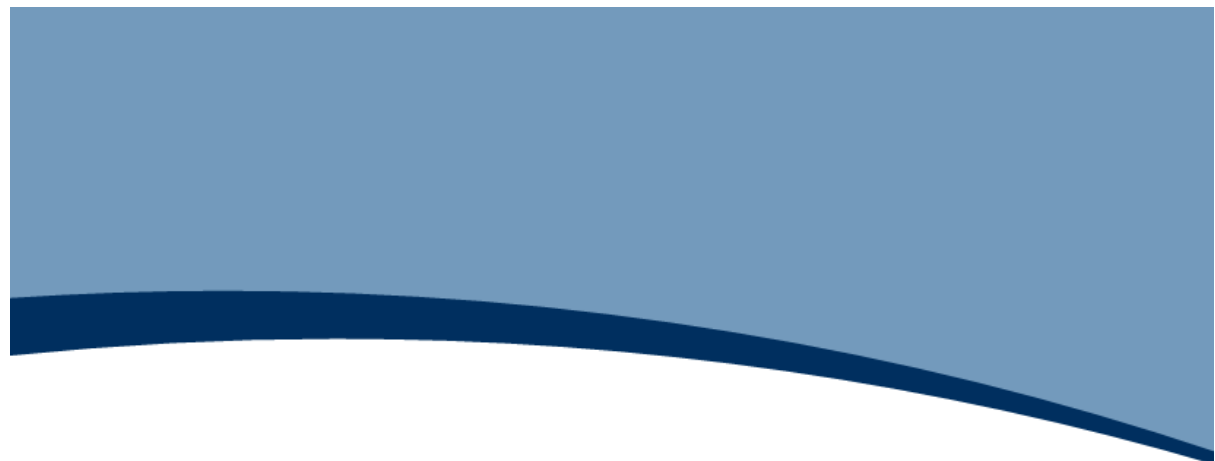


RAF Benson HIVE Bulletin September 2026



Contents



- News Updates
- Station and Local Events
- Support
- Accommodation Updates
- Families News Updates
- RAF HIVE Service Details

News Updates

AFCAS 2027 Launches

Launch announcement for AFCAS 2027

The HQ Air Occupational Psychology Team would like to announce that the 2027 RAF AFCAS launches on **8th Sep 26** and runs until **1st Feb 27**. Look out for your email invitation!

A Message from DCAS

“The Armed Forces Continuous Attitude Survey provides one of the most important opportunities for you to share your views, experiences, and priorities. Your feedback directly informs decisions at every level of the organisation and helps shape the policies, investment and actions that affect Service life. We have seen positive progress in several areas, but we know there is more to do.

I strongly encourage you to take part if invited. Your voice matters, your views are heard, and your contribution is essential to building a stronger Royal Air Force for the future”

AFCAS refreshed

The survey is now shorter, clearer and easier to complete, while continuing to focus on the issues that matter most to Service personnel.

Around 40% fewer questions

- ✓ Focused on fewer, higher-priority topics
- ✓ Duplicate content removed
- ✓ Single-Service content better aligned
- ✓ Clearer, more relevant questions
- ✓ New content reflecting today's Armed Forces

About the survey

AFCAS allows you to speak directly to the Air Force Main Board. You can tell them what's good and bad with Service life from **your** perspective. DCAS, as the People Champion, uses your feedback to develop and deliver an offer that reflects RAF requirements.

Your views are critical and the greater the number of survey respondents, the more evidence the RAF has to drive through the changes you want.

- AFCAS is sent to a randomly selected representative sample of personnel (to reduce survey burden).

- Those that complete it are representing the views of personnel across the RAF.
- AFCAS is 100% confidential.
- AFCAS is a way for you to share honest feedback.

Your Voice. Your Service. Your AFCAS.

Take part in the refreshed AFCAS and help shape the future of Service life.

Further information: Please contact: Air-People-PS-PsychGrpMbox@mod.gov.uk



ROYAL AIR FORCE

The Royal Air Force's people remain our decisive advantage. Your dedication, professionalism and commitment enable us to generate and sustain the air and space power on which Defence and the nation rely.

