



NEWS SHEET

A news sheet for the Military Community & Blue Light Services in East Sussex

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

Coronavirus - Emerging Benefits

Lockdown and isolation has thrown the nation into a different world of work. With it, perhaps there are some definite benefits emerging, one of which could be.....

Reducing Anxiety. Still tending to overthink, rely on negative input and subsequently suffer, often because of preconceptions rather than fact. Today EVERYONE is reacting to unknowns without the benefit of hindsight. Large organisations, statutory bodies and individual officials have had to adapt to WFH. Access to the tools of their jobs are not always on hand, so they concentrate much more on using effective communications. Telephone and on-line interaction with less emphasis on letters and written instructions, is now the norm. Personal contact, albeit remote, has changed attitudes, bringing new levels of empathy and understanding between parties, because we are all in the same boat!

Let's hope it continues. As an individual, don't worry about what others (organisations etc) are doing or thinking. These are out of your control or influence, in these times. Being on a unusual and steep learning curve means instant answers or solutions are less likely. Equally, don't raise your expectations, life remains difficult for everyone. However, the majority are all in supportive mode. Remember that many, whilst doing a job, working from home, with ongoing domestic responsibilities, concerns about loved ones still demonstrate a strong desire to help others, including you.

Why is night driving easier for some? Because you only respond to what you see in your headlights. You don't worry about what may be in the outer darkness. Apply this rule to life, keep focused on what is visible. Beyond that if you sense a crisis, give someone a call. There is always help, even solutions.

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

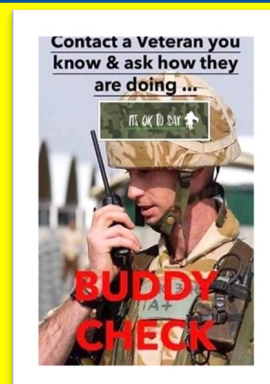
ESRA 01424 435318

Seaview 01424 717981

Job Centre Plus Hastings 0800 169 190

Samaritans Hastings Freephone 0330 094 5717

Hastings Covid-19 Community Support Hotline 01424 451019



East Sussex Veterans Hub 99/100 Group, 5 Harold Place. Hastings TN37 7BL
01424 446292 Email: ESVH99100@esvh99100.onmicrosoft.com



What's In A Name?

East Sussex Veterans Hub 99/100 Group

Support. Wellbeing & Coping for Veterans



Since 2016, 99/100 Group has helped veterans from the above arms, regiments and corps, most of whom remain involved. This is thanks to The Silver Lady Fund and ESCC Innovation Fund, for their support

Did You Know

Who Won FA Cup in 1875?



The FA Cup has always been a prized objective for those that follow or play soccer. Recent winners of the competition have included Manchester United, Arsenal, Chelsea and Manchester City - **but did you know a military team once won the tournament? Gunners? Wooden Tops? Booties? Jolly Jack? None of these.**

While football as a sport was still finding its identity in the mid-19th-century, with the military well-represented among the top players of the time. It happened!

Army side Royal Engineers AFC, founded in 1863, were one of the era's most successful, combining football with their regular military duties, and quickly became one of the sport's first 'big' teams. Famous for developing an attractive passing game, the Royal Engineers quickly became regular contenders in what was then England's major competition.

Long before an era where European and international football would become the norm, the Sappers helped put football on the map when the sport was still making its way around the UK and primarily played by former public school pupils on an amateur basis.

Arguably, their best spell came during the 1870s - a decade before the Football League was founded in 1888, when both football and the FA Cup were seeing a surge in popularity.

It was in the middle of the decade, 1875, when they became the only military team to have won the world's oldest football competition, and historians today look back on that Engineers side with high regard.



Armed Forces Play Their Part



The Armed Forces are playing a leading role in tackling the ongoing coronavirus pandemic. There are 20,000 military personnel on standby as part of the 'COVID Support Force'. Work so far...

Supporting the NHS

A large focus of the military's work so far has been on helping the NHS, assisting in setting up a new temporary hospital in London. The NHS Nightingale Hospital, based at the ExCel Centre, will comprise two wards which can treat up to 4,000 people in total.

The Armed Forces stand ready to assist with the building of a further two field hospitals, based at the NEC Centre in Birmingham and at Manchester Central Convention Complex, formerly known as the GMEX.

Both facilities are expected to be opened in the middle of next month.

Army personnel have been helping to deliver personal protective equipment (PPE) to frontline NHS staff.

