



# THE WARRIOR



Newsletter for ESVH & the Military Community In East Sussex

VOL. 2. NO 17

[www.eastsussexveteranshub.co.uk](http://www.eastsussexveteranshub.co.uk)

23 APRIL 2021

## WHAT'S IN THIS EDITION?

1. Coronavirus: NHS- Get Your Vaccinations
  - Support Service Contacts
2. NHS continued
  - Veterans in Crisis -Suicides Increase
  - Meet Man Walking for Gurkhas
3. Holocaust Testimony in New Podcast
  - Johnny Mercer Resigns
- 4/5. Prince Philip Duke of Edinburgh
6. Johnny Mercer Resigns Cont.
  - Remember ANZAC Day
7. Milo Says: Congratulations!
8. Steve's Special: Dauphinoise Potatoes
  - LoL



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

## Coronavirus: NHS - Get Your Vaccinations

The NHS in Sussex is calling for people to continue to attend booked COVID-19 vaccination appointments, and to book appointments as soon as it is their turn.

Anyone who has already received one vaccination is also being encouraged to attend their appointment for their second dose, and make sure they receive the full long lasting protection this provides.

This comes after the Government updated its advice about who should receive the Oxford AstraZeneca vaccine, following reports of a very rare blood clotting problem affecting a small number of people in response to their first Oxford/AstraZeneca vaccination.

Whilst the condition remains extremely rare, with around four people develop this condition for every million doses of the vaccine doses given, it has been announced that it is preferable for people under the age of 30 with no underlying health conditions to be offered an alternative vaccine where possible once they are eligible.

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

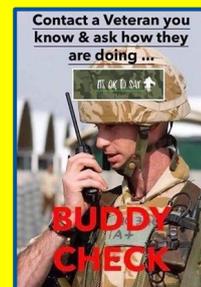
**Seaview** 01424 717981

**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](mailto:ESVH99100@esvh99100.onmicrosoft.com)

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Continued from page 1

The NHS says the benefits of an Oxford/



AstraZeneca COVID-19 vaccination for people aged 30 and over, outweighs any risk and everyone should attend their appointment.

As a precaution against these clotting incidences, anyone receiving an Oxford/ AstraZeneca vaccination should call 111 immediately if they get any of the following symptoms starting from around 4 days to 4 weeks after being vaccinated:

- a severe headache that is not relieved with painkillers or is getting worse
- a headache that feels worse when you lie down or bend over
- a headache that's unusual for you and occurs with blurred vision, feeling or being sick, problems speaking, weakness, drowsiness or seizures (fits)
- a rash that looks like small bruises or bleeding under the skin
- shortness of breath, chest pain, leg swelling or persistent abdominal (tummy) pain

To find out more about the Sussex COVID-19 Vaccination Programme please visit: [www.sussexhealthandcare/get-my-jab](http://www.sussexhealthandcare/get-my-jab)



## Suicides Increase

**Up to 21 troops took their own lives in 2020 – the highest number since 2005 when 22 died from suicide. In addition, 82 veterans also killed themselves last year.**

15 years ago the armed forces contained about 50,000 more troops which makes the figures for 2020 even more worrying.

One of those who took his own life last year was Staff Sergeant Jamie Ferguson. Jamie, 36, was a medic who had done multiple tours with the SAS.



He shot himself at Leuchars military base in Fife just

after recording a video in which he said "I asked for help but no one was listening".

S/Sgt Ferguson's wife Sammi, from Kirkcaldy, said he had been treated for a condition which often leads to PTSD.

The figures, revealed in an MoD report, also show that for the first time since the 90s the rate of suicide among men in the armed forces is starting to rise. The rate of suicide among male soldiers serving is 15 per 100,000 personnel.



## Meet the man walking 7,500 miles for the Gurkhas

**Starting on 12 April, Jim Morton is walking around the whole of the Great British mainland, an estimated 7,500 miles. He recently took the plunge to take on this epic challenge in support of Gurkha veterans.**



"I had seen a programme on TV about lighthouses and became fascinated by them. I decided I must see them all so decided the best way to do this would be to walk around the whole UK coast."

Jim joined the Royal Navy at the age of 16 and had planned to leave aged 21 to achieve his lifelong ambition. In 1978 his walking plans had taken shape. He was going to start at Booth Ferry Bridge and walk clockwise around the UK coastline, having no idea how long it would take.

