



THE WARRIOR



Newsletter for ESVH & the Military Community In East Sussex

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WHAT'S IN THIS EDITION?

1. Coronavirus: Looking Forward
 - Support Service Contacts
2. Looking Forward Continued
 - MACA One Year On
3. Mount Batten Airbase Repairs
4. Happy Birthday Royal SCOTS
5. Seagoing Days Over for HMS Trenchant
 - Hi Tech Medics
6. RN&RMC New Chairman
 - Members of Forces Selected for Six Nations Rugby
7. Milo Says: Get Some Fresh Air
 - Help Others To Cope Better
8. Steve's Special: Easter Bird's Nests
 - LoL



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

Coronavirus: Looking Forward (with Caution)



ESCC report that vaccinations are going well, the number of Covid-19 cases and hospital admissions are reducing, and day by day there is a feeling of anticipation about the end (or at least 12 April) of this phase.

However, cases have been seen to rise again across East Sussex. Most people are following the guidance – we are still in lockdown after all – but we all need to continue being cautious, vaccination received or not.

With Easter just around the corner, warmer days ahead, and the 12 April approaching (have you booked your haircut yet?), it's all too tempting to loosen the rules a little bit further, even if you think it won't matter. Things already start to change on 29 March, so let's enjoy the fact that we can see more people, but let's not mess this up and cause a delay to the next phase ahead.

Currently, England is still in a national lockdown. You must stay at home, leaving only where permitted by law, and follow the rules in this guidance.

If you have had the vaccine the rules still remain and apply to you. The Covid-19 vaccine that you have

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

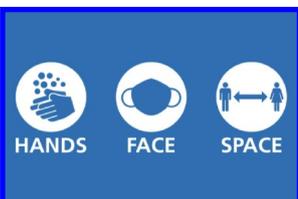
Bexhill Caring Community 01424 215116

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

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Continued from page 1

had has been shown to reduce the chance of you suffering from the disease. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection. We don't yet know whether it will stop you from catching and passing on the virus, but we do expect it to reduce this risk. So, it is still important to follow the guidance to protect those around you. practise social distancing

- wear a face mask
 - wash your hands carefully and frequently
- follow the current guidance

Scientists have warned those that have been vaccinated should not hug their relatives or anyone outside of their household even after receiving the vaccine.

Anyone without symptoms who needs to leave home for work, to volunteer or provide care and who aren't already covered by another testing programme and all households with nursery, primary, secondary and college age children and young people, including childcare and support bubbles are encouraged to have a symptom-free test twice a week.

One in three people with coronavirus have no symptoms and can spread infection without knowing. Regularly testing people who aren't showing any signs of Covid-19 is an important step to keep infection rates low so that life can return to as close to normal as possible.

Find out how at www.eastsussex.gov.uk/covidtests
People with Covid-19 symptoms should continue to book a test at one of the local testing sites or order one online.

Looking forward here's what we can do from 12 April, if we stick to the current rules in the meantime!

- Non-essential retail can re-open, including shopping centres, hairdressers, barbers and other close contact services.
- We can finally get back to the gym, swimming pools and spas as they re-open for individuals and households.
- A weekend away with the family? Go for it – UK domestic holidays away from home in self-contained

accommodation is allowed if you're only with members of your own household.

- More entertainment and weekend activities are afoot as zoos, theme parks, drive-in cinemas, as well as beer gardens and alcohol takeaways re-open.
- Community centres and libraries can also re open and we know for sure the East Sussex librarians will be eagerly awaiting to welcome residents back into libraries.



MACA One Year On

It is one year since the first Military Aid to Civil Authorities (MACA) request was made and defence assets were deployed to help with the nations efforts to deal with the coronavirus pandemic.

More than 50 MACA requests remain open, and since 18 March 2020, the MOD has responded to a total of 374 such requests.

Starting in March last year, Defence Secretary Ben Wallace made clear the Government's intent to use all military options possible in its response to outbreak of the virus. Speaking in Parliament recently he promised: "We will not leave any stone unturned about making sure we mitigate the impact on society using all defence assets."

Just two days after lockdown was announced the first MACA request was made, with local government asking for the assistance of Armed Forces personnel.



This involved The COVID Support Force being formed, paving the way for Operation Rescript. Twenty thousand personnel were put on standby and in April 3,000 reservists joined the force.

Within days, members of the military were learning to drive oxygen tankers and delivering Personal Protective Equipment (PPE) to hospitals. In a matter of months, they delivered more than 1.18bn items of PPE to NHS staff, as the country prepared itself for the greatest threat since the Second World War.

