

British Community Newsletter

Friday 14th January 2022

Produced by The Community Hub Team

Email : EJSU-NSE-CommunityHubMailbox@mod.gov.uk

Wishing you all a very Happy New Year!

What's coming up

Fri 14	Sing 2 - 5pm; The 355 - 8pm - SHAPE cinema
Sat 15	Sing 2 - 5pm; The Matrix Resurrections - 8pm - SHAPE cinema
Sun 16	Church service with Nia Williams - West chapel - 9.30am
Mon 17	Bumps to Babies - Shape House - 1.30pm
Tue 18	Explorer Tots - Shape House - 1.30pm
Wed 19	
Thu 20	Early Years - Shape House - 10am
Fri 21	Sing 2 - 5pm; Scream 5 - 8pm - SHAPE cinema
Sat 22	Sing 2 - 5pm; Nightmare Alley - 8pm - SHAPE cinema
Sun 23	Church service with Gerson Flor - West chapel - 9.30am
Mon 24	Bumps to Babies - Shape House - 1.30pm
Tue 25	Adult Coffee - Shape House - 11.30am Explorer Tots - Shape House - 1.30pm
Wed 26	
Thu 27	Deadline for Newsletter additions: 10am Early Years - Shape House - 10am
Fri 28	Next Newsletter Due Out

Happy New Year!

We hope you had a great break and are feeling excited and refreshed for **2022**. It may be the time that you make **New Year's resolutions** - what have yours been this year? Perhaps it is to **laugh more or improve your wit**—check out our limerick competition ([pg 5](#)); perhaps this is the year you **learn a new language**—the language centre has lots of courses ([pg 6](#)); perhaps you want to **give something back to the community**—Girlguiding are looking for new volunteer leaders ([pg 7](#)); perhaps you are going to **read more** – check out the Great British Book Club ([pg 8](#)) or the Teen/Tween book clubs at the library ([pg 9](#)); perhaps you want to **update your CV** - check out details of a course run by BFBS academy ([pg 14](#)); perhaps you are going to **get fitter** this year—check out all the classes that are run through the gym and swimming pool (most are free to attend) ([pg 11](#)). Whether it is Zumba classes, weightlifting, martial arts ([pg 13](#)) or Momma fit ([pg 12](#)), there is most certainly something for everyone. And if all that sounds too much, how about just joining in with our **weekly steps competition** ([pg 4](#)) to be in with a chance to win some decathlon vouchers—60,000 steps in a week, that's all that's needed.

But 2022 is also the year of the **Queen's Platinum Jubilee** which is a great excuse for **street parties**, and **events** that showcase the **best of the UK**. We'd love to hear your ideas on ways we can collectively make this year really great. If you are interested in organising a gathering in your street around the 4th June, we can help you facilitate that. Let's get the sewing group ([pg 3](#)) back up and running and make lots of bunting. If you are part of a **Morris dancing** troop, or can play the **bagpipes**, maybe you could showcase your talents at BRITfete, or run some classes for others to learn something between now and then. If you can craft jewellery pieces, perhaps you could run a workshop in **tiara making** so we can all feel like royalty! We'd really love to have a whole host of activities running between 6th February and 5th June and all it takes is **ideas and enthusiasm** from the whole community—drop us an email with your thoughts or if you have some spare time to offer and let's make **2022** in SHAPE totally **Platinum**!

Can you help re-start the sewing group?



SHAPE HOUSE HAS THREE BRAND NEW SEWING MACHINES, AS WELL AS FABRIC AND ACCESSORIES. EVERYTHING NEEDED TO RUN A SEWING GROUP IS THERE, ALL WE NEED IS A NEW VOLUNTEER!

If you are interested in meeting new people and sharing skills, please email:

EJSU-NSE-CommunityHubMailbox@mod.gov.uk



**UK COMMUNITY
LET'S GET MOVING - LET'S GET FITTER**

STEPS CHALLENGE 2022

**Log a minimum 60,000 steps in a week to be in
with a chance of winning a €20 Decathlon
voucher**

**Starting on Monday 24th Jan for the
next 6 weeks**

**6 chances to win! Record at least 60,000 steps
and email a screen shot of your totals on a
Sunday evening/Monday before 11am to
EJSU-NSE-CommunityHubMailbox@mod.gov.uk
to be included in the weekly prize draw**

COMPETITION TIME



*With an excess of chocolate Santa,
We thought we'd enjoy some banter,
To win one, just submit
A 5 line limerick,
On the topic of 'New Year - My Mantra'*



Send your limerick to EJSU-NSE-CommunityHubMailbox@mod.gov.uk
for your chance to win a chocolate santa.
Winning limericks will be published in the next newsletter.