As we continue to modernise, deliver Defence Reform and strengthen our operational effectiveness, it is vital that we understand the lived experience of our workforce. The Armed Forces Continuous Attitude Survey provides one of the most important opportunities for you to share your views, experiences, and priorities. Your feedback directly informs decisions at every level of the organisation and helps shape the policies, investment and actions that affect Service life. We have seen positive progress in several areas, but we know there is more to do.

I strongly encourage you to take part if invited. Your voice matters, your views are heard, and your contribution is essential to building a stronger Royal Air Force for the future.

Paul Lloyd

Air Marshal Sir Paul Lloyd
KBE FREng
Deputy Chief of the Air Staff

**What is
RAF life
like for you?**

Your views are important

2027

Official Sensitive
(when completed)

Continuous
Attitude
Survey

MOD 'UK Nursery Authority' childcare support: How to register and claim

From 1 September 2026, eligible working Service families who live in Scotland, Wales and Northern Ireland can get help with early years childcare costs. If you would get 'free' (Government funded) childcare hours if based in England, Defence's [UK Nursery Authority \(UKNA\) childcare scheme](#) will now help cover the difference in cost where you live. It's important to understand that UKNA does not give you a childcare space. It pays back money to eligible families who have already paid for early years childcare.

Who is eligible for UKNA You may register for UKNA, if all the following apply:

- You are a Regular or Full-Time Reserve (Full Commitment) member of the Service

- Your family lives in Scotland, Wales or Northern Ireland
- Both parents (or the sole parent in a single-parent family) earn at least the same as 16 hours a week at the UK National Minimum or Living Wage
- Neither parent (or the sole parent) earns more than £100,000 adjusted net income a year
- Your child is recorded and verified on JPA
- Your child is aged 9 months to 3 years old, in Scotland and Wales
- Your child is aged 9 months to 4 years old, in Northern Ireland
- You have an active Tax-Free Childcare (TFC) account for your child: 'active' means you confirm your details every three months and get the top-up from HMRC when you add money
- Your childcare provider accepts TFC payments – all UKNA claims must first be paid through your child's TFC account
- Your child lives with you at least half the time, unless you're separated for Service reasons

How to register and claim

1. Access registration and claims information via the [UKNA section of Discover My Benefits](#)
2. Read the DIN (available on defnet and Defence Connect)
3. Fill in and submit the registration form
4. Wait to hear that your registration is confirmed
5. Use the claims calculator
6. Submit your claim

Payment will be received within five working days of approval (if required) Further step-by-step guidance is available on the Discover My Benefits – Families UKNA pages.

Important: what you need to know about tax

UKNA pays back money for childcare costs. HMRC counts this as extra income, so it's classed as a 'taxable benefit.' To offset this, Defence pays extra to cover any tax and National Insurance you might owe. This is called 'grossing up.' Receiving UKNA payments, and the extra 'grossing up' amount, can change how much tax and National Insurance you pay overall. It's important to understand this before you claim, as it may affect your eligibility for

other government-funded allowances and Defence childcare schemes. The [grossing-up leaflet](#) on the UKNA section of Discover My Benefits explains this in more detail.

Your questions answered: live Q&A session

If you would like to ask a question about the new UKNA scheme, you can join the policy team on Wednesday 30 September at 10.30am. The session will cover eligibility, the registration and claims process, and potential tax implications. To book your place, fill in the [UK Nursery Authority families Q&A form](#).

The policy team will then email you an invite. We're still settling the scheme in UKNA is brand new. As we roll it out, we may need to make small changes if something in the guidance isn't quite right or isn't working as planned.

If you have a question we haven't answered, or you spot something that doesn't seem right, email the team at people-affs-child-expenses@mod.gov.uk. The policy rules themselves won't change, but your feedback helps us improve the guidance, which can help other families using the scheme too.

Further information [Discover My Benefits - Childcare and early years](#)

[Childcare for Service children - GOV.UK](#)


Ministry
of Defence



'UK Nursery Authority' childcare support for Service families

From 1 September 2026, eligible working Service parents in Scotland, Wales and Northern Ireland can get help with childcare costs.

What is it?

If you'd get "free" (Government funded) early years childcare hours if assigned in England, Defence will now help cover the difference in cost where you live.

