



# The Poggio Post

UK Community Newsletter – June 2021  
EJSU - Supporting service personnel and their families

**NIGHT & BLUES 2021**  
18-25 luglio  
Chiostrò di S. Maria della Consolazione • Via Mortara, 98 • Ferrara

**18.07** ORCHESTRA A PLETTRO GINO NERI  
**20.07** AFTER THE GOLD RUSH  
dalla west coast americana all'Inghilterra degli anni '70/80  
**22.07** L'IMPRESA ECCEZIONALE  
Tribute band Lucio Dalla  
**24.07** THE UNFORGETTABLE FIRE  
Tribute band U2  
**APERTURA CUCINE ORE 20.00**

**19.07** DANTE IN MUSICA  
Roberta Righi & Fulvio Bertolino  
**21.07** LE SCAT NOIR  
Jazz Vocal Trio  
**23.07** THE MENLOVE  
Tribute band The Beatles  
**25.07** QUEENVISION  
Tribute band Queen  
**INIZIO CONCERTI ORE 21.30**

Per informazioni e prenotazioni  
www.rionesantospirito.it | nightandblues2021 | 328 3894406

## Upcoming Events in and around Ferrara

### Nights and Blues Music Festival

The high-level music festival returns to Ferrara with a schedule of both new groups and returning ones.

This event takes place between 18<sup>th</sup> – 28<sup>th</sup> July and is held at Chiostrò di Santa Maria della Consolazione, Via Mortara 98, Ferrara.

Tickets start at €3 and can be purchased via the following link;

<https://www.rionesantospirito.it/portfolio-articoli/night-blues-2019/>

### Ferrara Sotto le Stelle – Green 2021

A renowned summer festival in Italy with talented young artists. At Parco Massari from June 30<sup>th</sup> – July 4<sup>th</sup>

Full line up and tickets available via the following link;

<https://www.ferrarasottolestelle.it/>

FERRARA SOTTO LE STELLE GREEN  
UNA SETTIMANA DI MUSICA  
30 GIUGNO — 4 LUGLIO 2021  
FERRARA PARCO MASSARI



## Norma's Burger Bar

Ferrara's first smash burger bar has officially opened. It comes highly recommended and is on Via Carlo Mayr 59/B.



## Lady Summer food festival returns.



The LadyHawk burger restaurant opens outdoors at the Hotel Villa Regina with a selection of Burgers, Beers and Cocktails. Reservation is recommended via the following number; +39 339 634 5242.



## Lido di Spina Finger Food Festival

A festival of Craft Beers, Food and live music at Comacchio in Piazzale Caravaggio. This will take place on Friday 30<sup>th</sup> at July from 1900-2400, Saturday 31<sup>st</sup> from 1900-2400 and Sunday 1<sup>st</sup> August from 1200-2300.

## Ferrara Markets



### The Farmer's market – Colours and Flavours of Ferrara

Every 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the month, this market presents seasonal local products, as well as fruit, wine, vegetables, garlic, jam, juices, cheese, sausages, flowers and plants. The Market is on from 0900-1900 and starts at either Piazza Municipale or Piazza Castello.

### Ferrara “Articles from the Old days” Antiques Market

The monthly Antiques Market returns to Ferrara on the 1<sup>st</sup> Saturday and Sunday of every month (except August) from 0900-1900 and starts at Corso Porta Reno and Piazza Castello.



As always, the weekly Friday morning market continues to take place in Ferrara. This includes the Friday farmers market which takes place in Piazza Travaglio from 0800-1300. Local farms present their best products: wine, fruit, vegetables, meat, cheese, jam, as well as flowers and plants. A good chance to purchase fresh delicious products!

---

## *FCUK*

---

The FCUK have been busy since the AGM planning some summer events for the Community. Please see below for some 'Save the Dates'!

### **Monthly Drinks**

We will be holding Monthly Community drinks on the first Thursday of every month starting Thu 1 July.

Prior to the Thu 1 July Community Drinks, the FCUK would like to invite all members of the Community to join us in an open meeting.

