



EJSU TORREJON COMMUNITY

NEWSLETTER



SUPPORTING BRITISH PERSONNEL, EJSU STAFF AND THEIR FAMILIES

EJSU Madrid, CAOC Torrejon, BFPO 56

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CLO INTRODUCTION

Hola!

I hope this finds you well.

Everyone will have had their first dose of Astra Zeneca; hope you weren't too rough afterwards. I don't know about you, but I'm feeling more positive about the coming months knowing the world is slowly building resistance to this pesky virus!

This month's newsletter brings you information about language course funding, healthcare information and how to claim correctly, places to get English books and more. So, grab a brew and take 10 mins out to have a read.

As always If you have any ideas for arranging a get together and need some help getting it off the ground or you have visited a place that would be perfect for a meet up/event and would like to share with the community please drop me an email.

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"](#)

LANGUAGE TRAINING

EJSU has a small pot of funding for basic language lessons for the host nation language. This money is for introductory lessons only and should not be for “conversational” language or used more than once by a family member. The fund is for up to €100 per person as a one-off payment and is paid through J8. Students need to provide:

Full name, rank and Service Number (for dependents use the SN of their spouse)

EJSU Location and language to be studied

Cost of course

Date course is due to start and finish

Once the course is completed, you will need proof of payment, course attendance/completion certificate and the details of a local Euros bank account:

Name of account holder

Name of bank

BIC

IBAN

Once you have all the above, this will be forwarded to J8 who will make payment.

If you need any more information, contact one of the NSE team (see above) who can help.



EVENTS AND ACTIVITES

The EJSU Sunflower Challenge is underway!

Here are some picture of the planted seeds so far, dont forget to share your progress pics to the Sunflower Challenge facebook group.

Every month send us your measurements to add to the leaderboard.

Happy Growing!



Are you a book worm and wonder where you can get English books? Here is a list of places in Madrid that sell books in English...



- Kathleen Usborne Books - 0034684019613 is an Usborne book representative, English speaking and lives close to Madrid and can send books via post, choose books via Usborne website and order through her.
- Bookdepository.com - An online bookstore delivers worldwide
- Facebook group English books Madrid - Where people sell second hand English books
- El corte Ingles - have an English book section.
- Amazon es have some English books

There are a few Libraries in the area that also do a small selection of English books -

- Mediateca Anabel Segura (AS)
- Mediateca Centro de Atre Alcobendas (CA)
- (this one probably has the largest selection)
- Mediateca Miguel Delibes (MD)
- Mediateca Pablo Inglesias (PI)

You can find them by searching on google maps.

Coffee Morning
Weds 5th May 1000 - 1200
@ Tosa cafe El Encinar CC
Pop along at anytime for a cuppa and a chat.



HEALTHCARE INFORMATION

Email: uppp@hmhospitales.com

Primary Healthcare (PHC)

Patient registers upon arrival (new arrivals only) with his outer office and they are logged on his system.

Patient reports to Dr Mihic for PHC.

Secondary Healthcare (SHC)

If Dr Mihic refers a patient for SHC he provides them with a copy of his report for the referral. He informs them that they should engage with both Healix and the International Dept at the Hospital. The first for approval, the latter to make the appointment. If Healix require any further information, then the patient should contact Dr Mihic's secretary Elena Garcia-Moreno Cejudo...

Phone: +34 917 56 78 95

Emergency

Emergency treatment remains unchanged - go immediately to A&E and report to Healix at nearest opportunity.

Please follow the link below to complete a 5min survey so that we can monitor and improve the quality of the communication and healthcare for you and your family.

<https://www.ejsu.net/2021/04/21/dphc-overseas-fhe-patient-questionnaire/>

For further information please refer to the Patient Information Leaflet for Spain located on [EJSU Net](#)

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

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://giveushout.org/about-us/about-shout/>

