



EJSU TORREJON COMMUNITY NEWSLETTER

SUPPORTING BRITISH PERSONNEL, EJSU STAFF AND THEIR FAMILIES



EJSU Madrid, CAOC Torrejon, BFPO 56

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CLO INTRODUCTION

I don't know about you, but I'm pleased to see the back of April and its showers. Let's hope May brings us some much-needed sunshine!

The calendar is booking up fast, and we have lots to look forward to. We have a visit to the Museum of Romanticism on 24th May, which is an open invitation to the whole community, and I'm looking forward to seeing all who can attend!

We also have a Guest Dining In Night on the evening of 1st June to celebrate the Queen's Jubilee, which should be a great chance for us all to get together, and we will be organising an event for Armed Forces Day on 24th June, so watch this space!

Shell

CLO Working Hours

Tuesday: 0930 - 1430

Wednesday & Thursday: 0930-1500

USEFUL TELEPHONE NUMBERS

Head of Location (HOL) – Toni Moya	672883624 919 073 164
JNCO NSE – Mark Solomons	919 073 163
Community Liaison Officer (CLO) – Michelle Robinson	919 073 162
Host Nation Liaison Officer (HNLO) – Cristina Atienza	919 073 162 644 652 346
DIO Estates Manager – Lucia Lumbreras	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
Emergency Services	112

If dialing from a UK number, remember to prefix with +34 unless otherwise stated.



COMMUNITY ACTIVITIES

Globalmile 7th May

We've been invited to join the British Embassy in this fun and worthwhile charity event!

In May 2020 and again in 2021, many of you, along with your team members and family members, joined the FCDO/DSFA family Globalmile. Over 24 hours, as many as 4,200 British Government staff & families at home and overseas, along with partners and children ran, jogged, or walked one mile each, so that together we completed a non-stop 24-hour global marathon around the world. More than 200 Posts participated, from Apia in the east to Vancouver in the west, and dozens of teams in our HQs. In both iterations of the event, it was an incredible team achievement, which raised spirits and brought us all together at the height of the first wave of global Covid-19 lockdowns, and then again under continuing Covid-19 challenges. Thanks to everyone's generosity, together over the two years we have raised more than £70,000 for Covid-19 and mental health initiatives. The event has proven very popular and there have been multiple requests to do it again.



The two initiatives we are supporting this year are [The Ukraine Humanitarian Appeal](#) and the [Queen's Green Canopy](#).

Who can get involved? All UK government staff at home or overseas. UK & Country based as well as family members and pooches!

What do you have to do? The aim is to do a mile (on your own or in a group). If you can run, great, if you'd rather jog, roll your wheelchair, walk, rollerblade, waddle, or crawl, that's great too! You can even pair up with someone else and do half each. The main thing is you are able to join in. It works like a relay so together we can deliver thousands of miles in a global 'marathon' with someone in our network always on the move over an entire 24-hour period.

This is a charity event but there is no obligation to donate, the event is about raising spirits and bringing us all together.

More details will follow but for now please let me know if you are interested in participating on the day.

Spouse's Day Out

Join us for a cultural day out to [Museum of Romanticism](#) on 24th May, and then onto [Las Mañanitas](#) for food afterwards!



Dining in Night



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

UK Passport Validity

Please be aware since 1 Jan 21 all UK passports must have at least 6 months validity to enable travel to the EU. If, when you last renewed your passport, there was some validity still on the old passport you may have been given this as extra on your new passport. This extra period beyond 10 years from the start date of the new passport is no longer valid. If a passport has reached 9.5 years of its validity it is no longer valid in the EU and must be changed.

Please check your passports to ensure this does not affect you and speak to family and friends who may be visiting. Unfortunately, one such family has already fallen foul of this rule change and were turned away at the gate of departure.

Certificate of Good Conduct

When you return to the UK and apply for jobs, you may be asked to produce a Certificate of Good Conduct to complement the standard DBS clearance checks to cover the time spent abroad (DBS can't check outside of the UK).

