

FLASHLIGHT

The Magazine of the MOD Guard Service

Issue 47 Spring 2015

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- Showreel. Success stories from across the MGS
- MGS health and wellbeing
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Articles and photos of interest are always welcome, but we reserve the right to edit or omit contributions.

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From the editor

Mark Allen



Hello and a warm welcome to issue 47 of Flashlight.

Teamwork and health and wellbeing are the main themes for this issue.

The bulging 'Showreel' section is testament to all the fine work being done on a daily basis by MGS staff, many of whom have been formally recognised with commendations or

awards.

This 'can do' attitude is also very much evident throughout the pages of the 'Dialogue Box.' Greg Barnes writes about his visit to West Wales and Simon Riley from Abbeywood writes about the MGS showcase event he organised to promote the work of the MGS at Abbeywood.

On page 10 John Smullen writes about his experiences supporting the Op Hounslow surge last year and Darren Lillywhite describes his trip to 160th Brigade at Brecon, which he hoped would aid his personal development.

The health and wellbeing of all MGS staff is something that will continue to be promoted through the pages of Flashlight. In this issue's special section, Karen Pearce, MGS

HR Business Partner, explains why it's so important to look after your most important asset - your feet! Also in this section, Robert Williamson explains the two types of Diabetes and how a healthy diet can reduce the risk of developing the Type 2 condition.

I'm sure all of you were saddened to learn of David Wray's passing. On page 2 Trevor McKinnon, AD Strategy and Improvement, remembers David's contribution to the MGS.

I hope you enjoy this issue

All the best

Mark

"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments towards organisational objectives. It is the fuel that allows common people to attain uncommon results."

Andrew Carnegie



Remembering David Wray OBE

Trevor McKinnon AD Strategy and Improvement

This edition of Flashlight is issued against the sad and untimely death of David Wray who held the position of Head of Unarmed Guarding from 2009 to 2014. All of those who met David will have a personal and fond memory of him.

David steered the MGS through some of its most challenging times. From the austerity of PR09, to the policy changes of PR11 and 12 and the consequent reduction of the workforce by 50%. The wide disposition of the workforce and the incoherent impact of the changes presented a practical and intellectual challenge to which David applied his forensic mind and discharged his duty to the department. But David was keenly aware of the human impact of these measures and made sure our approach put people at the centre ensuring everyone could make an informed choice about life decisions.

More generally his enthusiasm to get his message across and engage directly with the workforce can be no better exemplified then by his management of the blog where his mission seemed to be to inform, debate, provoke and sometimes educate, but always in the easy, open manner that reflected his personality.

As many of you know, the MGS honoured David at a Memorial Service in Wethersfield in January. In addition to his family and close

colleagues here at Head Office, the Service was attended by very many people around the department. It was literally standing room only. While the event was heavily tinged with sadness it was also a celebration of David's life and career. His son Andrew delivered a moving eulogy to his father which gave us all an insight into the man away from the workplace. Mark Preston and John Taylor spoke eloquently and amusingly about David Wray, senior

civil servant.

The Head Office team were also keen to pay their own tribute. We therefore obtained permission to re-name our new offices in Building 66 at Wethersfield, David Wray Building as a lasting memorial. The building sign and plaque were unveiled by Allison, David's wife at a brief ceremony on 11th February and there are some pictures opposite that capture the day.



Pictured at David's memorial are Jason Pearey (on the right) and Andy Godfrey who both were ushers for the service and received special praise from Allison Wray for their patience, courtesy, and pride which helped make it a very special day for all the family in memory of David. The MGS uniformed team at Wethersfield also received praise for their professionalism and patience during this very emotional day.

Pictured below are Allison Wray and the Head Office team at the re-naming ceremony. Also in attendance were David King, HoE, his PA, Irene McIntyre, and Cheryl Spiers from Station Admin.



Officers at NRHQ praised for their efforts supporting the Employer Engagement Event.

Dawn Haselden, Operations Manager (OM), received the following letter from Mark Grogan, the Naval Liaison Officer at the site. He said:



Dear Dawn,

"May I extend my sincere thanks for the efforts of your colleagues who were on duty in the Naval Regional HQ over the period of Wednesday 19th to Friday 21st November 2014, and for the support that they afforded me in managing the Employer Engagement Event. Both Commodore Baum and I have received very positive feedback from our guests attending the official reception and award ceremony, which could not have been achieved without the assistance of the MGS Team."

"The MGS Officers safely marshalled the main car park area to allow for the delivery and display of a static helicopter, which involved a crane lift operation against balancing the demand for car parking over that period. This was no mean task, as the Wednesday evening generally attracts one hundred plus RN Reserves & the Employer Engagement Event attracted approx 250 guests, not including the various Armed Forces & Cadet Force elements that were involved in the delivery of the event. All of whom were more than adequately accommodated by the MGS Team."

"I am aware that Commodore Baum is very pleased with how

the event progressed & the other key stakeholders consider that it was a great success. For which the MGS Team deserve the credit for their part in the proceedings."

"Thank you once again for the first class support to the premier event in the Naval Regional Headquarter's calendar."

*Yours sincerely,
Mark
MJ Grogan*

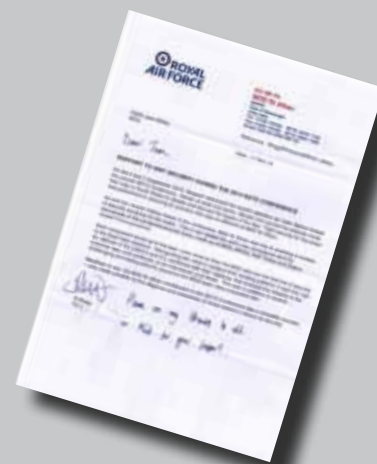
Praise for officers at Altcar Training Camp (ATC)

Dawn also received a word of thanks from the Camp Commandant of ATC in Hightown, Liverpool, Lt Col Black. He said:

"I have spoken with the Lt Col who informed me that his ID card was retained by MGS on entering Altcar Training Camp. This card was more than two years out of date. Said individual was very complimentary about the way the ID card incident was dealt with and praised the staff member who was alert and on the ball in terms of attention to detail. "

*Well done! Great observation.
Gordon*

Letter of thanks for St Athan guards who supported unit security during 2014 NATO Conference



The letter reads:

"On the 4 and 5 September

2014, Newport welcomed the world's attention as Celtic Manor hosted the annual NATO Conference. Heads of State and senior officials from across the alliance made their way to South Wales to debate and discuss the issues of the day. Tight security for the event was paramount to ensuring its success; this was no different at MOD St Athan."

"As one of the closest military bases to the conference, MOD St Athan was key to enabling a number of security functions for the event. This in turn tested the unit's own procedures and the robustness of the combined security force made up of MGS, MPGS, RAF Police and Station Guard Force Personnel."

"Each component stood up to the task, none more so than the MGS who are the first line of security at the East Gate entrance. Recognising the need to readjust their working patterns, it was the 'can do' attitude of the CSO4's and 5's, combined with their vigilance, that ensured the integrity of the entrance was, and continues to be maintained at all times. This was in addition to several challenging and testing security scenarios the MGS team were presented with."

"Needless to say, the MoD St Athan contribution to the NATO Conference was a complete success - only made possible by the diligence and awareness of those tasked to ensure its security."

"Please pass on my thanks to all in MGS for your support."

R Wagg
Flt Lt

Three officers awarded Head of Unarmed Guarding (HUG) Commendations

Three officers from Area 10 (were invited to attend the Managers' Conference last year to be awarded HUG Commendations. Brenda Mitchell (2nd left), John Davey (3rd left) and Paul Barnett are pictured below with their commendations along with their management team.



Brenda's award was in recognition of her efforts following her TMP promotion to CSO4 in March 2013. Her line manager Will Egerton stated:

"Brenda took on this appointment when Corsham was down sizing and going through considerable change. Throughout this period Brenda proved that she was able to rise to the challenge and move forward whilst supporting the staff."

"Brenda has an extraordinary work ethic toward the business and the staff. She regularly gives up her own time by staying on at the end of shift or just popping in to ensure her work is completed."

"I have received many very positive comments about Brenda from Head of Establishment and his team. She has been an outstanding member of our security team - working hard when on shift and just as hard when off shift supporting the other members of the MGS."