Find out more

For information on eligibility and how to register and claim, search 'Childcare for Service Children' at GOV.UK

Support for LGBT Veterans Impacted by the Armed Forces Ban (27 July 1967–12 January 2000) *Applications close on 12 December 2026*

A poster for the Ministry of Defence Financial Recognition Scheme. The background is a dark blue night photograph of a large, classical-style building with many windows, illuminated from below. The text is white and yellow. At the top left is the Ministry of Defence crest and name. The title 'Financial Recognition Scheme' is in large white letters. Below it, a yellow hand icon with a pound sign explains eligibility. Then, a yellow coin icon introduces two types of payments, which are listed in white. At the bottom, a yellow notepad icon precedes the application deadline and website.

 Ministry of Defence

Financial Recognition Scheme

 If you were impacted by the **Ban on LGBT personnel** between 1967 and 2000 in any way, you may be eligible for financial recognition

 **Two types of payments** are available:

- 1) **Dismissed or Discharged Payment of £50,000**
(based solely on the individuals sexual orientation or gender identity)
- 2) **Impact Payment of £1,000-£20,000** for those who experienced pain and suffering directly related to the Ban, decided by an Independent Panel

 **Apply here before 23:59 12th December 2026:**
www.gov.uk/lgbt-veterans

RAF Families Federation - Is your pay enough?



ROYAL AIR FORCE Families Federation
Support | Investigate | Influence

Is your pay enough?

We would like to hear about YOUR views on military pay and your personal or your family's financial situation

YOUR evidence, experience and perspective will reach those responsible for making recommendations on Armed Forces pay

We invite RAF personnel and their spouses or partners to complete this short questionnaire



raf-ff.org.uk

Station and Local Events

Observations and a plea from the Road Safety Team (and the SHEF Office)

- Please be aware that the SIDS (speed alert signs) will be to gather data on speeding hotspots
- Please stop parking in emergency vehicle only spots outside the JRM
- Bike safety, particularly those with children. Emphasis on parents to educate their children how to safety cycle on and near roads, emphasis on road users to be mindful that it is a community area and children will inevitably be playing.
- Individuals are parking close to junctions, restricting movements of vehicles such as bin lorries and more importantly fire services. A reminder not to park close to junctions.

Upcoming Station Halloween Events



nurture

PUMPKIN CARVING WORKSHOP

Get your creative juices flowing and join us for an morning of pumpkin carving. All equipment is provided 30 spaces.
Funded by VIVO.

DATE & TIME:
**MONDAY,
26 OCTOBER**

1030 - 1130
COMMUNITY CENTRE
RAF BENSON

VIVO

More Information Janine.Ansty-bridges263@mod.gov.uk

ROYAL AIR FORCE
People & Families Support

The poster features a purple background with a white spiderweb in the top right corner. Two black bats are flying. In the center, a girl with long dark hair, wearing a pink shirt and a purple witch hat with a yellow buckle, is carving a large orange pumpkin. To her left is a smaller carved pumpkin with a smiling face. The Nurture logo is in the top left, and the Royal Air Force People & Families Support logo is in the bottom right.



AIRPLAY HALLOWEEN CRAFT SESSION

AGE: 8+ YEARS **COST:** £2 **TIME:** 4:00PM - 6:00PM

ACTIVITIES INCLUDE:

- PUMPKIN CARVING
- OTHER CRAFTS
- SPOOKY CREATIVE FUN

IMPORTANT INFORMATION

You will need to bring your own pumpkin to carve.

Pumpkins and payment must be brought in by **Monday 12th October.**

TO BOOK

PLEASE EMAIL:
Kayleigh.crawley@oneymca.org

COME ALONG FOR AN AFTERNOON OF HALLOWEEN FUN, CREATIVITY, AND SPOOKY CRAFTS WITH FRIENDS!

SPACES ARE LIMITED - BOOK EARLY!

The poster has a dark, spooky theme with a full moon, a haunted house, and several carved jack-o'-lanterns. Icons for age, cost, and time are shown in colored circles. The activities are listed on a chalkboard-style background. The important information section includes a pumpkin icon and a calendar icon. The booking information is highlighted with a ghost icon.

RAF Benson Health & Wellbeing Day - 16th September

Open to Service Personnel, Civil Servants, Contractors, Spouses, Partners and Families.

 **0900-1000**

AIRFIELD 5K RUN / 2.5K WALK

Kick-start the day with a run, jog or walk around the airfield.