SHAPE HIVE

<http://shapehive.blogspot.com/>

Please see below a selection of news from SHAPE Hive. For further info click on the links, go to the HIVE blog;

<http://shapehive.blogspot.com/> or contact the HIVE directly.



SHAPE News

- [Get Moving – Fitness Classes at Chievres](#)
- [SHAPE Language Centre - Spring Session](#)
- [SHAPE parenting group – at SHAPE library, meets every first Thursday of the month](#)
- [Covid Confusion - Covid Question and Answers with the US NMR- Weds 19th January](#)

Local news / things on

- [Places to visit in Belgium this winter](#)
- [Looking for a challenge this year? Guide to Marathons, Halves and Trail runs](#)

Other

- [Royal Academy Sandhurst – Webinar 19th January, 7pm](#)
- [Civvy Street Magazine – Jan 2022 edition](#)
- [How to block a stolen or lost bank Belgium card](#)
- [Coronavirus in Belgium, the latest developments](#)

The HIVE is currently working from home and in the office every Wednesday 9.00- 2.00 – Building 309 (next to the BFPO post office)



Girlguiding is the UK's leading charity for girls and young women.
Join our team of 100,000 volunteers in the UK.

Volunteer with us

Inspire girls in your area
by just being you!

You could
volunteer with
Brownies
Age 7+

You could
volunteer with
Rainbows
Age 4+



Our events,
adventures
and meetings
empower girls to
be their best
and become
confident.

 facebook.com/girlguidinguk

 @Girlguiding

 @Girlguiding

 0800 169 5901

You could
volunteer with
Rangers
Age 14+

Your local Girlguiding contact is..

Rainbows: Girlguiding-Shape@outlook.com

Brownies: SHAPEbrowniesno1@outlook.com

Guides: Shapeguides@outlook.com

Guiding is totally
flexible. Every
commitment
counts, there is
no level of commitment
too small.
You have the power
to change the
lives of girls and
young women.
You don't need any
Guiding experience.

You could
volunteer with
Guides
Age 10+



You could
support Guiding
on a local level!

To find out more visit www.girlguiding.org.uk/interested

The Great British Book Club

Meets every 2nd Tuesday of the month at 8pm in Shape House. Newcomers are always very welcome.

The next books are:

8th February: Neither Here nor There by Bill Bryson

8th March: The Island by Victoria Hislop

19th April: 1984 by George Orwell

For more information email:

EJSU-NSE-CommunityHubMailbox@mod.gov.uk



WineClass is a 3-month program, one session per month, on wednesday.

It will start on January 26th.

The 2nd session on February 23rd.

And the last one on March 23rd.

Each session will begin at 7.45pm at Melchior Vins.



During WineClass, you will learn:

- Initiation to tasting: the technique
- Discovering aromas and bouquet of wine
- The taste, and the tastes of the wine



WineClass's goal is to give you the keys to enter the beautiful world of wine and tasting, in a friendly atmosphere.

During classes, many wines will be tasted, preceded by a theoretical part, which is necessary for a good tasting.



A 3-month program costs 120 € / person.

INFO & REGISTRATION

robin@melchior-vins.be

MELCHIOR VINS
Chaussée du Roeulx 47a
7000 MONS



There are some amazing activities on at the **Shape Library**, these lego building sessions, Stem projects and book clubs are all completely free!



Learn the Lego Education way!



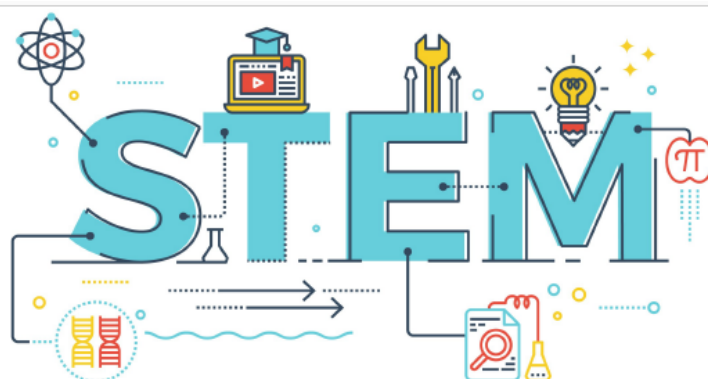
Join us for an afternoon of Lego building!

