

# E-Newsletter



Cadets and Cadet Force Adult Volunteers in front of the Caird Hall.

## Tri-Service Cadet Open Day in Dundee

**Cadets and Cadet Force Adult Volunteers (CFAV) showcased their activities during a tri-Service Cadet Open Day in Dundee on 28 September.**

Local cadet units set up stands in City Square, showcasing the benefits and available opportunities within the Sea Cadet Corps (SCC), Army Cadet Force (ACF), and Royal Air Force Air Cadets (RAFAC). Cadets from all three Cadet Forces took part in the opening display with a parade from the High School of Dundee to City Square.

Other activities included music from the Sea Cadets, demonstrations of drill, and stands and displays including a Harrier cockpit, tag archery, bowling, first aid, and a Rigid Inflatable Boat. There were also fitness and webbing competitions.

The free event, which ran from 11am to 3pm, gave insight into the Service Cadets and the readily transferable skills they learn.

This was the second consecutive year the Cadet Open Day was held at the same location, following last year's successful event on 3 June 2023.

[Read the full story.](#)



The parade makes its way down Reform Street.



Visitors on the Rigid Inflatable Boat.



The Royal Air Force Air Cadets first aid stand.



Tag archery.





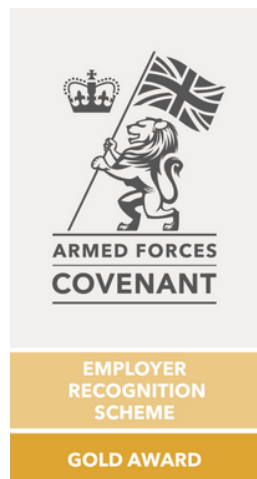
The team from HMS Scotia show off their finisher patches.

## Braw Fitness Games puts 140 to the test

**The second Braw Fitness Games took place on 31 August in Perthshire.**

More than 70 teams of two were involved in the outdoor functional fitness competition held at Blairgowrie Rugby Club, including participants from the Royal Navy and Army. Highland RFCA co-sponsored the event along with Armed Forces Covenant signatory Highland Spring. Challengers competed over ten 300-metre runs combined with ten tests of endurance. As well as providing competitors, the Royal Navy and Army set up a recruitment stand and gazebo close to the action. The Army team of Steve Wilkinson and James Farrer finished in 18th place, with the Royal Navy team of Steven Brown and Jack McGillivray from HMS Scotia taking 61st. The event also saw Braw Fitness presented with the Armed Forces Covenant certificate Director and personal trainer Rhys Spackman signed in February. [Read the full story.](#)

## 193 firms strike Gold



**Nearly 200 organisations – including nine in the Highland RFCA area – have been recognised by the UK Government with the highest badge of honour for supporting the Armed Forces community.**

The Defence Employer Recognition Scheme (ERS) Gold Award recognises the positive role employers play in supporting Defence and inspiring others to do the same.

This year organisations of all sizes, from all sectors and from across the UK have been successful including Stirling Highland Games, Expedia.com, Google and B&Q. In total, 33 sectors are represented from Healthcare and Education to Recruitment and Food and Beverage. The 2024 ERS Gold Award winners in the HRFCA-area are: [BEAR Scotland](#), [Eclipse \(IP\) Ltd](#), [Falkirk Football Club](#), [HorseBack UK](#), [Lochgilphhead Medical Centre](#), [Serica Energy](#), [Simplicity in Mind](#), [Stirling Highland Games](#), [The UKSI Limited](#).

The achievements of the nine organisations will be celebrated at an awards event in Perth on 14 November. [Read the full story.](#)



Rhys Spackman with his Armed Forces Covenant certificate.

## Success at Bisley

**Cadets from across The Argyll and Sutherland Highlanders Battalion Army Cadet Force (ACF) travelled down to Bisley Ranges in Surrey to take part in The 155th Imperial Meeting 2024.**

Cadet James Thompson, Corporal Iona McLean, Lance Corporal James MacEwan, Sergeant Morgan Graham, Cadet Daniel Black, and Corporal Lauren Carr showcased all the hard work they have been doing in preparation for the competition. Out of 284 cadets from across the different Cadet Services – Sea Cadets, Army Cadets, Combined Cadet Force and RAF Air Cadets – two cadets stood out.

They were the Battalion's Cadet James Thompson and Corporal Lauren Carr, who came in the top 50. Cadet Thompson was 45th and Corporal Carr came 31st. Corporal Carr was also invited to Exercise Bisley Bullet to see what the setup for the international team is like. This would be a fantastic opportunity for anyone but, at only 14 years old, Corporal Carr was the youngest participant there and the only Scottish Cadet.

[Read the full story.](#)



The shooting team from The Argyll and Sutherland Highlanders Battalion ACF with an Adult Volunteer.

