



THE WARRIOR



Newsletter for ESVH & the Military Community In East Sussex

VOL. 2. NO 24

www.eastsussexveteranshub.co.uk

18 JUNE 2021

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 - LoL



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

Coronavirus: Lockdown Continues

Government had hoped to "remove all legal limits on social contact" from 21 June. That's been put back until 19 July - although a review will take place in two weeks, the Government said. Notwithstanding that, some Covid restrictions in England will stay in place for now.

What's been announced?

The delay in England is because of concerns over the Delta variant of Covid. Cases are growing by about 64% per week, Prime Minister Boris Johnson said. More time is needed to vaccinate people before remaining rules can be lifted.

However, a few restrictions are being lifted:

- The number of guests at a wedding will no longer be limited to 30, although venues and hosts will have to do a risk assessment to ensure social distancing can take place (similar rules apply to wakes)
- Care home residents will not necessarily have to self-isolate after leaving their care homes, and they will be able to nominate an "essential care-giver" who can visit, even if they are self-isolating
- Children can go on overnight trips in groups of 30 with, for example, the Scouts or Guides, or as part of summer residential schools

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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

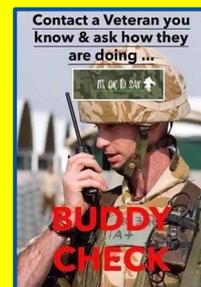
Seaview 01424 717981

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

Registered with Charity Commission 1183583



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Also, large event pilots will continue, including more Euro 2020 games and a number of other sports, arts and music events.

The government has said that more detail about these changes will be published.

Lockdown easing: the rules in England from 21 June



More than 30 guests can attend a wedding but must be seated at tables of six

Other restrictions remain in place



Up to six people or two households can meet indoors



Pubs and restaurants table service only



Theatre and cinema audiences limited to 50% capacity



Bigger crowds allowed at some pilot events for sport and entertainment



Social distancing remains in place



Nightclubs remain closed

Ministers still have to consider the findings of reviews on face coverings and social distancing before deciding when all limits might be lifted.



Important H4H Survey

Help for Heroes is asking members of the military community to take part in a survey about accessing support.

The Help for Heroes survey is open to veterans, service personnel, their families and carers until Friday, 18 June.

The aim of the Help for Heroes Veterans and Families Survey 2021 is to collect responses that will help the charity shape the services offered in the future.

The survey will ask questions on issues around health and wellbeing, ambitions and concerns for the future and experiences of accessing support.

It takes "no more than 10 minutes to complete", and has been developed after consulting 25 veterans, service personnel and family members.

Founded in 2007, Help for Heroes is a charity that provides life-long recovery support to service personnel who have been wounded or injured while serving and their families.

The charity provides "physical, psychological, financial and welfare support" to both wounded veterans and their families.

To participate TODAY, go to: <https://helpforheroesonline.org.uk/p/1NC6-NWB/have-your-say>



New Boats for Gibraltar



Cutting-edge patrol vessels are headed for the Ministry of Defence (MOD) Police and the Gibraltar Defence Police (GDP) as part of a £36m defence contract.

Liverpool-based boat provider Marine Specialised Technology has been offered the five-year deal, which will see 18 new vessels help to secure UK and territorial waters.

Of the total batch, 16 craft are to be offered to the MOD Police, which protects military assets and played a key role in the recent G7 summit in Cornwall, and two vessels will go to the GDP.

The 15m-long crafts will be able to transport three crew members and four passengers at speeds of 30 knots and are expected to help secure naval bases.

With a CCTV surveillance system, bullet-proof protection and two water jets



built in, they will also be suited to the force's roles in threat detection and deterrence.

Defence minister Baroness Goldie said: "This £36

million investment allows our MOD Police and Gibraltar Defence Police forces to enhance the vital security service they provide to our military bases at home and overseas."

Round-the-clock waterborne patrol and policing will take place at HMNB Portsmouth, HMNB Devonport and HMNB Clyde and the Gibraltar Naval Dockyard.

