

# Welcomebeek News

## May 2022

UK MOD Community Centre : Mechelsesteenweg 204, 1993 Sterrebeek

Tel: 02 688 2009 email: [EJSU-Brussels-CLO-Mailbox@mod.gov.uk](mailto:EJSU-Brussels-CLO-Mailbox@mod.gov.uk)

Facebook Group: Welcomebeek

CLOs : Glenn Price & Phillipa Chapman



### Welcomebeek Coffee Mornings

10:00 – 12:00

Tuesday 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>  
May

Café Francais – conversational  
French in a relaxed atmosphere at  
Welcomebeek – dates tbc

Non EJSU Organised community  
meet ups – please see the local  
community activities section

Tuesday social Brussels Park meets  
Thursday Tervuren Park Walks  
Friday Plodders

### **Latest News**

*Hi Everyone – welcome to the May newsletter. Loving the warmer weather we are starting to see, I hope you all had a great Easter.*

Thank you to those that responded to the CLO questionnaire, we will be looking at the responses this month to see how we can implement any of the suggestions, whilst complying with the safety, safeguarding and insurance guidance we receive from SHAPE.

You will see that the park walks and social meets are now listed in the local community activities section of the newsletter, this is in response to direction we have received from SHAPE.

We are able to host events at Welcomebeek, if we have volunteers to run those sessions. If you are interested in volunteering please do contact us and we can work with you to get registered via SHAPE and to help set up the event or activity.

Please let us know if you want particular activities and we will look to see if we can get them arranged.

**We hope to see you soon!**

*Your Welcomebeek community centre will be closed next week 02/05-06/05. As the group mailboxes are also being reconfigured the team will not see your emails, but they will be read and actioned upon the return of your CLOs the following week. Please see the accompanying email with alternative points of contact for any urgent queries.*

*We will update you by email on the new group mailbox address when it has been confirmed. In the meantime, if you need to contact your CLOs please use [phillipa.chapman113@mod.gov.uk](mailto:phillipa.chapman113@mod.gov.uk) or [glenn.price120@mod.gov.uk](mailto:glenn.price120@mod.gov.uk).*

Remember that we are here to help – it is YOUR Welcomebeek. Feel free to call, email, message, whatever suits you, but do let us know if you need us

## Welfare Information -

If you have not already seen it, here is the JCCC Virtual Contact Card. The card has been added to EJSUNet and can be found at the following link: [JCCC – European Joint Support Unit \(ejsu.net\)](https://ejsu.net)



Defence  
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](mailto:DBS-JCCCGroupMailbox@mod.gov.uk)

# Make-a-Wish at SHAPE



## Make-A-Wish

Registration costs €15 which includes a Make A Wish T-Shirt

Registration Closes Thursday 5th May!!

### TEAM UK NEED YOU!

Seeking volunteers to join Team UK in this year's Make a Wish Charity 24 Hour Fun Run

more info

EMAIL SGT LUCY SHEPPARD (LUCY.SHEPPARD106@MOD.GOV.UK) OR TO REGISTER INTEREST SCAN THE QR CODE



# 24 HOUR FUN RUN

STARTING FRIDAY 20 MAY AT 1600



## Mental Health Awareness Week – 9<sup>th</sup>-15<sup>th</sup> May 2022

Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. The Mental Health Foundation started the event 21 years ago. Each year the Foundation continues to set the theme, organise and host the week. The event has grown to become one of the biggest awareness weeks across the UK and globally.

This year the week will raise awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it. Reducing loneliness is a major step towards a mentally healthy society. Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this. For more information visit

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Additionally Action for Happiness Page [Happier Kinder Together | Action for Happiness](#)

### Local Community Activities

*Each week members of your local community meet up for various activities in the area. One or both of your CLOs will usually be in attendance should you have any questions, or just want a chat.*

*Tuesdays – Brussels Park meets at various locations including Bois De La Cambre, Woluwe, Jubilee Park, the Botanical Gardens – a stroll in the park followed by coffee. Location and time will be promulgated by email and Facebook each week.*

*Thursdays – Tervuren Park walk - at 10 o'clock the community meet at the Arches into the park at the end of Gordaallaan, 3080 Tervuren. A walk in the park, followed by coffee at the park coffee van or a coffee shop in Tervuren.*

*Fridays – Friday Plodders – at 9 o'clock community members meet at the Arches into the park at the end of Gordaallaan, 3080 Tervuren. An opportunity to run, jog or walk with likeminded people! Usually followed by coffee at the park coffee van.*

*Disclaimer: All local community meetups are non-EJSU activities and therefore not covered by EJSU insurance. Families are responsible for their own children, health, safety and transport arrangements.*

## Things to see and do in Belgium

### Kunstenfestivaldesarts 2022

From 7 to 28 May 2022, festival of the arts all over Brussels.

At the Kunstenfestivaldesarts you can enjoy contemporary theatre, performance, dance, film and visual arts during 3 weeks. Artists from Brussels and different parts of the world invite you to discover their creations and reflect together on current events and the complex reality of the city.

