



# THE WARRIOR

Newsletter for ESVH & the Military Community In East Sussex



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[www.eastsussexveteranshub.co.uk](http://www.eastsussexveteranshub.co.uk)

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## WHAT'S IN THIS EDITION?

1. Coronavirus: All About Vaccines
  - Support Service Contacts
2. All About Vaccines Continued
  - 2500 mile Ride to Remember
3. Military Welcomes the Queen to Balmoral
  - Chelsea Recruits Wanted
4. Useful Information : What to do if someone is missing
4. Army On Standby
  - Project ADDER Event
6. Milo presents: Bits & Bobs
7. Steve's Special Veggie Chilli
  - An SAS First
8. A Full Page of LoL



**AND all other essential services, postmen, milkmen, paperboys (and ladies) waste collectors, etc., plus all volunteers across the County**

## Coronavirus: All About Vaccines

Words and strap lines we hear daily include 'book your vaccine', 'grab a jab' or 'join the millions'. Many will already realise the importance of Covid-19 vaccinations, however, many find the idea still makes them nervous?

Nearly 90% of adults in the UK have now had their first vaccine dose. That's over 46 million people who have made an important step towards protecting themselves and their loved ones. But if you still need some questions answered before you join them, we've got you covered.

Is it safe? Will it protect me? What about the infertility rumours? And those blood clots? Should you still have questions, this is what is known about the Covid-19 vaccines:

### Are they're safe?

The speed at which the vaccines have been made available to us does not mean they have been rushed or that important steps in the testing process were skipped.

Global collaboration in effort, knowledge and funding have meant that scientists have been able to work at record speed. All the vaccines have all gone through the same trials and checks that every other licensed medicine goes through. They have met strict standards of safety,

Continued on page 2

## Support Services Telephone Contact Numbers

**NHS 111** Any suspicion of coronavirus, ring 111 IMMEDIATELY, for advice. Some GPs have a telephone triage service as well. Also ring 111 for veterans' mental health service HIS.

**ESVH** 07884263824/01424 446292/Freephone 0330 1077 808

**STAR** Freephone 0300 303 81600

**ESRA** 01424 435318

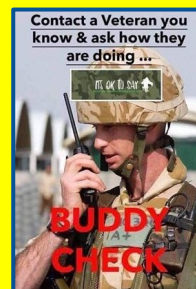
**Seaview** 01424 717981

**Job Centre Plus Hastings** 0800 169 190

**Samaritans Hastings** Freephone 0330 094 5717

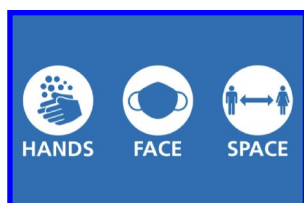
**Bexhill Caring Community** 01424 215116

**Hastings Covid-19 Community Support Hotline** 01424 451019



**East Sussex Veterans Hub 99/100 Group, 5 Harold Place. Hastings TN34 1JA**  
**01424 446292 Email: [ESVH99100@esvh99100.onmicrosoft.com](mailto:ESVH99100@esvh99100.onmicrosoft.com)**

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continued from page 1...

quality and effectiveness as approved by the independent MHRA (Medicines and Healthcare products Regulatory Agency).

### **Are the side effects of the virus worse?**

Most people will not die from Covid-19 – that much is very true, but some people develop severe complications and need hospital treatment.

Some people also develop long-lasting symptoms such as extreme tiredness and chronic breathlessness that go on to affect their daily lives.

This is called Long Covid and there is, at the moment, no known cure. The changes might be permanent, can affect anyone, regardless of how healthy you are, and these long-term effects are still being investigated by scientists.

The best way to protect yourself from Long Covid is – (you guessed it) – getting your jab.

### **We don't know much about natural immunity**

Covid-19 is a very new disease and scientists are still working out precisely how the body fends off the virus. There is scientific data to indicate that if you have had coronavirus, your body will contain neutralising antibodies for several months afterwards. What is not known is how long those antibodies last or how much protection they give you.

It is relatively uncommon to have Covid-19 more than once, but it does happen, even if you have had Covid-19 already, it is recommended to have the vaccine for the protection of yourself and others. You can read about immunity to Covid-19 in more detail at the British Medical Journal website.