The craft will enable both police forces to continue their work in all weather, securing cordoned areas and escorting military vessels, while their construction will also support and create jobs ashore.

"Designed and constructed by maritime experts in the UK, this contract reaffirms our commitment to invest in homegrown industry knowledge and support the protection and creation of skilled jobs," Baroness Goldie added.

Construction has already begun and the first patrol craft is expected to be delivered in July 2022.

MOD Police Marine Operations Support lead, Inspector Brian McArdle, said the craft procurement is "part of an ongoing craft replacement project".



Cost of Ajax

The Ministry of Defence (MOD) has spent almost £3bn on procuring the British Army's new Ajax vehicles since 2010/11, a defence minister has revealed.

Minister for Defence Procurement Jeremy Quin outlined the total spend on the project for the past 10 years after a written question from shadow defence minister, Labour MP Stephen Morgan, who asked for a breakdown of the financial commitment to date.

Trials of the Armoured Reconnaissance Vehicles were "paused as a precautionary measure" between November 2020 and March 2021 after personnel needed medical attention following concerns raised by crew members over noise and vibrations.

On 8 June, Mr Quin said some crew members involved in the trials are continuing to receive medical attention.

In terms of the demonstration phase of the Ajax programme, the Government has made payments totalling £688.64m, spending the most individually in 2014/15 (£155.37m). After the manufacturing phase began in 2014/15, the MOD spent £2.29bn, spending a high of £564.51m in 2019/20.

The breakdown provided by Mr Quin also said that additionally £188m had been spent on in-service payments outside of the demonstration and manufacture phase costs.

The Ajax family of vehicles - of which there are seven variants - are being designed to be the British Army's 'eyes and ears' of the battlefield.



The Integrated Review and Defence Command Paper published earlier this year set out the future of the Army's tanks and armoured vehicles.

Defence Secretary Ben Wallace said Third Division would "remain the heart" of the UK's warfighting capability, and would be built around a "modern armoured nucleus" – including Ajax.

To date, 14 Ajax vehicles have been delivered to the MOD, including the Ares variant, which is designed for reconnaissance and troop-carrying.

The MOD has said training on the Ajax variants has since recommenced following the pause. Plans remain for the vehicles to be given initial operating capability in the coming months. Ajax will be a fully digitised, tracked, medium-weight core of the British Army's deployable intelligence, surveillance, target acquisition and recognition (ISTAR) capability.



Trooping the Colour 2021

The Queen witnessed the Trooping the Colour in the grounds of Windsor Castle on Saturday 12 June where the event was scaled-back because of the coronavirus pandemic.

The event was led by the Scots Guards and was staged ahead of the Queen meeting with US President Joe Biden on Sunday.



The Queen's actual birthday falls on April 21, but Trooping the Colour is staged on the second Saturday of June each year.

The spectacular event is typically held near Buckingham Palace and features an elaborate military parade. However, last year, it was cancelled due to the pandemic and it was instead marked with a ceremonial tribute at Windsor.

This year's celebration was again noticeably smaller than usual and has been dubbed a "mini" Trooping the Colour.

Guy Stone, who planned the parade, explained that it was geared towards creating a "memorable and uplifting day" for the Queen.

He said "Last year we had 85 on parade, this year we've got 274, plus 70 horses, so we're really excited about the event having grown and getting us back to normal for next year we hope.



"It's been very challenging, but we like a challenge. COVID has got a lot to answer for in so many ways, it's made this difficult but what we want to do more than anything is give the Queen a memorable and uplifting day."

This year's event - which ended with a 41 gun salute and a flypast by the Red Arrows - was the first since the death of Prince Philip, who passed away in April at the age of 99.



NAAFI Members Honoured

A ground-breaking ceremony took place at the National Memorial Arboretum in Staffordshire, to honour the 550 members who lost their lives while working in the Navy, Army and Air Force Institutes (NAAFI).

The NAAFI was established by the British Government in 1921 when the Expeditionary Force Canteens and the Navy and Army Canteen Board were combined to run the recreational establishments and sell goods to servicemen and their families.



