



# THE WARRIOR

Newsletter for ESVH & the Military Community In East Sussex



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

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

## Coronavirus: Police Action Proportionate and Appropriate



Sussex Police & Crime Commissioner

Ensuring we are all Safer in Sussex

The Sussex Police & Crime Commissioner, Kate Bourne OBE, reported that discussions with Sussex Chief Constable Jo Shiner about policing of the vigils/protests which have been held in Sussex recently, following the news of Sarah Everard's death, had the following response.

She said, "It is important to remember that we are still in the midst of a global pandemic and the police have a job to do to help reduce the risk of the spread of this virus.

"Officers took no action as people came to peacefully pay their respects, even when they gathered to do so. However, once the two-metre guidance was broken and the crowds began to be offensive towards our officers, enforcement was taken as a last resort where engagement and encouragement did not work.

"I do believe that any action taken was proportionate and fair. Out of the six protests which have occurred in Sussex, we've only made two arrests.

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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

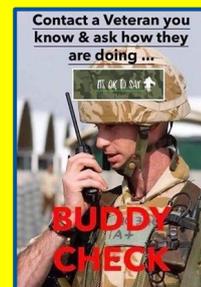
**Seaview** 01424 717981

**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)

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“However, public order policing is challenging and getting the right balance is not easy. Our policing approach has been consistent throughout the pandemic but I can completely understand public perception at this time and we will listen and try to better understand any concerns. We continue to learn from everything we do in policing and I have conducted an internal review.”



The majority of people who attended vigils adhered to the social distancing and gathering rules which have helped drive Covid levels down.

Sussex Police are also committed to ensuring they work with our communities to build the confidence of women or anyone else who feels unsafe to come forward and report. They are already planning for the potential impact of the reopening of the night-time economy.



Nobody should feel unsafe on our streets. Positive action will continue to be taken to prevent violence, safeguard victims and address perpetrators' behaviours.



### Veterans Identified in Census

Military charities have said they were "delighted" the 2021 census included a question which allowed veterans to identify themselves for the first time in history.

It followed a 10-year campaign by forces charities, led by the Royal British Legion (RBL), to have the question included on the census as a means of better focusing support available for Armed Forces veterans.

The census is a survey that takes place every 10 years and provides a picture of all the people and households in England and Wales.

It must be completed by law and helps organisations make decisions on planning and funding public services, like transport, education and healthcare.

Encouraging all veterans to identify on the census form, Jo Baker, public affairs and campaigns manager for the RBL, outlined the difference the question's inclusion would make.

"It means that going forward, we're going to have a better idea of where veterans are, what their needs are, so that local authorities, other public bodies like the NHS and service charities, are going to be better prepared and know where to direct their resources.



### A message from Keith Glazier

**On Tuesday 23 March 2020 the whole country first went into lockdown to try and protect everyone from the spread of coronavirus.**



Keith Glazier, Leader of East Sussex County Council acknowledged that it was appropriate to hold a national day of reflection on the this first anniversary.

He said he was sure people in East Sussex would use the day to pause and look back; perhaps with sadness, perhaps with pride at what's been achieved, or a mixture of both.

In recognising and thanking all the people in the county who had helped over the past year, he said, "I mean, just about all of us. Workers in social care, the NHS, emergency services and public health, people who've kept schools, shops, transport and other essential services running, unpaid carers and volunteers – or simply good neighbours and friends.

"It hasn't been easy (it still isn't) but I feel so encouraged when I see the efforts people make to work together in our communities and protect each other. Thank you.

"If we keep this up, and as more of us get our jobs, I'm certain that cases of the virus here will continue to fall. If that happens, we have every reason to think a day of reflection will be quickly followed by the start of a return to better times in East Sussex."



## Does Size Matter?

**The British army is currently the smallest it's been in the past 400 years. And it's likely to get even smaller. A cut in the number of troops is expected in the new defence review, due to be published next month.**

Options may include losing up to 10,000 soldiers from the regular Army's notional strength of 82,000 in order to help fund its modernisation. Ministers have made clear there will still have to be painful decisions for the armed forces, despite the extra £16.5bn allocated to the Ministry of Defence over the next four years.

A senior Army officer is reported as stating that technology will allow the Army to become "leaner and more agile". Does this come amid warnings that the Army is already too small, and that more cuts will worry UK's allies and limit its ability to fight?

Over the past year the Army has been preparing for a radical transformation, modernising. It aims to embrace new technologies - from drones and robots to artificial intelligence.

Whilst Brig John Clark, the head of Army strategy, insists no decision on troop numbers has yet been made, he adds that by harnessing technology "you're able to achieve the same effect with fewer people".

