



The Royal Army Medical Service

Corps Newsletter Edition 7: Apr 26

Veterans Edition

Col Davies, Corps Colonel RAMS



I am deeply honoured to have been appointed as the RAMS and RAVC Corps Colonel. I consider this role the pinnacle of my Army career and am truly grateful for the trust placed in me.

As a clinician, I have seen first-hand the impact of the healthcare and support you provide to our populations at risk, both in the Firm Base and on Operations. That is our core purpose. Equally, I recognise the vital contribution made by those in non-patient-facing roles, whose work is essential in enabling the delivery of high-quality medical support to Defence, the Army, and our people.

The strength of our Corps lies in its people. A key function of RHQ is therefore to support having the right people in the right place at the right time. A task that is not always straightforward and often requires enhanced communication and collective effort. In an increasingly complex and dangerous world, you may be called upon for your views, expertise, or time. Your knowledge, experience, and military professionalism are central to ensuring we continue to evolve and deliver.

I offer my sincere thanks to my predecessor, Brigadier Helen Winder, and the RHQ RAMS team for guiding the Corps through its early months to where we stand today. We are now entering a new phase with the establishment of the RAMS Charity. As it develops, you will see changes to processes and requirements that are necessary to support our serving personnel, Reservists, families, and veterans in line with the Charity's aims.

This edition of RAMS Sway contains important information, and I encourage you to read and share it. I look forward to working with you and harnessing our collective strengths in support of the Corps.

Behaviours and Values of the RAMS

Inclusion:

The RAMS is a diverse organisation, and all personnel are encouraged to commit to developing a workplace environment where people's differences are celebrated.

We must ensure that our people feel valued, respected and accepted.

Behaviours:

We must ensure that courtesy and politeness are the minimum standard expected, treat each other with kindness and with dignity. All personnel must feel safe to challenge others and express themselves.

Personnel should be valued by their strengths, be listened to and their experience sought after and acknowledged.

The RAMS Charity

Update on Service Day's Pay Giving (SDPG)

The RAMS is now in full receipt of all SDPG.

SDPG provides financial support for all subscribed SP:

- Benevolence for all Serving (Regular and Reserve) and Retired RAMS personnel and anyone financially dependent on them.
- Support to Sport and Adventure Training, both as individuals and teams.
- Subsidised events and functions.
- Maintenance of RAMS Chattels.
- Support to Unit events, parades and official visits.
- Support to Corps Day and Remembrance events.
- Assistance with repatriations of those RAMS personnel killed in action.
- Membership and support to the RAMS Association
- For OR6 and above - Membership of the HQ SNCO/WO Mess.
- For Officers - Membership of the HQ Officers' Mess.

Formation of a HQ Officers and a HQ WO & SNCO Mess

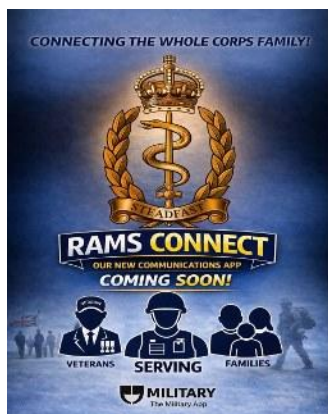
RHQ RAMS in conjunction with the support from the RAMS Charity is forming a:

- HQ Officers Mess
- HQ WO & SNCO Mess

Both messes will be funded from SDPG as follows;

- Officers - 33% of their SDPG rate of 150%
- WO & SNCO - 15% of their SDPG rate of 100%

RAMS Connect



You spoke, we listened!

RHQ RAMS is pleased to announce investment into our new communications app, RAMS CONNECT.

RAMS CONNECT will be designed for our serving community, veterans and families.

Planning is underway, with a launch date coming soon. Watch out for updates on the [RHQ RAMS Defence Connect](#) page.

Want an early look at what the app will offer? Click ['The Military App'](#).