Now, 100 years later members of the Armed Forces and the public are taking the first steps to creating a lasting legacy in their name.

Chair of the NAAFI board, Lieutenant General Richard Nugee, explained why it is so important that the organisation's past members are honoured.

"We had a NAAFI in Afghanistan, in Helmand, in Bastion, and they were subject to exactly the same threats as everybody else in that camp," he said. "So they went through the same threats from the Second World War and when they formed in 1921 all the way to the end.

"They're not at the back. They're part of not the frontline, more part of the camps and everything that serving the frontline.

"It's just worth people knowing that actually they're

prepared to serve, they're prepared to put their life on the line to support the Armed Forces, not by fighting, but actually by supporting them."

For members of the Armed Forces serving abroad or on board Royal Navy vessels he added that the NAAFI allows them to have that "morale boost" that comes with a taste of home.

To open the ceremony, Lieutenant General James Swift, the Chief of Defence People, was in attendance.

He said it was "really special" to be able to take part and "to mark the amazing commitment by NAAFI over the last 100 years" and "particularly the people in the NAAFI".

He said: "The NAAFI have always been the people that bring a little bit of home to where we've been, so serving in Germany, a first world country, you can get almost everything you wanted, but just not some of those things that you remember from home.

"The NAAFI will provide those and so many more facilities than just that.

"And, of course, for those at sea they provide the naval canteen service which is essential to morale on board."

The new memorial is set to be installed by October this year.



HMS Argyll 30 Years of Service

HMS Argyll has become Britain's longest-serving frigate after totalling 30 years of service – travelling the equivalent of 32 times around the globe.

The Plymouth-based warship has recently completed its involvement in joining NATO allies in the largest anti-missile/air exercise at sea in the Western Hemisphere.

An afternoon of flight-deck celebrations at sea in the Atlantic marked the major milestone.



The frigate's 18th commanding officer, Commander Charlie Wheen, gathered the bulk of his 200-strong ship's company for a spot of cake and athletics. He says she remains at the forefront of naval technology and capability.

"Argyll is a special ship, with a fantastic team and a well-deserved reputation for operational success," Cdr Wheen said.

"She is hugely capable and has a great deal still to offer. I very much look forward to meeting whatever challenges the future brings."

When HMS Argyll was commissioned in to the Fleet in the spring of 1991, 105 members of Argyll's current ship's company had not been born.

Over a long career at sea, Argyll has, to date, steamed more than 685,000 nautical miles – enough to go around the world 32 times – under the command of 18 commanding officers.

She has deployed operationally to Asia-Pacific, the USA, the Caribbean, Gulf, West Africa and Sierra Leone.

On the way back from a nine-month deployment in 2019, she rescued 27 sailors from the burning MV Grande America, leading to Operational Honours for two of her team, and a Sun Military award for 'Hero Unit Overseas'.

Despite being designed and laid down in the 1980s, the tech inside the frigate remains cutting edge. This was demonstrated during NATO's Formidable Shield exercise, with Argyll tracking supersonic ballistic targets and developing future tactics for the Sea Ceptor missile system which protects not just her sisters, but also the new generation of Type 26 frigates



**Milo Says:
Chill in Covid**



**You can take the man out
of REME but not REME
out of the man.
If it doesn't work ..
he is there!**



They've got 'stile'



Posing?



It works!



In the long grass..



