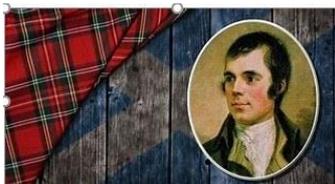


# January 2023 Newsletter



What's in this newsletter?

Community Bus Trip to Mons DIO stores update, Volunteer Appreciation event highlights, Christmas Shoebox update, Shape House Events, Bingo, Language Centre information, job vacancies and more.

Book Club is back. Come and Join us on Tuesday 10th January at 8.00pm



Wed 11th January Brit bar



**DIO STORES ARE CURRENTLY CLOSED DUE TO REFURBISHMENT  
APOLOGIES FOR ANY INCONVENIENCE**  
(All details can be found on EJSU.Net)

**If You Require Bin Bags, Please Go To Building 306 To Collect**  
(Mon-Thu 1000-1200, Mon 1600-1730)

**If You Require SALT**  
**Please Send An Email To:**  
[DIO-DAS-ESG@mod.gov.uk](mailto:DIO-DAS-ESG@mod.gov.uk)  
(Include your details and requirement and collection will be arranged)

**If You Require The Jet Wash or Carpet Cleaner**  
**Please Send An Email To:**  
[DIO-DAS-ESG@mod.gov.uk](mailto:DIO-DAS-ESG@mod.gov.uk)  
(Include your details and you will be notified of availability)

**Thank you for your Understanding**

DIO will also be offering other opportunities to collect Bin bags in the near future. Distribution venues TBC and will be advertised in advance. During these distribution times, an opportunity for housing workshops with members of DIO management will also be on offer.

For salt or to hire the carpet cleaner or jet wash please contact Dio at [dio-das-esg@mod.gov.uk](mailto:dio-das-esg@mod.gov.uk)

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[GSO-EJSU-Belgium-CommunityHub@mod.gov.uk](mailto:GSO-EJSU-Belgium-CommunityHub@mod.gov.uk)

Join us as we venture getting public transport to Mons! Please let us know if you are able to come by emailing the community hub and we will send you details. Once we arrive at Mons we will get a coffee and have time to explore.

School Support Assistant



For more details contact [EJSU.JobInfo@proximus.be](mailto:EJSU.JobInfo@proximus.be)

Please remember to quote the correct job reference number in the subject line of your email.

Job ref 02/23 .

Closing Date 18/01/2023

# January 2023 Newsletter

## Volunteer Appreciation Evening



### **Celebrating our UK Volunteers: Volunteer Appreciation Evening 12th December 2022**

Weekly activities, events and extra occasional help is only possible with the willingness of volunteers. There are many people who give up countless hours of their time without ever expecting anything in return and volunteer because of the value that they give to others. They know that without their support, time and energy, some clubs, events and other activities would not happen. Being able to share a skill to get things done is often more valuable than money and little acts of kindness go a long way. They work tirelessly and often they don't want to be recognised because they get fulfilment hoping that they are making a difference.

However, it is nice to show appreciation for those that give their time and effort to others, and they should be celebrated. It was decided therefore, to hold a volunteer appreciation evening, the first of its kind in this format in the UK community. The aim of the evening was to gather as many of those in the UK community who volunteer to have an evening to thank them for their hard work. It was also an opportunity to remind them that their work is so important and support them going forwards.

At the community office, a call to action was sent out to get people to nominate those in our community who volunteer both within SHAPE and in the local community who weren't already on the radar. Despite it being a busy time of the year, we had a great response rate and those that couldn't attend were busy volunteering. There were representatives from Shape house, Pop up coffee, Britrun, Britbar, scouts, guiding, sports clubs and other weekly activities. It was good to see so many volunteers from the various activities that are held.

