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RAF Leuchars

Service Community Official Guide



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Welcome to

RAF Leuchars

Service Community Official Guide **2007 Edition**

Current from March 2007 – February 2008

This Guide, provided by the Media & Communications Office at RAF Leuchars, is a source of information to Service personnel, families and dependants arriving at their new home or duty station.

It is hoped the information contained within the Guide will be of use at the time of your arrival, and throughout your stay.

The Guide is divided into 5 sections for easy reference:

Section 1: Signposts

Health, Education and services important to you on arrival.

Section 2: Housing & Accommodation Services

Details and contact points for Housing related matters.

Section 3: Facilities For You

Organisations who can provide help and advice on military and civil matters.

Section 4: Round and About

The area you live in.

Section 5: Leisure and Pleasure

Sporting and leisure facilities, what to do and see.

A **Classified Index** and a **Handy Index** appear at the back of the Guide and you can find information on **Emergencies** on page 104 and **MHS Repairs** on page 103.

The Guide is produced for YOU, so please let us know of any additions or changes you think will improve it. Continual feedback is vital to ensure it remains up-to-date, accurate and relevant.

Please pass on any comments you may have to:

Royal Air Force Leuchars,

St Andrews, Fife, Scotland KY16 0JX

Tel: 01334 839471 Ext 7700 (RAFTN 95151) Fax 01334 838250

Foreword by the Station Commander

Air Commodore Clive A Bairsto ADC RAF

Welcome to Royal Air Force Leuchars, the Royal Air Force's principal operational fighter Station and one of the busiest air bases in Strike Command. This guide will provide you with answers to many of the questions you will want to ask about the Station before you arrive and can be used as a basic reference, as it tells you what Leuchars does and how the Station works.

The Station plays a critical part in the defence of the UK and its territorial waters. Both 43(F) and 111(F) Squadrons fly the Tornado F3 fighter and are tasked to provide crews and aircraft at 10 minutes readiness 24 hours a day, 365 days a year to police and if necessary, shoot down rogue aircraft in UK airspace. Since 9/11, the complexity of the Quick Reaction Alert (QRA) task has increased considerably. The whole Station supports QRA and the Joint Rapid Reaction Forces by helping provide force elements (both aircraft and personnel) at Very High Readiness or as required, as well as modules (groups of specific personnel or trade groups) for operations abroad. RAF Leuchars is also the home of 56(R) Squadron, the Tornado F3 Operational Conversion Unit, which produces trained crews for the F3, standardises and evaluates the effectiveness of the F3 force and is responsible for post-graduate crew training and aiding tactical development.

Apart from the front-line Squadrons and OCU, there are several other units based at Leuchars. These include No 6 Force Protection Wing HQ, the East of Scotland Universities Air Squadron, 12 Air Experience Flight, a Mountain Rescue Team which is frequently called upon to help emergency services in the surrounding area, No 612 Squadron Royal Auxiliary Air Force (the Air Transportable Surgical Squadron), 71 Engineer Regiment (Volunteer), 117 Field Squadron and 3 Flight Army Air Corps (Volunteer).

As a Royal Air Force unit and an important element of our national air capability, RAF Leuchars is required to generate agile air power and develop capabilities to achieve "precise campaign effects, at range, in time". This is demanding operationally and requires professionalism, initiative, integrated planning and focussed support. The Station has a well-deserved reputation as a result of the high standards set by your predecessors, so we need positive, responsible and imaginative personnel to continue the good work, either here or on operations abroad. To that end, you will find some work demanding, but there are plenty of opportunities to develop professionally and you will be properly trained both as an individual and as a member of a well-commanded and organised winning team. You will find out more about how I expect the Station to run when you arrive, but I assure you that you will soon know where you fit in and what is required of you. This may appear a little daunting at first, but I encourage you to ask questions and to listen to the answers you get, because it is by learning and understanding that you will progress and develop your skills. You will also find that a sense of humour helps too!

