



THE WARRIOR



Newsletter for ESVH & the Military Community In East Sussex

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WHAT'S IN THIS EDITION?

1. Coronavirus: Monday 19th- What Changes?
 - Support Service Contacts
2. What Changes? Continued
 - SSAFA Referrals Now Regional
3. Army Experimental Vehicles
- 4/5 Hot Restless Nights?
 - Rugby - A Breeze for Sappers
6. Supporting Veterans Back to Work
 - Coming Out of Covid - Personal Reflections
7. Milo says: It Ain't Heavy (This Week!)
8. Steve's Special Spotted Dick
 - LoL



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

Coronavirus: Monday 19th – What Changes?

The government has lifted nearly all remaining restrictions on public life in England, as at 19th July, with an emphasis on personal responsibility.

There was no mention of "Freedom Day," as July 19 had previously been dubbed. The Prime Minister has urged caution as the country moved to "Step 4" of its road map of lifting restrictions. "Please, please, please be cautious. Go forward into the next step with all the right prudence and respect for other people and the risks that the disease continues to present," he said in a statement on Sunday night.

Covid infections remain high across the U.K. with 316,691 cases reported over the last seven days, up around 43% from the previous seven-day period. Hospitalisations are low but are creeping higher, with 4,313 people admitted to hospital in the last seven days, government data shows. In the last seven days, 283 people have died.

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

Registered with Charity Commission 1183583



Continued from page 1

The vast majority of infections are currently among younger age groups who are not yet vaccinated, or are only partially protected. Recent events like the Euro 2020 soccer championships, which saw England fans gathered in pubs and bars around the country, have also been blamed for the rise in cases.

At the same time, the government continues to plough on with vaccinations. To date, 87.9% of U.K. adults have received a first dose of a vaccine and 68.3% of U.K. adults have received both doses. Having both doses of a vaccine greatly reduces the risk of infection and hospitalization caused by the coronavirus.

These are some of the significant changes made.

Social distancing

- No limits on how many people can meet
- 1m-plus guidance removed (except in some places like hospitals and passport control when entering)
- Face coverings no longer required by law, although the government still "expects and recommends" them in crowded and enclosed spaces
- Some shops and transport operators will still require masks

Events and gatherings

- Nightclubs can reopen
- Pubs and restaurants no longer table-service only
- No limits on guests at weddings and funerals
- No limits on people attending concerts, theatres or sports events
- No restrictions on communal worship

Travel

- Guidance recommending against travel to amber list countries removed
- Under-18s and fully vaccinated adults no longer have to self-isolate after visiting amber list countries - although those returning from France to the UK must still quarantine for 10 days

Other

- Limits on visitors to care homes will be removed.
- From 16 August, most Covid restrictions in schools - including "bubbles" - will end.
- From the same date, fully vaccinated adults will not need to self-isolate after contact with a positive case.

What guidance remains in place in England?

- People should continue to meet others outside where possible.
- Businesses such as nightclubs - and large events - will be encouraged to use the NHS Covid Pass to check people are fully vaccinated. However, they won't legally have to do so.
- People working from home will be encouraged to return to the workplace gradually.



SSAFA Referrals Now Regional

SSAFA The Armed Forces Charity have moved to a new way of working. They are in the process of creating regional hubs with the South East Hub now established. This offers a single point of contact for Kent, Sussex, Surrey Hampshire, Berkshire, Buckinghamshire, Isle of Wight.

The creation of the regional hubs is to ensure that telephone calls to SSAFA are answered during office hours 0900-1700 Monday – Friday. Outside of these hours it will go to voicemail and a call returned when staff are available.

Hub staff will take details of support required and assign the case to a relevant Branch/Division.

With immediate effect the SE regional Hub contact is 020 4566 9126. This is for all enquiries. All SSAFA existing local and county numbers will be redirected to this number and subsequently phased out over the coming months.

Ed Note: ESVH continue to strive to join the Mosaic Casework Management System run by SSAFA on behalf of COBSEO, in order to reduce potential barriers to access for veterans with complex needs



Army Experimental Vehicles

Military vehicles, are playing a part in the armed forces' programme to reach net-zero emissions by 2050.

