

Welcome to the first RN Forum Lowdown.

The RN Forum is the Royal Navy's main area to share information and to engage with family and friends.

Each month we will be collating the information posted onto the RN Forum into a Newsletter – just in case you missed it. So, let's get started!

NEWS

Royal Navy

[60 Second Update – Episode 215](#)

[RN Forum Update](#)

Housing

[Latest Families First Newsletter](#)

[DIO Stakeholder Briefing 30th January 2026](#)

[DIO Stakeholder Briefing 16th January 2026](#)

Newsletters

[Little Troopers Monthly Newsletter – January 2026](#)

[Victory Services Club – End-of-Year Newsletter.](#)

[RN FPS Christmas Newsletter](#)

[Give Us Time Welfare Update Winter/Spring 2026](#)

Deployment

[FWG Days Out – Time to book for 2026](#)

Employment

[Recruit For Spouse Events – Jan / Feb 2026](#)

Health & Performance

[The Safe Harbour Project – Counselling for Young People](#)

COMMUNITY EVENTS

National

[Motorsport Brings the Armed Forces Community Together at National Transition Event 2026](#)

[Royal Navy Sailing Association: FREE Sailing Courses](#)

[Families' Activity Breaks](#)

[Forces Children's Trust & The Outward Bound Trust Adventure Trip](#)

[Go Sailing - Free Adult Sailing Courses](#)

[HM Royal Marines Band Concerts 2026](#)

[Military Discounts Ascot Racedays 2026](#)

[SSAFA Short Breaks 2026](#)

[RN Youth Network Pursuits - Film Night](#)

[RN Youth Network - Events](#)

Online

[RN FPS Cheese and Whine Reminder](#)

[RN FPS Lego Icebreaker Builds Sessions](#)

[RN FPS National Book Club - 16th February 2026](#)

[National Film Club - February 2026](#)

[RN FPS National Chill & Chat - Online](#)

[Adults Lego Serious Play - Online Activity](#)

Local Unit Areas

[Home Start - Parents on Board](#)

[K-Pop Disco - Culdrose](#)

[Movie Morning - Culdrose](#)

[Coffee Cove - Culdrose Community Centre](#)

[Chill and Chat - Cockleshell Community Centre - Eastney](#)

To find other activities and events in the local area, you will need to be a member of the RN Forum and navigate to [Groups - Local Support](#)

Courses and Training

[The Green Room - Mental Fitness Days](#)

[VIVO Interview Skills Session](#)

[Courses for Royal Navy and Royal Marines Families](#)

[Serve and Protect - January 2026](#)

[Supporting the Unsung Hero Business Start-Up Programme](#)

Groups

Whilst we cannot provide the links to posts within the private groups, the following have had updates this month:

- | | | |
|-----------------|----------------------|--------------------|
| - 815 NAS | - Aviation CSS | - CLR |
| - Deployment | - Submarines | - Initial Training |
| - MCM2 (5) | - Members Matters | - ND Community |
| - RFA Community | - RN Parents Network | - Victory Squadron |
-

Forum Facts

Announcements

This is where new information is posted for you to read. Topics is the only static information in the RN Forum. To find out what is posted setup:

Notifications

The RN Forum will send notifications to you if you click on the  [Follow](#) button in the groups, you are interested in. This will send you an email and a link back to the post. This will also happen if a...

Discussion is added. This area allows you to share information as a member or ask a question or when you need peer support. You may want to change your notifications if you do not want every reply. This can be done in Settings (in your profile picture) – Notifications and by unticking the email box 'Replies are added to threads I'm subscribed to'. Don't untick too much as you will not get any notifications and will have to sign in to see new posts.

If you want any further support, please email rnfpsmediamailbox@royalnavy.mod.uk