



# NEWS SHEET

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

VOL. 1. NO 6

17 APRIL 2020



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

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## Coronavirus - Managing Communications

Finding oneself in a situation where communication has been reduced to telephone, text or emails, then it is sensible to maximise this opportunity to your benefit.

Much of our social interaction to date, has involved body language which tends to contribute more to comprehension and perception than mere words. Facial expressions, body movement, gestures, eye contact, touch, and such help create mutual trust, indicate untruths, attitude and intention. Today, during lock down, much of this has been lost as we rely almost totally on telephone, text and emails.

A natural reaction to emails or text is that they must be answered immediately, a 'knee jerk' reaction, often triggered by emotions. It is much more constructive to set aside a time to read emails and texts (not everytime the phone pings), separate them into those requiring a response today, those this week and those that can be deleted (after reading or not). Then allocate another time of the day to return and action them, probably later in the day for those needing the more urgent attention. This provides thinking time and prevents responses that may be emotion driven and often ill thought through and negative, in terms of outcome.

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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

**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](mailto:ESVH99100@esvh99100.onmicrosoft.com)



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The same may apply to telephone calls. Remember, the brain relies on experience and memory, applying emotion first! Imagine a call from an agency that has been the subject of a perceived bad experience. Immediately a recognised name is mentioned, an opinion is registered and it is likely to be negative. Memory of the bad experience reinforces and influences an attitude which may suggest the likelihood of more of the same. Hassle leading to anger. So, the caller hasn't a chance, no matter what their message! This is where listening skills play a significant part, where pauses before responding provide time for thought and consideration, even understanding of the other party's situation (empathy). Where an answer cannot be made, say so and offer to get back to the caller later. Also, it is often best to ask

for an email to confirm any decisions agreed from the caller, if not then send a confirmatory email or text outlining your version of the call, to the caller/organisation. This reduces the possibility of misunderstanding.

**Try applying STOPP if you anticipate a difficult situation..**

#### **STOP I**

Just pause for a moment

#### **TAKE A BREATH**

**Notice your breathing as you breathe** in and out. In through the nose, out through the mouth.

#### **OBSERVE**

- What thoughts are going through your mind right now?

Where is your **focus of attention**?

- What are you reacting to? What sensations do you notice in your body?

#### **PULL BACK - PUT IN SOME**

#### **PERSPECTIVE**

- **Don't believe everything you think.**

- What's the bigger picture?
- What is another way of looking at this situation?
- What advice would you give a friend on this matter?
- What would a trusted friend say to me right now?
- Is this thought a **fact or opinion**?
- What is a more reasonable explanation?
- How important is this? How important will it be in 6 months time?

#### **PRACTISE WHAT WORKS - PROCEED**

- What is the best thing to do right now?
- What is the most helpful thing for you, for others, for the situation?

What can you do that fits with your **values**?

- Where can you focus your attention right now?

#### **Think OUTCOMES**



### **MOD (Wrong! One - Sorry!) Ministry of Defence Recruiting Voicemail**

(Contribution from Worthing Drop In)



**Thank you for calling the MOD about the British Army. I'm sorry, but all of our units are out at the moment. Please leave a message with your country, name of organisation, the region, the specifics of the crisis and a number at which we can call you.** As soon as we have sorted out global emergencies and conflicts or marching up and down bits of tarmac in London we will return your call. Please speak after the tone, or if you require more options, please listen to the following:

- If your crisis is small and close to the sea, Press 1 for Royal Marines.
- If your concern is distant, with tropical climate and good hotels, and can be solved by 1 or 2 low risk bombing runs, please Press 'hash' for the Royal Air Force. (Please note that this service is not available after 1630hrs or at the weekend).
- If your enquiry concerns a situation that can be resolved by a bit of pomp and ceremony, bunting flags and a really good marching band, please write to 'The Brigade of Guards, Birdcage Walk, London'.
- If your enquiry is not urgent, Press 2 for the Allied Rapid Reaction Corps.
- If you are in real, hot trouble please Press 3 and your call will be routed to Sandline International (mercenary services).
- If you need extra gate guard security for an event you are hosting press 4 for the RAF Regiment.
- If you are interested in joining the Army, wish to be poorly paid, have premature arthritis, put your family in a condemned hut miles from civilisation, and are prepared to work your butt off daily, risking life and limb in all weathers and terrain, both day and night whilst watching the Treasury eroding your original terms and conditions of service, then please stay on the line... Your call will shortly be passed to a bitter passed-over Recruiting Sergeant in a grotty shop down by the railway station.

**Have a pleasant day and thank you again for trying to contact the British Army.**



## **Finding Old Service Friends - On Line** **[www.forcesunited.co.uk](http://www.forcesunited.co.uk)**

Forces United are working to keep Britain's Armed Forces Community connected during these challenging times and if you're looking for your old comrades from the services this is the place to be.

