [REDACTED]. All the questions put to [REDACTED] were supplied by you, our readers.

The eyes of the world's

yachting fraternity were on Portsmouth in July when the America's Cup came to town. [REDACTED] reports on how the MGS at the naval base supported this event.

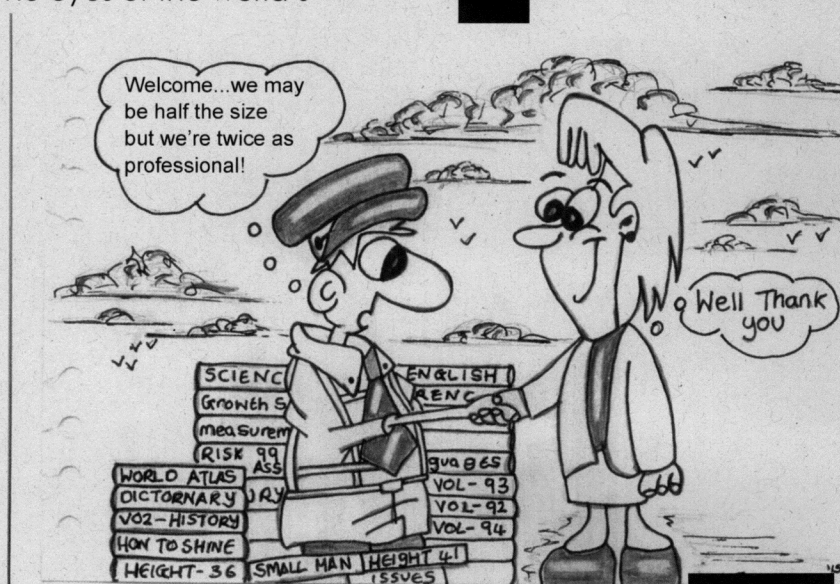
On page 12, [REDACTED] shares his experience of the Prince's Trust Team for Employees Programme.

It's another bulging 'Showreel' section highlighting the excellent work being done by individuals and teams across the organisation.

On page 14, [REDACTED] introduces the Dementia Friends initiative and discusses how their community work is supporting those with dementia.

I hope you enjoy this issue

All the best
[REDACTED]



You asked, HUG Answers...

put the questions that you wanted asked to , the new Head of Unarmed Guarding

Q What are your early impressions of the MGS?

A The MGS has a dedicated workforce with a vast experience who certainly know their job and in the majority of places have a great reputation; being seen as having a 'can do' attitude. They are the first face of any visitor coming into an establishment, they look smart – and they obviously know their stuff. However, having visited a number of establishments, the service can be different. At one establishment the guard wouldn't even get out of his gate which resulted in unnecessary traffic chaos – so there are some mixed messages out there

Q What does the future hold for the MGS?

A I have been tasked with undertaking a value for money study of the MGS which will look at various options for ensuring the MGS provides a cost effective quality service for Defence. I can appreciate that some individuals will find this unsettling, a little nervous not knowing what the future holds. I understand that a similar exercise was conducted previously and there was the threat of outsourcing then, but I


would say to staff that they shouldn't assume that just because we are doing a VFM study, commercialisation is the answer. There are a lot of hurdles and options to go through before any decision is taken. The study will look to see if the MGS provides a unique service or are there other ways that unarmed guarding could be delivered. To be clear, I am under no remit to outsource the MGS. Additionally, the Strategic Defence Review will be reporting in the Autumn, and at this point in time, I have no idea what impact that will have on the MGS. Not just on guarding per se, but the Footprint Strategy may also have implications for the MGS. If the MOD estate is reduced, then in reality, there will be fewer sites to manage which may have implications for the number of guards we require. These are two significant pieces of work, but I am afraid I am just not in a position to give any indication of what the future holds. What I can say is that across the MOD, the MGS are seen as doing an important job, they have a lot of experience and have been doing it for a long time, but we cannot afford to become complacent and need to continue to deliver an effective and efficient service

Q What is the biggest challenge facing the MGS and how do you plan to overcome this?

A I think the biggest challenge for the MGS is for them not to become complacent; to continue to demonstrate their experience and knowledge, show they are flexible and provide value for money. The MGS achieving the Customer Service Excellence standard is important as it will demonstrate that the MGS have a common and best standard of customer service. The challenge for me is also about managing the high levels of undermanning and the high levels of sick absence which results in a significant amount of extra hours individuals are undertaking which can lead to increased sick levels. This is why it's important for me and my senior team to implement a better recruitment and retention strategy which is one of my priorities.

Q When are we going to see the Freshstart promises kept?




A The fresh start initiative was, I think, an excellent example of an organisation looking to the future while moving out of a period of uncertainty. The initiative



was formally closed down in November 2014 with many of the change projects (Well Being for example) absorbed into normal business. FS delivered a number of significant changes many of which were inspired and driven forward by the workforce. The change to white shirts has uplifted the image; new anoraks based on rigorous trials have been

issued; uniform fit for specific tasks has been sourced and the Clothing Committee reformed; white goods have been provided or replaced; new furniture has been issued; accommodation has been refurbished or rebuilt - with a full programme of works in place; a catalogue of additional services has been issued; the organisation is working towards Customer

Service Excellence accreditation; there is a programme of senior staff visibility visits under the banner of Management Assessment Reviews that have many features of the Back To The Floor proposals; the Well Being review process has become our principal means of direct workforce engagement and significantly DII is now available to staff at the vast majority of sites. That's quite an impressive list of which everyone in the MGS should be justifiably proud and with its absorption into normal business staff can be sure the programme of change will continue. Perhaps if this doesn't answer the individual's actual question, then perhaps he / she could be more specific.

The second part of  interview with  will follow in issue 49. Pictured, is  visit to HMNB Portsmouth where she met the MGS Area 9 management team and staff.

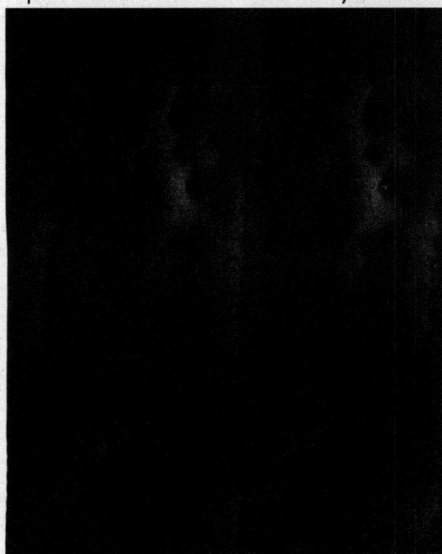
Making a Splash at HMNB Portsmouth!

reports from HMNB Portsmouth where the MGS have been busy supporting the America's Cup



In July 2015, the MGS at Portsmouth provided security for six racing teams from around the world (UK, USA, France, New Zealand, Sweden and Japan) who took part in the 35th America's Cup. The event was the British leg of the world series, due to finish in 2017. The event ran from the 10th to the 29th July inclusive, with the racing over the weekend of the 23rd of July.

After finishing setting up, the teams commenced warm ups along the sea front at Southsea which allowed spectators to view the yachts



prior to racing commencing. Every opportunity was taken by the teams to test their boats as the weather had been quite unpredictable during this time.

The MGS took on the extra tasking required to cover the event with great enthusiasm - after all it provided us with an ideal opportunity to show the world what we could do.

