



All RNA Branch Secretaries

2 November 2020

*Dear Shipmate Branch Secretaries,*

## **ARRANGEMENTS FOR 2<sup>ND</sup> LOCKDOWN**

As we move back into another period of lockdown this Thursday, it means that once again it will not be possible for Branches to meet and Clubs to remain open. As it did previously, it brings the spotlight onto our support to our more isolated or vulnerable shipmates.

As you know, back in March, we tasked all Branches to put in place some system to ensure that our more vulnerable shipmates would be contacted to ensure that they have both a personalised support system in place, if they were shielding, but also a regular comms check either through a buddy-buddy system or a ring round system. If you have not already done so, could I request please that your respective Committees reestablish/reinvigorate that comms system with shipmates.

There has been much talk in the media about general mental health and of course this enforced isolation is undoubtedly creating anxieties and pressures on relationships which are affecting us all - not just the more vulnerable. Being able to have a chat with an oppo once in a while helps build resilience so let's use the benefit of our camaraderie as members of our Association to help alleviate this issue. At least this time many Branches have their Zoom meetings to use.

Meanwhile, Central Office individually called round the entire HQ Roll (1150 pers) in March to ensure they were sorted and we will endeavour to do so again this week to ensure that those shipmates know that Central Office is here to help them should they require it.

**Please can I remind you that the RNA Helpline remains open on 07542 680082 and the Veterans UK Helpline 0808 1914 218 or email [veterans-uk@mod.gov.uk](mailto:veterans-uk@mod.gov.uk)**

Central Office will remain open but minimum manned by Nigel during the following hours: **Mon-Thurs 0900-1300**. The remaining staff are working from home therefore email is the preferred medium.

Name	Role	Hours	Email	Phone
Bill Oliphant	Gen Sec	Full-time	<a href="mailto:bill@royalnavalassoc.com">bill@royalnavalassoc.com</a>	07547 904410
Andy Christie	Ops Man	Tue-Fri am	<a href="mailto:andy@royalnavalassoc.com">andy@royalnavalassoc.com</a>	07889 761934
Nigel Huxtable	Member Spt	Mon-Thu 09-1300	<a href="mailto:nigel@royalnavalassoc.com">nigel@royalnavalassoc.com</a>	07542 680062
Michelle Bainbridge	Fin Man	Full-time	<a href="mailto:michelle@royalnavalassoc.com">michelle@royalnavalassoc.com</a>	07542 679819
Kathryn Brindley	Fin 2	Mon-Thurs	<a href="mailto:kathryn@royalnavalassoc.com">kathryn@royalnavalassoc.com</a>	07542 682117
Charlie Darlington	Comms	Mon-Thurs	<a href="mailto:comms@royalnavalassoc.com">comms@royalnavalassoc.com</a>	07860 705712

Keep fighting the good fight! Very best wishes,

*Bill Oliphant*

W Oliphant  
General Secretary

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