☒ Warm Up 0845 outside 28Sqn

☒ 5km Run

☒ 2.5km Walk

☒ Suitable for all abilities

1030-1400

HEALTH & WELLBEING FAIR

Visit the Station Gymnasium and discover what's available across RAF Benson and the local community.

Over 50 organisations, clubs and support services covering:

☒ Physical Health

☒ Mental Wellbeing

☒ Financial Wellbeing

☒ Education & Learning

☒ Resettlement Support

☒ Family Services

☒ Charities & Community Groups

☒ Station Sports Clubs

A great opportunity to find support, try something new and meet people from across the station community.

 **TRY SOMETHING NEW**

Throughout the day:

 Yoga Sessions

 High Rope Activities

 Spinning Sessions

 Charity Bake Sale

No experience required. Just drop in and get involved.

 1430-1630

STATION COMMANDER'S CUP (Mil and CS only) - Spectators welcome.

Finish the day with some friendly competition.

 Team Challenge

 School Sports Day Events (Central funds National Fitness Day Event with TBC inflatable course) and prizes from Central funds for 1st place on the day.

 Fancy Dress Optional

 Team Spirit Guaranteed

Get your section together and battle for Station Commander Cup glory.

Your Health. Your Wellbeing. Your Day.



HEALTH & WELLBEING DAY

TAKE TIME FOR *YOU*

16TH SEPTEMBER

-  **AIRFIELD 5K RUN**
IN THE MORNING
-  **BE A GOOD DAY TO**
SEE WHAT'S AVAILABLE ON CAMP
-  **CHARITY**
BAKE SALE
-  **GET TO KNOW**
PEOPLE ON CAMP
-  **STATION GYM**
RAF BENSON

TIME 1000 – 1400

YOUR HEALTH. | YOUR WELLBEING. | YOUR DAY.

STN CDR CUP

HEALTH & WELLBEING DAY

UK SCHOOL SPORTS DAY
FANCY DRESS OPTIONAL!

FUN, FITNESS & TEAM SPIRIT

A FRIENDLY COMPETITION FOR EVERYONE!

-  **ACTIVE CHALLENGES**
-  **TEAM SPIRIT**
-  **HEALTH & WELLBEING**
-  **HAVE FUN & GET INVOLVED!**

16TH SEPTEMBER

1430 START 1630 FINISH

FANCY DRESS OPTIONAL!
THE MORE CREATIVE, THE BETTER!

ROYAL AIR FORCE | MOVE • CONNECT • FEEL BETTER

TOGETHER, BUILDING A HEALTHIER, HAPPIER STATION COMMUNITY

Station Church Bacon Bap Friday - 25th September

The Station Church will be hosting their monthly Bacon Butty and Brew morning on Friday 25th September from 1000. All Service Personnel, families, civil servants and contractors welcome.

A small financial contribution is suggested to help pay towards costs of future events.



RAF Benson Parent & Careers SEND Support Coffee Morning.

The SSAFA Personal Support & Social Work Service (PS&SWS) Welfare Officer at RAF Benson, has launched a new Parent & Carers SEND Support Coffee Morning – a relaxed, welcoming and confidential space where parents and carers can come together over coffee and cake, share experiences, offer encouragement, and support one another.

Whether you're at the beginning of your SEND journey or have been navigating it for years, you are very welcome. Sometimes just talking to someone who "gets it" can make all the difference. Together you can share ideas, offer guidance, signpost to support, and remind each other that none of us must face these challenges alone.

Location: Station Church

Time: 09:30 – 11:00

When: The first Monday of the month

There is no pressure, no judgement and no expectation—just a safe space with coffee, cake and people who understand.



RAF BENSON *Parent and Carers* **SEND SUPPORT COFFEE MORNING**

ssafa
— the —
Armed Forces
— charity —

*A safe space for parents and carers
to talk to fellow peers that can
understand their unique experiences*



