



The Poggio Post

UK Community Newsletter – Feb/March 2022
EJSU - Supporting service personnel and their families

Memory Walk



A MASSIVE thank you to the whole community for your amazing support raising money for Alzheimers.org. Sgt Barry, supported by the fabulous CLO organised a coffee morning at the NSE and memory walk around portions of the Ferrara Wall. The walk proved to be a lovely community get together on a beautiful sunny day. Meeting mid-morning at the Kafe Bachelli in Park Urbano, all were given an alzheimers.org banner to pin on and annotate who they were walking for, be it a loved one or just 'everyone' as seemed the popular choice.

The CLO then handed out a 'guess the amount' game with the majority guessing pretty close to the mark, winner to be revealed later! Once all were gathered, a leisurely walk around the east section of the infamous Ferrara wall and footpaths commenced. With the sun shining, all managed to spend a little time chatting and getting to know each other a little bit better as they strolled around the wall. A distance of 5km was covered in almost record time, all arrived safely back at the Kafe with some rewarding their efforts with a well deserved Spritz.

The winner of the guess the amount game and the subsequent bottle of Prosecco was revealed as Amy Emery, well done Amy! Overall, the efforts and support of all raised a whopping €540.

Local upcoming events

Luna Park Funfair returns!

The annual funfair has returned and there's something for everyone. Luna Park will be here until 1st May!

At Viale Alfonso 1 d'Este from 1530 till late every day.

There are also discount vouchers available online, I have a copy of these, please let me know if you would like them to print 😊



'Vulandria' International Kite Fair



23rd, 24th & 25th April, 10 a.m. – 10 p.m at Parco Urbano.

The international kite fair has returned! During this event, Parco Urbano becomes a colourful show of kites of all shapes and sizes from around the world. Why don't you bring along your own kite to fly?

A great event for all.

Estensi – Gardening Fair

30th April & 1st May - 9.30 a.m till sunset

Parco Massari (free entrance) & around the Castle

This Spring event is perfect for any keen gardener and hosts a variety of stands selling traditional plants as well as historical and unusual varieties! It is well worth a visit.



Save the Date

Ferrara Fluo Run

Full details and tickets can be purchased the following link;

<https://www.eventbrite.it/e/biglietti-fluo-run-ferrara-300233615827>



**CHE SPETTACOLO! NON SOGNARLO, VIVILO.
29 MAGGIO 2022**

The infamous Palio event is due to return this year to Piazza Ariostea on 29/05/22. More info to follow as it is released. This is definitely one not to miss!

Mille Miglia returns to Ferrara!

All the details about 1000 Miglia 2022

Leg 1 - Wednesday 15 June

After the start from Brescia, the cars will head towards Lake Garda, first Salò then Desenzano del Garda and Sirmione from where they will parade through the Sigurtà Garden Park, Mantua and Ferrara and reach Cervia-Milano Marittima for the end of the first day.





World Health Day

7th April 2022 is World Health Day. Joanne Wilkinson-Mitchell would like to arrange a Local street clean on this day. More details to follow.

We also have some activities for the younger members of our community with a colouring project and acrostic poem. These can be collected from the NSE 😊

FCUK Easter Picnic

The FCUK would like to invite you all to a Community picnic and Easter egg hunt on Saturday 16th April from 1300 at Parco Urbano.

There will also be a game of Rounders for all. Picnic food will be provided but please bring a drink of your choice.

Please RSVP to Amy Emery or Zoe Nind by Friday 8th April to enable picnic food to be purchased.



Community Support

RAF Personnel and/or partners can join the RAFBFs 45-minute webinar to learn more about how Headspace can help you to manage change and anxiety. Simply register your free place here:

<https://www.rafbf.org/form/headspace-webinar-sign-up-form>



Little Troopers - Free online events, free school packs, free home activities, and free postcards.

Get involved this April, the Month of the Military Child, and help us celebrate your military children;

<https://www.littletroopers.net/month-of-the-military-child/>

RAF Benevolent Fund will be running free Thrive workshops through the use of online platforms for partners of RAF personnel which will be led by qualified coaches who themselves have served or are partners of those serving in military.