Jack Watling, of Royal United Services Institute (RUSI) differs, warning of "the excitement of new capabilities coming at the expense of traditional hard military power".

He registers that the majority of soldiers in a modern army are there to support and sustain a fighting force. The tip of the spear, the combat element, is often about a third of an army's total strength.

The rumours in Whitehall suggest the Army will be losing several infantry battalions, as part of the new fighting force. Mr Watling says an army of just

72,000 should still be able to take and hold "a small town", bearing in mind the British army struggled to secure the Iraqi city of Basra, when it was 100,000 strong.

It might appear to be a contradiction, but the Army believes even if it's smaller, it can still have a bigger global, sustainable, forward presence. This will mean operating from a number of "global hubs" in parts of the world where it already has a presence - such as Kenya, Oman and Brunei.

Brig Clark says: "We see these hubs as launchpads through which we can routinely send more of the British army out to train, develop and demonstrate.

"By being forward-deployed the Army will be able to respond and manage threats more rapidly and decisively".

He describes it as prevention rather than cure.

Brig Clark talks of "smaller teams that can go out and compete beneath the threshold of conflict" - the so-called "grey zone" where militaries operate discreetly in the blurred lines between war and peace.

Ben Barry, of the International Institute for Strategic Studies (IISS), said: "I see a clear aspiration to do more with the Army further away, but forces cannot be everywhere at once."

There are certainly questions as to whether a smaller army, spread around the world, will be able to meet its existing commitments to Nato (North Atlantic Treaty Organization).

In theory, the UK can deploy a war fighting division to defend Europe. Mr Watling of RUSI says among the components of a division would be around 200 main battle tanks and the British army is likely to have only half that number.

The Army's plans do include updating increasingly obsolete armoured vehicles and the addition of more potent long-range artillery systems.

The UK now has one of the smallest armies of any major European nation. That worries its closest military ally, the United States he added.

Mr Barry and Mr Watling also question whether an army of 72,000 could do another Helmand - a long, enduring campaign. Brig Clark insists it could.

### How other arms will be affected:



### Royal Air Force

There was a pledge in the Integrated Review for the UK to have "at least 48 F-35s by 2025", while in September 2020, an overall plan for the UK to eventually own 138 of the aircraft was described as the "upper limit" of how many would be bought.

Nine Reaper drones, used to conduct airstrikes as part of Operation Shader, will be replaced by the Protector by 2024.

The E-3 Sentry replaced by three E-7 Wedgtail aircraft in 2023, based at RAF Lossiemouth.

The C-130J Hercules aircraft will be retired in 2023, with the capability transitioned to the C-17 and 22 A400M aircraft for a "more flexible transport fleet".

The tranche one Typhoons will be retired in 2025, although the RAF will retain seven Typhoon squadrons, with its radar being updated.

Over the next four years, £2 billion will be invested in the Tempest programme, which plans for a sixth-generation fighter jet by 2035, as well as developing the LANCA (Lightweight Affordable Novel Combat Aircraft) capability.



### Royal Navy

The service's Type 23 frigates will be replaced by three new types of frigate – Type 26 anti-

submarine ships, general purpose Type 31s, and Type 32s. The aim is for the UK to have more than 20 destroyers and frigates by 2030.

New automated minehunting systems will be deployed in the future, replacing the Sandown and Hunt classes, which will both retire in the 2020s.

The Harpoon missile will be replaced by the interim Surface to Surface Guided Weapon, with upgrades being given to air defence weapon systems on Type 45 frigates. Development will also be carried out on the next generation of subsea systems for the 2040s.

Two new types of submarine will enter service, including Dreadnought-class ballistic missile vessels to replace the Vanguard-class. The service will also get three new classes of support vessels, including a "new Multi-Role Ocean Surveillance Ship".

The Royal Marines will also see their way of working evolve, taking on special operations, as part of the Future Commando Force.



### Trooping the Colour 2021

Trooping the Colour will "not go ahead in its traditional form" for the second year in a row, Buckingham Palace has announced. The palace said options for "an alternative parade, in the quadrangle at Windsor Castle" are being considered. Similarly, the annual Garter service, usually held in June, will not take place this year.

The annual national celebration is the Queen's official birthday parade and is usually held in central London in June. It normally involves more than 1,000 soldiers, 200 horses and 400 musicians, with thousands of members of the public usually gather to watch the military parade from Buckingham Palace, down The Mall to Horse Guards Parade.

Last year, the Welsh Guards led the Queen's official birthday celebrations with a brief ceremony at Windsor Castle in place of Trooping the Colour. The last traditional Trooping the Colour took place in 2019.