**STARTING
3RD AUGUST**
then the 1st Monday
of every month



**09:30
TO 11:00**



**IN THE
STATION CHURCH**



**CONNECT
SHARE
SUPPORT**

*Coffee and cake,
good conversation,
understanding and support.*



RAF Benson Mother, Toddler & Youth Groups

RAF BENSON BABY & EXPECTANT MUM'S GROUP

IN THE STATION CHURCH

**EVERY WEDNESDAY AFTERNOON
FROM 1330 – 1430**



**Are you a new parent or expectant
mum?**

**Please come and join us for a cuppa
and chat and get to make new friends.**

**Open to all families on station.
£1.00 per family.**

LITTLE CHERUBS' PLAYGROUP



**HELD EVERY MONDAY & THURSDAY
MORNING FROM 0930 – 1100**

**IN THE SOFT PLAY AREA AT THE
COMMUNITY CENTRE**

**£1.00 ENTRY PER CHILD WHICH
INCLUDES SNACKS & JUICE
AND HOT BEVERAGE FOR PARENTS.**

**(All fees go towards purchasing weekly snacks, craft
materials & new toys)**

**For any enquiries regarding the group, please
email: BEN-BSW-HIO@mod.gov.uk**



**Royal Air Force
Benevolent Fund**
THE HEART OF THE RAF FAMILY

**HANG OUT.
HAVE FUN.
BE YOU!**



BENSON AIRPLAY

WEEKLY SESSIONS

TUESDAY



BEN CLUB 4:00pm – 5:30pm



INTER 6:00pm – 8:00pm

WEDNESDAY



JUNIORS 5:00pm – 7:00pm



SENIORS 7:00pm – 9:00pm

£1

PER SESSION

NEW MEMBERS
ALWAYS WELCOME!

PLEASE REGISTER AT:
airplayconnect.org

FOR MORE INFORMATION EMAIL:
kayleigh.crawley@oneymca.org

WHAT WE DO!



HANG OUT SPACE



XBOX



SPORTS



FOOTBALL



MUSIC



ART ROOM



FRIENDSHIP

AND MUCH MORE!

MAKE FRIENDS • LEARN NEW SKILLS • HAVE FUN • BE YOURSELF

Calling all high flyers...



Air Scouts take part in an amazing range of activities both on the ground and up in the clouds.

We help young people develop skills for life - including the practical, employability and character skills they need to succeed.

Find out more about what we do - including volunteering opportunities for adults too.

Spaces in all sections:
 Beavers: Monday 1800-1900
 Cubs: Monday 1800-1930
 Scouts: Wednesday 1830-2030

Email: 2ndbensonscoutgroup@gmail.com

scouts.org.uk
#SkillsForLife

Copyright 2018 The Scout Association Registered Charity numbers 306101/SC038437



Scouts
2nd Benson (RAF)

Local Area Information & Events

Heritage Open Days returns 11-20 September 2026

England's largest festival of history and culture!

It's your chance to see hidden places and try out new experiences – all of which are FREE to explore.

<https://www.heritageopendays.org.uk/>



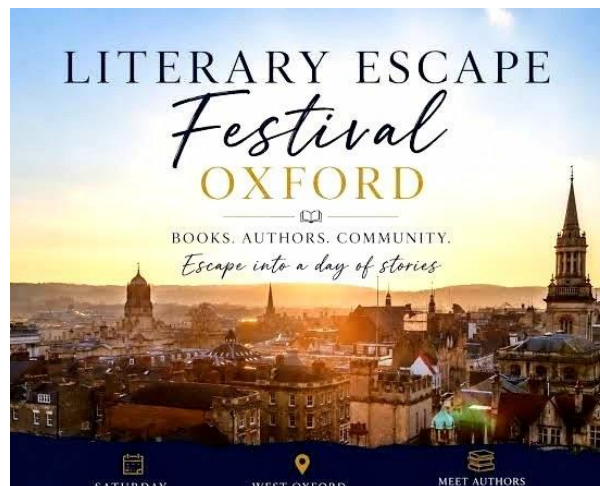
Oxford Open Doors

The annual weekend event is organized by the [Oxford Preservation Trust](#) in partnership with the University of Oxford, giving the public free access to historic buildings, colleges, and cultural spaces that are usually closed to visitors. The upcoming weekend takes place on Saturday 12 and Sunday 13 September 2026 with drop in access to places such as the MINI Plant in Oxford.

More sites and information can be found: [Open Doors | Oxford Preservation Trust](#)

Literary Escape Festival (Oxford)

- Date: Saturday, September 12, 2026 (10:00 AM)
- Location: West Oxford Community Centre, Botley Rd, Oxford OX2 0BT (32-minute drive)
- What It Is: A custom-themed indoor festival for book lovers where you can track down independent authors, browse creative market stalls, and score unique bookmarks, prints, and signed novels.
- Price Range: £10.00 – £15.00
- Official Booking Portal: Grab your entry tickets directly on the [Eventbrite Literary Escape Festival Page](#).