As defence looks to reduce its carbon emissions, the British Army vehicle fleet is being put forward for potential hybrid transformation.



The Jackal, the Foxhound and the MAN supply truck are all part of the experiment at Millbrook Proving Ground in Bedfordshire.

A major climate change report this year detailed the military's plans to help the UK reach net-zero emissions while maintaining capability.

Lieutenant Colonel Ed Sutherly, head of British Army Innovation, Research and Experimentation, explained some of the potential benefits if defence turns to the hybrid solutions.

Silent vehicle running to give "greater power demand" could eliminate the need for personnel to turn on the engine in an overwatch position, he said, reducing the risk of compromise.

Once vehicles enter electric mode the only audible noise "is the noise of the wheels on the Tarmac," he added.

A British Army Jackal Patrol Vehicle experimental hybrid is tested on a 30-degree slope using battery power only. A Jackal Patrol Vehicle experimental hybrid reverses up a steep hill as part of the tests.

Currently, defence accounts for half of all the Government's carbon emissions and wants to hit net-zero by 2050.

With this in mind, it has turned to Sheffield-based electric and vehicle manufacturer MAGTEC to strip apart the vehicles for transformation – part of £7m of defence-funded research into hybrid vehicles.

In the reconfigured Jackal, an electric generator takes the place of the standard gearbox while an electric motor is designated to each of the four wheels.

With the left and right-hand side wheels capable of moving in opposite directions, the hybrid Jackal can pivot and turn on the spot.

This is "something that only tracked vehicles up to now have been able to do," said Marcus Jenkins, managing director of MAGTEC.

In addition, the hybrid vehicles can supply power to external sources.

With its engine running, the MAN support vehicle can produce 500 kilowatts of electricity – equivalent to nine generators.

Using only its batteries, the redesigned workhorse of the service has enough energy to keep the average UK home fully powered for 18 days.

Bedfordshire's experiments will continue until Christmas before the Army itself puts the hybrid concept models to task in field testing.





Hot Restless Nights?

With much of the UK experiencing high temperatures, the difficulty of getting a good night's sleep will be a challenge for many people. There are things that you can do now, to beat the heat. Try these:

1. No napping

Hot weather can make us feel a bit lethargic during the day. That's because we're using more energy to regulate our internal temperature.

But if your sleep is disturbed at night, try to avoid napping during the day. When it's hot, sleepiness can be precious - save it for bedtime.

2. Keep to routines

Hot weather can encourage you to change your habits. Don't. That can disrupt sleep.

Try to keep to your usual bedtime and routines. Do the things you normally do before bed.

3. Remember the basics

Take steps to make sure your bedroom is as cool as it can be at night.

During the day, draw the curtains or blinds to keep the sun out. Make sure you close the windows on the sunny side of your home, to keep hot air out.

Open all the windows before you go to bed, to get a through breeze.

4. Use thin sheets or duvet

Reduce your bedding but keep covers handy. Thin cotton sheets will absorb sweat.

However hot it is in your bedroom, your body temperature will fall during the night. That's why we sometimes wake up feeling cold.

5. Chill your socks

Using even a small fan can be sensible in hot

weather, especially when it's humid.

It encourages the evaporation of sweat and makes it easier for your body to regulate your internal temperature.

If you don't have a fan, try filling your hot water bottle with ice cold liquid instead. Alternatively, cool socks in the fridge and put those on. Cooling your feet lowers the overall temperature of your skin and body.

6. Stay hydrated

Drink enough water throughout the day but avoid drinking very large amounts before bed.

You probably don't want to wake up thirsty - but you don't want to take an additional trip to the bathroom in the early hours either.

7. But think about what you drink

Be careful about soft drinks. Many contain large amounts of caffeine, which stimulates the central nervous system and makes us feel more awake.

Avoid drinking too much alcohol as well. Many people drink more when the weather is hot.

