

## **Armed Forces re-deploy to support 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.

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## **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.

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## **Civilian career and Royal Navy Reserve training: the perfect recipe for success**

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

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## **Army cadet sisters awarded consecutive Lord Lieutenant's Cadet positions**

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

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## **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.