



THE WARRIOR

Newsletter for ESVH & the Military Community In East Sussex



VOL. 2. NO 19

www.eastsussexveteranshub.co.uk

7 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

Mental Health Awareness Week 2021



This year, Mental Health Awareness Week will take place from 10-16 May, and the theme is 'Nature'.

According to research conducted by the Mental Health Foundation, 45% of participants said being in green spaces has been vital for their mental health. Going for

walks outside was identified as one of top stress coping strategies. Research from the Office for National Statistics has also shown the link between nature and wellbeing. This confirms nature's unique ability to not only bring grounding in stressful times, but also increase our creativity and a sense of wonder.

During Mental Health Awareness Week, make the effort to spend more time in nature. Open up opportunities to connect with nature in a more contemplative and mindful way, and to be inspired by nature's blooming season. Take notice of the impact of how being connected with nature has on your

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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

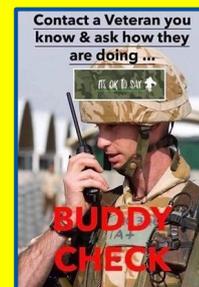
Seaview 01424 717981

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

Registered with Charity Commission 1183583



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 mental health and wellbeing. You might go for a walk in a green space, cycle in a woodland area, do gardening, volunteer at a community allotment, join a bird watching group, smell flowers, walk barefoot on the grass, swim in the sea or write a poem about your favourite nature spot.

Join the conversations and share your connections and stories of how nature has supported your mental health using hashtag **#ConnectWithNature**.



Base Awarded Sword of Honour

RAF Brize Norton has received the Firmin Sword of Peace after the station was deemed to have made the most valuable contribution to humanitarian activities of all RAF bases.

The award comes following work in 2019 which saw support during national disasters as well as in the local community. In particular, Brize Norton was recognised for its work in Africa in the wake of Cyclone Idai, the conduct of search and rescue operations in the South Atlantic, and the recovery of British nationals with suspected Lassa fever from Sierra Leone.

Group Captain Emily Flynn, station commander at RAF Brize Norton, said: “The award of the 2019 Firmin Sword of Peace to RAF Brize Norton is a phenomenal achievement which captures and recognises the broad spectrum of output delivered on a daily basis by personnel based here both in support of our global taskings and outside the wire in support of local communities and many charities.

“I am humbled by the amount our personnel continue to give to the Royal Air Force and beyond. It is wonderful to see the station recognised in this way.”

During 2019, the station got involved with various programmes and activities in the local community, for example through its careers and outreach team, and the Jon Egging Trust.

Many personnel also volunteered for other local organisations, taking part in fundraising challenges. In total, more than £166,000 was raised for 18 separate charities.

Group Captain Simon Blackwell, Air Wing Commander at RAF Brize Norton, added: “The award of the Firmin Sword of Peace is a fantastic reward for the outstanding work, commitment and attitude of the whole-force personnel here at RAF Brize Norton.

“It is well-deserved recognition of both the fantastic engagement we have with the community through charity events, STEM [science, technology, engineering and mathematics] and community work, and also the valuable contribution that the Air Mobility Force output makes towards humanitarian and life-saving work around the globe.”



Established in 1966, the award was originally known as the Wilkinson Sword of Peace. When Wilkinson stopped the production of swords in 2005, military uniform suppliers Firmin & Sons began sponsoring the award.

A ceremonial sword is presented to one unit each from the Royal Navy, Army and Royal Air Force every year.

Stop Press

Office Move Imminent

ESVH will be moving to bigger offices on the first floor at 5 Harold Place later this month, vacating the office with ESRA.

Volunteers will be required to help set up the new facilities.

Watch this space!



New Yacht On the Way?

Plans are reportedly afoot to name a new national yacht, which could cost up to £200 million, after the late Prince Philip.

According to The Sunday Telegraph, the new vessel is set to be named HMS Prince Philip and will be pitched as promoting British trade around the world.

