

#### **Produced by The Community Hub Team**

12 Mar 21

Email: EJSU-NSE-CommunityHubMailbox@mod.gov.uk

### What's On

Sun 14 Mar		
Mon 15 Mar	10am Bumps to Babies via Zoom Meeting ID: 603 803 4287 Passcode: Hope 123	Email in last week's Steps and Strava results to EJSU-NSE-CommunityHubMailbox@mod.gov.uk
Tue 16 Mar		6pm Virtual Bedtime Story at Shape House
Wed 17 Mar	10am Virtual Rhyme Time at Shape House	
Thu 18 Mar		630pm SNR Q&A <u>Zoom</u> Meeting ID: 839 2484 7843 Passcode: 511247
Fri 19 Mar		6pm Virtual Bedtime Story at Shape House
Sat 20 Mar	World Oral Health Day	

## **Looking Ahead**

01 Mar - 31 Mar	11,000 steps a day for Ovarian Cancer Awareness Month. 11,000 Steps
21 Mar	9.30am EJSU Church Service Zoom Meeting ID 603 803 4287 Passcode Hope123
27 Mar	8pm Quiz Night via Zoom and Seedquizzing live Meeting ID 262 310 6576 Passcode 001234
04 Apr	EJSU Church Service Zoom Meeting ID 603 803 4287 Passcode Hope123
13 Apr	8pm Great British Book Club Zoom Meeting ID: 878 7330 3853 Passcode: 792079
16 Apr	8pm Bingo with Tracey via Zoom Meeting ID: 831 0133 0565 Passcode: 166432
18 Apr	EJSU Church Service Zoom Meeting ID 603 803 4287 Passcode Hope123

# SNR Town Hall 18 Wed 21 - 1830

We are very pleased to announce that we will have another Guest Speaker for the Town Hall on 18 Mar. Mr Toby Rumford he is the Deputy Head of the COVID-19 Response and Recovery team and will be talking about the following topics:

- The exit from national lockdown;
- The national approach to international travel (health measures at the border) where we are at and where it's heading;
- The Defence position to int'l travel DAN18, exemptions, quarantine hotels, allowances/ leave\* etc; Future issues Red List, Amber +, Overseas personnel and leave/ recruitment and retention.

If any member of the community would like to raise a question on any of those subjects please email <u>EJSU-NSE-CommunityHubMailbox@mod.gov.uk</u> by 1700, 16 Mar so he can prepare the answers with his team.



# COVID-19 Vaccination Campaign at SHAPE

SHAPE Director of Management has asked all SHAPE pass holders to register on the SHAPE system for vaccine tracking, whether or not they require a SHAPE vaccine. If they have had the UK vaccine, they should indicate this in the online questionnaire.

The reason for this is to allow PrevMed to track our overall herd immunity, which is important when considering when and whether to lift some of the restrictions we are living under.

Registration is now open to all; SHAPE AMIS (ID) Card holders over the age of 18, including eligible dependents with AMIS Cards, are invited to register their intent to be vaccinated <a href="here">here</a>. When completing the information you will need the Head of House SHAPE ID No (i.e. OSC, SHA and then numbers with -00 at the end) and your pin number (the one you use for the RIS/entry through pedestrian gates). The PIN code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the Rational Control of the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used to buy items at the code is mostly used



through pedestrian gates). The PIN code is mostly used to buy items at the Ration Item Store. The PIN is issued during in-processing at SHAPE. If individuals have forgotten the PIN-code, they can obtain it via two options:

- Option 1: Write an Email using your SHAPE Email address1 to <u>SHAPE COVID-19 help desk</u>, mentioning your AMIS Card number, your name and requesting your PIN-code is reset. You will receive a response within 1 working day.
- Option 2: You can also ask for a PIN-code reset in the Registration Office (Building 210 Monday to Friday from 0700 to 1900) and proceed directly to the Fast Line without appointment. Please be patient as the demand may be high.

If you have not previously been issued a PIN you will be assigned a standard number based on your date of birth in the format DDMM. For example, it your birthday is 2nd March, your PIN will be 0203.



