<u>Lord-Lieutenant of West Glamorgan pays</u> <u>tribute to reserves and cadets in the</u> <u>county</u>

The Queen's representative for West Glamorgan has praised the dedication and commitment of reservists, volunteers, and cadets for the service they give to the country and our communities.

<u>Dstl careers: Phillippa, senior</u> <u>principal statistician</u>

Phillippa Spencer talks about her work at Dstl and what it's been like to be a female mathematician in a male-dominated profession.

<u>Thousands of military personnel</u> <u>supporting Covid-19 response</u>

Defence medics supporting all four nations of the United Kingdom as part of Operation Rescript

<u>Defence Secretary visits Netherlands,</u> <u>Germany and NATO Headquarters</u>

The Defence Secretary this week held meetings in The Hague, Brussels and Berlin, continuing a period of diplomacy over the situation in Ukraine.

<u>Royal Navy Ship Delivering Emergency</u> <u>Aid into Tonga</u>

Royal Navy ship HMS Spey arrived into Tonga today (Wednesday 26 January) where her crew have unloaded disaster relief following the devastating Tonga-Hunga-Ha'apai underwater volcanic eruption and tsunami.