



THE WARRIOR

Newsletter for ESVH & the Military Community In East Sussex



VOL. 2. NO 4

www.eastsussexveteranshub.co.uk

29 JANUARY 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: Update

The weekly rate of cases of COVID-19 in East Sussex has decreased over the last week, going from 777 per 100,000 for the week ending 8 January 2021, to 579 per 100,000 for the week ending 15 January 2021, the most recent week of data. East Sussex remains above the rates for the South East and England which are respectively 505 and 497 per 100,000.

Despite the decrease in cases within East Sussex over the last week, East Sussex now sits at position 50, up slightly from last week's position of 52 out of all 149 upper tier authorities, reflecting larger decreases in some other areas of the country.

Out of the 315 lower tier authorities, the 5 districts and boroughs have seen the following changes in their rank (where position 1 is the authority with the highest rate in the country). Eastbourne continues to increase, going from position 38 to 12. Wealden has also increased relative to other areas from position 108 to 82. Hastings now sits at position 108, down from 70 last week, Rother is now at position 195, down from 127 last week, and Lewes has gone down slightly from 97 to 129. Across the border of East Sussex, Kent and much of the South East and East of England have also experienced declines in cases over the last week.

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

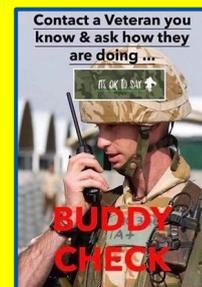
Seaview 01424 717981

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

Registered with Charity Commission 1183583



Suicide 'Warning Signs' Campaign

As the impact of the pandemic and months of restrictions continue to be felt into 2021, Covid-19 will still be a source of stress and worry. The first half of this year is likely to be challenging, and for many people, their mental health may be at risk.

There is a 'Warning Signs' campaign as part of a Sussex-wide programme led by Sussex Health and Care Partnership to prevent suicide. The campaign provides specific advice and links to specialist support to those in crisis, and useful advice for anyone who is concerned about suicide, personally or for someone else.

Remember:

- Anyone with suicidal thoughts should seek help.
- Sharing thoughts is important and can help.
- Others who have had suicidal thoughts have found and accepted help which has made a difference.
- Recognise that there is hope, and that suicide is not their only option.
- Know that support is available.
- Understand that there should be no shame or stigma attached to needing or seeking help.
- Seek help – access the website and/or call the helpline, www.preventingsuicideinsussex.org

For those around persons at risk:

- Be alert to the mental wellbeing of others – friends, relatives and colleagues.
- Specifically, be aware of the potential warning signs that someone may be struggling/at risk of suicide.
- There are places you can direct persons you are worried about to for them to get the help they need.
- You can also get help yourself on how to support people who are at risk
- Equally, if you are thinking about suicide or worried about someone then visit: www.preventingsuicideinsussex.org now for advice and links to specialist help.

Who can help and how?

- Speak to a **friend, family member or someone you trust** as they may be able to help you feel calmer and find some breathing space.

- Speak to the **Sussex Mental Healthline** team on **0800 0309 500**. A trained and experienced team is on hand ready to listen and offer urgent mental health support, 24 hours a day, seven days a week.

Other organisations on hand:



- **Rethink Mental Illness** is a charity that helps people affected by mental health issues and illness to improve their lives. They provide a wide range of services including very useful and practical guidance on how to support someone that is having suicidal thoughts.



- **Campaign Against Living Miserably (CALM)** is a national charity that offers emotional support, advice and information to men who are feeling suicidal and their families. They also provide useful guidance about what to do if you are worried about someone.

0800 58 58 58 5pm – midnight, every day of the year



- **SHOUT** is a 24/7 UK crisis text service available for times when people feel they need immediate support. A trained Crisis Volunteer will make contact and chat via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better. They can help with urgent issues such as: suicidal thoughts, abuse or assault, self-harm, bullying, and relationship challenges.
- 85258 Text 'SHOUT' to 85258, 24/7**



- **Samaritans** is a national charity that offers emotional support for people who are distressed. They are available day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. They also provide useful guidance about what to do if you are worried about someone. **Call 116123 24/7**

See article on page 5

RoboForce1

Across the Armed Forces, drones and autonomous technology is being trailed and tested to revolutionise how the military operates with some uncrewed systems are already in use.



