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SEMAPHORE SHORT

MONDAY 01 NOVEMBER 2021



ROYAL NAVAL ASSOCIATION

Another Short Short.

Many of you have been asking if you've missed a Semaphore Circular (our monthly newsletter), because October's seems to be missing. Well, the answer is no, you haven't missed anything – our editor has just been incredibly busy with his day job (Andy Christie, Ops Manager extraordinaire) over the past few months and had to focus his efforts elsewhere. We're happy to announce that the Circ will return next week though, with a bumper November addition for your perusal.

This week, the Sem Short is a very short one, because we're keen to focus your attention on one big, important story, in conjunction with Samaritans. Please read on...



Launch of the Samaritan's App for military/veterans mental health support

A new, free [Samaritans Veterans app](#) has been launched on the back of joint research the leading suicide prevention charity carried out with the Royal British Legion, which found that veterans wanted to understand more about their emotional wellbeing and to hear from people with similar experiences. Those leaving the military and former Armed Forces personnel can access emotional health and wellbeing information, videos, exercises, podcasts, and create wellbeing to-do-lists in the app to help look after themselves and connect with the veteran community.

The new app is part of a programme at the charity that works with the Ministry of Defence and military charities to support serving personnel in the Armed Forces, veterans and their families, and is funded by a £3.5m LIBOR grant.

Navy veteran Liam (27), who used Samaritans for support when he was struggling with suicidal thoughts, believes the support could help veterans leaving the Armed Forces in the same way he is now.

"I left the navy in June, so I'm just getting to grips with the adjustment of a different pace of life.

"The support resources in the app are great and I like that you can do daily check ins to help manage your moods. Anything that can help you to get on

with the everyday things is so useful when you have just left a familiar routine. I have used Samaritans service in the past and the volunteer I spoke to helped me out of a huge hole. To anyone feeling low, don't be afraid to ask for help and confide. You don't need to carry the weight of stress on your own, and your world will feel more manageable if you can take steps to look after your wellbeing and talk to others."

The Samaritans Veterans App is available to download (Samaritans Veterans) on your phone from the App Store (iOS) or Google Play (Android) or use the desktop version [here](#).



What's on this week (1st [November](#) – 7th [November](#))

- [Monday Night](#) Fireside Chat: The D-Day Museum

The weekly Fireside Chat will be hosted again on Zoom **tonight**, where we will be joined by Andrew Whitmarsh from The D-Day Museum in Portsmouth, who will discuss the storytelling of the collection and tell us about the ongoing development of the iconic museum.

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

[Join the Fireside Chat here](#)

- [Wednesday evening](#): **British Black Power** – Leila Hassan-Howe in

conversation

Leila Hassan-Howe has fought against state and street racism since the 1970s. She was strategist and activist in her own right quite apart from being the wife of the legendary Black Power activist Darcus Howe.

In this illustrated talk, on **Wednesday 3rd Nov at 1830**, Ms Hassan Howe will take us through her story: from working class London to upper class Africa and back, life as one of only three black girls in a racist grammar school, taking over a colonialist institution, publishing a newspaper Race Today, organising cultural events in the 70's and 80's, liberating properties, challenging police brutality, 20,000 marchers on the Black Peoples Day of Action 1981, documenting the 1981 uprisings, the parallels with Black Lives Matter in 2020 and much more.

[Register here](#)

- Thursday evening: **COP26: expectations, challenges, goals and expectations**

The United Nations Association Climate & Oceans invites you to a series of high profile UN COP26 Fringe events to be presented online. Join experts from academia, politics, the private sector and civil society to learn more about the challenges of COP26 during the different stages of the conference. In this event on **Thursday 4th Nov at 1900**, a panel of specialists will discuss Goal's 3 and 4 of the Conference: Goal 3 Mobilise Finance, Goal 4 Work Together to deliver.

The panel consists of:

Dr Carl Wright, *Secretary-General Emeritus Commonwealth Local Government Forum, Chair, Canterbury Climate Action Partnership*

Dr Adriana Ford - *Leverhulme Centre for Wildfires, Environment and Society - Imperial College/ King's College London*

Dr Bengt Skarstam - *United Nations Association Malmö, UNA Sweden*

Julia Hilton - *East Sussex County Council Councillor*

Jae Mather BA, FRSA, FIEMA - *International Business Development & Sustainability Strategist - Co-Founder of Carbon Free Group - Vancouver, Canada*

Dr Balasubramanyan Chandramohan- *Institute of Commonwealth Studies - University of London*

[Register 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](#)

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