This will be an opportunity for the FCUK to talk to the community, provide an AGM update and gather opinions and ideas in order to provide a balanced event schedule over the year.

The meeting will start at 1600, and the location will be advertised on Email and WhatsApp next week.

### **BBQ**

On Fri 16 Jul, a Community BBQ will be held at Grill Park Ferrara, starting at 1600.

Tickets will cost €10 for adults and €5 for children over 5. A member of the Committee will collect money the week starting 12 July.

The ticket will cover a selection of BBQ food with some welcome drinks. We recommend bringing some additional money to cover the cost of your following drinks and the use of the pool (€5) if you desire.

**We will need you to RSVP to Sgt Whitcombe (Fergz) via WhatsApp (+44 7903636455) or email (lan.Whitcombe@daccc.nato.int) by 2 July.** Please include the following any dietary requirements in your RSVP.

### **Top Table**

We will be holding a Top Table for WO1 Godliman on 23 July; more details will follow closer to the time.

16  
JULY

16:00

FCUK COMMUNITY

# BBO

## AT GRILL PARK

PLEASE RSVP BY 2ND JULY TO SGT WHITCOMBE

€10 PER ADULT  
€5 PER CHILD  
OVER 5

- WELCOME DRINKS
- BBQ FOOD
- SNACKS
- OPTIONAL SWIMMING
- COSTS €5 EXTRA

GRILL PARK FERRARA

---

## *Training Opportunity Reminder*

---

The following training opportunity has become available to all Personnel who meet the below criteria.

OPSMART (Optimising Performance through Stress Management And Resilience Training) have offered EJSU 9 places on their Conversations and Listening Life Skills (CALLS 4C) Course on the 27 & 29 July 2021. Each day is approximately 5 hours long, and is delivered via ZOOM.

This course is aimed at those in the COC involved in the day to day management of personnel such as Sub Unit OC's, Sub Unit 2ic's , CSM /SSMs, SNCO's and Welfare staff.  
It gives individuals the more advanced skills needed to engage with someone in emotional distress.

Topics covered:

Identifying and gauging emotional distress and health

How the brain processes/ deals with distress and emotions

How to support an individual in extreme emotional distress

How to use different communication styles to facilitate a conversation and provide the right support.

Advanced Active listening Skills

How to engage with, support and sign post

How to manage a conversation

Information to ensure that the listener has a positive affect

The course is assessed and for those who successfully meet the ASTRAT a JPA Competency is awarded.

Please express your interest to the Head of Location as soon as possible in order to apply for a place on this course if interested. If you have any questions, please let me know.

---

---

## *Covid-19*

---

Emilia-Romagna is currently in the White Zone. This means that the following restrictions are in place;

- Outdoor sports is allowed
- All shops have reopened including shopping centres on a weekend
- Bars and Restaurants have reopened, you can dine inside on tables of 6 and outside on larger tables
- There is no longer a curfew
- It is possible to visit friends and family at a home with no restrictions in terms of numbers and hours (structured parties are still not allowed and you must have sufficient space to socially distance)
- It is possible to travel between yellow regions
- Outdoor swimming pools have reopened
- SPA's will reopen
- It is still mandatory to wear a mask

Up to date information relating to Covid-19 and restrictions can be found via the following links;

<https://www.gov.uk/foreign-travel-advice/italy>

<https://www.gov.uk/uk-border-control>

<https://www.esteri.it/mae/it/>

<https://www.thelocal.it/>

In addition to this there is a News section on the Poggio Renatico EJSU.Net page which contains regular updates and can be accessed via the following link;

<https://www.ejsu.net/poggio/>

If you have any questions or queries, please contact the NSE team. We will continue to provide regular updates once they become available.



# COMMUNITY VOLUNTEERS

**The British community is looking for volunteers to join the EJSU Registered Activities Group, Poggio. You will get the opportunity to learn transferable skills, obtain safeguarding training, acquire an up to date DBS check and most importantly bring the community together for Guaranteed Fun! Contact the CLO to express interest or learn more!**