### **Does Covid cause more blood clots?**

When the AstraZeneca vaccine became the focus of blood clot investigations, it was a huge concern for everyone and, understandably, caused a lot of nervousness around the vaccines in general. The clots associated with the vaccine were extremely rare – to date, only 10 people have developed this condition for every million doses of AZ vaccine given. A recent study of over 500,000 people found that you are 10 times more likely to suffer a serious blood clot from Covid-19 itself than you are from being vaccinated. The virus causes inflammation throughout the body which makes you much more likely to develop blood clots of any type, amongst other complications.

If you have had your first dose of the AstraZeneca vaccine and experienced no complications you should still get your second jab. If you have concerns, please discuss these with your GP.

For more details on about blood clots and the Covid vaccines, GOV.uk have issued guidance to answer

as many questions as possible on their website.

### **So... let's get back to normal, and stay there.**

We've spent over a year in and out of lockdowns and have reached a point where we can move forward and manage the virus – but this will only be possible through vaccination.

To stop the spread of coronavirus, we need to achieve population immunity and we hope that the points addressed here have helped ease any concerns you have.

To get vaccinated go to [nhs.uk/coronavirus-vaccine](https://nhs.uk/coronavirus-vaccine), call 119, or visit one of our walk-in clinics – new dates and locations are being added all over Sussex all the time.

Join the millions who have already had their vaccine and help us live safely with Covid-19.



### **2,500 mile Ride To Remember**

**Motorcyclists were welcomed to Portsmouth when they visited, as part of their cross-Britain 'Ride of Respect' in support of Falklands War veterans.**

A four-strong team of veterans rode into the city yesterday to visit a number of important memorial sites.

Known as the Airborne Forces Riders, Paul Moore, Charlie McColgan (both 9 Para Sqn RE), Tony McKie (1 Para) and Phil Damant (RAF) took part in the challenge to raise funds for and awareness of The South Atlantic Medal Association.

The team were on day 10 of their 2,500-mile ride around the country to visit graves and memorials of men who lost their lives in the Falklands War.

In Portsmouth, they visited The Yomper Royal Marines memorial by the former Royal Marines Museum in Eastney and the Falklands Sea Forces



Memorial next to the Square Tower in Old Portsmouth.

Paul Moore said: 'We're going to visit 80 graves around the UK, and we're currently 1,600 miles in and ten days into the ride.'

'The Yomper is the iconic image of the Falklands War, it became the front page news picture of Royal Marines flying the union flag.'

This year's Ride of Respect follows two other rides in 2019 and 2020.

Paul said: 'We are doing this ride to demonstrate that these men are not forgotten, to pay our respects to each one and their families, and to raise funds for the South Atlantic Medal Association who continue to support veterans of the Falklands War and most importantly, the families who have lost loved ones.'



## **Military Welcomes the Queen to Balmoral**

**Troops from 5th Battalion the Royal Regiment of Scotland have officially welcomed the Queen to her private Scottish retreat of Balmoral Castle.**

Soldiers gave the Queen a guard of honour and The Pipes and Drums of the regiment's 3rd Battalion performed during the ceremony.

The Royal Regiment of Scotland's mascot, Shetland Pony Lance Corporal Cruachan IV, also took part.



The welcome ceremony was not performed last year due to the coronavirus pandemic when the Queen would take part in her role as Colonel-in-Chief of the Royal Regiment of Scotland.

The Queen traditionally inspects troops when she takes up residence at the castle and, outside the gates, she cast her eye over soldiers from Balaklava Company, 5th Battalion the Royal Regiment of Scotland. The monarch's annual stay at Balmoral is the first time she has holidayed on her private estate since

the death of her husband, Prince Philip.

The Queen left for Scotland just over two weeks ago and is believed to have been staying at Craigowan Lodge on the Balmoral estate – where she normally spends the initial period of her summer holiday.



## **Chelsea Recruits Wanted**

**Are you an Army veterans over the age of 65? If so, The Chelsea Pensioners are opening their doors for new members, using social media to spread the news.**

Known for their long, bright red coats, the group is inviting fellow British Army veterans over the age of 65 to join them at Royal Hospital Chelsea in London.

The group took to Instagram to write:

"Do you know anyone who would like to become a Chelsea Pensioner? If so, our doors are currently open for new recruits!"

According to their website, 300 men and women currently call the Royal Hospital Chelsea home.

The comradery between those who have served in the Army is often used to combat feelings of loneliness and isolation, and the group encourages "active aging" through social interaction and activity.