Dig into Lego STEM, WeDo and Simple Machine kits!

Please sign-up at the
SHAPE International Library

For ages 6+

Children in 5th grade and below
must be
accompanied by an adult



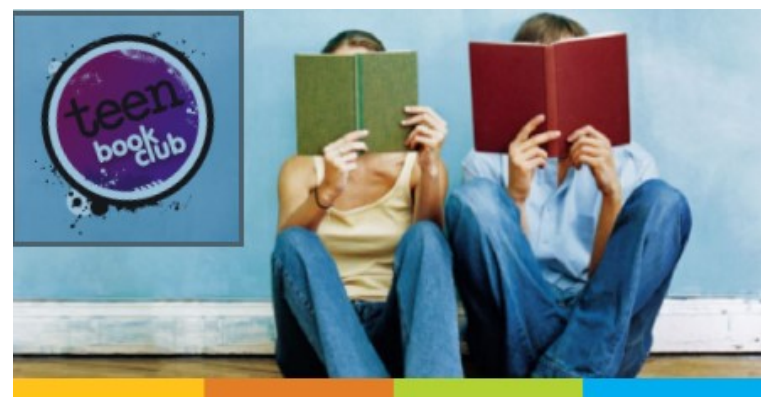
Science • Technology • Engineering • Math

Join us for monthly STEM
programs this fall!

We will explore the world of STEM with
fun and exciting experiments & projects

Jan. 19 • Feb. 16 • Mar. 23
1530-1630 or 1700-1800

Please sign-up at the SHAPE International Library
For ages 6+
Children in 5th grade or below must be accompanied by a parent



Teen Book Club
The R.A.D. Shelf-respecting
Bibliophiles

Meets every other Friday
at 5:30pm

Stop by the library to find out the
current selection and specific dates

* Copies are available at the front desk



Tween Book Club

Meets every other Friday
at 4:00pm

Stop by the library to find out the
current selection and specific dates

* Copies are available at the front desk

Winter Driving Tips



INCREASE FOLLOWING DISTANCE

to 8-10 seconds when driving on icy, slippery surfaces.



WHEN DRIVING UP AND DOWN HILLS,

observe how other vehicles are reacting and maintain safe distance.



STEER AND BRAKE

with smooth, careful, and precise movements rather than quick, jerky motions.



DRIVE IN THE LANE

that's been most recently plowed, and avoid changing lanes unless necessary.



DO NOT USE CRUISE CONTROL

when driving on any slippery surface.



