

IN GEAR



Magazine of the Defence School of Transport

Summer 2025

Stronger Together | Training Ties | Loudes





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TRIUMPHS AND CHALLENGES

The world remains unpredictable, with Defence facing constant change and complexity. Yet, some principles endure: protecting our licence to operate, transforming at the pace of relevance, delivering just-in-time training, and supporting command-led distributed training. These priorities remain central across all three services and have guided DST since I began in October 2023.



In-Gear is primarily for an internal audience, but I share it externally to showcase the incredible work of our people. The ingenuity and drive of our staff to deliver the Statement of Trained Task (SOTT) alongside additional activities is remarkable. I hope you take pride in your contributions and enjoy this edition.

The last training year, ending March 2025, was a professional highlight. We exceeded expectations, delivering training to 25,504 trainees, more than the previous year, while maintaining quality. Over 4,000 students rated us 8.9/10, and feedback from the Customer Executive Board (CEB) was overwhelmingly positive. Alongside this, we managed 275 Requests for Change, introduced new programmes (e.g., Wheeled Multi-Platform Instructor Course, Licence Acquisition Training changes, Hazmat updates, and MyTrg), and integrated new platforms (PLS, GASKET, and ARCHER). Achieving this amidst workforce pressures and multiple change initiatives is a testament to our team's resilience and collaboration.

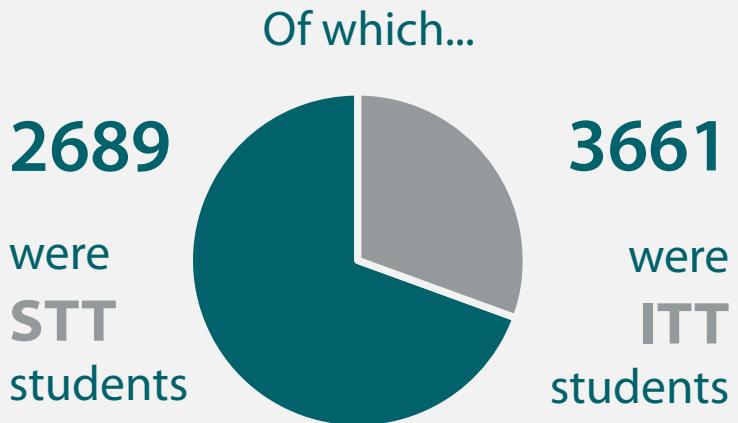
The April 2025 DST Training Management Working Group report highlights these achievements. Once you navigate the Defence Systems Approach to Training (DSAT) acronyms, it tells a powerful story of teamwork in adversity. Everyone at DST, whether in supported or supporting roles, contributed to this success. It takes the entire team, both on and off Normandy Barracks, to deliver our outputs.

Looking ahead, Defence's demands continue to grow. For Training Year 2025/26, we are tasked with delivering training to 32,270 personnel, including significant increases in Licence Acquisition and Distributed Training. I am confident we can meet this challenge post-restructuring, provided Initial Trade Trainees arrive as planned, an element beyond our control.

Beyond delivery, I thoroughly enjoyed the DST Families Day and the Whole Force Day in June. These events foster team spirit, which is essential for our success. I encourage everyone to participate in such activities, as collaboration is vital. We are too small to operate in silos, and working together is the only way to meet future challenges. Of note our numbers who choose to take leave to avoid these days is reducing, hence we are moving in the right direction.

Thank you for your continued dedication. Together, we will rise to meet the demands of Defence, deliver excellence, and embrace the opportunities ahead, including the Malta Battlefield Study, Ex NORTHERN STRIKE, the Armistice Whole Force all-stop day, and a steady drumbeat of senior visitors. Let's continue to move forward with purpose and pride.

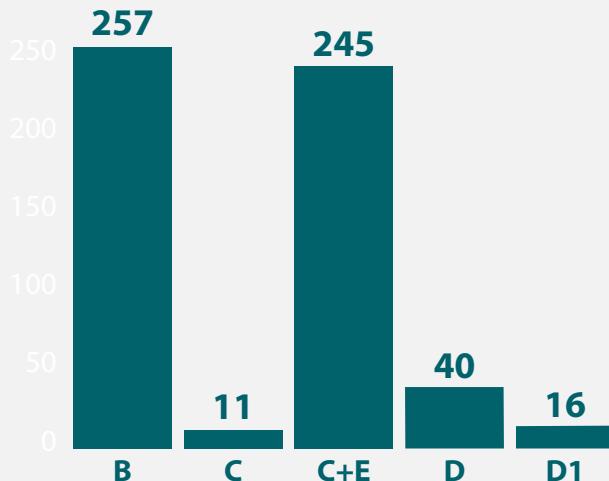
Colonel Laura Craig-Braddock
DST Commandant



So far this year at the Defence School of Transport

Stats from 01 January - 30 June 2025

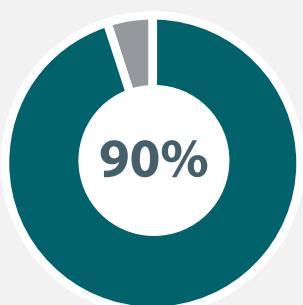
There have been **566** licences acquired



We have delivered a total of



And we have achieved an overall pass rate of



DATES FOR YOUR DIARY

SEPTEMBER

- Monday 8th
Town Hall Video Release
- Thursday 18th & Friday 19th
Q&A Sessions

NOVEMBER

- Monday 10th
DST Force Development Day
- Monday 24th
November Town Hall Video Release

DECEMBER

- Thursday 4th & Friday 5th
Q&A Sessions



STRONGER TOGETHER

TRANSFORMING TEAMWORK TO BOOST FIGHTING POWER

At the Defence School of Transport, a bold initiative is reshaping the culture of teamwork, leadership, and psychological safety, one conversation at a time.

On a crisp Monday February morning, every corner of the DST came to a tactical pause. Training was halted and routine tasks stopped. Military and civilian staff, all gathered for one purpose: to focus not on vehicles or routine business, but on people.

This was Op TEAMWORK 25, the third and most ambitious chapter in an Army wide campaign to strengthen the behaviours, climate, and culture that underpin operational success. Led by Captain Nicholson and his team of facilitators, the daylong event was an investment in DST's most vital asset, its people.

Why Culture Matters

In a high-tempo organisation like DST, responsible for delivering driver trade training to the British Army, technical excellence is only half the story. How teams interact, challenge, and support one another directly impacts readiness and Fighting Power.

"No institution is beyond improvement," said the Commandant, addressing the assembled force. **"Our reputation is defined by how we treat our people. Progress has been made, but it is incumbent on all of us to continue evolving, to be open, tolerant, fair, and always respectful."**

That message wasn't empty rhetoric. It built on data-driven insights gathered from earlier iterations of Op TEAMWORK. In 2024, DST personnel undertook a diagnostic

exercise using Patrick Lencioni's Five Dysfunctions of a Team questionnaire. The results were revealing. Across departments and ranks, one common barrier stood out: a Fear of Conflict.

Simply put, too many people felt uncomfortable having difficult conversations at work, whether that meant raising concerns, challenging ideas, or offering candid feedback. And without psychological safety, trust and team effectiveness erode.

Building a Safe Space for Challenge

The DST leadership didn't shy away from the findings. Instead, they embraced them. Op TEAMWORK 24 laid the groundwork, with presentations from the Centre for Army Leadership and practical scenarios encouraging open dialogue. Social cohesion activities, from sports to menopause awareness sessions, broadened understanding and camaraderie.

OP TEAMWORK 25

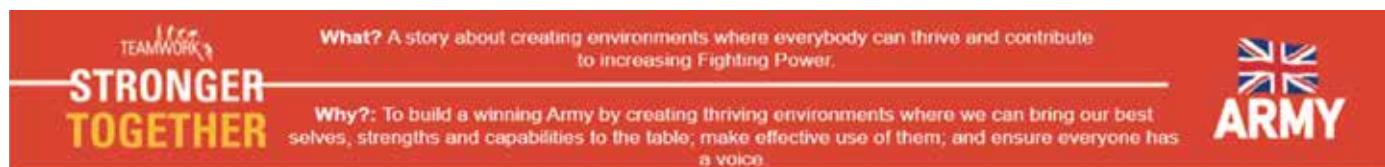
Structured into four progressive chapters, the day carefully built momentum, ensuring that every participant and team understood not just what needed to change, but how they could personally contribute.

Chapter 1: Start with Why

The day kicked off by grounding everyone in DST's purpose. A bespoke message from the Commandant explained how teamwork fuels Fighting Power, and why every voice matters.

Chapter 2: Your Part in the Plan

Focus shifted to personal standards, ownership, and the skills required to challenge constructively. Team leads





facilitated candid conversations around what helps, and hinders, excellence at DST.

Chapter 3: The Team

Here, strengths were unpacked. Participants identified their own skills and learned how to better leverage the talents of their colleagues. The emphasis was clear: no one wins alone.

Chapter 4: The Power of Now

The final chapter was all about action. Participants committed to tangible next steps, embedding cultural improvements into their annual objectives, ensuring the momentum didn't stop once the day ended.

A Lasting Impact

Feedback has been resoundingly positive. Participants reported increased confidence to speak openly, greater appreciation of their team's strengths, and a clearer understanding of how their role contributes to DST's mission. Perhaps most importantly, the conversations sparked that day have continued across departments.

What's Next?

The work doesn't end here. Outputs from the day are being woven into departmental action plans and individual

objectives, both for military personnel and civilian staff. The leadership team will continue monitoring cultural themes, ensuring that DST stays on its path of continuous improvement.

For DST, this isn't just a one-off event, it was a decisive step in building a force where every person can thrive. And as the motto of the day reminds us: **STRONGER TOGETHER.**

We successfully held the rebranded DST, Force Development Day in June with increased participation and feedback, this we need to ensure we improve going forward. We look forward to our next opportunity - 10th November 2025.

Capt Nicholson

“

Op TEAMWORK 25 has shown that building psychological safety isn't a 'nice-to-have', it's essential for operational effectiveness. When people feel safe to challenge, we get better decisions, stronger teams, and greater Fighting Power.”

Capt Nicholson

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ADVENTURE TRAINING

INVERNESS

A contingent of twelve personnel from DST embarked on an ambitious five day hiking expedition to the Inverness Adventure Training Centre this spring. Led by WO2 Hillary and Corporal Gormley, the team, comprised of ITTs, made the nine-hour journey northward.

Arriving at Fort George Barracks, home of the 3rd Battalion, Royal Scots Regiment, at 2130 hours, the team received a warm welcome from Adventure Training staff who promptly assigned accommodations and provided the following morning's schedule.

The first day began with a short 20-minute drive to the Adventure Training Centre where the team received their welcome briefing and details of the week's Minimum Equipment List. After being issued hiking gear and meeting their team leaders, they set off for their inaugural hike, a seven mile route starting and finishing at Glenmore

Visitor Centre. Clear blue skies and snow capped mountains provided a spectacular backdrop for the day's activities, setting an inspiring tone for the week ahead.

Day two saw the team reporting for duty at 0830 hours, receiving quick briefings and packed meals before boarding buses for an expedition to Loch Ness. By 1030 hours, they were embarking on their second challenge, a rigorous 10 km trek with an elevation gain of 1,837 feet that tested cardiovascular endurance and determination.

The third day featured a shorter walk with minimal elevation gain but proved invaluable for developing micro-navigation skills. The team demonstrated quick aptitude for these techniques, which would prove essential during subsequent activities. Upon returning to the Adventure Training Centre, attention turned to preparation for the overnight expedition scheduled for the following

day. Tents, sleeping bags, and ration packs were packed as the team sought an early night to ensure peak performance for the challenging final phase.

The fourth day marked the expedition's crescendo with an early morning departure to Beinn Eighe National Nature Reserve. The team began their ascent toward the summit, passing



the designated campsite positioned approximately two-thirds up the mountain. This demanding hike required sustained effort throughout, but the panoramic views from the summit provided ample reward for their exertion. After summit photographs, which could scarcely capture the breathtaking scenery, the team enjoyed a meal at base camp and shared reflections on their collective journey before resting ahead of an early morning descent.

Returning to the Adventure Training Centre on the final day, the team conducted a comprehensive debrief and received final instructions before commencing their journey back to DST. They reached East Yorkshire around 2200 hours, physically exhausted but mentally invigorated by the week's experiences.

The expedition proved transformative for all participants, fostering enhanced mental resilience and navigation confidence. This challenging yet rewarding programme delivered significant personal development opportunities, with each team member returning with valuable skills to apply both professionally and personally.



MEET THE TEAM

SENIOR DEFENCE DRIVING EXAMINERS

This photograph marks a proud moment, recognising the outstanding achievement of our newly qualified SDDE team. Over the course of six intensive weeks, five dedicated volunteers undertook advanced DVSA training, an experience marked by long hours, rigorous assessment, and the application of high-level skills to identify and simulate realistic driving hazards.

This was the first time the course has been delivered from Normandy Barracks, a milestone that not only highlights the adaptability of our training environment but also opens the door to future collaboration and deeper ties with the DVSA.

Our newly trained SDDE team:

- Ian Stonelake
- Phil Souter-Smith
- Lucy Pearson
- Gareth Brown
- Ray Thwaites





FORCE OF HER OWN

BREAKING BARRIERS IN STRENGTH AND SPORT

Corporal Paige Atwell has been crowned Forces Strongest Woman in a groundbreaking competition that showcases the exceptional talent and determination of UK military personnel.

Cpl Atwell, who is an DGSDC Instructor in MDTs, claimed the title in April 2025 at the inaugural Forces Strongest competition. Her outstanding performance has earned her an invitation to compete at the prestigious WHEA British Championships on 6 July in York.