Alcohol might help us fall asleep but it promotes early morning waking and a poorer quality of sleep overall.

8. Stay calm

If you're struggling to sleep, get up and do something calming. Try reading, writing, or even folding your socks.

Just make sure you don't play on your phone or a video game - the blue light makes us feel less sleepy and the activity is stimulating.

Return to bed when you feel sleepy.

9. Think of the children

Children are usually quite robust sleepers - but they are very sensitive to changes in family "mood" and routine. Make sure usual bedtimes and bath times

don't go out of the window just because it's warm.

As part of the bedtime routine, lukewarm baths are recommended by the NHS UK website. Make sure they aren't too cold, as that will boost circulation (your body's way of keeping warm).

Lukewarm baths can help before bedtime during hot weather

A baby can't let you know if they're too hot or too cold, so it's important to monitor their temperature. They'll sleep best when the temperature is kept between 16C and 20C.

You could install a thermometer where the baby is sleeping or check their forehead, back or stomach to see if they feel hot to the touch.

Don't forget whilst many of us need about seven to eight hours of good-quality sleep each night to function properly, most people can function well after a night or two of restless sleep. Although you might yawn a little more frequently than usual, you'll probably be fine.

These tips were based on suggestions by Prof Kevin Morgan, former director of the Clinical Sleep Research Unit at Loughborough University, and Lisa Artis, of the Sleep Council.



Rugby - A Breeze for Sappers



The Royal Engineers have beaten the Royal Artillery in the opening round of the Rugby League Lawson Cup.

A 30-10 victory in Aldershot saw the Sappers run riot in another chapter of one of the military's oldest sporting rivalries.

The win also meant the Engineers could lift the Woolwich Cup.



It was the Artillery who landed the first blow at the Army Rugby Stadium as Timoci Nadurutamata dashed home for an unconverted try.

Pisa Biuailomaloma levelled the scores for the Engineers when he crashed home in the corner past a helpless Artillery defence.

The Sappers had the momentum and a second try followed soon after.

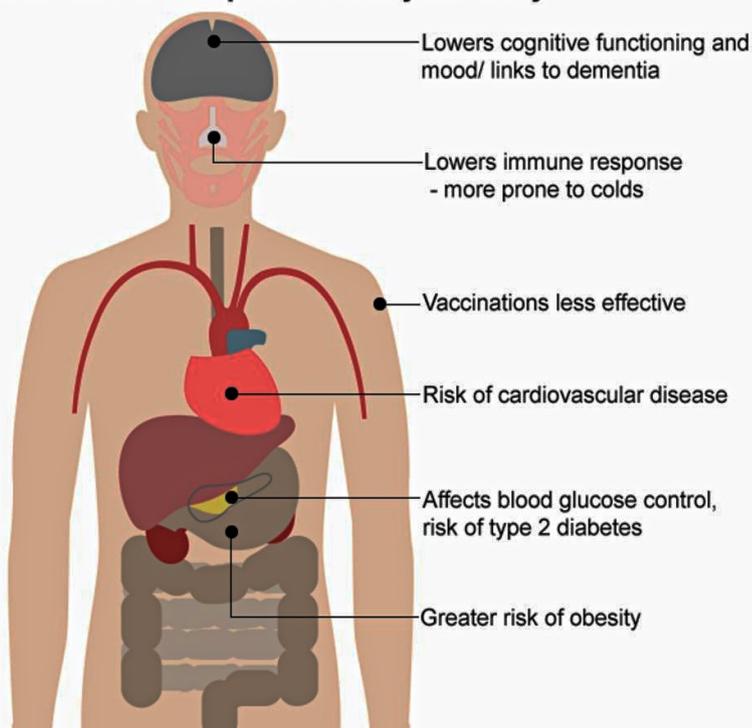
Ernest Petueli flopped over the line and Kevin Brown battled the blustery conditions to add the extras.

A Brown penalty and a Valetiri try, which was given by the referee after a chat with his touch judge, meant the Engineers were in full control but the Gunners would make a fight of it.