"During that summer, whilst at home on leave in Sheffield, he heard how John Merrill had completed a UK coastal walk. Jim was mortified. His ambition to be the first person to do just that, had gone."

Jim said that this idea has been with him ever since he was a child, and he felt now was a good time to do it. When he set off on 12 April, Jim was 60 years old, proving it's never too late to make 'it' happen!



## Holocaust testimony revealed in new podcast

**Hela Goldstein was liberated from Bergen-Belsen on her 22nd birthday, and a new podcast explores how her testimony is likely the first ever captured on film.**

A Holocaust survivor who is believed to be the first in the world to give testimony after her liberation by British troops has recounted her experiences as part of a new podcast series.

The story of Hela Goldstein, also known as Helen Collin, is revealed by the newly-launched podcast *The Memory Generation*, from the USC Shoah Foundation, using interviews recorded before her death.

Born in 1923, in Lodz, Poland, she is likely the first Holocaust survivor to have given testimony on camera.

In 1945, just days after the liberation of the camp, she was interviewed by Sidney Bernstein, a cinema luminary, embedded with the British Army.



She can be seen on the film screaming something at an SS officer in Polish. "Just you wait," she shouted. "You will pay for wasting our youth!"

"We were fifteen hundred in one room," she told the film crew in German with a mass grave behind her. "There was no food and no water for us. We thought we would not survive."

The podcast interview, conducted before her death in 2016, reveals her experience at the infamous camp.

"When they looked out and the first thing they saw was a British Red Cross tank, and they turned around and – I get goosepimples – and they yelled so loud: 'We're free, we're free, we are free!'" she said.

She lost most of her family in the war. "My father was more like a friend to us, any time he had a little time he would play with all of us," she said. "Mother was my confidant, my closest friend."

The footage of Helen was collected by the British Army's Film and Photographic Unit, under the direction of Sidney Bernstein.

The cinema luminary, alongside Alfred Hitchcock, had aimed to make the first documentary about the Holocaust, called the 'German Concentration Camps Factual Survey.'

But the project was shelved in September 1945 by the British government because changing occupation policy meant "the authorities no longer considered a one-hour compilation of atrocity material appropriate."

It then languished in the vaults of the Imperial War Museum for decades, until a rough cut was released in 1984.

The podcast interviews Sidney Bernstein's daughter, Jane Wells, who grew up with no knowledge of her father's role in filming the atrocities of the camps.

The first episode of "The Memory Generation" was released on April 15, 2021, and can be found at <https://www.memorygenerationpodcast.com/episodes>.



## Johnny Mercer Resigns

**Veterans minister Johnny Mercer has been sacked by Boris Johnson, after earlier reports that he was preparing to resign over court cases involving ex-British soldiers in the Troubles.**

It was reported that Mr Mercer had clashed with defence secretary Ben Wallace and Northern Ireland secretary Brandon Lewis over the government not halting investigations



into soldiers that were involved in the Troubles in Northern Ireland. Following that, it was rumoured he would hand in his resignation letter.

Multiple media outlets are now reporting that Mercer was then asked to resign by the Prime Minister, but he refused. The PM then sacked Mercer via text message, according to one tabloid paper.

Mercer, founded the Office for Veterans Affairs, said the government had not done enough to support military veterans.

Continued on page 6

# Prince Phillip, The Duke of Edinburgh An Excellent and Most Fitting Send-Off 17 April 2021

No more a Watch to stand, Old Sailor.  
For you are drifting on an ebbing tide.  
Eight Bells has rung. Dog Watch is done.  
A new Berth waits you on the other side.

Your Ship is anchored in God's Harbour.  
And though his sailors are of equal rank.  
there'll be Shipmates on the deck to greet you.  
And Pipe, as you ascend the Plank..

Her boilers with full head of steam.  
Cargo stowed and Galley stored.  
Just waiting to get underway.  
When the last Hand comes aboard.

Look sharp! That Hand is you, Old Sailor.  
And you'll be sailing out on Heavenly Seas.  
So may the wind be ever at your back.  
Fair weather. And God speed!





