



THE WARRIOR



Newsletter for ESVH & the Military Community In East Sussex

VOL. 2. NO 22

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28 MAY 2021

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

Coronavirus: TILS/HIS Trauma Management - A Model?

Health workers should be offered a dedicated mental health support service similar to that established for military veterans, following the outbreak of COVID-19, according to 13 leading organisations.

In a letter to the Government, the medical bodies said the pandemic has had a "huge impact" on an already stretched workforce, adding that some workers had suffered "moral injury" after not being able to give patients the care they would have liked.

NHS staff have worked alongside military personnel during the pandemic, trying to cope with "extremely high numbers of critically ill and dying patients", the letter stated. For many staff, the experience was made worse by "restrictions on family visits", it added.

"Others have been unable to deliver essential care for patients, which has the potential to cause moral injury and mental health disorders.

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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

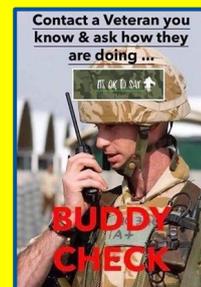
Seaview 01424 717981

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



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"In addition, support and facilities management staff have also been under significant pressure to keep healthcare services functioning."

Those behind the letter, including the Medical Protection Society and the Royal College of Psychiatrists, acknowledged the "difference in context" between deployed personnel and pandemic health workers.

However, they maintained that there are "key similarities in terms of the exposure to trauma and risk to psychological and physical health", and that veteran-based services can be learned from.

A specialised mental health service for veterans called 'Op Courage' was recently launched in the NHS, with doctors and nurses joining forces with charities to offer "high-intensity" treatment to around 500 people each year.

"We hope the Government will take inspiration from this when designing services for NHS staff severely impacted by their work during the pandemic," the letter said.

"Establishing a dedicated, rapid access, occupationally-focused service like this feels, morally, like the right thing to do, just as establishing specific veterans' mental health services is morally right.

"If appropriate support is not offered, sadly we may lose staff from the workforce temporarily, placing even more pressure on stretched resources, or even permanently."

In England, the NHS has invested millions of pounds in mental health support for nurses, paramedics, therapists, pharmacists, and support staff.

A Department of Health and Social Care spokesperson said: "We recognise the pressure this pandemic has put on NHS staff.

"To properly support staff we are investing £67m through the health service in additional wellbeing and occupational support for staff, including mental health hubs, a helpline and a 24/7 text support service.

"There are now a record number of doctors and nurses working in the NHS in England, and we are backing the health service at every turn, investing an extra £63bn last year and £29bn next year.

"Beyond the pandemic we are strengthening the health and wellbeing support available to all staff through our NHS People Plan, helping make the NHS an even better place to work."



Red Arrows On Show

The Red Arrows are ready for a new display season, almost two years after their last UK air show.

COVID-19 had limited the aerobatic display team to flypasts above home soil. But following a training period abroad and the appointment of a new team leader, the group has been given the green light for UK air shows in 2021.

Here's where you can watch the Red Arrows perform this year:

- 4, 5 June - Midlands Air Festival
- 25 June - Headcorn (Battle of Britain Airshow)
- 27 June - Florennes (Belgian Air Force Drive-In Air Show)
- 9, 10, 11 July - Goodwood Festival of Speed
- 18 July - Silverstone (British Grand Prix)
- 24, 25 July - Duxford Summer Air Show
- 20, 21, 22 August - Gdynia, Poland (Aerobaltic)
- 27 August - Sidmouth Air Display
- 2, 3, 4, 5 September - Bournemouth Air Festival
- 9 September - Guernsey Air Display
- Also 9 September - Jersey International Air Display
- 10 September - International Sanicole Air Show
- 11, 12 September - Cosford Air Show





First Female Admiral

The Royal Navy's first female Rear Admiral has claimed she has never felt extra pressure as a woman in the forces.

Commodore Jude Terry has been selected to take on the role from next August. She said, the Navy had "always allowed me to be Jude", adding: "I've never ever thought about being female in the services."



"If you deliver, you get the credit for it. If you don't deliver, you have to redeem yourself."

The 47-year-old was born in Jersey when her father was away at sea aboard HMS Tiger, and joined Britannia Royal Naval College in 1997.

She was awarded an OBE in 2017 in recognition for her work in the Permanent Joint Headquarters (PJHQ), the operations hub for the UK military.

Talking about becoming the first woman to achieve the rank, she said: "Someone's got to be first. There will be others."

