



# THE WARRIOR



Newsletter for ESVH & the Military Community In East Sussex

VOL. 2. NO 16

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

16 APRIL 2021

## WHAT'S IN THIS EDITION?

1. Coronavirus: Prince Philip
  - Support Service Contacts
2. Prince Philip
3. Funeral Arrangements
4. New Royal Yacht?
5. Testing Times
  - BHT Sussex Wide Services
6. 50's Para Puts Best Foot Forward for Charity
  - Age UK: Last Chance for Grant
7. Group Activities etc
  - Milo Says: I'm Still Here
8. Steve's Special: Healthy Banana Muffin
  - LoL



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

## Prince Philip, The Duke of Edinburgh KG, KT, OM, GBE, PC, Hon. LLD, FRS

The entire country is united in mourning this week, over the death of His Royal Highness, Prince Philip, Duke of Edinburgh. The 99-year-old husband to Her Majesty the Queen died at Windsor on 9th April, Buckingham Palace announced.

Although all of Britain were moved by his passing, perhaps one of the most saddened communities is the Armed Forces.

His relationship to those who serve, or have served, was not solely because he held several military titles but also because he was himself a decorated Second World War veteran.



Continued on page 2

## Support Services Telephone Contact Numbers

**NHS 111** Any suspicion of flu or new cough, stay at home for 7 days, ring 111 IMMEDIATELY, for advice. Some GPs have a telephone triage service as well.

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

**STAR** Freephone 0300 303 81600

**ESRA** 01424 435318

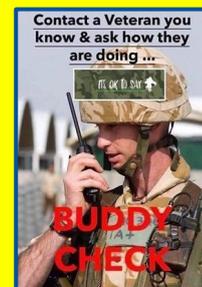
**Seaview** 01424 717981

**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)

Registered with Charity Commission 1183583



Continued from page 1

The Duke of Edinburgh joined the Royal Navy in 1939 at the age of 18. In 1941, Prince Philip was transferred to HMS Valiant, a battleship equipped with radar and anti-aircraft guns. On this ship, he saw action during the Battle of Crete and was mentioned in dispatches for his involvement in the Battle of Cape Matapan.

The Armed Forces community will be united in grief but highly proud of HRH Prince Philip's associations with so many different parts of Britain's military. And he will never be forgotten, nor his service to Queen and Country.

### Honorary military ranks and titles held by the Duke of Edinburgh during his lifetime:



#### Army

Field Marshal of the British Army  
 Colonel, Grenadier Guards  
 Colonel-in-Chief, Army Cadet Force  
 Colonel-in-Chief, Royal Electrical and Mechanical Engineers  
 Colonel-in-Chief, Intelligence Corps  
 Colonel-in-Chief, Queen's Royal Hussars  
 Colonel-in-Chief, The Rifles  
 Royal Colonel, The Highlanders, 4th Battalion, The Royal Regiment of Scotland  
 Colonel-in-Chief, Queen's Own Highlanders (Seaforth and Camerons)  
 Honorary Colonel, University of Edinburgh and Heriot-Watt Officer Training Corps  
 Colonel, Welsh Guards  
 Honorary Colonel, Leicestershire and Derbyshire Yeomanry  
 Member, Honourable Artillery Company  
 Colonel-in-Chief, Queen's Royal Irish Hussars  
 Colonel-in-Chief, Duke of Edinburgh's Royal Regiment (Berkshire and Wiltshire)



#### Royal Navy

Admiral of the Fleet  
 Lord High Admiral



#### Royal Air Force

Marshal of the Royal Air Force  
 Air Commodore-in-Chief of the Air Training Corps  
 Honorary Air Commodore of RAF Kinloss  
 Air Commodore of the Air Squadron



**Royal Marines**  
 Captain General

### Second World War medals

1939-45 Star

Atlantic Star

Africa Star

Burma Star with Pacific clasp

Italy Star

1939-45 War medal, with Mentioned in Dispatches oak leaf

### Funeral Arrangements

The funeral of His Royal Highness Prince Philip will take place at St George's Chapel Windsor, on Saturday 17 April at 15:00.