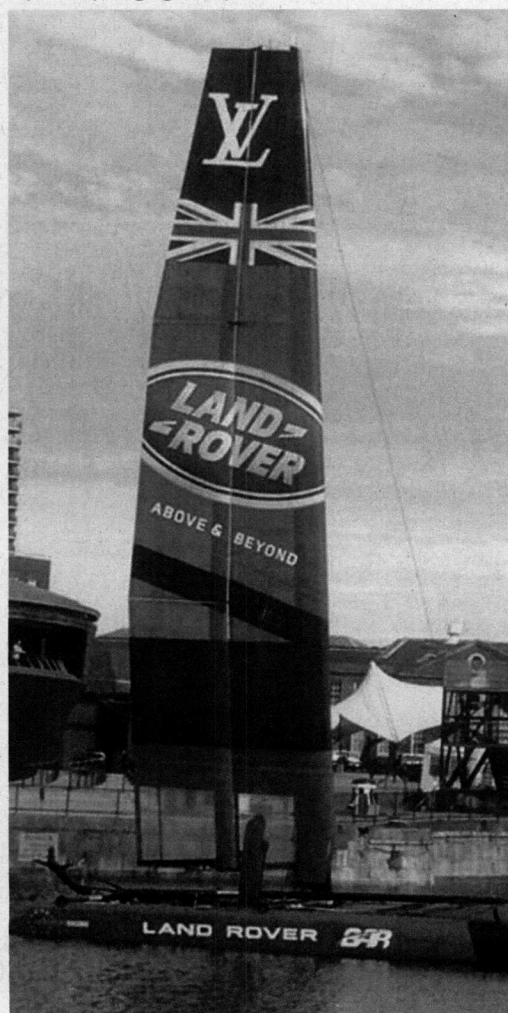
The control of access to the Technical area was the first priority. Team Origin (The event organisers) were the first to move in on the 10th of July closely followed by the first teams on the 11th and over the next few days the team bases were constructed using containers, girders and tarpaulins, which, when finished they closely resembled aircraft hangers.

At the start of the second week, specialised lifting equipment was brought in to move and secure the 131 foot high sails in place so that the boats could then be lifted into the harbour for trials and fine tuning. The sails were removed daily and the vessels stored in the respective team hangers overnight until the official practice days commenced

By the time the sun set over the dockyard on Wednesday 22nd July, all the vessels were fully assembled and had been lifted into

1 Basin (pictured left, top) for the start of the Official Practice days.

A Royal visit by the Duke and Duchess of Cambridge was arranged for Sunday the 26th July, but with the high winds and stormy weather, the racing had to be cancelled. Therefore they spent their time moving between the seafront and the Naval Base and they also presented the prize to the UK (BAR) team for winning the qualifying group.



Security at the event proved challenging, but was well worth it. Navy Command, the PSyA and Hampshire Police were all extremely complimentary towards the MGS. The feedback from both Team Origin and the race teams

was also very positive. [REDACTED] Racing Director for Team Origin said:

"The guards were a great credit to you and your staff – always friendly and courteous they followed the rules exactly and so everyone understood the security measures and followed them."

The guards also enjoyed working on this event. [REDACTED]

[REDACTED] CSO5 stated:

"I was fortunate enough to work all through the event and found it very interesting. It was well executed from all parties involved. It is not unusual to have events within the Naval Base but this was certainly something different and if it does return next year I will be putting my name forward to get involved."

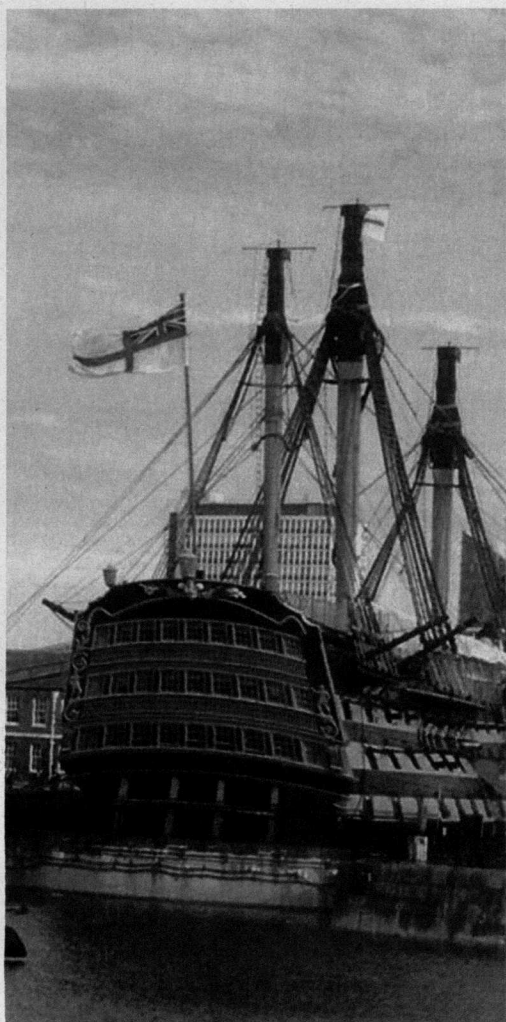
[REDACTED], CSO5 added the following:

"It has been a great pleasure being part of a team helping out. We came off our normal roster on to an event specific roster, which allowed us to build relationships with everyone involved. This enabled us to quickly resolve any issues that arose."

Strong relationships were built between the events team, competing crews and the MGS. We all hoped that the race would return to Portsmouth in the future. However, we did have to remind them that in this neck of the woods, real ships were grey with big guns, whereas theirs weren't grey and didn't have any guns either. All of course taken in the true spirit of friendship built through trust and hard work.

[REDACTED] OM HMNB Portsmouth with the final word:

"The race was the perfect opportunity for the MGS to showcase its talents. All the officers involved did a fantastic job and we are all hoping very much that the race returns in 2016."



The Dialogue Box

Personal stories from around the MGS.



Back in April, [REDACTED] a CSO4 based at RAF St Athan in Wales, visited St. Clement Danes Church and the Royal Courts of Justice in London. Here's her story why...

"Back in November, 2014 I received an invitation from [REDACTED]

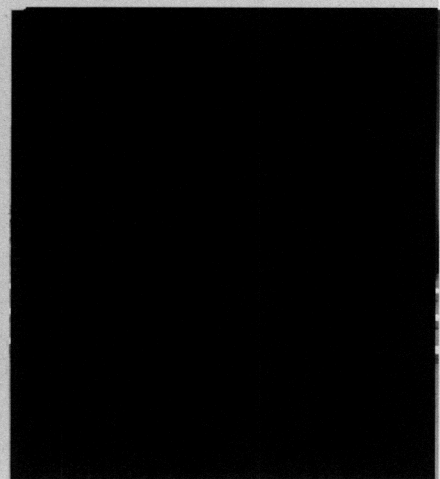
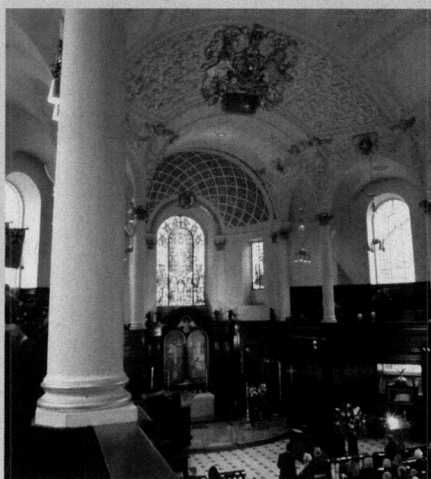
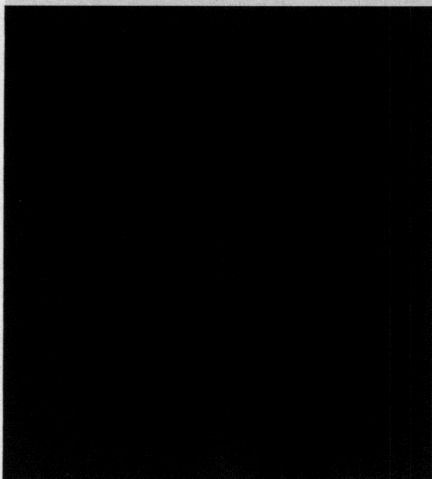
MSc BEng CEng MIMechE RAF, Commanding Officer MOD St Athan, formally inviting both myself and my husband [REDACTED] to a Service at St. Clement Danes Church