Look at the site now and find out what you've been missing.

**[Search for Forces Friends](#)** – Reach out to forces pals, friends, loved ones and members

**[Forum](#)** – Talk with other veterans and forces pals in the forum

**[Reunions](#)** - See dates for upcoming reunions

created by your fellow veterans or arrange your own once the Covid-19 pandemic is over .....and so much more!

If you are in need of any help our support staff are on standby for you. Please visit <http://www.forcesreunited.co.uk/support> to ask for help and our support staff will respond.

## **Mental Health Week 2020**

**This year's Mental Health Awareness Week, MHAW 2020 will run from 18th to 24th May.**

Run by the Mental Health Foundation, the theme will be "Kindness", as it is felt that now more than ever before, there is a need to re-discover our connection to kindness and each other in our daily lives.

The Foundation feel it right to use Mental Health Awareness Week this year to celebrate the many thousands of acts of kindness that are so central to the quality of our mental health.

Also they want to start a discussion about the kind of society we want to shape as we emerge from this pandemic. More details will be published on MHF website after Easter. Go to.....

**[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)**

## **War Pension Scheme and Armed Forces Compensation Scheme (AFCS)**

All War Pension, War Widows Pension and Armed Forces Compensation Scheme payments will continue to be made as usual into your nominated account.

Unfortunately, Veterans UK staff not being able to attend the office, so currently unable to process casework, including requests for new claims, reviews, reassessments and appeals until our staff are able to return. Some are working remotely to ensure that no-one will fall out of payment during this time. If you experience a problem with your payments or have an urgent question, please email [Veterans-UK@mod.gov.uk](mailto:Veterans-UK@mod.gov.uk) and they will reply as quickly as possible or call you back. It is not possible to provide an estimate of how long claims will take to process once normal service resumes.

## **Medical Examinations – War Pensions and AFCS**

With effect from 17 March, all planned medical examinations in relation to compensation scheme claims will be cancelled for a period of up to 3 months. All veterans with dates for medical examinations during this period will be contacted direct by the DWP's Centre for Health and Disability Assessments (CHDA) to confirm cancellation. There is no need to contact the Veterans UK helpline.

## **Appeal Tribunal Hearings**

With effect from 20 March, all appeal hearings against War Pensions and Armed Forces Compensation Scheme decisions are being cancelled until further notice. The HM Courts and Tribunals Service are contacting all those with appeals affected to confirm this. Hearings will resume as soon as possible.

## **Medals**

Regrettably all enquiries and applications to the MOD Medal Office will be unanswered until full operational services can resume.

## **Making Sense of Covid 19**

**Most people with coronavirus will recover within about a week of getting symptoms and will not need medical care.** However, some people will need to be treated in hospital.

### **Which people can get sick?**

Some people are at higher risk of complications. This includes people over the age of 70, regardless of whether they have a medical condition or not, and people of any age with underlying health conditions, such as heart disease.

There are more than 1.5 million people in the UK who are at the greatest risk of needing hospital treatment if they catch coronavirus.

This includes people with cancer who have been receiving chemotherapy, and they are being asked to stay at home all of the time to shield themselves from the virus.

Coronavirus also appears to disproportionately affect men in their 50s and 60s to a certain degree, although they are not singled out as a high risk group. But it's not that clear-cut. Correlation isn't necessarily cause.

### **Why older men?** Scientists are unsure.

UK data from intensive care hospital wards shows the average patient who is critically ill is aged 60. Most are men and many have other health conditions that could put them at increased risk, such as heart problems and obesity.

Of the 647 coronavirus-related deaths registered by the Office for National Statistics in England and Wales up to the week ending 27th March, 44 were aged 45-65 - around 7% of the total.

Death rates go up with age in both men and women, but men tend to outstrip women across the ages.

**Data from China**, where the pandemic began, also suggests men are at greater risk than women, although experts caution there could be factors other than gender, such as smoking habits, that could explain the link.

Prof Ian Hall, Professor of Molecular Medicine, University of Nottingham, said: "It seems possible there may be some other as yet unidentified factor playing a role. Men are more likely than women to have heart disease, diabetes and chronic lung disease."

## **Are women more immune?**

Prof Philip Goulder, an expert in immunology at University of Oxford, said: "It is becoming increasingly recognised that there are substantial differences in the immune system between males and females and that these have significant impact on outcome from a wide range of infectious diseases.

"The immune response throughout life to vaccines and infections is typically more aggressive and more effective in females compared to males."

This could be down to women carrying two copies of the X chromosome, compared to the single X and a Y that men have.

