

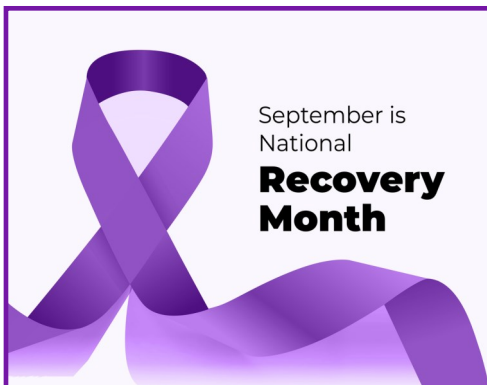


THE WARRIOR

VOL. 4.3
AUTUMN 2023

ESCC Recovery Week 2023 Special

East Sussex Veterans' Hub Bulletin for the Armed Forces Community in East Sussex



In September, people across the UK celebrate International Recovery Month to show support for those recovering from substance use disorders and mental health challenges. The goal is to reduce stigma, spread awareness about the benefits of recovery, and emphasise the importance of accessible treatment and support services.

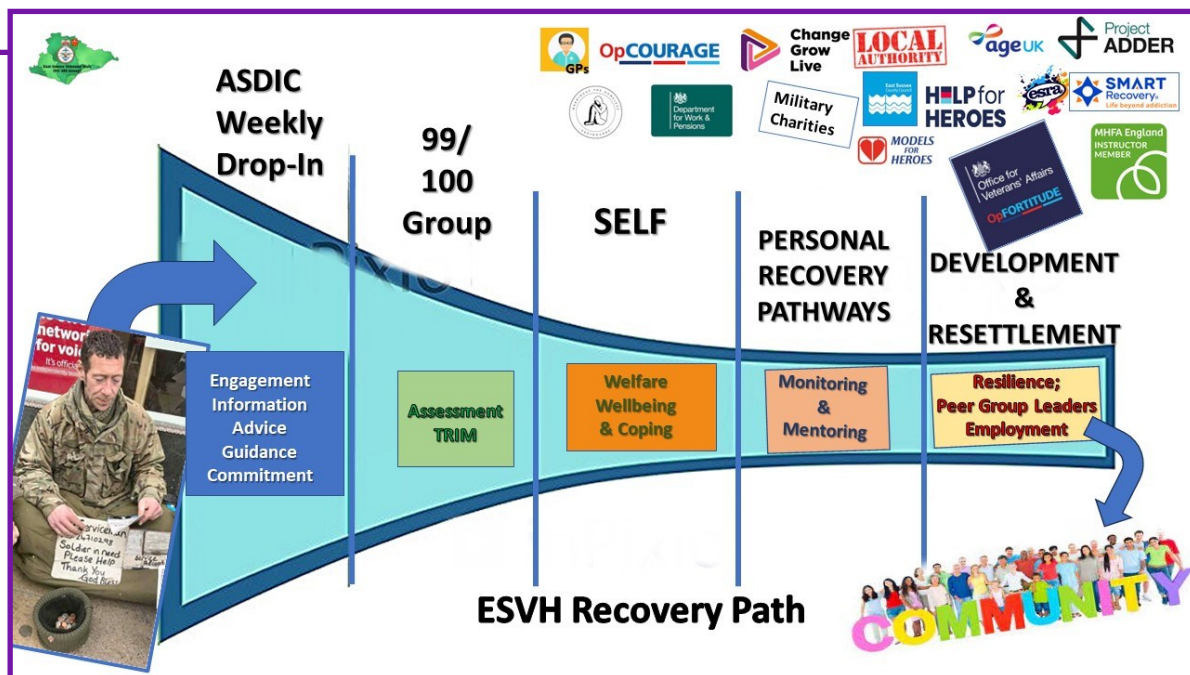
East Sussex County Council organised a week-long event in Eastbourne from September 25th



to 30th at The Beacon Shopping Centre with displays, staff and service users present from 10 am to 4 pm daily. Various support organisations from the county offer information, advice, and guidance to the community.