Military personnel also became crucial to the creation of the NHS Nightingale Hospitals, bringing in specialist logistical expertise to get them up and running across the UK.

From mid-April 2020, Armed Forces personnel set up and manned mobile units to test people who thought they had coronavirus symptoms. More than 310,000 people had been tested at these sites, by the end of May. Troops also helped drive ambulances, while the RAF transported suspected COVID patients by air.

As we entered summer the rules relaxed but the threat remained, and after the summer months it only continued to grow, and 54 MACA requests remained open. By early November, England had moved into its second lockdown, following similar moves in Wales and Northern Ireland, while Scotland also introduced tougher restrictions for the areas worst affected by the virus.

As COVID rates increased, 2,000 military personnel were called in to Liverpool for a mass testing pilot, aiming to deliver 450,000 tests a week to people whether or not they had symptoms. Following the success of the pilot, the military began training civilians and care workers to administer the tests themselves, and then at other sites across the UK.

As the military's testing role started to draw down, it was announced that in Loughborough, personnel had been assisting with planning and logistics to create the first mass vaccination centres.

The creation of the Vaccine Quick Reaction Force followed, 20 mobile teams of six military healthcare experts deployed to support the UK vaccination rollout, with an additional 21 teams available for short-notice deployment.

As the numbers of COVID cases worsened, the home nations imposed more restrictions and plans

for any form of family Christmas was cancelled for much of the country.

With military assistance, more asymptomatic community testing centres were set up at various sites, and in Kent, the Armed Forces were called in to support testing of lorry drivers who were stranded after France closed their borders to all without a negative test.

The start of 2021 saw all of the UK enter into another lockdown. With the first vaccines approved and a rollout under way, the military had a new role delivering vaccines to British overseas territories.

Although the threat from COVID still remains, the Armed Forces are still responding, with more than 2,600 military personnel assisting with more than 50 MACA requests. Fourteen thousand personnel remain on standby as part of the Winter Preparedness Package.



Mount Batten Airbase Repairs

Plans have been approved to repair two historical hangars, once part of an air base where TE Lawrence, better known as Lawrence of Arabia, was once stationed.

The seaplane hangars at the former RAF Mount Batten, Plymouth, date from 1917 and are listed for protection. Plymouth City Council approved plans by owner Plymouth Yacht Haven. These hangars were home to seaplanes during both world wars, including the Sunderland flying boat in World War Two.

TE Lawrence became famous after his mission in the Middle East inspired Arab tribes to fight against the Ottoman Empire in World War One. His exploits were the basis of the 1962 film Lawrence of Arabia.

The archaeologist, soldier and diplomat, shunned publicity and later re-joined the armed forces under the assumed name of TE Shaw. He joined the RAF in 1925 and served at RAF Mount Batten.

The road alongside the former base is now called Shaw Road in his memory. The base remained a defence establishment until the 1980s, and the buildings are described on the National Heritage List for England as "an important survival of early aviation structures."



Happy Birthday Royal SCOTS!

The Royal Regiment of Scotland is celebrating its 15th anniversary. It is the only Scottish line infantry unit of the British Army, being formed in March 2006, when Scotland's historic infantry regiments were amalgamated.

The regiment has developed over the last decade-and-a-half, playing a major role in the British Army. It is now made up of seven battalions.

- 1 SCOTS – This will form part of the new Special Operations Brigade.
- 2 SCOTS – A light infantry battalion.
- 3 SCOTS – The light mechanised unit.
- 4 SCOTS – Part of the Strike Experimentation Group.
- 5 SCOTS – Primarily used for the regiment's ceremonial duties and guards of honour.
- 6 SCOTS & 7 SCOTS – Reserve units.

During the last decade-and-a-half, the regiment has deployed on operations to conflict zones, most notably in Iraq and Afghanistan. Now, as infantry soldiers, they are lending their expertise to these countries to help them secure their borders against regional aggressors.

Colour Sergeant Jamie Scott, 2 SCOTS, said: "The motivation and the confidence that the guys have to go out, speak to people of different nations, languages and still manage to pass on those skills, is quite hard to do.

"The Jocks carry that confidence across and manage to do it rather well. They have also assisted on the home front – including in the fight against the coronavirus said Major Davey 4 SCOTS. "There's a sense of pride in everything we do,

"While I wouldn't want to speak for everyone, I think most people join the Army to do better, to help, whether that's obviously traditionally on overseas operations, humanitarian aid, and just being ready to make the call.