Even if you have had the vaccine provided by the UK government through the UK medical centre, you should indicate this once you are logged onto the system. Once on the registration page you should complete the following:

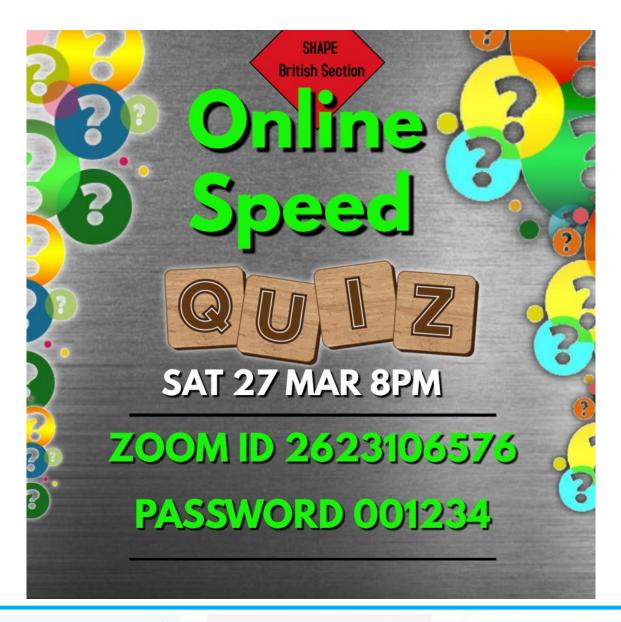
- If you have received the vaccine already, or have a date in the future to receive it, tick the 'I do not want the vaccine' and then complete the dates of the 1st and 2nd jabs as appropriate (it will accept future dates).
- If you are in the Priority One group for the UK then you are requested to tick the 'I do not want the vaccine' and await your call forward to the Med centre.
- If you are in the Priority Two group for the UK then you can complete the questionnaire to show you would like to be considered for the SHAPE Vaccination Programme, this can be changed at any time by logging back in to tick the 'I do not want a vaccine' if you then receive a UK vaccine.
- If a member of your family has a SHAPE ID and is under the age of 18 you are to tick the 'I do not want a vaccine'.

The SHAPE vaccines will be provided free of charge by our Host Nation Belgium. The vaccines are safe, effective and approved by the European Medicines Agency. It is highly encouraged that you take the vaccine but this is not mandatory – each individual has a personal choice.

SHAPE is not yet informed as to when it will receive the first consignment of vaccines, or which vaccine will be offered. The high demand and limited supply on the vaccine supply chain means SHAPE must provide the Host Nation with an accurate number of doses that the SHAPE community requires.

For more information about COVID-19 vaccines or the Vaccination Campaign at SHAPE visit: World Health Organisation

This vaccination campaign is our collective commitment - it is the only way for each and every one of us, as well as our family members, to restore our freedom of movement and to return back to the life we all enjoyed before the pandemic.



# Would you like to borrow some children's books?

Shape House are offering free "book bags":

- Keep them for up to 4 weeks or change weekly
  - Tailored to your child's age and interest
  - ear Zoo COVID safe procedure

For more information message Shape House on <u>Facebook</u> or email us:

EJSU-NSE-CommunityHubMailbox@mod.gov.uk

# **International Travel Declaration Form**

#### Travelling abroad during stay at home restrictions

Whilst the <u>stay at home restrictions</u> are in place, you are only allowed to travel abroad if you have a <u>legally permitted reason</u>.

It is illegal to leave home without a reasonable excuse. This means that, whilst stay at home restrictions apply, it is illegal to travel abroad for holidays.

Even once the stay at home requirement ends on 29 March 2021, it will remain unlawful to leave the UK unless you have a reasonable excuse, permitted by law.

#### Travel declaration form

You must complete this form to declare the reason that you need to travel abroad.

You must complete this form if you are travelling outside the UK from England. Different rules apply for international travel from <u>Northern Ireland</u>, <u>Scotland</u> and <u>Wales</u>.

You don't need to complete the form for travel within the UK, to Ireland, the Channel Islands or the Isle of Man.

You may be asked to show this declaration form at the port of departure. You may carry evidence to support your reason for travel.

Entering a port of departure to travel internationally without a completed form is a criminal offence, for which you could be fined.

If you try to travel abroad without a legally permitted reason, you may also be fined for breaching the stay at home requirements.