On the recreational side, Leuchars is one of the best Stations in the Royal

Air Force for outdoor and adventurous activities, particularly hill walking, mountaineering and water sports. The sporting life on Station is vibrant and there are teams for all major sports playing at Station, Command and Royal Air Force level. Leuchars personnel have been on expedition training all over the world and there are clubs covering from computers to sea-angling and from riding to sub-aqua. There is a thriving social life on base, the local University towns of St Andrews and Dundee offer everything you might expect, rail and road travel is easy and you will have some of the finest scenery in Scotland on your doorstep.

Leuchars is a great place to be and you can expect to have a memorable tour. Of course, you will get out of it what you put in, but this Station is special because individuals, sections, flights, squadrons and wings make it so. I hope that you enjoy your tour here and that at the end of it you can also feel that you contributed and made a difference.

Photographs in this Guide supplied by RAF Leuchars Photographic Section.



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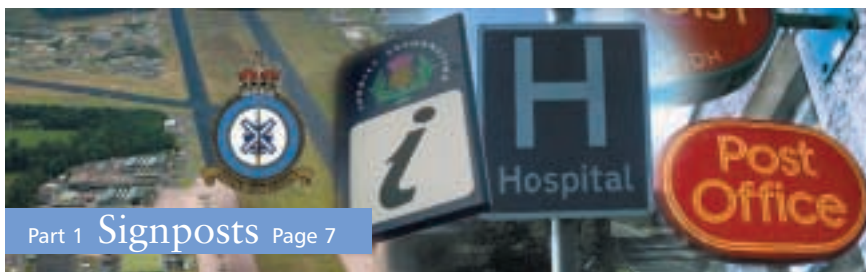
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Signposts



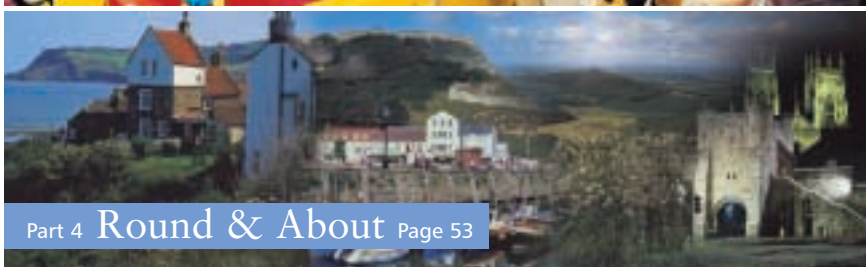
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Housing & Accommodation Services



Part 3 Facilities For You Page 45

Facilities For You



Part 4 Round & About Page 53

Round & About



Part 5 Leisure & Pleasure Page 93

Leisure & Pleasure




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P A R T 1



Signposts

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SIGHT CARE

Medical and Dental Arrangements

Station Medical Centre

The Station Medical Centre is situated just inside the main gates of the Station, opposite Station Headquarters.

The Station Medical Centre operates an appointments system for routine consultations or medical examinations. The telephone number of the Station Medical Centre is ext 7300.

Clinics run by the Medical Centre include: ante- and post-natal, school children, well woman, child welfare and development and immunisation. Health Visitors and home visits (requested before 0930 hrs) are also available.

Registration of Families

Families of Service personnel on the posted strength of RAF Leuchars and occupying Married Quarters at Leuchars may register for medical treatment at the Medical Centre.

Families cannot be treated unless they have registered, and it is the responsibility of the head of the family to attend the Medical Centre and complete the necessary application forms during normal working hours, as soon as possible after arrival in Married Quarters.

On completion of a tour, or on moving to private accommodation, families should de-register as soon as possible. This will result in a speedy dispatch of their medical documents to the National Health Service and ultimately their new Doctor or Medical Officer.

Station Dental Centre

Personnel requiring routine dental treatment, or dental inspection, should contact the Dental Section on ext 7246. A dental parade is held by appointment each morning, Mon-Fri at 0800 hrs. Personnel requiring emergency treatment during the course of the day should contact the Dental Centre as soon as possible; they will, of course, be seen as soon as is practicable. If an appointment cannot be kept for personal or Service reasons, the Dental Section should be given as much prior notice as possible of cancellations. This allows the dental staff to re-allocate the appointment. Service personnel with dental problems out of hours should contact the PBX to call out the duty dentist.