full MGS uniform, we met with [REDACTED] (OC Admin Sqn) and his wife for the taxi journey to the church. I was amazed at the sea of blue uniforms and felt extremely proud to be part of this gathering."

"We passed the Guard of Honour provided by the RAF Regiment and were directed into the Gallery. Whilst we waited for the service to start, we listened to the Central Band of the

were performing outside the church as we left. There were a lot of sightseers on the streets taking photo's and a few stopped to ask me about my uniform. It was really enjoyable explaining my role in the MGS."

"At the reception, we had the opportunity to mingle



to commemorate the formation of the Royal Air Force and to the Air Force Board reception at the Royal Courts of Justice, Strand. This was in recognition of the work of the MGS as well as to represent the other Civil Servants based at St. Athan."

"Travelling by train and underground to London, we finally arrived at our hotel in Euston. The following day in

Royal Air Force and watched the various standards being marched into the church. The service consisted of hymns sung with the church choir, a trumpet Fanfare, Prayers and a selection of readings."

"Once the service had finished, we made our way over to the Royal Courts of Justice in The Strand. The RAF Halton Pipes and Drums

and talk with the veterans which was something I really enjoyed. All this whilst being served with a selection of drinks and trays of beautiful buffet food."

"After a lovely day it was back to the hotel to change out of my uniform and catch the train for the trip home. A wonderful weekend away and a great honour to have been asked to attend."

A surprise visitor at CPTA Lydd ruffles a few feathers!

Story from [REDACTED], OM based at Sir John Moore Bks in Folkestone. He writes: "On the 28th May a duck decided to make her nest in the raised flower bed right next to the visitor booking in window at Lydd. Quite why she picked this particular spot is a real mystery as it's noisy and no water can be seen for miles! We suspect that she had been watching the guards and realised that this was the safest place to be!"

"Over the next few weeks she sat on her nest without it seems, a care in the world. On the 29th June, eggsactly 1 month after she moved in, 12 eggs were successfully hatched and all the hatchlings bravely jumped



down from the wall and trooped off, out into the big wide world."



Following his retirement (see issue 47), [REDACTED] returned to Edinburgh Castle on Thursday 18th June 2015, to receive his Imperial Service Medal, [REDACTED] CSO5, fills us in:

"A presentation was made by 51 Bde Commander (Brigadier [REDACTED]) assisted by Edinburgh Garrison Commander Col [REDACTED] and Garrison Staff Officer [REDACTED]. [REDACTED] and his family were then escorted to the castle's Great Hall where they were guests of Edinburgh Garrison at their 'Beating Retreat' and cocktail party, remembering the 200th anniversary of the battle of Waterloo."

"[REDACTED], OM (in

picture with [REDACTED]) and all his MGS staff at Edinburgh Castle would like to thank Edinburgh Garrison for 'pushing the boat out' and making this a special day for [REDACTED] and his family."

In April of this year, the MGS admin team based at Copthorne Barracks moved to a new facility at Donnington. Here's how:

"[redacted] and her team; [redacted] and [redacted] are the people you all turn to when you want a car, some uniform, or to get a minor award paid to a member of staff. Some of you may have even been to Copthorne Bks Shrewsbury and met them. For those that haven't, [redacted] team worked from a building tucked away at the far corner of the site that could best be described as 'tired but functional.' Peeling paint, failing heating, no male toilet, no kitchen facilities and mice as regular co workers in the office. Couple those conditions with a very high workload due to being short staffed and you will understand the pressures and day to day working life of this team."

"As Copthorne Barracks was due to close, the team needed to relocate. In December 2014 DIO started work to convert building E1 at Donnington into a new facility for them. The initial work to develop requirements was put in place by [redacted] from the Head Office team at Wethersfield and [redacted] OSM based at Shrewsbury. [redacted] and her team subsequently took over and worked with DIO to take the project through to final delivery."

"The work required was a full internal back to brick refurbishment. Electrics,

heating, lighting, phones, IT – all these issues had to be considered and it was a daunting exercise for [redacted] as a non estates project person to stay alive to the requirement and have the vision to see the end picture. [redacted] needed to remain in constant contact with the contractor delivery team throughout the build stage to ensure the myriad of final detail was in place. Sure, there were hiccups along the way like any project, but all was taken in her stride and dealt with successfully and finally we moved in."

"In comparison to the Shrewsbury facility, the

[redacted] AD Delivery & Policy, formally opens the new building, with (LtoR) [redacted] and [redacted]

new stores area affords us about 50% more floor space for working with deliveries and items for despatch etc. We have around 75% more racking. Last year we saw huge increases in the numbers of stores transactions taking place (2,710 items in May-Sept 14 as opposed to 1,044 in May-Sept 13). This was way beyond the workload originally conceived when the Shrewsbury team became the sole stores entity for MGS."

"Now that we have the

improved space and the new stores person there should be improvements to the service. The team have also worked with the HO Change Team to implement new processes and develop initiatives to improve clothing orders and deliveries."

"The new office (building E1) facility is light, bright airy and modern. Apart from [redacted] and her team, it is home to [redacted] and two of her OMs, [redacted] and [redacted]. This gives [redacted] and her team regular access to and awareness of day to day guarding issues and how their support actions directly influence or affect OMs and their guards. Having said that, it's playing havoc with sorting out who buys the milk for the tea!"

"Whilst the workload hasn't altered per se - the team are still working flat out to recover from the backlog due to the move as well as complete their current day to day duties. The atmosphere and morale have definitely lifted as a result of our new working environment. This will I am sure translate into a far slicker operation fully focussed on supporting all of you delivering the MGS service at the front line."



Lets meet the team...

Firstly, I spoke to [REDACTED]. She told me:

"The best thing about the new space is that we are all together which has improved the interaction between us. It took a little time for everyone to find their feet, but we are all settled in now and enjoying working here."

One of [REDACTED] key admin duties is dealing with the large number of hire car booking requests that come in. These can be upwards of 8 a day and include vehicle requests to attend operational surges, training courses or meetings. Away from work, [REDACTED] and her husband run their own waste recycling business.

"We have 4 trucks and 5 employees. My husband manages the day to day business, but I spend 1 day a week in the office."

I caught up with storeman [REDACTED] who told me about the improvements to the stores:

"It's a massive improvement. We have far more storage capacity here and because we also have a new contract with Parcel Force, clothing can be distributed a lot quicker, so there's less delay and less clutter around the stores."