"I've never seen a soldier not want to help, be it COVID support, be it operations, anything at all really."

Tradition is an important part of life in the Royal Regiment of Scotland. It boasts its own band and the Pipes and Drums are a huge part of the unit's identity. There is also the regimental mascot, Corporal Cruachan IV, possibly the most



famous member of them all.

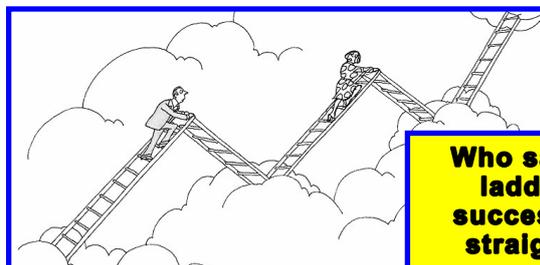
Major Davey, explains: "The Royal Regiment of Scotland has always had a fine balance between having a foot in the past and the link to the antecedent battalions and regiments and looking forward.

"And you see that with the capabilities we have, be it, mechanised infantry, light role, specialised infantry or even light mec [mechanised infantry].

"We kind of do it all from an infantry standpoint and that flexibility gives us a range of options and gives us an opportunity to just demonstrate our expertise," he added.

The birth of the Royal Regiment of Scotland was not straightforward, with many opposed to the merger in 2006 over concerns the constituent infantry regiments would lose their proud heritage. However, 15 years on, many feel the regiment has formed an identity of its own.

This year, the regiment will not be able to mark its anniversary in the same way it did for its 10th birthday, but it still celebrates how far it has come in a decade-and-a-half of service.



Who said the ladder of success was straight up



Seagoing Days Over for HMS Trenchant

Royal Navy Trafalgar-class submarine HMS Trenchant has returned to Devonport Naval Base for the last time ahead of her decommissioning after 35 years in service.

The submarine flew her paying off pennant and a number of her crew 'went up top' to line the casing as she sailed into the base.

A water salute was also sprayed over Trenchant, the oldest submarine in the fleet, in recognition of her long and esteemed service.



The 85-metre nuclear-powered submarine was launched in 1986 by war hero Vice-Admiral Sir Arthur Hezlet, the commander of the original HMS Trenchant submarine during the Second World War.

Two ice patrols were some of the biggest highlights of HMS Trenchant's career. She will be decommissioned from the Royal Navy later this year.

In 2016, the boat punched through the ice and emerged on the surface of the Arctic Ocean. This marked nearly a decade since a British boat had carried out this manoeuvre, re-generating the Submarine Service's under-ice capability.

While in 2018 in the harsh environment of the North Pole, HMS Trenchant also broke through the ice in an exercise with the US Navy.

As the submarine pulled alongside her jetty, she was welcomed by the Captain of the Submarine Flotilla and a previous commanding officer.



Hi Tech Medics

The medics who support the Royal Marines on operations are using new technology to

tailor their approach to the changing needs of the Royal Marines Commandos.

The Commando Forward Surgical Group (CFSG) is adopting new technologies and practices to be lighter and more agile on operations around the world.

As part of the Future Commando Force development, the CFSG will restructure into a Role 2 Forward. The aim is to be able to treat casualties in the field while carrying less kit and having fewer personnel on the frontline.

The group comprises experienced practitioners, who have limited hospital capability. They will rely on new kit, designed for remote diagnosis and treatment of patients using telecommunications technology.

Some of the new features include Proximie telemedicine, point-of-care ultrasound, a WAT-01U2 high-definition camera and the Satcube (a satellite Wi-Fi system).



This technology allows clinicians to share knowledge and skills during live surgical procedures shown on camera.

Lieutenant Marc Dowling, the Royal Navy officer in charge of the CFSG, said: "We have been showcasing all the telemedicine advances as part of the Forward Surgical Team capability.

"Proximie allows reach back to UK surgical consultants for real time in-depth analysis and advice."

The CFSG can also be supported by remote radiologists who will use the ButterFly probe (a handheld wireless ultrasound) and a new point-of-care ultrasound."

Using the technology to provide rapid analysis, the CFSG is also set-up to be streamlined. This enables an efficient through-flow of patients that means a greater number of casualties can get the right treatment as soon as possible.

Lt Dowling added: "When a patient arrives, the system flows in a 1-1-1 system; they arrive first at resuscitation, then go through to the Forward Surgical Team, and finalising at Intensive Treatment Unit."