The website says applicants must be able to live independently in the sheltered accommodation as the Royal Hospital Chelsea nursing wards are unable to accept direct entries.

Former soldiers, non-commissioned officers and late-entry officers of the British Army, who have reached 65 years or state pension age (whichever is greater) and who fit the eligibility criteria are encouraged to apply.

Applicants must be willing to surrender either an Army Service Pension or War Disability Pension, as food and accommodation is free. In the absence of an Army Pension, there would be a requirement to make a weekly contribution towards living costs (based on an affordability).



## Useful Information

“ I want to report someone missing ”

Give the police as much information as you can including:

- The person's full name
- Date of birth
- Usual address
- Employment
- Any details relating to their disappearance
- Any information that might make them at risk, including any physical or mental health issues

If someone is missing, the first thing to do is to contact the police. **Call 101** to report them missing, or **999** if you think they may be in danger. You do not need to wait 24 hours if you are concerned.

- Photo
- Mobile phone number

You can also contact the independent charity Missing People for free and confidential advice about what to do.

**Call or text 116 000 or email [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk)**

Missing People can raise awareness and search for vulnerable missing adults without using high profile publicity – contact us to talk through the options.

There are many reasons why people lose touch and many ways to search for them.

### If your client:

- Is concerned about a missing person's welfare, they should contact the police as soon as they can. If they are worried they can contact us first and we can help them decide what to do.
- Needs to talk to someone in confidence, they can call or text our free helpline.
- Has lost touch with a loved one, we may be able to help using our lost contact tracing service. The service is free. Complete the form at [www.missingpeople.org.uk/lost-contact-tracing-request-form.html](http://www.missingpeople.org.uk/lost-contact-tracing-request-form.html) or give us a call.

“ My client is missing someone ”



## Army On Standby

**British Army HGV drivers have been put on standby to help deliver food to supermarkets in the event that the national driver shortage continues to threaten supplies.**

Around 2,000 HGV drivers from the army's Royal Logistics Corps are on five-day notice to help distribute food and essential goods, after supermarkets across the country were left with shortages.

"Messages are being sent out to all Army personnel with HGV qualifications. They are being put on five-day standby notice for driving jobs at major distribution centres around the country," a source has reported.

"Soldiers will be put up in hotels where necessary and will be working extended hours to assist with the crisis. They will be involved with food distribution as well as the transportation of other essential goods and medical supplies."

In recent weeks, ongoing driver shortages have left supermarket shelves sparse with the situation likely to get worse unless more drivers are recruited.

Several supermarkets have incurred higher costs and resorted to bonuses to attract new drivers but Logistics UK estimated 25,000 HGV drivers were forced to return to the EU following Brexit.

There is also a backlog of a further 25,000 HGV driver tests which were postponed due to Covid-19 restrictions and the "pingdemic".

However, industry bodies have criticised the decision to involve the Army. Rod McKenzie, RHA managing director of policy and public affairs, told *The Sun* it is only "a short-term fix".

"It is not a good idea. We need to address what to



do to get another 100,000 drivers," he said. Elizabeth de Jong, director of policy at Logistics UK, says "The decision to use Army personnel to supplement the logistics workforce would be a short-term, extreme measure which will not address the underlying issues which Logistics UK has been warning the government of for some time now."

Logistics UK is calling for the government to allow EU drivers temporary visas so they can work in the UK to fill the shortages.

De Jong said the industry is "reliant" on EU workers, and the "loss of European drivers after Brexit and the suspension on driving tests during lockdown is now being felt".

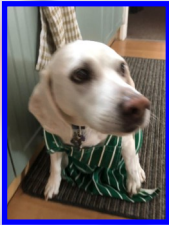
She continued: "While UK citizens train and qualify as the next-generation of drivers, which can take up to nine months, it is vital that the government extends its temporary visa regime, recently extended to agricultural workers, to logistics employees to ensure that UK plc can continue to receive the goods it needs in a timely fashion."



**Overdose Awareness Day  
Tuesday, 31 August, 2021**

**First Floor, 5 Harold Place, Hastings  
TN34 1JA**

**Support Service Stalls, videos, information advice & guidance  
10.30 through to 1330**



### Milo Says: Bits & Bobs



Congratulations to Clem & Alice  
on their wedding anniversary!  
Well done and best wishes from all at ESVH



Could it be a Johnny Depp  
stand in?