“Competing in strongwoman events has been a fantastic complement to

my military career,” said Cpl Atwell, who has been participating in civilian strongwoman competitions for three years. **“I’m honoured to represent the Armed Forces at the upcoming British Championships.”**

A passionate advocate for women in traditionally male-dominated sports, Cpl Atwell has been instrumental in transforming the landscape of military athletics. Her trailblazing efforts have opened doors for countless female service personnel to engage in both ice hockey and strongwoman competitions.

“We’re seeing incredible talent emerge when women are given the opportunity and platform to compete,” Cpl Atwell enthused. **“Breaking barriers isn’t just about personal achievement – it’s about creating pathways for others to follow.”**

Cpl Atwell’s dedication to women’s sports is perhaps most evident in her pivotal role developing military ice hockey. After attending an all-female “Learn to Play” training camp, she spearheaded the creation of the Army’s first women’s ice hockey team, the



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What excites me most is seeing more women step forward to try these sports for the first time. Whether it's hitting the ice or lifting Atlas stones, watching women discover their strength and potential is what drives me to continue breaking new ground.

Cpl Paige Atwell

Forces Strongest Woman

”

Fury, established in August 2023. She currently serves as both Team Manager and Assistant Captain.

“From our first training camp to competing against established teams at the UKAF Inter Service Championships last year, the progress of Army women's ice hockey has been remarkable,” Cpl Atwell commented. **“The enthusiasm and dedication these women bring to the ice is absolutely inspiring.”**

Her involvement in military ice hockey began during a posting in Canada (2018-2019), where she was appointed Team Captain of the Chieftains. Upon returning to the UK, she joined the

Royal Logistic Corps ice hockey team, the RLC Chiefs, where she now serves as Assistant Captain and transport manager.

Cpl Atwell recently completed her strongman/woman coaching qualification in June 2024 under the guidance of three-time UK's Strongest Man champion Paul Smith. Her commitment to developing the sport led her to organise a Forces Strongman/woman competition at the Defence School of Transport in October 2024. She took third place at an RAF Cosford competition in August 2024, which qualified her for the historic Forces Strongest competition where she ultimately claimed the title.



BATTLE READY

BRITISH ARMY WARRIOR FITNESS (BAWF)

The BAWF competition stands as a testament to the dedication and physical prowess of soldiers within the British Army. More than just a fitness test, BAWF is a challenging competition designed to push participants to their limits, fostering a culture of peak physical readiness relevant to the demands of military operations. Structured in accordance with the Army's physical training guidelines (AGAI Vol 1 Ch 7) and a direct output of PROGRAMME THOR, BAWF incorporates varied exercises that enhance the fitness components crucial for operational effectiveness and long-term health.

BAWF events often feature a series of workouts, released periodically and demanding a blend of strength, endurance, and agility. These workouts can range from rowing and burpees to more complex exercises like deadlifts, clean and jerks, and demanding runs. The competition embraces

inclusivity, with categories for individual men and women, masters (older age groups), and various team configurations.

Defence School of Transport Teams Make Their Mark

This year's 24/25 UK North competition has seen exceptional performances from teams representing the Defence School of Transport. The Male Masters team has consistently demonstrated their fitness and determination, securing podium finishes in three out of the four events held so far. Their strong performance puts them on track to qualify for the Army finals in June, a testament to their hard work and dedication.

The Female team is also making waves in the competition. With one podium finish already under their belt, they are in with a strong chance of securing a spot in the finals. Their hopes hinge on a podium finish in the upcoming Event 5 in May, where they will need to showcase their strength and teamwork to secure their place among the Army's fittest.

BAWF: More Than Just a Competition

BAWF is more than just a competition; it's a reflection of the British Army's commitment to maintaining a force that is physically robust and ready for any challenge. The demanding workouts and the spirit of competition cultivate not only physical fitness but also mental resilience and camaraderie among the participants. As the Defence School of Transport teams continue to compete, they embody the spirit of BAWF, demonstrating the dedication and athleticism that define the modern British soldier.





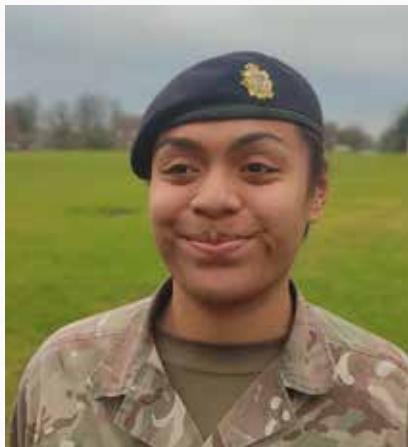
APPRENTICESHIPS

Through apprenticeship schemes the Defence School of Transport offers Service Personal valuable accredited learning that aligns to their military training. With the help of our Military apprenticeship mentors our industry partner, Pearson TQ, have enrolled over 250 apprentices across four standards, at both Level 2 and Level 3. In the past 3 months and have conducted over 350 progress reviews that empower our apprentices to set achievable goals aligned to their individual training. This team works tirelessly to ensure that all those on an apprenticeship whilst at the Defence School of Transport reach their full potential.



Name: Pte Chapman
Unit: 110 Sqn, 25 LS Regt RLC
Trade: Driver
Apprenticeship: LGV Level 2

"Enrolling on the apprenticeship was really helpful as i can learn my trade in a relaxed environment, at my own pace. I didn't expect to be enrolled on the apprenticeship when I joined the Army, but I am very happy because I will be able to complete my Level 2 Functional Skills here at DST"



Name: Pte Yauvoli
Unit: Worthy Down Support Unit
Trade: RLC Logistics Supply Specialist
Apprenticeship: Supply Chain Warehouse Operative level 2

"As a second generation soldier, I knew the Army would be great for qualifications, but I never expected to be put on an apprenticeship. The fact that I can continue to learn my job in the workplace will really help me develop as a Supply Specialist"



Name: AR Gurung
Unit: RAF ODEON
Trade: RAF Driver
Apprenticeship: LGV Level 2

"From day one the Pearson TQ team have been helpful; their guidance has made logging my progress easy and I know I can reach my goals. I have had a great time at DST, the apprenticeship has been fun, and the instructors have made it a positive learning environment where I feel like an adult. This has helped me gain loads of confidence and grow as a professional driver "

To find out more visit: <https://jobs.army.mod.uk/regular-army/what-you-get/apprenticeships-skills/>

MILITARY VETERANS BRUNCH

In early March, we proudly welcomed over 80 military veterans into DST for a special event dedicated to fostering connections, sharing knowledge, and supporting the veteran community.

The event provided veterans with the opportunity to network with fellow veterans, serving military, and engage with various agencies that offer vital support and resources. It also served as a unique platform for attendees to gain insights into how the School of Transport and the Army operate in 2025.

A highlight of the day was a delicious brunch, generously provided by East Riding of Yorkshire Council, allowing veterans to relax and reconnect in a welcoming environment. In addition, guests had the chance to tour the site, explore a static vehicle display, and engage in discussions with Specialist Instructional Officers, offering a deeper look into the Army's latest advancements and training methods.

Organiser and then Garrison Sergeant Major, WO1 Hickey said: **"We were honoured to host so many veterans and provide a space where they could connect, share experiences, and learn more about the modern Army. Supporting our veteran community is incredibly important, and we hope this event reinforced the ongoing bond between past and present service members."**

DST remains committed to engaging with the veteran community and looks forward to hosting similar initiatives in the future.



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After retiring in 2018, it was fascinating to see the modern Army's new and improved changes. Having worked at DST for 30 years, I know they are committed to conservation, so it was great to see the solar farm and new accommodation blocks. Most importantly, I was really impressed by how knowledgeable and passionate the instructors were about all the vehicles and equipment on display. It was an informative visit, and I look forward to returning in the future.

”

Lynn Watson

Former DST employee and Army veteran



EUROPE READY

Supporting Readiness for Operations in Europe



The Russian invasion of Ukraine is a significant conflict in Eastern Europe that has caused global concern. This conflict has demonstrated the complexities and challenges of modern warfare, particularly in a region that is geographically close to Europe and where tensions can rapidly escalate. The conflict has highlighted the importance of military readiness, sustainability, and the ability to respond swiftly to emerging threats.

For Defence, the lessons from the Ukraine War emphasise the need for continuous training, modernisation, and preparedness to deploy and operate effectively in Europe. This includes maintaining a state of readiness across Royal Logistic Corps trade groups and roles. Key aspects that the Royal Logistic Corps must focus on to be ready include:

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Training

Realistic training and exercises are essential to ensure that service personnel throughout the Royal Logistics Corps are well prepared for the challenges they may face during operations in Europe and the rest of the world. Wheeled driver training is no exception to this and should be considered a skill for all service personnel, who must be regularly practiced to maintain currency and competency.

The Land Training System (LTS) has transformed the way in which training is delivered for service personnel. The LTS enables personnel to be quickly assigned to their first unit within the Field Army by reducing time spent in initial trade training (TRADEWIND). The LTS also enables protected time and allocated resources to conduct sub-unit training events known as CYCLONE. The Defence School of Transport are

committed to ensuring that the Royal Logistic Corps has competent instructors and operators to enable the delivery of successful CYCLONE events.

To offer further support to CYCLONE, the Defence School of Transport also invites units to conduct supported distributed training at Normandy Barracks in Leconfield. Units are welcome to use the driver training area, classrooms, accommodation, welfare facilities, to enable unit delivered training activity.

Equipment and Technology

Defence needs to be equipped with modern and effective weaponry, vehicles, communication systems, and technology for success on operations. However, we must all be prepared to work with the resources and equipment currently available to us.

Transformation at the pace of relevance is an absolute must for Defence; this includes driver training. The Defence School of Transport has demonstrated that it can quickly respond to this transformation necessity, and deliver safe, effective, and appropriate driver training. A recent example of this is the delivery of Palletised Load System (PLS) truck conversion training via centralised and supported distributed training located at the Defence School of Transport in Leconfield. The PLS rapid acquisition program required the Defence School of Transport to quickly upskill instructors and design training material. This quick reaction enabled the Defence School of Transport to successfully deliver PLS instructor and operator training.

In 2028 Defence will see the delivery of the Light Mobility Vehicle (LMV)



to replace the Land Rover Wolf and Pinzgauer variants. The Defence School of Transport will be the leading stakeholder to provide a successful driver training solution for this new off the shelf sourced wheeled utility platform.

Logistics and Support

Logistic support is vital for sustaining operations in Defence. It includes supply chains, medical support, transportation, and other essential services that enable Defence to operate effectively. The Royal Logistic Corps is a key stakeholder in the delivery of sustainment and plays a crucial role in managing and coordinating supply chains to ensure that the right resources are available at the right time and place.

During training year 2025 / 2026 the Defence School of Transport

will enhance how it delivers Rough Terrain Forklift (RTFL) operator and instructor courses. This enhancement will provide the Royal Logistic Corps with safe and skilled RTFL operators enabling the Royal Logistic Corps to deliver this key logistics and support aspect.

Intelligence and Information Sharing

Timely and accurate intelligence is vital for making well-informed decisions in a rapidly changing environment. In today's world, where situations can evolve quickly, having access to up to date and precise information is crucial for mission success.

During 2024 the Defence School of Transport scheduled and delivered over 370 Communication and Information Services (CIS) training courses. This valuable CIS training ensures this key aspect is effectively and efficiently met. The Defence School of Transport will remain committed to providing the required CIS training to the Royal Logistic Corps Communication Specialist trade group during TRADEWIND and subsequent trade training.

Adaptability and Flexibility

The ability to adapt to changing circumstances and to be flexible in response to evolving threats is key to success in modern warfare. This includes being able to rapidly adjust tactics, strategies, and resources as needed.

During training year 2025 / 2026 an exciting new driver training solution will be delivered at the Defence

School of Transport – the Wheeled Multi-Platform Instructor (WMPI). The WMPI will replace the Defence General Service Driver Conversion Instructor (DGSDCI) course and a collection of other wheeled platform instructor courses with one single course. A qualified WMPI will be empowered to deliver vehicle platform conversion training on any approved wheeled platform that they are current and competent to operate.

Conclusion

The Ukrainian War serves as a stark reminder of the importance of readiness and preparedness for the Royal Logistics Corps. By focusing on the delivery of the Land Training System, competent operators, deliverable logistics, and adaptability, the Royal Logistic Corps can enhance its capabilities to deploy and operate effectively in Europe and respond to global threats with agility and effectiveness.



WO1 Joe Gutkowski

Senior Master Driver

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LAND MOBILITY PROGRAMME

During February 2025, the Defence School of Transport were thrilled to welcome and host the Land Mobility Programme (LMP) Senior Responsible Owner (SRO) – Mr Rob Vining and his supporting team from Army HQ. The visit was a huge success, and the DST team genuinely appreciated the opportunity to engage and receive an update on this extremely exciting project.

The visit included a tour of the DST infrastructure and on-site driver training area, driving simulators, and an introduction to the Wheeled Multi-Platform Instructor (WMPI) course. To close the day Mr Vining delivered an excellent LMP brief to an audience of DST leaders, training deliverers and training support workers.

Throughout the day DST were able to provide and explain positive examples of how the school's output is transforming at the pace of relevance. Examples included

use of technology enhanced learning and recent driver training solutions such as the rapid acquisition Palletised Load System (PLS) truck and GASKET EOD emergency response vehicle.

The LMP will deliver the Land Rover and Pinzgauer replacement known as the Light Mobility Vehicle (LMV), which will include variants such as battlefield ambulance and troop-carrying vehicle. It will also deliver light protected mobility vehicles to replace current in-service platforms such as the Panther and Foxhound. Furthermore, the LMP will deliver the medium protected mobility vehicle to replace the current Mastiff, Ridgeback, and Wolfhound (MRW) fleet.

The LMP is a much needed and exciting project that DST will be a key stakeholder to deliver the driver training solution.



