



The Battle for War Widows Goes On

A letter recently published from Baroness Janet Fookes, an ardent supporter of the armed forces and veterans in particular, reinforces her concerns about war widows current predicament.



'It is sometimes said that the true casualties of war are the families left behind bereaved and devastated and as President of the War Widows' Association of Great Britain I feel there is a lot of truth in that assertion. I have always seen it as my role to fight their corner when dealing with governments of all complexions and I had a further opportunity to do so on December 10th just before we rose for the Recess.

'One of the feisty Vice-Presidents, Baroness Crawley, managed to secure a slot for an oral question and she asked why some war widows had still not been able to retain their pensions when they co-habited or re-married as the bulk of them had secured this right back in 2015.

'I had been involved in that campaign for years, regarding the pension as compensation for the loss of a husband dying in the service of his country. On this latter occasion she was given the same tame response that the government were still working on ways of doing so without involving that civil service mantra of not allowing retrospection. Meanwhile the few hundred elderly ladies involved are getting less each year. In my supplementary question I said I was enraged and asked: "Is it the Government's intention to procrastinate for so long that all these ladies are dead?"'

'Sadly the question is still outstanding though the blame really rests with the Treasury and not the Ministry of Defence whose ministers I know are privately sympathetic. So one of my new year resolutions is to keep up the attack, albeit not with an actual tank as suggested by one of the widows, might usefully be parked with guns pointing towards the Treasury!'

Baroness Fookes DBE lives in St Leonards and is President of SSAFA Sussex.



PWRR Train Somali Soldiers

The British Army has trained its 500th Somali soldier in essential infantry skills they need to combat armed groups and ensure security and stability in the country.

The 26-man British training team from 2nd Battalion, Princess of Wales's Royal Regiment taught students skills including marksmanship, patrolling, medical aid and counter improvised explosive device (IED) techniques.



Their eight-week Company Collective Training course is designed to prepare officers and soldiers from the Somali National Army (SNA) to conduct security operations in the country's South West State, countering the threat from Al-Shabaab and other jihadist and criminal organisations.

On completion of the course, soldiers were provided with uniforms and equipment which, when combined with their training, will allow them to operate much more effectively. The contingent are the fifth Somali company trained by Britain since the course was rolled out in the country in September 2019. The UK has also provided the SNA with military vehicles to support security operations and a new barracks in Baidoa that can accommodate 450 troops.

Minister for the Armed Forces James Heappey said: This milestone shows Britain's ongoing commitment to help Somalia provide security and stability for its people, while combating terrorist groups that threaten the UK's interests at home and abroad. The UK remains fully committed to training the Somali National Army in Baidoa.

In September, a course for headquarters staff in planning and running operations was provided. Now another 113 soldiers have graduated, creating another infantry company. It is expected to train a new company around every eight weeks through

2021 in order to establish and complete the training of 8 Brigade SNA, by the end of 2022.

The graduation ceremony was attended by Brigadier General Mohammed Sheik Irow, Commander of SNA 60 Sector, and Lt Col Andy Wareing, SNA Training and Advisory Team (STAT) Commander.

Over 1,750 officers and soldiers have attended various military courses at the British-funded training centre in Baidoa.



UK Train Foreign Forces

In the 2018/19 and 2019/20, the government provided training in the UK to around two-thirds of the world's countries – 130 countries in 2018/19 and 120 in 2019/20. This included 1,169 courses during 18/19 and 1,096 courses, 19/20.

Courses included preparing and commanding armoured troops on operations, infantry courses, including a platoon commander battle course,



which involves five weeks of live firing tactical training and the throwing of live grenades on purpose-built ranges, offensive and defensive

operations in jungle environments, and instruction in how to operate 81-millimetre and 60-millimetre mortars. There is also training on offer for snipers in basic and advanced marksmanship.

There were also courses in other aspects of military life, such as music courses for pipers, photography courses and training for military chefs.

In response to challenges from human rights campaigners recently, it is reported that a Ministry of Defence spokesperson stated that defence engagement makes an important contribution to

international diplomacy. Military support is determined on a country-by-country basis, often including the provision of peacekeeping, medical, and language training.

