



THE WARRIOR

Newsletter for ESVH & the Military Community In East Sussex



VOL. 2. NO 30

www.eastsussexveteranshub.co.uk

30 JULY 2021

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

Coronavirus: Message from East Sussex Director of Public Health



What we can and can't do and what we should and shouldn't do continues to feel a little confusing following the lifting of restrictions on 19 July. We all know that COVID-19 spreads through social contact but it can be difficult to remember that when we meet up with friends and family. It can

also be difficult to remember to keep our guard up when we and those around us are double jabbed.

I know that many people feel less safe now that we are encouraged rather than legally bound to adhere to restrictions. I do sympathise with those that have had enough of continued restrictions. It is frustrating that life isn't yet back to normal.

I think it is right that we continue to follow the usual rules of hands, face space and fresh air plus masks and social distancing, certainly as we move through the third wave and possibly for longer. In this way

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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

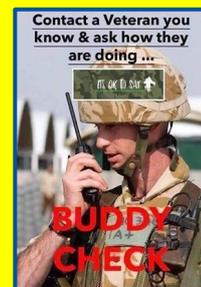
Seaview 01424 717981

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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we are learning to live with COVID-19 and to make sensible decisions to keep us and those around us safe.

It is a different type of 'difficult' at the moment. Above all else it's important that we all take this next step safely and in our own time. Although the restrictions will have ended – meaning they are no longer a legal requirement – it is still important to manage our own risk of spreading coronavirus. We recommend remembering it as **2+2+1**.

2 tests

Continue to test yourself twice a week, especially if you are going out to work, have children in school or are socialising in groups outside of your own household.

You can find out where to pick up tests on the NHS website.

2 jabs

Even when vaccinated it is still possible to catch and spread Covid-19. Having both of your jabs reduces the risk of transmission and the chance of getting severely ill.

You can book your appointments online, call 119, or visit a local walk in clinic.

1 mask

Carry a face covering – a lot of places, including our ESCC buildings, are likely to still ask you to wear one and GOV.uk still recommend wearing them in crowded areas such as on public transport.

I would also urge you to Keep the NHS app. It's the fastest way to see if you're at risk from coronavirus.

The faster you know, the sooner you can alert and protect your loved ones and community. Isolation is the least convenient of all measures but very effective in helping to stop the spread of coronavirus.



Iron Woman of the Paras

Hannah Knapton will join one of the Paras' battalions later this year having beaten scores of male officer cadets at Sandhurst.



Hannah was interviewed by a board of senior Para officers and is expected to wear her new Parachute Regiment beret on completion of her final exercise at Sandhurst. She will also wear regimental mess kit for the first time at the Academy's commissioning ball.

After passing out as a 2nd Lieutenant, she will receive the legendary maroon beret complete with its winged cap-badge. Formed in 1942, the Parachute Regiment is Britain's elite airborne infantry. Its soldiers are trained to be resilient, disciplined, versatile and aggressive in battle – and their officers must have the toughness and natural leadership ability to command them.

Cadet Knapton grew up in Hampshire and is a talented athlete, she played football for England Under-17 girls. She continued her football career in Sweden before joining up.

A Sandhurst source said: 'This is a remarkable achievement. To be the first woman to find herself in this role, that's going to take a lot of courage and composure on her part.'

'The regiment is fortunate that it can select its officers from the cream of the crop at Sandhurst. So she must be performing very highly there.'

'Only eight cadets from scores who applied were interviewed and Hannah is one of five selected.'

No allowances have been made in her military training for her gender and there will be no shortcuts when she joins the Paras. Like all the men she will command, she has to pass the brutal entry test known as 'P Company' – the toughest military selection outside the Special Forces – and a parachuting course.

To date only one woman has passed P Company, Captain Rosie Wild, then 28, of the Royal Artillery, was presented with her prized maroon beret last year.



Changing Of The Guard Returns

1st Battalion Grenadier Guards have staged the first changing of the guard, in their familiar scarlet tunics and iconic bearskins, since the pandemic began.

Second Lieutenant Henry Turnbull, Captain of the New Guard at Windsor Castle, said the pandemic meant he was taking part in his first Changing of the Guard and the experience had been "really special".

The officer, who is Platoon Commander Inkerman Company, 1st Battalion Grenadier Guards, and on a gap-year commission in the Army, added: "The guardsmen have been working really, really hard over the past few weeks to prepare for this special occasion – lots of bits of kit to prepare.

