

Latest research suggests that one in three Brits face increased stress during the holiday season.

This is primarily due to factors such as lack of time, financial pressure, gift-giving, and anxiety around family gatherings. To cope with this added pressure, it is important to prioritize self-care, set realistic expectations, and communicate your feelings with loved ones. Remember that it's okay to take a break or share the load and focus on what is important to you during the festive season.

Here are some tips to help you improve your wellbeing and cope better.

1. Concentrate on time-sensitive tasks and make a list of things that can wait until the new year.

2. Make sure you take regular breaks during your day to recharge.

3. Focus on the positives. Reflect on your successes and acknowledge your accomplishments during the past year.

4. Consider things you can put in place to look after your mental health in the new year. For example, talking lunch breaks in your calendar or adding a reminder to devote at least one hour for yourself everyday.

5. If you've got time off, give yourself time to switch off, unwind and relax. Consider turning off notifications if your emails are linked to your phone. Try meditation.

6. If you're working over the festive period, work out your priorities to lessen the load on these days.



Send A Message For Christmas

H4H have recognised the problems veterans may experience over the festive season They are asking people to send a message, posted on their website, thanking those who have served for their service or any other expressions they wish.

The site will grow, offering interesting reading for any veteran feeling lonely or isolated.

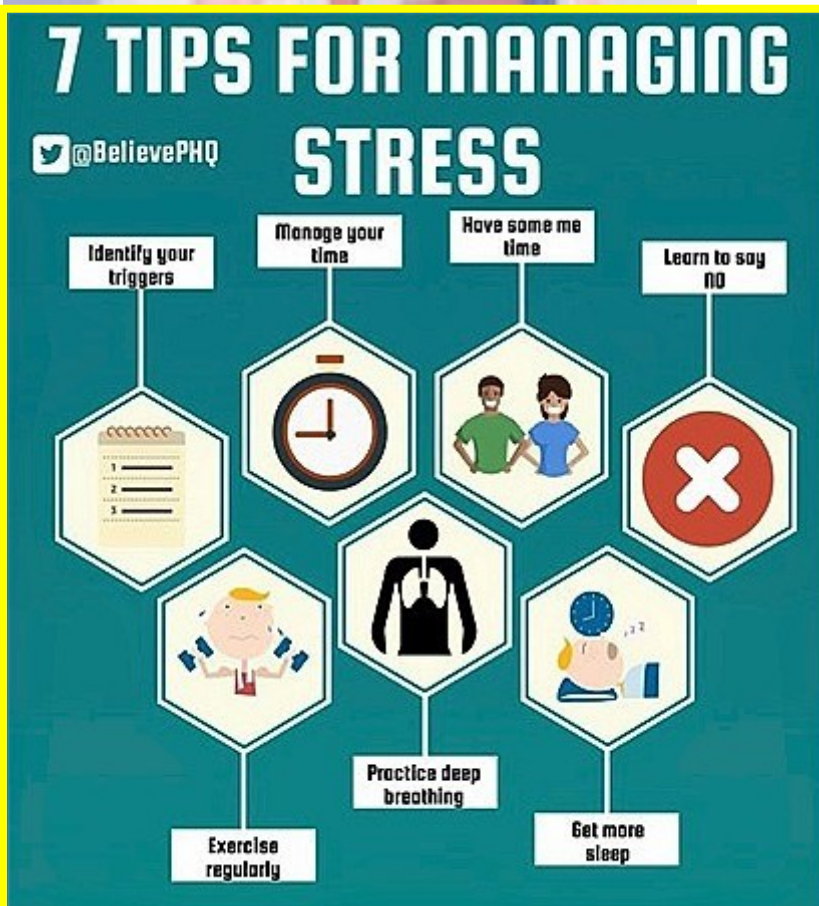
To post a message or just enjoy reading what others have said, go to <https://helpforheroes.celebrationpage.org/sendamessage>



Not Just Father Christmas!

Grant Shapps, the Defence Secretary, supports the idea of allowing soldiers in the British Army to have beards.

He thinks that the current rules against beards are "ridiculous and outdated" and that the UK needs to modernise. Also, that the Army should not be so strict about whether people have beards or not, and that it is time to change the rules.



It is suggested that the Army should discuss this matter and consider adjusting its policy as many modern armies do not have any rules about beards and are still able to operate effectively.

The British Army has prohibited soldiers from growing beards since the 19th century. However, the Royal Navy and Royal Air Force both allow beards.



General Sir Patrick Sanders and the MOD are currently reviewing the Army's beard policy to see if there are any potential benefits to the recruitment and retention of personnel. The British Army has not yet decided if it will

change the rules. He said: "I think we need to continue to have the discussions, we need to continue to modernise and stay in line with society.

"But we also need to remember we're a uniformed organisation. What we ask of our people is so much more than what many civilians will ever be asked of."



