



EJSU TORREJON COMMUNITY

NEWSLETTER



SUPPORTING BRITISH PERSONNEL, EJSU STAFF AND THEIR FAMILIES

EJSU Madrid, CAOC Torrejon, BFPO 56

EMAIL: EJSU-TORREJON-NSE-MAILBOX@MOD.GOV.UK

CLO INTRODUCTION

Hi Community,

I hope this issue finds you well and you had a fun filled Halloween weekend. I don't know about you, but I'm enjoying the vibrant colours of Autumn at the moment and there is defiantly a nip of winter in the air.

As the Festive period fast approaches, I wanted to include some facts about some of Spain's traditions during this time, as well as some up and coming events you could go along to.

Also, this issue we have some information on pet registration in Spain, news about the newly appointed EJSU Health visitor and more.

I would also like to welcome our new arrivals to Madrid, I hope your moves went as smooth as can be and you are settling into Spanish life. If you need any help or information, please get in touch with me or any of the NSE team and we will do our utmost to support you.

Finally, as my last day as CLO is the 18th November, I would like to take this opportunity to thank Spike, Toni, Mark, Cristina and Lucia (NSE & DIO team) for their guidance and support during my time as CLO and to Danielle (EJSU Volunteer) for helping run and advertise the monthly coffee mornings and community get togethers.

Take care

Helen

USEFUL TELEPHONE NUMBERS

Head of Location (HOL) - Toni Moya	672883624 919 073 164
JNCO NSE - 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 Lumberras	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 Madrid Community Information"](#)

SPANISH FESTIVE CELEBRATIONS

The Christmas season in Spain kicks off in late November, when festive lights and charming holiday markets spring up in cities and towns throughout the country. From there, it's a non-stop festive extravaganza that doesn't end until the Roscón de Reyes gets polished off.



Puerta Del Sol Christmas Tree - Madrid

From playing the lottery and gorging on festive Tapas and sweets to a visit from the Three Kings, a Santa Claus run through the city and December fool's day. Spain certainly has lots to offer through the festive period.

To find out more follow this link to [15 Spanish Christmas Traditions To Celebrate This Year](#).

If you would like to experience a Three Kings Parade all towns do one on the 5th January.

For some of the best Christmas lights and markets in Spain, visit Torrejon De Ardoz from the 19th Nov. [Click here](#) for more information.

Also don't forget, when the clock strikes midnight on New Year's Eve, it is tradition in Spain to eat one grape every second for the first 12 seconds proceeding the new year (12 in total).



WHATS ON

A group of people holding coffee cups, with a text overlay for a 'Coffee Morning' event.

Coffee Morning
First Wednesday of the month during term time
1000-1200 @ Tosso cafe El Encinar CC.
Come along to meet new people, catch up with your CLO
and have a general chat over a brew.

NEXT ONE WED 3rd NOV

An open book on a wooden surface, with a text overlay for a 'Book Club'.

BOOK CLUB IS HELD ONCE A MONTH
Contact Sophie Harrison for further information.



DO YOU KNOW ABOUT EJSU NET?

THE WEBSITE IS THERE TO SUPPORT SERVICE PERSONNEL, CIVILIANS AND THEIR FAMILIES SERVING WITH NATO, THE EU AND ELSEWHERE IN EUROPE AND TURKEY.

THERE YOU WILL FIND AN ABUNDANCE OF INFORMATION RELEVANT TO YOUR POSTING.

[CLICK THIS LINK](#)

GENERAL NOTICES

Changes to Pet Registration in Spain

According to Health Plan Spain, all Cats and Dogs in Spain are to have mandatory animal ID In 2022. Please follow [this Link](#) for more information.

Newly Appointed EJSU Health Visitor

Please see below the welcome letter from Kerry Riley EJSU's newly appointed Health Visitor.



SSAFA Health Visitor

UK Medical Centre – CEP.

Tel: 0032 6544 4643

UKStratCom-DMS-DPHC-EJSU-CEPGrp@mod.gov.uk

26 October 21

Central European community - Health Visitor Introduction

Dear All,

My name is Kerry Riley and I am the newly appointed Health Visitor for you and your family. I have 10 years of experience as a Specialist Community Public Health nurse (Health Visitor) and 21 years as a nurse. In this time, I have supported British military families overseas in Cyprus and Kenya and have also been in military service myself. I am excited to be here and am looking forward to meeting you.

Health visitors are specialist nurses who are experts in public health and child development. We are mandated by the government to deliver the [healthy child programme](#).

In partnership between SSAFA and your practice I will be offering support and guidance to you and your family virtually or if required face to face.

I can support with infant feeding, becoming a new parent, behaviour challenges, sleep, diet, nutrition, emotional health and wellbeing for your child and yourself, attachment and bonding, speech language and communication needs and parenting. Although this list is not exclusive so, please do book an appointment with me if you have any worries or questions. I will help if I can and if not, I will find the right person to help in partnership with SSAFA and your DPHC team.

Although my expertise is 0-5 years, I can offer support and guidance across the 0-19 age range so if you have worries regarding an older child, do get in touch too.

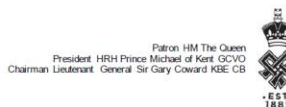
I will be running child health drop-in clinics virtually, I will communicate these to you all when they are arranged.

I hope to meet you all soon.

Kerry

SSAFA, the Armed Forces charity

Registered Charity England & Wales No. 210760 Est. 1885
Registered Charity Scotland No. SC038056
Registered Charity Republic of Ireland No. 20202001



From 8th Nov Kerry will be running child health group sessions virtually or if you require a one to one chat, she is available for appointments, Tuesdays 0900-1300 and Fridays 1300-1700.

COVID19 INFORMATION

GENERAL MEASURES

Hotels, restaurants, cinemas, theatres and casinos must close by 0100 and sports facilities and gyms to close by 0000. Nightclubs are now open until 0300. Masks no longer need to be worn outdoors, however are still compulsory indoors.

PRIVATE GATHERINGS AND EVENTS

Social gatherings in Hotels and restaurants is still 6 per table indoors and 8 per table outdoors, face masks still need to be worn continuously unless taking food or drink.

TRAVEL RESTRICTIONS

Travel from the **UK to Spain** if fully Vaccinated you will be required to show proof of full vaccination.

do not need to take the day 2 test. Go to www.gov.uk for more information as restrictions can change.

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

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

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

www.ejsu.net/covid-19/travel



You also need to complete a health control form for all the family inc children under 12, for more information see the link - www.spth.gob.es

If travelling from **Spain to the UK** and you are fully vaccinated you need to complete a passenger locator form within 48hrs of travel and book and take a day 2 test, this can now be an antigen test. Children under 4yrs

SUPPORT/WELFARE

HQ EJSU WELFARE TEAM & PADRE CONTACT DETAILS

Appointment Email address	Name	Office +32 65 44 ext	Mobile	Skype for Business (S4B)
Padre (RAF) Wg Cdr Paul.Mellor159@mod.gov.uk	Paul Mellor	8886	+32 (0) 470 66 45 82	+44 300 162 6778
Padre (Army) Maj Nia.Williams264@mod.gov.uk	Nia Williams	8889	+32 (0) 473 62 96 33	+44 300 162 7331
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