"And to take part in the first Ceremonial Guard Mount is really, really special, especially to have crowds back today with restrictions being lifted makes it extra special – nothing compares to marching up the street out in Windsor."

The prestigious Household Division of the Army carries out state ceremonial and public duties such



as Trooping the Colour, the State Opening of Parliament and mounting the Queen's Guard at Buckingham Palace, the Tower of London and Windsor Castle.

But since March 2020, the Guardsmen of the Household Division have stopped all ceremonial activities to avoid gatherings of the public and help stop the spread of COVID.

During the pandemic, an "Administrative Guard Mount" was in operation where soldiers took up their sentry duty positions but ceremonies were not carried out as they changed over.

Guardsmen from the Household Division have been guarding the nation's kings and queens since 1660 but they are also fighting soldiers who, when not performing ceremonial duties, are on operations or training.

During the pandemic, they remained busy manning COVID-19 testing sites and vaccine centres across the country and carrying out operational training. Grenadier Guardsmen also took part in a revised version of the Queen's Birthday Parade staged at Windsor and played a key role at the funeral of the Duke of Edinburgh.

Hundreds of tourists were in the grounds of Windsor Castle to watch as the Changing of the Guard ceremony was staged for the first time since last March.

It is understood arrangements are being made for the ceremony to resume at Buckingham Palace in due course.

Second Lieutenant Thomas Hodson, Captain of the Old Guard at Windsor Castle, 1st Battalion Grenadier Guards said: "It's been quite nerve-wracking as it's my first Changing of the Guard, or any ceremonial duty, so there's been quite a few butterflies, but I am really proud to lead the Old Guard and to lead the guards back onto ceremonial duty."

*A depiction of Marine recruitment shown in a picture published 1780 by Watson & Dickinson
Fine Fellows!*





Combat Stress Update

The following update has been shared by Jeff Harrison, Interim CEO of Combat Stress, who said,

“Following the launch of our updated service model last year, we have continued to adapt and enhance our services to veterans to provide accessible, modern and evidence-based treatment.

“As you know, with the outbreak of the pandemic, we rapidly adjusted to a new way of working, supporting veterans with our specialist treatment online.

“Now, to continue meeting the needs of veterans and their families today, we will significantly increase our provision of online treatment, including our unique intensive PTSD programme. Our own research – and the pandemic – has shown us that delivering treatment in this way can be just as effective as delivering it in person and most veterans are at ease with receiving treatment online.”

This online provision is in addition to outpatient and residential treatment for UK veterans at one of CS centres in England, Scotland and Northern Ireland, as well as treatment in the community, depending on the individual needs of the veteran.

Residential intensive treatment will move from a six-week format to three weeks. Veterans are coming to CS younger and at a different life-stage, so a six-week residential treatment programme is not always suitable due to work and family commitments.

In addition, the latest international research shows that a shorter duration intensive treatment programme, with shorter gaps between psychotherapy sessions, still provides successful treatment.

With treatment delivered primarily online, the need for residential accommodation will be significantly less, so a location in Scotland with fewer beds,

more accessible for those receiving outpatient treatment, is required. As a result, we are planning to move our Scotland treatment centre from Hollybush House in Ayrshire to a more accessible location on the outskirts of Edinburgh with a smaller premises in Glasgow.

Tyrwhitt House, our treatment centre in Surrey, will continue to provide treatment to veterans from across the UK. Audley Court, our treatment centre in Shropshire, will continue to provide outpatient treatment but as announced last year, we intend to move to a more centrally located Midlands site in the future (when a suitable location is identified) to best meet the demands for our in-person services.

Through our new model, each year we will be able to provide direct clinical treatment to approximately 1,600 veterans with complex mental health issues, in addition to the thousands of veterans who call our Helpline or access our online guided self-help resources.

Jeff Harrison added a final comment, “By further modernising our service provision with more online treatment, whilst still maintaining residential support for those who need it, veterans with complex mental health issues will be able to tackle the past and take on the future.”



For further information, please contact vikki.challen@combatstress.org.uk





Mali Recovery

The Royal Air Force has supported recovery operations after a French fighter jet crashed in Mali. Chinook helicopters, deployed to the east African country in support of the French-led counter-terrorism mission Op Barkhane, helped transport French personnel to the crash site.

Technical damage to the French Mirage 2000 jet caused the crew to eject. They were successfully recovered with one suffering minor injuries.