**Photos by
Stuart**

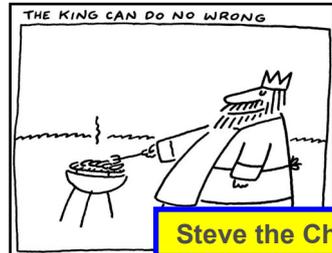


Branching Out



Wolf & Claire enjoying a break

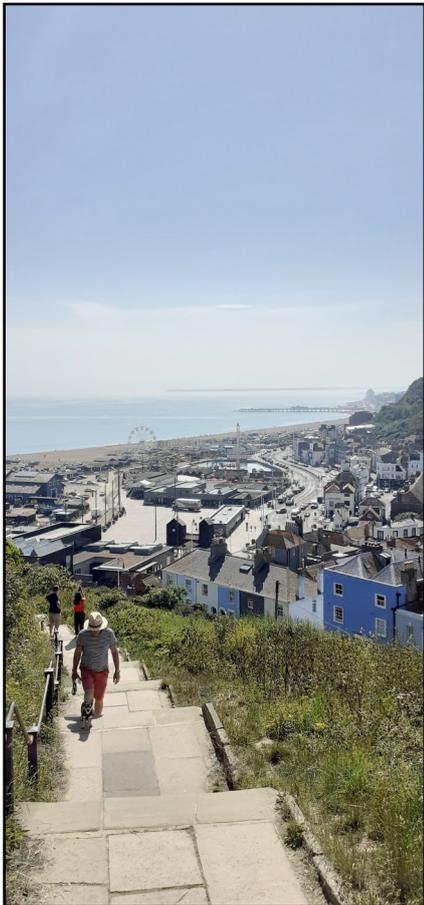
**Earphones Optional
Ask Tango....**



Steve the Chef

**Milo Says:
Chill in Covid
Time alone with
nature**

**Wow!
We have the sea and places to
roam...and they are FREE!
Get out there**



**Stewart B's
Taking to the
Heights**

**Jonathan gets there by
bike..**



**Westy
Chooses the right time of day**



Steve's Special Royal Choc=collate Cake

Serves 8



Ingredients

225g Rich Tea biscuits, 115g softened unsalted butter, 115g unrefined caster sugar, 115g chopped dark chocolate (minimum 53% cocoa solids), 2 tablespoons warm water. For the chocolate ganache, 125g dark chocolate, chopped, 125g whipping cream.

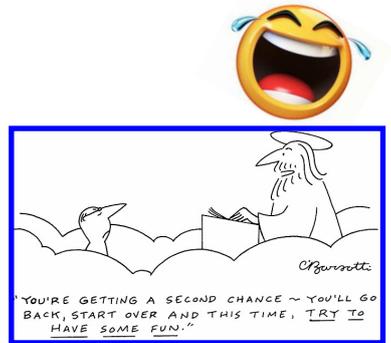
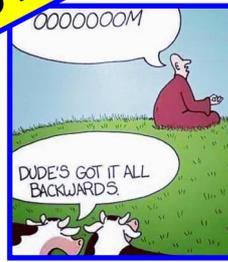
Equipment 15cm metal cake ring

Method

1. Prepare the metal cake ring by greasing with butter and lining the sides and the bottom with baking paper. Place the lined ring on to a flat tray and leave to one side until required.
2. Break the biscuits into small pieces, around 1–2cm in size. Do not place into a processor – the biscuits should not become crumbs.
3. Place the softened butter and the sugar into a bowl and cream together until light and fluffy. Melt the chocolate either in the microwave or over a simmering saucepan of water.
4. Once melted, pour the chocolate on to the butter and sugar and mix thoroughly. Finally, add the water and then the broken biscuit pieces. Stir well to make sure that all the biscuit pieces are coated with the chocolate mix.
5. Place the mixture into the lined cake ring and carefully but firmly push it down to create an even texture. Place the cake into the fridge to chill until the chocolate becomes firm. This could take up to 30 minutes.

For the chocolate ganache

6. To prepare the ganache for the cake covering, place the chopped chocolate into a bowl and pour the whipping cream into a saucepan.
7. Bring the cream to a simmer and then pour over the chopped chocolate. Carefully stir until the chocolate has completely melted and the ganache is smoothly blended.
8. Remove the chocolate biscuit cake from the fridge and from the cake ring. Place on to a wire rack with a tray beneath to collect the excess ganache.
9. Carefully coat the chocolate biscuit cake with the warm ganache, making sure that all of the cake is evenly coated. Allow to set fully before moving to your service plate and decorating as desired.



Tired of boiling water every time you make pasta? Boil a few gallons at the start of the week and freeze it for later.....

How fast was the ostrich running when it hit the tree?



Did you know you can make your own Holy Water, all you need to do is boil the hell out of it