Tap Social Open Brewery Day (Oxford)

- Date: Saturday, September 12, 2026 (12:00 PM onwards)
- Location: Tap Social Movement Botley Taproom, Curtis Industrial Estate, Oxford OX2 0LX (30-minute drive)
- What It Is: A family- and dog-friendly neighborhood open day featuring wood-fired pizza pop-ups, pastries, live street art displays, and locally crafted craft beverages.
- Price Range: Free entry (Pay-for-consumption food & drink items).
- Official Booking Portal: No advance admission ticket is required! You can view

- their full taproom map and event calendars directly on the [Tap Social Movement](#)
- [Homepage](#).



The Oxford Canal Festival 2026

- Date: Saturday, 19 September 2026 (Starts at 5:00 PM)
- Location: Aristotle Lane Recreation Ground, Oxford OX2 6TR (33-minute drive from Carterton)
- What It Is: A vibrant, open-air cultural community festival tracking along the historic city waterways. The grounds fill with unique live performance tents, local food pop-ups, and canal boat displays. The evening features an interactive headline concert from *The Balkan Wanderers*, a 6-piece band weaving energetic East-meets-West world ska/punk melodies.
- Price Range: Free entry to access the festival grounds.
- More details: [here](#)



DogFest - Blenheim Palace

- Date: Saturday, 3 October and Sunday, 4 October 2026 (Full Day Weekend Festival)
- Location: Blenheim Palace Grounds, Woodstock OX20 1PP (26-minute drive from Carterton)
- What It Is: The ultimate, stadium-scale weekend festival dedicated to dogs and their owners. The palace grounds fill with spectacular agility displays, dock-diving water pools, doggie talent shows, specialized behaviourist workshops, and over a hundred vendor stalls selling premium pet treats and accessories.
- Price Range: Separately ticketed outdoor attraction event. Check booking options on the main [Blenheim Palace DogFest Page](#).



Halloween at Blenheim Palace

Running from late October until 1 November.

Features include:

- An illuminated after-dark trail
- Giant spiders and spooky installations
- Fire gardens
- Spectacular light displays throughout the palace grounds

 Blenheim Palace, Woodstock

Price from: £19.00 per adult and £13.50 per child for off-peak sessions. Standard and peak tickets range up to £25.00. Parking is an additional £10.



Support

Military Young Carers

A poster for Military Young Carers. The background is a faded image of soldiers in uniform. The text is overlaid in various colors and fonts. At the top left is the 'BE FREE YOUNG CARERS' logo. The title 'MILITARY YOUNG CARERS' is in large, bold letters. Below it are three questions in bold. A paragraph explains that many young people in military families help care for someone they love while balancing school, friends, and everyday life. A blue banner on the left says 'We are here to support you!'. A list of three benefits with checkmarks is on the right. At the bottom left, it says 'Get in touch today!' and 'Registered charity number 1042708'. At the bottom right, it provides a phone number and an email address.

BE FREE YOUNG CARERS

MILITARY YOUNG CARERS

**Are you part of a Military Family
in Oxfordshire?**

Do you help look after someone at home?

Are you aged 8-17 years old?

Many **young people in military families** help care for someone they love while balancing school, friends, and everyday life, as well as the unique challenges of military life.

We are here to support you!

- ✓ Specialist advice and support for young people, families and professionals
- ✓ 1:1 emotional support and restbite activities
- ✓ Opportunities to socialise and meet other young carers

Get in touch today!
Registered charity number 1042708

01235 838554
yc@befreeyc.org.uk

FIGHTING YOUR OWN BATTLES? WE'VE GOT YOU.

If you serve in the RAF, we're here to support you with all of **life's challenges**, from money worries to mental health struggles.

WE'RE CONFIDENTIAL. WE'RE INDEPENDENT OF THE CHAIN OF COMMAND.

Whatever your rank.
Whatever you're facing.
We've got your back.



Live Chat
ssafa.org.uk/raf



WhatsApp
+ 4420 3769 0808



Facebook
facebook.com/ssafarafpssws



Email
psswsraf@ssafa-fhs.org.uk



Phone
0800 058 4690
(UK callers)
020 4570 3939
(Overseas callers)

ssafa
the
Armed Forces
charity

Registered as a charity in England and Wales Number 207820 in Scotland Number SC038058 and in Republic of Ireland Number 20202000. Established 1883.

