



THE WARRIOR

Newsletter for ESVH & the Military Community in East Sussex



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MARCH 2022

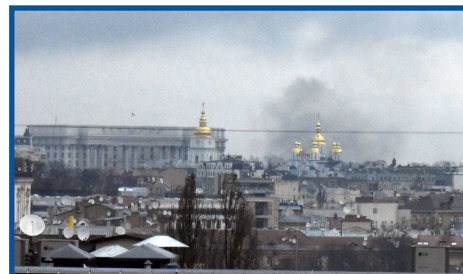


Active Edge For Real!

Those of us who are long in the tooth and remember the Cold War from our time in BAOR, will recall the laborious intrusion of 'Active Edge' on everyday soldiering in Germany. Early rising at zero crack sparrow, assembling in barracks, preparation and deployment to war locations, all in a disciplined timeframe, mere hours. Then, once established in

the field, laboriously moved on to new locations across divisional areas of operation. This, nevertheless, as a part of NATO, helped ensure our National and European security for decades.

Now years on, Europe finds itself on the brink of a new Cold War with demarcation lines likely to be re-drawn as we speak. The outcome remains unknown but without doubt Russia must be viewed as the new North Korea, whilst under the present regime. The likeness in attitude of both governments, should not be missed.



Some may feel that the West seem to have shown indecision and appeasement as the conflict materialised. History will provide analysis and compare any perceived political reticence to secure and protect, physically or otherwise, those in need. It is certainly one opinion that what has occurred and is developing, is inevitable, based upon a mere cursory study of Putin's motivations and political philosophy.

The deployment of UK Forces to Eastern Europe NATO allied countries may well become a permanent requirement, as the aftermath of this Russian 'Special Operation' evolves. Refugees will need to resettle in allied countries, as the new iron curtain will once more be drawn across Europe. Where that runs remains a choice - the question is, Ours or Putins?

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.

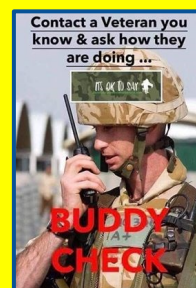
ESVH 07884263824/01424 446292

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 Community Hotline** 01424 451019



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

Registered with Charity Commission 1183583





UK Support for Ukraine

Foreign Office minister James Cleverly said the priority is to help the Ukrainians defend themselves against Russian aggression.

He reported Ukrainian soldiers "shouting God Save the Queen" as they fire UK-supplied anti-tank weapons at Russian forces.

Mr Cleverly told the House: "We have heard anecdotally that Ukrainians are shouting 'God Save the Queen' as they are firing those weapons at the tanks that have been sent to destroy them."

Mr Cleverly added: "I am very, very proud that we play an incredibly important part."

He also stressed that the UK was among the first countries to provide "lethal aid" to Ukraine and stressed the importance of "British military technology" and "British military training" to the Ukrainian war effort.

His remarks came after Conservative MP James Gray said: "Would he agree with me that one of the lighter moments in an otherwise extremely bleak picture in Ukraine was the destruction of Russian tanks using, one has to presume, British NLAWS?" Earlier in the month, while updating MPs on



NLAWS Training Pre Invasion

the Ukraine war in the Commons, Defence Secretary Ben Wallace told MPs that the UK has delivered 3,615 NLAWS (next-generation light anti-armour weapons) and will soon be supplying a "small consignment" of Javelin anti-tank missiles.

However, fears have been expressed that British-

supplied anti-tank missiles could "end up in the hands of far-right neo-Nazis" travelling to Ukraine.

Labour MP Clive Lewis, who served as an Army reservist said he had "lost his guts quite a few times" – his lunch – "from helicopters having to jink" because of the threat of Stinger missiles given to allies decades before, so raised concern over the future of weapons that are being sent.

He asked the Commons: "Can the minister assure us that the Government is putting in place sufficient measures to make sure that our weapons do not end up on the black market in the hands of the wrong people at a future day?"

"Also, to tell us that our weapons – the NLAWS and other pieces of aggressive equipment – are not going to end up in the hands of far-right neo-Nazis, many of which we know are making their way to Ukraine now from around the world?"

In response, Mr Cleverly said the priority at the moment is to help the Ukrainians defend themselves against Russian aggression.

He added: "Obviously, we hope this conflict comes to a swift conclusion but until then we will be continuing our support for the Ukrainians as they defend themselves.

"What happens at the end of this conflict in terms of securing munitions will be something, of course, we will work with the Ukrainian government and our international friends and partners."



