



Strategic
Command



EJSU Welfare Matters

Staying safe, staying healthy. *Covid19*

As the restrictions in some of our EJSU Communities are starting to ease, we should acknowledge that we have all come a long way. During this time we have had to react quickly in this ever-changing environment, but we have remained proactive and positive throughout. Many of us have endured forced separation from loved ones which is, of course, difficult. Just remember, that this will end and when it does every one of you will be justifiably proud of the contribution that you made in fulfilling EJSU's mission in Europe and Turkey. I have very much hope that we have kept you informed at every opportunity as the situation has progressed. We are continually assessing our processes to ensure that we can provide and deliver a variety of useful and informative information to the wider community. The advent of EJSU Net will significantly improve communication to all EJSU personnel and their families.

Defence Connect has been remastered so that you can access more information on a wide range of topics. We would welcome your feedback now the new platform has gone live. The Welfare Matters newsletter helps to provide you with information and more useful links to those agencies who continue to support us so professionally and tirelessly.

We are expecting a lot of change in the coming weeks, countries are beginning the first tentative steps towards the road to recovery, this road will not be straight, and we will often take steps back as well as forwards.

Each country will progress at its own pace, so make sure that you are in tune with Host Nation guidance. EJSU recognises that the implementation of changes in restrictions across the AOR mainly take place from Mon 15 Jun 20. This may cause some frictions with current business practice and NATO policies still need to be followed. EJSU is monitoring all these closely and is planning to keep apace to ensure our wider population are supported as best as possible. In line with these changes and with the revised interim policy for distribution of face masks, EJSU would like to thank J4 for their logistic support on the distribution of PPE.

If you require help and guidance to get you through these unusual and challenging times, we hope that some of the information in this newsletter will help. ***In addition, please remember... do reach out to your NSE, Community and EJSU Welfare Team accordingly.***

IMPORTANT NOTE: FOR SOME OF THE LINKS IN THIS DOCUMENT YOU WILL NEED TO RIGHT CLICK TO OPEN, OR CUT AND PASTE INTO YOUR INTERNET SEARCH BAR.

Lieutenant Colonel
Jonathan Craven RA
Commanding Officer
European Joint
Support Unit



JUNE 2020
ISSUE 3

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SPECIAL POINTS OF INTEREST

- Safeguarding & Mental Health Apps
- Supporting Uni Students

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

- <https://www.gov.uk/coronavirus>

EMERGENCY CONTACTS

PLEASE ENSURE THAT YOU KEEP UP TO DATE WITH EMERGENCY INFORMATION PROMULGATED BY



Welfare contacts;

The provision of statutory social work services:

BFSWS are continuing to provide a 'business as usual' approach and will be as creative as possible in doing so. Whilst they are unable to travel to various areas, regular communication can still be undertaken through the utilisation of social media such as email, skype, FaceTime, phone calls, etc. BFSWS will ensure that regular communication and updates take place between BFSWS and all Commands.

BFSWS are open for business 24/7 where a duty social worker will remain on call for any out of hours or urgent

T: +44 808 168 3111 E: crt.bfsws@coreassets.com

Welfare POC

The Welfare Team and Padres are here to support you within the current limitations;

Padre Paul Mellor.

0032 470 66 45 82

Padre Ian Rogers.

0032 473 62 96 33

Area Welfare Officer, Chris Jones.

0032 478 97 02 80

Army Welfare Service (AWS)

The AWS is available to provide Tri-service second line support across the EJSU AOR. Personnel can request a referral through the Area Welfare Officer, Chris Jones, or alternatively, self referral using the contact details below;

RC-AWS-IAT-

OMailbox@mod.gov.uk

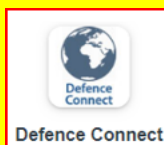
Tel: +44 1904 88 20 53

EJSU Defence Connect. EJSU has revamped and modernised its Defence Connect Welfare Page and this new page serves as an outlet for all welfare information. Please follow the link to the Welfare page

[Defence Gateway](http://www.defencegateway.mod.uk) www.defencegateway.mod.uk

and follow these 3 simple steps:

1. log onto the Defence Gateway (Service Person's/UKBCs log in details required, these are the same details that you use to access BFBS TV)
2. Click on the Defence Connect Icon. →
3. In PLACES search EJSU and find the Welfare Portal.



Joint Casualty & Compassionate Cell JCCC— Overseas Support - for Service Personnel and UK Based Civilians (UKBC) (excluding operational deployment)

UKBC's and Service Personnel are entitled to the same service provided by the **Employee Wellbeing Service (EWS)** when serving overseas in non-operational areas as that provided to employees in the UK, although there are necessarily some variations for example in assisting with cases of a compassionate nature.

PLEASE ENSURE ALL YOUR PERSONAL AND NEXT OF KIN DETAILS ON JPA AND HRMS ARE CORRECT AND UP-TO-DATE.