A report stated that Prime Minister Boris Johnson is expected to make an announcement about the national flagship in the coming weeks.

A £200 million price tag has been placed on the ship – a figure that has not been ruled out by Downing Street.

No 10 spokeswoman commented: "The Prime Minister has an exciting vision for shipbuilding in this country and is committed to making the UK a shipbuilding superpower.

"We are always looking for new ways to promote Global Britain around the world, driving investment back to the UK and delivering value for money for the British people."

The successor to the Royal Yacht Britannia, which was decommissioned under cost-saving measures in 1997, would reportedly be intended to promote British businesses abroad, intended to moor near international trade fairs and host trade negotiations.

The move is likely to prove controversial, however, proponents have claimed that the yacht would pay for itself by bolstering trade, whilst critics say there is little evidence it would do so.

It is unclear if the plans to name the ship after the Duke of Edinburgh, has the backing of the Royal Family.

The new ship is likely to be crewed by the Royal Navy. The Duke of Edinburgh held various honorary titles within the Royal Navy, including Honorary Admiral of the Fleet and Captain General of the Royal Marines.



Senior Appointments for Royal Marines

A new head of the Royal Marines has been appointed during a scaled-back ceremony at Commando Training Centre, in Devon. Major General Matt Holmes, who has been Commandant General Royal Marines

(CGRM) since June 2019, passed on the role to Lieutenant General Rob Magowan at the Royal Marines Commando Training Centre.



It is the second time Lt Gen Magowan has held the position, making him the only person ever to be in the job twice. He previously served as CGRM in 2016.

Lt Gen Magowan said during that time he felt "a weight of responsibility to be charged with leading our fine corps" and that he now feels "that same responsibility".

He added: "A custodian is not the constant, the Royal Marines is – it's the enduring rock, going about its business over the centuries, doing the 'hard yards' with courage and pride, but crucially and always understatedly so.

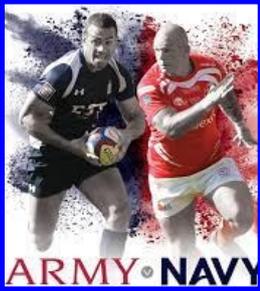
"To be amongst these special people – a part of them – encouraging them to go a bit further, climb a bit higher, is a tremendous honour for me and it always will be."

Lt Gen Magowan will be responsible for advising the head of the Royal Navy, First Sea Lord Admiral Tony Radakin, and overseeing the future of amphibious warfare and littoral strike capability. He is a three-star officer and joined the Marines in 1989, prior to which he studied chemistry at Southampton University.

After completing his training he assumed several Troop Command roles, including a tour of Northern Ireland. He has also held numerous command roles in the Middle East and Africa.

Outgoing CGRM, Major General Matt Holmes, has been at the forefront of the modernisation programme for the Royal Marines, in particular playing a role in preparing for the Future Commando Force.

It has also been announced that the next Second Sea Lord will be a Royal Marine for the first time.



Twickenham 2022

The date for next year's Army v Navy rugby union matches at Twickenham has been announced.

Both the 2020 and 2021 matches were cancelled due to COVID, but the men's and women's fixtures for 2022 have now been confirmed.

The two matches between the British Army and Royal Navy will take place at Twickenham Stadium on 30 April 2022.

In a statement, the Army v Navy Match Committee said: "It was with heavy hearts in December 2020 that the committees of the Royal Navy Rugby Union, Army Rugby Union and Royal Air Force Rugby Union made the decision, due to ongoing uncertainty surrounding COVID-19, to cancel the 2021 Inter Service Competition."



"This was the first time the championship had been cancelled in advance since the Second World War. "Consequently, for a second consecutive year the traditional Twickenham Stadium showpiece to the Inter Service Tournament, the Army v Navy Match, will not be played.

"The players and coaches share the frustration that another cancellation brings to the many thousands of fans that look forward each year to the latest match in this fiercest of service rivalry."