An Opinion (shown on Facebook)
(Ed: I really could not comment)



No Travel to Ukraine

Veterans Minister Leo Docherty has called on veterans not to travel to Ukraine, instead turn their efforts to helping the Ukrainian people from the UK, through charity and volunteering.

Minister Docherty has written to military charities to seek their support in ensuring that veterans direct strong feelings of support for Ukraine to charitable activities, rather than travelling to join the conflict.

In the letter, the minister also outlines support available for veterans whose mental health may be adversely affected by the war.

Minister for Defence People and Veterans Leo Docherty said: "We know that Russia's illegal invasion has rightly brought out strong feelings of support for the Ukrainian people.

"Veterans always step up in times of need, but they must channel their skills, experience and passion into legal routes of support for Ukraine and not engage in the conflict.

"There are many ways that we all can support the people of Ukraine, including through donating money to charity."

Since the start of the war, there have been reports of former service personnel from a number of countries, including the UK, travelling to Ukraine to fight.

In the letter, the Minister outlines that the government does not support volunteers going to fight in Ukraine and that individuals who do so will put themselves at significant risk by entering into a conflict area.

The Minister also offers to support charities through the Office for Veterans' Affairs and the Ministry of Defence should they become aware of veterans looking to travel to Ukraine.

Veterans who find their health and wellbeing affected by the war can also seek specialist support from health services, such as NHS Op Courage in England, and the Veterans' Gateway.

The government advises against all travel to Ukraine.



PWRR Vets Do Their Bit

Brian Wood, the Military Cross-winning former soldier, has arrived at the Poland-Ukraine border in a van filled with "much-needed aid".

The veteran, who served in the Princess of Wales' Royal Regiment, took to Twitter to update his followers after setting off from Portsmouth on 6 March, with the aid set to help "those in desperate need".



Mr Wood is undertaking the journey alongside a wider group of volunteers.

In a video posted online, he said they had been "going 24 hours" and were feeling "shattered".

The volunteers are travelling in a van that has been donated by a Havant-based hire company.

Speaking on behalf of Motor Rent Limited, Chris Cardy said they were "very happy to be supporting such an important cause".

According to the AA, the quickest route from Portsmouth to the Polish border with Ukraine is 1,241 miles.

The journey takes in Kent, France, Holland, Belgium, Germany and Poland.

First Point of Call for Veterans of HM Forces in East Sussex

VETERANS' WEEKLY DROP IN

First Floor
5 Harold Place
HASTINGS
TN34 1JA
10AM TO 2PM
EVERY MONDAY

Welfare Information, Advice and Guidance

- Specific Support for those with PTSD and Mental Ill Health
- Close Liaison with other Agencies & Military Charities

East Sussex Veterans' Hub (99/100 Group)

• Refreshments

An opportunity to meet others over a cuppa

Contact Details:

Freephone: 0330 1077808
Landline: 01424 446292
Mobile: 07884 263824
Email: esvh99100@btinternet.com
Office: 5 Harold Place, Hastings TN34 1JA

Registered with Charity Commission No 1183583



On Line Survey Challenged

It has been reported that a survey being carried out by the DWP looks likely to blame claimants themselves for going cold and hungry.

A lobby group 'Benefits and Work' (B&W) revealed that DWP put emphasis on poor budgeting skills, rather than low levels of benefits payments, are likely to be a suggested cause of claimant hardship.

This latest survey comes hard on the heels of the publication of a disability benefits report which showed that some claimants could not afford necessities including food and heating.

Individual claimants are now being contacted and invited to take part in the new survey, being carried out by one of the UK's leading polling companies on behalf of the DWP, so the numbers are likely to be considerable.

The introduction to the new survey says it is intended to help the DWP "better understand people's financial situation and what support they may need".

The online survey asks a number of questions about what kind of debts claimants have, what effect the debts have had on them and what support they need.

They are asked if they have ever "fallen behind on, or missed, any payments for domestic bills or credit commitments". A list of possible payments they might be behind on includes : a loan from a bank, building society, money lender, friend or relative; a payday loan; a pawnbroker; court fines.

Claimants are also asked the reasons they have borrowed money, with suggestions including: house or car repairs; paying interest on debts; buying gifts; essential items such as food and bills; holidays.

It is the question about the support that struggling claimants need which is most concerning, they say.

It is concluded that advice to increase income is most likely to relate to those in employment. However, in general, claimants cannot

increase their income unless there is a benefit they otherwise could be claiming, but are not aware of.

Consideration of issues that may actually make a difference to claimants, are reported as missing from the survey, such as:

- Pay benefits at a rate that is enough to live on
- Removal of the 5 week waiting time for UC
- End the long delays for PIP assessments and WCAs

Because these are not offered, B&W say this survey will produce results that indicate all the support needs will be around claimants not understanding how to manage their money, rather than it being impossible to manage on the money they receive.