The PPE includes items such as masks, safety glasses, gloves, aprons and protective suits. There have been regular and reservist personnel, from all three services, assisting with the delivery of kit.

They are stationed at seven NHS distributions centres across the country, delivering to 242 NHS locations.

Around 7.5 million pieces of protective equipment, including face masks, had been distributed by the Army in a 24-hour period. Meanwhile, 150 tri-service personnel have been training to drive oxygen tankers in support of the NHS, where required.

The Ministry of Defence (MOD) has also set aside "dozens" of specialist military planners to support public services, authorities and emergency services on a local level.

Evacuation, transportation and repatriation

Royal Navy helicopters based at RNAS Cudrose in Cornwall are to be used as air ambulances for the NHS during the pandemic.

Three Merlin Mk2 helicopters and their crews from 820 Naval Air Squadron have been set aside for the task, providing assistance to the NHS and South Western Ambulance Service.

The aircraft will also be used as transporters, moving both supplies and personnel. Meanwhile, Royal Air Force helicopters are also supporting the NHS. Three RAF Puma helicopters have been deployed to Kinloss Barracks in Scotland where they will work alongside a Chinook and Wildcat helicopter, based at RAF Leeming, North Yorkshire, to meet NHS requests in northern England and Scotland.

RAF helicopters will also support the Midlands and southern England, working out of RAF Benson, Oxfordshire. These southern areas will also be supported by Chinook and Wildcat helicopters. The Ministry of Defence (MOD) said the force will help with "medical transports", as well as general support including the movement of personnel and equipment.

Joint Helicopter Command, an aircraft force comprising all three services, is also on standby and will be used to reach "isolated communities that may not be able to obtain urgent medical care", the MOD said.

The military has also conducted repatriation flights, most recently bringing back British holidaymakers who were stranded on a cruise ship in Cuba.

Scotland and Wales

Liaison Officers at Joint Military Command in Stirling, Scotland, have been in close contact with the Scottish Government's Emergency Co-ordination Centre. They have also been providing planning support in Scotland's regional and local resilience partnerships.

Similarly, the military operations teams in Brecon Barracks have been speaking with the Welsh Government's Emergency Co-ordination Centre and is providing planning support to Wales' four regional Local Resilience Forums.

The Army has also been involved in the conversion of Glasgow's SEC Centre into a temporary NHS hospital.



Dave P's Tips on Photography Part 1

I have been asked to write this article by Bernard.

Photography can be a bit technical at times, depending on what you're photographing, and trying to set shutter speeds, aperture size, film speeds etc. Having said that, these tips are aimed at any of you who may have an interest in this subject, whether you use the camera on your phone, a point & shoot digital, SLR (single lens reflex) digital, or film camera. The aim is to make it as simple as possible, even for a Pongo to understand!

Most of the time I make the camera do the work, & set it an auto programme within the menu of the camera, that's what the programmes are there for. Unless taking photographs of groups, then I use a manual setting, to get the best results in dimly lit locations without the subject being a fuzzy ghost shape because of movement, while the back ground is in sharp focus.

1. If possible try not to take a phot of something in front of a window in a room, as the window will end up whiting out the subject you're trying to capture & you can end up with a white blob & just a dark silhouette of the subject.



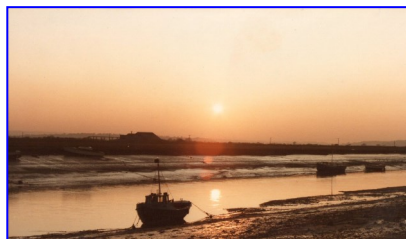
2. Before clicking the shutter button, look at the back ground to see that it's level, or as we've all done it, someone standing behind you with their genitalier flapping about in the breeze, if you're lucky enough to be gifted that is.



Note background slants down to the right

3. Try not to shoot directly into the sun. Apart from hurting your eyes, the photo will suffer from something called "lens flair". This is where the sun

refracts within the components of the lens & creates a second blue/greenish sun disc or flash on the finished phot. Unless you want this effect to help fuel the conspiracy theorists of America that Planet X or Niburu is near, if not, an alien space craft is hiding close to the sun



Note orange spots between the sun & reflection on the water.

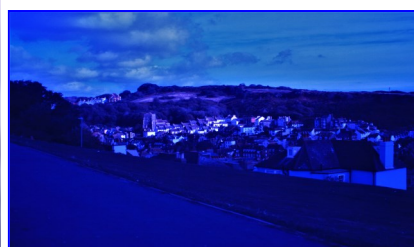
4. Check to see that the object, or vista, is centred.