## WHAT'S — YOUR — MOTTO?

### Six of the Best Regimental Mottos

British Army regiments have their own unique histories, traditions, insignia and mottos. A soldier's regiment can become like family, providing emotional support, a place to call home, comradeship and the all-important military identity. Much of the pride soldiers feel about their regiment, which forms the basis of the British Army's fighting spirit, can be found in its motto.

Here are six of the best.



- **The Special Air Service (SAS)** earns its motto 'Who Dares Wins', from the daring nature of its missions behind enemy lines, and was coined by the regiment's founder

Colonel Sir Archibald David Stirling DSO OBE who came up with the idea of a highly trained special force that could wreak havoc on enemy supply lines, bases and morale and hit key targets right at the heart of enemy-held territory.

Other regimental mottos are no less inspiring, or pride instilling, with a selection of some that stand out examined here.



- **The Royal Gurkha Rifles:** कांथर हुनु भन्दा मर्नु राम्रो which translates roughly into "Better To Die Than Live A Coward". Brave, honourable and utterly fearless, just a few of the words often used to describe the Gurkhas. The bravery of Gurkhas is well documented but where does their motto come from?

Lance Corporal Tuljung Gurung was shot, stunned by a grenade, and ambushed by two Taliban attackers. Despite all this and armed with nothing but his Kukri in the close confines of his guard tower, he successfully fought off two Taliban insurgents almost twice his size.

"When I saw them I thought, I don't want to die, I want to live. If I am alive I can save my colleagues. I have to do something. So, like a madman, I did everything."



- **The Rifles:** "Celer et audax" which is Latin for Swift And Bold". A letter written in 1824 to the regiment's commanding officers from the Deputy

Adjutant General at Horse Guards states: "His Majesty has been pleased to permit the 60th Regiment, 'The Duke of York's Own Rifle Corps', to resume the motto 'Celer et Audax', which was formerly worn by the Regiment in commemoration of its distinguished bravery whilst employed with the British Army in North America, under Major-General Wolfe, in the year 1759."

The translation Swift And Bold officially became the motto of The Royal Green Jackets in 1966 and in 2007 was taken by The Rifles who were formed in the same year.



- **Parachute Regiment:** "Utrinque paratus" which is Latin for "Ready For Anything".

The motto means what it says in times of war. Formed in 1940 the Parachute Regiment are known for their courage, fortitude and ability to fight even when hungry, exhausted and hopelessly outnumbered. In a forward written for the book 'The PARAs: From The Falklands to Afghanistan In Their Own Words' His Royal Highness the Prince of Wales commented on just how ready the PARAs are.

"The officers and soldiers of The Parachute Regiment have always been at the forefront of the action, or at the point where the toughest decisions have to be made."



- **The Gloucestershire Regiment:** (The Glorious Glosters): "By Our Deeds We Are Known".

Gloucestershire Regiment veteran Sam Mercer was interviewed about his memories of the Korean War. In the heat of the battle, Sam was defending a strategic route to Seoul.

"I think the Chinese had expected to just simply carve a way straight through us. They hadn't expected us to resist... as long as we did. Yes, we upset their timetable."

The Korean War lasted three years, and it was intense and bloody. Hal asked Sam about his reflections on the conflict.

"My feelings are it was a job that had to be done... Alright we upset the Russians, we probably upset the Chinese too but we had a job to do and we did it. And I think personally that we did it rather well."



- **The Royal Lancers (Queen Elizabeths' Own):** "Death Or Glory". The skull and crossed bones above 'or glory' on one of the most recognisable cap-badges in Britain's armed forces, is

responsible for the Regimental Motto, 'Death or Glory'. The Royal Lancers were honoured by Her Majesty The Queen in April 2017 by renaming them The Royal Lancers (Queen Elizabeths' Own) for their "loyalty and devotion to duty".



- **Special Boat Service (SBS):** "By Strength And Guile" The SBS' original motto, Not By Strength, By Guile, was shortened to just By Strength and Guile to compete with the SAS motto Who Dares Wins.

The Special Boat Service, part of the Royal Marines, was created during the Second World War in 1940 and was initially named the Folboat Troop, after the type of folding canoe employed in raiding operations.

The primary role of the SBS is to carry out daring surprise raids with small, highly-trained teams.



**Service User Involvement**

Change Grow Lives (CGL) have announced this month that from 2021 their National Service User Committee will now be called the National Lived Experience

Group (NLEG). They said that with a brand new name comes a renewed energy to tell the world who they are and how they work, what they are involved in, and most importantly - how you can get involved!