The UK WO&SGT's mess provided a wonderful venue with its lovely ambiance and was nicely decorated with sparkly lights and Christmas decorations. The evening began with welcome drinks and nibbles. This was followed by a delicious assortment of canapes prepared by Babs (chef to DSACEUR). He is a fine example of using his skill as a chef to cater at events voluntarily and does so much within SHAPE. Whilst there was a formal part of the evening of presentations, it was important for it to have a relaxed feel and for all the guests to have time together and mix. The UK SNR, Captain Richard Hutchings RN was instrumental in putting the event together and explained "The UK has a large and very lively community here. However, it relies heavily on the goodwill of volunteers to run all the clubs and activities, whether primarily for UK people or more often for the wider SHAPE and Mons community. Life would be far less rich without these great people, who never ask to be in the spotlight. I'm extremely grateful to them all and delighted to have the chance

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to thank them.” He kindly opened the evening with a short speech and helped serve the food and drinks.

It was also wonderful to have in attendance DSACEUR, General Tim Radford, who got involved in the proceedings and was very warm and welcoming to all. DSACEUR handed out the certificates and commented, “It was a great privilege to be able to be part of this really important occasion to recognise some wonderfully selfless people whose tremendous work would otherwise go unrecognised. I was struck by the depth of commitment and humility. A really special group of whom we are very proud”.

Hearing the conversations from the evening, it was so heartening to find out the reasons why people start volunteering. Emma Horsfall, one of our volunteers at SHAPE house is happy to share her story, “I started volunteering because I wanted to give something back to the community that had been so welcoming to my family when we arrived at Shape. Shortly after arriving, I went to the Shape House children’s sessions with my little boy (then 2 and half years) and they were invaluable in helping me and my son settle into our new life relatively quickly. I knew straight away that this was something I wanted to be involved in, so I started volunteering once my little boy was settled into school. I currently run an Adventure Tots group at Shape House, which is for children under 5 and their parents. It is a place for investigative learning, creative play and having lots of fun. It also allows the parents to connect over a well-deserved cup of tea or coffee! I am a primary school teacher and giving something back to the young children of our community is just such a wonderful feeling. The support from the Shape House CLO and others in our community is also invaluable and I am looking forward to continuing to volunteer during my family’s time at SHAPE”. Emma’s remarks are like so many from the evening recognise that they want to give something back.

If someone is based here and unable to work or are on a career break, volunteering can really enhance the CV and can give experience of doing something different. Please do drop in and see the Community Hub team if you have ideas and want to find out more.

Thank you to all that have the passion to be a volunteer – it really is appreciated.

Article Rosie McEwan, UK CLO, Photograph credit, Kristin Savage

### [Christmas Shoe Box Appeal-Thank You](#)



On Monday 12th December members of the UK Community were delighted to join Susan Fofi, SHAPE Share –a –Meal (SAM) Vice Chair and SHAPE IC3 admin representative on a visit to the enormous foodbank and second-hand charity shop run by the Mons church-based charity ESOP. This charity’s ethos is supporting the local community in need with regular food donations. We were met by ESOP representative Ugo Masoch who was delighted to show us around both the food storage area and an enormous aladdin’s cave of treasures which is situated behind the charity shop. He was

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eager to explain how the charity supported members of the local community in need of assistance. The shop itself occupies a former carpenter's workshop on:

Rue du Commandant Charles Lemaire, 13-15

7033 Cuesmes (Mons)

Tel/Fax: 065 34 98 67

Opening hours: Mon-Thur from 8.30 -12pm and 1.30-4.00pm, Fridays 8.30- 12.00pm and Saturday from 9 - 12pm.

It is just a 15-minute drive from SHAPE. There are second hand clothes, soft furnishings, pre-loved Belgian porcelain, glass and china all for sale in the shop as well a huge furniture store of treasures for those who enjoy upcycling. There was lots of furniture on offer to tempt both creative artists and 'diy' enthusiasts at incredibly reasonable prices. We saw a sturdy wooden magazine rack on sale for just 4.00 Euros. They also have an array of good condition baby and toddler items. Please go in and browse. We all bought something whilst we were there including Christmas decorations, clothes and furniture and we were very happy with our purchases!