It was confirmed that UK engagement is informed by a thorough assessment of potential risks relating to human rights and international law along with options to mitigate them and opportunities to promote compliance with international standards, including international humanitarian law.



**Navy Medics
To Save
Trafalgar
Relic.**



A medicine cabinet used by Sir William Beatty – HMS Victory's surgeon at Trafalgar and the man who tended to Nelson when he was mortally wounded has emerged for sale, for £16,000.

This prompted a crowdfunding drive by today's Royal Navy medics to ensure the chest ended up in a museum rather than in a private collector's home.

They believe its acquisition would serve as a tribute not only to Beatty and his colleagues who worked tirelessly in grim conditions at Trafalgar, but also recognise the efforts of all Senior Service doctors, surgeons, nurses, medical assistants and officers involved in the national struggle against Covid. They have until 28 January to raise the amount. Go to <https://www.crowdfunder.co.uk/save-a-part-of-royal-navy-medical-history>

If they reach their target, the chest will be donated to the Haslar Heritage Group which is to be a museum/visitor centre at the former hospital site in Gosport or the chest will go back 'home' to HMS Victory.

Dated 1803, just two years before Trafalgar, the portable cabinet stands just over ten inches high and opens to reveal drawers and shelves, with two original glass jars remaining. It would have contained a variety of tinctures from laudanum to cures for venereal disease.

Beatty was appointed to Victory in December 1804. He treated scores of casualties on October 21 1805, but was unable to save his admiral.

Continued from page 1

a scary time, this is also an opportunity to reconnect with ourselves, families and immediate environment.

- **Start a new activity:**

This is also the perfect opportunity for you to master a new skill. If you've got a guitar in the corner you've never got around to learning to play, or there's a language you've always wanted to learn, now is the time. You could even become a creative writer!

- **Set goals:**

Continue working towards your goals as they provide purpose and a sense of achievement. Now would be a good opportunity to focus on a good diet, good sleep, learning a new skill or getting those bits done around the house you've always been meaning to do.

- **Keep a routine:**

Your day-to-day routine is, inevitably, going to change. However, it's important you remain in a routine for the day, waking up at your usual time, eating your meals at your usual time and getting to sleep at your usual time. This helps provide structure to the day and will assist in getting things done as you can schedule times to do them.

- **Have balance:**

Having balance within your routine is essential. Ensure you have activities for work, rest and leisure, and if you have children ensure they have time for play too.

While your usual 'work' activities may have stopped, are there things you could be doing using technology? Emails, phone calls, video meetings? If all your usual work has ceased completely, you could look at work to be done around the house, an online education course or you could learn a new language.

Be sure to balance these with things you enjoy, like listening to music, reading, calling friends or home exercise workouts. To keep yourself going, you can write these down and tick them off when you've done them.

- **Eat well:**

It's likely that being at home without access to your usual amenities could lead to poor decisions around food. Continue to focus on having a healthy diet where you can, and be mindful of snacking when you're bored. Keep caffeine and alcohol to a minimum as these can increase anxiety. A healthy diet with plenty of fruit and veg will boost your immune system and keep you feeling energised.

- **Exercise:**

It's so important to keep moving to maintain a healthy mind and body.

Download apps or look for home workouts on YouTube for inspiration. Moving up and down the stairs, doing housework, yoga and bodyweight exercises are all great ways to keep moving. Body weight exercise including: static holds, and pushing against surfaces have a regulating effect on your sensory system, which can leave you feeling calm for hours afterwards.

Alternatively, if you need energising, you could try a HIIT workout or energising yoga routine. If you live with family, why not get everyone involved at the same time to make it more fun? If you try to exercise at the same time each day you're more likely to do it.

- **Keep up your regular activities:**

Have your usual activities that you enjoy stopped? Church, the gym, yoga, eating out? Try to carry on with them at home in an adapted manner. Have dinner with your family at home, Skype friends over dinner if you live alone, try new recipes, try at home workouts.