THE WHEELED MULTI-PLATFORM INSTRUCTOR (WMPI) COURSE



The WMPI Course is a new instructor qualification delivered by DST, replacing the former Defence General Service Driver Conversion Instructor (DGSDCI) course and multiple other platform-specific instructor courses, including Quad, CAV, EPLS, PLS, Snatch, MRZR, OSK Driver Instructor, CST, MLET, Winch, CALM SV.

Once qualified, a WMPI can deliver authorised distributed driver training on any vehicle platform listed on the WMPI permitted list, provided they are **current and competent** on that platform. Further updates will be shared as soon as they are available.

COURSE DETAILS

Duration:	3 weeks
Availability:	Now live on TARGET
Who:	All Defence personnel who are required to deliver distributed driver training.
When:	All dates are available on TARGET and in the DST Course Pamphlet.

IMPORTANT NOTES

All legacy DST instructor qualifications remain valid.

Existing training materials will continue to be available to support distributed training for the foreseeable future.

INSTRUCTOR CONVERSION

Planning is underway to convert current DGSDCI and other wheeled platform instructors can transition to WMPI qualification. The goal is to complete this conversion as quickly as possible, while maintaining all **safety and quality** standards.



EX WAGON SUSTAINMENT

Battlefield Study to Arnhem

DST's recent battlefield study saw 40 personnel (Mil and CS) from the school deploy to Arnhem to explore the logistical challenges of Operation Market Garden and how they are relevant in today's modern battlefield space.

The team, led by WO2 Cooke, ensured a seamless and impactful experience with the itinerary thoughtfully structured to follow the chronological and geographical progression of Operation Market Garden, starting with the ground advance at Joe's Bridge and concluding with the symbolic and sobering visit to Oosterbeek Airborne Cemetery. Each site was carefully selected to highlight different aspects of the operation, from the initial optimism of the airborne landings to the desperate fighting at Arnhem and the eventual withdrawal. Civil Servant and ex-Royal Marine David Lawson acted as the groups guide providing background knowledge before members in their nominated groups delivered presentations focusing of the logistical side and linking it to recent operations. The pacing was well-balanced, with ample time for reflection, discussion, and on-site analysis, ensuring that the group could absorb the significance of each stop without feeling rushed.

Day 1: Blended strategic overview with granular tactical insights. At Joe's Bridge, where XXX Corps' advance began, participants examined the challenges of sustaining and coordinating a rapid armoured thrust along a single, vulnerable road—later dubbed "Hell's Highway." The visit to Valkenswaard, where the Irish Guards faced unexpected German resistance, highlighted the operation's early setbacks and the limitations of intelligence regarding German forces, particularly the presence of the 9th and 10th SS Panzer Divisions. The Nijmegen Bridge serial, including the site of the daring Waal River crossing by the US 82nd Airborne's 504th Parachute Infantry Regiment, underscored the critical role of combined arms and the high cost of securing key objectives. Major Julian Cook's leadership in the river assault, under murderous German



fire, was a focal point of discussion, illustrating both courage and the operational necessity of securing the bridge to support the advance toward Arnhem.

After a long day the group arrived at their hotel – The Fletcher Hotel, a 4* Spa hotel that boasted an indoor and outdoor swimming pools, gym, tennis courts and restaurant. Everyone was blown away by the standard and quality of the food. The surprises continued when the rooms were upgraded for free to suites and everyone got a balcony to relax on.

Day 2: Was less relaxed with a 15-mile route planned that started at the insertion point and finished at Arnhem Bridge. The DZs and LZs near Heelsum and Wolfheze provided the connection to the airborne phase of the operation. Participants stood on the same ground where the British 1st Airborne Division and Polish 1st Independent Parachute Brigade landed, discussing the logistical constraints of glider and parachute operations, the impact of poor radio communications, and the distance from the drop zones to the Arnhem bridge, a critical factor in the operation's failure and considered if it would be achievable in today's modern battlefield with the advancements in radar and anti-air capabilities. The ambush site of the 1st Airborne Reconnaissance Squadron, where Major Frederick Gough's jeeps were halted by SS-Sturmbannführer Sepp Krafft's blocking line near Wolfheze, brought to life the chaos and violence of the initial advance. This stop prompted valuable discussions on reconnaissance tactics and the vulnerabilities of lightly armed airborne units against prepared defences.

The Airborne Museum at Hartenstein, the former headquarters of Major-General Roy Urquhart, was a highlight, offering a wealth of artefacts, interactive exhibits, and immersive displays that were recovered from the battle. The museum visit deepened the group's understanding of the Oosterbeek perimeter, where the 1st Airborne Division made its last stand, and the leadership challenges faced by Urquhart amidst communication breakdowns. At St Elizabeth's Hospital, members of the Dental and Medical Centre provided insights into the intense urban fighting and the medical challenges faced by both sides and how medical staffed put differences aside to treat friendly and enemy troops alike – linking it to operations in Afghanistan



and Iraq where troops did the same. At John Frost Bridge, the group reflected on Lieutenant-Colonel John Frost's heroic defence of the northern end of the Arnhem bridge, where his 2nd Parachute Battalion held out for four days against overwhelming odds. The site's iconic status, reinforced by its depiction in 'A Bridge Too Far', made it a powerful focal point for analysing leadership, resilience, and the human cost of the battle. After a long day the group were grateful to be back in the comfort of the hotel.

Throughout the visit the group's emotional resonance was profound, particularly during the visit to Oosterbeek Airborne Cemetery. Paying respects to the 1,772 Commonwealth and Polish soldiers buried there, was a solemn and moving experience. The cemetery, meticulously maintained by the Commonwealth War Graves Commission and local Dutch communities, served as a stark reminder of the operation's toll—over 1,000 British and Polish troops killed, with only 2,398 of the 10,600 who landed north of the Rhine returning. It was particularly poignant watching members of the group recognising names that they had researched, bringing individual stories to life.

Ex Wagon Sustainment 25 was a resounding success, blending meticulous organisation, rich educational content, and deep emotional resonance. It provided the Defence School of Transport with a nuanced understanding of the operation's strategic ambitions, tactical challenges, human sacrifices. And lesson linked to modern operations. The tour not only honoured the memory of those who fought but also offered valuable lessons on leadership, logistics, and resilience that resonated with both Civil Service and Military. The group left with a renewed appreciation for the courage of the Allied troops and the enduring legacy of their sacrifice in the Netherlands.



DST GOLF SOCIETY

BANTER, BIRDIES & BUNKERS

The DST Golf Society has hit the ground swinging in 2025, and after three cracking events across the scenic (and occasionally soggy) courses of Yorkshire and Lincolnshire, it's safe to say the year is shaping up to be our best yet.

This isn't your average, stuffy golf society. We're a ragtag mix of civil servants, military personnel, veterans, and former public servants who've traded in the office politics and parade grounds for pitching wedges and penalty strokes. And whether you're a low-handicapper or someone who thinks "Mulligan" is a type of sandwich, you're welcome here.

Having played Ganstead, Elsham Hall, Scarborough and by the time this goes to press we would have played Flamborough. We then look forward to playing the annual Ryder cup event where the Military face off against the civilian team, the Civil Servants

are the current holders of the cup! Lt Col Tomkinson & SSgt (Sel WO2) Tom Henderson are heading up the military team with Steve Murray captaining the civilian team.

THE LEGEND OF LT COL TOMKINSON

First, let's address the elephant on the green, or rather, the birdie. During our third event of the year, the golf gods smiled down upon Lt Col "Dave" Tomkinson. On a tight par-3, where most of us were happy just to avoid the hazards (and the shame of a double bogey), the Colonel (he likes us to call him that) pulled off a majestic tee shot that he then putted neatly into the hole for a birdie 2.

Cue a stunned silence, followed by cheers, disbelief, and at least one suspicious accusation of blackmailing his golf ball. Not only did he take home the pot of prize money (which probably paid for his celebratory drink and at

least one smug look), but he also secured eternal bragging rights. The rest of us? We're still trying to find the fairway.

SEAN HOLT: MAN, MYTH, CLUB-LOSER

Every group has that guy. For DST, it's Sean Holt – a man whose golf bag is essentially a revolving door for balls and, occasionally, clubs. We're still unclear how he managed to lose a wedge and a driver in the same round, but he insists it was all part of his "unique short game strategy."





STEADY DOES IT: THE RACE FOR PLAYER OF THE YEAR

While birdies and heroic escapes from the trees get the laughs, steady golf is proving to be the winning formula this year. Early frontrunners in the race for Champion Player of the Year are Chris Johnson and Mick Hitchen – both quietly racking up consistent scores and, importantly, avoiding too many fines. It's not flashy, but it's effective. And in a group like ours, that's about as close to professional golf as it gets.

A SOCIETY FOR ALL: COME JOIN THE MAYHEM

We've had a few new faces this year, but there's always room for more. The DST Golf Society welcomes players of all handicaps, skill levels, and levels of ability to find their own ball after slicing it into the woods.

Whether you're a serving civil servant, a proud veteran, or a military member looking to swap your boots for golf shoes, this is the society for you. There's banter, there's competition, and there's a shared love of the game (and occasionally despair at it, too). Most importantly, it's a brilliant way to keep your mental health sharp and your step count high.

We play 11 matches during the season across Yorkshire and Lincolnshire, with each event bringing laughs, highlights, and the kind of camaraderie that you just can't fake.

So, if you're on the fence about joining – don't be. Dust off those clubs (check your bag to make sure Sean hasn't borrowed one), bring your best game (or at least your best excuses), and come be a part of something special. Because at DST Golf Society, we don't just play golf. We live it – often from the rough.

Ian Sutor



INTERESTED IN JOINING?

Reach out to a current member or swing by our next event – we'll keep a seat (and probably a spare ball) ready for you!

Steve Murray: Secretary

Stephen.Murray816@mod.gov.uk

Sean Holt: Treasurer

Sean.Holt102@mod.gov.uk

Chris Johnson: Handicaps

christopher.johnson124@mod.gov.uk

Lt Col Tomkinson: Chairman

David.Tomkinson402@mod.gov.uk

Ian Sutor: Media Mogul

Ian.sutor100@mod.gov.uk

Sean's become something of a society mascot, not necessarily for his golf skills, but for his comedic value. If you hear rustling in the trees or spot someone waist deep in a bush muttering about 'it definitely bounced here,' chances are, it's him. Don't worry, he's harmless, mostly.

BUNKERS, WATER HAZARDS & FINES (FOR A GOOD CAUSE)

At DST Golf Society, we believe in accountability... and a little light-hearted punishment. Every time someone finds themselves in a bunker or dunks a ball in the drink, they get a fine – not from HMRC, but from us. These fines all go into the prize pot and to fund future events (and maybe a ball-retrieving service for Sean).

It's all part of the fun, and no one minds chucking in a coin or two, especially if it means we can keep dishing out prizes and keeping the society self-funded.

SHE RESPONDS

WOMEN IN EMERGENCY SERVICES

In March, to coincide with International Women's Day, Bridlington's RNLI Station hosted a Women in Emergency Services Event. Representatives from RNLI Lifeboats, Lifeguards, HM Coastguard, Police, Fire and Rescue, Ambulance, and the Army came together to provide insights into the roles of women in emergency services and inspire the next generation.

Young women aged 15 to 18 from local schools and colleges attended the event, organised by Lynn Shaw, Chair of Bridlington RNLI Management Group. Lynn shared, **"We wanted to positively impact our local community and address the under-representation of women**

in emergency services. Without a doubt, we achieved our aim."

Eight female presenters shared fascinating insights into their roles. Representing the Army, Sgt CJ Adams from DST expressed her gratitude for the opportunity to speak alongside like-minded women.

The challenges faced by young women in coastal areas were also discussed. Career opportunities can be limited, and stereotypes within the emergency services may suggest that women face extra hurdles when looking to progress their careers. Addressing these challenges is crucial to ensuring that women feel empowered to pursue and succeed in these vital roles.

Consideration of volunteer roles in the RNLI or Coastguard was also highlighted at the event. These roles provide opportunities that can lead to future employment or career paths in the emergency services, offering a chance to build confidence and skills that might otherwise seem out of reach.

Do you or someone you know want to make a difference! If you are passionate about helping others and want to be part of a dedicated team, consider volunteering with the RNLI. Your contribution can make a significant impact and save lives. For more information visit the RNLI website or contact your local RNLI station to learn more about how you can get involved.

The day was nothing short of inspiring, with incredible speakers showcasing the progress women have made in the emergency services. Hearing their stories of breaking barriers and leading in roles once considered out of reach was a powerful reminder of the strides we've made in inclusion and equality. The event was filled with knowledge, passion, and proof that the future of emergency services is stronger with women at the forefront.

Sgt CJ Adams





EX ROADMASTER

AN OFF-ROAD DRIVING AND NAVIGATION EXERCISE

In June DST hosted the British Army Motorsports Association (BAMA) Roadmaster 4x4 navigation event.

Crews competed in a range of vehicles, with civilians in light 4x4s (Land Rovers and similar), while military personnel took on the tests in Land Rovers, on motorbikes and in MAN support vehicles. And it wasn't just standard current vehicles that were used, there were also Land Rovers of the sort used by the British Army in the 1960s and 1970s as well as an SVR recovery truck in the mix.

Safe and Skilled competitive tests included trials sections, where crews have to get their vehicles around a marked off-road course without striking any of the canes defining the route or ceasing forward motion and bewildering navigation tasks looking for small marker boards hidden in the myriad tracks across the training area.

"Leconfield is perfect for this sort of event," says Lt Col Alex Marjoribanks the lead for the BAMA Navigation Group which organised the event. **"It allows us to offer some excellent driving and tests of navigation across a variety of obstacles in a safe environment, so we'd like to thank DST for allowing us to use it."**



GYMNASIUM

UNIT HEALTH FAIR

The recent Unit Health Fair, held at the Defence School of Transport on Wednesday, 5 March 2025, showcased the many dimensions of health, spanning physical, mental, dental, and financial well-being. The event brought together a wide range of internal and external agencies from across the UK, offering attendees valuable insights and practical advice on maintaining a healthy lifestyle.