If you or your family have a critical issue regarding an urgent return to the UK because of a critically ill close relative that requires an immediate response, you are to contact the Joint Casualty and Compassionate Cell (JCCC) at any time. Their number is: **+44 1452 519 951**

You must make sure that you and your family are aware of the arrangements for contacting the JCCC, should the need arise whilst you are serving overseas. You must find out about any local arrangements for dealing with issues of a compassionate nature when you arrive at the overseas location.

When you call you will be asked for the following information: Service Number, Rank, Name, Home Unit and current location of the Service Person, together with full details of the relative concerned, their location and name of Doctor, Hospital and/or any other organisation involved in the case. Please be aware that any information will be verified with the appropriate organisations before Compassionate Travel may be authorised.

You must contact the JCCC as soon as possible as your relative's parent unit cannot authorise Compassionate Travel from overseas.

For further information about Welfare and Community Support Services available to Service families, see the following websites:

www.royalnavy.mod.uk/welfare
www.army.mod.uk/personnel-and-welfare
www.raf.mod.uk/serving-families

JPA P001 (MAR 19)
COMPASSIONATE TRAVEL FROM OVERSEAS
(For Service Personnel, their Dependents and Reserve Forces serving abroad)

If circumstances should arise whilst your relative is overseas either on a posting, at sea, or on deployment, that make it necessary for you to apply for his/her return on compassionate grounds (such as a death in your immediate family, serious illness or serious family crisis) you should telephone the Joint Casualty and Compassionate Cell (JCCC) +44 (0) 1452 519951.

This number is continually manned 24 hours a day, including weekends and Bank Holidays.

Please write Service Person's Number, Rank and Name above

For more information please contact your Notifying Officer, Rachael Lewis via the following email;

EJSU-J1-Welfare-NA@mod.gov.uk

MEDICAL & DENTAL INFO

Advice for everyone Coronavirus (Covid-19)

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Make sure you're looking after your wellbeing while we go through this period of social distancing. The [Health and Wellbeing portal on the Defence Net](#) has tools and support to help people across Defence manage their own mental fitness and wellbeing and to get support and advice when they need it.

For Civilians: you can access the [Employee Assistance Programme](#). Their services are available 24 hours a day, seven days a week.

For Military Personnel: the [Combat Stress Helpline \(www\)](#) and [the SSA-FA Forces line \(www\)](#) are both available if you need support.

If you have features of COVID-19 you should;

- Self-isolate yourself and your household.
- Distance yourself from other family members where possible
- Phone your healthcare provider (or the number they have provided)
- Follow their instruction.

Once initial management in place;

- Inform your Chain of Command and NSE of absence.
- Inform your healthcare team email; SGDPHC-O-EJSU-Med@mod.gov.uk or relevant clinician monitored.

drinkaware

Are you drinking too much?

Coronavirus: alcohol and your well-being.

www.drinkaware.co.uk/isolation

Isolation:

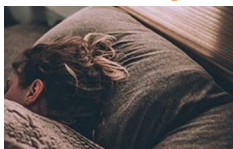
cutting down on alcohol at home

This is a stressful time for many of us. Make sure you're looking after your mental and physical health during the coronavirus outbreak. Try these five simple ideas to help you cut down on your drinking whilst in isolation;

- ⇒ **Keep track of your alcohol units.** [Track and Calculate Units App](#)
- ⇒ **Check your 'Home' measures.** [unit-measuring-cup](#)
- ⇒ **Go small.**
- ⇒ **Drink free days.**
- ⇒ **Get inventive with alternatives.**

Alcohol and sleep

[Alcohol-and-sleep](#)



[Coronavirus-alcohol-and-mental-health](#)

Coronavirus:
alcohol and mental health

Alcohol Poisoning

Black coffee won't help. Nor will making someone sick. Or leaving them to sleep it off. In fact, these traditional ways of trying to sober up a friend can do far more harm than good.



WHAT COUNTS AS A DENTAL EMERGENCY?

Non-urgent (may need to wait):

- Loose or lost crowns, bridges or veneers.
- Broken, or loose dentures.
- Bleeding gums.
- Broken, loose or lost fillings.
- Chipped teeth with no pain.
- Loose orthodontic wires.

Urgent Dental Treatment:

- Facial swelling extending to eye and neck.
- Bleeding following an extraction of a tooth that does not stop even after applying pressure on the socket, small amount of oozing is normal though.
- Bleeding following a trauma to the face, teeth and lips.
- Broken tooth causing pain.
- Significant toothache preventing you from eating, sleeping and can not be managed with over the counter painkillers.

Urgent (Straight to A&E):

- Facial swelling affecting vision or breathing.
- Swelling that is preventing you from opening your mouth more two fingers width.
- Trauma causing loss of consciousness, double vision or vomiting.

Following recent guidance from Defence Primary Dental Healthcare, NHS. The Department of Health England Dental practices have been advised to **STOP** non-essential routine dental appointments and prioritise urgent treatment where possible.

As well as reducing risk to dental staff and our patients, this will also prevent unnecessary travel in an attempt to minimise the virus transmission through adhering to social distancing measures.

The information is aimed at advising our community on how to manage minor dental problems at home.

Any update to the delivery of care will be published community-wide.