Families residing in the UK are not entitled to dental treatment by Service Dental Officers. A list of local dental surgeons is available for perusal at the Dental Centre Reception.

Headquarters Psychiatry Scotland and Gibraltar

Headquarters Psychiatry Scotland & Gibraltar is located in Watson House, Tutor Road. The Department provides mental health services to RAF, Army and Naval personnel. Extension: 7542.



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General Information

Children's Education

You should be aware that the educational system in Scotland is different from the system operating in the rest of the United Kingdom.

Primary and Secondary Education – General information and advice can be obtained prior to posting, from the Training Development Centre about the education of children in the United Kingdom and overseas, local schools, boarding schools and higher education. The telephone number is Ext 7786,

Bright Horizons Daycare Centre – RAF Leuchars

Bright Horizons, Royal Air Force Leuchars' new childcare facility, opened on Monday 24 November 2003. Funded by an £870,000 grant from the Royal Air Force Benevolent Fund, the Centre provides full time childcare for 131 children, between the ages of 12 weeks and 12 years, and employs 26 members of staff. Ext 7753 or 01334 838439.

Bus and Train Services

There are frequent bus and train services to all parts of Fife. The railway station is 10 minutes' walk from the Main Guardroom, and is on the main Edinburgh/Dundee/Aberdeen line. There is a frequent service to these cities, with connections to Glasgow, Inverness, London and the East and West Coast routes.

The local bus service connects Dundee with Leven via St Andrews for Glasgow, Stirling and Kirkcaldy. Buses leave for Dundee and on to all parts of the North-East Scotland.

Local Shopping

Hairdressing – The Barber's shop is located in the Delta Complex and is open during the week. Appointments may be made by telephone (Ext 7668).

Local Traders – Many traders from the local area visit the Families Quarters. The advertisement pages in this Handbook provide further details.

Village Shopping – On the Station there is an Amigo shop with an attached gifts and durables section. In the village there is a Newsagents and Tobacconists, Post Office, Fish and Chop Shop etc. Dundee and St Andrews offer a far wider range of shops. More information can be obtained from the HIVE.

Tailor's Shop – A Tailor's Shop is situated on the Station and may be contacted on Ext 7393. They are able to tackle minor or major repairs and alterations to Service uniforms.

Banks

A Bank of Scotland cash machine which operates with most cash cards, is located adjacent to the HIVE.



Children's Education Advisory Service

For any enquiries on Children's Education, parents should contact CEAS for help and advice



for FREE advice and support:
 Tel: 01980 618244 Mil: 94344 8244
 Fax: 01980 618245 Mil: 94344 8245
 email: enquiries.ceas@gtnet.gov.uk
 website: www.ceas.mod.uk

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Email: admissions@qvs.org.uk • Website: www.qvs.org.uk