You do not need to complete the form yourself if you are under the age of 18 or if you lack capacity to complete the form. If a responsible adult is travelling with you, they should complete a separate copy of the form on your behalf.

Some people are exempt from completing the declaration form because of the job they do. Find out about which jobs are exempt and the conditions that apply.

# The forms can be found at this link

### **About Shout 85258**

**Shout 85258** is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. We launched publicly in May 2019 and we've had more than 500,000 conversations with people who are anxious,



stressed, depressed, suicidal or overwhelmed and who need immediate support. As a digital service, **Shout 85258** has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time. <a href="https://giveusashout.org/about-us/about-shout/">https://giveusashout.org/about-us/about-shout/</a>

### **Youth Virtual Events**



The American Community are offering two virtual events for children that are open to British families:

**E-Sports League:** for 7-18 year olds, cost: \$30, using Nintendo Switch, PS4, Xbox-One or PC. Creating divisions via age brackets to play Mario Kart, Super Smash Bros, NBA 2K21, Rocket League and Fifa 21.

**Professional sports training**: for 8-18 year olds, cost: Free. 15th March is Golf Instruction with Kevin Kring. 21st March is Soccer Instruction with Annika Schmidt and Tyler Gibson.

For more information or to register please contact the CYS (Child Youth Service ) Office: 065 32 68 39

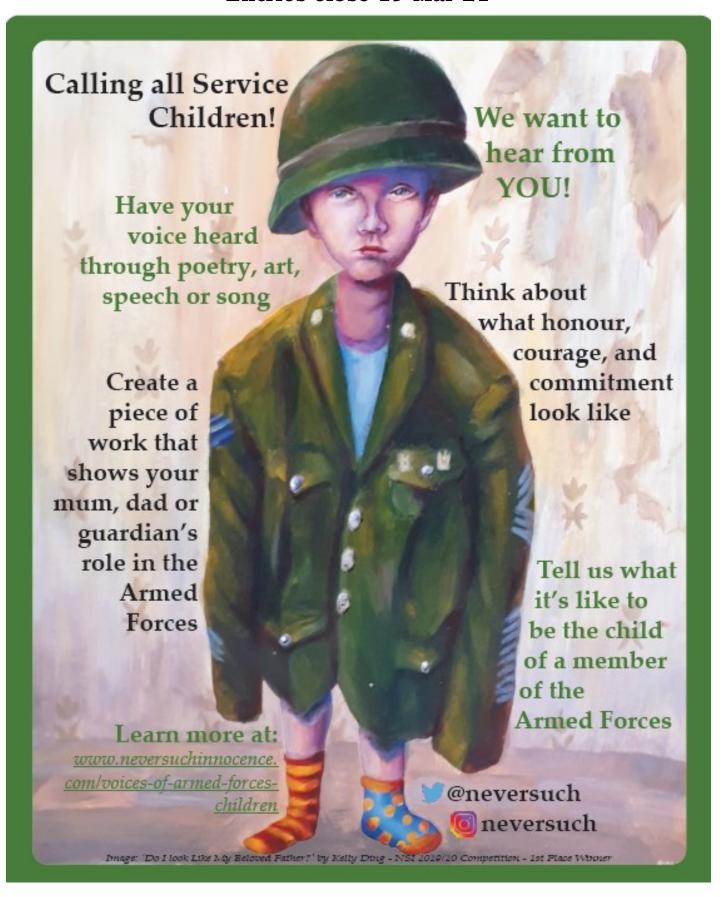
# **Easter Craft Packs for under 5's**

Shape House are offering free craft activity packs for under 5's. If you would like one please get in touch via <u>Facebook</u> or <u>Email</u>.

# Voices of Armed Forces Children

https://www.neversuchinnocence.com/voices-of-armedforces-children

Entries close 19 Mar 21



# Fraud News





BBC News has reported on Royal Mail's warning for people in Northern Ireland, Royal Mail is cautioning individuals about a new parcel scam circulating by texts and emails. Fraudsters are using the confusion of Brexit's rule changes for deliveries to Northern Ireland and asking for payments towards 'shipping charges' with a link to pay the fee. BBC News

Thanks to the UK government's crackdown on identifying degree fraud, eighty-five false universities have been shut down over the last five years. Websites masquerading as genuine have been on the rise since investigations begun in 2015, where they are either misleading individuals about the legitimacy of their qualifications or selling false qualifications online. To date 310 institutions have been investigated since the introduction of the exercise by research company Prospects Hedd. The Guardian