They want the people who use their services to play an active role in shaping how they do things at Change Grow Live. 'People using CGL services can teach us a lot about how to improve things and make them more effective, and that is why the group was formed. Working together in this way helps to improve communication between staff, volunteers, and service users',

NLEG members are currently based across Great Britain and they represent the diverse needs of those that the organisation support. The group is made up of lived experience volunteers who champion the views and opinions of people who use our services in local, regional, and national areas of the organisation.

Throughout the last year, during the coronavirus pandemic, the NLEG has been a crucial resource for Change Grow Live and supporting those who use their services. They needed to understand the basic needs of the community and how to get helpful advice to them during challenging times.

There was a focus on supporting some amazing harm reduction work, including the supply of naloxone kits and training, the flu vaccination campaign, needle and syringe provision, and supporting the delivery of our national research project - the Pulse Survey.

NLEG strategy is about people and aims to remove barriers where they exist to help everyone work better together, taking benefit from the amazing diversity and experience of the 100,000 strong voice of the people who use our services, says Dr Prun Bijral, Executive Medical Director.

The group has done a lot of work around digital safety and helping to reduce people's fears of engaging on a digital platform and co-wrote advice to help keep people safe while they are engaging in group calls online.

CGL would love to engage with as many people as possible. If you are using or have used one of their services and would like to share your experiences, you can find out how to by speaking to your worker or service coordinator.

We look forward to hearing from you and are excited to continue ensuring the voices of those that Change Grow Live supports are heard!



**Milo Says:  
Is Anybody  
There?**



**Remember**  
Clocks  
go  
**FORWARD**  
1 Hour  
this  
**Sunday**

**PARATROOPER LOGIC**

**One for Stuart!**

**IF YOU DON'T UNDERSTAND THIS  
YOU'VE NEVER MET A PARATROOPER**



**What you can  
achieve after  
attending an ESVH  
Sculpture course.....  
Well almost!  
Latest from Stanmer  
Stoneworks**



**Steve trying out  
The 'Thrive Inside'  
meditation programme**



**First Support Meeting since Lockdown  
In accordance with Covid 19 Rules**

**99/100 Group will hold a meeting of a  
maximum of 15  
from 10.00 to 12.30 on Saturday 27th March  
at ESRA**

**Breakfast will be provided during this period.**

**Get there if you can, if only for a catch up and  
update.**



**Stephen the Shaves  
escape to the beach for fish &  
chips with sunset thrown in...  
People would pay money for this!**

**VETERANS' GROWTH**

**VG Courses Starting Soon**

**Veterans Growth are starting their  
courses up again on the 31st march for  
6 people, and they have space on the  
first course for 1 extra person.**

They also have a Tuesday course starting when they have enough applicants and as at the end of April they are doing shorter courses for veterans over a couple of days, on an adhoc basis.

It is also intended to have family days during the summer for veterans and their families to take short courses in pottery etc.

**For further information contact VG at  
[hello@veteransgrowth.org](mailto:hello@veteransgrowth.org)  
They will get straight back to you.**

**EXERCISE YOUR BRAIN!**

**FIND TEN FACES**

# Steve's Special Naughty Fruit Crumble



## Ingredients

Try a mix of Apple, Orange, Banana, tinned pineapple and Strawberry. (Beware fruit contains lots of natural sugar)



Tescos Crumble Topping\*

Custard\*



\*Other brands available

## Method

Chop fruit to size you want place in Pyrex dish



- Pre heat the oven
- Add crumble mix and place straight into oven to stop mix getting soggy.
- Leave in for around 25-30 minutes but can go longer if you like crumble to be crispy. (Or army tip. I place sugar on top and place under grill until nice colour)

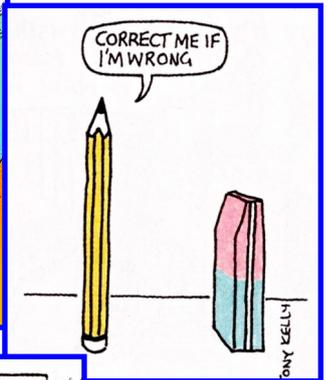
Custard, Cream or ice cream on top.

Watch the calories

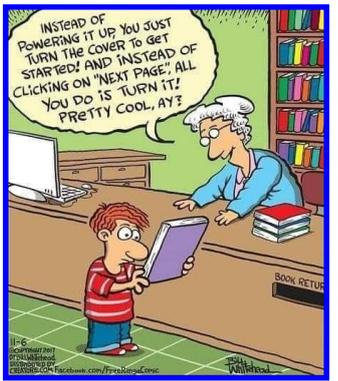
Remember back in the really old days when we used to have electric vehicles and recycle the bottles....



LoL



I wish John Denver was around. He could fill out my census..



THIS IS HOW READY I AM  
Have you booked your hols yet? I bet Dave D has...