Commodore Terry said there was a plan to make the service "more representative of society as a whole", and she added: "There's been the odd moment when you turn up somewhere and there's no female 'heads' (toilets) and everybody gets a bit excited about it."



WW21 Medals Auctioned

Battle of Britain Spitfire pilot's medals have sold at auction for £110,000.



Group Captain Charles Brian Fabris Kingcome was awarded a number of medals, including the 1942 Distinguished Service Order (DSO) and a 1940 Distinguished Flying Cross (DFC).



The collection of seven medals sold had a guide price of between £30,000 and £40,000 set by auctioneers at Dix Noonan Webb, but the collection eventually went for around three times that to a UK collector of outstanding gallantry awards.

Gp Capt Kingcome was 23 when he led 92 Squadron from RAF Biggin Hill during the Battle of Britain, before being shot down and hospitalised in October 1940.

He returned to fly with the squadron until appointed to the command of 72 Squadron in February 1942.

At age 25 he was one of the youngest Group Captains in the RAF, commanding 244 (Spitfire) Wing, Desert Air Force, providing fighter support for the Eighth Army from Africa into Sicily and then through the campaign in Italy.

His DSO citation described him as "traditionally modest", adding: "He has destroyed a total of 11 enemy aircraft, probably destroyed 5 and damaged 13."

Following the sale of the medals, Christopher Mellor-Hill from Dix Noonan Webb said the "outstanding price" reflected Group Captain Kingcome's "status as one of the exceptional Battle of Britain heroes".

"He epitomised the Battle of Britain image of the daring, adrenaline-driven young men who became 'one of the few' in defending our country," he said.

I always say thank you to Alexa so that when the machines take over they know I am nice.



Champion Veteran 1 Mark Ormrod

Former Royal Marine is preparing to take on a 1,000m open water swim for charity.

Mark Ormrod, 37, is hoping to raise £400,000 for veterans charity REORG and spread awareness about the work they do.

He lost both legs and an arm in Afghanistan in 2007 after an improvised explosive device (IED) explosion, becoming the UK's first triple amputee to survive the Afghanistan conflict.

Since the incident, Mr Ormrod has gone on to become a motivational speaker, participating in the Invictus Games and routinely setting himself intense physical challenges.

The former marine opened up about the challenges involved in his latest trial and the difficulties he has faced while preparing.

"It's been a little bit challenging in that when I first jumped into a swimming pool, so freshwater, after I had lost my limbs, I found that if I didn't have air in my lungs, that I sank.

"So I had to have at least a little bit of air in there or I would sink to the bottom.

"So, I developed a whole new swimming technique based around that and then when I jumped in the



sea, and it's salt water, and I've got a wetsuit on, I found the opposite and I was super buoyant.

"It was hard to stay down, so now we've had to develop a new technique and a new way of swimming, several new ways of swimming, that make swimming in the sea a little bit more manageable.

"So we've kind of figured it out, we've got as best as

I think we can get, now it's just a case of fighting fatigue and hoping that the currents aren't too strong."

He added: "The things you can do with the human body is phenomenal and I know I'm missing a few bits and pieces from that body, but I can still do some really cool things by adapting and adjusting what I do.

"So I get excited, it's like an adventure, every new event is like an adventure where I go into it completely new, most of the time, and then try and figure things out as we go."

He's hoping to inspire others, who may be struggling, to reach out and take up some physical activities if they think it could help.

He said: "I've found that even in the sea when you've got waves slapping you in the face and all those creepy crawlies underneath you and everything, and you can't really see very far, you've got goggles on, if you relax and just accept that it is going to happen, that's the way it is and try to enjoy it, you actually do.

"If there's anyone out there who is struggling and they think some sort of sport or physical activity can help them, find a way to make it happen.

"Sometimes it takes a lot of courage if you're on your own to step through that gym, maybe pick a phone up first, send an email first, find a group that enjoys kayaking or paddleboarding, whatever it is and go and get involved with them.



"They're out there, they're all over the place, these groups that share passions, that go out there and enjoy themselves; just go get involved and see the positive effect it has on your life."

Mark's swim is due to take place on 28 May, from Firestone Bay to Drake's Island. Donations can be made on his JustGiving page.



Champion Veteran 2 Jordan Wylie

Former soldier and extreme adventurer Jordan Wylie, best known for breaking records in some of the most dangerous places in the world, has just completed one of his most life-changing challenges so far.

A bestselling author and star of Channel 4's 'Hunted', he has run through war zones, rowed across the perilous Bab El Mandeb Straits and attempted to paddleboard around the whole of the UK, all to raise money for charity.

