



UK NSE, Milan Community Newsletter



Welcome to the January newsletter!!

HAPPY NEW YEAR!! How is it 2022 already? Where did 2021 go? Hopefully everyone is enjoying the end of minimum manning and playing with all their (and their kids??) new toys from Christmas. Ski season is well under way now with plenty of opportunity to get away each weekend so make the most of it! Hopefully we can all start to settle back into the normal routine this month and start planning our Easter adventures!

January 2022

New Years Resolutions

Who makes them? Who keeps them? Who has given up giving up? The ancient Babylonians are said to be the first people to make New year's resolutions, some 4000 years ago. They were also the first to hold recorded celebrations in honour of the new year - though for them the year began not in January but in mid-March when the crops were planted. During a massive 12 day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept their word, their (pagan) gods would bestow favour on them for the coming year. If not, they would fall out of the gods' favour - a place no one wanted to be!!

Book Club

Book Club will start again this month on Thursday 27th at Sallyanne's. We have continued with Apples Never Fall. I have a hardback copy for anyone who would like to borrow it.

If anyone has suggestions for books they like to be read for book club please let me know.

Birthdays

This month we wish Buon Compleanno to Natasha H and Jabari. We hope you have a wonderful day.



Strava January Challenge

After a couple of months hiatus from Strava, the monthly challenge is back!! To help (gently) kick start the new year we are going to attempt an accumulative walking challenge. We are going to attempt walking from the Alps to Lazio, 1006km, which is a well know medieval trail that is actually part of a bigger trail that runs from Canterbury to Rome and onto Jerusalem. The main Italian trail starts in the western Alps the crosses the Po Valley and heads through Tuscany and into Lazio. Please make sure you log all your walks (even a walk to the shops) on Strava to help us reach our target. There will be prizes along the way so lace up those boots and get walking!!

CV Writing

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 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. Don't worry participants will not be asked to share. To register interest please email me by 28th January. This workshop will be delivered early in 2022 and those expressing initial interest will be contacted directly.

January 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31					1	2
3	4 Contingent Coffee 11am	5	6	7	8	9
10 Children Back to School!!	11 Minimum Manning Ends	12	13 Contingent Coffee 2pm	14 Walk 9am Burns Night 7pm	15	16
17	18 Contingent Lunch 12pm	19	20	21 Contingent Coffee 10am	22	23
24	25	26 Lake Walk 9am	27 Book Club 8pm	28	29	30

Diary Notes

As always, the diary is a 'living' document and changes will happen depending on the weather, general interest and COVID regulations. I will update as necessary on WhatsApp groups. These events are NOT CLO/EJSU run and are attended at your own risk.

4th January - Contingent Coffee 11am, Globe Café, Via Luigi Sacco 6, Varese

10th January - Kids back to school WHOOP WHOOP!!

11th January - Military Personnel back to work WHOOP WHOOP!!

13th January - Contingent Coffee 2pm, L'Espresso, via Roma 8, Castronno

14th January - Walk 9am, Comabbio, via Roma 75, Ternate

14th January - Burns Night 7pm, Spitz, via Valganna 34, Varese

18th January - Contingent Lunch 12pm,

18th January - Winnie the Pooh Day!!

21st January - Contingent Coffee 10am, Antico Caffè, Via Walter Marcobi 3, Varese

26th January - Lake Walk 9am, via dei Canottieri, Varese (Schiranna)

27th January - Book Club 8pm, Sallyanne's, via Mattiotti 1, Luvinate

January in Italy

05th January - Giovanni Allevi at Teatro Varese 9pm. More info at www.teatrodivarese.com

17th January - Falo della Motta in Piazza della Motta. An ancient tradition in celebration of St Antonio. More info at www.luinonotizie.it

22nd January - The Legend of Bell and the Beast: The Musical 9pm. More info at www.teatrodivarese.com

30th January - The Gruffalo: The Musical 5pm. More info at www.teatrodivarese.com

Recipe of the Month - Roasted Carrot Soup

Ingredients:

1.5lbs carrots (peeled and cut into 1/2inch slices)	1 tsp ground cumin
1 large onion (thinly sliced)	1/4 tsp black pepper
4 cloves of garlic (peeled and left whole)	2 cans whole peeled tomatoes
2 tbsps extra virgin olive oil	1 tsp dried basil
1.5 tsps salt of choice	1/2 cup plain Greek yoghurt (or vegan equivalent)



1. Preheat the oven to 200c. Generously coat 2 baking sheets with cooking spray and set aside.
2. Place the carrots, onions and garlic in a large bowl and drizzle with the olive oil then sprinkle with salt, cumin and pepper. Toss to evenly coat then spreads on the baking sheets ensuring they don not crowd one another. Roast for 25-30mins turnig twice throughout, until the vey are tender and brown. Let cool for 10mins.
3. While the vegetables cool, drain the juice from the tomatoes into a small bowl and set aside.
4. Working in batches, add half the roasted vegetables to a food processor or blender and add 1 can of tomatoes. Puree until smooth then pour into a large heavy bottomed pan. Repeat with the remaining vegetables and tomatoes, then add to the pot.
5. Stir in the reserved tomato juices, basil and yoghurt. Bring to a gentle simmer and let cook for about 10mins until fully heated through. Taste and add additional salt/pepper as desired. Serve warm topped with fresh basil and/or additional Greek yoghurt.

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**bounce
forward**

*Think to 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!



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LEARN MORE & SIGN-UP



Useful Contacts

JSP 342: Education of Service Children and Young People
JSP 752: Educational Allowances
JSP 484: Retention of Service Family Accommodation

- [Army Families Federation](#) 01264 554004
- [RAF Families Federation](#) 01780 781680
- [Naval Families Federation](#) 023 9285 4374
- [Royal Navy Family and People Support](#) 0800 145 6088
- [SSAFA](#) 0800 260 6767
- [RAF Hive](#)
- [Army Hive](#)

ENGLAND

[Department for Education](#)
[IPSEA for advice on additional educational needs](#)
[OFSTED for school inspectorate](#)

SCOTLAND

[The Scottish Executive](#)
[Forces Children Education Scotland](#)
[Education Scotland for school inspectorate](#)

WALES

[Senedd/Welsh Government](#)
[SSCE Cymru](#)
[SNAP Cymru for advice on additional educational needs](#)
[ESTYN for school inspectorate](#)

NORTHERN IRELAND

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[Department of Education NI](#)
[Education and Training Inspectorate](#)
[Education Authority NI](#)

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Children's Education Advisory Service

Educate the Child - Support the Family - Defend the Nation

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