Security Boulevard discuss; what is counterfeit documentation and how to prevent it, which has been rising in 2020. Document fraud can encompass numerous things, including the alteration of genuine government issued documents or the creation of false documents that imitate real ones. Fraudulent documents can be used in the commission of several crimes, including terrorism, human trafficking, money laundering, the distribution of narcotics, as well as financial and trade crimes. Security Boulevard

An investigation into £500m of South Africa's government procurement contracts amid the pandemic found that individuals within the government were failing to undertake normal procurement regulations. Normal procedures and regulations have been circumvented on a "emergency" basis resulting in a break-down in the checks and balances. This has included using PPE providers without track records, not attempting to negotiate prices and purchasing from unregistered companies. These caused overpaying for goods and acquiring a stock of PPE that was unsuitable or inappropriate. Public Finance

#### **Known fraud trends**

Mandate fraud (invoice)

Request to change payment by falsely representing as a genuine supplier

CEO fraud

Fraudsters will appeal to change senior-level individuals bank accounts to their own

Phishing emails

Malicious emails that will misinform victims to trust links by claiming to be official sources

Fraudulent suppliers

New suppliers' websites that report to offer high demand but short supply items that never arrive

Price gouging

Increasing prices of goods or services to a level much higher than could be reasonable or fair

Inferior products and product substitution

Suppliers requesting upfront payment creates a risk of lower quality or substituted products

#### **COVID Update**

Belgian Prime Minister Alexander De Croo chaired over a press conference held at the conclusion of Consultative Committee meeting held 05 Mar 21

Since last week, the figures are slightly increasing but there has not been an explosion of new cases. We have to remain careful but everyone is in need of some perspective.

The below decisions will be taken step by step:

#### As of Monday, March 8:

- Up to a maximum of 10 people can gather <u>outside</u> (used to be 4) while keeping distance and wearing a mask. NO CHANGE FOR INSIDE: ONLY ONE PERSON CAN BE INVITED INTO YOUR HOUSEHOLD.
- For organized activities only: Up to a maximum of 25 children under 13 years can gather outside; a maximum of 10 under 13 years old inside. For youth 13-19 years old: a maximum of 10 can gather inside or outside
- Funerals can gather up to 50 people.
- Private saunas and photographers may open again
- All other measures/restrictions remain in place.

#### As of Monday, March 15:

- Elementary and high schools may organize one day trips
- Higher education and universities will authorize a maximum of 20% of physical attendance (one day a week)

#### As of April:

Focus will be on outside activities, if the figures allow. An evaluation will be made during the next Consultative Committee meeting to be held March 26.

The following <u>outside only</u> activities should be possible again: sports activities/training (max. 10 pers.), youth camps (with testing prior and after the camps), amusement parks and cultural events (max. 50 pers. outside) while respecting social distancing and mask.

**April 19**: will be the earliest date on which non-essential travel will be possible, after evaluation on March 26.

**April 19** (after the Easter break): high school students will physically attend classes again, full-time.

#### As of May:

Restaurants and bars, fitness centres, flea markets, indoor sports activities, cultural events and fairs should open again, if figures allow.

**Remember**, curfew in Wallonia and Flanders is from midnight to 5 a.m.. Curfew in Brussels is from 10 p.m. until 6 a.m.

The Belgian health ministry has urged people to stop wearing the free facemasks that were distributed by the federal government via pharmacies last summer. The 15 million masks were produced by Avrox and machine washable at 30°C. It comes after RTBF revealed a leaked report from public health institute Sciensano had found the fabric may contain nanoparticles of silver and titanium dioxide, which are harmful to the respiratory tract when inhaled. Pharmacies have been told to stop distributing any of the masks they still have in stock, as a precautionary

measure pending further analysis of the toxicity risks. According to figures from the defence ministry, which was in charge of procuring and distributing the masks, some 8.5 million have been collected from pharmacies since last summer. Another two million went to the federal administration, including the finance, economy and public health ministries.



# Could you be an EJSU Youth Work Volunteer?

Would you like to receive valuable free training and gain experience for your own personal and professional development, whilst helping

others?





