<u>Armed Forces re-deploy to support</u> Welsh Ambulance Service this autumn

110 Defence personnel will deploy to support the Welsh Ambulance Service NHS Trust (WAST) from 14th October, working as non-emergency drivers. The task is expected to last until the end of November.

East Midlands education sector gives a lesson in supporting the armed forces community

The East Midlands demonstrates how education and defence can achieve powerful results through working together.

<u>Civilian career and Royal Navy Reserve</u> <u>training: the perfect recipe for</u> <u>success</u>

"It was fantastic to train alongside like-minded people and make friends", Kiera joined the Royal Naval Reserve whilst at university.

<u>Army cadet sisters awarded consecutive</u> <u>Lord Lieutenant's Cadet positions</u>

Sisters Tegan and Cerys Aplin awarded the highly esteemed position of Lord Lieutenant's Cadet, in consecutive years.

MBE for Cadet Force Adult Volunteer Sqn Ldr Thompson after 40 years of dedicated service

Squadron Leader Alyn Thompson, an adult volunteer with Royal Air Force Air Cadets (RAFAC), received an MBE in the Queen's birthday honours list.