Re-joiners



In support of the Army Recruiting Re-join campaign personnel should be aware that they can reach out to a former colleague and let them know that they may be eligible to re-join.

Have you a mate left with in the last 10 years?

The Royal Army Medical Service is recruiting former members:

- CMT or ODP
- Pte - Cpl
- Left within the last 10 years

Ask your friend today if they are interested in re-joining the ranks.

News from the Corps

DMS Apprenticeship Awards

Leadership Support & Partnership Recognition

The ceremony was attended by key Defence Medical Academy VIPs, whose presence underscored the importance of the apprenticeship programme to Defence medical capability:

- Surgeon Commodore Beth Crowson RN, Commandant Defence Medical Academy
- Air Commodore Emma Redman RRC MA BSc(Hons), PMRAFNS, Commandant Defence Medical Academy
- Colonel Charlotte Winship, AH TDA, Defence Medical Academy
- WO1 (CRSM) Jamie Loy, RHQ RAMS

Their support continues to inspire learners and reinforce the value of apprenticeships across Defence.



Special thanks were extended to Pearsons TQ for their long-standing expertise and partnership, as well as for generously providing prizes for this year's winners.

The RAMS Charity was also acknowledged for its financial support, which helped make the event both meaningful and memorable for all involved.

Professional photography capturing the day's highlights was provided by Mr Freddie Brown, whose work ensured the celebration was documented with the highest standard.

Outstanding Achievement Across Defence Medical Disciplines

RAMS Award winners included:

🏆 Category Winners

- Level 3 Senior Healthcare Support Worker – Combat Medical Technician Pte Winrow, 22 MMR
- Level 3 Senior Healthcare Support Worker – Healthcare Assistant Pte Parkes, JHG N
- Apprentice Champion Capt Cahill, 3 Med
- Level 6 Chartered Management Degree Apprenticeship WO2 Bracegirdle, 22 MMR
- Level 3 Diploma in the Principles and Practices for Pharmacy Technicians LH Hicks, DMA

🌟 Special Recognition Awards

- Pte Alder, 3 Med
- WO1 Bradbury, DMA

These awards reflect the perseverance and exceptional standards demonstrated by Defence learners undertaking demanding training while supporting operational healthcare capability.

DMS Best Overall Apprentice

The prestigious DMS Best Overall Apprentice Award was presented to Pte Parkes, JHG N. This accolade recognises an apprentice who has displayed consistently high professional standards, exemplary conduct, and outstanding achievement throughout their apprenticeship journey.

RCDM Skiing Expedition – 9-17 January 2026



OCdt David Bourne, RCDM FY1

I completed the Ski Foundation Level 2 AT trip with RCDM in Val Thorens, which definitely turned out to be a far more challenging week than I expected!

Day one was about getting ski legs back. We stayed mainly on blue runs, which was useful for settling into the kit, the altitude, and skiing for long periods again. Even this highlighted how physically demanding skiing can be, especially after some years away from the mountains.

Day two was a big step up. We were on red runs for the full day and skied at a much higher pace. This was the toughest day for me, as there were several very strong skiers in the group. Keeping up required constant concentration and pushed me well outside my comfort zone. It also made me realise half the battle of downhill skiing is having the courage to lean all the way downhill into some very steep slopes.

Days three and four focused on ski touring and avalanche training. This was completely new to me and very interesting. Learning to use ski skins, manage transitions and turns, and climb steep inclines was tough, particularly while carrying some weight and keeping temperature controlled. The avalanche training was eye opening, especially the transceiver work, and emphasised the importance of preparation, decision making, and teamwork in a mountain environment. These days also involved a lot of personal administration, from equipment management to planning and pacing, which added another layer of challenge.

Days five and six were more technique focused. After several days of hard skiing, things started to come together. My downhill skiing felt more controlled and consistent, and I gained confidence on steeper terrain. I completed a couple of black runs that I would not have attempted at the start of the week.

