

NEWSLETTER

Published by CLO's: Victoria Eaton & Hannah Lloyd-Jones on 29.04.2021



Dear Community,

After a few months of hiding inside with limited social engagement, it seems the nice weather and 10-person outdoor "meet-ups" are giving us something to look forward to this month.

The hairdressers are back open from 27/04. All you lovely community members currently sporting the lockdown hair do, don't panic... you can look brand new from this week onwards!

We start to see the garden centres become busy this time of year, where the enjoyment of growing your own vegetables and fruits are in full swing.

The Belgian climate and green living lifestyle encourage the floral and gardening events that are quite popular here in Brussels, including the blue bell forest and the Japanese gardens. Make sure to keep a look out.

Our objective for this month is to get out into the gardening hustle and bustle, to plant our vegetables/fruits and to breathe in as much plant-based oxygen we can. We are also going to take part in the EJSU sunflower growing competition (packs are available to pick up from Welcombeek, please email to sign up).

Wishing you a great May month,

Your CLO's

COFFEE MORNINGS

DON'T FORGET TO CATCH UP WITH YOUR COMMUNITY BY ATTENDING THE WELCOMBEEK VIRTUAL COFFEE MORNING EVERY WEDNESDAY VIA ZOOM.

YOU CAN FIND DETAILS BELOW:

5th, 12th, 19th, 26th

May.

1030 – 1130

Zoom meeting

code:

802 229 7327



TOPIC OF THE MONTH.

Mental Health Awareness Month-

May is the time to raise awareness of those living with mental or behavioural health issues and to help reduce the stigma so many people experience.

Mental Health Month raises awareness of trauma and the impact it can have on the physical, emotional and mental well-being of children, families and communities.

30 percent (around 730,00 men and women) of active duty and reserve military personnel have a mental health condition most commonly post-traumatic stress disorder (PTSD).

If you see an opportunity to push out awareness, please use it. If you are able, please donate.

Thank-you.

CONTENTS

Page 1 Welcombeek Virtual Activities/Events. Walking in Brussels.

Community led groups

Page 2 Target ideas

Page 3 Mental health. Medical Centre. Dental Centre.

Page 4 Coronavirus. Contacts list.

Page 5 Items for Hire.



WELCOMBEEK ACTIVITIES/EVENTS

Due to current circumstances we are going to have another month of virtual only events and activities. Although we love to see you all on our screens, we cannot wait till we can converse face to face and enjoy the adventures of Brussels together. However for now, this is still not an option so we must continue with virtual everything. **ALL VIA ZOOM. All log in details will be individualised to each event, these will be sent out via FB and email.**

THE STEP OFF 🚶

Monday 3rd of May we will be starting the step off challenge against SHAPE.

Every Monday please send in your weekly steps to;

EJSU-Brussels-CLO-Mailbox@mod.gov.uk

Please find poster attached to email.

We are so excited to launch a new community project; the idea is simple ... who can grow the tallest sunflower ... but we are competing with other EJSU locations across Europe!

FREE sunflower kits are available from Welcombeek just send us an email to arrange collection. You can't plant the seeds until the 1st of May to give everyone the same start date.

Every month send us a photo of your sunflower with its measurement and we will provide a monthly leader board showing which location is in the lead. The competition will end in August (exact date TBC) and BFBS Radio will announce the winner - the prize is ultimate bragging rights!

Let's grow some beautiful Brussels sunflowers 🌻

Please find poster attached to email.

COMMUNITY LED GROUPS

Plodders club-

Split into two groups: walkers and runners.

On: Fridays (weekly)

Meeting at: Tervuren Park archway

Starting at: 09:00

Cycling club-

On: Mondays (weekly)

Meeting at: different times depending on the season

Starting at: different locations

For the current information please contact Michelle.

Please contact Michelle on:

haymanfamily@btinternet.com if you would like to join.

WALKING IN BRUSSELS

The list is endless for the number of beautiful walks you can do in Belgium, the Sonian Forest is just one of many. Measuring a grand total of 4,421 ha, the Sonian forest is Belgium's largest area of woodland and the perfect place for some lovely walks.

For walking routes or, if you would prefer to go by bike, check out the website below.

<https://www.toerismevlaamsbrabant.be/en/hoofdthema/nature-and-recreation/>

Walks of interest:

- Kruidtuin, Leuven.
A small, cosy park walk through the bright floral gardens.
- Bluebells, Hallerbos.
A forrest full of bluebells and divine beauty, perfect to see this time of year.
- Neerpede, tussen stad en plattenland (between city and country).
A unique landscape, with sustainable farming and a peaceful rural walk.
- Cherry Blossoms, Neerijse Prins De Bethune.
A stunning walk through the cherry blossom trees.
- Floral walkway and gardens, Chateau de Grand-Bigard.
A peaceful park to walk and admire the beautiful floral and gardening arrangements.