Continued from page 3

“Perhaps nothing embodies this more than what we are asking our veterans in their seventies and eighties to relive, through endless reinvestigations and inquests, into events often more than fifty years ago in Northern Ireland,” he wrote.

An extract of his resignation letter says “Almost all these events were investigated at the time, and without the emergence of new evidence and simply a changing of the political tide, we have abandoned our people in a way I simply cannot reconcile.

“Whilst endless plans are promised and solutions mused, veterans are being sectioned, drinking themselves to death and dying well before their time—simply because the UK Government cannot find the moral strength of courage we asked of them, in bringing peace to Northern Ireland, in finding a political solution to stop these appalling injustices.

“You have known for some time this was my red line. I am deeply proud of my predecessors who served in Northern Ireland. They are not second class veterans. They deserve the protections of the Overseas Operations Bill like everyone else. A policy decision was taken not to include them.

“I made promises on your behalf that we would not leave them behind and would walk through simultaneous legislation for them. No discernible efforts have been made to do so, and I can see no prospect of this changing. I have no choice but to leave Government and campaign for them in Parliament.”

A Downing Street spokesperson said: “This evening the Prime Minister has accepted the resignation of Johnny Mercer as minister for defence, people and veterans. He thanks Johnny Mercer for his service as a Government Minister since 2019.”

It is understood Mr Mercer will be replaced as veterans minister by Aldershot MP Leo Docherty, a fellow army veteran who served in Iraq and Afghanistan from 2001 to 2007. He wrote *Desert of Death*, a book about his time in the armed forces, in 2007.

Defence Secretary Ben Wallace posted on Twitter:

“Johnny Mercer has been a passionate advocate for veterans & the entire Armed Forces community during his time as a minister.

“I want to thank him for his commitment to the government's ambition to make the UK the best place in the world to be a veteran.”

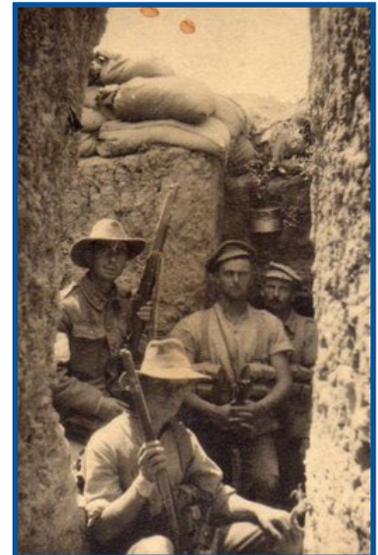


## Remembering ANZAC Day

**Anzac Day is one of the most significant national occasions for our Commonwealth allies in Australia and New Zealand.**

The commemorative occasion, marked each year on April 25, marks the anniversary of the first major military action fought by these Commonwealth countries in the First World War. ANZAC stands for Australian and New Zealand Army Corps and was formed in 1915.

In April of that year, the Australian 13th and 15th Brigades took part in a counter-attack to recapture Villers-Bretonneux from German forces, alongside three British battalions. They



landed on Gallipoli on April 25, meeting tough resistance from the Ottoman Turkish defenders.

ANZAC Day is remembered by dawn services in Australia, New Zealand, France, the UK and Turkey, held each year to remember the thousands of people who died during the ill-fated landing at the Gallipoli peninsula in Turkey 106 years ago. The services are held at this time because the half-light of dawn was a favoured time to launch an attack, according to the Australian War Memorial. When the Anzacs landed on April 25, Turkish forces were ready for them. Still, they fought on bravely for eight months, in horrendous conditions, over the bodies of 8,000 dead men. More than 44,000 Allied soldiers were killed at Gallipoli with Turkish casualties estimated at 250,000.



**Milo Says:  
Congratulations!**

**ARMED  
FORCES  
NETWORK**

**10 years**

The Armed Forces Network celebrated its 10 year anniversary on Tuesday with an on line Conference

**“Together WE can Make a Difference”  
Mental Health Session**

ESVH, along with Veterans Growth, Combat Stress, and the Op Courage Team were able to give short presentations about their respective roles and work in support of veterans.

ESVH focused on it's activities in challenging gaps and barriers to engagement for those veterans in need.

A major aspect of the afternoon were presentations of the AFNetwork Mental Health Awards. The following organisations and individuals were recognised for their sterling work during the past year.

