

Welcomebeek News

October 2022

UK MOD Community Centre : Welcomebeek, 1993 Sterrebeek
Tel: 02 688 2009 email: EJSU-NSE-CommunityHubMailbox@mod.gov.uk

Facebook Group: Welcomebeek

CLOs : Glenn Price & Phillipa Chapman



World's Biggest Coffee Morning Macmillan Cancer Support

11:00 – 13:00 Tuesday 4th October
at UK Embassy (further details
below)

Welcomebeek Coffee Mornings

10:00 – 12:00

Tuesday 11th, 18th, 25th October

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

Thursday Tervuren Park Walks

Friday Plodders

Community lunches

Curry Club

Latest News

Hi Everyone – welcome to the October newsletter. We look forward to meeting as many of you as possible this month; please see the 'save the date' events and come and join us, or just make contact if you want to meet up or need any info.

We have established links with the Royal British Legion team and will continue to provide their information in newsletters – they host lots of great different events, including battlefield tours and trips, and have a monthly drinks get together on the first Friday of each month. Please contact Zoe White; contact details are on the poster, for more details.

The weekly coffee mornings are continuing, and it would be great to see you there, a good chance to meet up and have a chat. This month there is a slight change to the usual schedule as we are supporting the Macmillan Cancer Charity with their yearly Big Coffee Morning; see details further down.

We are also supporting the NATO Charity bazaar and cake sales and would welcome all your delicious bakes and cakes!

We are liaising with our Health Visitor, Kerry Riley, to see what support can be provided to our young families. She will be contacting the families directly to see if there is enough interest within our community for a Stay and Play session with her at Welcomebeek.

If you have ideas for get togethers or events you wish to run with the community, please let us know; 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!

New Joiners! – we will be trialling a 'group' briefings session for our new joiners each month in line with the procedures at SHAPE – please look out for the dates. This is a good way to find out all the useful information to settle into your new area, and meet other new joiners, your Community Liaison Officers and other members of the team.

Please 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.

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.

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.

Last Thursday of the month – Curry Club. Come and join the community at local Indian restaurants for a relaxed evening of good food and conversation.

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.

Monthly – Community Lunches at a local restaurant – if you would like to be added to the facebook messenger group for these community lunches please contact us.

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.

Looking for ideas of things to see and do in Belgium? 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.

SHAPE Activities and Events

Please see the posters below for upcoming events and volunteer led activities at SHAPE – these are open to our community too so do please let them know if you are interested in getting involved. These include a car boot sale for the British community, Active Tots activity and Adventure Tots activity.



Adventure Tots
Under 5s

Come and join the fun!
Wednesday afternoons 1:30 - 2:45pm with Emma
Open and investigative play sessions
Themed activities

per family, includes a snack

The poster features the SHAPE House logo, a collage of photos showing children engaged in various activities like playing with blocks, using a toy car, and playing in a sensory bin, and a 1 Euro coin icon.



Active Tots
Under 5s

Come and join the fun!
Tuesday afternoons 1:30 - 2:45pm with Emma
Movement and healthy habits

per family, includes a snack

The poster features the SHAPE House logo, a collage of images including a child with wings, a pizza, a child with a soccer ball, a child on a balance beam, a fruit basket, and a worksheet, and a 1 Euro coin icon.



UK Mess Car Park

CARBOOT SALE

5 Euro a car

6th November
Set up 0900 for sellers
Buyers welcome 930-1300

Limited spaces available so be quick.
Book your space by emailing
Rachael.evans218@mod.gov.uk
or call into CLO/HIVE Office

A cash payment must be made before the event to secure your place

Made with PosterMyWall.com

The poster features a central illustration of a car boot packed with various items like a bicycle, a suitcase, a beach ball, a Christmas tree, and a car, set against a yellow background with radiating lines.

For those of the community who have access to SHAPE here are some great links for leisure activities

<https://shape2day.com/>

The link for bowling at SHAPE IS:

<https://www.shape2day.com/community/lodging-dining/pizza-bowl>

The link for the cinema at SHAPE is:

<https://www.shape2day.com/community/leisure/cinema>

The link for leisure at SHAPE is:

<https://www.shape2day.com/community/leisure>

Welfare



It's good to talk. Living overseas can be daunting and as well as the opportunities it offers; it can also create doubts, dilemmas and distress.