Paul's award was in recognition of his efforts foiling an attempt by intruders to commit theft at Amport House. His line manager, Mark Pike stated:

"At 0215 on the 27th August 2014, Paul noticed a security light click on and upon investigation found two vehicles reversing towards Gate 3. Paul

challenged the occupants and both vehicles stopped. Then one of the occupants in the nearest vehicle started shining a very powerful torch at him from the rear window, whilst at the same time throwing items from the car at him. As Paul then moved towards the vehicles both started to move off."

"Paul called for assistance and, as his colleague approached, the nearest vehicle suddenly reversed at him at speed and only missed him due to his quick thinking. Another challenge by Paul resulted in both vehicles moving off at speed."

"It was in no small measure due to Paul's dedicated and professional manner that theft and damage was averted from taking place at an MOD establishment."

John's award was in recognition of his efforts foiling an attempt by an intruder to gain access to HMNB Clyde. His line manager, Andy Godfrey stated:

"John was at HMNB Clyde on detached duty between the 13th September and 22nd September. On the night of 15th September he was employed on a surveillance mission on 7 berth. These are the berths that accommodate the UK's fleet of nuclear ballistic submarines."

"At approximately 2150 hrs John spotted what he believed to be an intruder getting out of the water and on to the berth. He immediately challenged the intruder, established that he was indeed unauthorised, detained the individual and raised the alarm. All of which resulted in the intruder being arrested and prevented an unauthorised access to the base."

"Mr Davey's vigilance has been praised throughout the Defence community and his actions undoubtedly prevented a highly embarrassing incident unfolding. Mr Davey is commended for his professionalism, dedication

to duty and commitment to the MGS and the wider MOD. His actions have undoubtedly enhanced the image of the MGS and are another illustration of the MGS being at the forefront in protecting strategic defence assets."

"He is a credit to the MGS and I feel should be recognised for his actions."

MGS staff win DIO awards

The latest MGS recipients of DIO Awards were presented with their certificates by DIO Chief Executive Richard McCarthy at the Quarterly Leadership Forum in Milton Keynes.

The award winners are:

Bryan Perks, Debbie Kneller, Dave Adamson and Terry Ord were nominated under Best People.

Debbie Kneller and Bryan Perks, of MGS, risked their own safety to deal with a dangerous dog which had attacked a woman on the estate at Lichfield.

Debbie said:

"I felt a bit embarrassed to be nominated really. We were just doing the job we were trained for."

"We were confronted by a terrible scene and we knew we had to stop the dog from attacking anyone else. I've never seen so much blood. It's amazing they managed to save her arm."

Terry Ord and David Adamson, of MGS, went above and beyond the call of duty to help at the scene of a serious road accident. David said:

"The man trapped in the car wasn't breathing so we had no choice but to act. It was very stressful. We couldn't even tell what sort of car it was but we could see the petrol tank was liable to go at any minute. It seemed to take ages for the blue lights to arrive. We learned two days later that the man survived and we were so relieved - not many people survive that sort of trauma."

Terry said:

"With our combined experience and training we made a good team to tackle this situation."



MGS at Altcar Camp thanked for their support during Exercise HAWSER LINK



Dawn Haselden the unit OM received the letter pictured above from Lt Col Black, Commandant, Altcar Training Camp (ATC). It reads:

"Exercise HAWSER LINK was an exercise that took place at ATC over the period 6 -10 October 2014. During the exercise period there was a need to increase the security level at the camp."

"For the record can I just say a big thanks to you and the Altcar MGS for their support during HAWSER LINK. I am aware that this was an extremely busy period for them especially as all contractors / visitors to the site had to be escorted."

"MGS staff did a fantastic job in terms of access control, additional monitoring of vehicles to and from the site, answering and dealing professionally with one or two noise complaints etc."

"Please pass on my sincere thanks for their continued support and additional efforts over a hectic and difficult time."

Lt Col G Black
Commandant

Officer praised for supporting the Air Cadets Training Day at Hightown Barracks, Wrexham



Jim McFarlane is a CSO5 at Hightown. He received the thanks of Flt Lt Simon Povey, Officer Commanding 1251 (Berwyn) Squadron Royal Air Force Cadets, in recognition of all his efforts supporting the event.

Major Andrew Bate, Hightown PSAO, also passed on his thanks. He said:

"Clearly a job well done and as ever, a feather in the MGS cap. Please pass on my thanks to the chaps and in particular Mr McFarlane for his efforts."

Keith Basham, the OM at Hightown, was also quick to praise Jim for a job well done and asked him to say a few words about the day. Jim said:

"I feel very surprised and humbled that you have put me forward for this minor award and want to thank you."

"Entering an MOD establishment can for many, be daunting even intimidating. It is my view, that if you welcome people with a smile showing courtesy and respect (whether they be a Dustbin man or a Duke) they almost always feel at ease and reciprocate in kind!"

"I have been on duty during this particular event on a number of previous occasions and like to think that I conduct myself in exactly the same way, each and every time!"

"I always believe you should put your best foot forward both in manner and personal appearance and try always to create a good impression, not just as an individual but for the MGS as a whole. It's not

something I have to consciously think about, I just do it!"

"In my experience of such events, we do very often drop off the radar when it comes to communication. This is where I feel a gentle reminder is in order, to help raise awareness that not only do we need to know for security purposes but can also assist in a practical sense."

"If not already supplied, I ask for the contact details, (mobile phone) of key personnel such as event organizer etc. I bring to their attention all H&S issues/ restrictions that may in particular impact on their plans and if this is the case I help look for a work around and make alternative suggestions."

"It's great when someone comments on your performance in such a positive way but somewhat difficult to talk about when you just do what you always do. I'm sure there are very many out there who do exactly the same day in day out."

Regards and thank you,"

Jim

Officer at Winterbourne Gunner awarded Imperial Service Medal



Malcolm, aka, Geordie Fawcett CSO5, attended his ISM presentation on the 10th November 2014 at the WO and Sgt's Mess of Winterbourne Gunner (WG). He was joined by his wife Gerry, Kathryn Malough, MGS, BRM 3, the RSM and his colleagues to celebrate the occasion.

Geordie served with HM Forces and was posted to WG in 1977. After serving for a few more years at the establishment, Geordie decided it was time to move on, which happened to

be out of the MT section and down the path to the main gate, where he ditched the green and assumed the (then) grey.

During his 37 years at WG, Geordie has seen the establishment transform both in infrastructure and in name. Geordie has witnessed a complete rebuild of the establishment, numerous title changes and all manner of people coming to the establishment to be trained. This includes; HM Forces, Police, and all the other main emergency services.

Geordie is one of the longest serving members at the establishment and he told me he has enjoyed his time immensely working alongside so many friendly colleagues.

Geordie was well liked by all who lived and worked at the establishment and I am sure he will be missed by all.

Article submitted by Jason Pearey, Operations Manager 12A-4.

Portsmouth Supervisor receives letter of appreciation from the Chaplain of the Fleet



Neil Hague, OSM for Portsmouth Naval Base received a letter from the Chaplain of the Fleet The Reverend Scott Brown CBE QHC BD regarding Shaun Welsh a supervisor at HMNB Portsmouth. It said:

"I wanted to express my appreciation of Shaun Welsh for the regular advice and assistance he provides to my staff for all matters regarding access to the Naval Base

including visits and pass issues whether it be for VIP visitors to the RN Chaplaincy Service, deliveries/collections at my residence or access for accompanying domestic animals. He consistently provides valuable information to ensure the correct procedures are followed on our part and then offers his assistance on the day to make sure things run smoothly."

"Recently he has supported the Royal College of Defence Studies (RCDS) in the run up to their Trafalgar Night dinner which was held on HMS Victory; this was attended by more than a hundred foreign nationals and he ensured a seamless entry into the Naval Base. More recently Mr Welsh once again demonstrated above and beyond his remit by resolving an on-going issue with a residence pass."

"In summary Mr Welsh has provided an exemplary service and I would be grateful if you would pass on my most sincere appreciation and thanks for his continued support during my tenure as Chaplain of the Fleet."

Yours sincerely

Scott Brown

MGS thanked for their customer service at H4H Phoenix House Recovery Centre

Melanie Dickinson sent the following (by email) to Julia Rouse OM for the site:

"It has been a particularly busy year. We have achieved a great deal developing the support we can offer to the 'blokes' and promoting the work of H4H and Phoenix House."

"None of it would be possible without the efforts of the whole team, including the MGS staff."

"Many of our visitors, beneficiaries and staff comment on the warm welcome they receive. A cheerful smile, wave and professional welcome from your staff makes a great deal of difference to us all and is very much appreciated."

The Dialogue Box

Personal stories from
around the MGS.