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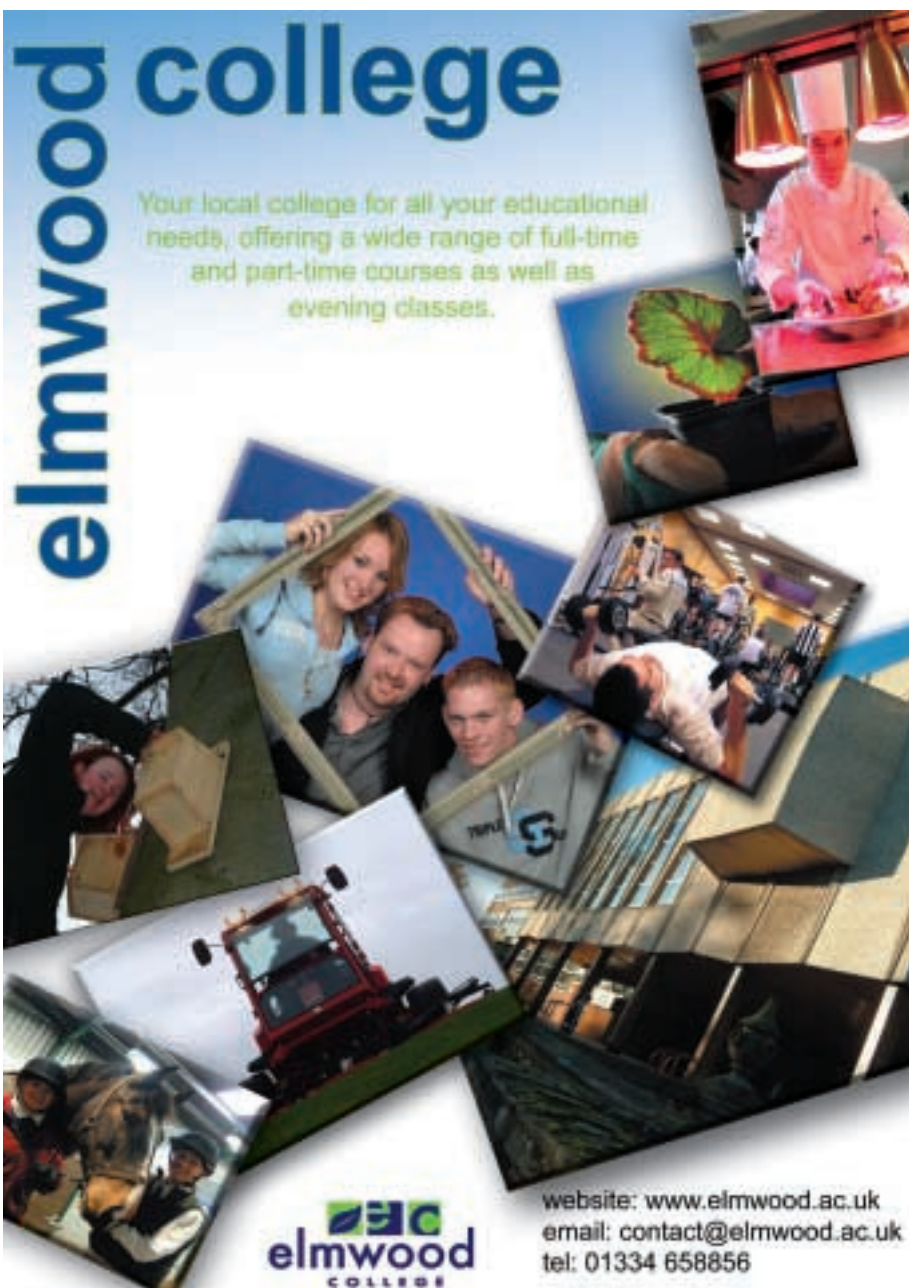
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Scottish Council of Independent Schools
21 Melville Street, Edinburgh EH3 7PE
Tel: 0131 220 2106 Fax: 0131 225 8594

Email: information@scis.org.uk
Web: scis.org.uk



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Welfare

There may be occasions when you or your family need to make use of the welfare facilities that exist on the Station. OC PMS and his staff have general responsibility for the provision of welfare services and anyone with personal problems, be they financial, marital or whatever, is welcome to seek advice and assistance. PMS staff maintain close contact with local welfare agencies such as SSAFA and individuals can be referred to these specialists if necessary.

Pay

With a few exceptions, pay is credited monthly direct to bank accounts and your pay statement will be sent to you at your place of work. You are advised to check both your pay statements and bank statements on receipt and query any discrepancies as soon as possible.

Savings and Financial Advice

There are various schemes in operation within the RAF to help personnel save for the future. The RAF Benevolent Fund can provide specialist financial advice on request and everyone is welcome to use this free and independent service. Further details can be obtained from PSF.

Crime Prevention

Take good care of your personal belongings and lock up any item of value when you are not using it. Remember also that if you lose any Public Property you will have to pay for it. If you live in Family Quarters, make sure your house is secure when you leave it and do not leave cash and valuables where they are accessible to a thief. Remember also to secure your car when you leave it unattended. Keep a record of the number of your bicycle, record player etc. If they are stolen, this will help to identify them as your property should they be recovered.

