



The Poggio Post

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

Upcoming Events in Ferrara



Sunday 6th June 2021 – StraFerrara

StraFerrara is a run / walk suitable for everyone: runners, walkers, families, all ages are welcome to join.

From 9:00 am, starting at 10:00 am from Piazza Castello, two routes await you to experience Ferrara in full sporting spirit, running or walking among the most evocative views of the city!

The 7km route is suitable for everyone including families with strollers and the 12km route is suitable for those who are used to this type of exercise. More details and tickets can be purchased vis the following link; <https://www.eventbrite.com/e/straferrara-tickets-91552460875>

Ferrara Summer Festival 2021

Humanism is the theme of the Ferrara Summer Festival 2021 which will see feelings, emotions and values on stage with the notes of the heritage songs of Italian musical culture.



This event will take place on evenings between 02/07-26/07. Full details and tickets can be found via the following link; <https://www.ferrarasummerfestival.it/>

Ferrara “Articles from the Old days” Antiques Market

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



Ferrara Street Market of Organic Products

The monthly market returns on every 2nd Saturday and Sunday of the month (except July and August) from 0900-1900 and offers a range of natural and ecological products. This Market takes place at Piazza Savonarola.

Ferrara Artistic Crafts Street Market

The monthly Ferrara Craft Market has returned and takes place on the 3rd Saturday and Sunday of each month (except in July and August). It is open from 0900-1900 and starts at Piazza Trento Trieste.

Dates for the Diary



Ferrara Buskers Festival – this famous event is not to be missed. More details to follow as they are released. This event will take place between 25-29th August.

Ferrara British Beer Festival

The Ferrara British Beer festival will return this year between 2-5th September. Details on how to book this event will be released on 26th July. More info to follow.

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BRITISH BEER FESTIVAL

FERRARA

SETTEMBRE



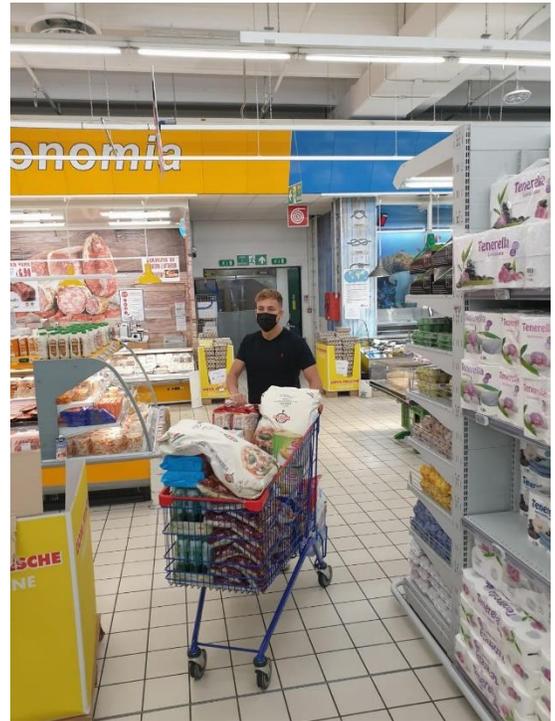
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Oltre 40 birrifici anglosassoni, produzioni italiane e dal resto del mondo curate dal beershop, ospiti nazionali e internazionali, bottaia, laboratori, degustazioni, concerti, djset, food. La 7^o edizione inoltre ospiterà la tappa del concorso per homebrewers organizzata da MOBI.

Caritas Food Bank

The FCUK committee organized several charity sporting events hoping to raise money for the local community. Liaising with the CLO (Dani) it was decided that the Ferrara food bank would be a great way to give something back to those less fortunate in the community. Next, Phase 1, how to raise the money?! The first competition planned by Sgt 'Baz' Barry with great assistance from his debt collector SAC 'Bing' Crosby was the Rugby 6 Nations. A great effort, particularly from Bing painstakingly collecting entry fees, resulted in €150 euros being raised.

Phase 2 of the plan was to use the money raised to purchase food goods to donate to the Ferrara food bank. Baz found a willing volunteer, this time in the form of young SAC Harry Davies who loves nothing more than to shop.



With a pocket full of 2-euro coins, off they set to Iper-Tosano on a hunt for multi-buy bargains. Upon arrival, paper scissors, rock, paper, scissors, rank meant Harry was left pushing the trolley. Much to the relief of Baz who was more accustomed to being trolley pusher whilst shopping with Mrs Barry.

This new partnership worked excellently, with Harry always in close proximity (applying to covid regulations) the trolley was soon overflowing. Spending every last penny, the check-out girl must have been convinced the boys were starting their own corner shop. There were so many items Baz's mighty Fiat 500 couldn't cope so Dani was called in to save the day. Both cars loaded to capacity the convoy set off to the Ferrara food bank to deliver the goods. The food donations were deeply appreciated and it was a great morning helping the local community.

