



Damage Control Training on HMS Monmouth



Rewarding Starboard Crews Top Sailors

Starboard Crew are back and ready for Action

August is here, and with it a new newsletter and a flight to Bahrain for HMS Montrose's Starboard Crew. As we re-join our ship for another exciting 4 months in the Gulf. This marks the end of our regeneration period back in the UK as we prepare to return to our home away from home and take back the reigns from our sister crew, Port. The past 4 months back home have allowed us to spend some much needed time with our family and friends

and support them as the country tackles Covid 19. We have also been able to conduct specialist training to ensure that our key warfighting skills are kept up to date and we are ready to hit the ground running when we return back onboard. In this edition you can see the hard work the ships company has put in to maintain our operational skills as well as the individuals who have been awarded for the hard work that they have put in.



From the Captain

It is great to see this newsletter complete and on its way to you. We have returned to the extraordinary heat of the Gulf, professionally trained and ready for an exciting and rewarding deployment. We will keep you posted with updates on what we are up to so please keep in touch also – its great to hear from you! – CDR Charles Collins, CO MTRO STBD Crew

3,000 Miles Ran

£3,000 Raised



In the final weeks of our last rotation we set the challenge of running the distance from ourselves, out on ship, to our home port of Plymouth. The distance, a massive 3,312 miles. With the help of our families back home running the distance to meet us, we completed the distance, raising a fantastic £3,360 for Derriford Hospital in Plymouth. That's just over £1 for every mile ran! The charity run gave families at home the chance to virtually connect with their loved ones at sea and also keep fit while observing lockdown. Derriford hospital was chosen as a thanks for the hard working NHS staff in our homeport.

Keeping Our Warfighting Teeth Sharp

In between rotations on board HMS Montrose, the Crew is able to maintain our fighting edge through use of the Maritime Composite Training System (MCTS). Here the ships warfare team is able to train in advanced war fighting capabilities from a state of the art Ops Room simulator. It simulates scenarios that we may encounter while on operations and allows our professional war fighters to hone their skills in anti-air, anti-surface and anti-submarine warfare. This provides a great training benefit as it allows us to train in an environment that simulates threats at real world speeds and detection ranges. It also allows our new sailors to train on the systems which they will be using on ship.



During this training period time was taken for the Principal Warfare Officers (PWO) from Starboard Crew to receive their PWO pins. The pin has been introduced to provide some recognition for the warfare Officers whom complete the 12 month long PWO course and emerge into the Fleet ready to lead the Ship in a battle and ensure the defence of the Ship against all potential threats. Throughout the years there has been no recognition of the training burden, responsibility or skill of the PWO, but now it is now being recognised with a pin to be worn with pride on all uniform. The added gold colour also provides recognition that the individual has achieved a selected command position such as our CO and XO.

Damage Control Training on HMS Monmouth

Damage Control is a way to a simulated vitally important skill as we need to be able to keep our home safe if we are at sea. It is difficult to train without a ship, thankfully HMS Monmouth is currently alongside in Plymouth awaiting refit and thus offers the perfect platform for us to hone our skills in damage control. For 2 weeks we tested our mettle in various different exercises from a simulated fire in the Galley which allowed us to train our ability to fight fires onboard, all the way to a simulated collision with a container leaving us with multiple holes in the side of the ship. This involved bringing the ship to Emergency Stations forcing everyone to stop what they're doing and jump to action to save the ship. In these exercises we practice the skills and techniques necessary to keep our ship floating, moving and fighting. Pictured you can see members of Ship's Company erecting a build to stop water leaking in from a hole in the side of



the ship. Fires are also a danger onboard and it's not as simple as calling the fire service when you're out at sea. All personnel are well trained in firefighting with all members of ships company able to tackle the fiercest of blazes.

Rewarding the Hardest Workers of Starboard Crew

As you may have seen over the past year, HMS Montrose has been at the forefront of several news articles for the operations she is carrying out in the Gulf Region. From protecting Merchant shipping in the straits of Hormuz to drug busts in the Gulf of Oman, Montrose has been consistently delivering on the tasks required of her. This success however would not be possible without the incredible hard work of our sailors. Some of our sailors push themselves even further to go above and beyond to ensure that Montrose consistently delivers. We don't let these sailors go under the radar, instead we reward them for their efforts. At the end of our 2 weeks training on HMS Monmouth, we received a visit from Captain Allen, the Officer in charge of Surface Ships within the Royal Navy. He came to present Herbert Lott



Awards to members of the ships company who have worked exceptionally hard while onboard. Prize winners came from every department onboard. These were SLt Trutch PO O'Keefe (middle), LET Higgins, LET McIntosh, LCH Potter (top), ET Baker and AB Cruickshank. In addition to the award all recipients received a £50 Amazon voucher. That wasn't all as LET Balcombe was presented with his Petty Officer rate before he left the ship to attend his Petty Officer qualifying course. Captain Allen then took this opportunity with all of the ships company present to address them prior to Starboard crews return to HMS Montrose. He spoke of his pride for the work the crew has done and the importance of being able to deliver in such a key operational environment.

Bags of Mail

Below you can see all the mail waiting for us when we arrived at Bahrain. It's a great feeling to receive mail from home and lifts our spirits while we're away!



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