The tweet goes on: "The Army v Navy match committee will be working closely with the RFU, Richmond Council and all other supporting organisations to ensure that we are able to meet our intent to stage the fixture at Twickenham on Saturday 30 April 2022.

"Once all proposals and plans for the game have been approved, the Army v Navy match committee will announce the ticket on-sale dates along with the outlets from which they may be purchased."

The women's match was set to debut at Twickenham in 2020 but will now make its appearance two years later.

Speaking in January 2020, Navy captain Rose Dixon spoke about her excitement at playing at Twickenham. She said, "It's something that we thought was unattainable within a year and we were wrong, It's been given to us and now, we are ready to go out there and prove that we should have been there five or 10 years earlier."



**Big Thank You
From
The Not Forgotten
Association**

We've been overwhelmed by all our wonderful fundraisers and supporters who have pulled together under adversity and shown determination, resilience and ingenuity to raise funds for the charity.

Whatever you achieved for us, we'd like to thank each and every one of you.

If you'd like to find out more about the charity or have a fundraising idea, we'd love to hear from you. **Email** fundraising@thenotforgotten.org, **visit** thenotforgotten.org or **call** 020 7730 2400

All your amazing efforts have allowed us to continue our work without interruption - proudly supporting over 10,000 beneficiaries by addressing the causes of isolation and loneliness amongst vulnerable members of the Armed Forces community, at a time it was needed most.

With your help we can make sure no one is forgotten. **Thank you.**



NI Veterans' Not Guilty!

Two former paratroopers accused of the murder of an Official IRA leader have been formally acquitted after prosecutors offered no further evidence at their trial.

The trial of Soldiers A and C at Belfast Crown Court collapsed after the Public Prosecution Service (PPS) confirmed it would not appeal against a decision by Mr Justice O'Hara to exclude statements given by the ex-soldiers about the shooting of Joe McCann in 1972.

McCann, 24, was shot in the Markets Area of Belfast in April 1972. The trial opened last Monday and heard a full day of evidence.

It then moved into a separate hearing to determine whether statements and interviews given by the ex-soldiers, who are now in their 70s, would be admissible as evidence.

On Friday, Mr Justice O'Hara ruled that the soldiers' evidence could not be admitted.

With the PPS having conceded the material was the only evidence before the court that could be used to prove the soldiers fired at Mr McCann, its decision not to appeal against the judge's ruling means the case could not proceed.

After the prosecution confirmed it would be presenting no further evidence in the case, judge Mr Justice O'Hara told the defendants: "In the circumstances, Mr A and C, I formally find you not guilty of the charge of murder." Moments later the two veterans, dressed in suits and ties, walked from the court.

The separate hearing was told that the evidence implicating the defendants, known in court as Soldier A and Soldier C, came from two sources. The first was statements they made to the Royal Military Police in 1972. The second source was

statements and interview answers they gave to a police legacy unit, the Historical Enquiries Team (HET), in 2010.

The PPS accepted that the 1972 statements would be inadmissible in isolation.

That was due to a series of deficiencies in how they were taken, including the fact the soldiers were ordered to make them, they were not conducted under caution, there was no access to legal representation and the Army policy was to not ask soldiers to provide an explanation or rationale for their actions.

However, prosecutors argued that the information in the 1972 statements became admissible because they were adopted and accepted by the defendants during their engagement with the HET in March 2010.

In his ruling last Friday, Mr Justice O'Hara agreed with the defence contention that none of the evidence should be admitted to the trial. He said it was not legitimate to put the 1972 evidence before the court "dressed up and freshened up with a new 2010 cover".

The judge questioned why the re-examination of the case by the HET did not prompt a fresh investigation by the Police Service of Northern Ireland, with the veterans interviewed under caution for the specific offence of murder. He suggested that course of action might have made a prosecution more sustainable.

The decision to prosecute was taken after Northern Ireland's Attorney General referred the case to the Director of Public Prosecutions in 2014 after receiving the findings of the HET report.

