



# THE WARRIOR

Newsletter for ESVH & the Military Community In East Sussex



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

14 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: Ease Springs!

With effect Monday 17<sup>th</sup> May Covid 19 rules will be eased and overtly benefit ESVH operations over the coming months. Below are a few of the salient changes that will be of interest to us all.

- Gathering limits will be eased. Outdoor gatherings will be limited to 30 people and indoor gatherings will be limited to 6 people or 2 households (each household can include a support bubble, if eligible).
- New guidance on meeting friends and family will emphasise personal responsibility rather than government rules. Instead of instructing you to stay 2m apart from anyone you don't live with, you will be encouraged to exercise caution and consider the guidance on risks associated with COVID-19 and actions you can take to help keep you and your loved ones safe. Remember that the risks of close contact may be greater for some people than others and in some settings and circumstances, there will be specific guidance that you will need to follow even when you are with friends and family.

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## 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

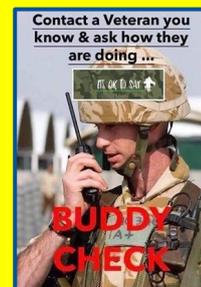
**Seaview** 01424 717981

**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)

Registered with Charity Commission 1183583



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- Indoor entertainment and attractions such as cinemas, theatres, concert halls, bowling alleys, casinos, amusement arcades, museums and children's indoor play areas will be permitted to open with COVID-secure measures in place.
- People will be able to attend indoor and outdoor events, including live performances, sporting events and business events.
- Attendance at these events will be capped according to venue type, and attendees should follow the COVID-secure measures set out by those venues.
- Indoor hospitality venues such as restaurants, pubs, bars and cafes can reopen.
- Organised indoor sport will be able to take place for all (this includes gym classes). This must be organised by a business, charity or public body and the organiser must take reasonable measures to reduce the risk of transmission.
- All holiday accommodation will be open (including hotels and B&Bs). This can be used by groups of up to 6 or 2 households (each household can include a support bubble, if eligible).
- Funeral attendance will no longer be limited to 30 people, but will be determined by how many people the COVID-secure venue can safely accommodate with social distancing. Limits at weddings, wakes and other commemorative events will be increased to 30 people. Other significant life events, such as bar/bat mitzvahs and christenings, will also be able to take place with 30 people.
- The rules for care home residents visiting out and receiving visitors will change, allowing up to five named visitors (two at any one time), provided visitors test negative for COVID-19.
- All higher education students will be able to access in-person teaching.
- Support groups and parent and child group gathering limits will increase to 30 people (not including under 5s)

- There will no longer be a legal restriction or permitted reason required to travel internationally. There will be a traffic light system for international travel, and you must follow the rules when returning to England.
- There is additional guidance for 'Support Groups'. This applies to ESVH operations.
  - Support groups that have to be delivered in person can continue with up to 15 participants where officially organised to provide mutual aid, therapy or any other form of support.
  - Support groups must be organised by a business, charity or public body and must not take place in a private home or garden. All participants should maintain social distancing. Examples of support groups include those that provide support to:

- \* **victims of crime (including domestic abuse).**
- \* those with, or recovering from, addictions (including alcohol, narcotics or other substance addictions) or addictive patterns of behaviour.
- \* **those with, or caring for people with, any long-term illness or terminal condition or who are vulnerable (including those with a mental health condition).**
- \* those facing issues related to their sexuality or identity (including those living as lesbian, gay, bisexual or transgender).
- \* **those who have suffered bereavement.**
- \* vulnerable young people (including to enable them to meet youth workers).
- \* **disabled people and their carers.**
- \* The limit of 15 does not include accompanied children under 5.
- \* **Gatherings above the limit can take place for work or volunteering.**

More details may be found on the government web site at:

<https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do>



## Orkney Honour RN Divers

**The Freedom of Orkney has been bestowed on the Royal Navy's Northern Diving Group (NDG) in recognition of its "outstanding work".**

The HMNB Clyde-based divers have long-established links with the island going back more than 40 years.

Voted for by Orkney Council, the honour recognises how the team has kept the community safe through the disposal of modern and historic ordnance, like torpedoes and mines.

Harvey Johnston, councillor and convener of Orkney Islands Council, said the team has been "indispensable over decades. Top of their service to our citizens is safely removing ordnance which every so often is found by members of the public.



"They really are friends of Orkney and I am certain they will carry this honour proudly."