Three years ago, he met a little boy in the Horn of Africa who was desperate to go to school, so Mr Wylie promised to build him one.

And thanks to Mr Wylie's fundraising efforts through children's charity Frontline Children, a school has now been opened in the remote desert region of As Eyla.

Speaking from Djibouti, he explained his inspiration for the project. "One of the children I met a few years ago, a little boy called Ibrahim who lives out in the desert in the Asal region, his dream he told me, was to go to school like his sisters did, one day."

Mr Wylie has now been able to show Ibrahim around the building where he will be going to school.



"He was very emotional," he said. "It's incredible, makes me quite emotional to think about it. It is the first school to open in the region and will take 250 pupils."

"We saw the first 100 on Friday in their school uniforms, with their school bags on, it was amazing, I really can't put into words, incredible stuff."

"It's very tough conditions, certainly out in the desert, because you're four hours away from a town and very limited in terms of water supply and sanitation."

"It's 44-45 degrees in the desert, so I certainly couldn't live out there for long, it's very, very tough conditions."

"These people are really surviving every day. I don't know how they do it but they do it, and they do it with a smile on their face."

Mr Wylie joined the Army at the age of 16 and served for 10 years, completing operational service in Northern Ireland and Iraq.

He is currently the National Ambassador for the British Army Cadet Force (ACF).

Speaking about the fundraising for the school, Mr Wylie said: "I've been given lots of legs up in life and people have helped me and I think you have a duty and a responsibility to pay that forward to the next generation."

"I think that's all we've done here, we've seen an opportunity to help and we've tried to do our best."

"Hopefully Ibrahim will go on to have an education and maybe a better life and I'm sure that when he's older he'll be able to pay that forward to somebody else, that's all we can hope for with this kind of thing," he added.

ESVH Update

**New Office—it's happened!
Address:**

**First Floor, 5 Harold Place
Hastings TN34 1JA**

**More work on set up, but
space is 'workable'**

INTO EACH DAY PUT:
ONE TEASPOON OF
GOOD SPIRITS

A DASH OF
FUN

A PINCH OF FOLLY
AND A HEAP FULL OF
LAUGHTER



**Milo Says:
On the Farm
Again!**



**Log Regt?
No
Guns & Spanners!**



**Pict of the Day
REME & Boy's Toys
Duncan on the Job**



Leadership?



Everything must go...



**Standing back to
admire progress**



It worked this week!



**Dave I,
supporting
front line
workers..**

**Dave's Birthday
Treat
No expense spared!**



Sunny Side Up!



Service!



**Visitors!
Khaos (left) &
loum (right)
Richard's dogs**



A Great Day - thanks to all

Steve's Special Tuna & Broccoli Pasta Bake



Ingredients

- 2 x 185g cans tuna in olive oil, drained well,
- 1 tbsp oil reserved
- 2 x 400g cans chopped tomato with garlic and herbs
- 350g dried pasta shapes
- 300g broccoli, chopped into small florets
- 200g pack light soft cheese
- 100g cheddar, finely grated
- 25g breadcrumb
- salad, to serve (optional)

Method

STEP 1

Heat the reserved oil from the tuna in a very large saucepan.
Tip in the tomatoes plus 200ml water and simmer while you cook the pasta, following pack instructions.
Add the broccoli for the final 3 mins, then drain, reserving some of the cooking water.

STEP 2

Heat the grill.
Stir the soft cheese into the tomato sauce until melted, then mix with the pasta, broccoli and drained tuna, along with a little of the reserved cooking water if the sauce looks a bit thick.
Season with salt and pepper.

STEP 3

Tip into an ovenproof dish and sprinkle on the cheddar and crumbs.
Grill, not too close to the heat, for about 4-6 mins until golden and bubbling.
Serve with a big side salad, if you like.



**'Face it Fred....
You're lost!'**



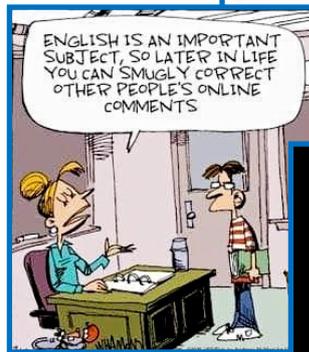
**In the cemetery i saw
4 men carrying a
coffin round & round,
3 hrs later i saw same
men with same coffin
& i thought 2 myself.
they've lost the
plot.**



What people think the military uses the most



What military actually uses the most

Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.



At times I think to myself,
"Drop the book and get stuff done!"
Then, I laugh and turn the page.

