

## [Lord-Lieutenant of West Glamorgan pays tribute to reserves and cadets in the county](#)

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.

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## [Dstl careers: Phillippa, senior principal statistician](#)

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

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## [Thousands of military personnel supporting Covid-19 response](#)

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

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## [Defence Secretary visits Netherlands, Germany and NATO Headquarters](#)

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

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# Royal Navy Ship Delivering Emergency Aid into Tonga

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.