The honour also marks the team's long-standing historic connection in commemorating those lost in the sinking of HMS Royal Oak. The battleship was torpedoed by a German U-boat at Scapa Flow during the Second World War.

Councillor Stephen Clackson spoke at the council meeting in support of the team's nomination, citing a personal connection through his uncle who was one of the 835 killed when HMS Royal Oak was sunk on 14 October 1939.

"I have attended many of the memorial services held each year at Scapa on the anniversary of that fateful day, at which the Northern Diving Group plays a key part," he said.

"I am sure I speak on behalf of all the 'Royal Oak families' in supporting this nomination to confer the Freedom of Orkney on the Royal Navy Northern Diving Group."

In an annual ceremony and as a mark of respect, clearance divers replace the White Ensign on the designated war grave wreck – the NDG has carried out this role since it was formed in 1995.

The NDG is just one of 12 recipients to have received the Freedom of Orkney.

NDG Commanding Officer, Lieutenant Commander Mark Shaw, said: "I am very aware that this type of award is not often issued and reserved for individuals or organisations with particularly close links with Orkney.

"To be only the 12th recipient of the Freedom of Orkney is a distinct privilege and both myself and the team at NDG are very much looking forward to receiving the Freedom."

Other recipients include the Royal Navy ship HMS Orkney and the Queen's Own Highlanders.

The NDG is one of two Fleet Diving Squadron area diving groups whose mission is to provide diving, explosive ordnance disposal and in-water maintenance and repair to the fleet.

The 39-strong team covers a vast area that was exposed to many bombing raids during the Second World War, from the highwater mark in Liverpool, stretching 12 nautical miles out to sea, encompassing Hull, Northern Ireland, the Scottish Western Isles, Shetland, and the Orkneys.

None of us are getting out of here alive,  
so please stop treating yourself like an  
after thought. Eat the delicious food.  
Walk in the sunshine. Jump in the ocean.  
Say the truth that you're carrying in your  
heart like hidden treasure. Be silly. Be kind.  
Be weird.

There's no time  
for anything else.

*Anthony Hopkins*





## Understanding & Managing Anger

**One in three people say they have a close friend or family member who has anger problems.**

The finding, from a Mental Health Foundation survey, suggests that many of us will encounter situations where emotions run high, and may spill over into anger.

Not all feelings of anger are negative, though. For example, if you get animated on behalf of a colleague who's having an unnecessarily hard time, your response may help to bring a positive resolution.

But angry outbursts that intimidate or undermine others are always unacceptable.

### What Is Anger?

Anger may be defined as "an unpleasant emotion ranging in intensity from irritation or annoyance to fury or rage."

But what makes people angry is different for everyone. Things that infuriate some of us don't bother others at all. Yet we all regularly experience events that could make us angry, such as:

- Frustration and powerlessness.
- Hurt.
- Harassment and bullying .
- Injustice, real or perceived.
- Exhaustion and burnout from stress .
- Demands or criticisms that we think are unfair .
- Threats to the people, things, or ideas that we hold dear.

### Recognizing Anger

Anger and aggression are not the same thing.

Anger is an emotion, while aggression is a behaviour. Not everyone who feels angry is aggressive, and vice versa. Sometimes we may be aggressive because we feel afraid or threatened.

You might not yell or confront others but still feel angry. In fact, passive-aggressive people can be as

difficult to deal with as those who scream and shout. When someone is being passive-aggressive, they vent their anger in an indirect manner.

Also, some of us might show no angry outward signs whatsoever – however furious we are. But suppressing emotions can actually do more damage than showing your anger

### The Dangers of Being Angry

An appropriate level of anger can spur us to take proper action, solve problems, and handle situations constructively.

However, uncontrolled anger can have many negative consequences. It can cloud our ability to make good decisions, affect relationships and destroy trust.

Unexpressed anger can be as harmful as outward rage. You may not express your anger but instead bear grudges or feel like you're a victim, with damaging consequences.

Frequent anger, whether expressed or not, poses health risks, too. One study found that people who get angry regularly, are more likely to suffer from heart disease. Research also highlights a link between anger and premature death. Further studies show it correlates to anxiety and depression

### Change What Makes You Angry

It's important to deal with anger in a healthy manner, so that it doesn't harm you or anyone else.

First, recognize the problem exists. Sometimes, people don't understand that their anger is an issue. They may blame other things: people, processes, institutions, even inanimate objects like computers. You probably know people like this, or maybe recognize the trait in yourself.