ESVH, which manages a recovery activities programme and provides support for residents of HM Prisons, participate in this event with an outside display in the market place.

Also, an event is organised by the East Sussex Recovery Alliance on Wednesday, September 27th, at 5 Harold Place in Hastings. The event will feature a programme of activities from 10 am to 1 pm, including client stories, jazz-based movement, yoga, creative art, and hand massage.



East Sussex Veterans Hub 99/100 Group, 5 Harold Place. Hastings TN34 1JA
01424 446292 07884263824 Email: ESVH99100@esvh99100.onmicrosoft.com

Registered with Charity Commission 1183583





Defence Cuts 'Nuts' says former Minister

Lord Robathan, a former defence minister, has criticised the proposed cuts to Britain's Armed Forces, calling them "completely nuts".

The government's plan is to reduce the regular Army's size from 82,000 troops to 73,000 by 2025. However, the government argues that the Army's total force capacity will still be 100,000 soldiers with the inclusion of reservists.

Lord Robathan served as chief of staff of the prisoner of war guard force in Saudi Arabia, Iraq and Kuwait, and has expressed concerns about the perception that the Armed Forces are declining due to shrinking numbers.

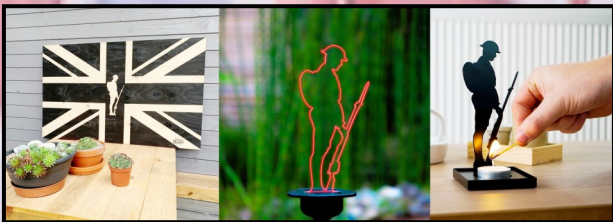
During a House of Lords debate, he urged the new Secretary of State, Grant Shapps, to reconsider the cuts in light of the ongoing conflict in Europe.

Lady Goldie, the Defence Minister, disagreed with Lord Robathan's views, stating that the UK's support for Ukraine has been universally admired and that the government's defence reviews align with its strategic foreign policy objectives.



Special Range of Merchandise for RBLI

Royal British Legion Industries (RBLI) have said they appreciate the incredible response received for their 'Remembrance' range for 2023.



Support has been exceptional and the aim is to raise more funds than ever before to assist veterans and individuals with disabilities.

The 'Remembrance' range is exclusively produced

or fulfilled by veterans and individuals with disabilities, to honour the occasion. All the proceeds from this range will go towards RBLI's mission of supporting veterans and individuals with disabilities.

Full range of products at [Royal British Legion Industries Shop | Remembrance \(rbli.shop\)](https://www.rbli.shop)



Training Helped Royal Marines Veterans

During their world-record 5,128km canoe voyage, former Royal Marines Ian Roberts and John Bathgate were attacked by gun-wielding pirates in the Amazon.

However, they effectively used their military training and physical fitness to fend off the attackers using just their paddle.



Ian explained that military training helped

them react quickly to the situation. Being able to stay fit also played a crucial role in their ability to handle the attack.

The pirates approached them from behind on a flat and wide part of the river, and their malicious intent was clear from their faces.

Ian struck one of the attackers with a paddle, and John charged at him. Though John was shot in the shoulder, they managed to disarm the pirates and swim back to their canoe.

Despite the terrifying experience, the two friends plan to return to Peru next summer to complete their fundraising expedition.

The pair are taking on the challenge to raise money for environmental charity Rainforest Concern, the Royal Marines Charity and veterans' charity RV1UK.



Funding for Veteran Accommodation

The Veterans' Capital Housing Fund, administered by the Armed Forces Covenant Fund Trust, has announced two new programmes that will increase the availability of housing for veterans.

The grants awarded through these programmes will either provide a refurbishment grant to bring veterans' housing up to date, or support organizations in the early stages of complex building projects.

The Refurbishment Grants Program will provide up to £75,000 in grants to refurbish or extend existing accommodations for veterans, whether permanent or transitional. Permanent housing must be affordable and available to veterans through social rent, or be part of a larger facility that provides rented homes to veterans with tailored support, such as care homes.