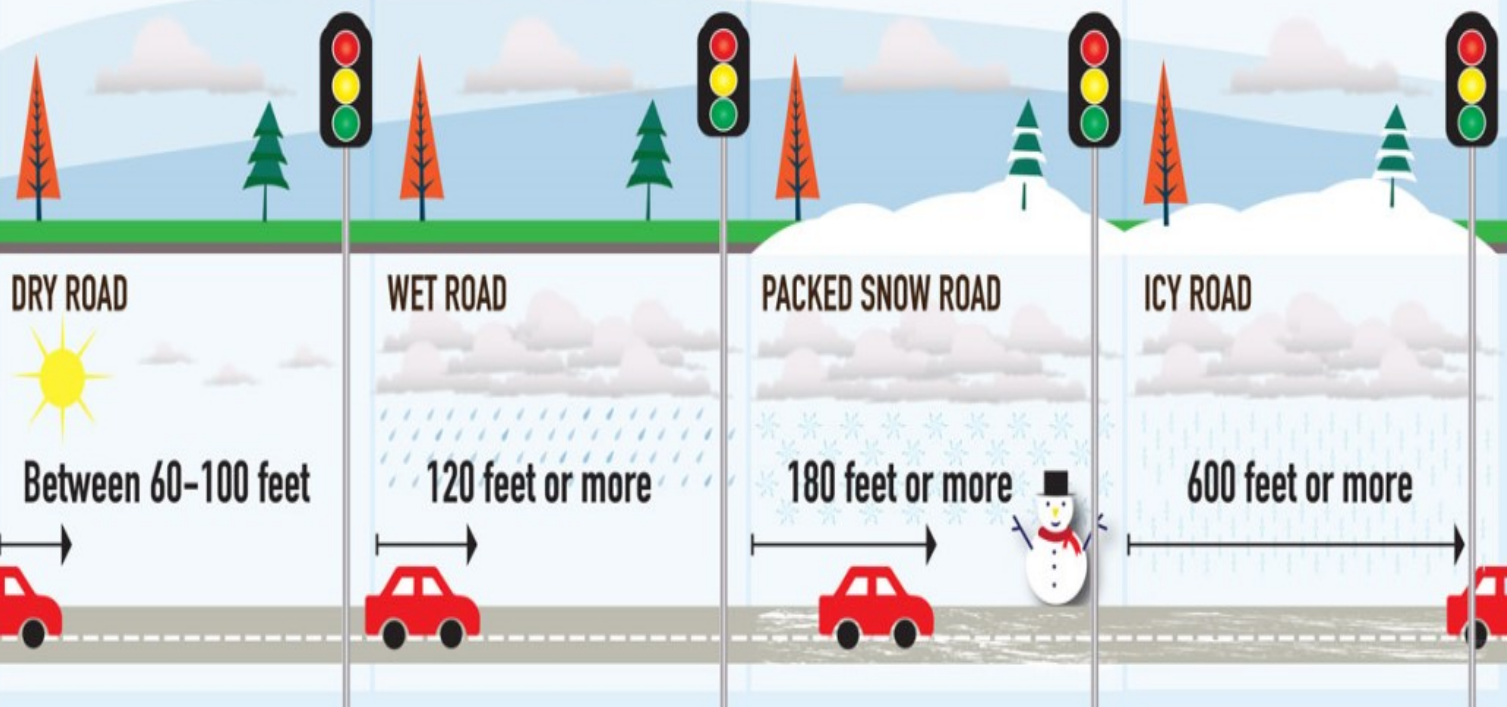
TAKE EXTRA CARE

when driving on shaded spots, bridges, overpasses, and intersections.

04-16

STOPPING DISTANCE IN DIFFERENT WEATHER

For a car traveling 35 mph, the thinking and braking distance increases as weather worsens.





SHAPE GYM CLASS SCHEDULE

Effective 4 January 2022

Classes subject to change
All classes are for 18 and over



SHAPE
Sports & Fitness
Building 313
065.44.53.25

FACILITY HOURS
Mon-Thu 06:00-21:00
Fri 06:00-19:30
Sat-Sun 08:30-13:00
SHAPE Holidays: Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:00-07:00 CrossFit® ①	06:00-07:00 CrossFit® ①	06:00-07:00 CrossFit® ①	06:00-07:00 CrossFit® ①	06:00-07:00 MIXED MARTIAL ARTS
09:00-10:00	09:00-10:00	09:00-10:00	09:00-10:00	09:00-10:00 YOGA*
10:00-11:00 TONE AND SHAPE	09:30-10:30 MOMMA FIT	10:00-11:00 TONE AND SHAPE	10:00-11:00 YOGA*	11:00-12:00 PRENATAL YOGA* 5 Sessions Class
10:30-11:30 BAREBELL/OLYMPIC* WEIGHTLIFTING	10:00-11:00 YOGA*	11:00-12:00 STRONG BALANCE	12:00-13:00 YOGA*	12:00-13:00 INDOOR CYCLE/SPIN
12:00-13:00 KICKBOXING	12:00-13:00 YOGA*	12:00-13:00 KICKBOXING	12:00-13:00 INDOOR CYCLE/SPIN	12:30-13:30 CIRCUIT TRAINING
12:00-13:00 INDOOR CYCLE/SPIN	12:00-13:00 INDOOR CYCLE/SPIN	12:00-13:00 INDOOR CYCLE/SPIN	12:00-13:00 INDOOR CYCLE/SPIN	* Payment required Required Online Bookings: Barbell/Olympic Weightlifting Indoor Cycle/Spin Tone and Shape Pound fit Muscle Pump Strong Balance Strong Nations Yoga Zumba
12:30-13:30 CIRCUIT TRAINING		12:30-13:30 CIRCUIT TRAINING		https://www.shape2day.com/ community/sports-fitness/ sports-fitness-centre
14:00-15:00 STRONG BALANCE				① Book via the instructor infocrossfitaspis@gmail.com
18:00-19:00 MIXED MARTIAL ARTS	18:00-19:30 BOXING	18:00-19:00 MIXED MARTIAL ARTS	18:00-19:30 BOXING	
18:00-19:00 CrossFit® ①	18:00-19:00 CrossFit® ①	18:00-19:00 MUSCLE PUMP	18:00-19:00 CrossFit® ①	
18:00-19:00 INDOOR CYCLE/SPIN	18:00-19:00 INDOOR CYCLE/SPIN	18:00-19:00 CrossFit® ①	18:00-19:00 INDOOR CYCLE/SPIN	
18:15-19:00 POUND FIT ®*		18:00-19:00 INDOOR CYCLE/SPIN	18:15-19:00 STRONG NATIONS ®*	
19:00-20:00 ZUMBA ®*			19:00-20:00 ZUMBA ®*	