The UK's first fleet of uncrewed fighter aircraft, MOSQUITO, is one step closer to becoming reality with the announcement of a £30m contract to design and manufacture a prototype.

More than 100 jobs in Belfast will be supported by the three-year deal, the Ministry of Defence said.



The aircraft will be designed to fly alongside fighter jets at high speed, armed with missiles, surveillance and electronic warfare technology to give an advantage on the battlefield.

Known as a 'loyal wingman', the aircraft will be the UK's first uncrewed platforms capable of targeting and shooting down enemy aircraft and surviving against surface to air missiles.

Spirit AeroSystems in Belfast has been selected to lead Team MOSQUITO in the next phase of the project. The team will develop the designs and create a technology demonstrator.

A full-scale vehicle flight-test programme for Team MOSQUITO is expected by the end of 2023.



The Royal Navy's first uncrewed minesweeper, SWEEP, is being developed, enabling sailors to remotely detect and destroy sea mines on naval operations.

The autonomous mine sweeping system (SWEEP) is an uncrewed vessel, towing sensors to

identify sea mines. The different types of sensors are often called payloads and using the latest magnetic, acoustic and electric technology, they trick the mines into thinking there is a target above it and they detonate.

It will detect more modern and smarter digital mines which target ships and submarines passing overhead.



Sarah Brown from Atlas

Elektronik UK - the Dorset based company designing the vessel, told Forces News:

"Essentially we're able to cause the mines to falsely trigger so they go 'bang'.

"That's what's really good about sweeping, whereas traditionally when hunting for mines, you would go out and you would look for the target.

"Once you've established where it is, you would then need to get some kind of weapon or explosive charge on that mine in order to make it safe, whereas for sweeping, you don't necessarily know where the mine is, but you've already neutralized it because it's gone' bang'.

"So essentially it's a quicker way of neutralizing a minefield."

Currently, the Royal Navy operates Hunt class and Sandown class minehunters such as HMS Middleton and the UK has a permanent presence in the Gulf carrying out minehunting operations. These ships use more basic technology and hunt mines using sonar before using a remotely piloted disposal system called Seafox or highly trained divers to dispose of them.

The UK is investing £25 million into developing a complimentary autonomous minesweeping system.

This will release Royal Navy personnel that traditionally have done this task to be able to operate in other parts of the Navy.

Royal British Legion LOGO Out with Old, In with New



The Old



The New

The Royal British Legion has been blasted by groups of military veterans after spending nearly £100,000 designing a new logo.

Former servicemen have been left 'dumbfounded' at what they see as 'gross misuse' of money spent on the rebranding job, which is to be launched this month.

The servicemen pointed out that the enormous cost comes at a time when thousands of former veterans are living homeless. It is estimated that between 3,500 and 6,000 former veterans are currently living homeless in the UK and the suicide rate among former military personnel has doubled in the last decade.

The RBL, which has an annual income of around £150m and bank reserves of almost £70m, will launch its new logo to coincide with the charity's centenary year (2021). The new design, which has been three years in the making and cost £100,752, is made up of the initials of the charity with the R and L coloured in blue and a bright red poppy in place of the letter B. This rebranding replaces the traditional logo which had the words of the RBL in a blue box next to a red poppy.

Now, ex-servicemen claim the charity has 'lost touch' with its original ethos to support soldiers and have accused it of becoming too corporate.

Andy Price, 42, who runs the Veterans Hub in Weymouth, Dorset, a support group that helps former



servicemen, said: 'I am dumbfounded. Spending £100,000 on a brand change is a gross misuse of their funds and unforgivable at all levels.

Our logo and branding cost us a pint of beer. I have to beg borrow and steal to keep the hub open in order to help people.'

