

SUBMARINE DIVISION



HMS Talent

TALENT CELEBRATES BIRTHDAY AT SEA

ROYAL NAVY Trafalgar Class submarine HMS Talent reached a significant milestone recently when she hit 30!

Launched on March 12, 1990, HMS Talent has steamed over 600,000 nautical miles during her career, most of them underwater on patrol.

So, it was fitting that her crew marked her 30th anniversary in Talent's natural environment – under the sea where she has spent so much of her working life.

It wouldn't be a birthday without a cake and the submarine's team of Royal Navy chefs stepped-up to create a submarine-shaped one for the occasion.

The traditional Wednesday curry night was also interrupted with the chefs serving a mouth-watering birthday feast.

No-one was complaining about missing their curry as the menu of pork, black



Talent's birthday cake.

pudding and stuffing Wellingtons, served with fondant and roasted root vegetables, had the crew wishing for more. There was even a triple chocolate cheesecake for dessert.

Commanding Officer of HMS Talent, Commander Paul Jamieson, also took to the submarine's main broadcast system to address the crew and highlight HMS Talent's significant achievements over the three decades.

MENTAL FITNESS INITIATIVE LAUNCHES

WE ARE proud to share a new Armed Forces mental fitness initiative, HeadFIT.

HeadFIT is designed for the Defence community to help them take a proactive approach to their mental wellbeing and remain mentally fit.

Mental fitness and training is just as important as the physical and technical elements of training. This platform provides professionally sought tools and techniques to help us manage our stress levels, drive, confidence and mood.

For more information visit: www.headfit.org

An offline version of this tool will shortly be made available on HM Submarines.



SUBMARINERS GO EXTRA MILE FOR HOSPICE

LS TSM
Andy McColl
completing his
250-mile cycle
in his cabin.



SUBMARINERS used their daily exercise time to raise cash for Claire House Children's Hospice.

The original challenge was for around 50 of HMS Astute's ship's company to walk, run, cycle or row a total distance of 560 miles – the distance from HMNB Clyde to Claire House Children's Hospice on the Wirral and back.

Over the course of May 2 to 3, the crew smashed the 560-mile target and covered 2,163 miles, nearly quadrupling the target.

Members of the ship's company completed their exercise in their homes or local area, uploading their mileage onto a fitness app.

Special mention goes to LS TSM Andy McColl who completed a 250-mile cycle in a single session and Lt Cdr John Gabb who ran two half marathons over the weekend.

Lt Arran Deakin, who was responsible for collating everyone's mileage said: "We

knew this would be a huge challenge and I've been blown away by both the generosity of our supporters and the wonderful efforts put in by the crew. The way everyone has risen to the challenge of the event is typical of the submarine ethos and I wouldn't expect anything less from the crew on HMS Astute."

As well as smashing their mileage target the crew also quadrupled the £1,000 cash target they set themselves at the start raising £4,120 for the Hospice.

Claire House helps seriously and terminally ill children live life to the full by bringing back a sense of normality to family life and like many organisations it is being heavily impacted by the COVID -19 crisis.

Lt Craig Barrie, who helped organise the event said: "Claire House is a fantastic charity that we've a very close relationship with. They carry out incredible work at the Hospice and we wanted to support them through a really difficult time."

DIGGER DIGS DEEP FOR NHS HEROES

A SUBMARINER has been raising money for the NHS Charity while at sea by completing a herculean feat of physical stamina.

Inspired by the heroic efforts of frontline NHS workers during the COVID-19 pandemic, super-fit CPO "Digger" Gardner decided to undertake a continuous 12-hour session of burpees while on patrol.

The dedicated athlete and self-confessed Cross-Fit fanatic decided on his favourite exercise – burpees – as the way to raise cash.

Completing 12-hours of burpees in the confines of a submarine presented

several challenges, most significantly space and heat. Having identified a compartment that was just big enough, Digger and his fellow engineers set about rigging a temporary ventilation system to provide the airflow needed to keep him cool and prevent heat exhaustion.

Digger was accompanied throughout by a steady stream of shipmates completing burpees along with him, although most completed a more modest 15-minutes.

Collectively, his supporters managed a total of 4,997 burpees with the single most completed in 15-minutes by Petty Officer Hart.