Following this visit we headed to Baudour to drop off the Christmas shoe boxes that the British Community had committed to fill for the Mother-and-Baby home 'Le Kangourou' in Baudour. This charity is a residential home which supports mothers and children with no home of their own. The families are supported socially, psychologically and educationally in a warm and welcoming environment by a dedicated team comprised of professionals and volunteers. We met the team and handed over our boxes during a very busy time for the home as they were preparing for their Christmas market. We are hoping to return in January to meet some of the recipients of the gifts and find out more about this fantastic charity. Currently, 10 mothers and their children are supported at the residence and the fabulous Uk community in addition to donating age-appropriate gifts for all the children also kindly donated cosmetics and toiletries so we could make gift bags for the mothers as well. Thank you to everyone who helped. Your kindness is greatly appreciated.

[All Ranks Families Event](#)



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Army All Ranks and Families event on Thu 26 Jan 23 at 1700 hrs in the WO/Sgts Mess beside EJSU. There will be food for 100 people for free. The mess bar is now contactless, please bring a bank card with you. This is a chance to say hello to all post the festive season. Dress is casual.

Please let Lt Col Phil Morgan know if you are attending.

[Philip.Morgan@shape.nato.int](mailto:Philip.Morgan@shape.nato.int)

NLT Mon 23 Jan 23.

Thank you.



Royal Navy Hale and Farewell

All Ranks and Families event on Thu 26 Jan 23 at 1700 hrs in the Thu 26 Jan 23 at 1700 hrs

Venue: The Brit Bar

Food: Provided by the mess

Stay up to Date Locally.



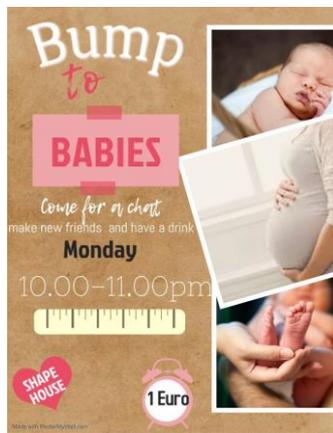
[brussels.be/events](https://brussels.be/events)

[www.brusselstimes.com](https://www.brusselstimes.com)

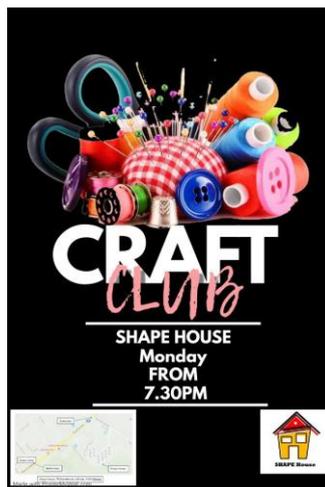
[visitmons.co.uk](https://visitmons.co.uk)

# January 2023 Newsletter

## SHAPE HOUSE



1 - Join volunteer Lyndsey Monday morning for a chat and a cuppa. Bump through to 13 months old are welcome.



2 - Bring your craft or learn a new craft with volunteer Sarah.

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3 - Meet Community Liaison Officer (CLO), Hannah from the HIVE and volunteer Natalie over a hot or cold drink. Find out more about the community what is there to do? where can you go? talk about clubs available?. The team are here to answer any questions



4 - Bring your under 5 year old to a packed session of crafts, mess and fun ran by volunteer Emma.

## Language support for Spouses



EJSU currently has some funding for introductory Host Nation Language Lessons. The funding is for up to €100, available to both SP and their Spouse and is intended to support initial language lessons on arrival in their new location. Participants should in the first instance contact the Language centre

Rosetta Stone and Linguaphone language packs are also available to borrow completely free of charge as CD packages from the Education and Resettlement Office. Please contact Nikki Clarke; for further information [Nicola.Clark121@mod.gov.uk](mailto:Nicola.Clark121@mod.gov.uk) or to collect your pack.

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Additionally, all Hol (Heads of Location) have been asked to identify if there is further need for language training in their own locations. If you feel that this is something that you would like to discuss further you can contact the team on

[GSO-EJSU-Belgium-CommunityHub@mod.gov.uk](mailto:GSO-EJSU-Belgium-CommunityHub@mod.gov.uk) proposals and justification for further training requirements can then be logged for the wider survey into support for spousal language training. Thank you so much.