Cameras

Personnel may keep cameras on the Station but are not allowed to photograph aircraft, buildings, documents or materials. There is to be no photographing of the airfield without the specific permission of the Station Commander; this can be obtained through the Station Security Officer.

Firearms

Any person owning a private firearm, which includes air weapons, must obtain the permission of the Station Commander to keep it on the Unit, in addition to the necessary licence required by law. All such firearms are to be lodged in the Station Armoury for safe-keeping.

Registration of Motor Vehicles

All personnel, Service and civilian, who wish to bring private motor vehicles on to the Station are to register them at the Police Flight, where they will be given a registration card which is to be displayed in the vehicle.

Mobile Phones

With RAF Leuchars being an operational base the use of mobile phones is strictly controlled. The MGR has details of areas which are out of bounds.

Parking of Vehicles

There are numerous car parks on the Station, and cars are not to be parked on the roadways or grassed areas. Any vehicles which are found parked illegally will be reported by the RAF Police to the Station Authorities. Offenders risk having permission to keep a private vehicle on the Unit withdrawn.



Children

Children are not allowed into the main area of the Station unless accompanied by an adult or to attend official activities or entertainment, eg Guides, Scouts, Brownies etc.

Families Passes

All those aged 12 years and over who require access to the Station must be in possession of a Families Pass. Application forms for these passes may be obtained from the RAF Police Flight.

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Police Dogs

RAF Police Dogs are kept on the Station. The Dog Section is out of bounds to all unauthorised personnel; remember, these dogs are schooled in police duties, which means they are trained to bite; they should, therefore, not be approached unless attended by their handler.

Part-Time Educational Courses

Part-time courses in many technical, commercial, academic and cultural subjects are available at local colleges in Cupar, Dundee, St Andrews and Glenrothes. RAF students may claim refund

of enrolment and examination fees for some courses within an annual personal allowance. Assistance with travel costs may also be claimed. A wide range of residential courses, held mainly at University Extra-Mural Departments, is available to RAF personnel. Details are advertised on posters and in SROs and application forms can be obtained from the Education Co-ordinator, on ext 7095 & 6064.

RAF Leuchars International Airshow

Every September RAF Leuchars puts on its Annual International Airshow. This is traditionally the largest annual one-day spectator event in Scotland with crowds of over 45,000 attending. The airshow involves a lot of hard work but also provides a tremendous amount of enjoyment for personnel and their families.



Useful Telephone Numbers

On Station

Amigo	Ext 7790
Chaplaincy Centre	Ext 7961
Dental Centre	Ext 7246
DE Ops Housing	Ext 7500
Guardroom	Ext 7251
HIVE	Ext 7649
Junior Ranks Club	Ext 7669
Leuchars Bowl	Ext 6488 (01334 839467)
Medical Centre	Ext 7300
MT Control	Ext 7348
Officers' Mess	Ext 7405
Ops Desk Flying Emergencies	Ext 7405
RAF Leuchars	(01334) 839471
RAF Police	Ext 7456
Police Ops Emergencies	(01334) 839111
SSAFA	Ext 7444
Sergeants' Mess	Ext 7408
Station Hairdresser	Ext 7668

Local Community

British Rail Leuchars	0345 484950
Dentist – L M Davidson	(01334) 475433
Doctor – Johnson & Salamonski	(01334) 839210
Dundee Airport	(01382) 643242
Edinburgh Airport	0131 333 1000
Fife Bus Company	(01334) 474238
Leuchars Primary School	(01334) 839315
Taxi Company – Williamson's	(01334) 839279





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KEN GRAY AT OUR LEUCHARS OFFICE FOR LEGAL ADVICE
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National Telephone Helplines & Web Addresses

The numbers and Websites listed offer confidential services provided by trained staff and all the helplines will provide information about other agencies offering support on similar issues. They are only an example of the services available in UK. Further numbers are listed in the alphabetical sections of your local phone book or in the Telephone Helplines Directory available from public libraries or the Telephone Helplines Association (THA).