A number of critical immune genes are located on the X chromosome, he says.

## **Is coronavirus causing the deaths?**

Every year, about 600,000 people in the UK die. People with underlying health conditions and the elderly are most at risk, just as they are if they have coronavirus.

Nearly 10% of people aged over 80 will die in the next year, Prof Sir David Spiegelhalter, at the University of Cambridge, says the risk of them dying if infected with coronavirus is almost exactly the same.

## **How can you protect yourself?**

Stay as fit and healthy as you can by exercising and eating a balanced diet.

If you smoke, now is a good time to quit.

Men are more likely than women to:  
smoke and smoke more cigarettes per day and  
smoke hand-rolled tobacco

eat too much salt

eat too much red and processed meat

eat too little fruit and too few vegetables

drink alcohol and drink at hazardous levels

Coronavirus spreads when an infected person coughs or sneezes small droplets - packed with the virus - into the air. These can be breathed in, or cause an infection if you touch a surface they have landed on, then your eyes, nose or mouth.

So, coughing and sneezing into tissues, not touching your face with unwashed hands, and avoiding close contact with infected people are important.

**Worry is like a rocking chair: it gives you something to do but never gets you anywhere."**  
Erma Bombeck American Humourist 1927-1996





**Veterans' Growth (VG)** works with veterans from the tri-services who suffer with mental health issues.

VG provide support and programmes for any veteran in the UK who wants to attend and experience a treatment

that compliments others or as an alternative, where some may have been unsuccessful.

Based in Westfield, North of Hastings, East Sussex, VG have places for up to 12 Veterans on a planned programme due to start July/Aug 2020.

This 10 week programme will run on either a Monday or Tuesday, weekly. Attendance is essential throughout the course.

It is recommend that potential attendees attend a group morning or afternoon Taster Session, where VG will talk about what is on offer, discuss in broad terms what attendees want to gain from the programme and run a short practical taster gardening session.

For those who go on to join the 10 week course, daily sessions start at 9am and finish at 3pm. A typical day might consist of some of the following gardening activities:

- **Seed sowing**
- **Weeding**
- **Planting**
- **Plant identification**
- **Pruning**
- **Mowing**
- 

VG can provide use of a kitchen including access to a microwave and tea and coffee-making facilities. They provide all utensils, crockery and cutlery plus tea and coffee making supplies but ask that participants bring along a packed lunch.

It cannot be guaranteed that the kitchen is free of allergens so anyone with a food allergy should bring their own food and drink.

Basic protective footwear is provided however,

those on the course should come suitably attired for dirty and/or wet work and where possible, bring at least a waterproof jacket in case of rain.

Our lease requires us to keep traffic to the site to a minimum. Our preferred methods of clients' travel to site are either cycling or the charity vehicle. Ideally, we would like to set up one or more rendezvous points, collect/drop-off clients at these and drive them to and from the site at the beginning and end of the day. This could be outside ESVH office in central Hastings.

For further information contact Veterans Growth direct, at

Alternatively, let Bernard know and ESVH will liaise with VG.



### **Support for RAF Community**

Since the COVID-19 crisis began, the RAFA have been working tirelessly to mobilise volunteers and establish four emergency projects to combat the issues we are finding daily. Our new Operation CONNECT unites the following:

- **A telephone outreach service** which is contacting vulnerable individuals by telephone to check on their welfare, offer them ongoing telephone friendship from a regular volunteer and alert them to other support services
- **A friendship helpline** (0800 018 2361) which anyone in our RAF community can call if they are feeling isolated, are in need of more specific support or simply want a chat with someone friendly who understands.
- **Bag drops** providing vital provisions to the doorsteps of the most vulnerable members of our RAF community when their need is critical and desperate.
- A daily RAF-themed **online entertainment programme** giving much-needed routine and happiness for anyone who is isolated.

If you (or anyone you know of in the RAF community) need our help – or even just a friendly chat – please contact us by phoning **0800 018 2361** or emailing [opconnect@rafa.org.uk](mailto:opconnect@rafa.org.uk).

## Dave P's Tips on Photography Part 2



6. Take a quality photo to start with i.e., an interesting subject, activity, or capturing candid photos of people doing odd things etc. To get the idea look at the first couple of photos I took of the DDAY 75 trip. Remember no amount of Photoshopping will correct out of focus or badly framed photos.

7; When you use a flash in poor light, don't get too close to who or what you're photting. Otherwise the flash will white out a face, a bit like the reverse effect of photographing in front of a window. Also if possible angle the flash up or down from faces, or you'll get "Red Eye" & the person/people will look like they're turning into a demon. This is caused by the direct beam of the flash reflecting straight onto the back wall of the eye & back out again. A camera flash also doesn't have much of a range, so for distance poor light/night photography is useless, this where the programme settings of a camera come into use.