I asked [REDACTED] how many boxes he packs and distributes in a typical week:

"Between 30 and 60. I also have to deal with the orders from Bicester when they arrive, so it can be a real challenge managing the workload and the paperwork! We want to streamline the whole clothing process as much as possible and the new tracking system that [REDACTED] set up will enable clothing focal points to ascertain the status of their order."

[REDACTED] has worked for the MGS for close on a year. Since the move, she has been working full time alongside [REDACTED] in the stores.

"It's been a very busy period and quite challenging. I didn't realise there were so many different sizes of shirts and trousers! I have never worked in logistics before. In fact I had never entered a stores prior to coming here! Previously, I was a PA to a Wing Commander at RAF Cosford."

Outside of work [REDACTED] runs a clothes swap initiative with her local church.

"People bring their old clothes in and for a small fee can swop them for new ones. It's clothing on a budget really. It may be your kids that have grown out of their clothes. It's open to everybody that wants to come along. We do work with some of the more disadvantaged sections of society who don't always like to ask for handouts. Asking for a small fee therefore enables them to retain their dignity even when they may be desperate for help."

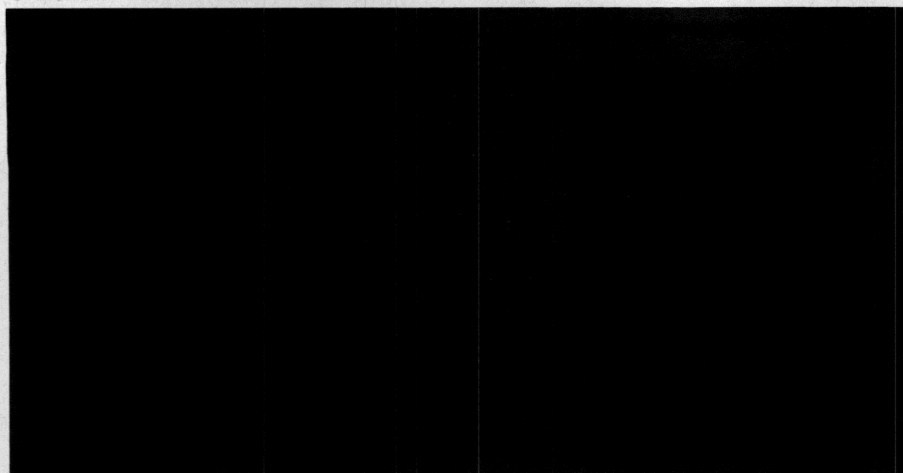
Finally, I caught up with [REDACTED] who told me that she had enjoyed the challenge of managing the move into the new building and is very pleased with how things have worked out.

"Just when you think everything is done and dusted, along comes the engineer to test the fire alarm and you suddenly realise that we haven't got any serviceable fire extinguishers! It's nice though to come into an open, clean and airy office each day and everyone feels connected."

"The new stores person will be a great help and it will allow [REDACTED] (who has done a fantastic job helping [REDACTED] to do the job that she was employed to do."

Footnote: [REDACTED], previously a CSO5 at Donnington, was appointed as the new stores person and started his new job on the 3rd of August. We wish him every success in his new role.

■■■■ far left, ■■■■ with ■■■■ centre and ■■■■ far right with the staff and children from Marchwood School



■■■■ is a dog handler at the Sea Mounting Centre (SMC), Marchwood in Southampton. He writes:

"It was a sunny day when, on the 21st July, the MGS dog section at the Sea Mounting Centre at Marchwood in Southampton put on a memorable dog demonstration for eighty or so children and staff from the local Marchwood Primary school, who were on a visit to the busy port."

"Myself and Dog handlers, ■■■■ and ■■■■ started by giving the children an insight into the dogs we employ and the equipment we use. We then explained what the children would be seeing, before beginning the demonstration."

"We played out three very different, separate scenarios, our goal being to demonstrate the capabilities and professionalism of our dog teams. We wanted To show off the qualities, efficiency and high standards of our dogs, whilst at the same time making it interesting, exciting and engaging for the audience."

"■■■■ & his dog ■■■■, started it all off with a flawless

obedience routine. They then conducted a fantastic detect (person), chase and detain, which set the mood for what was to come."

"Next up was ■■■■ & his dog ■■■■, who showed the audience how our dogs deal with an armed intruder. ■■■■ and ■■■■ put on a brilliant display and demonstrated just why our dog sections are so effective."

"The finale of our demonstration was ■■■■ and ■■■■ dealing with two very hostile intruders, namely ■■■■ and I. With 42 sharp teeth and the ability to run at 30 km per hour, an aggressive Military Working Dog is not something that most people would like to be on the wrong side of, but we tried our best to make it fun and exciting to



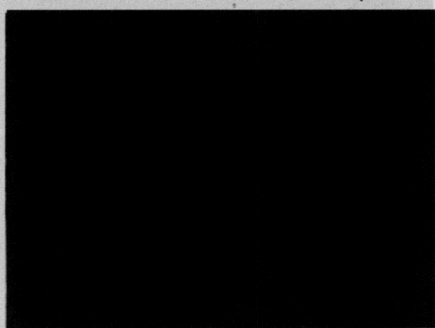
watch. ■■■■ gave a brilliant display and left the audience in no doubt as to what might happen if you upset her or tried to escape once caught. I am not going to admit just how much pain was incurred by ■■■■ and I doing our bit! The demo ended with ■■■■ and ■■■■ escorting both 'intruders' off to rapturous applause from all those watching."

"Afterwards we spoke



■■■■ and ■■■■ deal with trespasser, ■■■■

with the children and staff, answering all their questions. They all told us the demonstration was the highlight of their day. It was a fantastic team effort by all,



Come with me sir! ■■■■ and ■■■■ escorting ■■■■ off site

but the dogs were the real stars of the show."

"Considering the short notice and that the demonstration was held at a time when the MGS at Marchwood are facing an uncertain future, the demo' highlighted why the MGS and its Dog Section play such a pivotal role in the protection, safety and defence of Marchwood."

Ones that got away!

An occasional series of stories from across the MGS that were missed first time round...

██████████, OM Area 10D, submitted the following article concerning ██████████. He was awarded the Imperial Service Medal in 2014. Here's ██████████ story:

"It was a sunny day in 1982 when, after leaving school, I headed for the Careers Office in Didcot. They gave me 3 options to start my life in employment; Valet taxis, dig a footpath to an adjoining village or be a labourer at the Directorate of Land Service Ammunition, (DLSA), at Vauxhall Barracks. I took option 3 and on the 22nd November 1982, I started work in the Quartermaster Stores at DLSA, and so started a 31 year career in the Civil Service."

"In August 1984 I left as Assistant Storekeeper, to start a new job at the Quality Assurance Directorate, (now Defence Clothing and Textiles Agency, (DCTA)), in Didcot within the 'Pattern Room'. The Pattern Room held kit for the Armed Forces, everything from tools, badges, buttons, caps and medal ribbons, to general and ceremonial clothing including swatches of colour coded cloth and tartans. These were sealed

'patterns' and sent out to firms tendering for contracts. The archive patterns went back pre WW2. A fascinating place to work."

"After 11 years and promotion to Senior Storekeeper, I returned to Vauxhall Barracks in 1995 and the Quartermaster (QM) Stores. Firstly, at LSA6 were I was responsible for monitoring weapons firings from Milan anti - tank missiles and small arms. I then headed back to the main QM's where I took over the running of the stores accounts on temporary promotion to Band D."