New Chief of Defence Staff

General Sir Roly Walker, KCB, DSO, a former Guardsman who led the Grenadier Guards and served with 22 SAS, then as Director Special Forces, will replace General Sir Patrick Sanders as Chief of the General Staff next year.

Michael Clarke, a defence expert and former director of the Royal United Services Institute (RUSI), praised the decision, stating that the Army had selected someone with a distinguished background in the military.



General Walker received the Distinguished Service Order (DSO) for his leadership during an operation

in Afghanistan, where he was blown up and injured in a Ridgeback vehicle.

He presently serves as the deputy chief of the defence staff (DCDS) with responsibility for Strategy and Operations, and has a reputation for being transformative. According to Mr. Clarke, General Walker is a man who changes things, and he certainly has the background within the MOD to do so.



ESVH Programme of Activities January to March

Whole Period

ESVH Weekly Drop In on Mondays from 8th January 1000-1300

Camera Club Weekly Mondays 1000-1300

SMART Recovery from Weekly Mondays 1300-1400

Gymnasium Session Weekly from Wednesday 10th 1100-1230

Model Club Weekly Fridays 1000-1300

99/100 Sessions Fortnightly Saturdays From 13th January 1000-1300 (Mediation included)

January

Bushcraft Days Thursday 11th & 25th

One Day Softstone Sculpture Workshop 18th
Football Golf 19th

February

Walk & Talk Tuesdays 6th & 20th

Bushcraft Days Thursday 1st, 15th & 29th

Woodcraft Clocks Friday 16th

March

Walk & Talk Tuesday 5th & 19th

Bushcraft Days Thursday 14th & 28th

Woodcarving 15th

During this quarter it is anticipated that a cycling club will be formed offering cycle maintenance and rides in the countryside around Peasmarsh.

For further information, arrange a specific event for your organisation or join ESVH activities where appropriate, please contact

01424 446292 07884263824 07413820715





Bloody Sunday Trial

It has been decided that a veteran of Northern Ireland operations is to go on trial accused of two murders on Bloody Sunday in Londonderry in 1972.

Former paratrooper Soldier F, who cannot be identified, is accused of murdering James Wray and William McKinney when the Parachute Regiment shot dead 13 civil rights protesters on the streets of the city. He is also charged with five attempted murders.

During a hearing in Londonderry, Soldier F was sent for trial at a date to be fixed at Belfast Crown Court. The Public Prosecution Service (PPS) previously called a halt to the prosecution of Soldier F in 2021, citing concerns the case could collapse if it went to trial.

Mr McKinney's family challenged the decision to halt proceedings and last year the Divisional Court of the High Court in Belfast overturned the PPS's move.

According to the Ministry of Defence, 1,441 serving members of the British armed forces died in Operation Banner; 722 of whom were killed in paramilitary attacks, and 719 of whom died as a result of assault, accidents, suicide or natural causes during deployment. This includes:

- 814 from the regular British Army; 477 of whom were killed by paramilitaries, and 337 of whom died from other causes.
- 548 from the Ulster Defence Regiment/Royal Irish Regiment; 204 of whom were killed by paramilitaries, and 344 of whom died from other causes.
- 17 from the Territorial Army; 9 of whom were killed by paramilitaries, and 8 of whom died from other causes.
- 26 Royal Marines; 21 of whom were killed by

paramilitaries, and 5 of whom died from other causes.

- 26 Royal Air Force servicemen; 4 of whom were killed by paramilitaries, and 22 of whom died from other causes.
- 8 Royal Navy servicemen; 5 of whom were killed by paramilitaries, and 3 of whom died from other causes.
- 2 from other branches of the Army, who were killed by paramilitaries.

A further 45 former British military personnel were killed during Operation Banner.



Department
for Work &
Pensions

Monitoring Personal Bank Accounts

The UK's Department for Work and Pensions (DWP) is set to monitor the bank accounts of all individuals claiming pension credit, universal credit and employment and support allowance.

This move is made possible through a bill currently being reviewed by Parliament. The department has announced their intention to use the data provided by third parties more widely in the future, in their search for fraud and error.

The DWP can now force third parties to provide any data they require for this purpose. This power was added as a last-minute amendment to the Data Protection and Digital Information Bill, which has now passed its third reading in the Commons and moved to the Lords.

Initially, the department claimed they would use their new powers to make the UK's top 15 banks monitor all accounts belonging to means-tested benefits claimants. Banks would have to report every time an account goes over the capital limit or is used abroad for more than four weeks. Since every DWP payment into a bank account has an identifying code attached to it, banks know which of their customers receive benefits and which benefits they receive. Therefore, setting up software to automatically send details to the DWP of every claimant account that goes over the capital limit or is used abroad for more than four weeks will be very straightforward for banks.

The DWP has stated that each identified claim will be investigated normally and that penalties will not be automatically imposed. The new surveillance will affect almost nine million claimants, including 5.8 million universal credit claimants.