Below are just some of the things I've helped young people achieve. My intent is to do some of these again but the emphasis will certainly be on



Day Trip Go-Karting



Young Leaders' Training Weekend Residential



NEETS – Young First Aiders



Watersports Residential Training Course



SSAFA Young Achiever Awards



Day Trip High Ropes



Contact Debbie on +44 7933 748552 <u>Deborah.Fallaha611@mod.gov.uk</u> for more information about volunteering for the Youth Service

#### For information on;

Local events, Things to do, Discounts, Training, Accommodation, Education, Relocation and lots more...

# information centres Supporting the Service Community

## http://shapehive.blogspot.com/

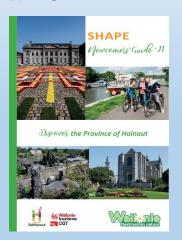
Information on this week's Blog includes;

**SHAPE New comers Guide 2021** 

**Operation Punchline - Saturday March 13th** 

**Step Change Debt Charity - Free Confidential Advice** 

<u>Armed Forces Covenant Fund: Force For Change Programme</u>



To receive regular HIVE information updates; <a href="http://shapehive.blogspot.com/">http://shapehive.blogspot.com/</a>
At the top click 'Follow by Email'

Any questions, feel free to contact the HIVE, shapehive@armymail.mod.uk
Hannah.smith174@mod.gov.uk mobile; 0471611678



# EJSU Liturgical Worship from East Chapel SHAPE & on Zoom

Sunday 7th & 21st March at 9.30am

Join us in person or via Zoom

Zoom ID 603 803 4287 Passcode Hope123 For those wishing to attend in person please contact Padre Paul as numbers are limited.

Paul.mellor159@mod.gov.uk

# Are you pregnant or recently had a baby?

The British Midwife, Fiona Webster, co-ordinates 2 weekly groups where you can meet other expecting mums/new parents and be supported, these are face-to-face and so numbers are limited. Please email her to book:

Fiona.E.webster.ln@mail.mil

Breastfeeding Café every Tuesday 1.30-2.30pm

Baby Massage Class every Wednesday 10.30-11.30am

Fiona also runs a 'Childbirth Course' which is spread over 6 weeks, it is designed for parents to prepare for having a baby in Belgium. Topics include: labour, delivery, coping strategies, relaxation techniques, breastfeeding basics, becoming parents and infant CPR. The courses are run throughout the year, the next ones start on 8th April or 1st July.

There are also refresher classes for experienced parents which cover: having a baby in Belgium, up to date labour and birth review, postpartum procedures and breastfeeding basics. These sessions are scheduled for: 27th May, 5th August and 25th November. For more information contact Fiona on: 065 32 5224 or Fiona.E.webster.ln@mail.mil



Shape House also runs a virtual
Bumps to Babies group via
Zoom on Mondays 10-11am.
Email us for more information:

EJSU-NSECommunityHubMail-

box@mod.gov.uk



#### 1<sup>ST</sup> SHAPE SCOUT GROUP CALLING ALL VOLUNTEERS



1st SHAPE Scout Group is an International Group and is part of the British Scouting Overseas. We are currently looking to recruit new leaders and are hoping that you would like to join us. Our sections are made up of Beavers (ages 6 to 8); Cubs (ages 8 to 10) and Scouts (ages 10 to 14). During our normal meetings out-with COVID we try and do as much outside as possible, these activities include knot skills, survival skills, bushcraft, sailing, camping, cooking outdoors, cycling and a range of activities in between.

If you would like to volunteer and get involved please get in touch. We will provide training and support and you will require a DBS check which can be obtained through the Scout Association.

Our group is only missing one thing and that is you!

If you would like to volunteer or would like more information please email us on 

1stshapescoutsgsl@gmail.com

# Claire Reed - Fundraising Appeal

Hello my name is Claire Reed and I like to set myself crazy challenges and this year it involves running the London Marathon for <u>ABF The Soldiers Charity</u> and raising £2000 in the process.

This community more than anyone knows how unpredictable military life can be and how anyone of us could find ourselves in an unpleasant or tragic situation.



ABF The Soldiers Charity supports serving and veteran soldiers in their time of need. So I'm asking for your help in raising money for them.

This community is huge so if everyone donated £5 I'd hit my target in no time!