You can tackle this by developing self-awareness to better understand how others see you. Do that and you'll be more effective at managing your emotions.

Also, it's important to be resilient . The ability to bounce back from disappointment and frustration is much healthier than becoming angry about it.

## Controlling Anger

Once you recognise what's causing anger, you can start to manage the triggers. That way, you'll accomplish more, stress less, and avoid feeling overwhelmed or powerless.

Here are some more practical steps that you can take to prevent or manage anger:

- **Learn to recognise the onset of anger.** When you become angry, your heart rate rises, and you breathe faster. It's the classic "fight-or-flight" response. Be vigilant, so you can start dealing with your anger early, before it gets out of control.
- **Give yourself a time-out.** Stop yourself from "leaping in" with an angry response to a situation. Pause, and count to 10 before you act or speak.
- **Breathe slowly.** Regulating your breathing and other simple relaxation techniques can combat the onset of anger – they calm you down and allow you to think clearly.

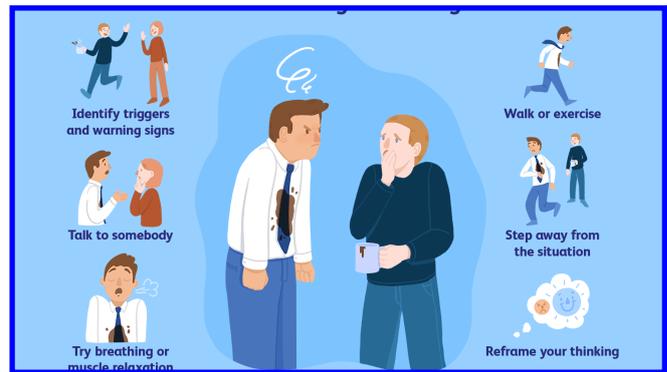
## Dealing With Long-Term Anger

If you feel angry often, you may need to take a more strategic approach to dealing with it. Here are six habits that over the long term will keep your anger in check:

- **Exercise regularly.** Exercise releases chemicals such as dopamine and serotonin into your body which can improve your state of mind and make you less prone to anger.
- **Find some quiet time.** Regularly practicing calming techniques such as mindfulness or meditation is a great way to cope better with stress and frustration.
- **Avoid alcohol.** Alcohol lowers your inhibitions and can make angry outbursts more likely.
- **Express emotion.** Talk about your feelings with a close friend or loved one, and consider keeping a journal.
- **Let go of angry thoughts.** Try not to think that the world's unfair, or that everyone and everything is against you. They're not.
- **Assert yourself.** Assertiveness is not aggression. Learn to get what you want while taking account of others and respecting their feelings. But speak up for yourself and tell people when you think they're wrong.

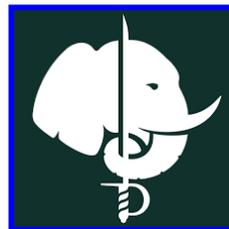
## Remember

Anger is an emotion we all feel, and one that many people find hard to deal with. It can manifest itself in aggressive, confrontational behaviour, or in more



passive but no less damaging ways.

Start to manage your anger by recognising it. Then, take steps to address it by tackling the source of your anger. Use relaxation techniques to deal with outbursts. In the longer term, try to develop self awareness, emotional intelligence, and resilience to cope better with angry feelings.



## Not Forgotten Concert Tour

**The Not Forgotten, who support serving and ex-servicemen and women is delighted to announce the launch of a nationwide outdoor concert tour to lift the lockdown spirits of care home residents.**

Launched in March, The Not Forgotten Springtime Specials will bring music, song and dance to 1000's of UK residents during a tour that will visit an incredible 100 care homes during a period extended to October.

Abiding by current social distancing regulations in UK care homes, the concerts will entertain, boost morale and create new, joyful memories for residents who have been among some of the hardest affected by loneliness and isolation under lockdown measures.

The Not Forgotten's professional entertainment team will bring a party to care home residents as they perform a set of familiar feel-good favourites and popular hits from the 60's and 70's. From ABBA to Elvis and the Beatles, there will be something for everyone to sing along and dance to as they enjoy a wonderful afternoon of entertainment.

Come rain or shine, the socially distanced concerts will be enjoyed by residents and staff together in communal areas within care homes or if weather permits, outside in the springtime sunshine.