Sailasa Loudola's converted try from close range reduced the deficit to just eight points. But that was as good as it got for the Royal Artillery as Callum Smith and Brown both scored tries to give them a comfortable win.

They'll hope to add the Lawson Cup to their Woolwich Cup trophy when the finals get under way at the end of the month.

How lack of sleep can affect your body





Supporting Veterans Back To Work



More job seekers in the Army family will be supported to overcome employment barriers thanks to significant new funding from The Soldiers' Charity, to the Poppy Factory.

ABF have awarded a substantial grant towards the Poppy Factory's employment service, and by funding this programme, they will help to deliver one-to-one support for veterans with health conditions in the year ahead.

Employment consultants based regionally in England and Wales offer face-to-face support to hundreds of veterans annually. That specialist support can be truly life-changing, significantly improving veterans' confidence, financial security and health and wellbeing.



Deirdre Mills, Chief Executive of The Poppy Factory, said: "Specialist employment support has such a positive impact on the lives of veterans and their families. We are very grateful to ABF The Soldiers' Charity for continuing to fund this vital service, and we will

work closely together over the year ahead to ensure that our support reaches those who need it most."

Brigadier (Ret'd) Peter Monteith MBE, Chief of Staff at ABF The Soldiers' Charity, said:

"We are delighted to continue to support The Poppy Factory with its vital work opening up career avenues for veterans. We're here to support the Army family secure their own future and, with a helping hand from the Poppy Factory, they can do just that."



Anyone who is unemployed, served in the Armed Forces for one day or more, and has a physical or mental health condition can register for employment support. To register online visit poppyfactory.org/register

Coming out of Covid - Personal Reflections



ESVH carried out a survey of veterans to register their personal reflections over the past three months, as society slowly moves towards a 'new normal'. Of those invited to participate, 22 veterans responded and the results are shown below.

Personal issues addressed.

Depression, isolation, aggression, pain, mental health, alcohol, unemployment, finance, socialising, rehabilitation, bereavement, release from HMP.

How were these dealt with? Alone 18%
With help from ESVH 68% With help from others 14%

Use of alcohol or substance misuse. None 64% Reduced 23% Started again 14%

Feeling mentally better or worse? Better 51%
Worse 14% The same 27%

Feeling physically better or worse? Better 33%
Worse 55% The Same 14%

How have you coped since January 2021? Poorly 23% Some blips 59% OK 18%

What specific activities did you take part in? None 33% Others included ESVH sessions, ESVH Farm days, Veterans Growth horticultural days, Employment, volunteering and fishing.

Has your confidence grown during this period? No 9% Same 41% Yes 41% Very much 9%

Are you better able to operate independently? No 14% Same 18% Yes 55% Very much 14%

What other groups have you worked with?

Those reported included, Blue Van Eastbourne, Veterans' Growth, Health in Mind, TILS, AA (12 steps) Meditation, STAR and ESRA.

Thank you to those veterans who help with this survey and well done everyone for their personal efforts and achievements in what has been a challenging time.

Positive outcomes have been highlighted above in red



These results are collated to monitoring outcomes of projects in partnership with East Sussex County Council



**Milo Says:
It Ain't Heavy
(This week!)**



**Iain's impression of a
mobile unit for ESVH!
'Truckie' comforts...**



**Our very own
coffee, hot
chocolate and tea
machine with
ingredients
donated by
Options
Management Ltd
(another one on the way)**



**ARMED
FORCES
NETWORK**



**At the 10th Anniversary celebration of
Sussex Kent and Medway Armed Forces Network,
held in Eastbourne on Tuesday
the Lord Lieutenant of East Sussex
Sir Peter Field KCVO
presented Bernard Stonestreet with an award.
It recognised the work of ESVH and 99/100 Group
Thank you to all veterans and supporters involved**



**Found this
and thought
of Wolf**

**The guy
at the furniture
store told me the sofa
would seat 5 people
without any problems.
Then it occurred to me,
I don't think I know 5
people without
any problems.**