Andy quoted a number of cases where he felt the RBL had

failed to appreciate the reality for some veterans, such as one who was £79 in arrears on his rent and was about to be evicted. It would have taken two or three months for the RBL to have helped him and a lot of form filling and interviews. Another member of his Hub suffers from bad arthritis and can't use his bath has waited for a year for the RBL to put in a wet room, whilst another was assisted in rehousing by TRBL, but it took a further three months for him to receive white goods and an oven to enable him to live comfortably.'

Mr Price, an Afghan War veteran, commented: 'I think the RBL has lost touch with what they are supposed to be. When they were set up they supported veterans returning from the Great War but they are more like a corporate organisation now.'

'When veterans reach out to them they are already in their most darkest place yet a lot of the time they are told to go back to their regiment welfare system or to Combat Stress,' he added.

Responding to criticism of the cost of rebranding, a spokesperson for the RBL said that it was the first time in 30 years the charity had had a new logo.

They explained that their current brand was designed before many of today's digital channels existed and it is no longer fit for purpose.

The new logo places the poppy at the heart of the RBL and recognises our heritage as the lettering is inspired by the grave of the Unknown Warrior at Westminster Abbey. It is clear, legible, and adaptable to different sizes.

The cost covered more than a new logo. It covers the iterative process of a new brand identity over a two-year period including stakeholder engagement, research and design work, development of the logo and brand assets, and fulfilling trademark requirements.

The Royal British Legion says it is constantly evolving and looking for ways to make sure we best support the Armed Forces community and as we mark our centenary in 2021 it is vital we lay the foundations for an organisation that is fit for the next 100 years.

Interviewer: would you call yourself a hard worker?

Me: absolutely. I make almost everything harder than it has to be.



Walking for CALM

Janet Courtney, member of ESVH 99/100 Group, a magistrate and legal professional has decided to 'mirror' walking from her company's London offices to their other offices in the UK. This includes Manchester, Edinburgh, and Belfast, then back to London, in all 1,157 miles. All this within the strict rules of Covid and keeping at or close to home in St Leonards on Sea, East Sussex.

The idea came from her experience of lockdown one, when she circumnavigated her house to clock up miles in order to keep fit. Now Janet has decided to put her efforts towards CALM, Campaign Against Living Miserably.

Janet joined the WRACs TA (Royal Corps of Transport) in August 1990 and was based at Dulwich RTC as a clerk. She carried out weekend and annual camp exercises throughout the country and managed to get a HGV class 2 whilst at driver training at Ouston JIB in Newcastle. She just missed going to BAOR due to cancellation of an annual training camp there.

During her last six months of almost three years service she decided to transfer to RMP but later decided to resign due to work and married life. She has fond memories of the RCT and will no doubt reminisce as she goes on her virtual trek around the UK. Good Luck Janet!

You can donate to this great cause by going to JustGiving page at: https://www.justgiving.com/fundraising/janet-courtney?utm_source=Sharethis&utm_medium=fundraising&utm_content=janet-courtney&utm_campaign=pfp-email&utm_term=15108f98da704131b66002de51eea63e

Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to CALM (Campaign Against Living Miserably), so it's the most efficient way to give - saving time and cutting costs for the charity.

**Group Zoom Sat 30 Jan.
10.30**

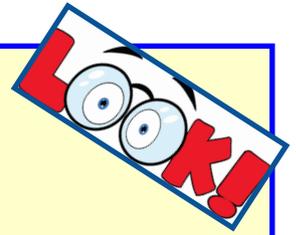
Topic: ESVH Meeting

Join Zoom Meeting
<https://us02web.zoom.us/j/89444381328>

Meeting ID: 894 4438 1328

One tap mobile
+442034815237,,89444381328# United Kingdom

+442034815240,,89444381328# United Kingdom



HMS Collingwood Recruit Training

We have been reliably informed from a Fleet Air Arm Veteran (Airy Fairy) that he actually joined the Navy around 13 September 1957 to commence training at HMS Collingwood! Jolly Jack's history not so good. See last weeks 'Warrior'