It will be held entirely within the grounds of Windsor Castle, reflecting the Duke's personal wishes and in accordance with plans approved by Her Majesty The Queen. This will be a ceremonial, not state, occasion.

A Buckingham Palace spokesperson said the occasion will celebrate and recognise the Duke's life.

The event will be broadcast and will begin with a national minute's silence at 15:00.

Originally 800 people would have been due to gather to pay their respects to the nation's longest-serving consort.

However, due to coronavirus safety guidelines, only 30 people will attend as guests.

All public elements of the funeral have been cancelled, it will be televised but take place entirely in the grounds of the castle, a Buckingham Palace spokesperson said.

The Royal Family has asked for people to stay safe and not to gather at Royal residences.

The Duke's coffin will be draped with his personal standard and decorated with a wreath of flowers and his Naval cap and sword.

It will be transported from the castle to the chapel in a specially modified Land Rover he helped to design, and will be followed by the Prince of Wales and senior royals on foot, a senior Palace official said.

Before the ceremony, the King's Troop Royal Horse Artillery will fire minute guns.

On the day of the funeral, the Duke's coffin, accompanied by the Dean of Windsor and the Lord Chamberlain, will be moved to the State Entrance of Windsor Castle by a Bearer Party of The Queen's Company, 1st Battalion Grenadier Guards.

On the grass in the Castle's Quadrangle will be representative detachments drawn from the Duke's military special relationships.

The Quadrangle will also be lined by the Household Cavalry and The Foot Guards.

The Band of the Grenadier Guards, of which Prince Philip was Colonel for 42 years, will lead the procession to St George's Chapel.

They will be followed by the Major General's Party, and then the Service Chiefs, reflecting His Royal Highness's close relationship with the military.

A Guard of Honour and Band from The Rifles will receive the coffin at the foot of the west steps, with the national anthem being played as the coffin enters Horseshoe Cloister.

In tribute to Prince Philip's Naval service, a Royal Naval Piping Party of 1 Chief Petty Officer and 5 Ratings will be present.

The piping party will pipe the 'Still' once the Land Rover is stationery at the foot of the steps.

The coffin will be flanked by pallbearers drawn from the Duke's special relationships – the Royal Marines, regiments, corps and air stations.

A bearing party of Royal Marines will carry the coffin up the steps and pause for the minute's silence.

The Archbishop of Canterbury and the Dean of Windsor will receive the coffin.

The procession from the state entrance to the west steps of St George's Chapel will take eight minutes.

The route of the procession will be lined by representatives drawn from the Royal Navy, the Royal Marines, the Highlanders, 4th Battalion Royal Regiment of Scotland and the Royal Air Force.

The Duke of Edinburgh's insignia, including medals and decorations with Field Marshal's baton and RAF wings and insignia from Denmark and Greece, are to be on a cushion at the altar.

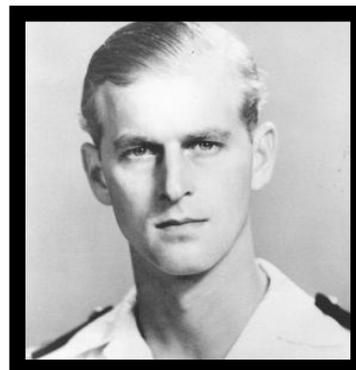
Prince Philip will lie at rest in a private chapel in Windsor Castle.

The Queen has approved a period of national mourning, which will take place from Friday 9 April until Saturday 17 April. The Royal family will spend a longer period of mourning - from 9 April through 22 April, inclusive, a Senior Palace Official said.



## Prince Philip, The Duke of Edinburgh KG, KT, OM, GBE, PC, Hon. LLD, FRS

**Remembered with Respect  
Rest In Peace, Sir**



A space to write your thoughts about and tribute to Prince Philip, his life and devotion to duty, as the Nation says farewell, on Saturday 17th April at 1500 hours.