In confidence

None of the helplines listed use equipment that displays or stores your telephone number when you ring them.

Important

Please be aware that any helpline number you call may be listed on your telephone bill – you can prevent this by calling from a public phone box.

ALCOHOL

National Association for Children of Alcoholics 0800 358 3456

Support for Young People 12-20 affected by someone else's drinking www.nacoa.org.uk

ALATEEN. 0207 403 0888

Al-Anon Family Groups UK & Eire. Offers advice, information/support to anyone concerned about their own or someone else's drinking. 24hrs at weekends. www.al-anonuk.org.uk

Call **0800 917 82 82**

ALANON. 0207 403 0888

Alcoholics Anonymous 0845 769 7555
24 hr helpline – 0141 339 8884

www.alcoholics-anonymous.org.uk

BEREAVEMENT

Cruse Bereavement Line. Helpline for bereaved people and those caring for bereaved people
0870 167 1677 Children **0808 8081677**

Child Death Helpline. Telephone helpline for anyone affected by the death of a child. Call free on **0800 282 986** 7pm-10pm every weekday. Mon to Fri 10am-1pm. Wednesday 1pm-4pm

The Compassionate Friends

Supporting bereaved parents and their families
08451 232304 www.tcf.org.uk

Get Connected

Finds young people the best help, whatever the problem **0808 808 4994** 1pm-11pm daily

CARERS

Carers Line. Advice/information for all carers.
0808 808 7777 www.carers.org

CHILDREN AND YOUNG PEOPLE

ChildLine. Helpline for children and young people in danger, distress or with any problem. Call free on **0800 11 11** (Now part of the NSPCC)
www.childline.org.uk

NSPCC. For anyone concerned about a child at risk of abuse. Staffed by social work counsellors.

Call free on **0808 800 5000**

Confidential Support Line

Call free on **0800 7314880** 1030am to 2230pm
www.nspc.org.uk

DEBT

National Debtline. Help for anyone in debt or concerned they may fall into debt.

0808 808 4000 local call rate.

www.nationaldebtline.co.uk

DISABILITY

DIAL. UK network of disability information and advice services run by people with direct experience of disability.

Call: **01302 310 123** www.dialuk.org.uk

DOMESTIC VIOLENCE

Refuge. 24 hour crisis line providing practical advice and emotional support for women experiencing domestic violence & is access point to Refuge Service throughout England.

Freephone 0808 2000 247 (24hrs) or 0800 027 1234 (Scottish Women's Aid)
www.refuge.org.uk

DRUGS

Frank. Helpline for drug users, their families, friends and carers. Call free on **0800 77 66 00**
www.talktofrank.com

Release. Advice on health and welfare aspects of drug use and the legal consequences.

0845 4500215/020 77299904
www.release.org.uk

EMOTIONAL CRISIS

The Samaritans. Confidential, emotional support for anyone in a crisis.

08457 90 90 90 local call rate
www.samaritans.org.uk

FAMILY

Careline. Counselling for children, young people and adults. **020 8875 0500**
www.careline.org.uk

Parentline Plus. A free 24 hour telephone helpline for the parents and carers of children on **0808 800 2222**
www.parentlineplus.org.uk

GAMBLING

Gamcare Support for people with Gambling problems. **0845 6000 133**
www.gamcare.org.uk

HEALTH

NHS Direct. Provides information on NHS services, coping with illnesses and treatments. Provides information about support groups and helplines including mental health, sexual health and those providing information relating to pregnancy/abortion. Call **0845 4647**
www.nhsdirect.nhs.uk

Healthy Eating Advisor Call **0845 278 8878**

HOME-START

Home-start is a voluntary organisation in which volunteers offer regular support, friendship and practical help to young families under stress in their own homes. Call **0800 0686 368**
www.home-start.org.uk

IMMIGRATION

Immigration Advisory Service. Advice, assistance, legal representation for people who encounter problems with British immigration controls **020 7967 1200**
www.iasuk.org