RAF Squadron Leader Charlie Brown, Officer Commanding 1310 Flight in Mali, said his team were able to respond "quickly and effectively" in support of the recovery operation.

"This was an outstanding performance from all involved and yet again demonstrated the excellent interoperability we have developed with our French counterparts here in Mali."

Sixty French troops were taken by the RAF to the crash site, south of Hombori, central Mali, to secure the area.

The Chinooks then lifted a French Accident Investigation and an Explosive Ordnance Disposal team to the incident.

They were escorted by French Tiger attack helicopters.

The Chinooks are based in Gao, east Mali, and provide a heavy-lift combat support role to the French-led counter-terrorism operation which is run across the Sahel region of west Africa.



French President Emmanuel Macron recently announced Op Barkhane would come to an end and be replaced with a wider international effort in the region.

Mali has stood on the brink of chaos in recent times, including a coup that overthrew its president and prime minister, plus continued struggles against Islamic extremism.

The aircrew for 1310 Flight is currently provided by 18 (Bomber) Squadron based at RAF Odiham in Hampshire, supported by personnel from across the RAF, British Army and Royal Navy drawn from Joint Helicopter Command.

The Chinooks, also from Joint Helicopter Command, first arrived in west Africa for Op Barkhane in July 2018.

Since then, they've moved more than 1,500 tonnes of freight, 18,000 troops and recently marked the milestone of 3,000 flying hours.

In 2019, an RAF Chinook was involved in the response effort after 13 French soldiers died in Mali following a mid-air collision between two helicopters.

British Army troops are also deployed to Mali on the separate UN MINUSMA (Multidimensional Integrated Stabilization Mission in Mali) – the 18,000-strong peacekeeping mission established in 2013.



Armed Forces entertainer Annie Riley and a star-studded group of performers are putting on a very special concert to mark The Not Forgotten's one-hundredth year as a charity.

The Centenary Proms will be a celebration of the charity's long-standing support of the Armed Forces community and will take place at the prestigious Danny House residence in West Sussex (BN6 9BB) on Saturday, August 21. 5.30 to 9.30.

The outdoor event will be capped off by a beautiful Son Et Lumiere, which will project the history of The Not Forgotten on the side of Danny House.

Fittingly, the Grade I listed stately home was the location of a crucial meeting of the War Cabinet in 1918 which led to the end of the First World War.

Annie, who regularly works with The Not Forgotten to provide entertainment for wounded service personnel and disabled veterans, also volunteers her time to support the charity at collections, fundraisers and has surprised isolated beneficiaries with performances.



Tickets from
www.centenaryproms2021.eventbrite.co.uk
Promotional Code 'Veteran' for £5 discount



New East Sussex Lord Lieutenant

The Queen has been pleased to appoint Mr Andrew Blackman DL as Her Majesty's Lord-Lieutenant of the County of East Sussex in succession to Sir Peter Field KCVO.

Andrew Blackman DL (52) is a former art dealer who has served as High Sheriff during this year of the Covid-19 pandemic. He is an Ambassador for the Sussex Community Foundation; a committee member of the Order of St Richard, which recognises the contribution of lay people in the service of the church; a former Chair of the Friends of Hastings Country Park; and a former trustee of the Peasmarsh Chamber Music Festival. He has also sat on the Board of Appeals for St Michael's Hospice and the Conquest Hospital.

Mr Blackman lives in Fairlight, near Hastings, with his husband Richard Smith.



RN Officers Training Revamped

The Senior Service has outlined how it is changing practical training for its officers, describing it as the "biggest revamp in decades".

Instead of facing a 'grilling', officers will be expected to draw upon all the knowledge they've picked up during three months at sea on a warship.

In the 'detailed assessment', they will be required to explain how they might respond to an emergency, demonstrate leadership, knowledge and the ability to think on their feet.

Also, the final assessment will no longer be carried out solely by the commanding officer, it will now

involve other members of the ship's company who will be encouraged to sit on the panel.

The move has been billed as "the most significant change" to the 12 weeks of Common Fleet Time which introduces most junior officers to the day-to-day life on a Royal Navy ship.

Common Fleet Time follows officers' commissioning after completing basic training at Britannia Royal Naval College in Dartmouth, Devon.

The Royal Navy said the training package had 'not been reviewed for some time, falling behind the industry standard for equivalent training for junior managers'.