### **New Royal Yacht?**

**Several politicians have called upon the Prime Minister, Boris Johnson, to sanction a successor to the Royal Yacht Britannia, which was decommissioned in 1997.**

South Thanet MP Craig Mackinlay said: “The towering figure that was the Duke of Edinburgh deserves a permanent tribute to his support for the country, the Commonwealth and the Queen.”

Former Northern Powerhouse minister Jake Berry added: “The Duke of Edinburgh was well known for his love of Britannia – it is a fitting tribute to now create a new royal yacht named the Duke of Edinburgh in his memory and for the Queen.”

Sources at Number 10 have reportedly said the proposals were a “nice idea”, but wider plans for UK shipbuilding would have to be considered first.

One Cabinet minister said: “Having a symbol of the nation that can travel the world, be used by the Royal family and have another sensible purpose such as helping young people is a better scheme. It could also be a flagship for reinvigorated British shipbuilding.”

However, the idea has been met with fierce criticism online, with many pointing to other policy areas where the £190 million sum could be spent.



**Royal Yacht Britannia**



## Testing Times

**Did you know that everyone in East Sussex can now get a free, rapid test to check they're virus-free?**

You can book regular tests (twice a week is recommended) at a range of pharmacies across Sussex if you have no symptoms.

You can also collect kits to test yourself at home. Results from these lateral flow tests are ready in 30 minutes.

**You are also able to get your own test kits on line.**

Order coronavirus (COVID-19) rapid lateral flow tests by using this on line service to order free packs of rapid lateral flow tests to be sent to your home in England, at:

[www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](http://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)

A pack of tests contains 7 tests. You can order one pack per household each day.



### Who this service is for...

You can only use this service if:

- you do not have coronavirus symptoms
- you live in England
- you're 18 or older
- you have not been told to self-isolate
- you cannot get tests from your work, school, college or university (ask them for rapid lateral flow tests)

Do not use a rapid lateral flow test if you have coronavirus symptoms. Get a PCR test and self-isolate. Advice at the same website as above.



## BHT Sussex Wide Services

**This month we officially changed our name from Brighton Housing Trust to BHT Sussex, to reflect the work we undertake in many parts of Sussex.**

Last April, we merged with a mental health care and support charity, Sussex Oakleaf, that provides services in North West Sussex including in Burgess Hill, Haywards Heath and Crawley. We already delivered services in Brighton and Hove, Lewes, Eastbourne and Hastings.

The name 'Brighton Housing Trust' doesn't reflect the broad nature of our work. We work well beyond Brighton and Hove, and while housing is an important part of our work, we do so much more than that, from providing mental health support to helping people overcome addiction and rebuild their lives.



We also felt that now, in the middle of an international pandemic, it was not the time to do a major and expensive rebranding exercise. Many people already know us by our initials, BHT, so by using that and adding 'Sussex' we feel we can convey our expanded geographical reach while retaining an important part of our history and identity.

We will gradually replace existing materials, as and when they are due for renewal, so the additional cost of this change will be negligible.

What will not be changing are the quality services we provide, as we continue to transform lives across Sussex.



## 50's Para Put Best Foot Forward for Charity

**A 89-year-old former paratrooper has reached the halfway point of a 190-mile charity trek – despite daily chemotherapy and back pain.**

Jeffrey Long set off from Bradford City Hall on March 10 in aid of the Royal British Legion (RBL) and the Support Our Paras charity.



Mr Long, from Bingley, West Yorkshire will turn 90 later this year and has raised more than £300,000 for charity over the last 14 years.

He said: “It has been heavy going at times, due to a bad back and an ankle injury from my days as a para, so I’ve had to push myself at times.

“But it has been wonderful meeting so many friendly faces and supporters whilst out on my walk, and that has really helped to keep me going.”