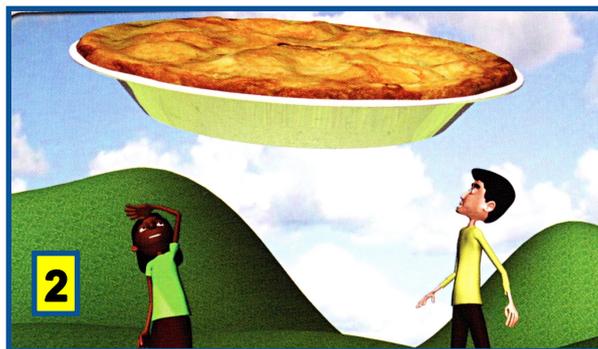
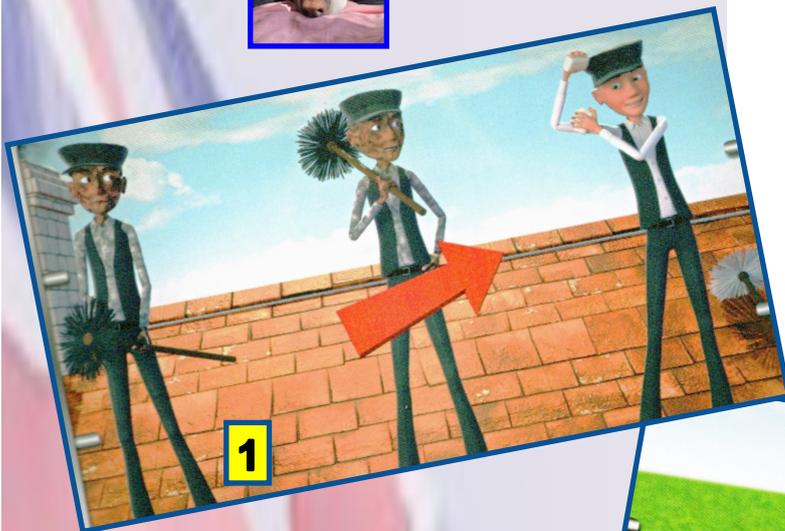


ESRA Praised by Police Community Service

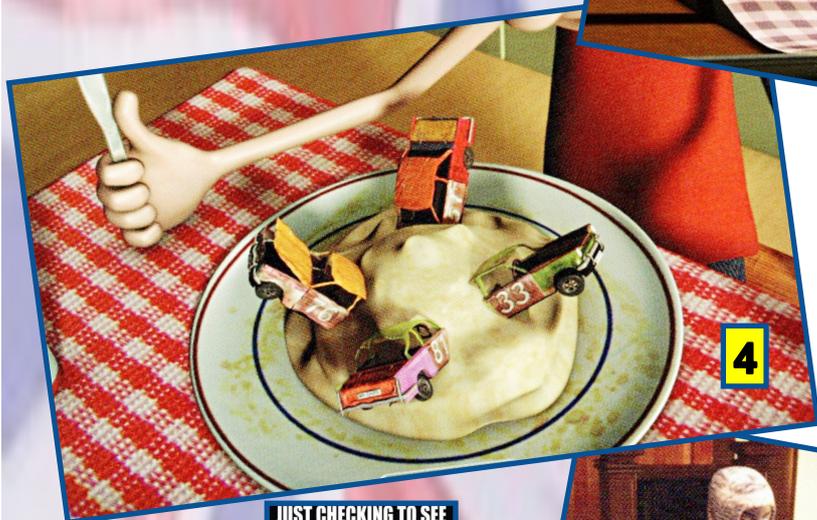
PCSO Walker said: 'ESRA have continued services during lockdown to the best of their ability and the people I spoke to today were extremely grateful to Sussex Police for the donation. Staff also praised Sussex Police for their ongoing and continued support when called by ESRA to protect the vulnerable community'.

