

From: Charlotte Darlington comms@royalnavalassoc.com
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To: Charlotte Darlington comms@royalnavalassoc.com

SEMAPHORE SHORT

MONDAY 28 JUNE 2021



ROYAL NAVAL ASSOCIATION

D'ye hear there?

This week, the Central Office team are focusing on all things 'Communications'. If you're a long standing member of the RNA, you may have noticed you're receiving quite a bit more from us and hopefully learning far more about what the wider association is up to. Tomorrow (Tuesday), the CO team are coming together for a Communications Workshop, to develop and finalise some exciting comms initiatives for the next twelve months, which we hope will increase visibility and recognition of the RNA in the wider population and also boost the uptake of our welfare provisions. Where would you like to see the RNA being talked about?

In other news, tonight we will be joined on our Fireside Chat by WO1 Carl 'Speedy' Steedman who will be giving us an update directly from First Sea Lord's office on today's focus and direction of the Royal Navy – details on how to join are in the 'What's On' section at the bottom of this newsletter. It promises to be a fantastic chat for all and will no doubt attract a lot of people. We know that some of you struggle to join us at 1800 on a Monday, for work and personal reasons, and some are not au fait with Zoom. We want to assure you that we are working on a way to get the recordings of the Fireside Chat's to you in a secure way, which you can watch in your own time – watch this space.



X-Forces Enterprise Self Employment Discovery Virtual Workshop – June 29th

Whether you've already started working on your business idea, or are just beginning to consider self-employment, the X-Forces Enterprise business workshop is an amazing place to learn and meet people in a similar position to you. It's exclusively for members of the Naval Community (serving, veteran and families) and it's completely free.

This workshop covers:

- The pros and cons of self-employment
- Understanding what starting a business means for you, your family and your finances
- Attributes of a successful entrepreneur
- Discover what support is available, and how to access it
- Peer-to-peer support & networking opportunities

By the end of this one-day workshop you should be able to make an informed decision as to whether starting a business is right for you. We will help you understand how to progress from having a business idea to starting a business and how X-Forces Enterprise can support you through this journey. **Book your free place here:** <https://bit.ly/35Lt6vv>

Unable to make this date? They also have courses on the below dates:

- **1-day workshop: Monday 2nd August** – <https://bit.ly/3wSk77G>
- **2-day workshop: Wednesday 8th - Thurs 9th September** – <https://bit.ly/35RSaRv>



Major report calls for more female-friendly military

A significant proportion of women in the military still struggle to fit in with the masculine military culture and experience significant negative gender stereotyping and sexism, according to a major new report drawn from contributions from more than 30 organisations including charities, the NHS and the Ministry of Defence (MoD).

The report, *We Also Served: The Health and Wellbeing of Female Veterans in the UK*, was undertaken by the Veterans and Families Institute for Military Social Research (VFI) at Anglia Ruskin University (ARU), commissioned by [Cobseo](#) and supported by NHS England and NHS Improvement. It is the first research project to consider the full range of female veteran issues, capturing the lived experiences of women who have served in the UK Armed Forces.

The report suggests that women feel as though they must adopt masculine traits and accept masculine 'banter' to fit into the military environment, which may negatively impact on their psychological well-being during and after military service. It also found that a large proportion of women in UK research and MoD reports indicate that they have experienced significant negative gender stereotyping and sexual harassment during military service.

The report makes a series of recommendations on how to improve life for women during and after military service, such as addressing gender-related harassment, discrimination and bullying during service, more research into career progression for female personnel, and ensuring veteran support services are suitable for ex-servicewomen.

[Read the full report here](#)



What's on this week (28th June – 4th July)

- [Monday Night Fireside Chat: Update from First Sea Lord](#)

The weekly Fireside Chat will be hosted again on Zoom **tonight**, where we will be joined by WO1 Carl 'Speedy' Steedman, the Warrant Officer to the First Sea Lord, who will be giving us an update from 1SL's Office on his current objectives and areas of focus. This promises to be a really interesting chat for all.

Join us at the regular time of **1800** with a tot in hand.

[Join the Fireside Chat here](#)

- [Wednesday Night: 70% Water – Life and Science aboard a Research Ship](#)

Hosted by the University of Edinburgh, join this talk for FREE on **Wednesday 30th June at 2000** to learn all about life at sea on an ocean research vessel; from the lifestyle, to the science and specialisms themselves, this is an opportunity to ask the scientists and crewmembers all about a career on board a different kind of ship. The talk is designed for anyone aged 12+, so if you have a youngster at home then invite them to join in too – it might inspire their future career path!

[Free ticket here](#)

- **Saturday Morning: The experimental gunnery work of ATS women in World War 2.**

Hosted by the Royal Scots Club, join this talk for FREE on **Saturday 3rd July at 1100** to learn about the hand-picked women who served at the Royal Artillery experimental ranges both during the war and, in the Women's Royal Army Corps, for years into the Cold War era. Dr Nina Baker, the host, is an independent engineering historian specialising in the history of women in engineering. She has had a varied career, starting out as a deck officer in the Merchant Navy. She later studied for an engineering degree as a mature student, followed by a PhD in concrete durability.

Free ticket here

- **Saturday Night: Virtual Tot Time**

Every Saturday Night, for over 12 months now, members from the Wrexham Branch have been hosting a Virtual Tot, inviting members worldwide to join in with them over Zoom. It's proven a lifeline and outlet for many of the RNA community, and they don't intend to wrap it up any time soon. To be involved, click on the link below...

Find out more

Join 'The Royal Naval Association: Community Site' on

Facebook

If you haven't done so already, join the growing community group on Facebook where our members spin dits, host Zoom nights and update each other on branch activities. It's the best place to get your news hot-off-the-press...

Join the Facebook Group

THE ROYAL NAVAL ASSOCIATION

Bldg 1/087 Scott Road, HM Naval Base Portsmouth, PO1 3LU

Charity Reg: 266982

www.royal-naval-association.co.uk