BOXING

AEROBIC ROOM (TUES) / SQUASH COURT 2 (THURS)

Your goal may be to get in shape or feel more confident. Boxing will help you do that and you'll find out many things about yourself. All levels welcome. No previous experience required.



BARBELL/OLYMPIC WEIGHTLIFTING

FUNCTIONAL FITNESS ROOM

This class teaches the Olympic lifts - snatch and clean and jerk, and includes accessory work to include squats, presses and deadlifts.



TONE AND SHAPE

AEROBICS SUITE

Concentrate workout focused on developing and toning glutes and core to stabilize and strengthen the body. With the use of resistance band this program will deepen the burn and build true strength and shape from the inside out.

1 Session 7.00 €
10 Session 60.00 €



CIRCUIT TRAINING

MAIN COURT

Multi-level program combining cardio with strength building and muscle endurance exercises. Each session incorporates upper-body, lower-body, and core exercises for a total body workout.



CrossFit®

FUNCTIONAL FITNESS ROOM

Constantly varied, functional movement done at a high intensity. Class includes a warm-up/mobility segment and a workout of the day (WOD) using a variety of equipment and a cool-down. Classes are for ALL fitness levels but everyone without prior CrossFit experience must attend one of our monthly Intro classes.



INDOOR CYCLE/SPIN

SPINNING ROOM

Vigorous workout designed to burn calories and strengthen muscles. Great for all ability levels as you control the resistance on your bike.



KICKBOXING

AEROBIC SUITE

Combat sports based on kicking and punching. Mixed of karate and boxing. Perfect for self-defense, and general fitness.



MIXED MARTIAL ARTS

SQUASH COURT 2

The practice of combat contact techniques emphasizing on quick movement, leverage, weapon-based skills, striking, clinching and the proper use of the natural body mechanic, and principle of efficiency to be the most decisive with or without weapons. The disciplines taught will include, but may not be limited to, Weapons Self-Defense, Brazilian Jiu Jitsu/Judo, Japanese Jiu Jitsu, Kali, Muay Thai and Bujinkan Budō Tai Jutsu/Ninpo. All levels welcome.



MUSCLE PUMP

AEROBIC SUITE

Weight training and agility drills to improve physical and mental health.



MOMMA FIT

MAIN COURT

workout class accommodating all levels of fitness and is geared towards MOTHERS of all stages of motherhood, to include those that might have their kiddos with them—this includes Littles in strollers or older kids who are off from school.



POUND FIT®

AEROBICS SUITE

The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums

1 Session 7.00 €
10 Session 60.00 €



STRONG BALANCE

AEROBICS SUITE

With breathing control as major focus, this workout will lead you thru a series of moves which embrace elements of yoga, tai-chi and Pilates exercises.

1 Session 7.00 €
10 Session 60.00 €



STRONG NATIONS®

AEROBICS SUITE

Combining a killer bodyweight boot camp workout with party vibes and pumped-up music.

1 Session 7.00 €
10 Session 60.00 €



YOGA

AEROBIC SUITE

Focusing on alignment. Modifications will be given as needed. All levels welcome.

