



EJSU TORREJON COMMUNITY

NEWSLETTER



SUPPORTING BRITISH PERSONNEL, EJSU STAFF AND THEIR FAMILIES

EJSU Madrid, CAOC Torrejon, BFPO 56

EMAIL: HELEN.WARREN100@MOD.GOV.UK

CLO INTRODUCTION

Hola Madrid community,

I hope this finds you well and in good spirits?

With the Easter celebrations now over and nights are getting lighter and warmer, we can look towards getting ready for the summer months of al fresco dining, bathing in the sunshine and hopefully in the near future some beach visits!

BFPO mail is running much smoother and post is now making its way to us once more, see the update below from the UK NSE BFPO manager. We thank you for your patience while the issues have been ironed out.

Phase 1 of the Covid Vaccine roll out for the over 50's is almost complete and phase 2 will soon begin which offers all those over 18yrs the vaccine.

CLOs in all EJSU communities have begun a volunteer recruitment drive, so if you would like to help the CLO organise community events from a book club, quiz night, wine tasting event, to a day out, mums and tots group or park meet all while gaining useful training for your CV, then I would like to hear from you.

Take care and stay safe

Helen

USEFUL TELEPHONE NUMBERS

Head of Location (HOL) - Spike McKee	672883624 919 073 164
J1 JNCO - Mark Solomons	919 073 163
Community Liaison Officer (CLO) - Helen Warren	919 073 163
Host Nation Liaison Officer (HNLO) - Cristina Atienza	919 073 162
DIO Estates Manager - Lucia Lumbreras	919 073 162 681 045 359
EJSU Area Welfare Officer - Chris Jones (Available 24/7)	+32 478 970 280
Healix - Health line	+44 208 481 7800

If dialing from a UK number, remember to prefix with +34 unless otherwise stated.

CLO Working Hours are as follows

Tuesday & Thursday: 1000-1500.

Wednesday: 0930-1530



["CLO Community Information"](#)

EVENTS AND ACTIVITIES

Do you have the knowledge and/or experience applying for funding from British Forces charities?

The CLO would like your help to raise funds for our community so that we can run a fuller events and activities program.

Get in touch with the CLO to offer your support.



**DO YOU
HAVE SKILLS
TO SHARE
AND TIME TO
SPARE?**

The British Community is looking for volunteers to join the EJSU Registered Activities Group Torrejon.

BRING THE COMMUNITY TOGETHER FOR GUARANTEED FUN!

HELP ORGANISE GROUPS, OUTDOOR ACTIVITIES, CULTURAL EVENTS AND MORE.

LEARN TRANSFERABLE SKILLS

AQUIRE AN UPTODATE DBS

OBTAIN SAFEGUARDING QUALIFICATIONS

GAIN OFFSITE ACTIVITIES TRAINING

ATTEND VOLUNTEER WORKSHOPS AND MORE.

FOR MORE INFORMATION CONTACT:

HELEN WARREN

helen.warren100@mod.gov.uk

**ARMY WELFARE SERVICE
COMMUNITY SUPPORT**



CALLING ALL MOVERS, SHAKERS AND DANCERS!

Free online Zoom dance workshops for ages 5+

**TUESDAY 6TH & THURSDAY 9TH
APRIL
3:00 PM TO 4:00 PM**

EMAIL RC-AWS-BFG-0MAILBOX@MOD.GOV.UK TO SIGN UP NOW!

REGISTRATION CLOSSES 12PM 26TH MARCH

**ARMY WELFARE SERVICE
COMMUNITY SUPPORT**



Online Safety for Parents

Teach your children to protect themselves when online!

Join our CEOP Ambassador via Zoom to find out what children and young people are doing online and what can be done to protect them.

- Primary Ages: Wednesday 7th April 1900 -2000hrs
- Secondary Ages: Thursday 8th April 1900 - 2000hrs

Subjects covered:

- Social media safety
- Apps & what to look out for
- Safe Gaming
- Live Streaming
- How to start conversations
- Resources available

Email AWS to attend:
RC-AWS-BFG-0Mailbox@mod.gov.uk

**Army Welfare Service
Community Support**

DO YOU HAVE WHAT IT TAKES TO WIN THE EGGS FACTOR?