You can e-mail the Service Police Bureau Vetting Officer on SpecOpsRMP-SPCB-Vetting0Grp@mod.gov.uk with the following information to obtain a certificate;

1. Full name including any previous names (maiden name, deed poll change)
2. Date and place of birth
3. Military service number if applicable
4. Your current home address
5. Copy of photo ID – passport is preferred
6. The dates (from and to) and countries you require the certificate to cover

Please see the [RAF Families Federation website](#) for more information.

British ISO Container

There is an ISO container on Torrejon Base which is solely for the use of British service personnel and their families. Everyone is welcome to use the items inside, but please be respectful and sign everything out and back in. Items you can borrow include;

1 x Bike
1 x Childs rear bike seat
Golf clubs
3 x Inflatable kayaks (with pumps)
Paddles
Life jackets
10 x Chairs
4 x Picnic tables
4 x Gazebos
4 x Skis
2 x Snowboards
4 x Tennis rackets
Paella dish and cooking ring
2 x Baby gates

You can ask the NSE office for the padlock code at any time.

Mental Health Awareness Month

May is Mental Health Awareness month, and I thought I would share some great resources which you can access wherever you are in the world.

RAFBF Listening and Counselling Services

This confidential service supports people dealing with a range of issues, including bereavement, anxiety, depression, low self-esteem, stress, and loneliness. Any member of the RAF family can refer themselves by calling 0300 222 5703 or emailing support@rafbf.org.uk. Please visit their website [here](#).



Action for Happiness

This is a brilliant [website](#), with an app which gives you friendly nudges with an action idea each day, sends you inspiring messages to give you a boost, and helps you connect and share ideas with like-minded people.

New Padre

Padre Paul has now left, and Padre David has taken over as the Padre for EJSU and can be contacted on David.Norfield100@mod.gov.uk if you feel you need any support.



HNLO NOTICES

Repeat Prescriptions

Do you need a repeat prescription? If so, there is a procedure that you can follow below;

Take your receipt from Dr. Mihic to the pharmacy mentioned below. Tell them you are part of the British community that are looked after by Dr. Mihic. They should create an account for you, and you will then be able to get your repeat prescription without the need to see Dr. Mihic each time.

Cristina (HNLO) has organised an agreement with the pharmacist below which is located very near to Dr Mihic's surgery;

[22 Avenida de Manoteras, 28050, Madrid](#)

Opening Hours – Mon – Fri 0900-2100, Sat 0900-1345

They can also be contacted via WhatsApp on 661380976 prior to visiting to ensure they have what you need in stock. Margarita in the pharmacy speaks English.

It will work in the same way as the cashless agreement currently in place with Farmacia El Encinar (which you can still use) and please remember to take the Healthcare provider letter (which you should have received from Cristina) filled in with your details and the doctor's prescription.

WHAT'S HAPPENING IN MADRID?

Madrid Book Fair

From 27 May to 17 June the 81st Book Fair will be taking place in Parque de El Retiro from 1030-1400, 1700-2130 every day. Visitors will be able to enjoy cultural diversity and arts with proposals for people of all ages. It is expected to invite more than 50 fiction and non-fiction writers from different regions of the country.

Pop Up Market

A pop-up market at St George's Church selling crafts, antiques, sweets, soaps, jewelry, and accessories.



Beermad 2022

This festival brings together beer lovers and craft brewers from 14-16 May with 35 premium craft beers and 16 food trucks. It will be located in the Glass Pavilion of the Casa de Campo, and will also offer live performances, comedy shows, leisure areas and animations for the little ones.

English Stand Up Comedy

Fancy a night of stand-up comedy or improv? This [website](#) has all the English shows going on in the city each week.