A huge thank you to you all for your continued support of the Charity events. If there are any charities close to you or your families, please let us know as we would love to support anything close to the community.

Training Opportunity

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.

EJSU Medical Assistance

BLUF

EJSU Central European Practice at SHAPE are keen to emphasise that anyone at Poggio Renatico should not be unduly worrying about their healthcare.

The Medical Team have agreed that all personnel (serving and dependants) who are concerned about any healthcare issues that cannot be resolved with the local doctor (or if they would like further advice), to get in touch either through email or telephone (contact details below) and they will arrange a telephone consultation with the British Doctor (currently Dr MacLeod) or give you their support and advice. Of particular interest to us, is that a full Medical Examination can be carried out at SHAPE or at any RAF Station should you prefer. Also, as we have limited access to our MOD Net accounts, the Deputy Practice Manager (Cpl Dickinson) is happy to send out reminder emails to your personal accounts. The EJSU Central European Office was created for remote units like ours to have a POC and to alleviate any healthcare issues or concerns, so do not hesitate to use them.

Tel, 0032 (0)6544 4543

Email, SGDPHC-O-EJSU-CEP@mod.uk

Medical Update

We now have access to a new Blood Clinic. The details are as follows;

Lifebrain Analisi Cliniche Estense Lifebrain, Tel 0532 205877

<https://maps.app.goo.gl/cGUcjJyeZjQyegEQ6>

On arrival head to the First floor - no appointment required between 0730-1000. We have a cashless system in place with the use of the Primary Healthcare form (Copies available on EJSU.Net and in the NSE).

The Lab will issue some paperwork, it will look like the below picture, the important part is the box on the top of the page "REFERTI ONLINE CARD".

This is what you will have to do step by step:

REFERTI ONLINE CARD
Accedi al tuo referto online

Ritaglia la tua Referti Card, oppure scatta una foto e cancella nell'App Lifebrain per averla sempre con te!
Che aspetti? Inquadra il QR Code e scarica l'App!

	1	2	3	4	5
A	3123	3057	4606	2050	7442
B	1157	7551	8262	5316	8343
C	8420	4503	0351	6468	5727
D	2388	8882	4875	7353	4654

COME ACCEDERE AL TUO REFERTO ONLINE

- Vai sul sito <https://emiliaromagnarefertionline.lifebrain.it>
- Inserisci il **NUMERO** della tua REFERTI CARD posizionato subito sotto al codice a barre.
- Inserisci:
 - il **CODICE** di 4 CIFRE richiesto incrociando la lettera e il numero nella griglia numerica (battaglia navale) della tua REFERTI CARD.
 - la password, che al **primo accesso** coincide con il Codice Fiscale, in maiuscolo
- Al primo accesso è necessario **CAMBIARE LA PASSWORD** per ragioni di sicurezza.
Memorizza la nuova password che dovrai utilizzare in futuro per scaricare i tuoi referti.
- SCARICA IL TUO REFERTO** in formato PDF
Puoi anche visualizzare e scaricare tutti i tuoi referti presenti in archivio.
- Clicca su **DOWNLOAD**

HAI DIMENTICATO LA PASSWORD?
Se hai fornito la tua mail al laboratorio, clicca su "Password dimenticata?" nella schermata di accesso e inserisci il numero della REFERTI CARD e il tuo indirizzo email.
In caso di problemi, chiama il laboratorio, presso cui hai effettuato le analisi.

1) Connect to

<https://emiliaromagnarefertionline.lifebrain.it/portale/>

2) Type the number that is below the bars in the REFERTI ONLINE CARD box then ENTRA

3) Type the 4 numbers requested by crossing the letter and the number in the grid of your REFERTI ONLINE CARD (like a battleship). The password, for the first access only, will be your Codice Fiscale in capitals

4) Then you will be requested to change the password

5) Download the results in PDF if available

If you have any questions, please do not hesitate to contact the NSE team.

Covid-19

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

-Outdoor sports is allowed.

-All shops have reopened including shopping centres on a weekend.

-All schools have resumed in-person teaching.

-Bars and Restaurants are now able to serve lunch and dinner but only at outdoor tables. They must also close by 2300 in line with the national curfew. Indoor dining is due to restart on 01/06/21.

- The national curfew has been extended to 2300 - 0500. You can leave your house only for work, state of necessity and health reasons. Self-certification will be required during the curfew.

-It is possible to visit friends and family at a home with a maximum of 4 additional adults (not including children up to the age of 14).

-It is possible to travel between yellow regions.

-Outdoor swimming pools have started to reopen.

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!