LEGAL

Accident Legal Line. For people who have suffered an injury in an accident. Will refer on to local solicitors if appropriate.
Call free on **0800 19 29 39**
www.accidentlinedirect.co.uk

LESBIAN AND GAY

Lesbian and Gay Switchboard. For anyone who needs support or information about homosexuality. **020 7837 7324**
www.switchboard.org.uk

LAGER. Lesbian and Gay Employment Rights. Provides support/advice to those experiencing discrimination at work.
Lesbian helpline **020 7704 2205**
Gay men's helpline **020 7704 6066**

MISSING PERSONS

National Missing Persons Helpline.

Counselling, listening and practical support for anyone missing relatives or immediate family members. Call free on **0500 700 700** from overseas **+44 (0) 2083 92 4545**
www.missingpersons.org

Message Home Service. Enables people to record a free, confidential message for families or friends which will be passed on. Call free on **0800 700 740**

OLDER PEOPLE

Seniorline. Information service for senior citizens, their relatives, carers, friends.
Call **0808 800 6565**

Age Concern. Telephone service for older people, their families and people working with them.
0800 00 99 66
www.ageconcern.org.uk

PREGNANCY

British Pregnancy Advisory Service (BPAS). Expert information and comment on abortion, emergency contraception, vasectomy, female sterilisation and more. Call **08457 30 40 30**
Outside UK **+44 (0) 1214507700**
Life Information, support and confidential counselling for crisis pregnancy and for those suffering following abortion. Call **0800 849 45 45** or Text to Talk **07786 200 330**
www.lifeuk.org

RAPE AND SEXUAL ABUSE Helpline for women and girls who have been raped or sexually assaulted.
Helpline 0208 683 3300 / 020 7610 4345

Survivors UK supports and provides resources for men who have experienced any form of sexual violence. Call **0845 122 1201**
www.survivorsuk.org

SOCIAL WELFARE

Shelter. Helpline for anyone facing a housing emergency. Call **0808 800 4444**
www.shelter.org.uk
Citizens Advice Bureaux. Please refer to alphabetical listing in Business and services telephone directories
www.citizensadvice.org.uk

VICTIM SUPPORT

Victim Support. Practical advice for anyone affected by crime. Call **0845 3030 900 National**
0845 6039213 for Scotland
www.victimsupport.org.uk

UK & BFG Websites

Adventure Sports Online
www.adventuresports.com

Airwaves-RAF Families Association
www.airwavesforfamilies.com

Army Benevolent Fund
www.armybenfund.org

Army Welfare Service – Home Page
www.army.mod.uk/soldierwelfare/supportagencies/aws

British Army - Home Page
www.army.mod.uk

Directory of Essential Services
www.scoot.co.uk

Help With Moving Home
www.iammoving.com

Information on UK/Worldwide Neighbourhoods
www.streetmap.com

Information on your Local Area
www.upmystreet.com

Joint Service Housing Advice Office
www.army.mod.uk/jshao

Naval Families Federation
www.nff.org.uk

Postal Services
www.bfpo.org.uk

Royal Air Force Community Support
www.rafcom.co.uk

Royal Air Force - Home Page
www.raf.mod.uk

Royal British Legion
www.britishlegion.org.uk

Royal Marines - Home Page
www.royal-marines.mod.uk

Royal Navy & Royal Marines Reference Site
www.rncom.mod.uk

SSAFA/Forces Help
www.ssafa.org.uk

Wide Range of Financial Services
www.naafi-financial.com

Yellow Pages
www.yell.co.uk



Victim Support

Working for victims of crime

Victim Support is a national charity which helps victims of crime through the use of trained volunteers in 32 local authority areas.

■ Emotional Support ■ Information ■ Practical Help
 The Service is confidential and free.

If you need support, information or help contact:

Victim Support Scotland 15/23 Hardwell Close, Edinburgh EH8 9RX
Tel: 0131 668 4486

VICTIM SUPPORT NEEDS VOLUNTEERS **NOW!**

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