Clem will soon be starting a model  
making session, fortnightly on a  
Saturday morning.  
Let us know if you are interested



### News Flash

You may be relieved to know that this is the last  
weekly issue of ESVH newsletters.

They will now be published monthly, as we come  
out of covid and can get together again.  
Next issue will be September



### In the Vernacular (for veterans anyway)

**Andrew** (Army) Royal Navy/RN Sailor

**Black nasty** Army-issue black duct tape without  
which the Army would fall apart. Used for almost  
everything from insulating metal cups to holding the  
wheels on tanks.

**Chin-strapped** (Army) tired, knackered

**Dicker/Dicking/Being Dicked** (Army/RM) Member  
of an opposing force (generally during insurgency  
conflicts) who spies on friendly forces/the act of  
spying/being spied upon

**ENDEX** Every soldiers favourite words means the  
exercise or event is over and have a shower for the  
first time in weeks.

**Furry Crocodile** (Army) Dog

**Green Slime** Army, military intelligence personnel

**Horror bag** Army/RAF packed lunch. Usually  
contains two flaccid sandwiches, one of which may  
contain Mystery Fish paste, unknown brand crisps  
(often 'Paprika' in BAOR) an apple, a Kit-Kat and a  
tin of cola. Avoid.

**Jungle or Junglies** (Army) RN troop carrying  
helicopter or RN troop carrying helicopter's crew.

**KFSM** Knife, fork, spoon, mug. Issued day 1.

**Lumpy Jumper** (Army/RAF) A female soldier as the  
woolly pully often exaggerated the female form

**Maggot** One of a number of terms for Army  
Sleeping Bag

**NIGS** New intake Gunners or Any Soldier Straight  
Out Of Training

**Oggin** (RN) water. "in the oggin" = in the sea

**Pukka** Real as in "Pukka Gen" real information, not  
made up or assumed.

**Rodney** (RAF & Army) Officer; commissioned from  
the ranks.

**Sticky** chocolate bar / sticky: bun or cake RN.  
Member of Official IRA to RM

**TAB** (Army) acronym for "Tactical Advance to  
Battle", a forced march in battle dress order, either  
ending in battle or during training. Seep 'Yomp' (RM).

**Ulu** Originally thought to be from Malay but ulu  
translates into = interior person. (From Malay -  
Jungle. Living away from the coast i.e in the interior,  
which was thick, primary jungle).

**Vet** Anyone who has military Service and now in  
Civvy Street

**Wooden-top** (Army) a soldier from the Guards  
Division

**Yomp** (RM) your own marching pace. To force march with  
a heavy load

**Zob (RAF)** a commissioned officer. Plastic Zob (RAF):  
New officer just out of training (You can still see the mould  
marks)

### ESVH Programme of Meetings First Floor, 5 Harold Place, Hastings TN34 1JA



### NEXT 99/100 Group Gatherings

**Saturday August  
21st  
1000 - 1400  
Session  
Tea & stickies  
Get together**

**Veterans' Drop Ins  
Monday August 23  
1000 - 1400  
Pop in for a cuppa!**

**Rural Activities  
Netherfield  
August 13/14/15 (see woodcarving)  
Pond clearing Saturday 14th**

## Steve's Special Veggie Chilli

Serves 2



Preparation time 2 mins

Cooking time 30 mins

The easiest chilli you'll ever make, with ready-to-eat grains, kidney beans in chilli sauce and summer veggies - it's 4 of your 5-a-day too!

### Ingredients

400g pack oven roasted vegetables

1 can kidney beans in chilli sauce

1 can chopped tomatoes

### Method

Heat oven to 200C/180C fan/ gas 6.

Cook the vegetables in a casserole dish for 15 mins.

Tip in the beans and tomatoes, season, and cook for another 10-15 mins until piping hot.

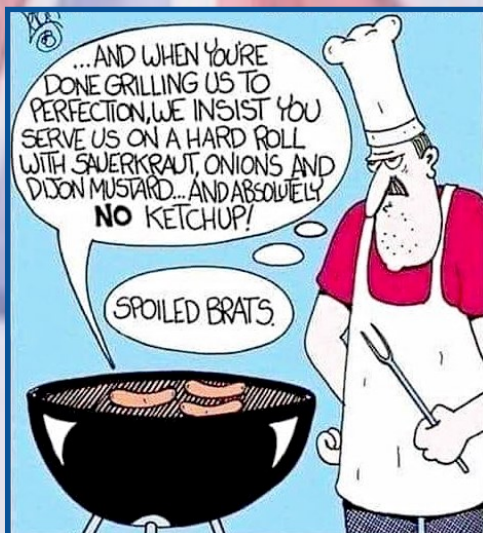
Heat in the microwave on High for 1 min and serve with the chilli.