The great-grandfather, who was a paratrooper from 1952 to 1957, is walking 100 miles for the RBL, to mark their centenary year, and 90 miles for Support Our Paras.

He said: “I am very proud of my time as a paratrooper, and this is just my way of giving something back.”

Despite having daily chemotherapy and still suffering back pain from a training injury in 1954, Mr Long is hiking around the hills above Bingley to complete the challenge.

So far, he has raised more than £1,600 and is hoping to finish in time for the RBL centenary on May 15.

Mr Long began fundraising in 2007 when he marched 650 miles from London to Lausanne in Switzerland in 39 days, carrying a 30kg backpack, to raise money for the RBL.

Since then, he has completed dozens of charity hikes, including 100 miles along the south coast to support the RBL.

He attracted celebrity support after his fundraising efforts went viral in 2017, when comedians Jason Manford and Iain Lee used social media followers to swell Jeffrey’s JustGiving page from less than £500 to more than £120,000 in aid of the RBL.

Natalie Urbaniak, the fundraising and communications manager for Support Our Paras, said: “It’s wonderful to have Jeffrey supporting us and his airborne brothers once again this year.

“Despite sustaining a back injury from a parachute malfunction in 1954 when he was serving with the 12th (Yorkshire) Parachute Battalion, Jeffrey has proven that he is still ‘ready for anything’ all these years later.

“He has overcome a lot with his health in recent years but is determined to carry on with his fundraising walks to help those in need.”

Tina Pringle, the Royal British Legion’s community fundraiser for West Yorkshire, said: “Jeffrey is one of our most remarkable fundraisers, and we are delighted to have his support.

“He has dedicated his retirement to raising money for our armed forces community, so we hope that everyone gets behind his latest challenge.”



**Last Chance for Grant  
TOMORROW!**

**Age UK East Sussex announced a final call for our Covid Winter Hardship grants that are available to clients until Friday 16<sup>th</sup> April.**

They have been working with East Sussex County

Council to distribute grants to those in need and still have some grants available for eligible clients on a first come first served basis.

The Grant is a £50.00 payment that can cover:

- Heating and Fuel Bills
- Essential Food and delivery of Essential Food where the client is unable to shop for themselves.
- Transport to vital services such as a GP visit, Prescription collection and attending Covid Vaccine appointments

The eligibility criteria is that a client must be aged over 50 and be experiencing, or at risk of experiencing, poverty during the pandemic. They

must also be a resident in East Sussex.

To make a claim a client will need to call our Telephone Advice Service on 01273 476704 and our grants team will assess their needs over the phone. Grants are paid directly to a client via BACS transfer.

### 99/100 Group Activities

**Saturday 24th - On the Farm!  
Names to Stuart/Ed for 24th  
asap please**

**Coming Soon VE Day May 8th  
Families BBQ**

**Other Meetings & Events being planned  
as Covid rules are relaxed.**

**Watch this space & emails for:**

**Fishing from the Pier  
Woodcarving Course (3days)**

### Welcome on Board!



Paul Westbrook is joining ESVH as  
Prison in Reach Coordinator

'Westy' is a former Royal Marine  
with 27 years experience  
supporting those in the criminal  
justice system

We'll see more of Westy from May onwards

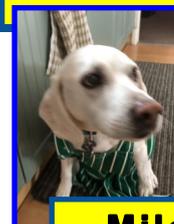
### RIDDLES 4 U

1. What month of the year has 28 days?
2. What is full of holes but still holds water?
3. What question can you never answer yes to?
4. What is always in front of you but can't be seen?
5. There is a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What colour are the stairs?
6. What can you break, even if you never pick it up or touch it?
7. What goes up but never comes down?
8. A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?
9. What gets wet while drying?
10. What can you keep after giving it to someone?
11. I shave every day, but my beard stays the same. What am I?
12. You see a boat filled with people, yet there isn't a single person on board. How is that possible?
13. You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?
14. A man dies of old age on his 25th birthday. How is this possible?
15. I have branches, but no fruit, trunk or leaves. What am I?
16. What can't talk but will reply when spoken to?
17. The more of this there is, the less you see. What is it?