14
units
a week for both
men & women



SAFEGUARDING

your family on-line

Keeping Children Safe Advice and ideas



It's a tough time for everyone now, but especially for parents and children. With schools and offices closed there's a lot of pressure on families as they spend more time together and with fewer avenues of support available if they need a hand.

Changes to school and working life mean that children have turned to digital resources for learning, exercising and socialising during self-isolation and there are plenty of ways you can help them stay safe.

Think you know?

[CEOPThinkuknow](#) has launched a campaign to help keep children safe online during the coronavirus pandemic.



The [#OnlineSafetyAtHome](#) campaign contains home activity packs with 15-minute activities for parents and carers to do with their children using CEOP's ThinkUKnow educational resources. New activities will be launched fortnightly.

Be aware of the risks!

The National Crime Agency (NCA) has warned of a spike in online child sex offending during the coronavirus crisis, with latest figures indicating that there are at least 300,000 people in the UK posing a sexual threat to children. For more information and to download the home activity packs, click [here](#).

Online Safety and Sexting **IT'S NOT OKAY.**



Sometimes grooming and sexual exploitation takes place online. Make sure you know how to keep your children safe.

If you are worried about something that has happened online, [help is available from CEOP](#).

Has someone acted inappropriately towards your child online? [Report it to CEOP](#).

If your child shares something online that they wish they hadn't, they shouldn't feel guilty. [Help is available from ChildLine](#) who can also help you and your child get the image removed.

[Your guide to the social networks your kids use](#) – NSPCC
[Tools for keeping your children safe online](#)

[Be share aware](#) – how to keep your child safe on social networks, apps and games – NSPCC

[What's the problem?](#) – a guide for parents of children and young people who have got in trouble online

[Sexting – advice for parents \(ChildNet\)](#)

[o2 and NSPCC online safety helpline: 0808 8005002](#) – have a question about parental controls, or concern about a social network your child uses? What it is, NSPCC can help.



All this information and much more can be accessed on the Defence Connect Welfare page. So why not have a look.



[Let's talk about life online](#)



Who else can help

Other organisations who can advise

There is a great deal of information available in relation to the Coronavirus (COVID-19) outbreak already, the following is a roundup of useful websites to help Children & Families during the Coronavirus Outbreak.

[Parents and Carers | Safer Internet Centre](#)



[Your guide to social networks, apps and games](#)



[Parents and carers - Childnet](#)





Safeguarding Children During Lockdown

Concerned for a child?

The Government has asked parents to keep their children at home wherever possible, and for schools to remain open only for children who are vulnerable and for those children of workers critical to the coronavirus (COVID-19) response who absolutely need to attend.

While in lockdown, there is the potential that children could be at an increased risk of harm relating to:

- Self-harm and wellbeing
- Online exploitation
- Abuse and neglect by parents/carers



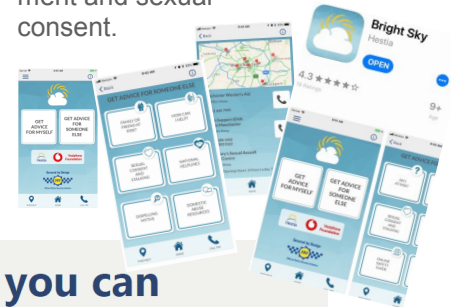
Signs to look out for:

- Bruising in babies
- Bite marks
- Unusual weight loss, malnutrition, dehydration
- Withdrawn, unusual behaviour
- Unsanitary living conditions
- Unsuitable clothing, particularly for the time of year

<https://www.hestia.org/brightsky>

Bright Sky is a free to download mobile app, launched in partnership with the Vodafone Foundation, providing support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

The app is also designed to be used by specialist and non-specialist practitioners and other employers, and for anyone looking for information about issues around domestic abuse such as online safety, stalking and harassment and sexual consent.

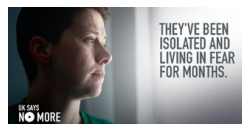


EVERYONE'S BUSINESS

Working together to end domestic abuse #ListeningAtHome



Government guidance around Covid-19 put in place to save lives is having a profound impact on the lives of those that are forced to self-isolate with an abusive partner, and their children. Many will face an increased risk of abuse and violence, and almost all will find accessing support increasingly more difficult due to their movement and conversation being monitored. The role of friends, family members, neighbours, colleagues and employers in the response to domestic abuse is more important now than ever before.



- * Don't think you can tell the perpetrator to stop and that they will. This will increase risk of significant harm to the victim and their children.
- * Don't think you have to do this alone. The specialist workers are waiting for your call and ready to work with you through this.

This is how you can respond to domestic abuse

1. Believe

We are reaching out and letting you know that specialist domestic abuse support services are open and that the police are ready to respond.

2. Respond

If you are concerned about someone you know Check in but be mindful that communication channels and technology may be monitored. Consider reporting your concerns to either a member of the EJSU Welfare Team or the BFSWS. Learn more about the ways that perpetrators control and monitor communications by visiting

<http://uksaysnomore.org/listening-from-home/>

3. Refer

We know, that you cannot do this alone, so contact your Welfare Team or the BFSWS for a range of support, advice and information.