5. If you can frame the phot in 3 equal parts,

1/3 sky,
1/3 horizon/far objects,
1/3 near or foreground objects.

This is called the "Rule of Thirds" & can balance the phot. Having said that, sometimes the clouds in the sky can be more interesting than something that's close to you, so the main focus would be the clouds using 2/3's of the frame & the horizon / far objects using the remaining 1/3.



More to follow.....Happy Snapping!

About Us

Accommodation Required for Veterans:

Family, Eastbourne 2/3 bedroomed house. Family Hastings 3/4 bedroom house. Single rooms or one bed flat x 3 Hastings area. All applicants on LHA at this time.

Please contact ESVH

Richard M .
Kenneth W

The Secret of Change
is to focus all your energy
not on fighting the old
but on building the new
 (Socrates)

Give yourself permission
Allow yourself 15mins each day or night
to focus on yourself
Your WHOLE Self

Meditate with Yoga Nidra.

It is restorative. It helps to restore body senses & mind & to find a way back to a part of ourselves that remains "untouched" by the impact of:

Sleep deprivation
 Hyper-alertness
 Anxiety
 Addiction
 Physical, psychological & moral wounds

The more **you** practice, the more you get to know this part of **yourself**, the better **your** quality of life will be.

Whilst most people want to change themselves Yoga Nidra says **WELCOME YOURSELF - your TRUE self** - the person **you** were meant to be

Are you happy?... with the person **you** are - the person you're meant to be

Are you at peace? ... with **yourself** & those around **you**

Are you liberated?... from left over crap **you** no longer need

Are you free? ... of anxiety, worry & pain

Life will always throw up challenges especially in these difficult times but practice Yoga Nidra & **you will cope better** with difficult emotions, make better choices and generally feel happier

You don't need anything to practice just an open mind

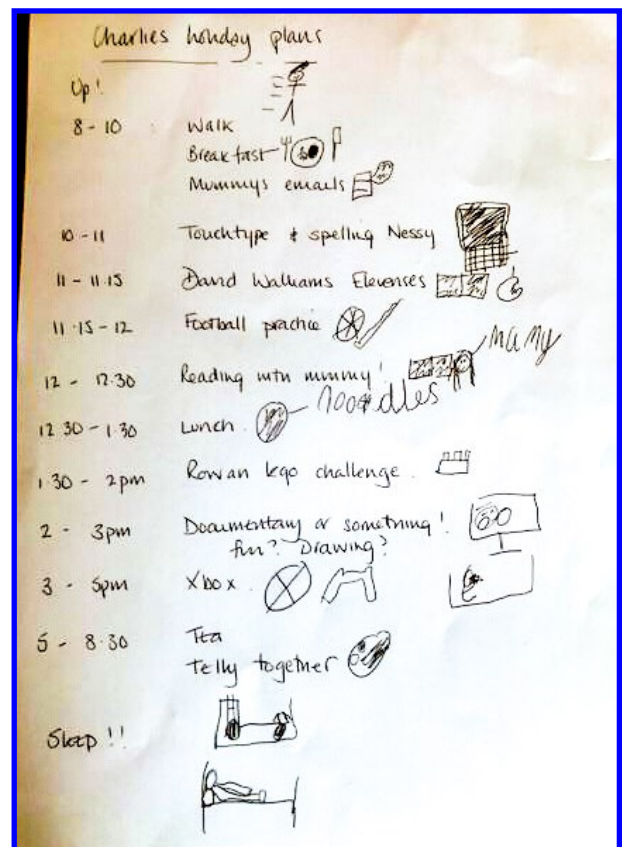
How? ... Coming Soon ... look out for a link on WhatsApp & join Angie for 15mins Yoga Nidra Meditation a day

REMEMBER...

- It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help, such as friends and family or your fellow community members.
- If you must stay at home, maintain a healthy lifestyle, including proper diet, sleep and exercise. Keep up with loved ones at home by email and phone and connect with your larger Facebook community for support.
- Don't use smoking, alcohol or other drugs to deal with your emotions.
- If you feel overwhelmed, talk to a health worker or counsellor. Have a plan on where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as the WHO website or a local or state public health agency:

A 9 Year Old's Daily Isolation Plan





Milo says...
Whose 'All at sea' then?