The distance in this picture is only 30ft. Apart from the snow bouncing light, it's a trawler shooting a trawl.

8; Photographing moving objects/people, move or "Pan" with the direction of travel, but keep slightly ahead of the subject so you create a "space" as if the object will move into. This will keep the object in focus and blur the back ground giving movement to the phot.



9; If you suffer from shaky hands, whether through nerves or because of "Delirium Tremours" (DT's), find the image stability setting & enable it. This will help to keep the image sharp.



10; To get a "classic" look to your photos try shooting in Black & White, or Monochrome depending on what it's labelled as in the settings menu. I say B&W because although colour is great, I have found that some photos get interesting when restricted to B&W, throwing up subtle hues in texture & shades.



*All images copywrite RX 178 PHOTOGRAPHY*

These are my 10 tips for better photography. Hooray he's finished I hear you cry. I hope they are helpful to you to improve your quality of photos, I could go a bit more in depth, but without showing you face to face on your camera, these are the basics to use. I'm sure I've left some out, which I'm sure Stuart our "professional" photographer can add to, but it's enough to get you going.

**Happy Snapping!**

**Dave P.**



**About Us**  
**Milo enjoying Easter...**  
**Stolen goods are obviously better**

**Required: Half a garage or other storage space for personal belongings during lockdown. Cheap or free please. Contact Kodak or Bernard**





**Milo says...**  
**Dad's Army**  
**Indeed!**



**Iain as a Real Truckie in BAOR**



**Wolfgang's Scran Van—It's Blue!**



**Stewart B with  
D&D, UN role in  
Bosnia/Kosovo**



**Binji - Medic on call  
& in warrior mode.  
Afghanistan**



**Mike H  
RHA  
Supporting Fire  
Up Country - Aden**



**Our Own Stuart..  
To Your Duties (In NI) ... Quick March!**



**Kodak RE in Oman  
(RH Pict - In anticipation  
of Covid 19?)**





## Support for Everyone in East Sussex Community Hubs

### Remember....

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



**East Sussex Fire & Rescue Service would like to offer advice to residents due to an increase in incidents involving garden bonfires, which are getting out of control.**

The Service requests that residents refrain from garden bonfires, due to the increased fire risk that this creates.

Garden fires may cause a nuisance to neighbours and other members of the public whilst polluting the air.

A responsible approach is to compost, or recycle, your garden waste when local recycling centres re-open. These are not only safer options but they are better for the environment and for the more vulnerable members of our communities who are self-isolating at home during the Covid 19 outbreak.

**Please email any, photos, articles, funnies, comments to [editor99100@btinternet.com](mailto:editor99100@btinternet.com). This is your news sheet, so do use it. By sending information, useful tips etc., you give permission for its publication. Editorial discretion applied.**

## Police Adapting & Learning How They EnForce Lockdown.

As the United Kingdom faces up to an enforced lockdown to contain Covid-19 the police will come under unprecedented public spotlight. The current emergency powers taken by the government enable criminalisation of routine and mundane everyday activities. Whilst these severe measures have been couched in a persuasive argument – 'saving lives' 'protecting the NHS' – they have been codified within criminal law.

Police officers are empowered to 'disperse gatherings' and issue on the spot fines for anyone contravening 'social distancing' rules or other lockdown breaches. Enforcing these necessary restrictions on hitherto basic freedoms sets up a fascinating mass social experience.

The lockdown is a mass social experiment. The potential solutions are equally experimental and are multi-stranded. There is no magic bullet. They include:

**Reasonable use of powers** – explaining safe behaviours to the public and using enforcement, only as a *last resort*, and then against the recalcitrant or those who persistently or recklessly violate the lockdown.

**Maintaining a transparent audit trail of decision making** – as with current police stop and search practices: the citizen should receive a written record of the decision, the justification and the officer's details.

**Comprehensive use of body-worn cameras** – to record interactions between public and police to support the above.

**Transparency and regular reporting of incidents** – of the numbers of individuals stopped – those who receive advice and those where enforcement occurs.

**Messaging from the police and through locally elected representatives** – setting out a covenant between the local police and public about adopting a reasonable approach with enforcement as a last resort

And perhaps most importantly rapid learning by the police so that they can make appropriate adjustments to how they implement these measures to preserve their relationship with the public.

**Author (above is extract from a more comprehensive report. <https://mcrmetropolis.uk/policing-and-consent/>): Kevin Wong. Reader in Community Justice and Assistant Director of the Policy Evaluation and Research Unit at Manchester Metropolitan University. He has over twenty five years' experience as policy advisor, researcher and practitioner in the criminal justice system including research into police and community engagement, the policing of hate crime and policing practice.**