Veterans Help Make A Difference

For some months now ESVH has supported a major national initiative to reduce substance misuse and its impact on the local community.

Working with East Sussex County Council and many other agencies in Hastings, the ADDER Project has improved collaboration between services that support those in need.

The local press have recently published articles about significant interdiction in drug supply lines, whilst 'on the ground' interventions by CARE Navigation (Iain & Jason's team), STAR and Seaview, has shown improvement in helping those in need of help and support, through effective outreach work. Meanwhile, Westy is tackling intervention for those in the criminal justice system, with an emphasis on supporting those during pre-release from custody.





Paras Remember

The bombing of an officers' mess, which claimed the lives of seven people 50 years ago, has been remembered with the unveiling of a memorial.

On 22 February 1972, at exactly 12:15, Aldershot was rocked by a massive explosion as a Ford Cortina, packed full of explosives, detonated outside the 16th Parachute Brigade Officers' Mess. Intended to kill and maim officers of the Parachute Regiment and Airborne Forces, the bomb is thought to have gone off prematurely and took the lives of a gardener, five civilian members of the mess staff and an Army chaplain.

The next day, an announcement from the Official Irish Republican Army stated the bombing was in retaliation for 'Bloody Sunday'.

A service of remembrance was conducted at the exact hour of the explosion – which was heard across Aldershot at that time in 1972.

A new heptagonal memorial plinth was unveiled by family members, with each side representing one of the victims: gardener John Haslar, civilian mess staff Jill Mansfield, Thelma Bosley, Margaret Grant, Sheri Munton and Joan Lunn, and the Army's Padre Captain Gerard Weston.

Brian Bosley, from West Yorkshire, laid a wreath in memory of his mother, Thelma Bosley – a cleaner who was killed in the blast.



"It was 50 years ago, but it still hurts," he said. "The only thing I have got is she didn't feel anything, one minute she was talking and the next minute she

wasn't talking. I feel sad for the people lost here, five women, a gardener and a Catholic priest. They didn't achieve anything – what was achieved?"



Grant for Service Dogs

Service Dogs UK is one of UK charities who match specially trained "rescue" dogs with veterans who need practical help in managing the symptoms of PTSD.

The charity uses various positive empowerment methods and tools to develop a strong bond of mutual trust and kindness between veterans and their dogs.

A grant from ABF The Soldiers' Charity, £20,000 will partly fund the costs of four Army veterans accessing the charity's 2022 programme and become fully accredited assistance dogs partnerships.



Garry Botterill, Founder and Operations Director Service Dogs UK said, "As we have grown, we have seen just how much the symbiotic relationship between a "rescue" dog and a veteran with PTSD can transform lives and be a powerful catalyst during our 9-12 month programme. The journey is one of positive support and accomplishment, where the Veteran and dog help each other to achieve success.

"We help them at every step towards accreditation as they work alongside other veterans as part of a community of peers. We are hugely grateful to ABF The Soldiers' Charity for this generous grant that helps us to provide life changing support to our Army veterans."



Percy's New Cookbook

The British Army has launched the 'Healthy Soldier Cookbook' in a bid to help troops embrace a better diet.

Celebrity Chef Adam Grey wrote the book having worked in kitchens for 35 years and holding a Michelin star for a decade, but admitted it was "challenging".

"It challenged me to make sure that the end recipe was still good as if you'd had a hob... or an oven or something like that," he said "I just had to think differently, a bit [outside] of the box, and for me it was brilliant."

It has been written specifically for military personnel who cook in an army kitchen on a small budget. Private Phillipa Burstow, 22 Field Hospital, said: "It's really nice to not have a cookery book that needs 12 hobs and three different trays in the oven, because we just don't have that stuff."



The Army says the aim of the book is to encourage soldiers to be more aware of what they put into their bodies and eat more healthily.

Staff Sergeant Alecia Grant, Home Command, said the recipes are accessible to all and there is "at least one recipe" in the book that anyone could cook.

"I mean there's a toastie sandwich in that book," she said, "who can't make a toastie, it's just bread in a toaster."



Enjoy Queen's Jubilee Parade With RBL

Register for your chance to be part of Her Majesty The Queen's Platinum Jubilee celebrations on 2 June 2022.

It is with great pride that the Royal British Legion is able to offer members of the Armed Forces community (serving, ex-serving and their families) the opportunity to be part of Her Majesty The Queen's Platinum Jubilee celebrations in the heart of London.