Alvin Jones is an Operations Manager at Castlemartin in West Wales and he writes about an H&S initiative taking place in Area 12b.

Paul Morgan is a CSO5 at DIO Castlemartin; Area 12b within the BRM3 patch. Paul volunteered to be the IOSH health & safety rep for the West Wales Group which includes DIO Castlemartin, the Air Defence Range Manorbier and Penally Training Camp. He will shortly be undertaking a NEBOSH health and safety course to supplement his skills.

He is well travelled with much experience; he qualified from the apprentice college as a carpenter and his skills were largely employed in the building industry. However, after spending a few years in the building trade, Paul decided that he wanted a new challenge and as a consequence he joined the Royal Navy.

He started as a writer; however Paul was keen to take on a more demanding role, so he joined the helicopter squadron. After service with the Navy, Paul decided to return to his roots and move closer to his family home.

He joined the MGS at Cawdor Barracks in Brawdy Pembrokeshire where the 14th Signal Regiment are based. Initially, Paul undertook access control at the front gate, however Paul decided to broaden his horizons and apply to become a member of the Brawdy dog section.

As a result of PR12, the MGS were withdrawn from Brawdy. Paul along with his fellow officers were re-distributed to the remaining stations in West Wales.

Paul joined the MGS team at DIO Castlemartin. With his experience and skills, he felt he was well qualified to take on the new role of MGS H&S rep.

Today, Paul is regularly engaging with our customers in West Wales; carrying out work-place inspections and advising staff and site users of the potential health and safety risks. Paul is a real asset to the BRM3 team and we are confident that his continuing contribution will be invaluable.



Fred Humphries, MGS DEO submitted the following article on behalf of Debbie Kneller and Bryan Perks who dealt with a dangerous dog at DMS Whittington. Both officers received DIO Awards for their actions (see below).



"On Thursday 16 October 2014 at approx 1615hrs we received a call for assistance from the married quarters close to Whittington Barracks, Lichfield where we are employed as dog handlers. An American Pitt Bull cross had attacked its owner who was heavily pregnant, causing her severe injury.

We collected a sleeve and two dog graspers from the section and hurried to

the scene, on arrival we saw the dog, which was covered in blood. On our approach it ran into the nearby woods where numbers of children are known to play after school.

As we prepared to go into the woods after it, the local Home Office police officer arrived and after a quick brief we pursued the dog on foot into the wooded area.

The dog was spotted just outside the Mercian HQ building, a short distance away. We made our way there, Debbie had a dog grasper and I had on the baiting sleeve. We approached the dog trying to stay calm, Debbie managed to get the grasper over its head, but it jumped and twisted and got its right front leg tangled in the grasper.

Whilst the dog was being held in this manner I managed to fit a muzzle onto

the dog, but because of his agitated state he managed to get this off.

I then got the second grasper and got this securely around the dogs neck and tightened it properly, Debbie then released her grasper and we managed to secure the dog.

Then after consultation with the Police dog handler we slowly walked the dog to the Police dog vehicle where after a struggle we secured the dog inside the vehicle.

This was a very serious situation with a lot of people around and there was a real concern for their safety. The dog was agitated and had already attacked its owner and we were unsure of its state of mind or how it would react.

Fortunately it was resolved without further incident and we were happy in the end to be able to assist."

I received the following from Mark Scollan OSM Area 3 to inform me of the retirement of a much valued and respected colleague.

Watty checks out!

Mervyn (Watty) Watt left the Queen's Own Highlanders as a Sergeant after 24 years service. He became an MOD Patrolman based at Glencorse Barracks in 1988. He joined MGS in 1992/93 and remained in Edinburgh. He worked for the most part at Glencorse - although he did spend some time on detachment at both Dreghorn and Redford Barracks. A trained Dog Handler, Watty eventually came to Edinburgh Castle in 2012. He retired officially on 31 July 2014. Watty remains a keen hang-glider and hopes to be seen in retirement hanging around The Pentlands!

GOC Scotland, Lt Gen Nick Eeles can be seen in the photo thanking Watty for his service during his last shift at the castle.



John Smullen a CSO5 at Halton writes about his experiences supporting the Op Hounslow Surge last year:

"Having been informed by my OM that a surge request from Mark Pike, for Hounslow Cavalry Barracks had been issued, I requested to be placed on the list, having previously volunteered for the Faslane Surge earlier in the year."

"Mark told me that HOE for Cavalry Barracks had requested the MGS to cover the security tasks for a period of 10 weeks starting from the beginning of Dec, until a security firm could be found to take over the security duties."

"The resident Battalion was moving to Pirbright and the camp was getting a refurbishment and would therefore be vacant for some time."

"Mark issued all the volunteers with a detailed set of Joining Instructions. After a lengthy trip down from my duty station in Halton, Lancaster, I arrived at the St Giles Hotel and booked into my room, and met up with some of the other MGS officers who had come from various sites across the country."

"Monday arrived and off we went to Cavalry Barracks, where we were met by three officers from Securitas and the guard force from the Welsh Guards. By lunch time, all the Welsh Guards apart from the rear party had left the camp for good."

"The HOE John Harris informed us all that he



Don Patten, MGS showing Dave Bryant from Securitas best practice

wanted us to demonstrate "best guarding practice" to the officers from Securitas."

"Within 30 minutes of being on site, we had managed to grasp what was required of us to cover effectively the duties at the main gate, CCTV control and the front desk duties."

"It was noticed that some spring cleaning needed to be done. Updates to contractor lists, phone numbers, points of contact, and heads of departments details, all the sorts of things which come as second nature to the MGS but not necessarily to a civilian security firm working at an MOD establishment. After dealing with that and providing some clear direction things started to



The author going through the Daily Occurrence Book with Wendy Bulter, the Securitas Shift Officer

settle down. We also agreed a routine whereby an MGS officer and a Securitas Officer would 'stagg on' together.

"To further acquaint myself with the establishment I decided a walk around the camp was in order so with Don Patten (MGS) in tow I

decided to do just that."

"Within 10 minutes of being out on the ground we came across our first insecure building. On checking to see if anyone was in the building, a strong smell of gas was noticed in one of the rooms. We reported it straight away to the main contractor on site who informed the gas board. It was only after the incident was dealt with that the contractor told us that the leak was actually from outside the camp and potentially a serious



Alistair Willder from Bovington, covering the reception duties with Muhammad Riaz of Securitas.

situation."

"By the end of the first week we had implemented a new booking in / out procedure, adopted new visitor / contractor passes, and had an up-to-date, accurate contact list. Just as we were congratulating ourselves on our success, the threat level was raised and we had to immediately implement a vehicle search regime. Organising this at short notice and demonstrating to our Securitas colleagues the required standard was a challenge, but it proved to be another string to our bow."

"Tom Taylor, Operational Support Manager (OSM)

paid us a visit to see how we were getting on. Very well it seems, as we were informed that what had originally been planned as a 10 week surge was going to be reduced to two weeks due to the professional guidance given

to Securitas by the MGS Officers."

"Marc Sheeve thanked all MGS Officers who took part or volunteered their time to assist. We all look forward to the next one!

The formal handover of the duty biscuits from Tom Taylor to Alistair Willder, CSO4!



Greg Barnes, a CSO4 at Abbeywood writes about his visit to West Wales as part of the Area 12 (BRM3) Integration Project:

"I had the opportunity to visit the Castlemartin Group Over the period 25/26 November 2014, so I jumped at the chance. I wanted to gain experience of the wider MGS business functions and delivery service as an MGS operational manager. I also wanted to get a feel for the operational demands placed on the OM."

"To help me attain these goals Alvin Jones the Operational Manager kindly agreed to host me over the two days and arranged for me to visit Castlemartin Ranges, Air Defence Range Manorbier and Penally Training Camp."

"After a three hour drive I arrived at Castlemartin and, over a very welcome brew, Alvin explained the complexities of managing three different sites, managing the diversity of tasks and keeping two different customers happy. The last of these issues become a lot clearer after I attended a meeting with Alvin and the two gentlemen that he engages with to discuss the day to day tasking issues."

"This process was

completely new to me as it's not something that I have ever had to do at Abbeywood. A number of important issues were discussed, with an open and frank exchange of ideas from all sides. Issues such as the need to update / rewrite MGS Assignment



Greg (left) with Alvin Jones, OM for the Castlemartin Group

Instructions to reflect the expected upscale in staffing. The Christmas closedown arrangements for the three units was also discussed. It struck me that to get the best from such meetings a good working relationship between the OM and the customer is a must."