CPO Digger
Gardner
in action

At the end of the 12-hours, a tired but cheerful Digger had completed a total of 3,547 burpees. When asked if he would do it again, he replied simply: "never again!"



Capt Ian Breckenridge addresses the SMQ students outside HMS Neptune Wardroom.

SMQ STUDENTS PASS-OUT FROM FIRST PHASE OF TRAINING

EIGHT submariner trainees at HMNB Clyde recently passed-out from the first phase of their Submarine Qualifying Course (SMQ) under strict social distancing conditions.

On May 21, the class of eight students – being trained for service on board Vanguard Class submarines – reached the culmination of their ten-week “dry phase”, the classroom part of the course conducted on dry land at Clyde’s Fleet Operational Sea Training (North) (FOST)(N).

Captain FOST (N), Captain Ian Breckenridge presented each student with their certificates outside the HMS Neptune Wardroom next to the statue of Leading Seaman Read.

“I wanted to be a Submariner so that I could work with all three sciences and be faced with extra challenges to overcome in my day-to-day life.” said Medical Assistant (MA) Lucy Milner-Smith, who graduated on the day.

“I’m most excited about being able to do a job that I am a genuinely passionate

about to the best of my ability. I cannot wait to go on my first sea draft.”

MA Allan Adam, who also received his certificate, said: “The reason I joined the Submarine Service was to test myself. Not everyone has the right frame of mind to become a Submariner. Being stuck under water for a lengthy period without any sunlight could be daunting but it’s a challenge I think I will relish.

“The Submarine Service is a service like no other. Once you earn your Dolphins, you become part of a special team and I cannot wait to become part of that.”



Ambush's Lt James Burton, Susan Davidson from the Foodbank and CPO Richie Mackie.

SUBMARINERS RAISE CASH FOR FOODBANK

KIND-HEARTED crewmembers from HMS Ambush have recently raised £1,200 for Helensburgh and Lomond Foodbank.

The fund-raising was the brainchild of CPO Richie Mackie, who wanted to do something to help families struggling during the current COVID crisis.

"I was watching the news and thinking about what we could do to help," said Chief Mackie. "There are so many people experiencing hardship, so I thought that HMS Ambush's ship's company could do something for those in need.

"In the end we raised half the money by selling branded cups and the other half through a '500 numbers' game."

Submariners at sea during Christmas patrol sometimes play a numbers game, with crewmembers paying £1 and the winning number paying out a cash prize. HMS Ambush decided to do something similar for the foodbank with 500 numbers going quickly among the crew, family members and friends raising £600 for the good cause.

The cheque for £1,200 was handed over to the Helensburgh and Lomond Foodbank at their headquarters at Red Cross Hall in Helensburgh on June 8.

Susan Davidson from Helensburgh and Lomond Foodbank said: "Our service has increased in use over the six years since starting, but in the last few months we

have seen a much bigger increase in the bags we have given out.

"Huge thanks to Ambush for the cheque and for the way so much money was collected by the Submariners, family and friends."

Staffed by volunteers, Helensburgh and Lomond Foodbank issues food donated by the local community to those experiencing food poverty in the area. The group operates from Red Cross Hall at East Princes Street and also has a presence in Rosneath at Howie Park.

For more information on the foodbank and how you can help or use the service please visit their website at: www.helensburghlomondfoodbank.org

RNTMS / DINS OF INTEREST

RNTM 04-001/26 - BRd 023 Technical Instructions for Submarines Vol 1 – Dec 2019 upgrade.

RNTM 01-041/20 - Get You Home (Travel) (GYH(T)) Entitlement for Seagoing Personnel.

RNTM 06-10/20 - Diving Responsible Officer.

RNTM 07-042/20 - WESM (TWS, CIS and SWS) Forum (Skype conference).

RNTM 01-045/20 - WO Transformation - The WO1 Commissioning Scheme.

RNTM 01-033/20 - RNFT - COVID 19 measures for RNFT.

2020DIN02-005 – National Security Vetting Prioritisation – Phase 1 – COVID-19 OS.

2020DIN07-056 – Astute Class Training Service (ACTS).

2020DIN07-055 – COVID-19 Relaxed Standard Learning Credit (SLC) Policy in JSP 822 Part 1.

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