**It's Free!
Travel arranged or costs
covered
Camp over if preferred
Let Stuart know NOW -we'll fit you in!
'Old Man of the Woods'
Woodcarving Course
Battle**

Steve's Special Spotted Dick Serves 4-6



Ingredients:

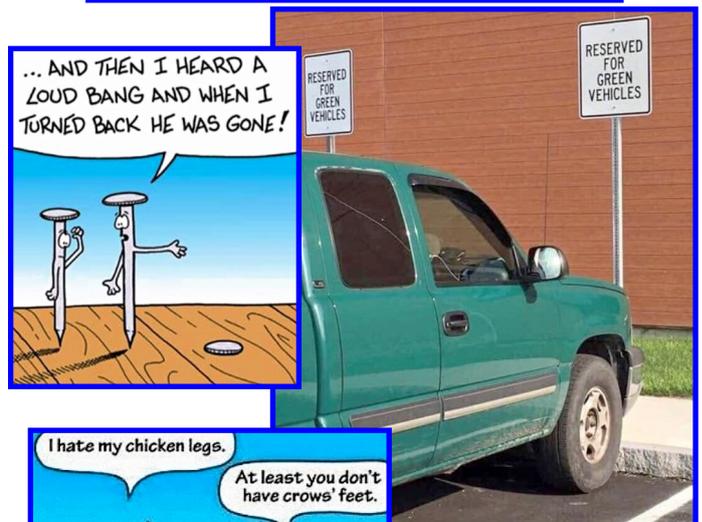
- 125g Softened butter
- 125g Caster sugar
- 2 eggs
- 125g self-raising flour
- 1 small very ripe apple. Peeled and grated
- 1 tsp cinnamon powder
- 75g currants

You will need eight small pudding tins or Ramekins, 175ml each (around 9cm in diameter), each brushed with melted butter, and a large ovenproof casserole pan with a well-fitting lid big enough to house the number of puddings being steamed.

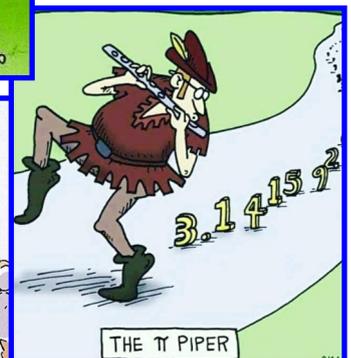
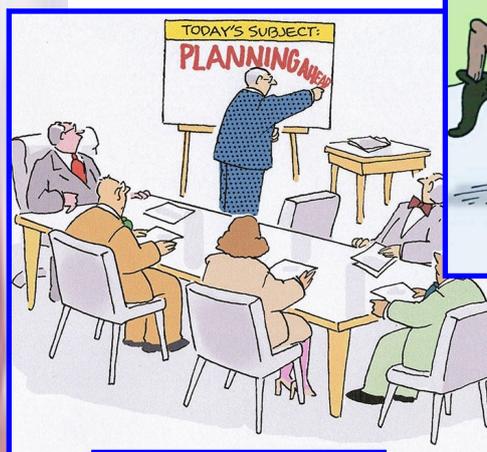
Chef Says

- Preheat the oven to 200c. In a mixing bowl, cream together the butter and sugar until light and fluffy. Whisk in the eggs, one at a time.
- Sift together the flour and ground cinnamon and fold this into the creamed mixture.
- Add the grated apple and finally fold in the currants.
- Divide the mixture into the eight dishes which have already been brushed with touch of melted butter.
- Pop the puddings into a casserole pan (if you do not need them all they can be frozen for later) and pour into the pan sufficient boiling water to come about 1/3rd of the way up the tins.
- Put the lid on and transfer to the preheated oven and steam for 25 minutes.
- Tip onto pudding plates and serve with custard for a delicious classic British pudding!

LOL



I JUST SAW A CAR BEING
DRIVEN BY A SHEEP IN A
SWIMSUIT...
IT WAS A LAMB BIKINI.



WHEN THEY OPEN A
SECOND CHECKOUT
AT ALDI



Your Pupils are the last
Parts which stop
working after you die.

They dilate