Interactive stands encouraged active participation, helping personnel deepen their understanding of self-care and the importance of community support. Among the most popular attractions were the food and nutrition stand, which featured live cooking demonstrations and free samples, and the fitness challenges, including the "Hang Tough Challenge" and the "Biscuit Burn." These activities added a fun, engaging element to the day while promoting physical activity.

Mental health and suicide prevention were key themes, with powerful contributions from organizations such as Andy's Man Club and SOS Silence of Suicide. Their presence helped raise awareness and foster open conversations around these critical issues.

The Unit Health Fair also celebrated women's health and sports in the armed forces, highlighting the achievements of female athletes involved in powerlifting, ice hockey, British Army Warrior Fitness, and Strong Woman competitions. Their stories served as a source of inspiration and empowerment.

The event was well received by military personnel, their families, and civil servants alike. Attendees left with a broader understanding of how to enhance their overall well-being across multiple areas of life.

Overall, the Unit Health Fair was a resounding success, promoting a culture of health awareness, resilience, and continuous improvement within the DST community.





SIO(PT) Geoff Wade has brought his remarkable Service cross country career to a triumphant close, marking nearly five decades of dedication with a final victory in the UK(N) Cross Country League Race for the 2024/2025 season.

Geoff began his Army journey at just 16 years old, joining the Royal Engineers at the Army Apprentices College, Chepstow, in September 1975. From the outset, he demonstrated exceptional athletic talent, particularly in football, athletics, and cross country.

His first major achievement came in February 1977, when he was crowned Army Youth (Under 18) Individual Champion. Over the years, Geoff continued to shine, winning the Army Junior (Under 20) Championship and securing the Army Senior Championship title six times

between 1982 and 1994. He represented the Army Cross Country team consistently for over 25 years, competing in Inter Services and Combined Services Championships, and proudly represented Northern Ireland in various UK international events, including the 1987 World Cross Country Championships in Warsaw.

After completing an exemplary 30-year Army career as QMSI RAPTC at DST, Geoff transitioned to the Civil Service in November 2005, taking up the role of SIO(PT) at the DST Gym. In this role, he continued to support and inspire the DST Cross Country teams in the UK(N) League competitions from 2005 through to 2025.

In April 2025, Geoff ran his final service cross country race for DST, capping off his career with a win in the overall UK(N) Male Super Masters (Over 50) category. His consistent performance across the five league races from October 2024 to April 2025 earned him the lowest aggregate score in his category, securing a fitting and well-deserved final victory.



Geoff receiving Army Youth Trophy (under 18) at Tweseldown, Aldershot. Feb 1977.

Geoff receives the UK(N) Male Super Masters Champion medal at Catterick Apr 25



Yoga is a time-honoured practice that blends movement, breath control, and mindfulness to support both physical and mental well-being. It enhances flexibility, builds strength, improves balance, and sharpens focus, making it accessible and beneficial for everyone, regardless of fitness level.

For those working in demanding roles at DST, yoga offers a valuable opportunity to pause, reset, and recharge. Whether you're military or civilian, just 45 minutes of yoga can help ease physical tension, reduce stress, and boost mental clarity, leaving you refreshed and ready for the rest of your day. Yoga mats and blocks are available if needed, or you can bring your own if you prefer.

CLASS DETAILS: We run a 45-minute lunchtime Yoga/Pilates class every other Thursday. It's the perfect midday reset to help you return to work feeling focused and energized. Whether you're a complete beginner or have some experience, everyone is welcome. No pressure, no expectations, just a chance to move, breathe, and unwind.

When: Alternate Thursdays at 12:00 pm
Duration: 45 minutes
Where: Gymnasium
Who: Open to all DST personnel
What to bring: Comfortable clothing and a yoga mat
Contact: Elaine.huston654@mod.gov.uk

WHY YOGA WORKS WHILST AT WORK

1 Relieves stress and lifts your mood	2 Improves posture and eases muscle tightness (from desk work or driving)	3 Enhances focus, energy, and productivity	4 Encourages mindfulness and clearer decision making	5 Supports overall health and resilience
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HONOURING OUR RESERVISTS ON RESERVES DAY

On Reserves Day – 25 June, DST took time to recognise and celebrate the outstanding contributions of our Reservists, individuals who balance their civilian careers with a commitment to serve in the Armed Forces.

At DST, we are proud to count among our workforce a number of dedicated civil servants who also serve as Reservists. Their dual roles require exceptional dedication, time, and resilience, and we are privileged to work alongside them.

Reservists play a vital role in our national defence, stepping up whenever the country calls. Their service is a powerful reminder of the strength and spirit that underpins our organisation and our nation.

During this year's Reserves Day, Commandant, Col Laura Craig Braddock invited Reservists to wear their uniform with pride, and during a presentation thank them for their continued commitment.



HYROX SUCCESS

REPRESENTING ENGLAND ON THE WORLD STAGE

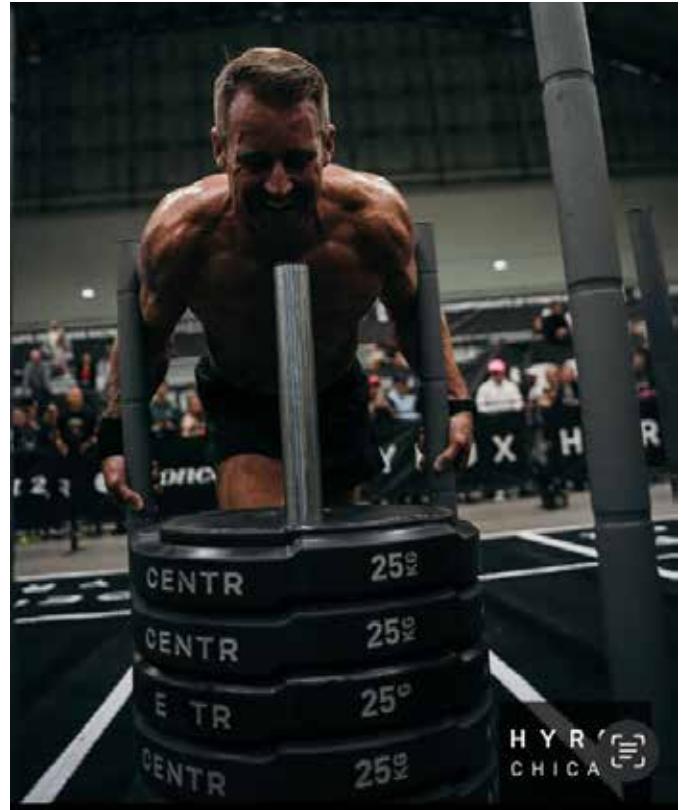
In June, WO2 Craig Hilary had the distinguished honour of representing Team England at the prestigious HYROX World Championships, held in Chicago.

HYROX is a global fitness competition that uniquely blends endurance running with functional fitness. Competitors face a gruelling challenge: eight 1km runs, each followed by a different functional workout station. These stations are designed to test a wide range of athletic abilities, including strength, power, endurance, and coordination.

Craig earned his place on Team England following an outstanding performance at the London HYROX event in May. He completed the demanding challenge in an impressive time of just 1 hour and 3 minutes, securing his selection for the World Championships.

On 14th June, Craig competed in the HYROX World Championships, held in Chicago alongside thousands of elite athletes and celebrities. He delivered a strong performance, finishing with a time of 1 hour, 14 minutes, and 51 seconds in the Men's Pro Race, placing 125th out of 1,089 competitors.

A huge congratulations to WO2 Craig Hilary for his incredible achievement and for proudly representing both Team England and DST on the world stage.



“

This was an amazing experience for me. I was surrounded by athletes whose careers I had followed for years.

WO2 Craig Hilary

”



TRAINING TIES

Logistikschule der Bundeswehr

In May 2025, Mr Dave Lawson and Mr Phil Buglass visited the Logistikschule der Bundeswehr, Germany's premier logistics training school, located in Osterholz-Scharmbeck near Bremen.

The journey began on Sunday 18 May, with a flight from Manchester Airport to Hamburg. Upon arrival, the team collected a hire car and drove two hours to the training facility. They were warmly welcomed at the camp, where both the British and German flags were flown in their honour. Stabsfeldwebel (Staff Sergeant) Dennis Matz greeted them and escorted them to their accommodation and provided a detailed overview of the week's programme.

Day 1

The first full day began with breakfast in the Truppenküche (troop kitchen), where SSgt Matz introduced the visitors to the structure and function of the Bundeswehr.

Later that morning, they met with Oberstleutnant (Lieutenant Colonel) Vogel and Oberstleutnant Prenzel, who provided a comprehensive overview of the school's operations. This was followed by a session with Hauptmann (Captain) Jakobi, who explained the Bundeswehr's military driver training pathway, from standard B licence through to C+E, closely aligned with the system used at the Defence School of Transport (DST).





After lunch, Captain Jakobi presented an innovative project he had developed independently: AI-enabled glasses designed to enhance military driver training. The technology was both forward-thinking and impressive.

In the afternoon, Stabsfeldwebel Gulder introduced the visitors to the Bundeswehr's heavy equipment transporter, a powerful V8 vehicle. They explored the cab and noted similarities to the British PLS, with some additional systems and controls. This was followed by a familiarisation session with the German version of the PLS, known as the MULTI 2.

That evening, the group visited Bremen for dinner and a tour of the city's historic landmarks, a welcome cultural highlight.

Day 2

The second day began with a visit to the MT park. There, Dave and Phil engaged in hands on preparation of the MULTI 2, including container loading and learning about practical differences, such as the need to remove rubber stops for proper alignment.

They also practiced loading a flat-rack and explored the use of the underrun

bar, gaining insight into its operational role within the Bundeswehr.

Day 3

Day three featured a field driving session using the MULTI 2 loaded with a flat-rack. The group travelled to a large training area, where the DST duo spent significant time behind the wheel, navigating hills and off-road terrain under SSgt Matz's supervision.

Lunch was served in the field, cooked in a traditional Dutch oven, a thoughtful gesture from SSgt Matz that added a sense of camaraderie to the day.

Day 4

On Thursday, the visitors returned to the off-road area, this time driving the MULTI 2 fully loaded with a container, marking a first time experience in such conditions. The session offered valuable insight into the vehicle's handling and performance in demanding terrain, and several photos were taken to document the experience.

Later, they connected a trailer to the MULTI 2 and conducted another off-road session, another first for both, operating a PLS with a trailer in rugged conditions.

In the afternoon, they were honoured to meet Brigadegeneral Draber, Commanding Officer of the Logistikschule. Discussions focused on strengthening institutional ties, including the potential for future visits and instructor exchanges.

Day 5

The final day started with the return and unloading of vehicles. After packing up, Dave and Phil travelled back to

Hamburg Airport for their return flight to the UK.

This visit to the Logistikschule der Bundeswehr proved to be an invaluable experience for Mr Buglass and Mr Lawson. They were deeply impressed by the professionalism, hospitality, and high standards of training and innovation demonstrated by their German counterparts. The exchange of ideas and best practices has laid a strong foundation for future collaboration between the two institutions.





BLURRED LINES

CHOICES MATTER

In March 2025, a team from 25 Leconfield Support Regt led by Cpl Manoj Limbu, participated in the Humberside Night Challenge, an event organised by Humberside Police.

The team set up a military obstacle course with a unique twist: participants had to complete the course while wearing goggles that disrupt their eyesight, simulating the effects of alcohol. The aim of our stand was to raise awareness about how alcohol can impact personal relationships and road safety.

Over 100 young adults took part in this youth development and education event, which included an overnight 13-mile navigation exercise. Along the way, participants faced a series of thought-provoking challenges designed to promote teamwork, communication, leadership, and relationship-building.

Numerous external agencies contributed to the event by providing

a variety of relevant challenges, making it a comprehensive and impactful experience for all involved.

Statistics on Alcohol Impact in the UK

Alcohol misuse is a significant issue in the UK, with alcohol being the biggest risk factor for death, ill-health, and disability among 15–49-year-olds.

In 2023, there were 8,274 alcohol-specific deaths in England, marking a 4.6% increase from the previous year. Additionally, alcohol-related hospital admissions in England reached 1,018,986 in the financial year 2023–2024.

These statistics underscore the importance of raising awareness about the dangers of alcohol misuse and promoting safer behaviours.

Events like the Humberside Night Challenge play a crucial role in educating young adults and fostering a sense of responsibility and community.



FAREWELLS & ARRIVALS

This year, we've bid farewell to several valued colleagues who have moved on to new roles and exciting opportunities. We're incredibly grateful for their contributions and wish them every success in their future endeavours. At the same time, we're delighted to welcome new team members who bring a wealth of experience and fresh perspectives. Their arrival marks an exciting chapter for our department, and we look forward to working together to achieve our shared goals.



WO1 RSM Tina Jones has commissioned and is now Captain Jones, serving as the Unit Welfare Officer of 6 Regiment RLC. We thank her for her outstanding leadership and dedication during her time at DST. In her place, we warmly welcome WO1 Phillip Richards as the new Regimental Sergeant Major of 25 Leconfield Support Regiment.



A heartfelt thank you to Lt Col Bruce Ekman for his outstanding leadership and the lasting impact he's made during his time at DST. A true role model and an inspiration to all those who served alongside him. We wish him every success in his next adventure. We're also pleased to welcome Lt Col Dan Cornwell as the new Commanding Officer of 25 Leconfield Support Regiment.



We also extend our thanks to Lt Col Phil Ritchie, SO1 Training Delivery, for his dedication and leadership. His contributions have been instrumental in shaping the training landscape, and we wish him every success for the future. We welcome his replacement Lt Col James Brown MBE RLC.