- **Make time for your mind:**

In times like this it can be easy to fall into thinking traps and ruminations. Make sure you 'switch off' screens and limit the time you spend on social media, otherwise you can feel overwhelmed.

Keep up-to-date using only factual information through the World Health Organisation (WHO) and government websites.

- And consider using meditation. Great apps include Headspace and Calm that can take you through meditation techniques. If you don't have a smart phone – schedule time each day to write down what you're grateful for in that moment.

- **Get fresh air:**

This may be limited depending on your home environment. But make use of windows and keep curtains open in the day to let light in. Grow plants on the windowsill (sweet peas are good) and this will encourage you to spend time connected to nature near fresh air, despite being inside.

- **Keep connected:**

If you're on your own, make time to talk to people using the phone or video call apps like Facetime or Skype. Refrain from just messaging and use it as an opportunity to catch up with distant friends or relatives who you've been meaning to contact for a while.

Keep connected to those in your local community

and encourage people to share their concerns in a constructive manner to enable support. Keep up-to-date with information through official sources to minimise hearsay and panic. Age Concern have a good telephone network for those in need, over 55.

- Wash your hands:**

When it comes to this follow the advice, washing your hands excessively will only damage your hands and will not be effective. Wash your hands as necessary and minimise touching others. You should wash your hands for 20 seconds and be thorough. The NHS website has good hand washing advice.

- Financial concerns:**

Some of us may experience challenges and worries about finances. There is information on the financial support available as a result of this period on the Government website. You can also contact Citizens' Advice for further support. Use the time to assess your finances and look where you can save money if you need to.

- Keep your sleep routine:**

While it's tempting to stay up late because you've not got to be anywhere, this can be detrimental to your sleep routine and make it harder to keep energised and motivated; especially when you do go back to work! Keep your sleep routine as best you can.

- Have positive affirmations:**

It's important to be realistic and rational with our thinking. Having positive affirmations including 'this is for the best, for the health of the population' or 'this is only temporary' will help you keep motivated.

Never forget to call an 'oppo' or family or when in doubt on any matter, get in touch with ESVH on 01424 446292 or 07884263824.



HMS Collingwood Training Recruits

For the first time since the Second World War, civilians have started training to become Royal Navy sailors at HMS Collingwood.

It comes 81 years to the week since the training centre in Fareham, Hampshire, opened its gates for the first time to meet the demands of World War 2.

Over 10 weeks, 22 men and women will undergo their initial training at Collingwood – the first of 500 civilians to be turned into sailors at the base this year.

The decision to hold the training at Collingwood is in response to a surge in demand to join the Navy during the COVID-19 pandemic, as well as plans to grow the Navy by 3,000 sailors over the next three years, starting with 1,000 extra personnel this year.

This move follows that of Britannia Royal Naval College in Dartmouth, Devon, the traditional home of the Officer Corps, which trained 100 new junior ratings last year.

The course at Collingwood is based on tried and tested training developed by HMS Raleigh in

Torpoint, Cornwall, the home of initial training for nearly 50 years. This course teaches

recruits how to look after their kit, parade ground drill, teamwork, Royal Navy ethos and history, general seamanship and survival skills.



Browndown Camp in Gosport, Hampshire, and Salisbury Plain, Wiltshire, will be used for outdoor activities, leadership challenges and assessment.

Trainees will also experience the basics of seafaring and seamanship at HMS Excellent and aboard Portsmouth-based patrol vessels before successful candidates pass out and move on to specialist training.



Walking with the Wounded Art Course—Get Sketching!

Walking with the Wounded in partnership with the Soldiers Arts Academy will be running an online sketching course via our Facebook MEDALS Page starting Friday 22 January, at 11 am via Facebook live and every other Friday at the same time following that for five weeks. It will stay WWTW site as a resource for all times for the veterans they support to access should the live sessions not be suitable to attend at the time.

The sessions will be managed by two established artists including Tom Stimpson MBE who is also a motivational speaker and Natalia Adeeva is the other Artist.