So please follow the Link and give what you can.

Thank you



My name is Jackie and I am the Welfare Co-ordinator based at SHAPE. I can be found in the Welfare Office, first floor, in building 306, but currently I am working from home.

#### About me:

I have been in SHAPE for 2 and a half years. My husband is in the Army and we have 2 children who attended SHAPE International School. I am a qualified nurse and am on a career break from the NHS, where I specialise in Sexual Health and Contraception. I love living in Belgium, we have done lots of travelling, and hope to continue this once restrictions are lifted!

#### How I can help:

As part of the Welfare team, we offer support and guidance to all personnel, service or civilian. My role consists of coordinating the different departments within the Welfare Team and liaising with partner organisations, to ensure the smooth running of the department in order to provide best levels of support and advice to members of our community across EJSU.

#### How to contact me:

<u>Jackie.wigglesworth101@mod.gov.uk</u> Tel: Mil I 9205 423 ext 5346 Civ +32 (0)65 44 5346 | Mob: +32 (0) 478662915

#### **Random Fact:**

After school, I worked with and studied equine, and worked for Princess Anne in her stable yard at Gatcombe Park. I was offered a more permanent job there which I turned down to join the RAF.



<u>Useful Links</u>		
COVID-19	https://www.info-coronavirus.be/en/ https://www.ejsu.net/covid-19/	
EU Transition	https://www.gov.uk/duty-free-goods/arriving-in-Great-Britain https://www.gov.uk/visit-europe-1-january-2021 https://ec.europa.eu/food/animals/animalproducts/personal_imports_en https://www.ejsu.net/eutransition/	
Medical Info	https://www.ejsu.net/health/medical-practices-shape-brussels/	
BFPO	https://www.ejsu.net/EJSUNET/wp-content/uploads/2021/01/SHAPE_Postal_Services.pdf	
Welfare	https://www.ejsu.net/welfare/	
DIO	https://www.ejsu.net/dio/	
Info on SHAPE	https://www.shape2day.com/ https://www.ejsu.net/mons/	
Opening times of facilities on SHAPE	https://www.shape2day.com/event-listing/mwb-operating-hours	
Shape Fitness Timetable & News	https://www.facebook.com/groups/SHAPEfitnesscentre/?ref=share	
Belgian News	The Bulletin https://www.brusselstimes.com/	

# IN THE BELGIAN NEWS

#### COVID-19

The average of new contaminations per day during the week Feb 28-Mar 06 is slightly decreasing to 2,345 cases or –3% compared to the week before. On average during the week Mar 3-9, 150 COVID patients were admitted into the hospital every day, which is a decrease of 1% compared to the previous period of 7 days. A total of 1,964 COVID patients are currently in the hospital among which 438 in intensive care. The number of deaths is increasing to an average of 26 per day. The positivity rate, which is the proportion of positive tested people on the total number of people tested, is 6,1% at the national level. The next Consultative Committee meeting is scheduled for 26 Mar 21.

#### "The Passenger" to be dismantled



The artwork by Arne Quinze named "The Passenger" on Rue de Nimy in Mons, will be dismantled on April 12. It was meant to be a temporary artwork that has been in front of the Mons Courthouse for over 5 years. Ever since, it has been photographed by almost every new visitor to Mons. If you haven't seen it yet or if you want to see it one last time, you have until April 12 when the 30,000 wooden planks

will be dismantled. "The Passenger" was first mounted in December 2014 when Mons was the European Capital of Culture. Unfortunately, due to a stability problem, the artwork collapsed on Dec. 24, 2014 and the sculpture had to be remounted, at the cost of the artist, and was unveiled end of 2015.

#### **New radar sections on E42**

The new generation radars, which are radars checking your speed over a set distance, have now been installed on the E42, between Charleroi and Namur. The first section is from Fleurus to the rest area of Spy (11.6 km) and from the latter to the rest area of Hulplanche (14.4 km). When accessing the radar section, drivers will be notified by a sign (picture) that lists the number of kilometers during which the speed



is checked. These radars are operational day and night. Since there are two distinct radar sections one after the other, if you are speeding on both sections, even at 130km/h instead of 120 km/h, you will be fined twice.

Compiled by your Host Nation Advisor, Bldg. 915.