### Goes well with

Sweet potato chips

John's great guacamole

Cheesy garlic bread wedges



## An SAS First

**Two personnel are to become the first females to tackle Special Air Service (SAS) selection.**

The pair have passed through pre-selection for the revered British Army special forces unit and are now set to face the full course.

In the past, women have been able to work with the SAS after transferring from separate units, although until now none have attempted the entire selection process.

The two unnamed individuals are both products of a one-to-one programme aimed at boosting female representation across UK Special Forces (UKSF) and making full use of the defence talent pool.

Project Artemis trains women for specialist support roles within UKSF over a period of nine months, provided they have two years' experience and their Commanding Officer's recommendation.

It is hoped mental, physical and skill-based training under Project Artemis will have helped prepare the pair for an SAS selection course known to produce one of the world's most elite fighting forces.

The MoD said: 'We are proud there are no bars to women playing a full role across our Armed Forces.' To pass the full selection process an applicant must endure three stages of testing.

The first is an endurance test or 'hills stage' in Brecon Beacons, Wales - where candidates have to carry an ever-increasingly-heavy bergen (military backpack) over a series of long timed hikes, navigating between checkpoints.

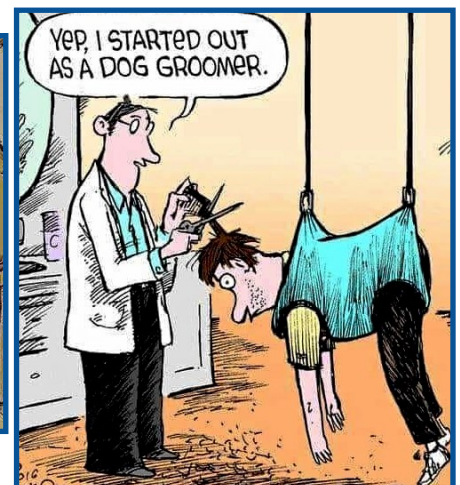
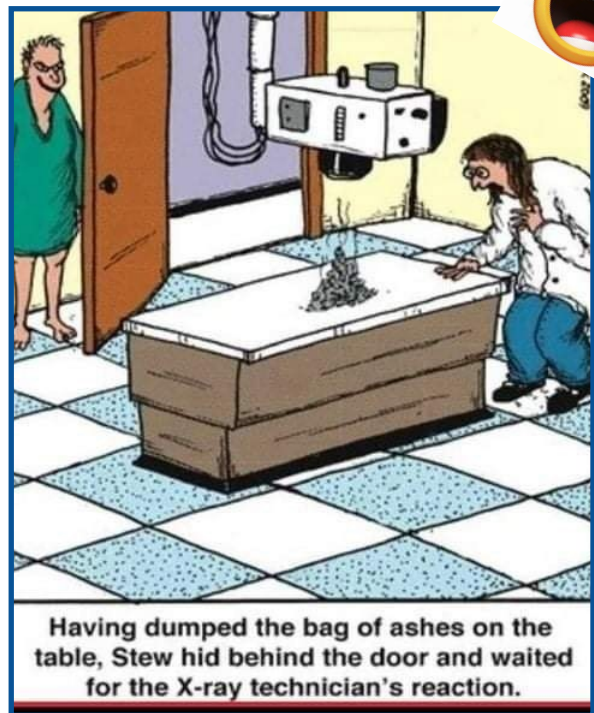
No encouragement or criticism is provided by the supervising staff at the checkpoints.

Successful candidates then pass into the jungle warfare stage, typically set in the Belize jungle, where they have to live for weeks behind enemy lines, in four-person patrols, living on rations.

The few who pass the second stage are then put onto the final three-day escape and evasion phase. Among other tasks they will be interrogated as harshly as legally possible to test their resolve.

A Full Page Of

LOL



She died last Fry Day. Thank God she wasn't beaten. Dont worry, she went over easy. She's now on the sonny side. She's definitely in a better plate.