T: +44 808 168 3111 E: crt.bfsws@coreassets.com

MENTAL HEALTH & WELLBEING

....does matter

Guidance

COVID-19: guidance on supporting children and young people's mental health and wellbeing

[covid-19-supporting-children-and-young-peoples-mental-health-and-wellbeing](#)

WHAT IS HEADFIT FOR LIFE?



Mental Fitness is all about the management of good mental health. [HeadFIT](#) for Life helps people in defence stay mentally fit and on top of their game at work and at home.

It is designed specifically for the defence community, and provides 24/7 access to self-help tools that can enhance your mood, drive and confidence, and help manage the stresses of everyday life.

APPS

Free and available to download on Android and IOS



Headspace Meditation and mindfulness



Stay Alive Suicide prevention app is free and offers help and support both to people with thoughts of suicide and to people concerned about someone else



Sleep cycle Analyses your sleep and wakes you up in the lightest sleep phase



eMoods Mood Tracker app lets you easily chart your daily highs and lows, sleep, medications



PTSD Coach App provides coping strategies for anyone suffering from PTSD

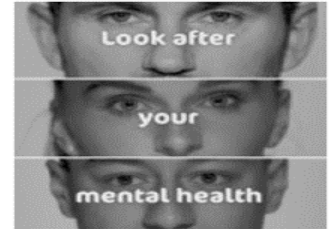


Prolonged Exposure Coach Provides evidence-based psychotherapy for PTSD



Joining Forces App Mental health awareness app provides information on anxiety, PTSD and depression

It is more important than ever to look after your own wellbeing during this difficult time, so that you can look after your children and family. Take time to rest, exercise and to keep in touch with friends and extended family. If you need extra support, there are a variety of organisations offering lots of useful resources so why not have a look.



Do not stay glued to the news

[Covid-19-staying-at-home-tips](#)

Try to limit the time you spend watching, reading or listening to coverage of the

outbreak, including on social media, and think about turning off breaking-news alerts on your phone.

You could set yourself a specific time to read updates or limit yourself to checking a couple of times a day.

Use trustworthy sources – such as [GOV.UK](#) or the [NHS website](#) – and fact-check information from the news, social media or other people.

every mind matters



a guide that signposts to a variety of military and civilian services that offer support

[Maintaining your mental fitness](#)

SOURCES OF SELF HELP

WHO TO GO TO FOR SUPPORT:

- Friend or Family Member
- Chain of Command
- Padre
- Unit Welfare Officer
- Army Welfare Service
- Medical Officer/GP

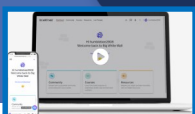
What is BWW?

<https://www.bigwhitewall.com/>

A safe place to talk, share & support others like you

BIG WHITE WALL®

- An anonymous community where members can support each other
- Access 24 hours a day, 365 days a year
- Trained professionals available 24/7 to keep the community safe
- Self-assessments & recommended resources
- Creative tools to help express how you're feeling
- Wide range of self-guided courses to do at your own pace



Health and Wellbeing Portal

Your health and wellbeing is important to us.
A healthy workforce is prepared for the present and fit for the future.

<https://modgovuk.sharepoint.com/sites/defnet/HOCS/Pages/Health-and-Wellbeing-Portal.aspx>

MENTAL HEALTH & WELLBEING *for the young*

SUPPORT FOR PARENTS

There are lots of different ways you can get help if you are worried about yourself or your family:



STOP, BREATHE & THINK

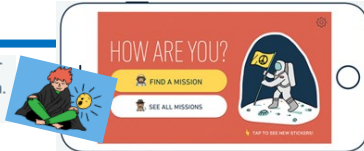
<https://www.stopbreathethink.com/kids/>

A great way to create a positive daily routine.

Encourage your children to Stop, Breathe & Think with this fun and easy to use app, designed to help children discover the superpowers of quiet, focus and more peaceful sleep.



Check in with how you are feeling and choose one of our missions to help create your very own force field of calm. For children ages 5 – 10.



Text the YoungMinds Crisis Messenger for free 24/7 support across the UK
Text YM to 85258

YOUNGMINDS Crisis Messenger

Older children

Young minds has lots of useful information and advice on how to support your child during the coronavirus pandemic youngminds.org.uk

Coronavirus and Mental Health Topics

For Parents; Supporting your child.

Reports; Impact on young people with mental health needs.

Blogs;

- ♦ What to do if you're anxious
- ♦ Tips for coping with OCD during the pandemic.
- ♦ Supporting your family's wellbeing during isolation
- ♦ Looking after your mental health while self isolating

If you are concerned about your child's mental health, speak to your child's Doctor.

NSPCC childline

ONLINE, ON THE PHONE, ANYTIME

[Childline.org.uk](https://www.nspcc.org.uk) - Chat with an online counsellor or access 'Calm Zone'
www.nspcc.org.uk

HOW ARE YOU FEELING?