[Saturdays at El Rastro](#)

Separate from the monthly Sunday flea market, there will be an 'Unpacking Antiques Fair' fortnightly from 7th May. In an attempt to boost the hospitality industry and generate traffic to the rest of the streets in the area, Saturdays at El Rastro will have diverse circuits for all;

Unpacking Antiques Fair: exhibitors of antiques, collectors' items, and vintage clothing in Plaza General Vara del Rey.

Gastro Circuit: a route to sample Madrid's traditional and innovative gastronomy.

Shopping Circuit: a route to discover the neighbourhood's best shops.

Family Circuit: a wide range of activities for the family at La Glorieta de Puerta de Toledo

Strawberry Picking

Strawberries will be available to pick from May. According to the [website](#) they are open 1000-1900 Monday – Saturday, and closed Sundays during Winter.

MONTHLY RECOMMENDATION

Each month I'd like to recommend a place / activity / restaurant and would love your tried and tested suggestions!

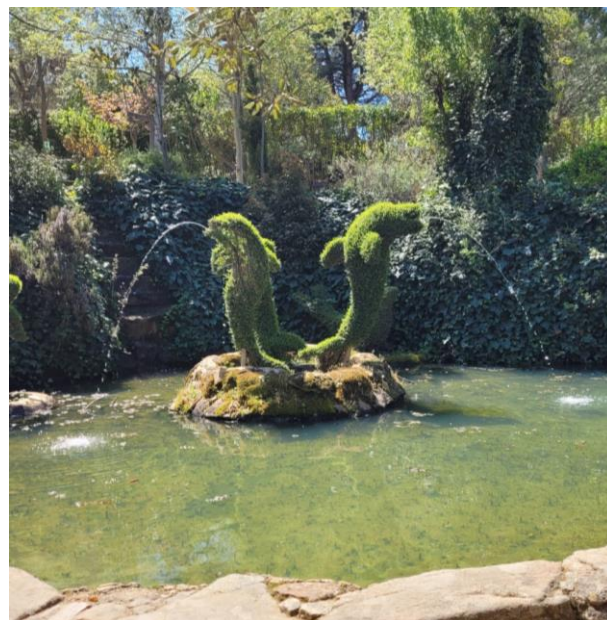
[El Bosque Encantado](#) recommended by Marion Partington

Just an hour outside of Madrid, The Enchanted Forest is a unique botanical garden where you can relax and get lost quietly on its paths, enjoying the beauty and magic of more than 300 hundred living sculptures!

There is a stream, a waterfall, and more than 500 plant species from around the world, including cacti, bonsai, and aromatic plants.

Tickets cost 11 euros for adults, and 9 euros for children aged 3-12. There are picnic areas, and you can bring your own food and water (other drinks are not allowed according to the website).

The park is open Mon-Fri 1030-1530, Sat and Sun 1030-2130.



Está completamente PROHIBIDO pasar de la valla que separa del público "La Ruta de los Minerales" SALTARAN LAS ALARMAS Y AVISARIAMOS A LAS AUTORIDADES Hay cámaras de vigilancia 24 horas

Rutas Encantadas	
4 Ruta de Habitantes del bosque	24 Ruta de la Mitología
6 Ruta de los Cactus	25 Ruta de los Habitantes del Agua
9 Ruta de la Jungla	26 Ruta de las Aves
11 Ruta de la Prehistoria	28 Ruta de los Inventos
18 Ruta de los Aromas	27 Ruta de los Amigos del Hombre
20 Ruta de la Historia	29 Ruta de las Artes
22 Ruta de los Cuentos	33 Ruta de los Minerales

Rincones Mágicos	Puntos de Interés
5 Charca de los Cactus	1 Montaña de los Borgas
7 Cascada de Búfalo	2 Universo de las Ninjas
8 Arroyo Encantado	3 Montecillo de los Amantes
10 Cascada de Barbelido	4 El Monte Misterioso
12 Rincón Secreto	5 La Charca de los Delfines
14 Cascada de los Enamorados	6 Monte de los Dientes
	7 Laberinto Mágico
	8 Zona de Recreo Infantil
	9 Cofetería

• Solo está permitido fumar en la zona del quiosco-bar.