A great page to follow on Facebook, perfect for families too, if you wish to explore Belgium's forest



walks:



World Wild Schooling - Belgium
(ex Forest Fun in Belgium) >

Private group · 10k Members

Japanese Gardens

"Originally a gift from the Japanese city of Itami, the Japanese Garden in Hasselt is the biggest authentic Japanese Garden in Europe with 2.5h. Apart from experiencing nature, we also offer events where you can be submerged in the Japanese culture."

Address: Gouverneur Verwilghensingel 15, 3500 Hasselt

<https://www.visithasselt.be/nl/japanse-tuin>



Alden Biesen Castle

Alden Biesen is a 16th-century castle in Belgium, located in the small village of Rijkhoven in the municipality of Bilzen in the province of Limburg. In addition to the moated castle, the complex contains a church and gardens.

Address: Kasteelstraat 6, 3740 Bilzen

<https://www.alden-biesen.be/>



Park Furfooz

The Furfooz park, in the province of Namur, invites you to discover its archaeological, geological and natural heritage. This family-friendly stroll offers lovely views on the Lesse River. The massif has been occupied from the Palaeolithic to the Middle Ages. You will notice traces of the different eras: reconstructed Roman bath, a fortified medieval plateau... and, as you go through the valley, caves where men used to live thousands of years ago.

Address: Rue du Camp Romain 79, 5500 Dinant

<https://www.parcdefurfooz.be/index.php/en/welcome/>



ADVENTURE PARC

In the heart of Walloon Brabant, go from tree to tree to conquer **Adventure Park's 24 courses and 240 games**. The courses in the trees are adaptable and suitable for everyone: young and old, less sporty types and athletes. There are different courses available depending on your age. Have no fear: ground instructors are there to help you overcome obstacles. Play areas are available for children **from 4 years old**. On summer days, you will be delighted by the coolness of the area in the shade of the big trees of the park.

Address: Rue Sainte Anne, 152, 1300 WAVRE

<https://www.aventureparc.be/en>.



TARGET IDEAS

Growing your own vegetables and fruits:

<https://www.growingagreenerworld.com/tips-for-growing-the-perfect-vegetable-garden/>

<https://www.almanac.com/vegetable-gardening-for-beginners>

<https://savvygardening.com/6-things-every-new-vegetable-gardener-needs-to-know/>

Top 8 Easy To Grow Vegetables For Beginners | SEED TO HARVEST :

<https://www.youtube.com/watch?v=ATl7vfCgwXE>

Vegetables You Can Grow In Small Pots | Small Space Gardening: <https://www.youtube.com/watch?v=1R6fP1cN6GA>

Easiest way to grow Top 8 Vegetables at Home/Garden | Small space gardening:

https://www.youtube.com/watch?v=nccV_8Pb9U

Getting creative:

Beginning to write:

Early Career Writers' Resource Packs https://nationalcentreforwriting.org.uk/free-resources/?gclid=CjwKCAjw7J6EBhBDEiwA5UUM2nZUa7198Ymg12M_qvjLFZXZY9_z-fzhKSKIgGipcVelU-1TVtbqcBoCyxsQAvD_BwE

How to Start Writing a Book: 7 Fast Steps to Start TODAY <https://self-publishingschool.com/start-writing-book/>

10 Tips for Writing a Novel <https://thinkwritten.com/novel-writing-tips/>

Upcycling old furniture:

Upcycling for beginners: 11 things to know <https://www.housebeautiful.com/uk/renovate/upcycle/a1911/upcycling-beginners/>

6 THINGS YOU NEED TO KNOW BEFORE UPCYCLING FURNITURE

<https://makeityours.co.uk/inspiration/6-things-you-need-to-know-before-upcycling-furniture/>

MUST SEE | 10 Thrifted and Trash To Treasure Furniture Makeovers Episode 4

<https://www.youtube.com/watch?v=H65SYvBMooY>

"BEFORE and AFTER" French Provincial Vanity Makeover! - Thrift Diving

<https://www.youtube.com/watch?v=uw1f18JWnEY>

Getting fit and eating healthy:

30 MIN FULL BODY WORKOUT | At-Home Pilates

<https://www.youtube.com/watch?v=K56Z12XNQ5c>

25 MIN FULL BODY PILATES WORKOUT FOR BEGINNERS (No Equipment)

https://www.youtube.com/watch?v=NyP_waVgL1w

Yoga For Complete Beginners - 20 Minute Home Yoga Workout!