A Ministry of Defence (MOD) spokesperson said: "The MOD has noted the court's decision today, which was welcomed by Defence Secretary Ben Wallace. Soldiers A and C have received independent legal representation, funded by MOD throughout these proceedings.

"The Secretary of State for Defence has ensured that legal and welfare support is provided for all those involved in this process, whether serving or veteran."



Milo Says: What's New

Congratulations to Dave P on passing his 'sea going' course. We can look forward to many sea fishing trips in the future

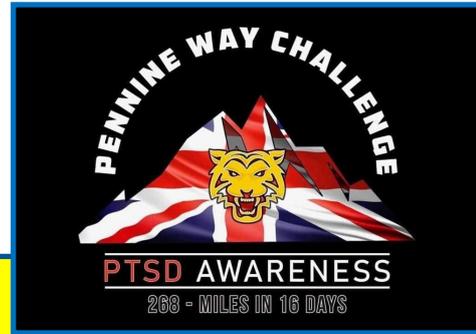


May Day Bike
1066
Jason could not resist a drive pass.



I Spy
WW2 Landing Craft
Found by Stuart
On roundabout in
Newhaven

8th May VE Day
Meeting 'on the farm' 11.30 Lunch provided
For details contact Stuart or ring 07884263824
Please book (Covid controls apply)



Mark Hufflet (AKA 'Mark 'The Trees') is joining Darren Williamson and others in fundraising for PWRR BENEVOLENT FUND, by completing Darren's Pennine Way Challenge, commencing this weekend.

They hope to raise £10,000 for their Regimental Fund that supports veterans and you may wish to donate to their JustGiving page by clicking here:

[https://www.justgiving.com/fundraising/pennine-way-challenge?
utm_source=Sharethis&utm_medium=fundrai
sing&utm_content=pennine-way-
challenge&utm_campaign=pfp-
email&utm_term=92e320401dd64b8ab6a852
346ab567cc.](https://www.justgiving.com/fundraising/pennine-way-challenge?utm_source=Sharethis&utm_medium=fundraising&utm_content=pennine-way-challenge&utm_campaign=pfp-email&utm_term=92e320401dd64b8ab6a852346ab567cc)

Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to PWRR BENEVOLENT FUND, so it's the most efficient way to give - saving time and cutting costs for the charity.

Iain has been sick on shore with symptoms of the dreaded virus.

Get well soon Iain and back on form



What is this Royal Marines?
A parking sign on parade.....
Not in my day! Ed

LOL

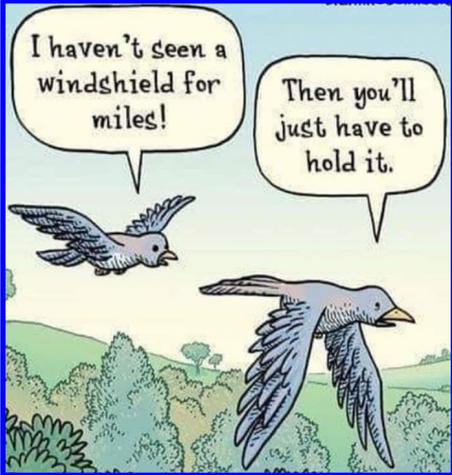
We Deserve a Few More Laughs This Week... Why Not?



An inflatable tank pool float

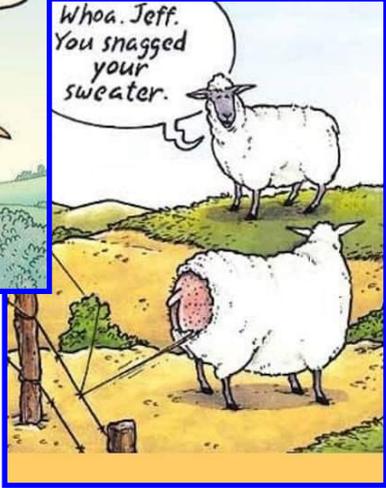
With a working water cannon and foot pedals to get around!

One for Wolf



I haven't seen a windshield for miles!

