



ROYAL NAVAL ASSOCIATION

Torbay Branch News

19th September 2026

Welcome to the Torbay Branch Newsletter

Ahoy Shipmates

September began with a brief respite from the rain but it seems we still need a bit more to top up the reservoirs.

I'm compiling this newsletter before Anne and I vanish for a couple of weeks. We won't be at the September meeting as we're off to the Mediterranean for some much-needed R&R after twelve months without any 'sea time!'

On 4th September, we joined the Cornwall RBL coach trip to the National Memorial Arboretum at Alrewas. During our visit, we stopped by the Naval Services Memorial to see how our £250 donation was being used to restore it. Photos and a short article are included on *page 2*.

There's an opportunity next week to get a free test for Prostate Cancer. Stand fast ladies although do encourage your men to go. See *Page 5*

I've also included dates for your diary opposite. That's all for now. Happy reading.

Alan

Any contributions for the next edition would be very welcome although I'm not holding my breath!

Please send your contribution to:
torbayrna.memsec@gmail.com

In Case You Missed It

You can view the latest editions of the RNA HQ [Semaphore Circular \(\)](#)

Torbay RNA Facebook posts ([Here](#))

Dates for Your Diary

Wednesday 30th September 2026 -

1045 for 1100. - Berlin Airlift Memorial, Spitfire Garden, Roundham Head.

Wednesday 30th September 2026 -

1930 for 2000. Monthly Branch Meeting

And Later On

Friday 23rd October 2026 Brixham RNA will be holding their Trafalgar Night at the Berry Head Hotel, Brixham.

Details circulated separately by email

Wednesday 28th October @ 1900 for

1930 Branch Meeting & Cancer

Screening Presentation See *Page 3*

Saturday 31st October 2026 -

RMA Corps Birthday Lunch at Livermead House Hotel - 1200 for 1230.

See *page 4* for details

Our visit to the National Memorial Arboretum

Over the weekend of 4th to 6th September, S/M Anne and I joined the Cornwall RBL Coach Tour to Alrewas in Staffordshire. The trip was advertised in a newsletter at the start of the year but, we were the only ones to sign up from Torbay RNA.

We were fortunate to have a comfortable mini-bus for the trip, accommodating seven members of Paignton RBL as well as us.. The journey even included a stop for a pub lunch. We didn't join the Cornish members until we met up before dinner on Friday evening. There were quite a few RNA members from Cornwall and we quickly felt at home with them.

We spent most of Saturday at the arboretum, walking over four miles. We admired tributes to various Army and RAF units and the Naval Services Memorial for which our Branch had donated £250 for maintenance earlier this year. A couple of photos are included below.

We made a stop at the Alrewas RBL Club on our return journey to our hotel for our second night. The return trip to Torbay took a respectable 3½ hours including breaks.



The coloured glass panels represent the five oceans, grey for warships and red for the blood spilled both at sea and on the land. The lone sailor bows his head at sunset as an image of a warship appears on the stone terrace.



The picture on the left shows the water damage to one of the glass laminated 'sails' which need to be separated and resealed.

Cancer Screening Presentation

The guest speaker at our meeting on
Wednesday 28th October is
Sarah Henwood from
 the **Personalised Care Team** at
Torbay and South Devon NHS Foundation Trust

Her message will be:
**“Screening saves lives and can sometimes
 prevent cancer from developing
 in the first place”.**



There is something here which
 we can all benefit from.

For breast, bowel and cervical cancers, more than 90% of people recover if cancer is found early.

We are often good at looking after everyone else before ourselves. When an NHS screening invitation arrives, it is worth taking a few minutes to take part.

Screening is for people who feel **well**. It can find problems early, often before symptoms start, when treatment is usually simpler and more successful.

Make sure you are at the Constitutional Club, Palace Avenue, Paignton for the presentation at 1930 on 28th.

Partners and members of local Ex Forces Associations will also be very welcome to attend but please drop me an email nearer the time to let me know you will be coming at:

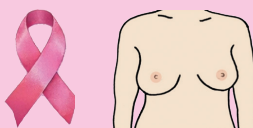
torbayrna.memsec@gmail.com

Screening Programmes:

What You Need to Know

Screening helps prevent illness and find problems early. This is often before you feel unwell.
 Finding problems early makes these illnesses easier to treat and can save lives.

Breast Screening



Inclusion Criteria:

- Women and all Trans and Intersex people with breast tissue aged 50 to 70.
- Every 3 years.
- Mammogram (breast X-ray).

📞 01803 655350

Bowel Screening



Inclusion Criteria:

- Everyone aged 50 to 74.
- Every 2 years.
- At-home test (FIT).

📞 0800 707 60 60

Cervical Screening

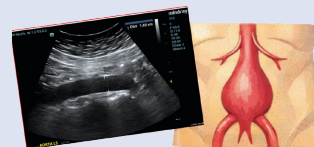


Inclusion Criteria:

- Women and all Trans and Intersex people with a cervix aged 25 to 64.
- Routinely every 5 years.
- Normally takes place at GP Surgery.

Speak to your GP practice

AAA Screening



Inclusion Criteria:

- People who are registered as male at birth who are 65.
- One-time screening.
- Ultrasound scan of the belly area.

📞 01803 655441



**ROYAL MARINES
ASSOCIATION**

(Torbay & District Branch)

CORPS BIRTHDAY LUNCH – OCEANIC RESTAURANT

Saturday 31st October 2026 - 12.00hrs for 12.30hrs at

Livermead Cliff Hotel, Torbay Road, Torquay, TQ2 6RQ

MENU

Starter

- A Roast Chicken & Pork Terrine
- B Tossed Greek Salad (V) (GF)
- C Chef's Leek & Potato Soup (V)
- D Classic Prawn Cocktail Brown Bread & Butter (**£4.00 Supplement**)

Main Course

- A Slow Cooked Beefsteak in Red Wine Sauce, Mashed Potato (GF)
- B Roasted Chicken Ballotine, Sage Stuffing, Smoked Bacon, Pan Jus
- C Fillet of Cod, 'Petits Pois à la Francaise'
- D Roast Vegetable Linguini (V)

All main courses served with Seasonal Vegetables & Potatoes

Dessert

- A. Banana Syrup Sponge, Vanilla Custard
- B Chocolate Berry Roulade, Chantilly Cream
- C Fresh Fruit Salad, Clotted Cream
- D Selection Devon Cheese, Biscuits, Grapes, Chutney (**£3.25 Supplement**)

Freshly Brewed Tea / Coffee and Chocolate Mints

£32.50 (+ Supplements as selected)

Dress: Smart Casual, no jeans

Name and meal choices to be submitted to Shirley Crawley (Branch Secretary), email preferred - torbayrma@outlook.com by Fri 17th October latest please. Tel: 01803 414 972

For this event, the Branch will not be collecting prior payment. Individuals will be responsible for paying the Hotel on the day for meals ordered.

If using Car Park – Record registration number at reception on arrival.

Closing Date for Corps Birthday Lunch 17th October 2026

I make no apologies for publishing this. It's how I found out I needed treatment. No point hoping for the best. Book your place. Standfast ladies but make sure your menfolk read this! Ed.

Torbay RNA Logo'd Clothing

For more details, please speak to Jon at the next Branch meeting.