### RIDDLES 4 U Answers

1. All of them
2. A sponge
3. Are you asleep yet?
4. The future
5. There are none, it's a one-story house.
6. A promise
7. Your age
8. He was bald.
9. A towel
10. Your word
11. A barber
12. All the people on the boat are married.
13. The match
14. He was born on February 29.
15. A bank
16. An echo



**Milo Says:  
I'm Still Here**

## Steve's Special Healthy Banana Muffin



Try this healthy muffin recipe as a more nutritious alternative for when you're craving something sweet.

Prep time: 15 mins  
Cook time: 20 mins  
Total time: 35 mins  
Serves: 12 muffins

### Ingredients:

- 2 eggs
  - 2 tbsp 100% pure maple syrup
  - 1 tsp vanilla extract
  - 3 medium-sized ripe bananas, well mashed
  - 125ml milk
  - 75g rolled oats
  - 260g wholemeal flour
  - 1 tsp baking soda
  - ½ tsp ground cinnamon
- 1 small handful of chopped walnuts (optional)

### Method:

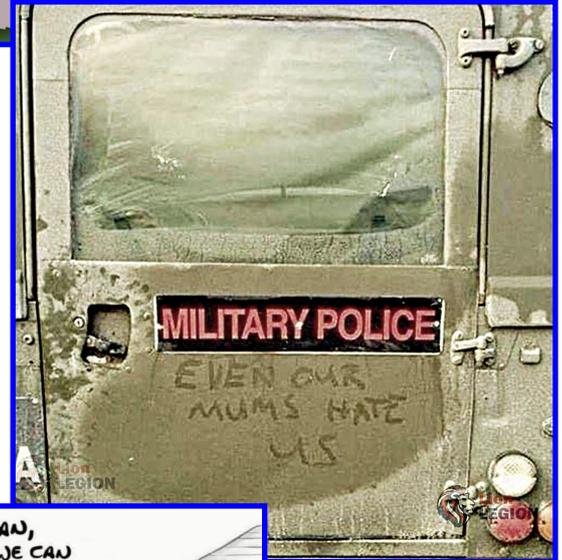
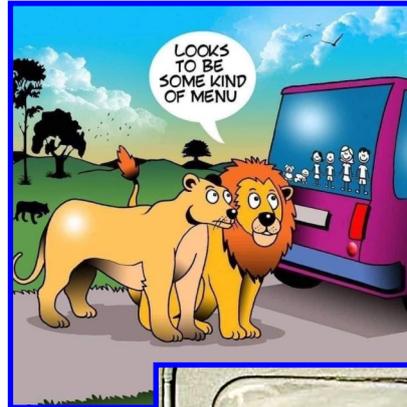
1. Preheat oven to 180°C (350°F) and line a 12-cup muffin tray with paper cases.
  2. In a large bowl, whisk the eggs, maple syrup and vanilla extract together until well-combined. Stir in the mashed bananas and milk.
  3. In a separate bowl, combine the rolled oats, wholemeal flour, baking soda, cinnamon and walnuts, if using.
  4. Add the banana mixture to the dry ingredients and mix with a wooden spoon, until just combined.
  5. Divide the batter evenly between the 12 cases.
  6. Bake the muffins for 15-20 minutes, or until a skewer inserted into the middle of the muffin comes out clean.
- Leave the muffins to cool for 5 minutes in the muffin pan. Turn out carefully onto a wire rack to cool completely. If you like you can top them with a slice of fresh banana. Enjoy!

A man walked into a hardware store and picked up a can of fly spray.

"Is this good for wasps?" he asks the assistant.

To which she replies "No, it kills them."

LOL



The rarely witnessed birth of a truck driver



I tried to find a pun about carpentry.  
But nothing wood work.