Good Okay Excellent Bad
Horrible Stressed Depressed

WHO WE ARE

Childline is there to help anyone under 19 with any issues they're going through. You can talk about anything, whether it's something big or small, they have trained counsellors there to support you.

www.childline.org.uk

Families Under Pressure

KING'S College LONDON

Maudsley Charity

Backing Better Mental Health.

NHS South London and Maudsley NHS Foundation Trust

During this stressful time and being cooped-up, don't let the pressure of parenting get you down visit the 'Families under Pressure' page <https://maudsleycharity.org/familiesunderpressure/> for help with difficult behaviour and negative emotions. You will find simple tips and tricks, formulated by professors, which are backed by science and proven to work with families.

REMEMBER You have the use of 'The Trusted Friend Scheme'.

The Trusted Friend Scheme aims to give you support from the local EJSU community, if an emergency occurs, when you are unable to look after yourself, or your children. The scheme works by you nominating a trusted friend, or friends, who will support you and, if necessary, look after your children for a short period of time.

Completing the Form. Contact your local NSE or Head of Location for a form. Before you complete the form, you should ask your friend or friends if they will be happy to help you. The form shows that you are in agreement for your trusted friend to assist with childcare, transport or to have access to your quarter.

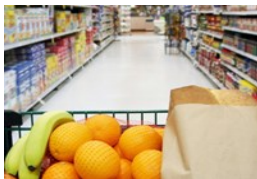
Keeping your Children Informed. This scheme does not mean the friend must help, but they will be asked, if other immediate support is unavailable. In the event of an emergency where you must call upon the scheme, it can be very unsettling for children. Therefore, where possible, please ensure that your children understand the scheme and, if there is a problem, explain to them the importance of the need if and when it occurs.

Keeping the Scheme Up to Date. Please keep your nominations up to date. People are posted and, regrettably, friends do fall-out. Your NSE can supply more forms if you require them.

[Healthy Living - British Nutrition Foundation](#)

Top tips for healthy, hassle-free meals while staying at home

With the majority of adults and children now staying at home due to the Covid-19 restrictions, we're having all of our meals and snacks in the house instead of at work, school or out and about. Many of us might be feeling like we're running out of ideas for what to prepare next, or may be worried about whether our favourite staples will be on the shelves next time we shop. To help take the stress out of meal planning in these unprecedented times, here are some easily digestible tips and inspiration for making healthy meals.



Shop for variety - Having a variety and balance of foods is the foundation of a healthy diet. If you're out shopping, look for a selection of foods across the main food groups: fruit and vegetables; starchy foods, like pasta and grains; protein foods, including beans and lentils; and dairy or plant-based alternatives. There may be items available that you don't usually buy and now is a great time to give them a try.

Use up forgotten ingredients - Don't forget what you may already have at the back of your kitchen cupboard! You could even try doing an inventory of what you've got so you can look for recipes and plan a meal. If you've got a few packets with just a little bit left of foods, like pasta or rice, think creatively to use them up - for example, using the last bit of rice to bulk out a homemade soup.



Substitute pasta, rice and grains - We all know that pasta and rice are popular staples and, as such, have at times been selling out far quicker than other products in the shops. Try using what is available, for example bulgur wheat, quinoa, barley, couscous and noodles. Prepared packs of grains may also be easier to find on the shelves and, although usually more expensive than their dried counterparts, can provide a quick and convenient meal option.



Looking up new recipes is a great way to be inspired in the kitchen, good examples of this include combining couscous with a Bolognese sauce, or having quinoa or bulgur wheat with stir fried vegetables.

Canned fish and vegetables can be just as nutritious as fresh - Canned goods come in all varieties and, although some (such as sweetcorn and tuna) may sell out quickly, it is definitely worth considering other canned foods. Sardines, mackerel and salmon all count as oily fish and are rich in protein, omega-3 and vitamin D. Serve on top of salads or toast, or if you prefer something more subtle, they can be added to sauces or made into dips.



Add canned vegetables straight into curries and stews to bulk out your meals. Canned pulses like kidney beans or chickpeas are also a quick, nutritious addition to things like pasta sauces or salads.

Go nuts - Nuts have a good source of micronutrients such as magnesium, potassium, iron, zinc, vitamin E and B vitamins, and they are also high in fibre too. Add them to Asian inspired noodle dishes or curries, or just have them with fruit or wholemeal bread as a tasty snack.



Healthy hydration

- * [Healthy hydration guide for adults and teenagers](#)
- * [Healthy hydration for poor appetites](#)
- * [Hydration for children aged 1-4](#)
- * [Hydration for children aged 5-11](#)

Water is essential for life and it is very important to get the right amount of fluid to be healthy. However, there are lots of mixed messages about how much, and what to drink and this can be confusing.

Follow the links to see what is recommended for you and your family;

For those who live in SA or on their own...

LIFESTYLES

SELF ISOLATION IN SINGLE ACCOMMODATION

If you have recently returned to your EJSU Unit and have been in contact with a confirmed case of COVID-19 or are showing signs of the infection, It is extremely important that you follow the guidance provided, If you are unsure what to do, contact your Local Unit Medical Centre, Head of Location or NSE for advice.