• Si lleva carrito de Bebé debe ir siempre por el camino central, entrando y sabiendo a cada ruta (a izquierda y derecha), para no encontrar escaleras.

Descubre el maravilloso mundo de El Bosque Encantado, un lugar donde desearás perderte...

COVID-19 INFORMATION

GENERAL MEASURES

The below measures are for the area of Madrid only. Each region of Spain has their own rules, and you can check each area before you travel [here](#).

From 28th March, Spain will be taking steps to deal with Covid-19 in much the same way as it does with flu, so people with no symptoms or only mild ones will no longer have to isolate. There will also be a change to the rules for testing with the focus being on people considered vulnerable (over-60s, immuno-compromised and pregnant women), people in health care and social care environments and serious cases. Apart from these, it will be doctors who decide whether a patient with minor symptoms should take a Covid test, although lateral flow tests will still be available in chemists for those who want them. You can read more [here](#).

From April 20, 2022, it is not mandatory to wear a mask outdoors or indoors, with some exceptions. You must wear a mask;

1. If you are traveling by plane, train, or bus, as well as on all public passenger transport.
2. If you are traveling on ships or boats in case, it is not possible to maintain a distance of 1.5 m, except in cabins, when they are shared by groups of cohabitants.
3. In health centres, services, and establishments such as health care centres, hospitals, or pharmacies/drugstores.
4. In social health care centres, workers, and visitors in shared areas.

TRAVEL RESTRICTIONS

To travel from the **UK to Spain**, all passengers, including children under 12, must complete and sign an online [Health Control Form](#) no more than 48 hours before travel.

Anyone aged 18 and over must show valid proof of being fully vaccinated (with both doses of a two-dose vaccine or one dose of a one-dose vaccine) at least 14 days prior to arrival in Spain (date(s) of vaccination must be specified). See '[if you're fully vaccinated](#)'. If you are not fully vaccinated but have recovered from COVID-19 in the last 6 months, you can also use a medical certificate or recovery record to prove your COVID-19 status on entry to Spain. See '[if you've had COVID-19 in the past year](#)'.

If you aren't fully vaccinated and can't prove you had COVID within the last 6 months, please read the [GOV website](#) for exemptions and how to proceed.

From Mon 14th Feb, travellers from the UK aged 12 to 17 can enter Spain by presenting documentation certifying that they have had a negative PCR test within 72 hours prior to arrival in Spain. Antigen tests are not accepted. Alternatively, travellers aged 12 to 17 can still enter Spain with a full vaccination certificate. Spain defines someone as being fully vaccinated if they have had two vaccine doses or one dose of a one-dose vaccine.

Children under the age of 12 years old do not need to show proof of being fully vaccinated on entry to Spain or take diagnostic tests prior to arrival.

If travelling from **Spain to the UK**, you are no longer required to complete a passenger locator form, take any COVID test before you travel or after you arrive, or quarantine regardless of your vaccination status.

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



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
European Welfare Officer (EWO) Christopher.Jones252@mod.gov.uk	Chris Jones	8082	+32 (0) 478 97 02 80	+44 300 160 1707
Deputy EWO (DEWO) Annmarie.Mckenzie114@mod.gov.uk	Ann McKenzie	5234	+32 (0) 478 66 29 15	+44 300 152 2705
Notifying Authority / Cas Comp Rachael.Lewis379@mod.gov.uk	Rachael Lewis	7316	N/A	+44 300 161 2280
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Youth & Community Worker Deborah.Fallaha611@mod.gov.uk	Deborah Fallaha	5838	N/A	+44 300 156 6067
Welfare Coordinator Jackie.Wigglesworth101@mod.gov.uk	Jackie Wigglesworth	6733	N/A	+44 300 169 2668