<https://kfda.be/>



### Bread Festival

On Saturday 7 May 2022, from 10 am to 9 pm, at the Rond-point Schuman.

The Bread Festival with hundreds of breads in all forms and colours and from all regions. Millers will explain flour, artisan bakers and chefs from many countries will invite everyone to discover their best products, their technical skills, their tasty recipes and a wide variety of accompaniments.

<http://schumansquare.net/>

### Brussels Jazz Weekend 2022

From 27 to 29 May 2022, at various places in Brussels.

The Brussels Jazz Weekend offers more than 200 free concerts spread over 4 squares in Brussels and numerous indoor stages. During this 6th edition, Toots Thielemans will be in the spotlight: the Brussels jazz legend would have turned 100 this year. During the entire Brussels Jazz Weekend, the line-up on the Grand-Place stage will be entirely dedicated to his work.

<https://www.brusselsjazzweekend.be/>



**KEDA**  
**KEDA**  
**KFDA**



## **Oostende voor Anker/Ostend at Anchor – 19<sup>th</sup>-22<sup>nd</sup> May**

Year after year, 'Oostende voor Anker' represents the ultimate pole of attraction for hundreds of skippers of classic ships. The festival of authentic shipping doesn't only take place on the quays: there are also dozens of shows, demonstrations, performances and exhibitions on the squares and in the

streets of Ostend. This year, the action will be concentrated around the Mercator and Montgomery Dock. <https://www.oostendevooranker.be/en/>

**Looking for more ideas? Check out these websites for Brussels, Flanders and Wallonia:**

<https://www.brussels.be/agenda>

<https://www.brussels.be/events>

<https://www.visitflanders.com/en/things-to-do/events>

<https://walloniabelgiumtourism.co.uk/en-gb/3/see-do/events-calendar>

### **Other website links you may find useful:**

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

<https://www.thebulletin.be/coronavirus-belgium-information-covid-19-questions-answers>

<https://visit.brussels/en/article/coronavirus-info-state-of-play-brussels>

<https://www.brusselsairport.be/en/passengers/the-impact-of-the-coronavirus>

<https://diplomatie.belgium.be/en/services/protocol/covid-19>

Finally, your Brussels CLOs at Welcombeek wish you and your families a safe, happy and pleasant month. We look forward to meeting up with as many of you as possible at the future activities and events.

## Contacts List and General information

### EMERGENCY NUMBERS

- Police 101
- FIRE 100
- Emergency 112
- Med Centre 065 4458 24/5
- Out of hours Medical Contact Number +44 (0) 208 481 7800 (HEALIX)
- Dental Centre 065 4458 78
- US Medical/Dental Clinic 02 686 1515
- SHAPE UK EJSU duty officer 0477 354 381
- SHAPE Housing Clerk: 065 44 4620 or email: SHAPEUKSU-MaintClk@mod.uk
- Emergency housing (SHAPE out of hours) 0475 753 850

DIO contact for non-urgent repairs

[DIOSDOS-ESG-HELPDESK@mod.gov.uk](mailto:DIOSDOS-ESG-HELPDESK@mod.gov.uk)

SHAPE medical centre opening hours:

Monday-Thursday 0800-1630

Friday 0800-1530

SHAPE Welfare Team contact numbers:

- Chris Jones – Area Welfare Officer: 065 448082 / 0478 97 02 80
- Padre David Norfield – 065 445346 / 0470 664582
- Padre Nia Williams - 065 448889/ 0473 629633

### Local GPs

Prior authority **MUST** be gained from SHAPE or the Out of Hours service on +44 (0) 208 481 7800, or fee will not be refunded:

Medical Practice Fura, Hoornzeelstraat 47, 3080 Tervuren Reception: +32 (0)27 47 37 95 (By appointment only)

Dr Katrien Goeminne, Boeyendaalstraat 12, 3078 Everberg (Kortenbergh) Reception: +32 (0)27 59 63 27

Monday - Friday 0800 - 2000 (By appointment only)

Emergency Dental Treatment

(Again, prior authority **MUST** be gained from SHAPE or Out of Hours Service, or fee will not be refunded)

UZ Leuven Sint-Rafaël campus

Address: Kapucijnenvoer 33, 3000 Leuven. Tel: +32 16 33 24 80

A list of on call dentists can be found here:<http://www.urgence-dentaire.be/>

Local Tervuren Hospital

UZ Leuven, Herestraat 49, 3000 Leuven

Reception: +32 (0)633 22 11 [www.uzleuven.be/en](http://www.uzleuven.be/en)

A and E is known as Spoedgevallen, follow orange signs for "Spoed", and its underground parking. Brussels Hospital's at: Queen Fabiola Children's University Hospital, Saint Luc, Saint Michel and Saint Elizabeth, Saint Pierre and Bruggman

Brussels Hospitals: Please see link:

<https://www.google.com/maps/search/Brussels+Emergency+Hospital+List/@50.8562602,4.26>