1 Session 7.00 €
10 Session 60.00 €



YOGA PRENATAL - 5 week course

AEROBIC SUITE

With the guidance of Yoga instructor Alice embark on a 5 week program to connect with your child during this time of rapid physical and emotional change. Fridays: 21, 28 Jan, 4, 11, 18 Feb. 11:00 - 12:00

35 Euros
MANDATORY RESERVATION
alicetheyogainstructor@gmail.com



ZUMBA®

AEROBICS SUITE

Dance to great music, with great people, and burn a ton of calories without even realizing it.

1 Session 7.00 €
10 Session 60.00 €

SHAPE Sports and Fitness does not currently endorse personnel trainers within any of our facilities. Personnel should only partake in classes officially sanctioned in MWB, which are annotated in our schedule.



IMPROVE YOUR MIND, BODY AND LIFE

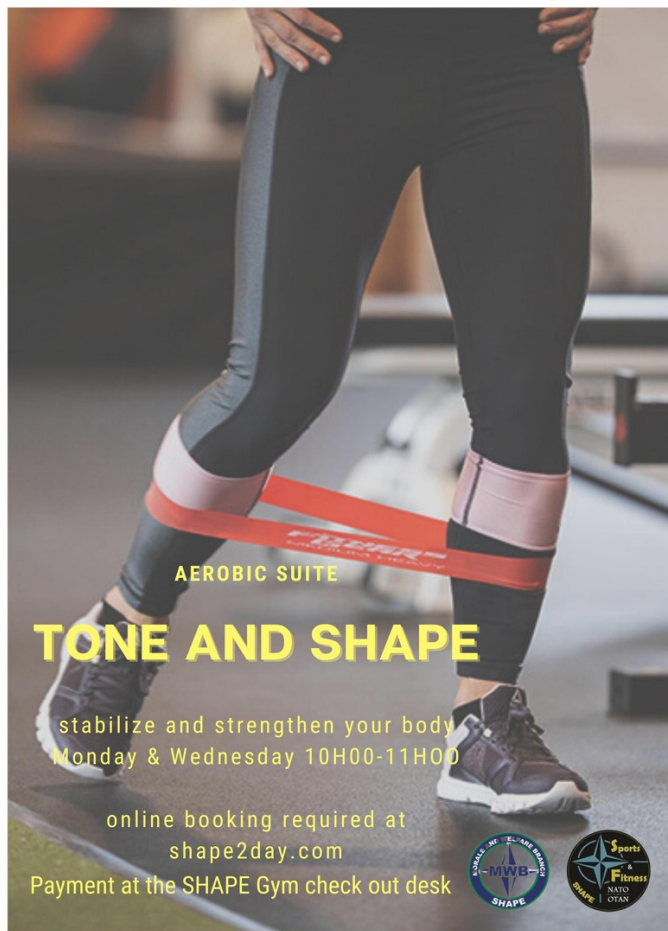
Strong Balance

Aerobic Suite

Monday 14H00-15H00
Wednesday 11H00-12H00

Online booking required at
shape2day.com
Payment at the SHAPE Gym check out desk







AEROBIC SUITE

TONE AND SHAPE

stabilize and strengthen your body
Monday & Wednesday 10H00-11H00

online booking required at
shape2day.com
Payment at the SHAPE Gym check out desk


Enjoy Pregnancy & Childbirth



PRENATAL YOGA

5 session course

With the guidance of your Yoga instructor Alice, embark on a 5 week program to connect with your baby and support your changing body through this special time




Fridays
21, 28 January
4, 11, 18 February
11:00 - 12:00

35 Euros*

****All stages of pregnancy welcome. No yoga experience necessary.****

For booking your course email
alicetheyogainstructor@gmail.com

 **SHAPE Yoga**





Momma Fit


Every Tuesday at 09:30

Get ready to SWEAT

This class accommodates all levels of fitness and is for mothers in all stages of motherhood-pre and post partum, littles in strollers, school aged kids, or older kids that may or may not be present