**VETERANS'  
GROWTH**

**AFN Charity of the Year**

**NHS**

The Veterans Mental Health and Wellbeing Service

**Long Service Award  
Major Andy Stubbs  
RAMC**

**ARMED  
FORCES  
NETWORK**

**Mental Health Staff Award  
Elaine Vincent**



**Happy Birthday to Our  
Sovereign  
Queen Elizabeth II  
Aged 95  
on 21 April 2021**

This year, the Queen's birthday will pass without a gun salute for a second time, as she continues to mourn the loss of her husband, the Duke of Edinburgh.

Her Majesty will continue to observe a period of mourning until Friday, April 23, and as such, is understood to be reluctant to mark this year's anniversary.



**Happy Birthday to Clem.  
21 April  
Our Modelmaker  
Extraordinary**

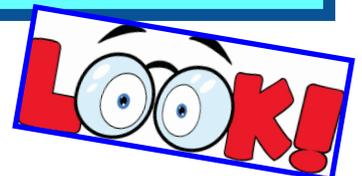


**Nice Wardrobe Doc!**

**It is with great pleasure  
that we can announce  
that Stuart has been  
awarded  
Doctorate of  
Philosophy from  
Queens University,  
Belfast.**

**Our sincere  
congratulations on this  
achievement after really  
hard work and  
dedication.**

**Well Done Dr Stuart!**



**This Saturday- Day on the Farm**

If you haven't let Stuart know you are joining us, please do asap. We can arrange transport where possible.

**10am on site. Working Parties  
Trip to the woods  
BBQ**

**8th May  
Breakfast Meeting 10am to 12.30  
ESRA  
VE Day Special**

**Steve's Special  
Dauphinoise Potatoes**  
Serves 8



**Prep:** 20 mins  
**Cook:** 45 mins

Thin slices of potato slow cooked in the oven with cream and garlic – the most decadent of side dishes

**Ingredients**

- 500ml double cream
- 500ml milk
- 3 garlic cloves
- 8 large King Edward or Maris Piper potatoes
- 100g grated gruyère cheese (optional)

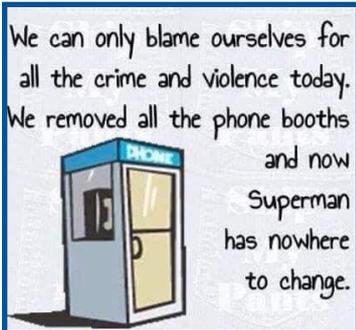
**Method**

- Heat oven to 190C/170C fan/gas 5.
- Tip 500ml double cream, 500ml milk and 3 garlic cloves into a large saucepan and bring to a simmer.
- 8 large potatoes very finely, about 3-4mm, add them to the cream and simmer for 3 mins until just cooked.
- Gently stir to separate the potato and stop it sinking and catching on the bottom of the pan.
- Remove the potatoes with a slotted spoon and place in a wide shallow ovenproof dish so that they are about 5cm in depth.
- Pour over the garlic infused cream (discarding the garlic) – just enough to seep through the layers and leave a little moisture on the surface.
- Scatter over 100g grated gruyère cheese, if using, then bake for 30 mins until the potatoes are soft and browned – increase the heat for 5 mins if not brown enough.

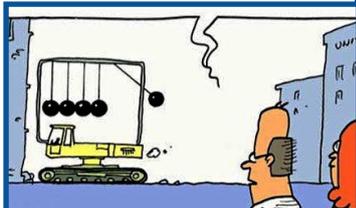
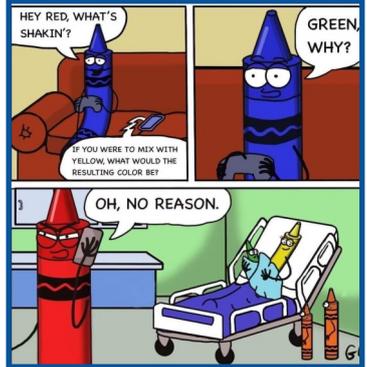
**LoL**



Did you know Stephen King has a son named Joe?  
I'm not joking, but he is.



**It's 6 months since I joined the gym and no progress. I'm going there in person tomorrow, to find out what's really going on...**



**They must be demolishing the old physics laboratory**