"During the afternoon Alvin took me to the range tower at Castlemartin. Here I was briefed by the Range Officer on the capabilities of the complex. Whilst there, Alvin explained some of the tasks that the MGS used to do prior

to PR09, like checking the serviceability of the range safety telephones that are dotted around the complex. This task is now done by other people, but it's one that could be added as part of future MGS business?"

"A diverse task still carried out by the MGS at Castlemartin is ensuring that local farmers book in and out. Local farmers have the right to graze their animals on range land at various times. But they must check in with the MGS when they wish to move animals on or off the range. Not your typical MGS



The Manorbier range is used to test air defence missiles

task, that's for sure!"

"On day 2 I visited the Air Defence Range at Manorbier and Penally Training camp. I got to see just how old and dilapidated some of the working conditions can be for the MGS at the more remote areas. Alvin explained how he has prepared business cases to support requests to have the accommodation upgraded."

"We also discussed the problem of lone working

and the issue of taking breaks; I was interested in the imaginative ways in which Alvin has overcome these issues. Ideas that I shall take forward with me for possible use in the future."

"Over the two days, I set out to learn more about the OM role and gain a better understanding of some of the issues that they encounter."

Jean White a CSO4 at St Athan, was lucky enough to be invited to take a ride in a Merlin Helicopter. She writes:



"On Tuesday 2nd September 2014, whilst attending the Station Executives Meeting, part of the CSO4's weekly routine, I was invited to join a small party of the MOD workforce on a trip in a Merlin Helicopter."

Three Merlins had been



"I was able to see MGS business and service delivery at first hand. I learned how important the OM / customer interaction is to the business and how a good working relationship can make the job so much more satisfying. Good communication with the work force will ensure a well motivated group who enjoy their work and this will

flown into the Station as part of the European Summit and as a service to the Station they were allowing MOD staff to participate in flights around the Vale of Glamorgan Coastline."

This was an opportunity I was definitely not going to miss and, after travelling over to the West side of the station, I met up with other MOD staff who were also attending."



"I was in short sleeves and I was advised that I would need a flying suit as bare arms were not allowed so I duly went into the crew room for a suit. Putting it on proved a battle as pulling it over my uniform was a definite struggle!"

"After a safety briefing we were fitted with flying helmets and led to the Merlin. As the rotors were turning we were guided onto the aircraft with extreme caution."

"The side door and rear hatch are kept open, so

benefit the customer, who will, as a result, get a first class service. All in all a win win situation."

"To end, I must extend my thanks to Alvin Jones for taking the time out of his busy schedule to show me around and explain his role, and to the officers who I got to speak to for making me feel so welcome. A truly worthwhile experience."



taking off was quite an experience and as I was near the rear of the helicopter the view was amazing."

"We flew at low level over the coastline which enabled me to take some good photos. At one point the pilot suddenly banked the helicopter sharply which was a bit stomach churning!"

"On landing, we also had the opportunity to view President Obama's spare helicopter which was tucked away in one of the Hangars, guarded by American Servicemen who seemed to be spending all their time sweeping and polishing."

"This was truly a one off opportunity which I thoroughly enjoyed and was grateful for the experience."



Simon Riley, a TMP CSO4 at Abbeywood (ABW), organised a local showcase event. He writes: "The MGS have started a new round of staff engagement processes at Abbeywood. It is hoped through collaboration and an open relationship it will help develop our ability to provide exceptional service delivery. To help us to achieve this we recently held an MGS customer engagement event."



"The MGS at Abbeywood have an important part to play in helping to keep secure an establishment which holds up to 10,000 staff and visitors. Dealing with access control, out of hours reception duties, site-wide internal and external patrols, vehicle and bag searches, dealing with emergencies and staffing the ABW security control centre are some of the key tasks we undertake. We work closely with the DE&S infrastructure team and the DE&S Health and Safety team. We also have a close working relationship with Ministry of Defence police (MDP)."



"The aim of the event was to provide staff with information about the MGS. We used display boards, a manikin displaying our uniform, an aerial photograph showing MGS posts and related descriptions and photographs of ABW MGS officers at work. We also produced a desk display to show examples of just what MGS officers are looking for on floor plate patrols. We also provided the refreshments! The event was hosted by eight Abbeywood officers. There was a good attendance by staff and visitors alike, including many of ABW senior staff who all showed a real interest in what the MGS does at ABW."

"Customer service relationships are not unlike any other human relationships. Over time providers must strengthen their bond with a customer and each must learn to trust one another. To this end the MGS can build rapport with customers by reaching out to them proactively to solicit their feedback and opinions - and to act quickly on their input."



Darren Lillywhite a CSO4 at Abbeywood, writes about his visit to 160th brigade headquarters at Brecon, for his career development. He writes:

"I am looking to progress to the next grade. To help me I was given the opportunity to visit Brecon in Wales to observe, question and gain knowledge of an OM's role. I met Paul Gilbert the OM for Brecon and two other sites. I wanted to see what challenges Paul faced and how it affected the day to day running of the MGS task."

"My first impressions of the site were that it was quite small compared to Abbeywood and the duties carried out by the CSO5s were limited to gate duties and the reception."

"I quickly realised that Paul's role was different to the role of OM's back at Abbeywood in that he has 24/7 responsibility, whereas at Abbeywood the day to day issues can be passed between the OM's."

"Paul taught me how important it was to build a good rapport with his officers, so that anytime he requires flexibility or someone to go the extra mile he knows that more often than not, it could be achieved. It was obvious that Paul has an excellent working relationship with all his officers at each of his sites."

"Paul showed me the rosters and said that they were colour coded to help him distinguish between the different shifts and the different posts that were

worked. He also showed me the MGS Performance Operating Reporting Tool (PORT) which is used to record daily tasking and management information. The information has to be submitted on a weekly basis and includes allocation of annual leave, shift hours covered on priority one & two taskings as well as the hours the OM has worked."

"After lunch Paul took me to Sennybridge Training Camp, the second of his sites. Paul told me that he visits the site regularly and that he may be there some time to ensure any problems or issues with the staff or the Camp Commandant are sorted out before he leaves."

"We left Sennybridge and proceeded to the Ammo Camp, the third of Paul's sites. The site is at the top of a very long and steep hill that in the winter can be cut off if it snows. It can be nigh on impossible for a car to gain access. If this happens then the duty shift would have to stay on until a relief can get to them."

"The Ammo Camp is staffed by two MGS officers who monitor the control room. The camp is completely enclosed within an electric fence. After my visit to the Ammo Camp

we headed back to Brecon where we reviewed the day and then I left for my hotel."

"I could see how challenging it could be for Paul if several problems occur at different sites - especially if any needed to be resolved quickly. Each are some way apart, but Paul has showed me how he manages to fit each of them into his daily routine and still manage to cover the admin side of the job. We discussed some of the problems that can occur and the expectations of the customer who expects Paul to have solutions to any problems that may arise."

"On the second day of my visit Paul had to deal with an issue regarding contractors who were in the process of decorating the reception area. This meant that the MGS officers were squeezed into a small hut whilst this work was being carried out. Not an ideal situation."

"Finally, I asked Paul what he thought made a good manager. He told me that he had left the MGS on a couple of occasions to work in the wider MOD and then returned to the MGS. He felt that doing this was an invaluable way of gaining a wider perspective of how the MOD works and the managerial role."



Promoting Health in the MGS

In this section:

- Looking after your most important assets - your feet!
- A guide to Diabetes.
- Musculo-skeletal exercises



Following the publication of his article on prostate cancer in issue 46, Derek Kirk has asked me to add the following post script:

" Following more PSA and biopsy checks I have now been diagnosed with early stage prostate cancer. So come on guys don't become a statistic like me - get that PSA check done tomorrow..."

I'm sure everyone sends their best wishes to Derek and hopes he has a speedy recovery.

Do you suffer from aching feet?

Karen Pearce explains why it's so important to look after your feet



In the jobs that you do it wouldn't surprise me to find that you were frequently in pain - but what if it isn't just everyday aching feet? Do you know how many different ailments there are connected with your feet? Here are just a few of the most painful:

Gout

Plantar Fasciitis

Neuroma

Flat Feet

Athletes Foot

Achilles Tendonitis

All of these can be really painful and will make standing around all day very uncomfortable. I thought it might be useful to know what causes some of them, what the symptoms are and how you could help yourself to make standing around a bit more comfortable.