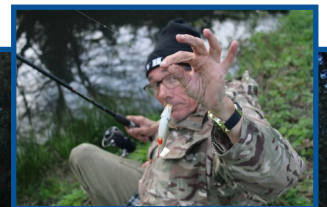
ESVH Keeping Busy!



Woodcraft—Making Cheeseboards



Three Day Sculpture Workshop, Camping & Fishing



Carving Animals(2 Days)



Weekly
Gym



Eastbourne Recovery Week



Away Day



Visits



No 10

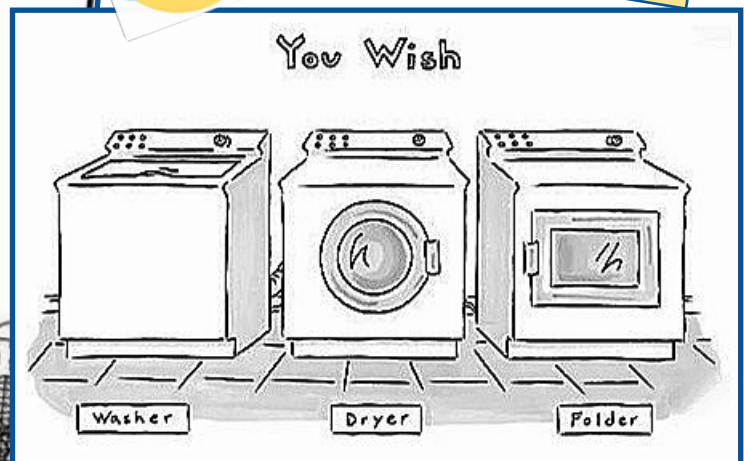
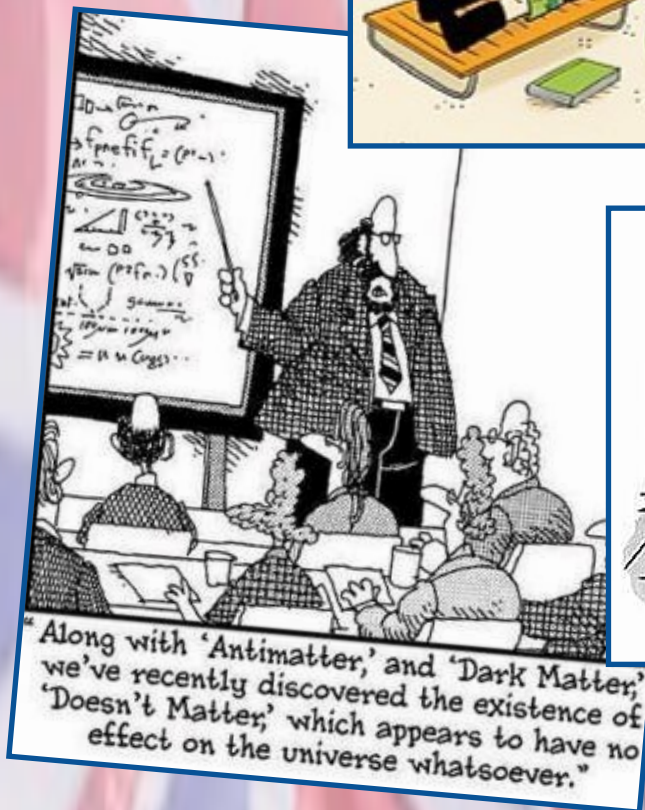


Brands Hatch





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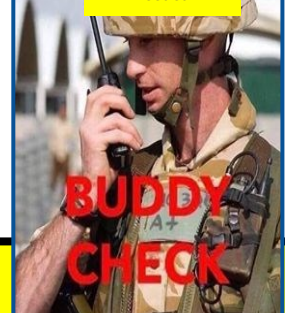


The East Sussex Veterans Hub is committed to providing extensive and holistic support to veterans, with a focus on their overall welfare, well-being, and coping strategies. They offer a wide range of services including information, advice, and guidance, tailored to help veterans overcome various challenges they may encounter. The services offered include activities and psychoeducational sessions that address addiction, alcohol, and trauma-related issues. On request, selected services may be available to other organisations.

To get in touch, please email esvh99100@btinternet.com or call 07884263824.

Contact a Veteran you know & ask how they are doing ...

Sometimes a chat is all that's needed



Support Services Telephone Contact Numbers

NHS 111 Any medical or health issue, ring 111 IMMEDIATELY, for advice. Some GPs have a telephone triage service as well. Also ring 111 for veterans' mental health service (Op Courage) or local crisis team

ESVH 07884263824/01424 446292 Monday Drop In 10am

STAR Freephone 0300 303 81600 **ESRA** 01424 435318 **Seaview** 01424 717981

Job Centre Plus Hastings 0800 169 190

Samaritans Hastings Freephone 0330 094 5717 National 116 123