We say goodbye to Brigadier Daley and extend a warm welcome to his successor, Brigadier Bunkle, who joins us as the new Commander of DCSp.

After more than 25 years of outstanding service, WO1 GSM Mike Hickey is retiring from the Army. We are deeply grateful for his unwavering support, dedication, and exceptional leadership at DST over the years. Fortunately, Mike isn't going far as he continues to support the organisation as a civil servant in his new role with the QM Team as QM Tech. As we bid a fond farewell to Mike in uniform, we're delighted to welcome WO1 Wayne Ball as DST's new Garrison Sergeant Major.



CHARITY EVENTS

A TIRELESS CHALLENGE

I'm a dedicated serving Royal Engineer at DST, and I'm passionate about giving back to our local community through initiatives like MASH and boxing. On May 6th, I took on an outrageous challenge: an attempt to set a Guinness World Record by flipping a 107kg tire for 24 hours around a 1km track. The existing record was an impressive 11.21km.

This endeavor wasn't just about glory; it was to raise funds for MASH and contribute towards a much-needed minibus for our local boxing club. After 16 grueling hours and covering 7km, my body reached its limit. Despite my determination, I made the difficult decision to stop when my back seized, understanding that health must come first.

The event turned out to be a tremendous success, raising over £700 for MASH and £100 towards the minibus fund. The support from our community has been overwhelming, and I'm grateful for everyone who contributed.

Now, I often get asked if I'll attempt this challenge again. While I haven't made a definitive decision, I'm keeping the door open. Thank you to all who stood by me in this journey; together, we're making a difference!

**MASH
£700**
**Minibus Fund
£100**



Cpl Leigh Graham, MDTs

47 MILE ULTRA MARATHON

A small group of us from DST, including Ben Regan, Mitchell Jackson, Shane Bennett, Dafydd Williams, and Reece Devaney, are taking on the Hardwolds 40 challenge on July 5th, 2025. This intense 47-mile run from Beverley to Malton follows the Wolds Way. With personal time aspirations below 12 hours and a route ascending a total of 4600 ft, it will push us to our mental and physical limits. All this effort is to raise funds and awareness for two incredible charities. M.A.S.H and Tommy's Lounge & Voice

M.A.S.H

M.A.S.H hubs in East Yorkshire combat social isolation by providing safe social spaces, well-being activities, and essential support for the Armed Forces community. They assist with transitions, housing, education, health services, and financial needs, offering immediate crisis support and signposting to additional resources. The Hubs ensure veterans and serving families can confidently access support through inclusive events and activities.

Tommy's Lounge & Voice

At Tommy's Lounge, we create a safe haven where Veterans and their families can connect, heal, and thrive, especially those affected by PTSD. Through Tommy's Voice, we extend this mission, offering support for housing, employment, benefits, and more, empowering the Armed Forces Community. Together, Tommy's Lounge and Tommy's Voice provide comfort and practical assistance, helping to rebuild lives and foster a brighter future.



SCAN HERE
TO DONATE

Your support can make a real difference. Any donations or efforts to raise awareness for these fantastic charities will mean the world to our team and the communities they serve. Together, we can help M.A.S.H. and Tommy's Lounge & Voice continue their vital work, providing essential support and creating safe spaces for our Armed Forces community.



M.A.S.H at DST

M.A.S.H (Military Assistance Social Hub) is a registered charitable organisation committed to supporting armed forces veterans, service members, and their families, within the East Yorkshire region and run solely by volunteers. It recognises the unique challenges faced by military personnel and their loved ones and offers a range of services designed to provide assistance, foster community growth, and enhance well-being.

One of the key features of M.A.S.H is its organic peer-to-peer support network. This network allows individuals to connect with others who share similar experiences, providing a platform for mutual support and understanding. These connections foster sharing of advice, offer encouragement, and opportunities to build lasting friendships. Additionally, when further assistance is needed, M.A.S.H. facilitates access to immediate crisis support and broader support service, ensuring full comprehensive care.

Through lived experiences we are acutely aware of the unique struggles faced by those living 'behind the wire' and the separations inherent in military life and the feelings of isolation that can arise from such circumstances, striving to address them directly. By offering tailored support and creating spaces where individuals can connect and share their experiences, we help alleviate the sense of isolation often felt within military communities.

M.A.S.H. DST is a vital and unique project providing dedicated support to the Armed Forces community based at Normandy Barracks. The group has been running for just under 18 months and organises monthly activities on and off site; strategically scheduled at the end of each month. These events serve as regular touchpoints for families and service members, providing consistent opportunities for social interaction and community building. Whether through group outings, crafting or physical activities which are all designed to foster a sense of belonging and ensure that no one in the community feels alone.

Since its initial launch with just two attendees, participation has grown significantly, with around 67 people recently taking part in various free activities. These include roller discos, bouncy castles, museum visits, pumpkin picking, trampolining, footgolf, kayaking, and outdoor cinema and games at our yearly residential. M.A.S.H also offers smaller crafting group activities, such as foil art and bird feeder painting at Ladysmith House, all enjoyed over a brew or two.

A highlight of the year was our participation in the DST Welfare Team's summer party, where we hosted a family carnival games competition with activities for all ages. From hook-a-duck, quoits, bean bag toss, darts, and basketball hoop to a coconut shy, we ensured there was something for everyone. Prizes were generously donated by William's Den, Sewerby Hall



and Zoo, Bridlington Spa, Jump, and Mr. Moos, making the event even more special.

M.A.S.H offers all activities free of charge, removing any barriers to participation. These activities, games, and events are made possible through accessed funding and fundraising efforts.

The activities create a relaxed environment where families can come together, providing service children with engaging and enjoyable experiences both on and off the camp. Designed to be inclusive and fun for all, these activities ensure children have ample opportunities to socialize and participate. Parents are welcome to join in these family-oriented events or take the chance to unwind over a cup of tea or coffee with their peers, fostering a sense of community and mutual support.

Beyond social gatherings and peer support, M.A.S.H. offers a variety of services aimed at improving the quality of life for military personnel and their families with safe and welcoming environments where veterans and service members can connect, share experiences, and build supportive networks. These spaces are essential for fostering friendship and mutual understanding. Where required, dedicated counselling services, peer support groups, and wellness programmes provide emotional support, ensuring that individuals and families have access to the care they need during difficult times.

SSgt G Moore



Proudly representing DST, Corporals Fakalogologo, Taylor, and Hubbert have recently returned from Project Convergence Capstone (PCC5) in the United States!

Working alongside the 2nd Battalion of the Yorkshire Regiment (2 R Yorks), they provided crucial transport support using American Army vehicles (LMTVs) during multinational trials and testing exercises.

The exercise at Fort Irwin in California's Mojave Desert brought together NATO forces to enhance battlefield capabilities through cutting-edge technology. Great work showcasing British expertise on the international stage!



FUTURE FLIGHT



Explore. Inspire. Aim.



DST's RAF Barwood Flight recently visited 2 Mechanical Transport Squadron (2MT) at RAF Wittering during the Squadron's Capability Day. This valuable opportunity gave Barwood Flight students an in-depth look at what daily life could entail at 2MT as a potential posting after graduating from DST.

The event began with a comprehensive briefing on 2MT Squadron's history and its current operational role. Staff explained how the Squadron functions within the RAF structure and supports wider Defence operations through its transport capabilities. Students received de-tailed information about what they could expect from a posting to 2MT, including the spe-cialised training pathways, various vehicle qualification opportunities, and potential deploy-ment scenarios they might encounter.

Throughout the day, 2MT staff engaged actively with both students and permanent DST staff, answering questions and providing practical insights into squadron operations. The interac-tive approach allowed visitors to gain a thorough understanding of the Squadron's responsi-bilities and working environment.

A significant portion of the visit was dedicated to exploring the Squadron's equipment and vehicle fleet. Students had the opportunity to examine the various transport assets used daily by 2MT personnel, from standard utilities to specialized logistical vehicles. This hands-on ex-perience provided practical context to the theoretical knowledge gained during their DST training.



The visit concluded with a Q&A session where students could address specific questions about career progression, daily routines, and operational experiences with current 2MT per-sonnel. This exchange of information proved particularly valuable in helping students envi-sion their potential future roles within the Squadron.

Cpl Mason Preston



£4.17
per serving

20-25
min



Easy

SHREDDED CHICKEN & SPINACH RISOTTO

Method:

1. Heat the rapeseed oil in the electric wok and add the finely diced onions. Cook for 2-3 minutes until soft. Add the risotto rice to the onions and continue to cook for a further 3-5 minutes.
2. Add the hot chicken stock to the wok so it covers all the rice. Place the lid on the wok. Turn the heat down on the wok to 110-120°C and leave to cook for 15-20 minutes.
3. After 20 minutes, the risotto rice should be tender but not overcooked, and the consistency should be like a thick soup.
4. Stir in the cooked shredded chicken meat and the grated cheese into the hot risotto rice, then add the washed baby spinach leaves and mix in thoroughly. Season with salt and pepper and serve.

EQUIPMENT

Electric Wok

Ingredients:

10ml British rapeseed oil
1 large onion, peeled & finely diced
250g Arborio risotto rice
2 chicken stock cubes, dissolved in **600ml** boiling water
300g cooked chicken, shredded
100g grated cheese of your choice
½ packet of baby spinach, washed
Salt
Ground pepper

NUTRITIONAL FACTS

Baby spinach is full of Vitamins A and C plus folate, iron and calcium.

Chicken and Arborio rice are a great source of lean protein.

MULTICULTURAL DAY

Following on from Op TEAMWORK 25: Stronger Together, DST came together to celebrate the rich tapestry of cultures and traditions that make up our diverse community. The Multicultural event was a vibrant and inclusive celebration that enabled the DST community to share, learn, and appreciate the diversity that enriches our shared environment. The event started at The Phoenix Cinema with an opening speech from the CO 25 Regt RLC. This was followed by expert presentations by representatives from the HIVE, Veterans Services, Finance Expert, and the Army Multicultural Network.

SHOWCASE

The second phase was a showcase of the myriad cultures represented among our military and civilian personnel. From traditional dances, traditional sports and music performances to cultural displays and art exhibitions, the event was a feast for the senses. Participants had the opportunity to learn about the customs, beliefs, and practices of their colleagues, fostering a deeper understanding and respect for the diversity that exists within our community.



FOOD TASTING

Food has a unique ability to bring people together, transcending language and cultural barriers. The afternoon featured a culinary extravaganza, with dishes from around the world prepared and shared by stand IC's. From spicy curries to hearty stews, delicate pastries to exotic desserts, the food stands buzzed with the aromas and flavours of diverse cuisines. Sharing a meal together not only satisfied appetites but also nurtured a sense of unity and togetherness among participants.



Cpl D Bah, 110 trg Sqn RLC



ARMED FORCES DAY

DST FREEDOM PARADE

The sun shone brightly on Beverley's historic Saturday Market as the town celebrated Armed Forces Day on Sunday, 6th July. Residents and visitors gathered in large numbers to show their appreciation for service personnel, veterans and their families.

Personnel from 25 Leconfield Support Regiment proudly led the proceedings, conducting an impressive Freedom Parade through Beverley's iconic North Bar at 10:00 hours. Following this display of military precision, our troops formed up in the marketplace where they were inspected by the Civic Party before participating in a traditional Drumhead Service.

Throughout the day, visitors enjoyed an impressive display of static military vehicles, interactive exhibitions, and a packed programme of entertainment. The Beverley & District Pipe Band, the Humberside Police Band, and the Church Lads & Girls Brigade all delivered rousing performances, while singers Cherie Lawrence and Miss Vintage Twist provided musical entertainment that delighted the crowds.

The family-friendly event featured military memorabilia exhibitions, information stands from military charities and support organisations, as well as food and refreshment stalls. Children and families participated in a range of activities specifically designed for younger attendees.

The celebration offered the perfect blend of respect, reflection, and entertainment, creating a memorable occasion for all who attended in the heart of the East Riding of Yorkshire.



“

Beverley Armed Forces Day has given us the opportunity to show gratitude to our service personnel, veterans, and their families for their commitment and sacrifice. I would like to extend my sincere thanks to the Defence School of Transport and East Riding of Yorkshire Council for their continued support of this important event.

David Elvidge, SSAFA Vice Chairman

”

PROMOTIONS & AWARDS

Congratulations on your promotion. Your colleagues at DST wish you all the best for the future.

Maj >>> Lt Col

Maj Matthews (RLC)

Capt >>> Maj

Capt Adamson (RLC)

WO1 >>> Capt

WO1 (RSM) Jones (RLC)

WO1 Murray (RLC)

SSgt >>> WO2

SSgt Henderson (RLC)

SSgt Black (RLC)

SSgt Kirkcaldy (RE)

SSgt Armstrong (AGC)

Sgt >>> SSgt

Sgt Pickles (RA)

Sgt Webster (RLC)

Cpl >>> Sgt

Cpl Daly (RLC)

Cpl Gormley (RLC)

Cpl Graham (RLC)

Cpl Graham (RE)

Cpl Rai (QOGLR)

Cpl Richmond (REME)

Cpl Quinn (RLC)

Cpl Xavier (RLC)



LONG SERVICE AWARD

This achievement is earned by Civilians who given 20 years of service. It is considered a remarkable accomplishment that demonstrates dedication and commitment. During the 20-year tenure, Civil Servants will have handled complex and challenging matters whilst gaining extensive knowledge and expertise in their field.

We are proud to have a workforce that engages with critical Defence outputs at all levels and acknowledge that such personal longevity, experience, and continuity are key assets to our organisation. Thank you and a huge congratulations to everyone who has gained their Civil Service Long Service Award.