Gout

Gout is a type of arthritis (although it is very different to the more common rheumatoid arthritis and osteoarthritis). Gout causes attacks of painful inflammation in one or more joints and can be severe. Gout is caused by a chemical in the blood called uric acid (urate) which in most people is harmless and



passes through the body and out naturally. However, in people with gout the amount of uric acid in the blood builds up and from time to time the level may become too high and tiny grit-like crystals of uric acid may form. The crystals typically collect in a joint. The crystals irritate the tissues in the joint to cause inflammation, swelling and pain - a gout attack. It can be relieved in the short term by raising the affected limb (usually a leg) to help reduce the swelling and applying an ice pack until any prescribed gout medicines start to work. Drink plenty of water (up to two litres per day unless there is a medical reason why not to).

Plantar Faciitis

Plantar fasciitis is an inflammation of the long band of connective tissue running from the heel to the ball of the foot. Heel spur syndrome is a boney

overgrowth on the heel bone, Plantar fasciitis and heel spur syndrome affect women more than men, The bottom of the foot and arch can become more painful.

It is caused by the stretching to the long band of tissue that connects the heel and the ball of the foot, muscle imbalance, bone deformity, obesity, trauma, tightness of the muscles on the back of the leg. It makes standing and walking for long periods of time very painful and can also be aggravated by certain types of footwear.

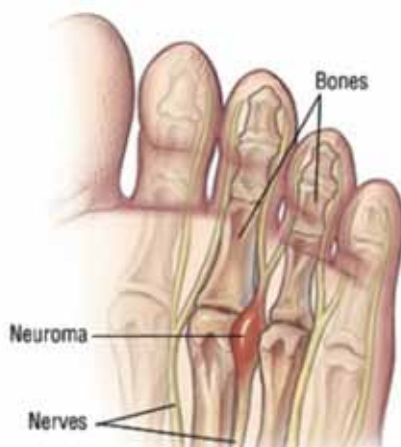


Your doctor/podiatrist may perform a physical examination, X-ray evaluation, recommend taping, prescribe orthotic devices, prescribe appropriate medication, administer injections or perform surgery as needed.

Neuroma

A neuroma is a painful

condition often referred to as a pinched nerve, swollen nerve, or nerve tumour. It is defined more specifically as a benign growth of nerve tissue frequently found between the third and fourth toes. This may result in pain, burning, tingling, or numbness between the toes and in the ball of the foot. It is caused by improper or ill-fitting shoes, trauma, high heeled shoes, or can be hereditary.



Your doctor/podiatrist will make a physical examination, X-ray evaluation to rule out other causes, padding and taping, custom orthotics, and inflammatory medication, administer cortisone injections or perform surgery as needed.

Athletes Foot

Athlete's foot is a common infection of the skin characterized by itching, scaling, redness, and the formation of small blisters. In general these lesions start between the toes and can extend to the borders and bottom of the foot. The fungus has the potential to spread to the toenails, causing them to become thickened, discoloured

and painful. In this case the infection is called onychomycosis.

Whilst this infection is common among athletes, keep in mind that it can affect athletes and non-athletes alike. The feet are vulnerable because shoes commonly create a warm, dark and humid environment that encourages fungal growth. Athletes foot can also be contracted in dressing rooms, hotel and locker room showers and swimming pool locker rooms where bare feet may come in contact with the fungus.



You should keep shoes and socks dry as a preventive measure. Practise good foot hygiene including daily washing of the feet with soap and water; drying feet carefully, especially between the toes. Change shoes regularly and wear acrylic or cotton socks.

Your doctor/podiatrist might prescribe topical or oral anti-fungal medication.

Flat Feet/Fallen Arches

A flat foot is a structural deformity resulting in the lowering of the arch of the foot. This is usually due to fallen arches and a



person with a flat foot or a highly arched foot that is fairly painful is in need of treatment. People with flat feet may also have other foot related problems such as ankle, knee, hip or lower back pain. The main causes of flat feet or fallen arches are, heredity, arthritis, trauma, musculoskeletal disorders.

Your doctor/podiatrist will perform a physical examination and gait analysis, take X-rays and prescribe custom orthotics. Surgical options include an extensive flat foot reconstruction procedure or the use of a sinus tarsi titanium implant ie: HyProCure.

Achilles Tendonitis

Achilles tendonitis may occur in athletes who over train or don't do warm-up exercises



as well as in individuals who may have had a sprain or strain while working or just going for a walk. As a result of this condition one may experience an irritation and inflammation of the tendon that attaches to the back of the heel bone. Initially it can be treated with ice, rest, aspirin and anti-inflammatory medication. When the pain becomes chronic it should be professionally evaluated.

Your doctor / podiatrist can provide treatment options that include one or a combination of treatments such as: stretching programs, ultrasound and laser therapies, cortisone injections, prescription anti-inflammatories, heel lifts and /or orthotics and extracorporeal shockwave therapy. In the United States an added option includes a mixture of stem cells and plasma enriched proteins which is injected into the area.

So if you want healthy feet you will need to look after them and if they are painful do something about it. Leaving it till it's too late can mean that you will have more complicated problems later in life. Most of the remedies for foot related pains are fairly similar and can be helped by:

- Resting your feet and legs when you are not on duty.
- Losing weight if you need too.
- Wearing the right shoes for the activity you engage in.
- Following the doctor's advice.

Look after your feet and they will last you your lifetime...

What is Diabetes?

Robert Williamson, Operational Manager at RNAD Coulport explains the different types of Diabetes

Diabetes Mellitus is a condition where the amount of glucose in your blood is too high because the body cannot use it properly. About 5% of the UK population (3 million people) have a positive diagnosis; many others have the condition but don't know it.

The symptoms of untreated diabetes include increased thirst, going to the toilet frequently (especially at night), extreme tiredness, weight loss, genital itching or regular episodes of thrush, and blurred vision.

There are two main types. Type 1 insulin dependent and Type 2 non-insulin dependent.

Type 2 diabetes develops when the body can still make some insulin, but not enough, or when the insulin produced doesn't work properly (known as insulin resistance). This type of diabetes usually appears in people over the age of 40, though it can appear earlier. Overweight people are particularly likely to develop Type 2 diabetes. It tends to run in families and is more common in South Asian and African-Caribbean communities.

The main aim of treatment is to achieve blood glucose and blood pressure levels as near to normal as possible. Controlling blood glucose is a balance between food, exercise and medication.

Poor control can cause long-term damage to the eyes, kidneys, nerves, heart and major arteries. Up to 80 per cent of cases of Type 2 diabetes can be delayed or prevented by making simple changes in our everyday lives. Managing your weight, eating well and being active are the best ways to reduce your risk. Small steps can make a big difference.

Diabetes UK recommends the following top tips to reduce your risk of developing diabetes.

Eat regularly. Have 3 meals a day to help keep your blood glucose levels steady and control your appetite.

Include a starchy carbohydrate food at

each meal. These include potatoes, pasta, rice, bread or breakfast cereal. High-fibre varieties are best.

Eat less sugar. Too much sugar raises blood glucose levels. It is best to replace these with lower sugar and sugar free foods.

Eat less fried food. High fat diets are linked to heart disease and reducing your fat intake will help you lose weight.

Eat 5 portions of fruit and vegetables a day. This will benefit your health and protect your heart.

Include oily fish in your diet.

Try to have oily fish in your diet at least once a week.

Eat less salt. Too much salt can raise your blood pressure which can lead to stroke and heart disease.

Healthy Weight. Body weight and diabetes are closely linked. If you are overweight, it is harder for your body to use insulin properly.

Portion Sizes. As well as looking at the types of food you eat, it is important to consider portion size.

Limit your alcohol intake. Most people with diabetes can enjoy an occasional alcoholic drink. Alcohol is

high in energy and may cause weight gain therefore sensible drinking is essential.

Maintain an active lifestyle.

Exercise helps improve your general health and your diabetes control.

More information is available at:

<http://www.diabetes.org.uk/>

DIABETES UK
CARE. CONNECT. CAMPAIGN.

If you think you are at risk you can take a simple test on line. It will take about 3 minutes.

Musculo-Skeletal Exercises

Scott Carter, Operational Manager at HMNB Portsmouth suggests some simple exercises to improve circulation and reduce body fatigue

Occupational Health statistics estimate that hundreds of thousands of workers in the United Kingdom have suffered from injuries due to prolonged standing, which in turn has resulted in over two million sick leave days a year.