Outside of skiing, the MDT group aspect of the trip was a real positive. The group included nurses, biomedical scientists, resident doctors, and senior consultants, and was a great opportunity to meet those from the wider RCDM community. Spending time together on the mountain and over a few group meals made it easy to talk to people I would not normally work or get the chance to chat with.

Overall, the trip was physically demanding, cognitively challenging, and very enjoyable. I improved my skiing, learned new mountain safety skills, and gained confidence working within a mixed professional group in a challenging environment.

Ex Northern Atlas - Morocco



On the 2nd of February 2026, 7 members from 22 MMR left camp to complete their objective of climbing Mount Toubkal. The highest mountain in North Africa, sitting at 4,167meters. The moment we landed in Marrakesh, we were greeted by a Moroccan Armed Forces (MAF) representative as well as the Royal Moroccan Gendarmerie (RMG), who took care of our security while we were in Morocco. Once we had settled into our first Riad, it was time for some local food and to get an early night before we made our way into the mountains.

An early morning breakfast and last-minute packing, to ensure we had all the correct kit before we started our trek. We were then dropped off at a small location up the mountain road, 850m above sea level, where we were greeted by our two guides, Ibrahim and Muhammad. After a lovely glass of traditional mint tea, it was time to start the trek. This day was to see us climb steadily up and around the valley into the next town, where we would find our Village Gite. Halfway into the walk, we stopped by the river for lunch. This was cooked for us by the chefs, that had beat us to the location with the mules. It was a lovely tranquil spot, where both us and the mules could rest before the second half of the walk. After a 12.8km day, we were grateful to see where we would be stopping the night. We had now reached an altitude of 1,100m.

After our weather brief in the morning, we were aware that we were going to hit the snow line today. We made sure that we went through our safety checks with each other before stepping off and then our second day had begun. This walk was a lot steeper than the day before and it started right from the off. However, it was easy to distract yourself with the amazing views of the Northern Atlas Mountains. We had made it up to the ski resort, Oukaïmeden, and just a little further was where our guide, Ibrahim, knew a good spot for lunch. We had been given packed lunches this day, as the mules couldn't come past the snow line and were making their own way to meet us in Asni. After a long 14km, where the sun had been beating down all day, it was a great reward to have the chefs cook us a mound of popcorn and pancakes as an afternoon snack. That evening, Pte Wyatt took us through a familiarisation on the Satellite phone and we looked at our routes for the next few days.

Our third day of walking would see us get to the mountain pass and down into Imlil, the village where most hikers commonly would start their trek up to Mt Toubkal. We reached the halfway point where we had the option to reach a high point, 2,634m, with an amazing view of the lower down Atlas Mountains, but also, a view of Mt Toubkal. After we had lunch, again cooked by the amazing chefs, we made our way down the valley to the village of Imlil where we were staying in a Riad. As a team, we repacked bags and rested up for the night before the walk up to the refuge.

The morning was full of excitement, as this would have been the highest elevation most of the team would have climbed before. It also meant that one step closer to summiting. We stepped off at 0830 and made our way following the river up the valley. We made a quick stop at the sacred stone, which is in the village of Sidi Chamharouch, this is where we changed into our mountaineering boots and donned our avalanche transceivers as we were now heading into the snow line. After a few switch backs to take us up out of the village, we were still climbing higher with a slight gradient. During lunch, we checked the snowpack via a snow hole and we were

happy with the conditions of the snow. We then entered the bowl where the refuge was situated. You could see the refuge from quite a way as the weather was glorious sun. Despite this, it felt as though it was never getting any closer. After a 13.2km trek, we finally made it to our refuge, Les Mouflons, situated at 3,207m.