Mr Graham Cheetham

Mr Martyn Fowler

Mr Peter Grant

Miss Julie Ineson *(pictured above)*

Mrs Emma Jobling

Mr Guy Miller

Mr Bryan Oliver *(pictured above)*

Mr Christopher Rodgers

Mr Peter Ruckley

Mr Bernard Traynor

Mr Christopher Waby



COMMANDER JOINT AIR COMPONENT

Congratulations to Corporal Coltman on receiving the Commander Joint Air Component (CJAC) Commendation. The CJAC Commendation recognises exceptional performance, outstanding achievements, and dedication beyond the normal expectations of duty.

Brigadier Owen Bunkle (Commander DCSp) presented the award, highlighting Cpl Smith's remarkable contribution to operations and training excellence. An inspiration to colleagues and the entire Defence School of Transport.



CHIEF EXECUTIVE OFFICER, ARMY SPORT

Thirty-four years ago today, Maj Dave Matthews began his Army career as a Port Operator. Now, we celebrate not only his service but also his latest achievement in sports.

Appointed Chief Executive Officer, Army Sport by Maj Gen Amison, Maj Matthews' influence spans three decades of dedication, leadership, and impact. His commitment to fostering sports within the Army, whether on the field, in training, or behind the scenes, has encouraged countless soldiers to participate. His passion for making sports accessible to all is truly commendable.

Maj Matthews said: **I am honoured to receive this award, having been a player, coach, and mentor over the years. Sport plays a huge part of Army life, and this recognition reflects not just my journey but the incredible teams and individuals I've been privileged to work with.**



CMI LEVEL 3 DIPLOMA

Sgt Adams has been presented with a CMI Level 3 Diploma by Veterans Minister Alistair Cairns. This qualification was achieved through participation in a pilot course designed to enhance transferable skills for veterans and service leavers.

DST is currently exploring ways to connect this exciting opportunity with our workforce veterans.



Long Service and Good Conduct

Brigadier Owen Bunkle, Commander DCSp, presented these prestigious medals which recognise 15 years of unblemished regular service in the British Armed Forces. Congratulations to all recipients!

Sgt Lawton

Cpl Adams

Cpl Nepali

Sgt Waiter

Cpl Howlett

Cpl Rai

Sgt Williams

Cpl Martey

Cpl Scott

LOURDES

The 65th International Military Pilgrimage

In a powerful display of international camaraderie and shared heritage, 13 service personnel from DST joined over 16,000 military representatives from 42 nations at the 65th International Military Pilgrimage in Lourdes, France last week.

The annual pilgrimage, which began in 1958 as an act of reconciliation between French and German nations following World War II, has grown to become one of the most significant multinational military gatherings globally. The event brings together military personnel from all three services, veterans, cadets, and civilians, with participation open to all ranks and denominations.

This year's gathering saw DST representatives ranging from Lance Corporal to Captain joining contingents from across the world. The scale of the event was particularly impressive, with 17,500 military personnel attending the opening ceremony in the underground basilica, while the candle-light procession attracted an even larger crowd of 25,000 participants.

Throughout the pilgrimage, participants engaged in various activities including attending mass in the Basilica, learning about the stations of the cross, exploring the history of Lourdes and St Bernadette, and competing in international sports competitions. In a proud moment for the UK delegation, Team B of the UK contingent emerged victorious in the sports competition against teams from all 42 participating nations.

For many of the DST personnel, this was their first experience of the pilgrimage. SSgt Jamey Salt reflected on the significance of the event: "This has been the first trip to Lourdes for me and it should be labelled as 'the Army's best kept secret'. Religious or not, it was definitely worth attending for the connections made between the UK and other countries' contingents to get together and have that camaraderie with other nations."

The International Military Pilgrimage stands as a testament to the power



of shared traditions in fostering understanding and cooperation across national boundaries. Through events like this, military personnel from diverse backgrounds can build relationships that transcend borders and contribute to international goodwill and cooperation.

As the UK continues to develop its approach to strategic communication and global influence, which emphasises partnership, insight, trusted voices, compelling content and ethical standards, events such as the International Military Pilgrimage offer valuable opportunities to strengthen international bonds and showcase the UK's commitment to international cooperation.

Laura Chandler

Civilian Workforce Advisor Assistant

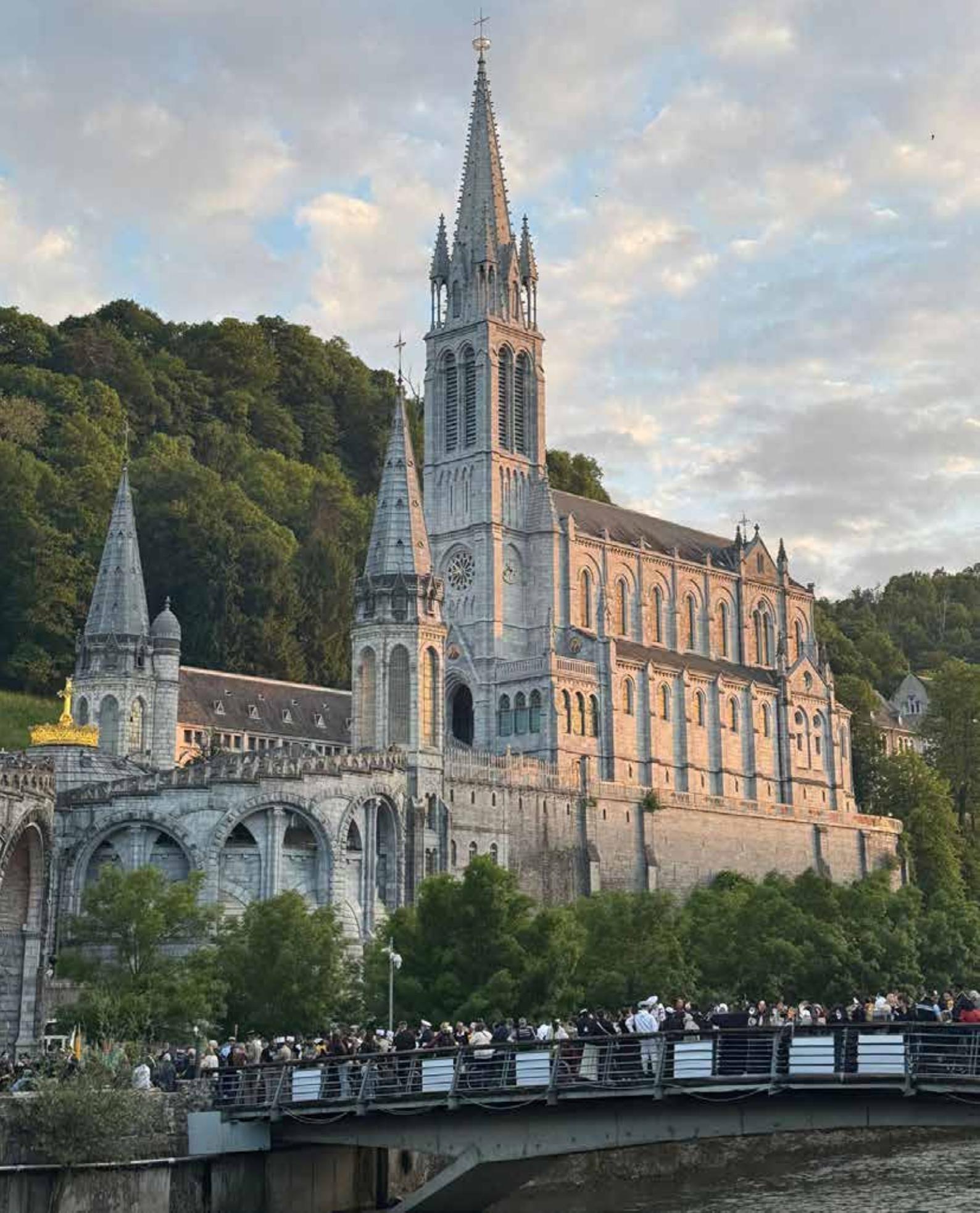


“

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SSgt Jamey Salt

”



DRAGONS AMONGST US

THE ANCIENT FLYERS OF DST



Banded Demoiselle

Photo credit: Tim Cowley

Dragons for short - though more precisely, dragonflies and damselflies, or Odonata if you're feeling scientific, have lived alongside humans for as long as we've been around. In fact, they've existed in their modern form for roughly 600 times longer than we have!

Dragonfly-like insects, some as large as today's crows, first appeared around 300 million years ago. The species we see at DST today evolved about 200 million years ago. For context, Tyrannosaurus Rex roamed the Earth between 66 and 83 million years ago, while modern humans have only been here for a mere 300,000 years.

Their evolutionary success has led to over 3,000 species globally today, with a greater number of these cold-blooded creatures found in tropical regions than in temperate zones like DST. In the UK, 47 species either breed here or visit annually. Of those, 17 are rare or sporadic breeders, have limited breeding sites, or have recently arrived due to our changing climate. With 19 of the remaining 30 English species already recorded locally, DST is a fantastic place to spot them close to home.

Dragonflies and damselflies have three life stages (egg, nymph and adult). Depending on the species, the females lay their eggs in a variety of different places,

including water, mud, aquatic plants and even within the bark of trees. The eggs of different species develop at different rates, but eventually the predatory, aquatic nymph hatch from their eggs when the conditions are right. Again, depending on the species the nymph stage can last from as little as 2 months up to more than 5 years, and may go through several changes within this stage. These factors depend on the species reproductive strategy and the levels of food, oxygen and water available.

To achieve the final, adult stage – the dragonfly or damselfly – the nymph emerge from the water by climbing up the stems of aquatic

plants, on to rocks, shorelines, etc. Once clear of the water the nymph secures itself and the adult emerges from within the nymph's skin and then find a safe place to pump blood into their four wings, so they can harden and the adult can become airborne. The discarded skin shell is known as an exuviae and can be found during the summer.

Different species of dragonfly and damselfly emerge at different times, the early species emerge as adults in April, while others remain active well into October. That means you'll have a good chance to spot a variety over the next few months, with one of the best viewing spots being the decked area at Wyndham Lake. And since dragonflies and damselflies often stray from the water to hunt, you're likely to encounter them just about anywhere across DST.

How do we easily separate dragonflies from damselflies?

A rule of thumb is that dragonflies rest with their wings held out at right angles from their body, whereas damselflies tend to hold their wings tight against their bodies. Dragonflies are usually bigger than damselflies too.

If you would like to learn more about DST's dragonflies and damselflies please contact the DST Conservation Group.

*Tim Cowley, DST Conservation Group
Biodiversity Officer*

LARGE DRAGONFLIES

Regular species include:

- Emperor Dragonfly (*Aeshna imperator*)
- Migrant Hawker (*Aeshna mixta*)
- Southern Hawker (*Aeshna cyanea*).

The latter two often appear around buildings in the summer.

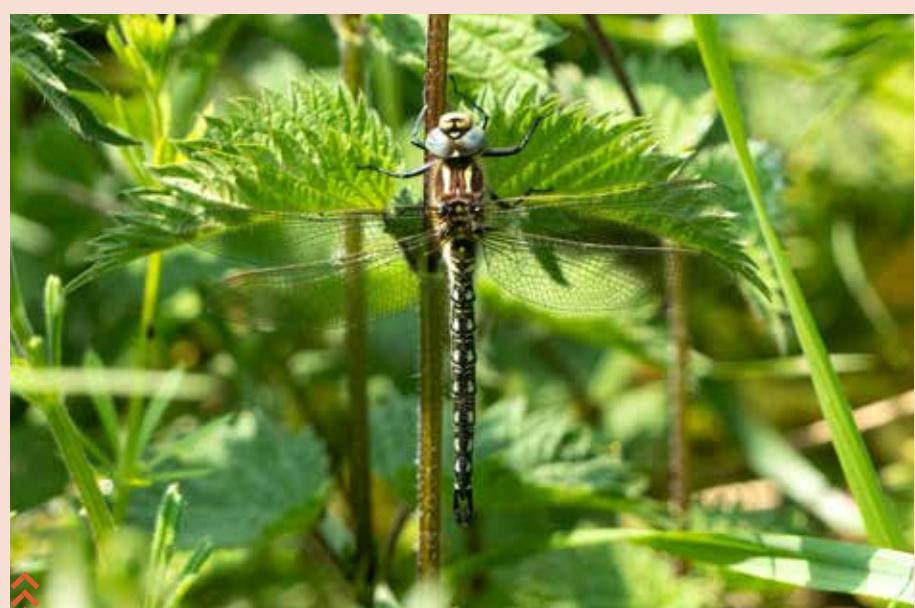
Less common species:

- Hairy Dragonfly (*Brachytron pratense*)
- Brown Hawker (*Aeshna grandis*)
- Common Hawker (*Aeshna juncea*)



Emperor Dragonfly (our largest dragonfly)

Photo credit: Tim Cowley



Hairy Dragonfly

Photo credit: Steve Routledge

CONTINUED >>>

SMALL TO MEDIUM SIZED DRAGONFLIES

Regular species include:

- **Four-spot Chaser** (*Libellula quadrimaculata*)
- **Black-tailed Skimmer** (*Orthetrum cancellatum*)
- **Common Darter** (*Sympetrum striatum*)
- **Ruddy Darter** (*Sympetrum sanguineum*)



Four-spot Chaser (our most common medium sized dragonfly)
Photo credit: Tim Cowley



Common Darter
Photo credit: Tim Cowley



Broad-bodied Chaser
Photo credit: Tim Cowley

DAMSELFLIES

Regular species include:

- **Large Red Damselfly** (*Pyrrhosoma nymphula*)
- **Azure Damselfly** (*Coenagrion puella*)
- **Common Blue Damselfly** (*Enallagma cyathigerum*)
- **Blue-tailed Damselfly** (*Ischnura elegans*)
- **Red-eyed Damselfly** (*Erythromma najas*)
- **Small Red-eyed Damselfly** (*Erythromma viridulum*).