PCSO Walker was presenting East Sussex Recovery Alliance a cheque for £5000 from the Police Property Act Fund. (PPAF). This will support the ESRA hubs in Eastbourne and Hastings who do an amazing job supporting vulnerable people within the community by offering peer led support groups and activities.

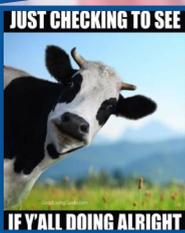
Milo Says: Take 5 & Have a Go! At Catchphrase

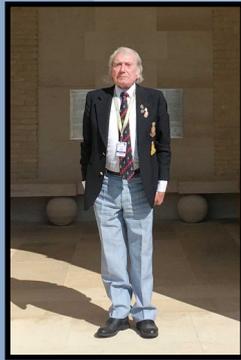


SAY WHAT YOU SEE!



Answers on page 8





FAREWELL TO MIKE HANMER FORMER 3 ROYAL HORSE ARTILLERY

Should Anyone wish to see Mike's Service, it has been recorded and it is online for the next six days at: <https://www.wesleymedia.co.uk/webcast-view> Login / Order ID: 72311

Password: nksasett

Photos by Stuart

Steve's Special Macaroni Cheese Serves 2-4



Ingredients

- 300g Macaroni, avoid the quick cook stuff which really doesn't work in this recipe
- 30g Butter
- 30g Flour
- 500ml Milk
- 1tsp English mustard
- 200g Grated mature Cheddar Cheese
- 1/4 tsp Grated nutmeg
- Ground white pepper and salt to taste

Chef Says

Preheat the oven to 220C/200C Fan/Gas Mark 7. Cook the macaroni in boiling water until it's a bit less done than normal, take a couple of minutes off the times suggested.

While the macaroni is cooking make the cheese sauce. Melt the butter in a medium sized pan on a low heat. When the butter turns nutty, add the flour and stir until it's mixed in. Then keep cooking for three minutes, stirring constantly.

Very gradually start to add the milk, stirring constantly and making sure each bit of milk is incorporated before adding the next. If you do this slowly, on a very low heat, you should end up with a perfectly smooth sauce (a roux), with no lumps. However, if it does go wrong for some reason, you can always use a whisk to beat out the lumps!

When all the milk is incorporated, add the mustard, salt and pepper. Then add half the cheese, keep stirring until melted in, and then turn off.

When the pasta is done, drain it, retaining a little bit of the cooking water.

Tip the pasta and a couple of tablespoonfuls of the cooking water into the cheese sauce and stir. Pour the macaroni cheese into a shallow ovenproof dish and sprinkle over the remaining cheese.

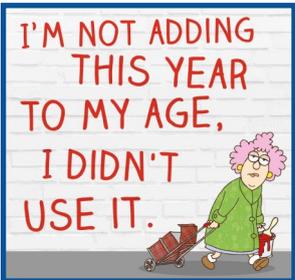
Bake in the oven for ten minutes until top is golden brown.

Serve with salad or peas. Delicious!



Chef's new man cave. It's all that rain in Bexhill. Plenty of room for Milo..

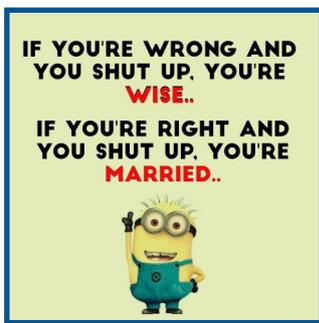
LoL



**Just Pondering
Cook? Haircut?
Netflix? Exercise?
Coffee? Sex?
Snooze?
No Rush... It's Lockdown!**



I used my Halfords discount card but could only get 20% off...



Did you know ants never get sick? Its because they have little Anty Bodies... Please don't unfriend me.



A tub of margarine fell on my foot three weeks ago and it still hurts. I can't believe it's not better.



My friend Iain has one eye bigger than the other.

Answers to Catchphrase p. 6

- Clean Sweep
- Pie in the Sky
- Cover Your Tracks
- Bangers & Mash
- Ball in Your Court
- A 'Place' in the sun



Found change in my pocket from last time I went out