After a day of acclimation, a day of awful weather and one failed summit attempt due to inclement weather, it was down to our final day in the refuge and final summit attempt. The weather was looking positive, as the sun rose you could see the tips of the mountain light up as if they were on fire. We had passed the point where we had made the correct decision to turn back the day before, we were now feeling ever more positive that we were going to summit Mt Toubkal. Once we were on the ridge line, it was challenging to get your breath, but one step at a time, we could see the famous structure depicting the summit. We had made it, as a team of seven, we had climbed the highest peak in North Africa, Mount Toubkal, 4,167m. The views of the Northern Atlas seemed to stretch for miles, and we had made it with our small group of Moroccan Armed Forces and their Mountain team. After multiple team photos, it was time to head back down to the refuge with a huge sense of accomplishment as well as gratitude. Once back down, it was time to sort out our admin and prepare for the descent back down into Imlil the next morning.

We set off from the refuge straight after breakfast, to beat the sun and stay as cool as possible. The distance of 12.3km seemed to be a lot easier on the way down and we made it back to Imlil in time for lunch. Finishing the trek off by presenting our guide and chef with a 22MMR CO's coin to show our gratitude for all their hard work during the trip as well as presenting a 22MMR plaque to the Moroccan Armed Forces and to the Royal Moroccan Gendarmerie. We then had planned two days in Marrakesh exploring the culture and being immersed in the hustle and bustle of the Souks.

Overall, we are very grateful to have had the opportunity to climb Mt Toubkal, but to also have the privilege of creating relationships and experiencing their culture throughout with the local guides and Moroccan Armed Forces.

Pte N. Jones RAMS

ARU CORPS FINAL – 4 MAR 26



Maj Mark Woodward

As Director of RAMS Rugby Union Men's, I'm immensely proud of our players who stepped onto the field on Wednesday, many of whom carved out the time despite demanding duties and operational pressures. Their commitment alone speaks volumes.

Facing the RAPTC is always a huge challenge however our squad showed the resilience, heart, and composure that define the Medics. It was one of the closest matches I've seen in years, a true battle of inches, and the lads held strong to secure a hard-earned win. This victory reflects the character of our people: soldiers and officers who balance service, responsibility, and still give everything for their Corps. A further congratulations and huge thanks to our new Head Coach, SSgt Tony Lawless, and his steadfast Serpent stalwarts, WO1 John Chamberlain and WO2 Dave Beal, their preparation was vital.

And as ever, my thanks to the chain of command for your continued support. Without you, we simply wouldn't have the players or the opportunities to build such a talented, spirited team.

RCN Scotland Nursing Team of the Year



215 (Scottish) Multirole Medical Regiment Nursing Team are one of the three finalists.

The winners will be announced at the awards ceremony at the National Museum of Scotland in Edinburgh on 30 April.

The 215 (Scottish) Multirole Medical Regiment Nursing Team delivers outstanding person centred care in some of the most challenging environments worldwide. Made up of highly skilled Army Reservist nurses, they combine NHS expertise with military service to provide safe, effective healthcare wherever it is needed. Their collective professionalism, compassion, and resilience ensure high quality care from UK hospitals to remote overseas locations. In Kenya, the team worked together to support local health services, delivering primary care in austere environments with limited resources. Their adaptability and teamwork under pressure strengthened international partnerships and enhanced local healthcare delivery. During Exercise Paeion Cyclone, the team transformed abandoned buildings into a fully functioning clinical facility through exceptional collaboration and leadership. Working alongside surgeons, medics, engineers, and logisticians, they created emergency, surgical, and ward areas designed around safety and patient flow. Their innovative approach demonstrated what a highly coordinated Reserve Nursing team can achieve, even in the most demanding circumstances. Continuous evaluation, daily reflection, and shared learning improved patient pathways and strengthened multidisciplinary teamwork. Their efforts have shaped future Defence healthcare models and influenced emerging medical doctrine. Through unity, expertise, and compassionate care, the 215 (Sc) MMR Nursing Team continues to redefine what is possible in deployed healthcare. They exemplify the very best of Defence nursing—innovative, adaptable, and always driven by patient needs. Wherever they serve, they prove that exceptional care can be delivered anywhere, even in the most austere conditions.