Calling all the Egg Sheerans, Albert Eggsteins and Eggy Pops!

Egg Decorating Competition

Categories: 0-4 years old, 5-8 y.o., 9-12 y.o., 12+

Closing date for entries - 9th April



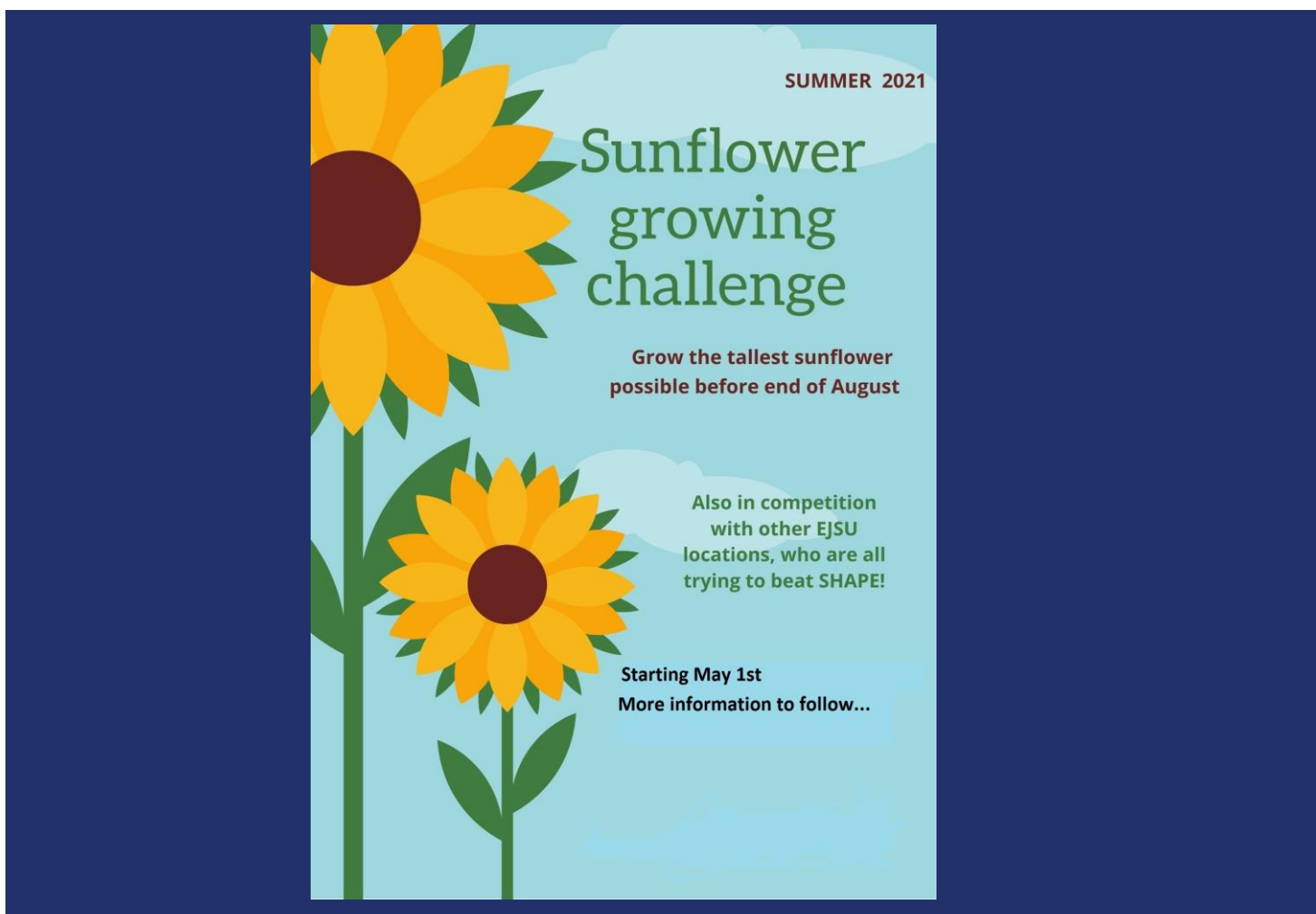
Email RC-AWS-BFG-0Mailbox@mod.gov.uk to participate

**Army Welfare Service
Community Support**

Bingo Night

Join our next Bingo Night
7pm - 9pm | Friday 9th April
Via Zoom
Fancy dress actively encouraged!