"In 2001, I moved to the QM's at the Defence Academy at Shrivenham, initially in the I.T. training, Specialist Course Division and then at the busy QM's I.T. stores."

"I escaped the imminent takeover by Serco in 2005,

to head back for my third stint at Vauxhall Barracks to join the MGS. The hours, shift work and the British weather added to the challenging nature of the job but the experience taught me so many more valuable customer service skills.

"My last, happy years in the MGS have been spent here at Denison Barracks, Hermitage, where I'm pleased to have seen my career out before taking VERS. No more commuting to work, no more night shifts in all weathers, but most disappointing, no more opportunity to work with colleagues and friends."

Helping to Change People's Lives...

██████████ a CS05 at Portsmouth Naval Base, recounts his experience as an Assistant Team Leader

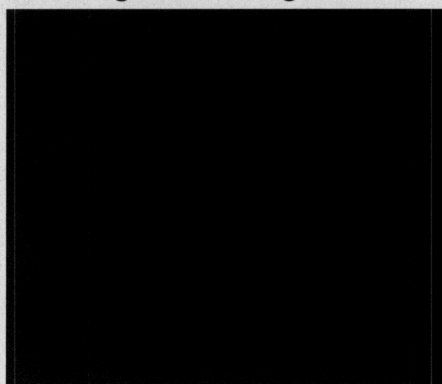
with the Prince's Trust Team for Employees Programme

I first heard about the Prince's Trust on the MGS MOSS Site over a year ago. Volunteers were sought to help with the Prince's Trust Team Programme (see Flashlight 45-Ed'). Hampshire Fire and Rescue have sponsored the Prince's Trust Programme so I chose them to undertake my secondment. My first job was to help ██████████, the Team Leader, select the candidates for the programme. Over 30 young people were interviewed and from this 22 were chosen to attend a taster day at Redbridge Fire Station in Southampton.

The first week proper of the programme was the induction week, with activities aimed at helping the team members to get to know each other. They also started their individual programme qualifications which included maths and literacy. Over the next 12 weeks they were also shown how to do CVs, learn interview techniques, and take part in skills awareness sessions including First Aid, Fire and Health and Safety. Team members were also expected to undertake a suitable community project, which I will tell you more about later. The aim of the programme is to re-engage young people and help them to think about their futures.

Week 2 (the residential

week) was my favourite part of the secondment. The focus was on adventure training and team building. For many, this was probably the first time they had been away from home on their own, so my job became some what of a surrogate father. It didn't help that the hot water and cookers in the hostel where we were staying, in the New Forest, weren't working properly so everyone had to have cold showers. ██████████ had to go out and get fish



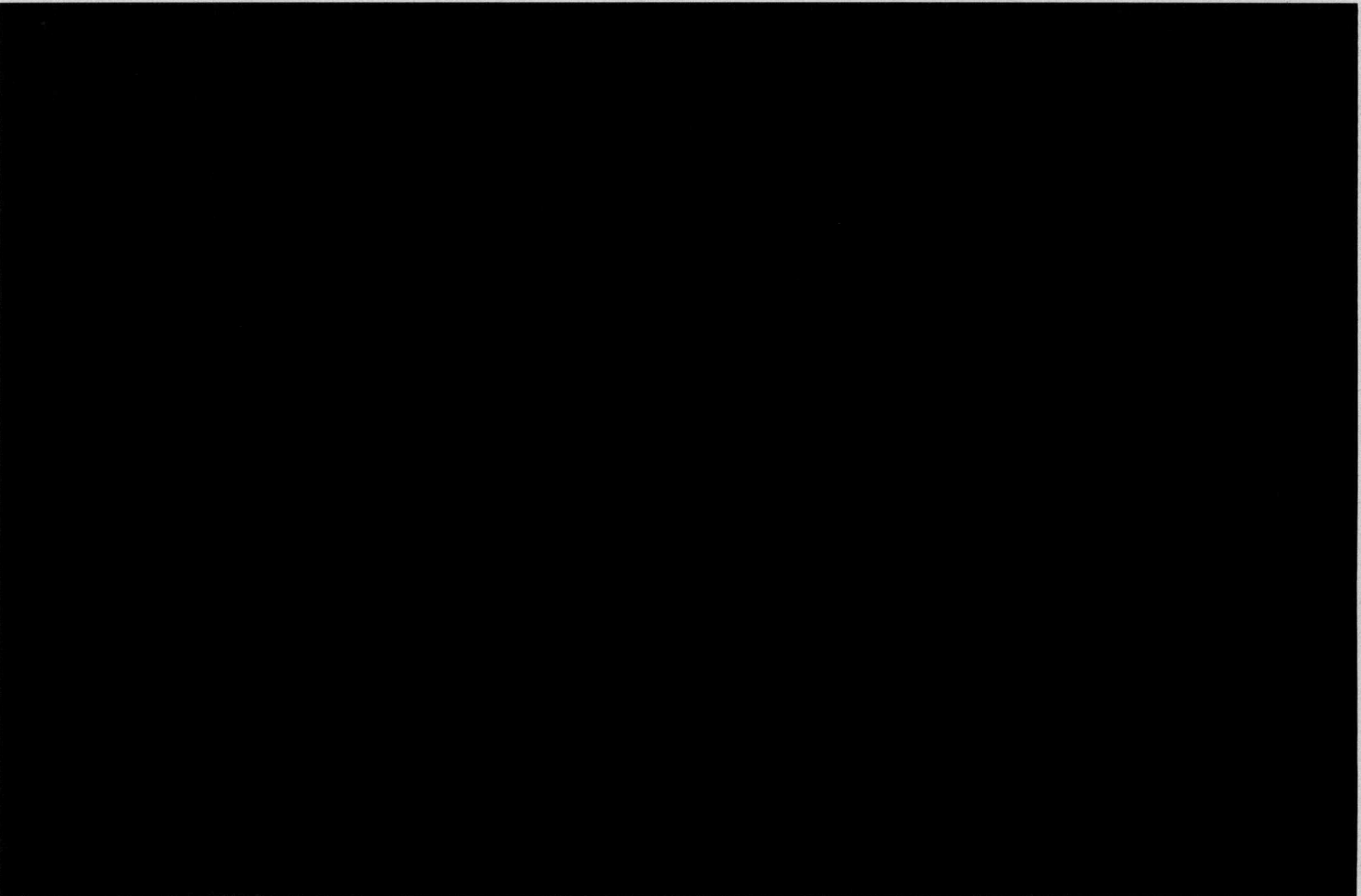
and chips for everyone for our evening meal.

New Forest Activities were our hosts and they organised the week's activities which included walking, archery, canoeing and taking part in 'Battlefield Live' which was like paint balling but the weapons fired laser beams instead of paint balls. Everyone thoroughly enjoyed this. This was when their real team spirit started to emerge. The canoe trip was on the Beaulieu River. We were all briefed the night before

including importantly, the H&S aspects of canoeing. We plotted our course on the maps provided and looked forward to the morning. We arrived at the river, the weather was cold, windy and snowing; perfect conditions!