<https://www.rafbf.org/get-support/family-relationships/workshops-partners-RAF-personnel>



HEADSPACE LIVE WEBINAR

MANAGING CHANGE AND ANXIETY

TUESDAY 26 APRIL 2022: 7PM - 7.45PM



Royal Air Force
Benevolent Fund

THRIVE ONLINE: WELLBEING WORKSHOPS FOR PARTNERS OF RAF PERSONNEL



MANAGING ANXIETY IN 2022

Through these workshops, we explore the word anxiety and what this word means to us. In our lives, we interpret thoughts and feelings very differently; everyone is unique. In the four workshops, we focus on uneasiness, worry, and fear. We explore and discover how we are affected physically, what anxiety feels like, what triggers our anxiety, and what makes it go away. We delve deep into our worries, what this word means and how we can focus our minds differently. We will include areas like our stressors, habits, bravery to consider what we can do to help our anxiety.

The workshop is split over four sessions on:

- Wednesday 27th April: 8pm to 9.30pm
- Wednesday 4th May: 8pm to 9.30pm
- Wednesday 11th May: 8pm to 9.30pm
- Wednesday 18th May: 8pm to 9.30pm

"The Thrive workshops looked really, really good - something to help RAF spouses find their own value and self-worth, leading to better employment prospects. I found the whole course really useful and would like to thank the RAF Benevolent Fund for supporting us in this way."

RAF spouse, Thrive Programme attendee

Please apply by Wednesday 20th April as places are limited. The workshops are free for spouses/partners of serving RAF and require internet access. For more information visit: [rafbf.org/thrive](https://www.rafbf.org/thrive)

Registered charity in England and Wales (1081009) and Scotland (SC038109)



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Business
Services

JCCC

Virtual Contact Card

..download today

If your family needs to contact the Joint Casualty and Compassionate Centre (JCCC), all they need is the 24/7 phone number and your Service Number.

The new JCCC Virtual Contact Card makes this easy. Simply download and share via smartphones.



SCAN

Scan the QR code on your smartphone



SAVE

Save the JCCC Virtual Contact Card to your contacts



SHARE

Personalise with your Service Number and share with your family

Scan the QR code to download

Any questions? Contact DBS-JCCCGroupMailbox@mod.gov.uk





Welcome to the CCC Helpdesk



The CCC (Customer Contact Centre) is 24/7 365 days a year service that started in 2007. It was created to provide a professional, fully mobilised contact centre service that provides excellence as standard. We have a range of clients including UK schools, European military bases, and Global businesses including Airports and Fleet Management solutions, so we have a diverse mix of clients and are fully versed on all aspects of defence activity.

Ways to contact

Phone - 800940008 Free from Italian mobile Or +44 1454 806957 from UK mobile

Email - BSSlhelp@babcockinternational.com

Web Portal - BSSGhelp.babcock.uk

Feedback Email – BSSI-customerfeedback@babcockinternational.com

Information needed from you

The 5 W's - Who, Where, What/Why and When

Who are you? - Name and best contact number

Where are you? - Villa number/Parco name for us to find where you are situated

What/Why is the issue? - Check for the fault issue, i.e. if a light is out is it the switch that's faulty or is it the bulb itself?

When? - The local team in Italy will call to arrange an appointment at your convenience once the job is raised

Job Categorisation

The Helpdesk agents log all requests with a category, depending on the urgency of the issue. These categories are as follows:

Emergency - Where there is imminent danger to health, life or building Babcock will attend to make safe. One hour's response time.

Urgent - Where work needs to be completed swiftly to prevent further damage to property or put right a controllable health risk. Five working days maximum rectification time.

Routine - Where work is necessary to prevent further damage and restore normal working order. Twenty working days maximum rectification time.

Job Tracking

If you wish to track progress of the work reported please contact the Help Desk via email providing the reference number given to you during the log in process. An operator will be in touch with you to give you all the information you've requested.

Babcock CCC Support Team Manager: Ottis David – Ottis.David@babcockinternational.com
Head of Customer Contact: Dermot Hayden – Dermot.Hayden@babcockinternational.com



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!