Please check all the following details with your NSE, HoL and RQMS.

WHEN and IF you are placed in isolation—you should have your food and water brought to your door for all three meals, or the military kitchen should provide fresh rations that will be delivered as required.

DO NOT LEAVE YOUR ACCOMMODATION UNLESS THERE IS A FIRE.

SELF-HELP

Whilst isolated it is essential that individuals utilise a self-help approach with regards to laundry and waste management. We understand that isolation is difficult and can leave individuals feeling a little helpless, however, it is a critical control measure in managing the COVID-19 pandemic.

Water— individuals in isolation are not to use communal water fountains situated in the accommodation, the individuals should liaise with the CoC when they are running low in good time. If the CoC cannot get water to isolated persons in good time, tap water is to be used instead.



Food Waste – where possible, food containers should be rinsed and minor amounts of food being flushed. Extreme caution must be exercised on the size and amount of food remains that are flushed so that it does not cause a blockage in the waste system. This action prevents food in bins going moldy and rotten, which in turn produces unpleasant odours and potentially attracts pests.



[Healthy-soldier-cookbook.pdf](#)



The healthy Soldier Cookbook offers a variety of recipes. The saying 'you are what you eat' is now a common phrase. The Aim of this book is to provide you with simple recipe ideas for breakfast, lunch and dinner, that are easy to prepare and that do not require a host of kitchen appliances.

General Waste – waste should be placed in bags that are sealed, double bagged and sealed again as stated in the isolation guidance distributed, where possible waste should be stored in a cupboard. If waste gets to a stage in which the individual can no longer deal with the waste the CoC should be contacted. The bag should be placed outside the room so that it clearly marked as potentially contaminated waste.



Laundry – where possible laundry should be washed in the sink of the isolated room and dried accordingly. This is to reduce the stress on the QM dept and CoC with regards to items that require a quick wash. If you require laundry, items that are required to be washed must be placed in a bag, sealed, double bagged and sealed again. This is to be labelled with time and date on when this was last handled by yourself and placed in the corridor. This bag will remain there for 72 hrs so that any viral particles can degrade.

FAMILY LIFESTYLES

John Roberts IWFM
Head of FM

For those who live in SFA...

DIO ESG Facilities Management Team Return from Lockdown Restrictions

DIO ESG have been working over the last week to sort out procedures that will allow their Industrial Locally Employed Works team, Industry Partners and Independent Contractors to get back to work and move the DIO ESG FM teams from dealing with Emergency and Urgent repairs, to include the Routine repairs.

Our staff have been under European restrictions in each country that we deliver to and are very keen to return to work. We have had to make sure the right Risk Assessments have been agreed and signed off before we could safely allow them to return to work.

Please can we remind all occupants that certain Statutory Appointments (Gas/Electrical Safety) must take place to keep your house safe compliant and fit for occupancy. We have little appointment scope with our contractors to change these types of appointments so please be aware.



Our staff are all aware of the COVID provisions required to carry out every task they fulfil and will carry the correct equipment. This will provide you with the assurance that, you will not be put at risk in your home.

We take this opportunity to remind all occupants if you have any shielding or isolation in your home please let the teams know in advance. Therefore, it is paramount that you continue to inform your Head of Location, NSE staff or duty clerk if you or a member of your family are isolating.

Our priorities remain Emergency and Urgent repairs however, we will start on the backlog of Routine repairs from Monday 18th May 2020. We will attend to these appointments strictly as they were reported and ask for time to help to recover our present situation. With the essential Service Personnel movements on the horizon this will put a further strain on our employees, so we would appreciate your understanding.

Due to the back log of routine appointments, for the summer ahead DIO will not be able to cut front gardens for our occupants, communal areas however will still be maintained, this restriction will be reviewed throughout the return from full lockdown to see if DIO have the capacity to resume that service.

Guidance

Service family accommodation

A guide for service families about applying for, maintaining, moving in and out of and living in UK service family accommodation (SFA).

<https://www.gov.uk/guidance/defence-infrastructure-organisation-service-family-accommodation>

All DIO ESG Office based staff will for the near future continue to work from home and will be available through the normal reporting channels. The office-based staff have all commented on the response we have had across Europe and the Team spirit of getting on in hard times has shone through, as Hd FM DIO ESG FM I would like to thank everyone very much for the last few months and I hope all Families Overseas continue to Stay Safe.



EDUCATION & SUPPORT

Our University Students do matter



www.themix.org.uk

I'm a university student during lockdown – what next?

With the coronavirus pandemic continuing to affect almost every aspect of normal life across the world, 2020 has come to somewhat of a standstill. If you're a university student, just like everyone else, it's only natural to think about how it impacts you.

With so much uncertainty surrounding people's current studies (not to mention when and how students could return to university), we've put together a little guide to try and give you some reassurance.

Read The Mix's article on [how to cope with corona anxiety](#)

I don't have access to all my learning material – How do I stay focused at home?