This program is open to projects that refurbish existing affordable homes for rent to veterans, sites that increase the availability of veteran housing, and properties that meet decent homes and energy efficiency standards.

The Veterans' Capital Housing Fund, is delivered by the Armed Forces Covenant Fund Trust on behalf of the Office for Veterans' Affairs.

More programmes will become available under this fund in 2023 for larger new build or major refurbishment capital projects.

Minister for Veterans' Affairs, Rt Hon. Johnny Mercer MP, encourages all providers of rented, social housing for veterans to apply and help deliver part of the £20 million capital housing project, as quality housing can make a big difference in helping veterans thrive in civilian life.

Afternote: ESVH were invited to meet the Minister recently, sponsored by local MP Sally-Ann Hart.

The Minister outlined the development of support for veterans being achieved through Op Courage (NHS mental health treatment), Op Fortitude (Housing)

and Op Restore (Support for those with physical challenges)..



It is anticipated that ESVH will have further contact with the Office of Veteran Affairs, certainly as projects addressing accommodation for veterans progresses.

ESVH are currently considering the provision of supported accommodation locally, to meet an evident demand and ease the limited availability of appropriate housing stock in East Sussex through local authorities.



AAC 'Drop In'

Over the course of two days, a British Army Apache AH-64 helicopter, renowned as one of the world's most advanced attack helicopters, had to make two precautionary landings.

The Army confirmed that there was no threat to the public or the aircrew during either landing.

The helicopter was participating in Exercise Cobra Warrior when it was forced to land prematurely in Kirkby Lonsdale in Cumbria on the first day, and then in the village of Caton in Lancashire on the following day.



Upon landing in Caton, the crew showed nearby members of the public around the aircraft, and one fortunate schoolboy even had the opportunity to see inside the cockpit.

A spokesperson stated that both landings were due to the same technical issue, but assured that there was no danger to anyone involved.

The Ministry of Defence has not released any details regarding the technical issue, but the aircraft returned to the Nesscliffe Training Area.

The Apache AH-64 has been utilized by the British Army in various conflicts, including Libya, Iraq, and Afghanistan. Presently, the Army is upgrading its fleet by introducing the new Apache AH-64E into frontline service.

The AH-64E replaces the Apache Mk.1, which has been in service since 2001 and has proven to be a vital asset. The new variant provides the Army with a cutting-edge attack aviation capability that will be a crucial factor in how they fight in the coming years as outlined in the Future Soldier programme.



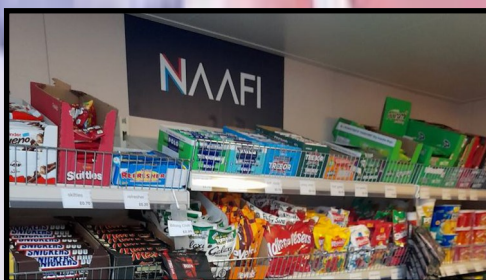
NAAFI Serve RFA

The Royal Fleet Auxiliary recently introduced its very first Navy, Army, and Air Force Institutes (Naafi) shop on board one of its vessels, RFA Lyme Bay.

This new addition provides the crew with a sense of familiarity and convenience. The shop recently opened and is now available to the ship's company and embarked forces as they prepare to set sail to the Indo-Pacific as part of the Littoral Response Group South deployment.

RFA Lyme Bay announced that this new "spanking new" shop will boost morale and is a first for the Royal Fleet Auxiliary. The shop offers typical corner shop goods like toiletries, crisps, and chocolate.

RFA Lyme Bay is one of three Bay-class RFA vessels that allow personnel to move from ship to shore using onboard Landing Craft Vehicle Personnel and Landing Craft Utility vessels.



The Naafi announced plans to open shops on board RFA Mounts Bay and RFA Argus.

The Naafi has been providing services to the Armed Forces since its establishment by the government in 1920 and already has a presence on board most Royal Navy ships.