The page is at <https://www.facebook.com/groups/wwtwmedals>



Milo Says: Take 5 & Have a Go!

NATIONAL GRID CROSSWORD

All the answers in this puzzle can be found within the UK.

Answers on page 7

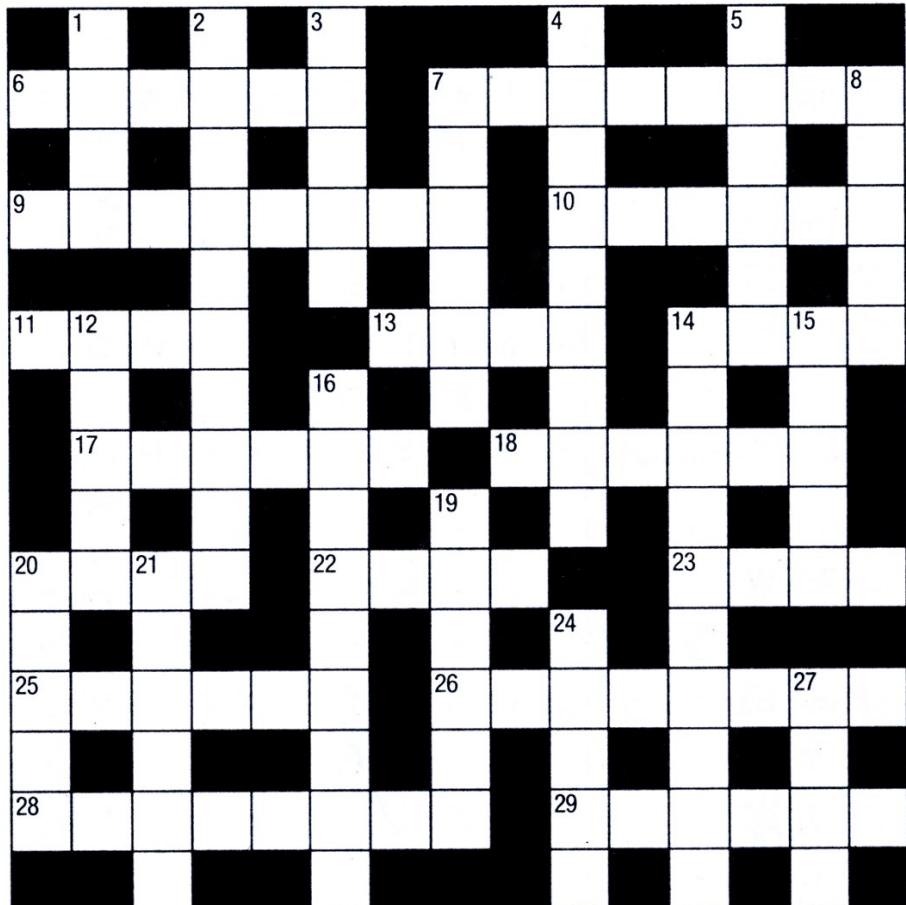
ACROSS

- 6** See 19D
- 7 & 22A** Roman defensive fortification built to keep the Picts out (8, 4)
- 9** - - - Palace, Oxfordshire country house and ancestral home of Winston Churchill (8)
- 10** Spa town known as the 'gateway to the Peak District' (6)
- 11** City of Somerset with a famous Royal Crescent (4)
- 13** Historically marshy region in eastern England around and to the south of the Wash (4)
- 14** Auld - - - Town, drab nickname of **21D** (4)
- 17** University city located near the Menai Strait in northwest Wales (6)
- 18** Alton - - -, popular theme park and gardens (6)
- 20** Offa's - - -, 8th-century earthwork between England and Wales (4)
- 22** See 7A

- 23** Nine - - -, Wandsworth district in which Battersea Power Station was built (4)
- 25** - - - Eye, landmark on the South Bank of the Thames also known as the Millennium Wheel (6)
- 26** Railway terminus in the Square Mile and tube station on four lines (8)
- 28** Hertfordshire city located on the Roman road of Watling Street (2, 6)
- 29** - - - Green, Scottish village and elopers' destination (6)