Blue-tailed Damselfly
Photo credit: Tim Cowley



Large Red Damselfly
Photo credit: Tim Cowley



Azure Damselfly (our most common of all the species)
Photo credit: Tim Cowley



Small Red-eyed Damselfly
Photo credit: Tim Cowley



 **Emerald Damselfly**

Photo credit: Tim Cowley



 **Willow Emerald Damselfly**

Photo credit: Steve Routledge



 **Common Blue Damselfly**

Photo credit: Tim Cowley

HABITATS ATTRACTIVE TO DRAGONFLIES



 **Wyndham Lake**

Home to the Emperor Dragonfly, Four-spot Chaser, Black-tailed Skimmer, Common Darter, Azure Damselfly, Common Blue Damselfly, Blue-tailed Damselfly and Red-eyed Damselfly



 **Catchwater Drain**

Home to Large Red Damselfly, Small Red-eyed Damselfly, Azure Damselfly, Common Blue Damselfly, Blue-tailed Damselfly and Banded Demoiselle.



 **Quarry Lake/Obstacle 22**

Home to the Emperor Dragonfly, Black-tailed Skimmers and Small Red-eyed Damselfly.

RLC 6S FOOTBALL TOURNAMENT

DST proudly showcased its sporting spirit and teamwork at the recent RLC 6s football tournament, fielding both A and B teams who delivered exceptional performances throughout the competition.

The B Team demonstrated remarkable resilience and determination, battling their way to the semi-finals of the Plate competition. Despite a strong showing, they narrowly missed out on a place in the final. Their journey was a testament to their grit and unity on the pitch.

Meanwhile, the A Team advanced to the final of the Shield competition, navigating a series of intense matches. The final proved to be a tightly contested affair, ultimately decided by penalties. Although they fell just short of victory, their performance was nothing short of heroic.

Both teams exemplified the core values of teamwork, discipline, and sportsmanship, earning admiration from spectators and fellow competitors alike. Their efforts were a true credit to DST, reflecting the organisation's commitment to excellence both on and off the field.

Congratulations to all players and staff involved.



RLC INTER-UNIT VOLLEYBALL CHAMPIONSHIPS

In June, the Aldershot Garrison Sports Centre became the stage for one of the Royal Logistic Corps' most anticipated sporting events, the RLC Inter-Unit Volleyball Championship 2025. The two day tournament brought together teams from across the Corps to compete in the Major, Minor, Mixed, and Female categories, showcasing not only athletic prowess but also the camaraderie and competitive spirit that define the RLC.

Among the standout performers was a determined team from 25 LSR, composed of both Permanent Staff and Initial Trade Training Trainees (ITTTs). Their journey through the championship was marked by exceptional teamwork, tactical discipline, and unwavering resilience.

Despite facing formidable opponents and the physical demands of a fast-paced indoor court, the 25 LSR team delivered consistent and high calibre performances. Their synergy on the court was evident in every set, with players supporting one another through challenging rallies and maintaining composure under pressure.

Their efforts culminated in a well deserved victory, as 25 LSR secured first place in the Minor Unit category. This

achievement is a testament to the months of preparation, rigorous training, and the strong sense of unity that exists within the team.

Speaking after the event, team representatives expressed pride in their accomplishment and gratitude for the support received from DST leadership and colleagues. **"This win reflects the hard work and dedication of everyone involved,"** one team member noted. **"It's not just about volleyball, it's about representing our unit with pride and showing what we can achieve together."**

The success of 25 LSR at this year's championship not only highlights their athletic excellence but also reinforces the values of teamwork, perseverance, and commitment that are central to the Corps. As the team returns to their duties, they do so with a renewed sense of confidence and a shared memory of a hard-fought and well-earned victory.

Congratulations to all participants for making the RLC Inter-Unit Volleyball Championship 2025 a resounding success.



DST CROWNED RLC CLAY TARGET SHOOTING

The Defence School of Transport (DST) has achieved a remarkable feat by winning the Royal Logistic Corps (RLC) Clay Target Shooting Championship for the second consecutive year, an accomplishment rarely seen in the competition's history.

The championship, held at Bramley Training Area from 3-4 June 2025, brought together teams from across the Royal Logistic Corps competing in several categories including Major, Minor, Mixed, and Female divisions.

The DST team, comprising Permanent Staff (PS) from across the organisation, entered the competition with high hopes following their victory in 2024. Despite facing initial challenges on the first day, the six-member team quickly found their rhythm and began consistently hitting their targets.

Throughout the two-day event, the DST shooters displayed exceptional skill, teamwork and determination. Their consistent performance across all categories ultimately secured them the championship title once again, solidifying their reputation as formidable competitors in the sport.

This back-to-back victory represents a significant achievement for DST, as only a small number of units have managed to win the championship in consecutive years. The accomplishment has brought considerable pride to DST and sets a high standard for future competitions.

The team's performance demonstrates both individual excellence and the strong collaborative spirit that exists within DST, reflecting positively on the unit's cohesion and training standards.



ARMY FLY FISHING CHAMPIONSHIP

The prestigious Army Fly Fishing Championship, organised by the Army Angling Federation (GAME), recently concluded at Draycote Water from 10 to 12 June 2025.

A talented team from 25 Leconfield Support Regiment, proudly represented the Royal Logistics Corps, comprising Sgt Nom, Cpl Sanjay, and Cpl Yadap. Despite challenging conditions with high temperatures and fierce competition from seasoned anglers across the Army, the team demonstrated exceptional skill and determination to secure the Runners-Up position.

The competition featured two distinct phases: a practice day on 10 June followed by two competitive days on 11 and 12 June..

In a remarkable individual achievement, Sgt Nom was awarded the prestigious Tug Lawson Memorial Trophy for landing the heaviest catch of the entire competition.



DEFENCE DISCOUNT SERVICE

Civilian and service personnel can sign up to get great goods and services discounts.

The Defence Discount Service is the only official Ministry of Defence discount service for the armed forces, veterans, and the Defence community.

A wide range of online discounts can be found on the site including holidays, cars, days out, fashion, gifts, insurance, phones, and many other items. The website is free to sign up to in order to access hundreds of online discounts.

The Defence Privilege Card is the official recognition card that can be used on the high street in order to obtain a discount. It allows those who were in the armed forces, are currently in the Defence community, or a spouse/partner of someone currently serving, to obtain discounts. It costs £4.99 for a five-year membership to the Defence Privilege Card. You can register to Defence Discount Service. Visit Discover My Benefits to find more discounts, benefits, and pension advice, for service and civilian personnel.

Who can sign up to Defence Discount Service?

- **Serving armed forces (regular and reservist)**
- **HM armed forces veteran**
- **MOD civilians (except contractors)**
- **Spouse/partner of serving personnel**
- **Cadet forces**
- **Bereaved family member**
- **War/service widow(er)**
- **NATO personnel**





YOUNG HEROES

FIRST AID SKILLS EQUIP NEXT GENERATION

When Paul Margetts offered to teach first aid to a colleague's teenage daughter, little did he know it would spark an initiative that would empower dozens of young people with life-saving skills.

The classrooms at DST Community Centre were filled with unusual students during February half term. Instead of military personnel learning to navigate vehicles, children and teenagers aged 9-17 were mastering CPR techniques and practising bandage applications.

"Everyone should have basic first aid knowledge," says Paul Margetts, watching intently as a young participant correctly positions a mock casualty in the recovery position. **"These skills could help them save someone's life one day – perhaps even someone they love."**

Paul, a Specialist Instructional Officer at DST, brings a wealth of experience to his teaching. Before his three years at the school training military drivers, he served as a Search &

Rescue Officer with HM Coastguard for a decade. For the past 11 years, he's also volunteered as a First Responder for Yorkshire Ambulance Services, attending emergencies ranging from cardiac arrests to severe allergic reactions.

"I've seen too many situations where bystanders simply didn't know what to do in an emergency," Paul explains. **"That feeling of helplessness is something nobody should experience, especially when simple training could make all the difference."**

FROM SMALL BEGINNINGS TO SIGNIFICANT IMPACT

The initiative began simply enough, Paul's colleague Linda Leighton asked if he would train her teenage daughter and some friends in basic first aid. As they discussed venue options, their departmental management caught wind of the plan and suggested expanding it to other instructors' families. The school's Chain of Command and Welfare Team soon backed the idea, opening it up to all DST personnel and their dependents.



“ These skills could help them save someone’s life one day – perhaps even someone they love ”

Together, Paul and Linda designed a programme specifically for young people, incorporating regular feedback through a QR code survey. **“We were constantly adapting,”** Linda shares. **“When something really engaged the group, we’d expand on it for the next session. When something didn’t land quite right, we’d try a different approach.”**

LEARNING THAT LASTS

Each daily session accommodated 12 participants and covered an impressive range of skills: primary and secondary surveys, the recovery position, CPR, an introduction to defibrillators, wound treatment, managing bleeds and broken bones, and recognising medical conditions.

“We based it on the Emergency First Aid at Work curriculum but adapted it to make it relevant and engaging for young people,” Paul explains. **“The practical scenarios were particularly popular, applying real bandages and practising techniques on each other brought everything to life.”**

Despite gaining accreditation as a first aid instructor through the Staff Development team and First Aid Industry Body in February 2024, Paul chose to deliver and certify the training through his private company at no cost to participants. DST provided the venue while Paul brought most of the training equipment, borrowing additional items from the Staff Development Team to create more realistic scenarios.

A LEGACY OF CONFIDENCE

As the week progressed, the young participants grew noticeably in confidence. Many arrived nervous and uncertain, but left standing taller, proudly clutching their three year accredited Emergency First Aid qualifications from the First Aid Industry Body.

“The transformation was remarkable,” says Linda. **“Seeing these young people walk away with not just knowledge but the confidence to use it in an emergency, that’s something special.”**

For Paul, the initiative aligns perfectly with his mission to spread first aid knowledge as widely as possible. Beyond his DST duties and ambulance service volunteering, he now delivers courses for private companies while offering free training when possible.

“First aid isn’t just about skills, it’s about creating a mindset of readiness and responsibility,” Paul reflects as he packs away training mannequins at the end of the week. **“If even one of these young people uses what they’ve learned to help someone in need, then every minute has been worthwhile.”**

In a world where emergency services are increasingly stretched, these newly trained young first aid-ers represent a valuable community resource – and the seed of future careers in emergency re-sponse, healthcare, or teaching. Either way, they left the course with something that will never ex-pire: the knowledge of how to save a life.

ARMY WELFARE SERVICE

The vision of Army Welfare Service, Community Support is to enable and inspire children, young people and families through high-quality professional play, youth and community work. We do this to support families and the community, enabling the serving person to do their job effectively and support the British Army's operational effectiveness.

COMMUNITY SUPPORT AT DST

We offer a range of play, youth, community activities and holiday programs. We run weekly junior youth club for ages 5–11 and senior youth club for 11+. Each session includes games, art, crafts, music, sports, trips, and fun.

The content is led by the ideas of the children and volunteers. We ensure they are at the centre of what we do.

The East Riding Community Covenant Delivery Group has been fantastic in offering funding for projects supporting children and families. We recently ran two successful schemes supported by East Riding Council: The Art Forces project and the Month of the Military Child.

ART FORCES PROJECT

Weekly sessions included a children's art club for ages 5–11 and an adults' art session. Themes varied weekly. Both groups developed art skills using various mediums.

The project created a space to build skills, have fun, enjoy time for themselves, and connect with others. Some spouses were initially anxious but, with supportive staff and step-by-step guidance, felt engaged and enjoyed the experience.



ART FORCES CLUB



This session was for children aged 5–11, mostly 7–11. They explored art mediums and completed weekly projects based on themes like dinosaurs, Venetian masks, jungle, and space.

Attendance grew, and some children showed dedication and skill development. Parents used the time to access the gym or enjoy personal time. It also helped new children meet others in a calm setting.

ART CLASS



Following the children's class, adults developed their creativity. The 10-week themed sessions focused on different artists and mediums. Attendance was affected by postings and duties.

Despite low numbers, attendees called it their "midweek therapy," a break from home pressures. They enjoyed chatting, finding work, and navigating childcare. The supportive environment and artist guidance helped build confidence.

Later, the project was renamed Connect and Create, encouraging more spouses to join. Newcomers appreciated the welcoming space and were signposted to other activities.

Overall, the Art Forces project was well received. It offered a safe space for creativity and well-being. A skilled art teacher helped participants overcome self-doubt and grow artistically.

MONTH OF THE MILITARY CHILD – ART COMPETITION

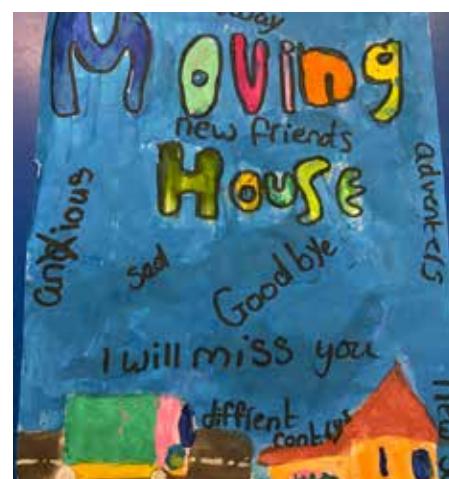
This month recognises the unique challenges faced by service children. The project aimed to connect service children across East Riding.

In collaboration with the East Riding Community Covenant Delivery Group and AWS Community Support, we coordinated an art competition supported by five schools. Some schools allowed children to participate independently, while others ran specific projects. One school involved all students to promote understanding.

Judges included Lt Col Cornwell, Captain Lucas, Emma Thompson, and DST welfare team members.

The heartfelt entries moved everyone and the winners were chosen in each age category. All participants received goody bags, and winners received vouchers funded by the delivery group.

It was a fantastic joint effort to support our service community.





SUMMER PARTY

BRINGING THE COMMUNITY TOGETHER



The DST Welfare Team recently organised a highly successful Families summer event that brought colleagues and their loved ones together for a day of connection and celebration outside the workplace.