Trooping the Colour will take place on Thursday 2 June 2022 and, for this Platinum Jubilee year, there will be grandstand seating outside Buckingham Palace, exclusively for the use of the Armed Forces community.

The RBL will run a ballot for all those veterans who have served the Crown.

If you would like the chance to take part in this historic event, please click the link below and register your details by 13 April 2022. Successful applicants will be notified by email no later than 22 April 2022.



Those attending will be able to watch the troops as they transit to and from Horse Guards Parade, and view the Royal Procession as it passes by on its journey from Buckingham Palace to the parade ground.

During the ceremony itself, they will be able to watch the parade on Horse Guards via big screens, set up around the Queen Victoria Memorial.

Once the parade has ended, all will be in prime position to see the return of the Royal Procession to Buckingham Palace and the Royal Family's balcony appearance.

A great day to be a part of, and remember!



Climber's Experience May Help Those with PTSD

A triple amputee believes that depriving his body of oxygen helped alleviate his symptoms of PTSD.

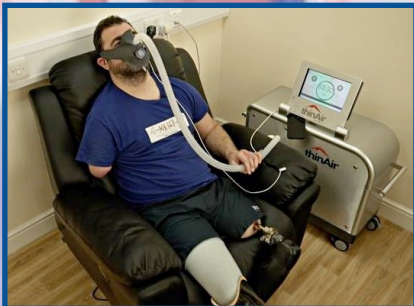
Andy Reid, a former member of the 3rd Battalion The Yorkshire Regiment, made his discovery when he began altitude training in preparation to climb Mount Kilimanjaro.

He found an unexpected side effect was the "brain fog" he had suffered since injury had all but disappeared.

Other veterans found the same, giving rise to the question of whether more research should be done into breathing 'thin air' – as a potential therapy.

Mr Reid first climbed Kilimanjaro, in Tanzania, when he was 22, a young enthusiastic private in Northern Ireland, long before the IED (improvised explosive device) in Afghanistan took three of his limbs. For his second attempt, he requested the use of a thin air machine for his training.

The thin air machine delivers much lower concentrations of oxygen than people breathe in normal air – similar to being at the top of a mountain.



Athletes frequently use this in training to perform at altitude, however, when Andy began using it he started to notice changes.

Triple amputee Andy Reid is training to climb Kilimanjaro using a thin air machine. He said, "I just realised after about 10 or 11 days on the machine, I could think more clearly, I was sleeping better, I could make more decisive decisions about what I wanted to do in life."

The former soldier described how the machine

helped lift the "fog" from his mind which he said made it difficult to think clearly.

The effects were also noticed by his wife.

Andy said: "My wife noticed a change in me where I was waking up and I was happier, because I wasn't tired because I'd not slept all night, so I wasn't as grumpy."

"I don't think I'm grumpy, but apparently, I'm quite grumpy!" he added. "I just seem to be enjoying life a little bit more."

A thin air machine delivers lower concentrations of oxygen than in normal air – similar to being at the top of a mountain.

Every few months, Andy uses the machine for 40 minutes a day for 15 days – with a few days off in between.

With the benefits he has seen, he began suggesting it to fellow veterans, many struggling with PTSD, depression, and anxiety.

Reduced oxygen is generally thought to be a bad thing, with organs and cells dying without it.

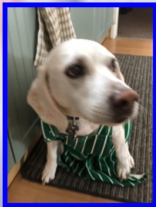
However, those who actually live at altitude – therefore, breathing less oxygen – seem to be healthier, showing lower rates of diabetes, cardiovascular disease and cancer.

Some research has suggested hearts and spinal cords heal faster when briefly deprived of oxygen and some very early-stage trials suggest it can reduce cognitive impairment associated with some conditions.

It is not yet known why this might help, but it has been suggested it might be training the body to be more efficient with its oxygen..