ESVH Programme of Activities October to December

Whole Period

ESVH Weekly Drop In Mondays 1000-1300

Camera Club Weekly Mondays 1000-1300

SMART Recovery from 23 October

Weekly Mondays 1330-1500

Gymnasium Session Weekly Wednesday 1100-1230

Model Club Weekly Fridays 1000-1300

99/100 Sessions Fortnightly Saturdays

From 14th October 1000-1300

(Mediation included)

October

Bushcraft Days Thursday 12th & 26th

Woodcarving Cheeseboards Thursday 19 October

Sculpture (3day with optional camping)

Tuesday-Thursday 3.4.5 October

November

Remembrance Sunday 12 November

Service in Alexandra Park Hastings 1030

Family Lunch at ESVH afterwards

Bushcraft Days Thursday 9th & 23rd

Mental Health First Aid Pt 1 One Day Friday 17th

Woodcarving Clocks Thursday 30th

December

Last 2023 Drop In 18 December

Last 2023 Camera Club 18 December

Last 2023 Gym 20 December

Last 2023 Bushcraft 7 December

Last Model Club 15 December

Last 2023 99/100 9 December

Mental Health First Aid Pt 2 1st December

Family Christmas Lunch 17 December



For further information, arrange a specific event for your organisation or join ESVH activities where appropriate, please contact

01424 446292 07884263824 07413820715



Rifleman Richard King 24363714

Richard was born in the North East in 1958 and served with the 4th & 7th Battalions, Light Infantry, including a tour of Northern Ireland, mid 1970. After returning to civilian life, he eventually found himself in Hastings, from around 2003.

Whilst here, he kept himself to himself amongst a select group of mates living in Hollington. He was a confident but gentle person, who with his familiar 'Geordie' accent, made friends easily.

He did move to Scotland for a period of around five years, where he met Helen, who became his soul mate. She became the love of his life! Sadly, Helen passed away earlier this year, and losing Helen created a lot of personal pain for Richard.

Throughout recent years, since around 2016, Richard had close support from SSAFA, East Sussex Veterans Hub and East Sussex Recovery Alliance in Hastings. In particular, he grew to claim ESRA as his 'family' and would visit them, with Helen, any time they were open, always getting a hot meal and staying to enjoy friends and company for as long as possible. He would drop in on Mondays at ESVH for breakfast and a chat, often en route to ESRA.

More recently, Richard was allocated a self-contained flat in Bexhill, where he became settled and began to adjust to living alone again, with the support of ESVH and ESRA. It was here, in Bexhill, that Richard passed peacefully.

Richard was a great character, His funeral was held on 13 September at Bexhill Cemetery and attended by his friends and comrades from ESVH and ESRA.

Stand Easy Richard - Your Duty Is Done!



James 'Jimmy' Twiddy Black Watch

It is with sadness that the passing of 'Jimmy' Twiddy, a homeless veteran who had a reported brain haemorrhage and died whilst walking with friends in Eastbourne.

Little was known of Jimmy, other than he served with the Black Watch. ESVH helped him with B&B earlier in the year and he had good contact with Matthew 25 in Eastbourne.

It is understood that Jimmy's family supported by Matthew 25 and the local British Legion arranged or are arranging his funeral. Further information may be available from Matthew 25, Ed Archibald 01323 726960

Stand Easy Jimmy - Your Duty Is Done!

ESVH Keeping Busy!

Bushcraft



Bushcraft is the art of wilderness survival. It involves mastering fire-making, shelter-building, and foraging for food and water. With proper training and experience, one can develop the ability to thrive in the great outdoors with minimal equipment and resources. Whether you are a seasoned outdoorsman or just starting to explore the natural world, learning bushcraft can be an incredibly rewarding and fulfilling experience.

A series of bushcraft days have been organised and used by a cross section of organisations over the past 4 months. In addition the ESVH peer group has undergone further fieldcraft training in preparation for future events.