New Chairman

The Royal Navy and Royal Marines Charity's (RNRMC) Board of Trustees has selected its new chairman.

Dr Brian Gilvary, the executive chairman of Ineos Energy, a division of the INEOS Group, which focuses on oil and gas and the energy transition, has accepted the appointment.



He is taking over from current chairman Sir Bill Thomas who finishes his six-year stint in the position in July 2021.

Finding his successor was said to be an exhaustive process, with more than 150 potential candidates with a range of backgrounds whittled down to a high-calibre shortlist.

Dr Gilvary was a unanimous choice to lead the board and he was said to share a deep personal commitment with the RNRMC's mission.

Prior to his executive chairman position at Ineos Energy, he was BP plc's Chief Financial Officer and Board Director from 2012- 2020, having joined the company in 1986. During his time at the British multinational oil and gas company, Brian acted as BP's principal negotiator on a series of large transactions and complex legal matters.

Dr Gilvary is also the senior independent director of Barclays plc; a non-executive director of Air Liquide SA, the Royal Navy and the Francis Crick Institute. Since April 2020 he has also served as a Trustee of the Royal Navy and Royal Marines Charity.

Speaking of Dr Gilvary's appointment, current chairman Sir Bill Thomas said he was "delighted" with the decision.

"I am delighted by the news that Dr Brian Gilvary will succeed me as Chair of the Royal Navy and Royal Marines Charity," he said.

"Brian brings not only a tremendous business pedigree, but a deep understanding of and commitment to the Royal Navy and Royal Marines gained as a Non-Executive Director of the Navy Board and as a trustee of the RNRMC. "Under Brian's expert leadership, working with our energetic board and our hardworking executive team, I am confident that the RNRMC has a very positive future."

Dr Gilvary said "It's an honour and privilege to take on the baton from Sir Bill.

"Our programmes, our fundraising, how we work with beneficiaries – there's much work to be done to ensure a safe, secure and bright future for the RNRMC – and most importantly for the naval communities it serves.

"I have seen for myself the enthusiasm, dedication and fantastic efforts made by staff, volunteers, fellow trustees and the senior team and I look forward to working alongside them all to deliver the charity's ambitious and exciting strategy in the months and years ahead," he added.



Members of Forces Selected for Six Nations Rugby

Three forces rugby union players have been called up to the final squads for the Women's Six Nations.

The Army's Captain Gemma Rowland and Bombardier Bethan Dainton will represent Wales, while Amy Cokayne from the RAF will play for England. All three players were in their countries' respective training squads and have made final selection.



Wales will kick off their tournament against France at Stade de la Rabine in Vannes on 3 April at 9pm GMT. Earlier in the day, England will play in the first match of the competition against Scotland at Castle Park.

Meanwhile, Army referee Captain Nikki O'Donnell will take charge of two matches in the competition. Cpt O'Donnell has been appointed as referee for France v Wales and Scotland v Italy 17 on April.



Milo Says: Get Some Fresh Air



Getting Ready for Armed
Forces Day Eastbourne
26 June 2021



A Place to Escape To?
ESVH Recce Party 'In the Country'
Potential Camping Site



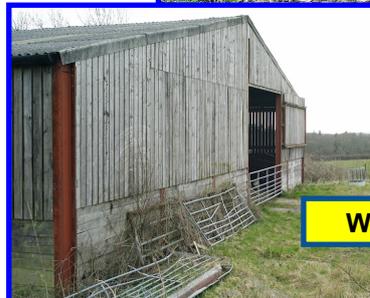
A place to relax



Roman Road

Things to Think About

- What if my dog only brings back the ball because he thinks I like throwing it?
- If poison is past its expiry date, is it more poisonous or is it no longer poisonous?
- Which letter is silent in the word 'Scent', the 'S' or the 'C'?
- Do twins ever realise one was unplanned.
- Why is the letter 'W', in English, called double u? Shouldn't it be double v?
- Every time you clean something, you make something else dirty.
- The word 'swims' upside down is still 'swims'.
- Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.



Wet Weather Option?

Help others cope better.

This week we had a situation where a participant heard light hearted conversations which he related to work his does as a volunteer. Those impacted on him personally, and made him feel less valued.

Lessons for us all:

1. Be aware and sensitive to others feelings or potential feelings/interpretations.
2. If you ever feel uncomfortable, anywhere, remove yourself from that environment and if its part of an activity chat with a peer group leader, immediately or talk it over with someone asap.

DON'T carry the thoughts around with you!