If you're not someone who usually stays at home to study, regulating your own time and utilising online lectures and seminars to their full potential can be a challenge.

Why not access the site and look at the following basic tips that might give you a few ideas on how to be more productive.

- ♦ Create a study schedule
- ♦ Have a dedicated workspace
- ♦ Engage your learning
- ♦ Go on regular breaks
- ♦ Stay in touch with your tutor and classmates



Why not look at the magazine for great information

www.flipsnack.com/emotional-fitness-magazine

Look for the some of the best well-being and meditation apps

www.harpersbazaar.com-meditation-apps

Do you have a university student in your family? Are they getting the support they need? The Wellbeing department at the University of Lincoln have kindly offered to share some of their resources for our families.



www.truestudent.com



Student Services

"Emerging from Isolation- Coronavirus won't last forever, so how can you prepare?":

How will you adjust and recalibrate? There are no fixed answers, but here are a few suggestions;

- **Be aware** of this as a potential issue- that taking up your old life might need an **adjustment** period.
- Plunging back into normal routine might **not** be the best thing- and a slow gentle approach might be better.
- **Ease yourself** into work and studies slowly- plan to do much less than you might have considered normal in a working week, till you feel settled back in. Plan fewer meetings, or study sessions at first.
- **If crowded places make you nervous**- dip in and out at first, till you feel able to stay longer.
- **Let people know** that you might be having a staggered return to activities- and tell friends you might not want to go out every night just because you can.
- **Talk to others** about how you might greet each other- if you're not ready to hug people, be smiley and let them know, and plan a head. Write it in your messages or emails, share your thoughts. Break the tension with light hearted comments, or honesty about your ambivalence "I'd love to shake hands but I'm still adjusting to human contact! But it's great to meet you." Everyone will have been in the same situation, so they will understand even if they have a different approach.
- Most importantly- **Be kind to yourself**. It is normal in times of transition to feel a bit anxious and stressed. You will almost certainly feel anxious the first time you travel beyond your current boundaries, get on public transport, see your friends again in a group, or find yourself in a crowded place. Acknowledge it, recognise it for what it is (it is to be expected) and give yourself time to readjust.

Pod casts

Follow the links below to find short and easy to follow Student Wellbeing Podcasts.

studentservices.lincoln.ac.uk-podcasts



Anxiety podcast



Exam podcast



Difficult emotions podcast



Getting organised podcast



A podcast created by students, for students. Join Becki and Ben every month as they discuss different concerns about moving to university and settling in. From homesickness to handling stress they chat about their experiences and offer advice and tips on how to adjust to living at university.

Recent Episodes

▶ Mindfulness Based Strength Practice

▶ Mastering Time Management

▶ Social Distancing, Self-Isolation and Studying

▶ Dealing with Deadlines

▶ The Social Side of University

▶ Handling Homesickness

EDUCATION & LEARNING FOR THE FAMILY

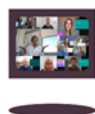


Children matter

Oak National Academy
Supporting every teacher to support every pupil

Classroom

For Teachers



CLICK

information for
parents and
pupils.

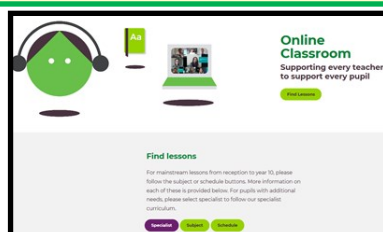
Oak National Academy are an online classroom and resource hub created by teachers. It is there to support teachers and parents to help support their pupils and children. They provide a high-quality plan of video lessons and learning resources which cover a range of subjects including maths, English, art and languages.

Parents can access all our resources to support home learning, as guided by their child's school. Every lesson will be free to use for every teacher and every pupil.

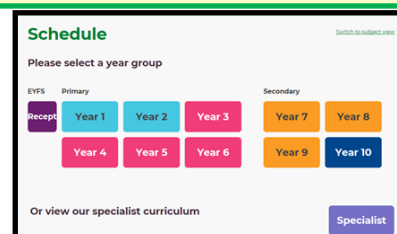
To access the resources available to you click on the link



STEP 1 -To access the information, on the opening page click on the 'Classroom' button



STEP 2 -click schedule to view the Year groups.



STEP 3 -choose the year group you are interested in. Click and receive lessons for that year group for that day.

Activity Clubs

Browse all activities or see what's on this week!

All Clubs

This Week



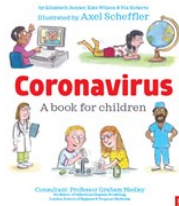
Activity Clubs

Oak Activity Club also has a range of activities on offer run by our brilliant partners, with activities like cook-a-longs, arts and debating clubs.