After donning our equipment, our hosts took us through the necessary paddle skills and boat safety. We then got underway. It took us about 2 hours to reach Beaulieu village (learning different canoeing techniques on the way). After a packed lunch and a quick look around Beaulieu we canoed back down the river. The canoe which ██████████ and ██████████ (the other assistant Team Leader) were in, got stuck on a sand bank and they both ended up getting extremely muddy trying to free themselves, which the rest of the team found extremely hilarious. Luckily though the boiler issue back at the accommodation had been resolved, so everyone could shower in hot water.

The last day was all about confidence building and team work. The team was split into two groups and each group had to manoeuvre around a low wire (up to 3 metres high) assault course carrying a tiny dinner bell, which had to be rung and several ping - pong balls



which had to be balanced in individual chalices. After this, the team had to cross a ditch with just some rope and two planks of wood and without touching the floor. This was made all the harder because no one was allowed to talk and could only communicate using hand signals.

In the afternoon the group's had to complete a crate building challenge to see how high they could get and traverse the high wire (over 10 metres high set in the tree tops). One of the groups managed to reach an impressive 16 crates high which took a lot of courage, balance and communication skills - something which was also required to traverse the high wire!

The third week centred on planning and fund raising for the community project

the team had selected. They spent a couple of days bag packing in a local Asda and managed to raise over £800. This money was to pay for the things they needed to complete their project which was to improve the facilities at Vermont School in Southampton. This was a school for disaffected children. The team pledged to revamp the play ground, the garden area and art room. The work was completed during weeks 4 and 5. The project was successfully completed to a very high standard and the team proved again how well they could work when they put their minds to it.

Over the following weeks, the teams took part in various training sessions, (H&S, fire awareness for instance); planned for their work

placements (which took place during weeks 7 and 8) and learnt how to complete a CV and undertake mock job interviews. The final team challenge was to raise money to help disabled people and those with learning difficulties at Southampton Day Services (SDS) in Woolston, as well as the elderly at Padwell Day Centre. The money raised was spent on taking the occupants of SDS and Padwell out on day trips to the Sea Life Centre in Southsea, Marwell Zoo as well as ten pin bowling. The team also spent days with the residents at their centres doing arts and crafts, playing bingo, dancing and playing tennis which they greatly enjoyed.

For the final week of the programme individuals had to complete their course work towards achieving an

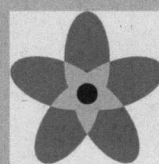
NVQ as well as organise their final presentation and speech. They were assisted by the Hamwic Speakers (a public speaking club). The presentations took place at St James Street church in Southampton and was attended by some very senior members of Hampshire Fire & Rescue Service, as well as social workers, carers, family and friends of the team members. Each of the participants talked about what they had done and what they had achieved from the programme, plus their aspirations for the future. This was emotional and it gave me a lump in my throat.

I also spoke, and thanked Hampshire Fire & Rescue for giving me the opportunity to be involved with such a wonderful project. I was gob smacked when I was invited back to the stage to receive a certificate from Hampshire Fire & Rescue's Chief Officer in recognition of all my hard work with the team. I was also presented with a box of chocolates from the team, which my wife [redacted] by the way, thoroughly enjoyed.

If I ever get the chance to participate in another Prince's Trust Programme, I would jump at the chance and I would recommend the experience to everyone. It has taught me so much about myself and I feel I am a lot more tolerant of young people and everyone alike. I am confident that the skills I have learnt during the 12 week programme can now be brought back to the MGS.

Dementia Friends...

[redacted] explains how a national initiative is changing people's perceptions of dementia



Dementia Friends

An Alzheimer's Society initiative

[redacted] is one of Head Office Change Managers based at Wethersfield, whose current responsibilities include chairing the CI and Clothing Groups and the reviewing of MGS complements. [redacted] has been in the MGS since March 1993 undertaking a range of operational roles. Latterly, [redacted] was the MGS representative in the old MDPGA Complementing Team. He explains why he got involved with the Dementia Friends initiative:

"Dementia Friends is a national initiative (Dfriends Programme went live in Scotland as of June 2014) that is being run by the Alzheimer's Society, funded by Public Health England, which aims to improve people's understanding of

dementia and its effects. The Alzheimer's Society is working with lots of volunteers and other organisations to achieve this goal."

"The aim of the initiative was to have created one million dementia friends by March 2015 and the numbers have all expectations."

"Dementia is caused by a number of diseases that affect the brain, the most common of which is Alzheimer's but diseases also include vascular dementia, dementia with Lewy bodies and Pick's disease. It is true that more people over 65 have dementia but it is not exclusively an older person's disease, younger people get dementia too."

"A Dementia Friend is a volunteer who encourages others to make a positive

difference to people living with the condition. They do this by giving them information about the personal impact of dementia, and what they can do to help. People with dementia sometimes need a helping hand to go about their daily lives and to feel included in their local community. Dementia Friends are giving people an understanding of dementia and the small things that they can do to make a big difference."

"Anybody can become a Dementia Friend. It's just about understanding a bit more about the condition and the small things that you can do to help people with it. It may be about telling your friends, or could be helping someone to find the right bus or visiting someone you know who has dementia. Every action counts."

"I got involved as I wanted

to make a difference and have first hand experience of a family member affected by dementia."

"Having successfully completed a Friends Champion training course, I now run Dementia friends' information sessions where my aim is to encourage others to make a positive difference to people living with dementia in their communities. I do this by holding information sessions and telling them about the personal impact it can have, and what they can do to help. The aim is to inspire thousands of people to become Dementia Friends Champions because, together, we help can create dementia friendly communities."

"Since becoming a Champion I have delivered a number of public and private (Church / Scout groups information sessions and I was

also invited to this year's MGS Women's Conference (see pics). My presentation was well received and many of the delegates spoke of their experiences of living with or knowing someone with the dementia. As a result I have managed to 'recruit' a number of people, interested in becoming dementia friends."

"You don't need any particular experience or skillset to become a Dementia Friend or a Friends Champion, but you do need to understand what's involved."

"Becoming a Dementia Friend Champion has definitely been one of the most positive things I have done"

If you are interested, you can contact [REDACTED] by:

mob-[REDACTED]

Email-MGS-HO-Change2

SHOW REEL

MGS staff at DMS(W) Lichfield thanked for supporting the Royal British Legion's Staffordshire & Black Country Poppy Volunteers event

██████████, the OM, received the following letter of thanks (by email dated 27 July) from ██████████ RAMC:

Dear ██████████,
"I'm writing to express my sincere thanks for the support you kindly provided to the Royal British Legion Staffordshire & Black Country Poppy Volunteers event last week."

"The event was attended by around 90 Legion Volunteers, Members and Staff, many of whom were Ex-Service personnel. Many of the Legion Volunteers and Staff spoke directly to me and the other hosts, to express their gratitude for the use of the impressive facilities and for the support they'd received. They clearly had a great day, left with smiles on their faces and an extremely positive impression of DMS(W), which will be passed on throughout the Legion Branches in the region."

"Thanks to your MGS staff for the smooth access/admin arrangements for the day, they were extremely helpful before and during the event. Thanks too for allowing ██████████ to take a day's leave to attend with his Legion Branch. Your assistance, as always, is greatly appreciated."

Kind regards,

██████████ RAMC

Drugs find at Aldershot Garrison and intruders chased off at LCS Ashchurch, demonstrate invaluable contribution made by MGS dog teams

██████████, MGS Dog Evaluation Officer, sent in the following two examples highlighting the work of the dog sections towards detecting, preventing and deterring crime.