DOWN

- 1** Royal Albert - - -, concert venue that hosts the Proms (4)
- 2** Prehistoric circular monument located near Salisbury (10)
- 3** County town of East Sussex famed for its wild celebrations on Bonfire Night (5)
- 4** Midlands cricket ground that hosts England matches (9)



- 5** - - - Road, Hibernian FC's stadium in Leith, Edinburgh (6)
- 7** Tidal estuary formed by the confluence of the Ouse and the Trent near Hull (6)
- 8** Bedfordshire town where the RSPB's HQ is based (5)
- 12** Westminster - - -, Gothic cathedral where coronations are held (5)
- 14** Well-known golf course in Perthshire that has played host to the Ryder Cup (10)
- 15** Surrey racecourse famed for the Oaks and the Derby (5)
- 16** Seaside resort on the north coast of Wales (6, 3)
- 19 & 6A** Scottish home of Shakespeare's Macbeth and the late Queen Mother (6, 6)
- 20** Yorkshire - - -, hilly area of natural beauty (5)
- 21** Lake District town which produces mint cake (6)
- 24** - - - Neagh, freshwater lake of Northern Ireland that is the biggest in the British Isles (5)
- 27** River that flows through Newcastle (4)



A Legacy of the First Gulf War 30 Years On

Not long after the First Gulf War ended in February 1991, soldiers who served in these operations began reporting unusual illnesses.

Previously fit and healthy soldiers from those involved reported suffering from a range of chronic symptoms like muscle pain, chronic fatigue, reduced coordination, muscle pain, rashes, diarrhoea and Post Traumatic Stress Disorder (PTSD).

Though some of these symptoms are common in all veterans, a 2009 study discovered that veterans of the Gulf War were two to three times more likely to report symptoms compared to other veterans. In addition, they were twice as likely to report a poorer quality of life and PTSD.

The exact causes of Gulf War illness are unknown, but it has been suggested that a range of exposures to biological, radiological and chemical hazards - along with medical countermeasures intended to protect service people - may have caused the symptoms.

Others believe they and their families have been affected by Gulf War syndrome. Some from the conflict have also suffered with what they believe are Gulf War-related ailments, such as epilepsy and malformations e.g kidney failure, not just themselves, but their children too. Similarly, vicarious trauma has since been associated with PTSD and combat related mental illness. The latter leading to high levels of relationship breakups over the years.

Many veterans are convinced compensation to Gulf War veterans in the UK, has failed to recognise conditions related to this 'syndrome'. They feel other countries have done better. As a 'syndrome' it appears accepted more as an umbrella term for conditions associated with the conflict but could not "be characterised as a condition in medical terms".

Many veterans are still adamant that coming into contact with depleted uranium on the battlefield may have been responsible for his later ailments; a risk which they feel they were not well-informed about, at any level.



Mike H Funeral Arrangements

**Service 12.30
Wednesday 27th January 2021
Dress: Medals & Berets Optional**

**Maximum Numbers 25
Names and contact details required
to Bernard before 27th please.**

Arrive 12.10 for line up to receive Hearst.

**H&SLVA Colours will be paraded
Tango will play Last Post & Reveille**

**Service of Celebration commences 12.30 in
two chapels linked by video**

**There is no facilities for a wake
due to Covid 19**

Group Zoom Sat 23 Jan. 10.30

Time: Jan 23, 2021 10:30 London

Join Zoom Meeting
<https://us02web.zoom.us/j/87854140541>

Meeting ID: 878 5414 0541

One tap mobile
+442039017895,,87854140541# United Kingdom
+441314601196,,87854140541# United Kingdom

