

From: Charlotte Darlington [comms@royalnavalassoc.com](mailto:comms@royalnavalassoc.com)  
Subject: ROYAL NAVAL ASSOCIATION: Semaphore Short  
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To: Charlotte Darlington [comms@royalnavalassoc.com](mailto:comms@royalnavalassoc.com)

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# SEMAPHORE SHORT

MONDAY 22<sup>ND</sup> NOVEMBER 2021



## **As the nights draw in...**

... we know many people struggle even more with loneliness and isolation in the winter months, with dark mornings and nights and bad weather making it feel difficult to socialise or get outside. If you, or someone you know, would benefit from the RNA community being brought into their home through the power of the television, our Sparko TV partnership initiative might be the perfect solution.

Sparko TV provides tailored community engagement, promotes wellbeing and mental health thereby improving quality of life. The Sparko TV kit is a small box which connects to a TV\* and comes with a webcam and a very

simple remote control. This enables people to connect with family, friends and community using simple digital technology. The Sparko tool does not interrupt or interfere with TV programmes; the camera is only activated if a person is on a video call or a live/class activity and will show a small light when in operation.

Essentially, Sparko is a simplified version of the internet which can be accessed from the comfort of your sofa/armchair, through your TV! And best of all, IT'S COMPLETELY FREE TO RNA MEMBERS.

For more information, please get in touch with our Wellbeing Programme Manager – Lynda Pearson: [lynda@royalnavalassoc.com](mailto:lynda@royalnavalassoc.com) or [07591829416](tel:07591829416)

## **Can you spare five minutes?**

Are you a spouse / intimate partner or child (now 18+) of a military veteran living in England, Scotland, Wales or Northern Ireland? If so, would you spare some time to take part in the UK Veterans Family Study?

They want to understand the support, situations, and environments that have had an impact on your family's mental health and wellbeing since leaving the military. They would love to hear from you! If you get involved, you can choose to be entered into a prize draw for one of a number of £50 Amazon gift cards.

Visit the website to learn more: [ukvetfamilystudy.org](http://ukvetfamilystudy.org), or email them at: [UKVetFamilyStudy@qub.ac.uk](mailto:UKVetFamilyStudy@qub.ac.uk)



## **Were you on board HMS Argonaut...**

Or do you know someone who was? The HMS Argonaut Association is seeking new members. They currently hold two reunion events each year: Late May at the National Memorial Arboretum and in September/October, usually in Plymouth. They also parade at the Cenotaph in London each November.

If you served in the Leander Class frigate (F56) between her commissioning in 1966 and final decommission in 1993 and would like to join the association, please contact either Paddy Gallagher at: [padster61@gmail.com](mailto:padster61@gmail.com) or Alf Crossman at [alf.crossman@gmail.com](mailto:alf.crossman@gmail.com). Joining their association takes nothing away from being an RNA member also; the RNA are very keen to support the smaller Association's in their endeavours, keeping their communities alive.

The subscription costs £15 per year. Check out their association website: <https://www.hmsargonaut.co.uk/>. They also have a Facebook group which is free to join: <https://www.facebook.com/groups/24294248258>



## **What's on this week (22<sup>nd</sup> November – 28<sup>th</sup> November)**

- [Monday Night Fireside Chat: The Leander Class](#)

The weekly Fireside Chat will be hosted again on Zoom **tonight**, when we'll be joined by member, Anthony Moth, who will talk to us about the Leander Class frigates and their service during the Second World War and beyond. Join us at the regular time of **1800** with a tot in hand.

[Join the Fireside Chat 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](http://www.royal-naval-association.co.uk)