Commenting on the launch, Brigadier James Stopford, CBE, CEO of The Not Forgotten said: "We're thrilled to embark on this morale boosting tour, building on the enormous success of last year's events which had such a positive impact on so many care home residents during the pandemic.

According to Age UK there are 1.4m chronically lonely older people in England, and many more across the rest of the UK. Our Springtime Special tour will enable us to connect with many of these people, bringing joy and entertainment into their homes as sadly, extreme loneliness and isolation is set to endure throughout 2021.

Music provides such a boost to individuals emotional wellbeing and over the years we have seen incredibly positive reactions from residents who delight in the entertainment and the connection of interacting, at a safe distance, of course, with our performers.

One hundred years ago soprano Marta Cunningham founded The Not Forgotten based on the principles of providing entertainment and recreation to those who have worn their nation's uniform and now suffer. We are delighted that to this day, a big part of our work continues to bring entertainment to those we support across the UK."

The Not Forgotten combats isolation and loneliness amongst the Armed Forces community through social activities and challenge holidays.

If you are a serving or ex-member of the Armed Forces or you know of someone that could benefit from the help of The Not Forgotten, please get in touch by contacting Tel: 0207 730 2400



## MH Champion Steps Down

**The Armed Forces Mental Health Champion has quit Twitter after "suffering poor mental health as a result of trolling over a six-year period".**

Warrant Officer Class One Glenn Houghton revealed his decision as campaigns for Mental Health Awareness Week started this week.



"I have witnessed and been on the receiving end of some shocking behaviour from people that should know better," he tweeted. "My apologies to the good followers and hope for the bad ones."

The decision comes after he reported how the Armed Forces are using social media platforms to spread the message that it's ok to ask for help with mental health.

WO1 Houghton has been a figurehead for the military online for a long time, first as an Army Sergeant Major in 2015. He was then enlisted as an advisor to the Chiefs of Staff Committee, where he took on the role of Armed Forces Mental Health Champion.



### VE Day

Victory in Europe Day is generally known as VE Day in the UK and is a day celebrating the formal acceptance of Nazi Germany's unconditional surrender of its armed forces on 8th May 1945. It was reported that Adolf Hitler, the Nazi leader, had committed suicide on 30th April and during the Battle of Berlin, Germany's surrender was authorised by Adolf Hitler's successor, Reichspräsident Karl Dönitz. The act of military surrender was first signed at 02:41 on 7th May in SHAEF HQ at Reims and a slightly modified document was signed on 8th May in Berlin.

This year on 8th May 2021, our nation remembered VE day during another very difficult period for our country. We remembered all those who served to win our peace, and all those who gave the greatest sacrifice for our freedom. This is a time when we are facing different threats. More than ever, it is good to remember we have been through difficult times before, and we did it by working together.



**Milo Visits VE Day In the Country**

**Way in to location Some missed it!**



**Thanks to 'Matildas Removals' for getting all the kit on site and back again**



**Happy Customers**

**Robert & Brother**



**John Ds Bubble**



**It was cold and wet to start the day Steve's remedy**



**David L. Covid Tolerant..**



**James S Looking well**

**Big Thank you for the cuddly toys for children, made by Duncan's wife Jutta**



**David's Military Kitchen**



**Social eating...**



**David ready to serve...**

**Photos by Stuart & Amanda**



**Wolf, Stew and Tango**



**Milo making final checks**



**Steve clearing up**

# Steve's Special Bread & Butter Pudding (Serves 4)



## Ingredients

- 300ml Full fat milk
- 50ml Double cream
- 50g Sultanas
- 2 Eggs
- 50g Sugar

Butter for greasing

A few drops of vanilla flavouring

300g Dried bread, buttered on one side with the crusts removed (or you could try a mix of sliced scones, or a dried croissant and danish selection).

## Method

For the custard mix, stir the milk, eggs, vanilla and sugar into a jug and set aside.

Put some parchment paper inside small baking dish and lightly grease it with butter.

Arrange a layer of sliced bread, butter side up (or the scones and croissants) in the bottom of the baking dish, and then sprinkle over some sultanas. Repeat this again until all the bread is used.

Pour the custard over the prepared bread layers.

Cover the tray and set aside for 15 minutes.

Preheat the oven 180C/160C fan and place the dish into the oven and bake it for 30-40 min, or until the custard has set and the top is golden brown.

Serve with custard or cream – delicious!