Lieutenant Alexandra Head, from the Navy's Training Management Group and who led the revamp, said: "The new assessment is designed to give modern-day learners holistic feedback in line with current coaching and mentoring practices, allowing individuals to identify areas for self-improvement.

"This is a different way of assessing Royal Navy officers, much more modern, much more in line with the commercial world and also much more in keeping with the expectations of the candidates themselves."

The first group of 80 newly-commissioned officers will go through the new-look Common Fleet Time at the end of next month.

Other changes include a smaller 'learning journal' – or taskbook – for trainees to complete while on board and gaining work experience in each department rather than just their chosen specialist branch. Trainees will also be encouraged to shadow senior ratings.



The Royal Navy Management Training branch spent two years working with training officers and Britannia Royal Naval College to shape the new training.



**Milo Says:
Getting Back to
Norm
Slow but Sure**



Certified First Aiders



**Stuart
Making new friends
(Only half the man he once
knew..)**

**Pure admiration
from Iain**



A Gunner at rest...

**Before & After
You decide..**





Proposed Programme of Meetings to December 2021

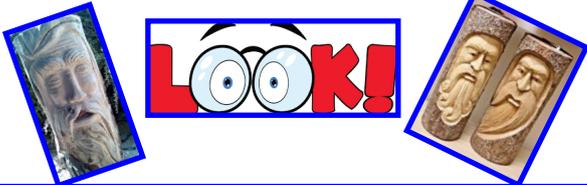
First Floor, 5 Harold Place, Hastings TN34 1JA

99/100 Group
Saturdays 1000 - 1400
August 21
September 4 & 18
October 16 & 30
November 13 & 27
December 11 & 18

Veterans' Drop In
Mondays 1000 - 1400
August 9, 16, 23, & 30
September 6, 13, 20, & 27
October 4, 11, 18 & 25
November 1, 8, 15, 22 & 29
December 6, 13 & 20

Rural Activities
Netherfield
August 7 & 13/14/15
Other dates TBA

Office Hours
Monday to Friday 0930—1500
Wednesday 0930—1400
Other times by appointment
or ring 01424 446292/0303 1077 808/0788426382



It Is On.....

ESVH Woodcarving Course had to be postponed due to Covid Isolation

Don't Be Disappointed!

It's now on 13/14/15 August

*Travel arranged or costs covered
Camp over if preferred*

**Let Stuart know NOW –we'll fit you in!
'Old Man of the Woods'
(Re-booking required)**

Steve's Special Easy Japanese - Chicken Yakitori

Serves 2-4



Ingredients:

- 500g chicken breast, cut into 2.5cm cubes
- 1 red pepper, deseeded and cut into chunks
- Small bunch spring onions
- 6 shiitake mushrooms, halved with the stem removed
- 3 tbsp mirin (you can substitute mirin with dry sherry or dry white wine, but if you do counteract the dryness with 1 1/2 teaspoons of sugar)
- 3 tbsp Japanese soy sauce
- 3 tbsp sake (rice wine)
- 1 tsp sugar

Chef Says:

Thread the chicken pieces onto soaked bamboo skewers, between each piece of chicken add spring onion, pepper and mushroom.

For the glazing sauce mix the mirin, soy, rice wine and sugar and keep stirring until the sugar dissolves.

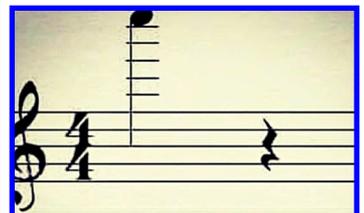
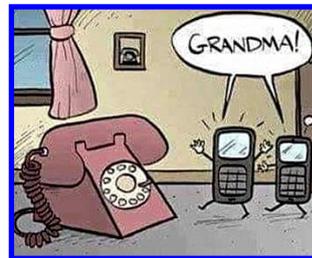
Crank up the BBQ or heat a frying pan and brush the chicken with the sauce.

Turn every 30 seconds or so and brush the top each time, until the chicken is cooked through and the meat has a nice brow glaze.

Enjoy!



Remember when people had diaries and got mad when someone read them? Now they put everything online and get mad when people don't.



I JUST WANT TO END ON A HIGH NOTE AND THEN GIVE IT A REST.

He is on Hols too..



Wouldn't it be great if we could put ourselves in the dryer for a short time and come out wrinkle free and two sizes smaller



One for Iain (Sush, painted doors..)