It is inevitable in our industry that a guard will be expected to stand for a prolonged period of time while on duty. Workers who are required to stand for prolonged periods of time, often reported experiencing discomfort in their legs, neck and shoulders. In addition to the above, they may also experience discomfort in their lower back and feet.

Despite efforts to reduce the time a guard spends

standing still, such as rotating guards around positions more frequently, seated positions and sufficient rest periods, the ultimate responsibility lies with the guard.

A theory for the increased discomfort and whole body fatigue associated with prolonged standing, is a reduced blood circulation in the lower legs and localised muscle fatigue.

All of the above reads for a pretty uncomfortable living, however not all is lost. By carrying out a few simple exercises during your working day you should be able to reduce the discomfort you experience through prolonged standing. However, before you carry out these exercises it is

recommended that you complete a Physical Activity Readiness Questionnaire (Par-Q) which you can download online. If you answer 'yes' to one or more of the questions then it is advisable that you go and see your GP just to make sure they are happy for you to carry out the exercises listed below.

Before we get going let's think about Motivation, Motivation is one of the biggest barriers we come up against, especially if it relates to changing your lifestyle

In order to give yourself the best fighting chance try and adopt the SMART principles:

Specific – be specific, what do you want to achieve? Set a long-term goal then

break that down into small manageable short-term goals.

Measurable – choose a marker or something that you can measure your progress against, examples could include the time it takes before the discomfort starts or how far/long you can walk for before you become short of breath or uncomfortable.

Achievable – set a goal that you can achieve, don't set yourself up for failure.

Realistic – set a goal that is realistic for you; don't worry about what others are doing.

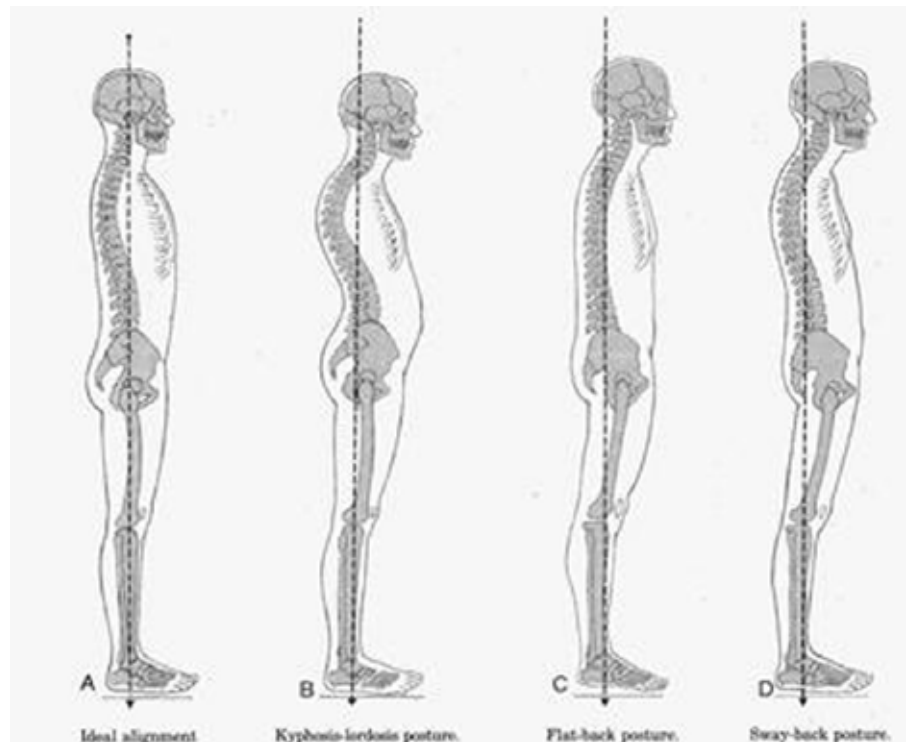
Timed – set a deadline by which you must achieve your goals, this will help to maintain your motivation.

Top Tip: Try and do your exercises at the same time everyday, make it part of your daily routine. This will help you to make it become a habit and not a chore.

Exercising Safely:

Posture – poor posture is likely to be another contributing factor towards pain and discomfort. It can lead to:

- Tightness and weakness in certain muscles, particularly the abdominal and pelvic muscles.
- Neck, back and shoulder tension/pain/aches
- Nerves, blood vessels being restricted and even your digestive system can be affected.
- Impeded breathing, if your lungs do not have enough room to fully expand and deflate then you will not be getting



the maximum amount of oxygen into your body.

A quick way to improve posture and get you ready for exercise is to think of a balloon on a piece of string attached to your head pulling you up. Your chin is up, shoulders will be back but relaxed, chest out and stomach in.

Tense those core (abdominal) muscles: - whenever you carry out your exercises always tense your core muscles, this reduces the risk of injury to your back while also helping to strengthen the abdominal muscles and break down unwanted abdominal fat stores.

Breathing - remember to breathe, sounds simple enough but many people tend to hold their breath when they stretch or exercise. Holding your breath can put additional strain on your heart and increase your blood pressure.

Top Tip: Get some support- Tell your friends/ family/work colleagues, the more people you tell the more support you'll get. They may even want to join in with you.

Warm Up - it is highly recommended that this should be done before doing any form of physical activity. A warm up is designed to 'prepare' the body for exercise by increasing its core temperature slightly which in turn will help to increase reaction speeds, reduce fatigue and speed up metabolism, resulting in more calories burnt.

Cool Down - consider a cool down after exercising. After exercise, your body's core temperature will be increased slightly so you will need to reduce this and bring your heart rate back down, close to its resting state. This will also help to reduce other side effects from exercise such as stress and stiffness.

Top Tip: Write it down, record what you are doing. By recording the amount of exercise you do each time, you will be able to see your progress over time; it's easier than trying to think back to what you were like six months ago.

What stretches can I do at a post?

There are many stretches that can be carried out whilst positioned on a static post. The following are all stretching exercises that are highly recommended to anyone standing for a prolonged period of time. There is no set duration for which you should hold the stretch. If you have the time then try and hold the stretch for 15 seconds and repeat four times, at a mild to moderate stretch pain threshold for you.

Lower Body Stretches:

Ankle Rotations:

Aim: To maintain range of motion in the ankle joint.
Start position: This can be done sitting or standing (if standing it is recommended that you have something to lean against to support yourself, as you will be

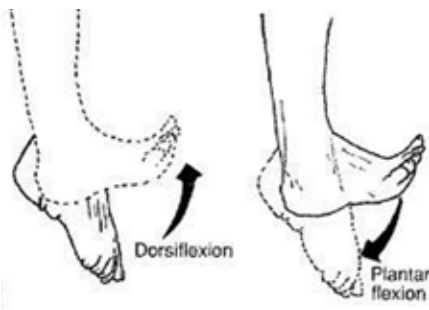


standing on one leg).

Movement: Slowly rotate your ankle in a clockwise motion for X seconds (X= a number always determined by you) then swap legs and repeat. Now return to the first ankle and slowly rotate in an anticlockwise motion then swap legs and repeat X times.

Ankle Pumps:

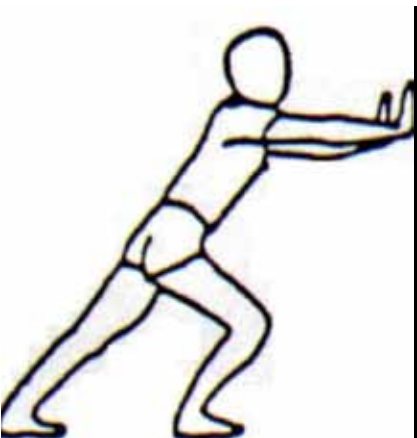
Movement: Standing on one leg, point your toes towards the floor (plantar flexion) then move your foot towards the sky (Dorsiflexion).



Calf Stretch (Gastrocnemius):

Aim: To stretch the muscle at the back of the lower leg.
Start Position: Begin with your hands against a wall and your leg stretched out behind you (See below). Keep your heel down, knee straight and feet pointing forwards.

Movement: Slowly lunge forward until you feel a stretch in your calf muscle. Hold for X seconds then return.



Calf Stretch (Soleus):

Aim: To stretch the muscle at the front of the lower leg.
Start Position: Begin with your hands against a wall and your leg slightly bent in front of you. Keep your heel down.

Movement: Slowly move the knee of your front leg over your toes until you feel a stretch.



Hamstring:

Aim: To stretch the muscle at the back of the upper leg.
Start Position: Place your foot on a step or raised platform.