The event offered a wonderful opportunity for staff to socialise in a relaxed setting whilst enjoying various activities that catered to all ages. Beyond simply providing entertainment, the gathering served a deeper purpose - raising awareness of valuable local charities whilst simultaneously supporting small businesses from our community.

"Seeing colleagues interact with their families and build relationships outside of work really highlighted the strong community spirit we have at DST," one attendee said: **"These connections strengthen our workplace culture and support overall wellbeing."**



Particular thanks go to Military Assistance Social Hub (M.A.S.H) and the East Riding of Yorkshire Council, whose generous sponsorship made this special day possible. Their support demonstrates the meaningful partnerships DST continues to build within our local area.

The Welfare Team is already planning future community events. If you have suggestions or would like to get involved, please contact the team.

In April, DST had the honour of hosting the Yorkshire Regional Hub of Women in Transport (WiT), marking a significant moment in fostering collaboration and inclusivity across the transport sector.

WiT is a professional network that champions the advancement of women across all facets of the transport industry. The group's reach extends far beyond those behind the wheel, it includes professionals from human resources, project management, administration, and other critical support functions. This diversity reflects the multifaceted nature of the transport sector and the vital roles played by individuals across a wide range of disciplines.

The purpose of the visit was to promote networking and knowledge-sharing between like-minded professionals from both civilian industry and the Defence community. All DST staff were warmly invited

to participate in the half-day event, which offered a unique opportunity to engage with peers, exchange ideas, and explore the breadth of work taking place within the transport domain.

The day began with a warm welcome at the Warrant Officers' & Sergeants' Mess, where guests were introduced to members of the DST workforce. Attendees received an overview of the school's mission and capabilities, setting the stage for the rest of the visit.

The group then proceeded to the Driver Training Estate, where they were given an in-depth guided tour. This included a look at the site's extensive conservation areas, highlighting DST's commitment to the environment alongside its operational activities.

One of the highlights of the visit was a tour of DST's state-of-the-art simulator suite. Guests were not only

shown the cutting-edge technology used in driver training but also had the chance to experience it firsthand through a hands-on demonstration, an experience that left a lasting impression.

The event concluded back at the WOs & Sgts Mess with refreshments and informal networking. One guest summed up the experience by saying, **"I wasn't sure what to expect, but the tour did not disappoint. I was blown away by the size and scale of the training site, and the huge fleet of HUGE vehicles on site."**

DST is proud to support initiatives like WiT, which align with its values of inclusion, collaboration, and professional development. Events like this not only strengthen ties between Defence and industry but also inspire future partnerships and innovation across the transport sector.

DST HOSTS YORKSHIRE REGIONAL HUB OF WOMEN IN TRANSPORT



SIMULATORS AT DST

ENHANCING MILITARY DRIVER TRAINING

The Defence School of Transport continues to lead innovation in military driver training, with recent research highlighting the effectiveness of simulation based instruction, particularly for driving in low light conditions. A recent study has demonstrated that simulation, when integrated thoughtfully into the training pipeline, can significantly enhance skill acquisition and transfer, especially in the context of psychomotor driving skills.

Simulation in Darkness: A Proven Concept

The study focused on the use of simulation to replicate driving in the hours of darkness, a critical skill for

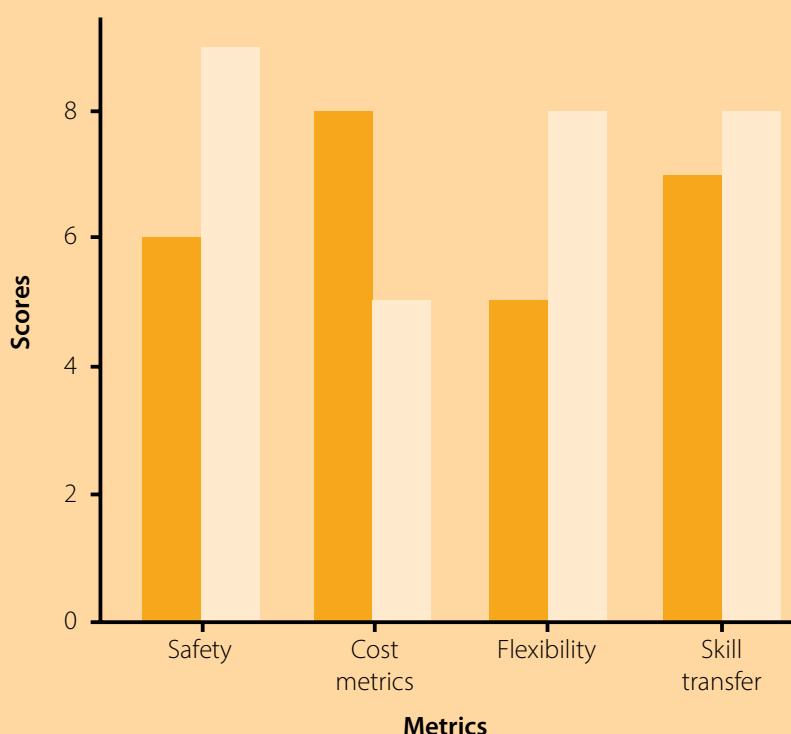
military drivers. Results indicated that simulation can effectively reinforce driving principles, contributing positively to both road traffic incident (RTI) reduction and pass rates. This suggests that simulation is not only a viable training tool but also a potentially safer and more efficient method for preparing drivers for challenging conditions.

Integrating Simulation into the Training Pipeline

One of the key recommendations from the study is the formal inclusion of simulation within the license acquisition phase of driver training. However, the optimal balance between live and simulated training



Comparison of Live Driver Training vs Simulation based training at DST



Live Training
Simulation Training

Safety: Simulation offers a significantly higher safety environment.

Cost: Live training is more expensive.

Flexibility: Simulation provides greater adaptability in training scenarios.

Skill Transfer: A blended method is effective, with simulation influence showing a slight edge.



will depend on the fidelity and validity of the simulation systems used. High quality simulators that accurately replicate real world driving conditions are essential for effective skill transfer.

The study also emphasizes the importance of a systematic approach to developing both the physical and functional aspects of simulation systems. This includes ensuring that training methodologies are aligned with the capabilities of the technology and the learning objectives of the course.

Future Directions and Broader Applications

To further refine training strategies,

the report recommends a formal comparison of different blends of live and simulation-based training. Such comparative studies would provide a more comprehensive understanding of how best to structure training programs for maximum effectiveness.

Additionally, the research suggests expanding simulation training to include Category B licenses and evaluating its impact on training duration across various trade roles and cap badges. This could lead to more streamlined and role specific training pipelines.

Cognitive Skill Transfer and Tri-Service Collaboration

An intriguing question raised by the study is whether cognitive driving skills acquired through simulation could transfer across the various DST courses that personnel complete before deployment to the Field Army. Exploring this potential cross-pollination could unlock new efficiencies in training design.

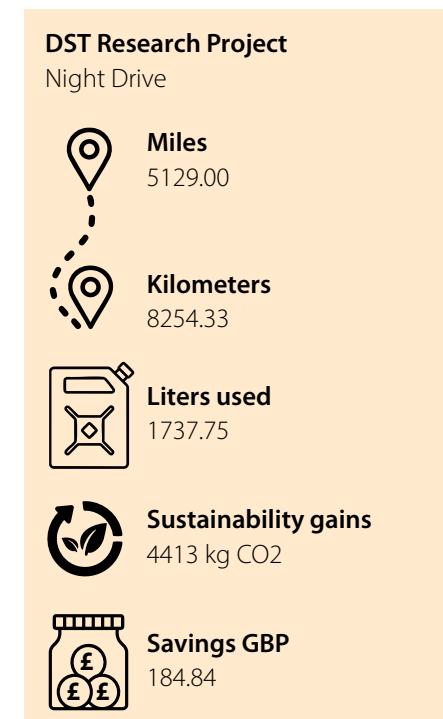
Looking ahead, the study advocates for broader collaboration across the tri-services to explore emerging technologies such as virtual reality (VR). VR could represent the next frontier in immersive driver training, offering even greater realism and adaptability.

Business Sustainability Gains

Reducing and optimizing CO2 business emissions from large goods vehicles is vital for enhancing environmental sustainability in the transport sector. Implementing fuel efficient training and technologies such as simulation can, as highlighted, be an initial driver training method, reducing fuel requirements overall. At the same time,

start to develop eco driving skills within the specific driving population, having a positive effect on future real time driving. By adopting this style of training strategy DST can achieve substantial CO2 emissions savings, helping to combat climate change while also benefiting from reduced fuel costs and improving operational efficiency.

Overall research gains:



Conclusion

The findings from this study underscore the value of simulation in military driver training. By integrating high-fidelity simulators into the training pipeline, DST can enhance skill acquisition, improve safety outcomes, and potentially reduce training time. As technology continues to evolve, so too does the opportunity to revolutionise how military drivers are prepared for the demands of modern operations.

Danny Newman

SIO Simulation Instructor

VOLUNTEERING WEEK

HALLGATE PRIMARY SCHOOL



In a heartwarming display of community spirit and teamwork, Paul Broadbent from the Staff Development Team has embarked on a week of voluntary work at Hallgate Primary School in Cottingham. Joining him is his lifelong friend Nathan Palmer, an NHS professional and parent of a Hallgate pupil. Both have taken advantage of Special Paid Leave from their respective workplaces to contribute to a meaningful project at the school. Although the initiative wasn't originally timed to coincide with Volunteer Week, the overlap has added a special resonance to their efforts.

The school had a simple but imaginative request: to transform a collection of donated wooden pallets into a functional and creative space for the children. The goal was to build an area where pupils could retreat, play, enjoy lunch, and develop their social skills in a relaxed environment.

Work began on Monday, and after some thoughtful planning and sketching, Paul and Nathan decided to construct small buildings from the pallets. These structures are just the beginning, more are planned in the coming days. Each will be painted white, serving as a blank canvas for the children to decorate in their own unique styles, encouraging creativity and a sense of ownership.

This project not only enhances the school environment but also highlights the power of community collaboration and the positive impact of volunteering. It's a reminder that even small acts of service can leave a lasting impression on young lives.



“

It's been wonderful to see the children so engaged and curious about what's being built. We can't wait to see how the children make the space their own. Huge thank you to Paul and Nathan and the MOD and Humber Teaching NHS Foundation Trust for allowing their workforce to undertake volunteer work in the local community.

Laura

Teacher and Assistant Headteacher
Hallgate Primary

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TEAM SPIRIT

EXERCISE WAGON CHALLENGE

A talented team of Initial Trade Training Trainees (ITTTs) from 25 Leconfield Support Regiment, demonstrated remarkable skill and determination at **Exercise WAGON CHALLENGE** last month.

Led by Corporal Manoj Limbu, the team competed across six challenging disciplines on Sunday, 11 May. Their hard work paid dividends with the team securing impressive results, finishing as runners-up in the Gun Run competition and taking third place in the GS Wagon Driving challenge.

"The competition pushed us to our limits, but that's exactly what we needed," said Cpl Limbu. **"Seeing the team pull together under pressure was incredibly rewarding."**

Beyond the medals, the day offered invaluable development opportunities. Participants stepped outside their comfort zones, tackled unfamiliar challenges, and strengthened their teamwork, all essential skills for military logistics professionals.

The event was further enriched by trainees from the Queen's Own Gurkha Logistic Regiment (QOGLR) at Defence School of Transport, who performed the traditional Khukuri Display. This ceremonial presentation showcases the skilled handling of the khukuri, the traditional Gurkha knife, and forms an important part of Gurkha heritage and identity.





LEEDS UNIVERSITY

LEEDS UNIVERSITY TEAM TACKLES FEEDBACK INNOVATION

A dynamic team of five MA Business Entrepreneurship students from the University of Leeds has been making waves through their involvement in the Hacking for Ministry of Defence (H4MOD) programme. Since early February the team: Voneat Pen, Yuan Wei, Mubin Panakkat, Shreyash Anil and Dhruv Goyal have been collaborating closely with staff at DST to address a critical challenge: enhancing the feedback process for students, instructors, and support staff.

THE CHALLENGE

Sharing is Caring: Improving the Feedback Process for

DST Staff and Students: The DST Command Team sought a more effective way to gather, collate, and analyse feedback from all stakeholders involved in training. The goal? To better prioritise resources and swiftly implement improvements that enhance the overall learning experience.

Understanding the Problem: To gain a deep understanding of the challenge, the H4MOD team engaged extensively with stakeholders. They conducted over 50 interviews, including a pivotal face-to-face visit to DST on 1 April. This visit proved instrumental in refining their approach, shifting the focus towards fostering a stronger feedback culture and improving the type of feedback questions.

From Insight to Innovation:

Throughout the project, the team delivered weekly briefs as part of their academic programme. Their efforts culminated in a Final Presentation on 2 May at HELIX, the university's innovation hub located in the E C Stoner Building. The

event was attended by a DST representative and senior MOD personnel, who provided valuable feedback and challenged the team's ideas.

Bringing Solutions to DST: On 11 June, the team returned to DST to re-deliver their Final Presentation to the command team and key stakeholders. This session included in-depth discussions on which solutions would be implemented and how best to integrate them into DST's operations. The Commandant concluded the session by thanking the team for their innovative and thought-provoking contributions, expressing DST's intent to adopt the proposed solutions where feasible.

A Memorable Experience: Following the presentation, the team spent the afternoon immersed in DST's activities, gaining firsthand insight into the organisation's operations. The experience was both enlightening and enjoyable, marking a fitting end to the project.

Steve Freeman, SO2 Assurance

HAVE YOUR SAY

The team are always on the lookout for articles for In Gear, which is produced bi-annually, or for Facebook and local media platforms. If you have a story, a new project, are running a charity event, received an award or would just like to let everyone know more about your department and role, contact Business Support who will be happy to share the news.

Contact:

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