EMAIL RC-AWS-BFG-0MAILBOX@MOD.GOV.UK



BFPO UPDATE

The BFPO issues encountered due to the EU Transition seem to have been navigated (fingers crossed).

As a reminder, Family and friends of UK defence personnel and their dependants serving overseas, who post private mail items via UK Post Office Counters should note, that you should always be required to complete a customs declaration for private parcels destined for BFPO addresses overseas. Completion of customs declaration forms should be as accurate as possible and must include as a bare minimum, all contents, value and a valid signature. These details are important to ensure local customs authorities in the country of destination can assess your parcel contents and clear items for delivery as efficiently as possible.

BFPO understand that this decision is not ideal, but we need to ensure that existing and future regulations are met, and that compliant mail is not delayed or impounded as a result of a few non-compliant items.

BFPO have liaised with Amazon and Amazon are going to change their process, from April (approx.) on how they dispatch orders, a customs declaration will be attached and the mail will flow through BFPO and to the end destination via the contracted courier.

If you do encounter any problems with BFPO please contact the BFPO Manager Mark Solomons directly so he can liaise with the relevant authorities.

COVID UPDATE

GENERAL MEASURES

A curfew is in place between 2300 and 0600, Businesses cannot accept new customers after 2200 including food and drink establishments, however food delivery services can continue until 0000.

PRIVATE GATHERINGS AND EVENTS

Meetings inside homes with members other than your household are banned. Social gatherings in public establishments is limited to four people indoors and Six outdoors, face masks need to be worn continuously unless taking food or drink.

SAFETY MEASURES FOR PUBLIC TRANSPORTATION

The use of a face mask is compulsory on all means of public transport for everyone aged six years or over.

AREA RESTRICTIONS

As of midnight, from 01/03/2021 you can now travel to any unrestricted area with Madrid community. Some regional and local restrictions are still subject to a perimetral lockdown, meaning residents cannot leave or enter the area unless it is for essential reasons, such as for work, to access to school, care services or in the case of an emergency. To view restricted areas follow this link - <https://www.comunidad.madrid/gobierno/actualidad/datos-coronavirus>

For further information on covid and travel restrictions see the links below:

<https://www.comunidad.madrid/covid-19>

<https://english.elpais.com/news/society/>



SUPPORT/WELFARE

ARE YOU....

Feeling stuck?

Thinking of a complete career change?

Finding it hard to balance everything?

Trying to figure out how to make the best of your posting?

I support expat partners to find their own path abroad. So they can regain their confidence, redefine their purpose and restore the balance in their relationships.

To set up a free discovery call +34 686 608 446 or email hollyrobertscoaching@gmail.com
Follow me @hollyrobertscoaching  

Contacting the Joint Casualty and Compassionate Centre (JCCC)

All service personnel, and their families whether at home or overseas are recommended to store the JCCC contact number in their phones. This is also strongly suggested for UKBC's.

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 Centre (JCCC) +44 (0) 1452 519951 in the first instance.

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

Further details can be found [here](#) on EJSU NET.

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/serveing-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 Centre (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

WELLBEING LINKS

Women's Health - <https://www.nhs.uk/common-health-questions/womens-health/>

Men's Health - <https://www.nhs.uk/common-health-questions/mens-health/>

Better Sleep - [NHS Every Mind Matters - Better Sleep](#)

NHS Apps for Health and Wellbeing - <https://www.my-therappy.co.uk/>

For further health and wellbeing info go to [EJSU.Net/Welfare](#)

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. <https://giveusashout.org/about-us/about-shout/>