"██████████ CSO5, and her dog ██████████ were on patrol at Aldershot Garrison on Good Friday 2015, when ██████████ showed an interest in a drain. This seemed a little odd to ██████████, but she trusted her dog's instincts and followed ██████████ lead."

"On examination of the drain cover, 2 small clear bags containing white powder were discovered. They were taken to the nearest guardroom and the RMP were contacted who took them away."

"The powder was found to be Cocaine with a street value of £300. It was believed to be linked to recent drug related activity at the barracks"

"An excellent example of teamwork and trust which resulted in items being removed from circulation, protecting the MOD and the community."

"What is remarkable is that ██████████ is not search trained"

with

Flashlight

██████████, a relatively new dog handler and his dog ██████████ were on patrol at LCS Ashchurch when at approximately 2330hrs he heard voices from along the fence line."

"Upon investigation he observed 2 males who had entered under a rail gate. He challenged the two men, who on seeing the dog ran back and out through the way they had entered."

"██████████ gave chase, informing the control room as he did so. He heard a vehicle start up and drive away quickly."

The local civilian police were informed and the details of the incident passed on. A thorough sweep of the area was carried out with the aid of colleagues but nothing else was found."

"It can only be concluded that these intruders had criminal intent because of the valuable nature of the work conducted at Ashchurch."

"Another good example of teamwork and training"

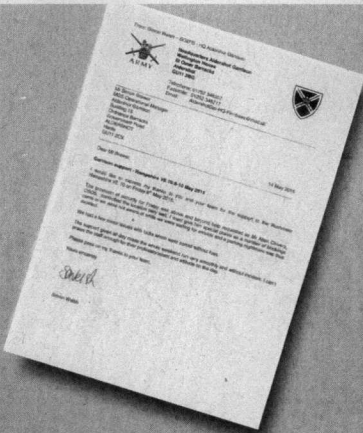
And...

██████████ a dog handler based at Leeming dog section, received thanks from SSgt ██████████ for supporting a recent high profile event at Uniacke Bks, Harrogate. ██████████ praised ██████████ for doing a sterling job, with his presence and smart appearance and did not go unnoticed by the hierarchy, including the Commanding Officer.

Letter of thanks for MGS officer who supported the Rushmoor Hampshire VE 70 event. Celebrating the 70th anniversary of victory in Europe

██████████ the OM at Aldershot Garrison, received the letter opposite from ██████████ the Security Officer at Aldershot Garrison. It said:

Flashlight



Dear ██████████,
"I would like to express my thanks to you and your team for the support to the Hampshire VE 70 on Friday 8th May 2015."

"The provision of security for Friday was above and beyond help requested as ██████████s, CSO5, controlled the location very well. I must give him special praise as a number of bookings came in we were not aware of while we were waiting for arrivals and thus a parking nightmare was thus avoided."

"We had a few minor issues with locks which were sorted without fuss."
"The support given all day made the whole weekend run very smoothly and without incident. I can't praise the staff enough for their professionalism and attitude on the day."
"Please pass on my thanks to your team."

Yours sincerely

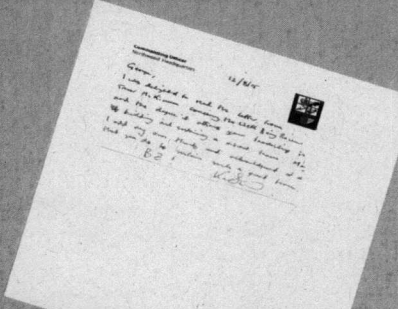
██████████
MGS officer at Bicester commended for her actions
██████████ the OM at Bicester, received the following email regarding ██████████ CSO5, from ██████████, Physical Security Advisor:
"Just a short note to report the excellent conduct of one of your team yesterday."

I continued with my site's familiarisation yesterday and had occasion to drive past the entrance to C Site a couple of times in quick succession before finally entering. Upon arrival, the Security Officer, ██████████, stated that she had seen me driving past twice and clocked my vehicle. I was most impressed at her observation skills and heartened that your team had demonstrated its awareness of unusual activity in the vicinity of the site, particularly in these times of heightened security awareness."

"I should also say that ██████████ conduct reflects the splendid impression that I received of your team in this short time. I would be grateful if you could pass on these sentiments to ██████████ and the team in general."

With kind regards,

██████████
OM at Northwood praised for leadership qualities



██████████, OSM for Area 7, received the letter above from the CO, Northwood HQ, ██████████ RN, praising ██████████ the OM following a Wellbeing Review. It stated:
Dear ██████████,
"I was delighted to read the letter from ██████████ concerning the Wellbeing Review and the degree it affirms your leadership in building and sustaining a vibrant team. May I add my own thanks and acknowledgement of all that you do to sustain such a great team."

MGS officer at Tidworth foils attempted theft of MOD fuel

██████████ a dog handler based with the Salisbury Plain Training Area Dog Section, was commended for his actions following an attempt by an individual to obtain fuel from a MOD POL pump at Tidworth Camp. Ian who was on patrol in the dog van at the time, challenged the individual who appeared to be acting suspiciously and was unable to provide ID when asked to do so. He said his name was ██████████. ██████████ escorted the individual to the guard room where he was spoken to by the guard commander. The individual subsequently produced an MOD 90 identity card, the details of which were different to the name he had given earlier. The individual was allowed to leave, but an investigation is currently underway regarding the incident.

MGS officers awarded Surgeon Generals Commendations

██████████ CSO4 and ██████████ CSO5, received the Surgeon Generals (Air Marshall CPA ██████████ CB QHP MSc MB Bch DAvMed FRAeS RAF) Commendation awards for their actions dealing with a dog attack at the married quarters, Lichfield.

Surgeon Generals Commendations are awarded to service personnel or civilians who have demonstrated an high level of excellence, exceptional effort, committed service or devotion to duty over and above the norm. The formal awards ceremony was held at the Defence Medical Services (Whittington) on the 7 September 2015. Pictured below are ██████████ and ██████████ (on the far right) receiving their award.



At the time of the incident they were about to commence a continuation training session with PAT dog Brutus. They received a call on the radio to deploy to the married quarters with a 'dog catcher' and padded sleeve as a dog was loose and had bitten a female resident. The police had also been called.

They deployed in the dog van and exited the vehicle when they spotted the dog (a large Staffordshire Bull Terrier) which was covered in blood around its mouth, legs and flank. As they

into nearby woods.

Following a search, the dog was found and ██████████ and ██████████ approached the dog kitted out with the sleeve and the dog loop.

The dog became very aggressive, growled and looked ready to attack. ██████████ managed to loop the catcher around its neck and restrain it, but this was difficult as the dog was very strong and aggressive and trying to free itself. ██████████ managed to loop a second catcher around the dog's neck to gain greater control. At this point two Staffordshire Police dog handlers arrived to assist and together they brought the dog under control and placed it in the police dog van.

██████████, OSM said: "██████████ and ██████████ dealt with a dangerous and volatile situation in the most professional and exemplary manner. With little thought to their own safety, they quickly brought the incident under control and at the same time ensured that others were safe from danger."

"On behalf of the senior management team, I would like to thank them both for all their efforts. They both should be very proud of their awards."

If you have a success story that you would like to share with our readers, please contact the Editor - details inside front cover...

Charity News

Six country adventure in aid of Macmillan Cancer Support

By [REDACTED] CSO5

[REDACTED] is a CSO5 based at Penally Training Camp in West Wales.