Answers to Crossword p. 6

Across 6 Castles,	7 Henderson's, 9 Bethlehem,	10 Buxton, 11 Bath,	13 Fens, 14 Greystones,	17 Bargot, 18 Powers,	20 Dyke, 22 Wall, 23 Ems,	25 London, 26 Moorgate,	28 St Albans, 29 Clerkenwell,	32 St Albans, 29 Clerkenwell,	35 Liverpool, 36 Coventry,	38 St Albans, 29 Clerkenwell,	42 St Albans, 29 Clerkenwell,	44 St Albans, 29 Clerkenwell,	46 St Albans, 29 Clerkenwell,	48 St Albans, 29 Clerkenwell,	50 St Albans, 29 Clerkenwell,	52 St Albans, 29 Clerkenwell,	54 St Albans, 29 Clerkenwell,	56 St Albans, 29 Clerkenwell,	58 St Albans, 29 Clerkenwell,	60 St Albans, 29 Clerkenwell,	62 St Albans, 29 Clerkenwell,	64 St Albans, 29 Clerkenwell,	66 St Albans, 29 Clerkenwell,	68 St Albans, 29 Clerkenwell,	70 St Albans, 29 Clerkenwell,	72 St Albans, 29 Clerkenwell,	74 St Albans, 29 Clerkenwell,	76 St Albans, 29 Clerkenwell,	78 St Albans, 29 Clerkenwell,	80 St Albans, 29 Clerkenwell,	82 St Albans, 29 Clerkenwell,	84 St Albans, 29 Clerkenwell,	86 St Albans, 29 Clerkenwell,	88 St Albans, 29 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Steve's Special Classic Club Crumble



Ingredients

Filling:

8 Medium size apples, peeled and diced to 1-2cm squares
50g Sugar
A handful of raisins to taste
1 tsp Cinnamon

Base dough:

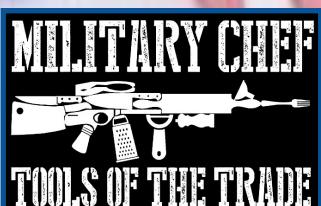
200g Plain flour
50g Icing sugar
75g Butter at room temperature
40g Double cream
1 egg + 1 egg yolk
A touch of vanilla extract
1 tsp Baking powder

Crumble topping:

70g Plain flour
50g Sugar
50g Diced butter at room temp diced

Chef says:

- For the filling place all the ingredients into a pan and cook on a low heat for around ten minutes, then set aside.
- For the dough base add everything to a mixing bowl and make into a nice even dough by hand, then cover with clingfilm and leave in the fridge for 15 minutes.
- For the crumble topping add everything into a mixing bowl and using just your fingers crumble the mixture into small balls.
- To complete, take a 23(ish) cm baking tray greased with butter and spread the dough evenly on the base and up the sides. Add the apple mix and then sprinkle the crumble balls on top.
- Bake for 25 minutes at 170C. Serve warm with ice cream or custard as a classic winter warmer!



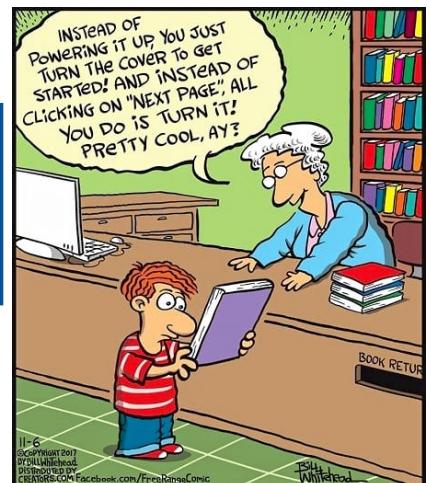
L o L



Just bought a log cabin from Ikea



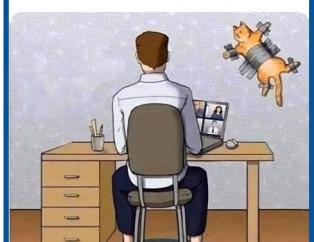
I tried to marry my ex-wife
But she realised I was only
after my money!



Don't go anywhere near
M621 near Birstall.
Cadburys lorry and a
Lego lorry have
collided.
It's choc-a-block.



How to prepare for
a Zoom meeting



One for Iain... AND Others!



Who remembers repat charts?