**ROYAL
AIR FORCE**

GIVE US TIME

WELFARE UPDATE SEPTEMBER SPECIAL



GIVE US TIME

Time Together for our Forces Families

OUR FINAL FEW SEPTEMBER BREAKS ARE LIVE ON THE WEBSITE - DON'T MISS OUT ON THE CHANCE FOR A LAST MINUTE GETAWAY!

HAYLING ISLAND, HAMPSHIRE
Silver grade caravan,
28 September - 2 October
sleeps 6



POLPERRO, CORNWALL
Holiday Lodge
28 September - 2 October
Sleeps 6



HENGAR MANOR, DEVON
Holiday Lodge
28 September - 2 October
Sleeps 6



BROADLAND SANDS, SUFFOLK
Holiday Lodge
28 September - 2 October
Sleeps 6



Give Us Time - WorkLife - 33 Foley Street - London - W1W 7TL
Reg. Charity 1152978 www.giveustime.org.uk enquiries@giveustime.org.uk

GIVE US TIME
WELFARE UPDATE
SEPTEMBER SPECIAL

Or how about...
a glamping pod break?



GOLDEN SANDS DEVON
 Glamping caravan,
 21 - 23 September
 sleeps 4

a family day out






**RHS Wisley, Surrey; Wakehurst, Sussex;
 Monteviot House, Scottish Borders;
 We the Curious, Bristol**

Give Us Time - WorkLife - 33 Foley Street - London - W1W 7TL
 Reg. Charity 1152978 www.giveustime.org.uk enquiries@giveustime.org.uk

Accommodation

Tri-service accommodation regulations (TSARs) (JSP 464) – September 2026

JSP 464 is the definitive policy for the provision of service family accommodation, single living accommodation and the substitute equivalents.

Read the [Tri-service accommodation regulations](#)

Pinnacle Service Families

Prefer to manage your repair online? HomeHub gives you the flexibility to do it anytime, anywhere. A HomeHub user told us: "The ability to select from a range of available appointment windows made things much easier than arranging over the phone." Available whenever you need it. Find out more: www.pinnacleservicefamilies.co.uk/homehub



Defence Homes - Be the voice of service families in your area.



DIO is launching Regional Experience Committees (RECs) across the UK, bringing together Service family volunteers who are passionate about improving housing services and ensuring family voices are heard.

This is an exciting opportunity to become a Service Family Customer Representative for your region to help influence positive change in military housing. By joining, you will play an important role in highlighting local issues, identifying opportunities for improvement and sharing what matters most to Service families.

As a member of your REC, you will work alongside other representatives and key figures within DIO to provide constructive feedback, discuss common themes and challenges, and represent the lived experiences of families in your area.

This is a volunteer role which will be held for 12 months. You do not need any formal qualifications or previous experience. We are simply looking for people who:

- Currently live in SFA and expect to remain within the region for the next 12 months to ensure continuity of representation
- Care about improving housing services
- Are willing to share experiences and ideas in the region
- Feel comfortable taking part in group discussions
- Can commit to attending quarterly meeting

As well as helping to make a real difference, you will have the opportunity to ensure Service family perspectives are heard, gain a deeper understanding of how Defence housing operates and develop your own skills.

If you would like to be considered, we would love to hear from you. Applications are now open until Friday 18th September 2026.

To apply, please complete the application form [here](#). All applications will be responded to within 21 days of the closing date.

For more information about the role, please see the details [here](#).

Your experiences matter. Help us make Service housing better together.

Families News

Recruit For Spouses Wellbeing Programme: free online places available



RFS Wellbeing Programme - for military spouses and partners. There are a limited number of places available on a free wellbeing programme tailored to military spouses and partners. Held online and over three live sessions – you'll need to be able to attend all three in order to secure your place: 28th September, 5th October, 12th October, 9:30–11:30am (UK time) That's what this programme is for. You'll learn to:

- Regulate a nervous system that's been on high alert for years, with tools chosen for you, not a one-size-fits-all script
- Name what you're feeling, from emotional isolation to the strain of deployments, so you can finally do something about it
- Set boundaries and properly ask for support
- Feel understood from the first session, live and online, alongside 19 others who already get it

One spouse from a previous cohort said: "This programme is brilliant in helping you deal with the coping methods and boundaries to protect yourself, and effectively communicate what you need and why." There are limited spaces available, across 3 live online sessions: 28th September, 5th October, 12th October, 9:30–11:30am (UK time) Completely free, and you'll need to attend all three to secure your place.