Along with two close friends, [REDACTED] & [REDACTED], they will be embarking on an adventure of a lifetime, taking part in the Monte Carlo or Bust Rally to raise money for Macmillan Cancer Support.

It will not be an easy journey. Not only will they be

sure as I write which one of team will be Barbie?!

The journey commences from Pembrokeshire and will end (if the trusty British Land rover lasts) in the amazing city of Monte Carlo in the heart of Monaco.

Firstly, they will need to get to Saint Quentin in France to meet with the other competitors and to prepare

of Turin.

The whole event will be covered by various media including Sky Sports & The Times.

If you want to follow [REDACTED] progress, details can be found at:

www.montecarloorbustrally.com/route-one-operation-champagne-charlie-the-route/

If you want to support [REDACTED] and the team you can donate at:

www.virginmoneygiving.com/montecarlo2015

Please help those that are living with Cancer. Macmillan are an important source of advice and support, constantly giving people the energy and inspiration take back control of their lives.

travelling across Europe but it will all be done in a £300 Land rover TD4, which has had more money spent on its decoration for the event than it has on its mechanics. All intended to make the journey that extra bit exciting!

As you would expect, special Barbie, Ken and Skipper costumes have also been made, though I am not

for the start of the Rally. It's not strictly a race but various tasks and objectives have to be met on the journey to the finish.

They will travel through France, enter Switzerland passing the beautiful Lake Geneva, before conquering the Alps and descending into Italy to cruise the boulevards

From the Editor...

██████████ (see page 28 last issue) successfully completed her abseil down the Spinnaker Tower at Portsmouth in aid of the Army Benevolent Fund Soldiers' Charity. ██████████ would like to thank everyone who supported her. She raised £333 which was more than her target figure.



From the Editor...

Following ██████████ and ██████████ presentation at the MGS Women's Conference in June, an impromptu collection amongst the delegates raised over £60 for the Fibromyalgia Association UK. Pictured is ██████████ handing over the donation to ██████████ who set up a local support group at Southport. Their aim is to provide a greater understanding, companionship, valid information and a chance to build on the positives in life, such as experiencing new activities, listening to guest speakers and enjoying the company of others who find themselves in a similar situation.



By ██████████ CSO4

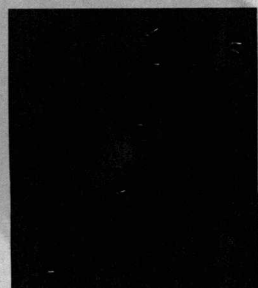
██████████ the Barry Branch Hon Welfare Officer for the Royal Air Forces Association sent his thanks for the continued support of the MGS at St Athan. They have helped raise over £400 this year which will go towards supporting local RAF Veterans. Especially important during the 75th year since the Battle of Britain.

By ██████████ CSO5

Area 4 are hoping to organise a charity walk event at Hadrian's Wall for Easter time next year. It is hoped that if enough interest is generated, dates, times and funding information will follow. A suitable charity has not been agreed, though H4H may be an obvious choice due to local links. It is hoped to cover 84 miles over 4 days and you can take part individually or as part of a team. We are also looking for support staff to help out during the event. If you are interested contact your DM or myself - details in inside front cover

From the Editor...

██████████ a CSO5 at DM Longtown, has joined the MacMillan Cancer Support fund raiser 'Brave the Shave.' ██████████ has seen both family, friends and colleagues succumb to cancer, so felt she had to do something to raise support and awareness. Pictured with her cousin ██████████, who cut her hair, ██████████ has already surpassed her original £300 target and is hoping to increase the figure to over a £1000. If you would like to support ██████████ go to <https://bravetheshave.org.uk/> and look for her name.



For Sale!

██████████ a CSO5 based at Faslane in Scotland has a 2 bedroom apartment for sale in Peyia, Cyprus. The cost is £80,000.

The apartment is open plan with a living / dining and partly separated kitchen with breakfast bar. The living area offers easy access with patio doors leading to a very nice balcony overlooking the pools and gardens. Kitchen area is connected with an aluminium door leading to a balcony overlooking a private garden.

Sea / mountain views. The property comes with:

Full title deeds

Two double bedrooms

Two pools

Private front garden

Extra storage room and undercover parking

Fly screens

Dual Air / con

The apt is fully furnished and equipped, including pool furniture

Distances:

Coral bay Beach / resort 3 kms

Paphos harbour 14 kms

A great purchase for holiday rent / retirement!

For more information please contact ██████████ by e mail:

Home: ██████████@yahoo.com

Work: MGS-Neptune-Guard 103 (██████████)

or mobile: ██████████



Articles and photos of interest are always welcome, but we reserve the right to edit or omit contributions.

Opinions expressed by contributors do not necessarily represent those of the editor or the official views of the MGS.

While the editor takes care to ensure all material produced is accurate, no liability can be accepted for errors or omissions.

Coffee break

Time to put your feet up!

Sudoku



* A prize of an MGS paperweight will be awarded to the sender of the first correctly completed Sudoku AND crossword puzzles.
If you don't want to tear your copy of Flashlight you may send a photocopy of this page to the editor, to the address on the inside front cover.

	9		8		2		3	
	7		1		6		5	
8		1		2		5		7
9		7		8		6		1
	4		3		9		2	
	6		2		5		1	

Flashlight 47 Sudoku solution.

2	5	3	9	8	4	7	1	6
4	8	1	7	3	6	2	5	9
6	7	9	5	2	1	3	8	4
1	6	8	4	7	5	9	3	2
3	4	7	2	1	9	8	6	5
9	2	5	3	6	8	4	7	1
7	9	2	1	5	3	6	4	8
5	3	6	8	4	2	1	9	7
8	1	4	6	9	7	5	2	3

Flashlight 47 crossword solution.

Across: 1. Cuddle, 3. Appear, 6. Tundra, 7. Mosaic, 8. Enjoy, 10. Volcano, 14. America's cup, 17. Anybody, 19. Katie, 20. Plucky, 21. Victim, 22. Resume, 23. Flight.
Down: 1. Cutter, 2. Lorry, 4. Prowl, 5. Rector, 9. Jimmy, 11. Opal, 12. Adult, 13. Mind, 15. Pamper, 16. Permit, 18. Oakum, 19. Krill.

Crossword

		1		2		3		4		5		
6												7
8								9				
10					11					12		
				13								
14							15			16		
						17						
18		19		20					21			
								22				
23						24						
	25											

Across

- 1. Castle's door - guard (10)
- 8. Inconsistent (7)
- 9. Perry --- TV lawyer (5)
- 10. Itemise (4)
- 11. Excursion (4)
- 12. Formerly (3)
- 14. Ship's kitchen (6)
- 15. Plan of action (6)
- 18. Spare bone? (3)
- 20. Amphibious creature (4)
- 21. Overlook (4)
- 23. Care for (5)
- 23. Plane trip (6)
- 24. Huge ice mass (7)
- 25. Athletics contest (10)

Down

- 1. Sunshade (7)
- 2. Appraise (4)
- 3. Type of ornate clock (6)
- 4. Humorous poem (8)
- 5. Author of the play, Hedda Gabler (5)
- 6. Warlike (11)
- 7. Needless (11)
- 13. Robe (8)
- 16. Publication (7)
- 17. Captured (6)
- 19. Narrow - boat (5)
- 22. Be unsuccessful (4)

Answers in the next issue!