It can be a time when what we think about things: ourselves; our lives; our families; what really matters; may be at the forefront of our minds.

You may be trying to hold everything together and might welcome the chance to chat with someone who doesn't keep records or make notes. We all need help at some time or another. ***It's good to talk***

Whatever your circumstances and beliefs, and whether you are Army, Navy or RAF, a Civil Servant or a dependent - **Chaplaincy is here for you... in confidence.**

Just get in contact and we can arrange to chat.

There are 2 UK Chaplains based here in Mons:



Padre David Norfield

E: david.norfield100@mod.gov.uk
T: +32 473 62 96 33

Padre Nia Williams

E: nia.williams264@mod.gov.uk
T: +32 473 62 96 33



EJSU.Net

JOIN THE COMMUNITY



Please remember EJSU Net is the main place to go for the latest information about your location and other areas across Europe. It is regularly updated with information you may need on your area, healthcare, and welfare among other issues. It also has all the contact details for the support teams.

<https://www.ejsu.net/>

Live Updates from EJSU are available from the Feeder App, available on your app store.

<https://apps.apple.com/gb/app/feeder-co-rss-feed-reader/id668210239>

You can select feeds such as:

NSE Brussels – European Joint support Unit

NSE- SHAPE – European Joint Support Unit

European Joint Support Unit





NATO Charity Bazaar

a.s.b.l.

The NATO Charity Bazaar this year will be held on 20th November.



Leading up to this date there have been several NATO charity cake sales, with the remaining one on **19th October**. To help this very worthwhile cause Kate Bathurst who manages the UK element of the NCB has asked for donations of cakes, biscuits or anything delicious (homemade or bought). Donations will be greatly appreciated and can be dropped off to the UK Delegation OR by visiting the UK stand outside the press briefing room on the day.



Contact us on:
Brussels.Publicity@rbl.community
Find us on Facebook or
Twitter @RoyalBrussels

Drinks First Friday on the Month at Den Engel Tervuren – open to members and non-members alike!

Contact Zoe on: White.Zoe@hq.nato.int

For Tours and events and membership enquiries please contact:

Brussels.Chair@rbl.community

The Poppy Appeal starts on 22 October! There will be poppies available at Welcombeek and further information will follow on the Poppy Appeal collection activities.

World's Biggest Coffee Morning Macmillan Cancer Support



This year's event will take place on **Tuesday 4th October** in the Number 10 bar (at the Embassy/UKMis building*) between 11:00 and 13:00

Please come and join us for some delicious home-made cakes washed down by a mug of tea/coffee.... and dig deep to raise lots of money for this great cause.

This coffee morning is open to everyone, friends, family, children – the more the merrier! Although if you don't have a pass for the building, please let us know so that we can inform security!

** Avenue d'Auderghem 10, 1040 Brussels*

And if you are willing to provide cakes on the day please do let Alison and me know.



If you need a helping hand – please take a look at these [recipes](#) for ideas.....!!!!

One in two of us will face cancer, and the money raised at our Coffee Morning will help everyone with cancer to live life as fully as they can.

If you've been diagnosed with cancer, or a loved one has, you'll want a team of people in your corner supporting you every step of the way.

Macmillan Cancer Support provide practical, medical and financial support and push for better cancer care. The number of people with cancer is growing every day. We want to reach and improve the lives of every one of those people....

Thank you.

Lisa and Alison

Items for hire from the
Welcombeek!

Gazebo €5

Carpet Cleaner €5

Pressure Washer €5

Hedge Trimmer €5

Window Cleaner €5

Steam Mop €5

All prices are for a weekend hire.

Please speak to the CLO's for more information
and any hire requests.

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

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 – +32473629633
- Padre Nia Williams - +32473629633

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

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/@50.8562602,4.2629699,12z/data=!3m1!4b1>