Teambuilding



Team building days offer the perfect opportunity for your team to escape the confines of the office or remote work and come together in nature. Our corporate and team away days are fully customised to meet your needs. Whether you want a full-day or half-day event, we guarantee your team a unique experience.

One 'Away Day' was organised for service users addressing substance and alcohol challenges during September. They were accompanied by their support workers and all found the activities enjoyable, stimulating and relaxing. The ESVh team also enjoyed themselves working with those in the community.

Woodcarving



Woodcarving is the art of creating sculptures or decorative objects from wood. It involves using tools like chisels, knives, and saws to shape and carve the wood into the desired form. Woodcarving can be a challenging and rewarding hobby, requiring skill, patience, and creativity. It can also be a lucrative profession for those who master the craft. Whether you're a beginner or an experienced woodcarver, many resources are available to help you improve your skills and create beautiful works of art.

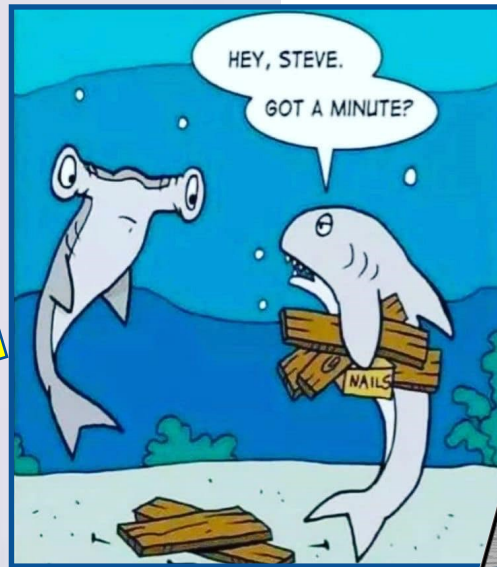
One woodcarving day was organised, concentrated on walking stick making and another, two days, with a focus on animal carving. Previous courses included mask and wall clock making. Not only a day away but service users take something home! Great to have a practical reminder of new experiences and fun days.

Football Golf



Football golf is played similarly to traditional golf, but instead of using a golf ball and clubs, a football is used. The objective is to kick the football into a series of holes, which are marked by flags just like in golf. Each hole has a par, or a predetermined number of kicks it should take to get the ball in the hole. The player with the lowest number of kicks at the end of the game wins. It's a fun and challenging activity for people of all ages and skill levels. Have you ever played a round of football golf before?

This is a must for the coming period as the programmed game in July had to be cancelled. All organisations are welcomed to join in and some may be subsidised by ESCC. No skill required!



LoL

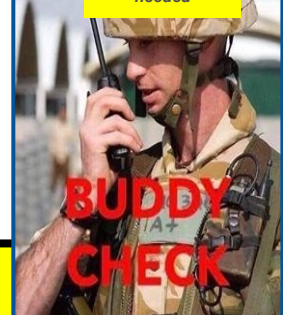


The East Sussex Veterans Hub is committed to providing extensive support to veterans, with a focus on their overall welfare, well-being, and coping strategies. They offer a wide range of services including information, advice, and guidance, tailored to help veterans overcome various challenges they may encounter. The services offered include activities and psychoeducational sessions that address addiction, alcohol, and trauma-related issues. On request, selected services may be available to other organisations.

To get in touch, please email esvh99100@btinternet.com or call 07884263824.

Contact a Veteran you know & ask how they are doing ...

Sometimes a chat is all that's needed



Support Services Telephone Contact Numbers

NHS 111 Any medical or health issue, ring 111 IMMEDIATELY, for advice. Some GPs have a telephone triage service as well. Also ring 111 for veterans' mental health service (Op Courage) or local crisis team

ESVH 07884263824/01424 446292 Monday Drop In 10am

STAR Freephone 0300 303 81600 **ESRA** 01424 435318 **Seaview** 01424 717981

Job Centre Plus Hastings 0800 169 190

Samaritans Hastings Freephone 0330 094 5717 National 116 123