Movement: Keeping your knee and back straight, lean forward at your hips until you feel the stretch in the back of your thigh. Hold for X seconds, relax and repeat.



Quadriceps:

Aim: To stretch the muscles at the front of the upper leg.
Start Position: Start with your knees together.

Movement: Using something to support yourself (such as a table, chair or wall), holding on to your heel bring it towards your bottom, keeping your knees together and your back straight until you feel a stretch in the front of your thigh.



Alternative:

Start Position: Instead of bringing your heel to your bottom you could place your bent leg on a chair, you should also feel the stretch this way.

Trunk Stretches:

Hip Rotations:

Aim: To prevent lower back from stiffening up.

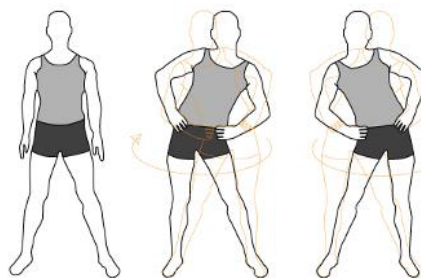
Start Position: Start with your feet a hip width apart.

Movement: Slowly rotate your hips in small circular clockwise movements for X seconds then repeat in an anticlockwise direction.

Alternative:

Movement: Try rotating in a figure of eight movement (in

both directions) instead of a circular motion.



Upper Body Stretches:

Shoulder Stretch:

Aim: To stretch the deltoid muscle.

Start Position: Stand in a neutral posture (as described in the posture section).

Movement: Put your arm across your body at shoulder height, use your other arm to help you take it that little further.

Alternative:

Aim: To stretch the anterior deltoid and pectoral muscles.
Start Position: Standing with your forearm against the wall and your elbow at a 90° angle (see diagram).

Movement: Gently turn your body away from the wall until you feel the stretch.

Neck Stretch:

These are to be held for two seconds and repeated 10



times.

Aim: To prevent stiffness in neck.

Start Position: Stand in the neutral position with your back and neck straight, shoulders should be back slightly.

Movement: Forwards and backwards – In a slow controlled manner move your chin towards your chest for the forward stretch and look up to the sky for the backward stretch.

Side to Side Bend – bend your neck to one side until you feel the stretch, hold for X seconds then return to the start. Now repeat on the other side.

Head Rotations – Slowly rotate your head to either side, trying to look over your shoulder, then slowly return to the start position.



In Focus

Your editor visited RAF Fylingdales on the North Yorkshire Moors



I was met by Gary Dodd the Operational Manager for the site. Gary told me he is responsible for twenty one MGS staff, twenty CSO5s and one CSO4. He works in conjunction with the MDP and the RAF Police providing the security at the site. The MGS carry out access control at four posts, including the inner and outer main gates and a dual control room alongside the MDP.

In the time Gary has been at the site he has been impressed by the level of co-operation and inclusion the MGS benefit from. This includes regular meetings with the customer at all levels, including the Station Commander.

Outside of work Gary is a keen gardener as well as a black belt in karate (Taekwondo). He also used to do a lot of running until his knees started giving him problems, but he has just started running again after a lay off.

My visit coincided with the Families Day at the base. This is always well supported by families and their friends and does therefore provide a challenge to the MGS to manage large numbers of visitors to the site effectively.

A large number of stalls are set up (such as tombola) and activities organised for the kids.

I spoke to Steven George, CSO5, who was on duty at the main gate. Steven told me he has been in the MGS 18 years.

"It can be a bit grim here in the winter, and the roads around the unit are often closed and it's only through the efforts of the local farmers and the MDP that many of the routes are kept open. It's an excellent team effort. "It's a good place to work and everyone gets along."

Steven told me about an incident at the base in which he played a vital role:

"A colleague had a heart attack at work. It was a night shift. He had complained of not feeling well and had gone outside for some fresh air. When he returned he told an MDP officer (who was first aid trained) that he was in some pain and had tingling in his arms. The officer called the on-site fire brigade who could offer immediate medical assistance. It was while they were carrying out some tests that he had the heart attack. His heart stopped and the defibrillator was used."

"It was not nice seeing a friend and colleague in this situation and to be honest I was glad to be able to go outside to ensure the ambulance that had been called could gain access and the entry / exit points were completely unobstructed."

"As you can imagine, the remoteness of the site means it can take some time for emergency vehicles to arrive and the air ambulance doesn't fly at night. The first hour following a heart attack is always critical. It just so happened that the RAF had picked up a call and scrambled a Sea King helicopter based at Leconfield who were here in 15 minutes and took him away to hospital. He has made a full recovery and even apologised for leaving the team short on the night shift in question!"

In his spare time Stephen does a lot of diy and also enjoys walking.





Stephen Barron is 52 and has been in the MGS for 20 years. He started at RAF Eaglescliffe (now closed) on Teeside before moving to Fylingdales. Stephen told me why he liked working at Fylingdales:

"I like the teamwork which is important at a small site like this. The location also creates its own interest and challenges. Watching the sheep graze is always amusing. I have been snowed in and snowed out!"

Outside of work Stephen enjoys golf and five a side football keeping himself fit and active. He enjoys walking in the Lake District and has completed a number of the most challenging walks.

Bob Cheetham was on duty in the reception when I caught up with him. He told me he has been at Fylingdales for 17 years. Prior to that he served 22 years in the Army in the local regiment the Green Howards. Bob told me that for many years he has been collecting British Army regimental cap badges and has, at the last count, around 2000. Being based at Fylingdales stimulated his interest in RAF cap badges so his collecting of these is also growing! He attends many military shows around the country looking for a bargain and has also displayed his collection at events. He specialises in the Green Howards and said that anything from the 1800s is particularly hard to get. Regimental history is also a passion of his. He has a particular interest in the Battle of Alma which was fought during the Crimean War. The Green Howards (or the 19 Regt of Foot) distinguished themselves storming the 'The Great Redoubt' and capturing six Russian regimental drums. The Regt was awarded two Victoria Crosses during the Crimea campaign.

Bob told me that the location of the site makes Fylingdales a particularly attractive place to work, though the climate is always a challenge! Most of the MGS have been here a long time and understand what's required to make the job as easy as possible. Bob's been on duty for at least 10 family days so understands what the day has in store and what needs to be done to make it run as smoothly as possible.



Charity News

Children's festive fun at HMNB Clyde

From the Editor...

Stevie Pursley and colleagues from Yellow Shift at Faslane raised over £2000 for the Children's Hospice Association Scotland (CHAS). Stevie and the team have supported the charity from Robin House in Balloch for a number of years. Pictured right are the team with the children, their carers, family and wellwishers.



Cake sale a tasty treat!

From the Editor...

On the 9th December 2014, Alan Rees a CSO5 based at MOD Main Building in London and his wife Barbara held a cake sale in the Pillared Hall to raise money for Help for Heroes. Mr Rees managed to raised over £200. His wife's company Enterprise Plants matched the donation which pushed the final figure to £410.

Story supplied by Dave Leagas.



**HELP for
HEROES**
Support for our Wounded

Coulport MGS suport annual charity walk in aid of the Beatson cancer care unit at Gartnavel Hospital

By Kenny MacLeod CSO5

The date was set for Coulport's annual walk for charity: 29th August 2014. This would be the 4th walk in aid of the Beatson Cancer Care Unit at

Hamilton, and Davy (I'm not hanging about waiting for you) Meechan. We were joined by colleagues from the Defence Fire & Rescue Service and by depot

the Building 87 staff for the hearty breakfast, food and refreshments throughout the day, and to local managers for sourcing and supplying decent MGS tops. And...



Gartnavel Hospital, an event predominantly organised by depot employee Mr Billy Dempster in recognition of the treatment he received.

Over the last couple of years I have watched the walkers set off on their 20 mile hike from Coulport to Alexandria. However, this year there was an opportunity to get the MGS involved, and a rallying call was put up on the notice board!!

This generated a lot of interest, but no names appeared on the sheet of volunteers, just the usual excuses. You all know who you are!

But the five hardy souls who stepped up to the mark were; Kenny Macleod, Kevin Watt, Gordon Hamilton, Bert

employees from MOD & Babcock Marine.

Finally the big day arrived and so did the lovely Coulport weather – heavy persistant rain. A typical summer's day in Scotland.

We all set off at 9am. Five and a half hours later we

last but not least to Davy Meechan for going that extra mile. Sorry, make that 2-3 extra miles! Our David blazed ahead on his own, leading the pack home, only to take a wrong turn. Even after his diversion though, he was still back home before most of us!



arrived at the final watering hole, tired, sore and stiff (with a few blisters between us), but happy about what we had achieved.