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Day 1 - Ease Into It - 30 Days of Yoga

<https://www.youtube.com/watch?v=oBu-pQG6sTY>

BEGINNERS GUIDE TO HEALTHY EATING | 15 healthy eating tips

<https://www.youtube.com/watch?v=jwWpTAXu-Sg>

How to Create a Healthy Plate

https://www.youtube.com/watch?v=Gmh_xMMJ2Pw

EASY 10 Minute Dinner Recipes | Healthy Dinner Ideas

<https://www.youtube.com/watch?v=JzJsUW4xV7k>

best healthy soup recipes for better immunes | tasty and filling soup collection | soup recipes

https://www.youtube.com/watch?v=ck9qdj_d_4s

MENTAL HEALTH

The last year has been a tough one for us all. The past months have brought many challenges: for health-care workers, providing care in difficult circumstances, going to work fearful of bringing COVID-19 home with them; for students, adapting to taking classes from home, with little contact with teachers and friends, and anxious about their futures; for workers whose livelihoods are threatened and for people with mental health conditions, many experiencing even greater social isolation than before. And this is to say nothing of managing the grief of losing a loved one, sometimes without being able to say goodbye.

Prioritising mental health has never been more important than it is now. ❤️

Ten top tips on how you can look after your mental health.

1. Talk about your feelings - Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.
2. Keep active - Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy.
3. Eat well - Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.
4. Drink sensibly – We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary.
5. Keep in touch - There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead.
6. Ask for help - None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan.
7. Take a break - A change of scene or a change of pace is good for your mental health.
8. Do something you are good at - What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress.

MENTAL HEALTH CONTINUED...

9. Accept who you are - We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else.
10. Care for others - Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

Please find below websites to access if you or anyone you know is struggling with their mental health:

<https://www.mentalhealth.org.uk/a-to-z/a/armed-forces-and-mental-health>

<https://www.combatstress.org.uk/>

<https://www.britishlegion.org.uk/get-support/physical-and-mental-wellbeing>

<https://aff.org.uk/advice/health-and-add/mental-health/>

MEDICAL AND DENTAL CENTRE

The Medical Centre are still making telephone appointments the priority. If the doctor believes a face to face appointment is required, then this will be made by himself after your telephone appointment. The alternative is to use the "Attend anywhere" resource to have a video consultation with the Doctor.

Please do not 'pop in' to the Med Centre. All preventions are being taken to reduce the spread of the Coronavirus.

Thank-you 😊

Sterrebeek Clinic-

Every Tuesday -Physio Vicky Lack

Every Friday- Dr Ure



Please call the Shape Medical Centre to book a telephone appointment with your doctor.

0032 65 44 58 24

Dental Centre- Has now resumed treatment for urgent cases. Anyone who is due dental inspection, the Dentist will make contact with you. This may take some time so please be patient whilst they resume back to a normal routine.

What are the current measures?

Each topic link below, will take you to the appropriate information web page.



We have used the info-coronavirus.be website.

- [Journeys](#)
- [Work](#)
- [Shops and catering sector](#)
- [Social contact](#)
- [Sports and leisure](#)
- [Nurseries and schools](#)
- Please use this link to see [frequently asked questions](#).

Other website links you may find useful:

<https://www.thebulletin.be/coronavirus-belgium-information-covid-19-questions-answers>

<https://visit.brussels/en/article/coronavirus-info-state-of-play-brussels>

<https://www.brusselsairport.be/en/passengers/the-impact-of-the-coronavirus>

<https://diplomatie.belgium.be/en/services/protocol/covid-19>

Did you know?

The World Health Organisation website offers some great insight to all things COVID. See a link below to access their web page:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>



Try following these Facebook pages to source newly released information:



EMERGENCY NUMBERS

- Police 101
- FIRE 100
- Emergency **112**
- Med Centre 065 4458 24/5
- **Out of hours Medical Contact Number +44 (0) 208 481 7800**
- Dental Centre 065 4458 78
- US Medical/Dental Clinic 02 686 1515
- SHAPE UK EJSU duty officer 0477 354 381
- SHAPE Housing Clerk: 065 44 4620 or email: SHAPEUKSU-MaintClk@mod.uk
- Emergency housing (SHAPE out of hours) 0475 753 850

SHAPE medical centre opening hours:

Monday-Thursday 0800-1630

Friday 0800-1530

SHAPE Welfare Team contact numbers:

- [Chris Jones – Area Welfare Officer: 065 445234 / 0478 970280](#)
- [Padre Paul Mellor – 065 445346 / 0470 664582](#)

CLO'S

Victoria Eaton and Hannah Lloyd-Jones

00 32 2 688 20 09

EJSU-Brussels-CLO-Mailbox@mod.gov.uk

Local GPs:

Medical Practice Fura, Hoornzeelstraat 47, 3080

Tervuren

Reception: +32 (0)27 47 37 95 (By appointment only)

Dr Katrien Goeminne, Boeyendaalstraat 12, 3078

Everberg (Kortenbergh)

Reception: +32 (0)27 59 63 27

Monday - Friday 0800 - 2000 (By appointment only)

NATO Staff Centre, 20 Avenue Du Bourget, 1130

Brussels

Reception: +32 (0)27 07 80 22 (By appointment only)

(Prior authority MUST be gained from SHAPE or the Out of Hours service on 0049 521 305 3960, or fee will not be refunded)