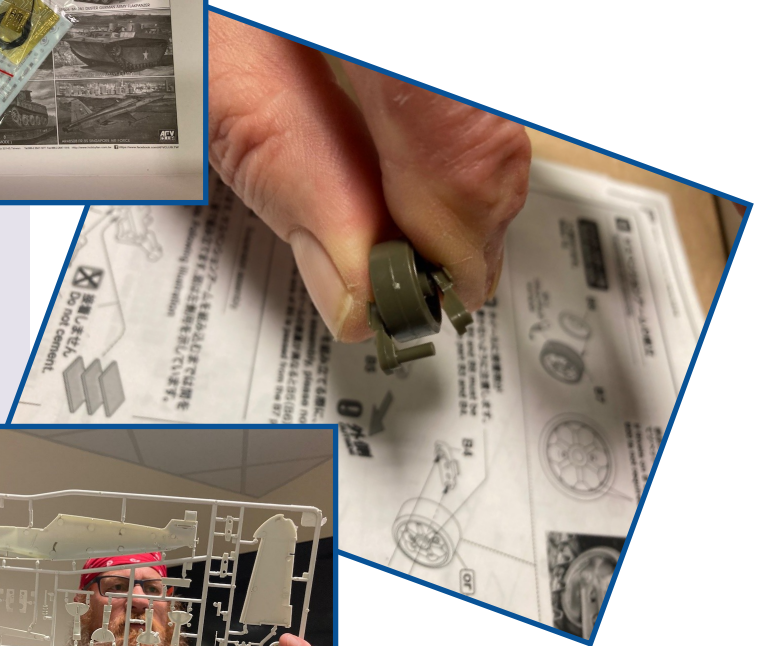
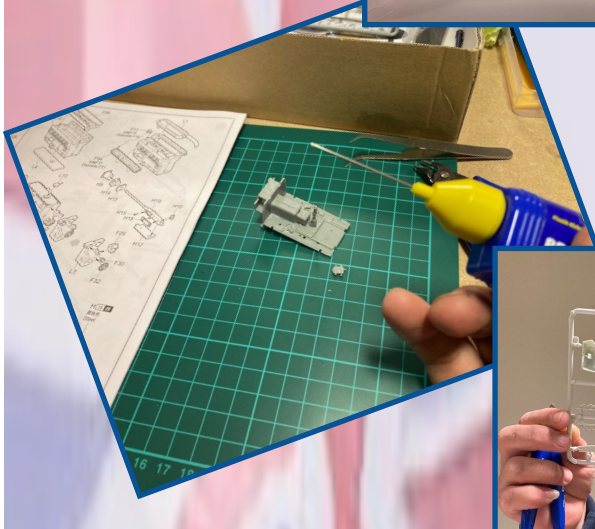
More research will be needed before thin air machines are regularly used because they could be dangerous for people with certain health conditions.

Andy's training for Kilimanjaro continues, with the attempt planned for October, but he says he plans to continue using the thin air machine after the climb is complete as it has become part of his routine – affording him better sleep, clarity and contentment.



**Milo Says:
Very Creative...**

**Modelmaking
thanks to
Models for Heroes**



ESVH Programme for March

**99/100 Group
Saturday April 2, 16 (TBA), 30 @ Hub 1000-1300**

**Veterans & Families' Weekly Drop In
Monday April 4, 11. 25 @ Hub
1000 - 1400 hrs**

**Other Activities
Modelmaking @ Drop In Mondays
Farm clearing April 9 (TBC)
30 April afternoon Army v Navy Rugby Match on TV**

Walking Stick Making Away Day



STOP PRESS It's all Happening

- H4H will be at Drop In on 4 April
- Karen is continuing her monthly visits to help with pension issues
- We have the services of ADDER hypnotherapist and acupuncturist by appointment
- Modelmaking has begun and is now programmed for last Saturday in the month with opportunity for work on models every Monday.
- Photography course commences May. Consists of 1 day a week for 12 weeks. Names to Stuart asap



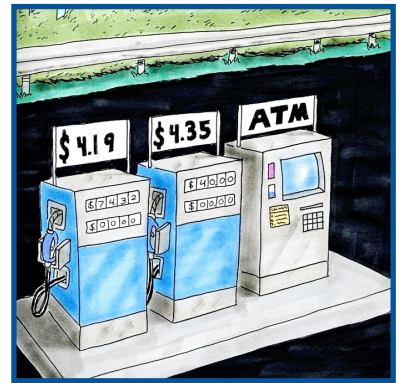
See other diary dates on page 8



Lo L



"And did you find the orders on how to abandon ship very clear, somewhat clear, or not clear at all?"



Carpenter Ants are just like Regular Ants

Except Rainy Days and Mondays get them down

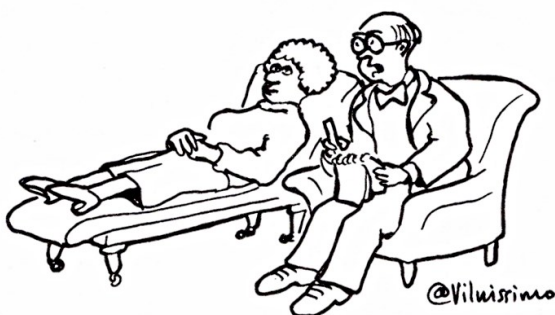
Memories for Iain



Did You Know?



Before **water** was invented, people had to **carry** their boats around!



"...as for your fear of lifts, I think there are steps you could take"