For more information
Call the gym check out at 065.44.5325

 **SHAPE Sports & Fitness**



Mixed Martial Arts

Mon- Fri
0600-0700

Mon & Wed
1800-1900

In your SHAPE Gym, in the Squash Court #2

For more information
Call the gym check out at 065.44.5325

 **SHAPE Sports & Fitness**



POUND FIT



For more information
Call the gym check out at 065.44.5325

SHAPE Sports & Fitness 

MONDAY
18:15-19:00



DIO Spring 2022 Artwork Competition

- As part of DIO's commitment to the environment and to sustainability, the DIO European Conservation Group is pleased to announce a competition to win a Bee Box for your SFA garden.
- Please submit a photo or artwork to the email below along the theme of *Nature in Spring*.
- The Competition is open to all British children at SHAPE or in Boarding School in the following age categories:
 - Up to aged 5
 - Ages 6-10
 - Ages 11-14
 - Ages 15-18
- Please state your name, age, and SFA address in your email along with a photo or scan of your artwork.
- Submissions by 18 February 2022 to
- DIO-EuropeanConservationGroup@mod.gov.uk
- Submissions will be judged by DIO Staff and winners will be notified by email.
- Good luck everyone!

Does reviewing your CV fill you with dread? How about trying to figure out what to put in your LinkedIn profile?

You are not alone!

Come to our interactive fun virtual workshop where we go through all aspects of job hunting in a mutually supportive environment.

Workshop is delivered by June MacMahon, Head of BFBS Academy, she has extensive experience of supporting those going back into work especially those wishing to pursue new career paths.

Just bring along your enthusiasm and digital copies of your CV. Do not worry participants will not be asked to share (unless they are super keen!).

To register interest please email your CLO by 28th January. This workshop will be delivered early in 2022 and those expressing initial interest will be contacted directly.

EJSU-NSE-CommunityHubMailbox@mod.gov.uk



**bounce
forward**

*Thrive in life.
Start with resilience.*



BUILDING RESILIENCE with MILITARY FAMILIES

A six-session course with resources to use at home

We are more than military spouses, parents, children we are human beings and who we are matters. Mental fitness is as important as physical fitness and advances in neuroscience mean we understand so much more about how to look after ourselves psychologically.

There is an immediate need to preserve childrens' wellbeing and build resilience. This course has been designed to support armed forces families to develop the skills, knowledge and strategies taken from the science of resilience.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to model and support their children to learn how to deal with uncertainty and develop resilient competencies that are useful for life.

“ So useful to have tangible, written down, step by step guidelines to follow! ”

Fully funded by

 **THE ARMED FORCES
COVENANT FUND TRUST**

LEARN MORE & SIGN-UP



Useful Links

COVID-19	https://www.info-coronavirus.be/en/ https://www.ejsu.net/covid-19/
Medical Info	https://www.ejsu.net/health/medical-practices-shape-brussels/
BFPO	https://www.ejsu.net/EJSUNET/wp-content/uploads/2021/01/SHAPE_Postal_Services.pdf
Welfare	https://www.ejsu.net/welfare/
DIO	https://www.ejsu.net/dio/
Info on SHAPE	https://www.shape2day.com/ https://www.ejsu.net/mons/
Shape Fitness Timetable	https://www.facebook.com/groups/SHAPEfitnesscentre/?ref=share
Belgian News	The Bulletin https://www.brusselstimes.com/

Welfare Team Contact Details

Paul Mellor	European Padre 1 Mobile: 0032 (0) 470 66 45 82	Paul.Mellor159@mod.gov.uk
Nia Williams	European Padre 2 Mobile: 0032 (0) 473 62 96 33	Nia.Williams264@mod.gov.uk
Chris Jones	European Welfare Officer Mobile: 0032 (0) 478 97 02 80	Christopher.Jones252@mod.gov.uk
Ann McKenzie	EJSU Deputy Welfare Officer Mobile: 0032 (0) 478 66 29 15	Annmarie.Mckenzie114@mod.gov.uk
Lesley Mutch	Safeguarding Manager	Lesley.Mutch473@mod.gov.uk
Rachael Lewis	Notifying Authority / Cas Comp	Rachael.Lewis379@mod.gov.uk
Debbie Fallaha	Youth & Community Worker	Deborah.Fallaha611@mod.gov.uk
Jodie Farr	Welfare Coordinator	Jodie.Farr104@mod.gov.uk

Useful Contact Details

Medical Centre	0032 (0) 6544 58 24 UKStratCom-DMS-DPHC-MON-Grp@mod.gov.uk
Healix	0044 (0) 2084817800
Dental Centre	0032 (0) 6544 58 78
DIO Helpdesk	DIOSDOS-ESG-HELPDESK@mod.gov.uk
DIO Out of Hours	0032 (0) 475753850
SHAPE Police	0032 (0) 65445379