[Click here to book your place.](#)

RAFA Kidz - The Resilience Session Hub



RAF Association

Feeding children can feel like one more thing to get right, and the advice can often seem endless and contradictory. This practical session cuts through the noise, helping parents and carers understand what really matters when it comes to children's nutrition, so you can feel confident you're doing enough without completely overhauling family meals.

23 September 12.30pm - Webinar: 30 minutes

Specialist Paediatric Dietitian Lucy Upton will cover the essentials, including what a balanced day genuinely looks like for a child, the nutrients worth paying attention to (and the ones parents often worry about unnecessarily), realistic portions, snacks and just how much variety children really need. Lucy will also tackle some of the most common nutrition myths and concerns that circulate online, with a focus on practical, achievable approaches that work in everyday family life.

Sign up for the session at <https://www.rafakidz.org.uk/rafakidz-resilience-hub/>

RAF HIVE Service



HIVE Information Centre Location: Community Centre

Tel: 01491 827213 Teams Work No: +44 303 371 8545

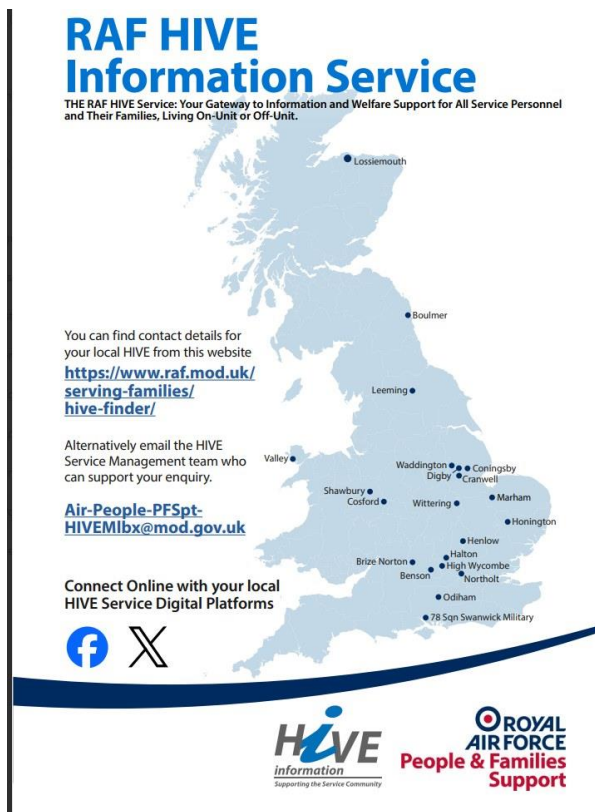
Email: Janine.Ansty-Bridges263@mod.gov.uk

Book time with me: [Book time to talk to me.](#)

HIVE Information Centre Opening Hours:

Monday - Thursday 0800 - 1600, Fri 0800 - 1500

Connect Online - [RAF Benson HIVE Facebook](#) RAF Benson HIVE X.com



Station Welfare Contacts

SSAFA: Leanne Wheeler

Office Location: 4 Viking Terrace

Tel: 07384 237984 (office hours only)

Email: Leanne.Wheeler@ssafa-fhs.org.uk

How can we help?

Need someone to talk to? We'll provide a safe space for you to get anything off your chest.

Chaplaincy Centre: The Revd (Sqn Ldr) Michael McCormick & The Revd (Sqn Ldr) Rachel Cook

Office Location: Station Church

Tel: 01491 837766 Ext 6234

Email: michael.mccormick103@mod.gov.uk rachel.cook117@mod.gov.uk

Station RAF People and Families Support Contacts



Station Families housing Officer (SFHO): Phil Withey

Office Location: Community Centre

Tel: Duty Mobile - 07815 697370 (No Texts)

Email: philip.withey301@mod.gov.uk

Community Development Officer (CDO): Meg Wickett

Office Location: Community Centre

Tel: 01491 827213

Email: Meg.Wickett407@mod.gov.uk

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