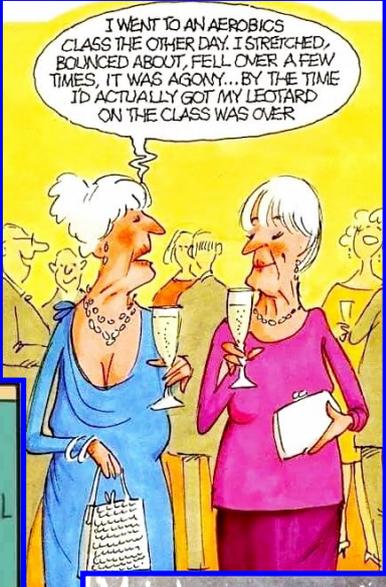
Then you'll just have to hold it.



Whoa. Jeff. You snagged your sweater.



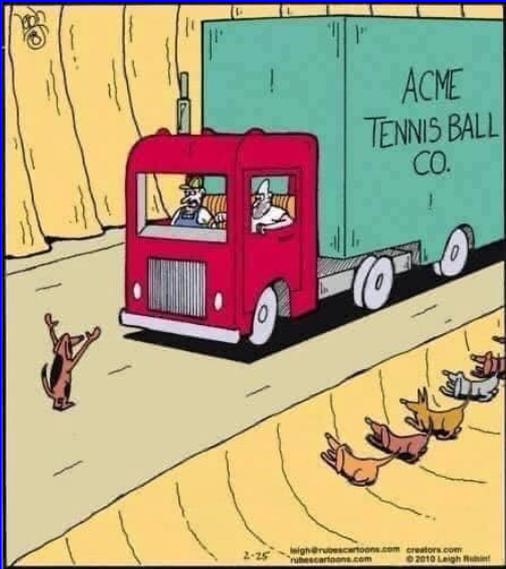
Not quite sure what to do right now...



I WENT TO AN AEROBICS CLASS THE OTHER DAY. I STRETCHED, BOUNCED ABOUT, FELL OVER A FEW TIMES. IT WAS AGONY... BY THE TIME I'D ACTUALLY GOT MY LEOTARD ON THE CLASS WAS OVER

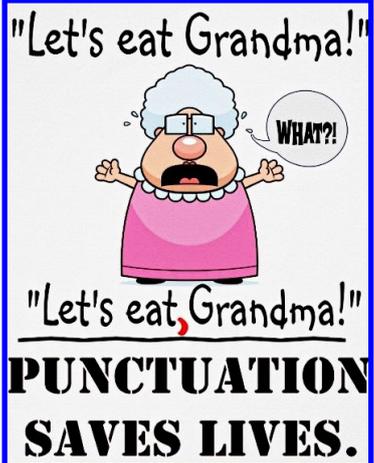


Robot Vacuum Cleans 50 sq metres Foot Activated Sensible Offers Only



"Something about this just doesn't feel right."

Media reports that people in Dubai wouldn't understand the humour in the 'Flintstones', but I know for a fact people in Abu Dhabi do.



"Let's eat, Grandma!" PUNCTUATION SAVES LIVES.

Steve's Special Basic Omelette

Master the omelette and then add fillings of your choice such as ham, tomatoes, mushrooms, herbs, smoked salmon, or grated cheese.



Ingredients

- 3 eggs, beaten
- 1 tsp sunflower oil
- 1 tsp butter

Method

- Season the beaten eggs well with salt and pepper. Heat the oil and butter in a non-stick frying pan over a medium-low heat until the butter has melted and is foaming.
- Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.
- Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.
- At this point you can fill the omelette with whatever you like – some grated cheese, sliced ham, fresh herbs, sautéed mushrooms or smoked salmon all work well. Scatter the filling over the top of the omelette and fold gently in half with the spatula. Slide onto a plate to serve.

Steve's Little Hint.

If you have a grill half cook one side on pan and place under grill and eggs will soufflé (rise) Looks great and I use to do at a 5 Star hotel