[Spring session sign up for Language lessons at SHAPE Language centre:](#)



[languagecentre@shapemwb.be](mailto:languagecentre@shapemwb.be)

[shapeintlanguagcentre@gmail.com](mailto:shapeintlanguagcentre@gmail.com)



Welcome to SHAPE HIVE

For weekly news, military updates and local information please visit the SHAPE HIVE blog at [Shapehive.blogspot.com](http://Shapehive.blogspot.com)

If you would like to receive a weekly email with current HIVE information, please send an email to the HIVE below.

Email; [shapehive@armymail.mod.uk](mailto:shapehive@armymail.mod.uk) / [hannah.smith174@mod.gov.uk](mailto:hannah.smith174@mod.gov.uk)

Telephone; +32 471 61 16 78

Open; Mon-Fri, 9.00-14.00, please feel free to pop in! Or out of office hours please send an email.

# January 2023 Newsletter

## News from BFPO

## British Forces Post Office



### ***Are you properly addressed?***

### ***What do to with Non Barcoded Stamps***

[british-forces-post-office-locations](#)

### **How to address BFPO mail**

Write the address clearly in capital letters, keeping exactly to the format for the role of the person you're posting to. Write a return address on the back of the mail.

You should use the BFPO number to address mail. If you use a BFPO postcode instead of a BFPO number, it will still arrive, but it may take longer.

If you're posting mail from outside the UK, write 'GB' after the BFPO number or postcode.

Your mail may be delayed or sent to the wrong place if you: include the location (such as the town or country) in the address when using a BFPO number or write anything else on the packaging

### **Address format for service personnel**

SERVICE NUMBER, RANK and NAME

UNIT or REGIMENT

OPERATION

Location [british-forces-post-office-locations](#)

### **Address format for family**

Use this format if the item is for a dependant of a serving member of HM Forces.

NAME OF DEPENDANT

C/O SERVICE NUMBER, RANK and NAME

UNIT or REGIMENT

OPERATION

[british-forces-post-office-locations](#)

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Ordinary -Non barcoded stamps will become obsolete from **JULY 2023**

However, The Royal Mail are offering you a "Stamp Exchange" non-barcoded stamps can be used until 30th June 2023. For most people that will mean they have time to use up any of the old stamps they have before that date and you don't need to swap anything out. If you have too many stamps to use them up before this date you can exchange them for new barcoded ones through Royal Mail's 'Swap Out' scheme. Your non-barcoded stamps can be exchanged for the new barcoded version through the Stamp Swap Out scheme. To swap out your stamps, simply complete a Royal Mail Stamp Swap Out forms and send it back to them long with your non-barcoded stamps. The step by step process for doing this is explained below.

<https://www.royalmail.com/sending/barcoded-stamps>

The address to send to is: Royal Mail Swap Out Tallents House 21 South Gyle Crescent EDINBURGH EH12 9PB if you can't open the above link please visit <https://www.royalmail.com> (access on MODNET is denied) You can also call 03457 740740 for further support. **Please be aware that currently BFPO post offices in your location are unable to exchange old non barcoded stamps. Thank you Your BFPO Team.**

## SHAPE Medical Centre Information

email:

[UKStratCom-DMS-DPHC-MON-Grp@mod.gov.uk](mailto:UKStratCom-DMS-DPHC-MON-Grp@mod.gov.uk)

Phone : Patient support and referrals: +32 (0)65 44 2071

Dispensary: +32 (0)65 44 5999

For Out of Hours urgent care: you should attend A&E as soon as possible and inform Healix Healthline +44 (0)208 4817800

[healthline@healix.com](mailto:healthline@healix.com)

additional support can be found at:

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<https://patients.econsult.health/>

Other useful contacts:

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

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

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

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

<https://www.facebook.com/groups/SHAPEfitnesscentre/?ref=share>