Coronavirus-ABookForChildren

For those families with little children. There is a free online information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler. Why not have a look



Please find below some other resources available to help with your home schooling



www.bbc.co.uk -Bitesize



www.whiterosemaths.com



<https://www.twinkl.com/>



www.themathsfactor.com



<https://www.brain-games.co.uk/Word+Games>

LEARNING & DEVELOPMENT



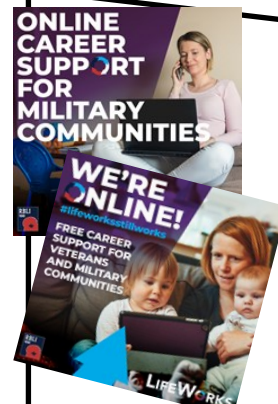
[About | LifeWorks Families](#)

Careers matter

In a world where quarantine, lock down, pandemic and furlough are now common parlance it seems that many Military families may feel more isolated than ever! Here at LifeWorks Families we are determined to continue offering support to the military community and help with employability and finding work.

Whilst at this moment in time work is probably the last thing on people's minds, when we emerge out of lockdown into the "new normal", the impact that Covid-19 has had on employers will become apparent. So now more than ever, it is important to keep your employability skills honed.

We have an online learning platform people can use by registering [here](#) LifeWorks have been working hard to provide a service where they can support military families remotely and offer their programme in an accessible way. It is all fully funded and doesn't cost anything.



MOOC.org

Massive Open
Online Courses

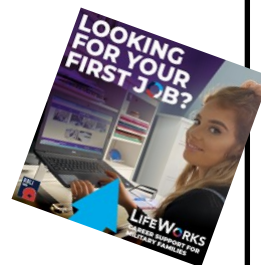
(MOOCs) are [free online courses](#) available to anyone. MOOCs provide an affordable and flexible way to learn new skills, advance your career and deliver quality educational experiences at scale.

Millions of people around the world use MOOCs to learn for a variety of reasons, including: career development, changing careers, college preparations, supplemental learning, lifelong learning, corporate eLearning & training, and more.

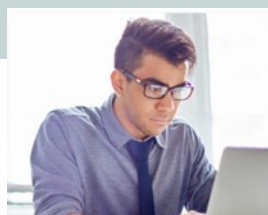
MOOCs have dramatically changed the way the world learns. Ready to get started?

LifeWorks offer 1-2-1 skype sessions with our employability Coaches who can provide all aspects of employability support which includes, but not exclusively;

- CV writing
- Application forms
- Cover Letter
- Job Searching
- Goal Setting/Coaching for Change
- Interviews
- Information on other support available within the Armed Forces community
- Improving self confidence



We are also keen to support any school leavers who are 18+ with their search and move into employment. Military Families can find out more, book a skype session or a place on the introductory group skype session by calling us on 0800 319 6844 or emailing us on lifeworks@rbli.co.uk



Communication Courses

- Languages Courses
- Grammar Courses
- Writing Courses
- ESL Courses
- Chinese Courses
- Spanish Courses



[Browse 2,900+ Online Courses from edX](#)

<https://www.futurelearn.com/>

<https://nearpod.com/>

<https://www.learndirect.com/>

<https://www.open.edu/openlearn/free-courses/full-catalogue>

<https://www.open.edu/openlearn/free-courses/full-catalogue>

Other links
you may find
of use

POSITIVE PARENTING

is important

unicef  for every child

Coronavirus (COVID-19) parenting tips

Expert tips to help you deal with COVID-19 parenting challenges.

The coronavirus disease (Covid-19) pandemic has upended family life around the world. School closures, working remote, physical distancing – it's a lot to navigate for anyone, but especially for parents. Unicef teamed up with the Parenting for Lifelong Health initiative to bring parents and caregivers a set of handy tips to help manage this new (temporary) normal.

Explore the parenting tips [covid-19-parenting-tips](#)

1. Talking about COVID-19

2. One-on-one time

3. Keeping it positive

4. Get structured

5. Learning through play

6. Keeping children safe online

7. Family harmony at home

8. Keep calm and manage stress

9. Bad behaviour

10. When we get angry

11. Family budgeting in times of financial stress

12. Parenting in crowded homes and communities

One-on-one time during COVID-19

This is a chance to make better relationships with your children and teenagers. One-to-one time is free and fun. It makes children feel secure, and

PDF Download [these tips](#)



Set aside time to spend with each child—It can be for just 20 mins, or longer—it's up to us. It can be at the same time each day so children or teenagers can look forward to it.

Ask you child what they would like to do—Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this.

Ideas with your baby/toddler

- ◆ Copy their facial expressions and sounds.
- ◆ Sing songs, make music with pots and spoons.
- ◆ Stack cups or blocks.
- ◆ Tell a story, read a book or share pictures

Ideas with your young child

- ◆ Read a book.
- ◆ Make drawings with crayons or pencils.
- ◆ Dance to music or sing songs.
- ◆ Do a chore together—make cleaning and cooking a game.

Ideas with your teenager

- ◆ Talk about something they like: sports, music, celebrities.
- ◆ Cook a favourite meal together.
- ◆ Exercise together to their favourite music.
- ◆ Play board games, cards etc.

LISTEN TO THEM, LOOK AT THEM, GIVE THEM YOUR FULL ATTENTION. **HAVE FUN!**