A big thank you to all our colleagues who donated. To



Breaking News...

You may remember that RAF Church Fenton was featured in issue 45 of Flashlight. Julia Rouse (pictured below) received the following email from Robin Hartley, the Principal Estate Surveyer, DIO North:

"On the 23rd December, DIO LMS completed the sale of the former RAF Church Fenton for £3.855m, a pleasing outcome for what is a less than ideal site, in a relatively remote location. It is this very remoteness which makes RAF Church Fenton an attractive site for thieves, vandals and fly tippers. I did not want to miss the opportunity to thank MGS for the sterling work they carried out to guard the site."

"As you may know, we also sold Kirton Lynsey in mid 2014 and it is fair to say the site was trashed, having being the subject of numerous metal thefts, a fire and other acts of vandalism. It is fair to state the sale value is adversely affected in these circumstances. The added issue of much greater concern is the health and safety aspect, particularly with children accessing the site and climbing onto roofs. DIO has a duty of care to prevent such access as the ramifications from an accident go far beyond financial loss."

"In the time MGS guarded RAF Church Fenton, I understand there were no site incursions, thefts or acts of vandalism. This is a credit to your team, as Church Fenton is a large site to guard with numerous points for unauthorised access. It is also the case the disposal benefited from our ability to hand over a functional working facility including hangars and technical buildings, to such an extent the new users are already flying aircraft at the former RAF base."

"Finally, I know Clare Hetherington the LMS Disposals Officer benefited from the flexibility to work with Matt Triggs in MGS to tailor the guarding needs as the disposal progressed, this is far from easy when using a contracted in service."

"Can you please relay my appreciation to those of your colleagues in MGS who played a part in guarding RAF Church Fenton."

Robin



Suzanne Bright, a CSO5 based at Hermitage, is trying to raise money for the ABF Soldiers' Charity by abseiling down the Spinnaker Tower in Portsmouth. The event takes place on the 1st of August. If you want to sponsor Suzanne you can visit her Just Giving page, which is:

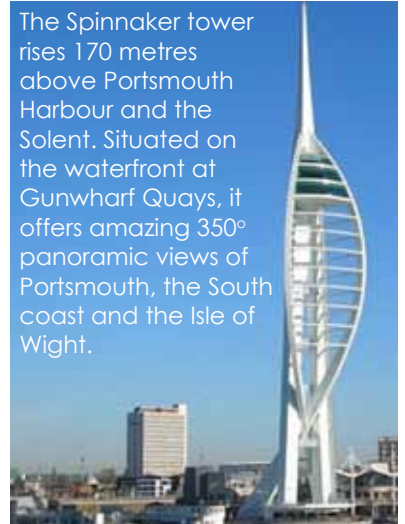
<https://www.justgiving.com/Suzanne-Bright/>
or text: **ABFC64** and the amount i.e £2 to **70070**

Or you can do so in person on her sponsorship form.

Suzanne is hoping to raise £200 for the ABF. Good luck!



The Spinnaker tower rises 170 metres above Portsmouth Harbour and the Solent. Situated on the waterfront at Gunwharf Quays, it offers amazing 360° panoramic views of Portsmouth, the South coast and the Isle of Wight.



Gemma Crake, a CSO4 at Lakenheath, informed me of the very sad passing of Ray Stewart who lost his battle with cancer on the 15th February. She writes:



"It is with great sadness to share the loss of Raymond 'Ray' Stewart. Ray spent most of his 20+ MGS years as a CSO4 based at Defence Estates Waterbeach, Cambridgeshire, up until it closed in 2011. Ray also worked at Stanbridge and more recently RAF Wyton."

"Ray loved Chelsea football team and was a keen and very good fisherman who would spend hours by the riverside in Bedford. Ray also had a keen eye for collectables and antiques and often spent many a Sunday morning at car boot sales."

"Ray was a very proud father of his only daughter Georgina. Ray's second love was his red Mini Cooper."

"Ray was a caring and sociable person who would do anything for anyone and will be greatly missed by his family, friends and colleagues."

Neil Hague, OSM for HMNB Portsmouth received the following email from the 2nd Sea Lord Vice Admiral Sir David Steel KBE DL:



"As I prepare to leave the Service on 10th March, I wish to record my heartfelt thanks and appreciation to you, your officers and all officers of the Guard Service. I have worked and lived in the Naval Base for many years and have enjoyed the most wonderful support from the Police and Guards. Entering and leaving the Naval Base has been a pleasure, as I have spoken to so many who man the gates, fine weather or foul, and who patrol throughout the day and night ensuring security. Nothing has been too much trouble for any of them, especially during my tenure as Second Sea Lord when I have welcomed so many visitors to Admiralty House; they have all remarked just how courteous and helpful those charged with security have been."

"I would be very grateful indeed if you would make known as widely as possible my gratitude and all best wishes for the future, as you and your superb staff continue to look after the home of the Royal Navy."

Yours sincerely

David.

"It is with great sadness that we have learned of the death, on 14 February 2015, of Mike Welply. Mike was the very first (and longest serving) Head of MGS, serving in that role from July 1992 to April 1999. Under his guidance the fledgling MGS became the MOD's unarmed guarding provider of choice and led to the development of the MGS corporate structure. When Mike retired from the MGS he founded the Joint Security Industry Committee (JSIC) which provided advice to the Government in the development of the Private Security Industry Act. Mike gave many years in contributing to the security of our country and is remembered throughout the security community. Our sincerest condolences go to his wife Sue and their son Ben.



I received the following from Simon Ruddick, OSM 12 at Abbey Wood. He writes:

"On behalf of so many I would like to pay tribute to our friend and former work colleague, Dr John Foster-Heatlie who was laid to rest on March 17th. John was a kind man who would do anything to help those around him and is remembered for his energy and loyalty. John was a CSO4 at Lyneham before moving in to a Group Mgr role leading the Ashchurch and Boddington Group. He retired from the MGS in 2012. John's passing was sudden following a short illness and we would like to pass on our collective condolences to his family."



MGS Women's Conference 2015

Do you want to know what excellent leadership looks like?

Do you want to know more about what makes outstanding management?

If your answer is yes then the MGS Women's Conference on 16-17 June at Yarnfield Park Conference and Training Centre will be the place to be.

This year's conference has attracted contributors, not only from the MGS, but, also from across the wider MOD and beyond.

They will be exploring, with you, issues such as first steps into leadership, continuous personal development, working in a male dominated environment and overcoming barriers and challenges.

You will get an opportunity to participate in interactive syndicates dealing with building self confidence.

You will also be able to contribute ideas towards the formation of the MGS Women's Network.

The venue for all this and more is a purpose built conferencing facility in rural Staffordshire, offering individual en suite accommodation for all attendees.

Don't miss this valuable opportunity to meet old and make new acquaintances from across the MGS.

If you are interested in attending contact Tina Treby as soon as possible on: 01488 636977 mobile: 07917 551637 or email her: mgs-om-10e. Please ensure you have line manager approval before you book a place.



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.

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

Flashlight 45 Sudoku solution.

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

Flashlight 45 crossword solution.

Across: 3. Stockpile, 8. Foul, 9. Reminder, 10. Leader, 13. Elton, 14. Orifice, 15. Fit, 16. Careful, 17. Flier, 21. Rising, 22. Vineyard, 23. Slot, 24. Armstrong.
Down: 1. Affluence, 2. Subaltern, 4. Terry, 5. Comfort, 6. Pink, 7. Leek, 11. Dirigible, 12. Segregate, 14. Oil, 15. Funfair, 18. Arden, 19. Pier, 20. Less

Crossword

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

Across

1. Affectionate hug (6)
3. Turn up (6)
6. Frozen subarctic region (6)
7. Picture of many parts (6)
8. Relish (5)
10. Eruptive mountain (7)
14. Famous yachting trophy (7,1,3)
17. Person unspecified (7)
19. The Sons of ---Elder, film (5)
20. Brave (6)
21. Injured party (6)
22. Begin again (6)
23. Plane trip (6)

Down

1. Ship's boat (6)
2. Goods vehicle (5)
4. Move furtively (5)
5. Clergyman (6)
9. Former footballer, --- Greaves (5)
11. Milky gemstone (4)
12. Fully grown (5)
13. Be wary (4)
15. Cosset (6)
16. Allow (6)
18. Caulking material (5)
19. Principal food of Baleen whales (5)

Answers in the next issue!