Some of the HM Ships our veterans have served on, as crew or embarked forces.



HMS Messina LST



**HMS Bulwark 1970
'Rusty B'**



RFA Sir Galahad 1973



HMS Sheffield 1965



HMS Fearless 1971



HMS Albion 1974



HMS Glamorgan 1963



**HMS Ark Royal with
USS Nimitz**



HMS Bristol 1978



HMS Anglesey 1981



HMS Beachampton 1983



HMS Wasperton 1982

Concrete Cruisers



JACKSPEAK QUIZ

1. **What is a Bootie?** a. Ships Cobbler b. Customs Officer c. Royal Marine
2. **Is there a sky pilot aboard?** a. Chaplin b. Qualified pilot c. Meteorologist
3. **Who is the crusher ?** a. Chief cook b. Regulating Petty Officer c. An amorous WREN
4. **He's wearing his tiddley suit.** a. He's drunk b. He's wearing sports rig c. He's wearing his best shore-going uniform
5. **Let's have a cup of kye.** a. cup of coffee b. cup of ship's cocoa c. short rest
6. **Where is the Horsebox on board ship?** a. RM Sgts Mess b. Butchers Flat c. Stokers' Mess
7. **Let's roll a tickler.** a. Let's dance b. Let's have a cigarette c. Let's play dice
8. **Scrub around it.** a. get out there with brush and pail b. cancel the order c. smarten up the fading paintwork
9. **I've been lurked.** a. I've been selected specially for this honour b. I've been forced to do it c. I've been let down and will have to do it myself
10. **This is a long ship.** a. The ship is a long one b. This is a difficult problem c. The drinks are slow in coming round .

Answers bottom of Page 8



*Wishful Thinking...
See below*



Eric



HMS Hurworth 1988 &1991



Dave P

International Maritime Signal Flags
'I require a diver to inspect my bottom'

Support for Everyone in East Sussex— Community Hubs

How They work...

The community hubs are a partnership between the voluntary sector, health service, county council and district and borough councils in East Sussex.

They will listen to people's needs and put them in touch with the group or person best placed to help locally. That might be:

- local voluntary group to pick up food or medicine for people
- volunteers to talk to people who feel isolated
- access to food banks
- health provider to consider treatment
- advisers on finance, benefits or other welfare measures.

Contact them here...

Eastbourne

Website: [Lewes and Eastbourne Councils](#)
Phone: 01323 679722

Hastings

Website: [Hastings Borough Council](#)
Phone: 01424 451019

Lewes

Website: [Lewes and Eastbourne Councils](#)
Phone: 01273 099956

Rother

Website: [Rother District Council](#)
Phone: 01424 787000 (option 4)

Wealden

Website: [Wealden District Council](#)
Phone: 01323 443322

Cocaine Anonymous (C.A.) Support

These are unsettling times, where many people are isolated and worried about their future. C.A. offers a way out, and fellowship for those that need it most.

There are 2 main ways that are immediately available to gain support:

1. Cocaine Anonymous Online Meetings
<https://meetings.cocaineanonymous.org.uk/meetings/?tsml-day=any&tsmltype=ONLINE>
Once online, select your area and choose a meeting, download the suggested online platform or sign in "as a guest" then click on the meeting link. For those that struggle with technology, we operate a free telephone provision, where you can be connected to a local CA responder in your area, who can help you navigate the new online meeting provision.
2. Our Help Line: 0800 612 0225 (open 10am-10pm) The helpline is operated by addicts in recovery.

C.A.'s main supporting role is to:

- Explain what C.A. is and share our experience of recovery and an abstinence based lifestyle
- Direct the caller to an online CA meeting in their local area
- Connect the caller with an addict in recovery in their local area.

Take this opportunity to improve your situation with this free advice and guidance. Now is the time to do it!

Quiz Answers

Count 1 mark for each answer.

8-10 You are almost a matelot
6-7 You would impress barmaids in Pompey
4-5 You are probably a landlubber
Below 4 Join the Army!

1 c	4 c	7 b
2 a	5 b	8 b
3 b	6 a	9 b
		10 c

Please email any, photos, articles, funnies, comments to editor99100@btinternet.com. This is your news sheet, so do use it. By sending information, useful tips etc., for the benefit of others, you give permission for its publication. Editorial discretion applied.

All those who served in the Army send your photos of places served, equipment etc (with date - year only) for a special photo page(s) in coming edition.