

Ramstein Newsletter

Produced by the CLO's

January 2023

Foreword by Flight Lieutenant Mark Tindall

As the new Brit Bar OIC, I was invited (cornered) after a couple of beers by one of the CLOs to write the first newsletter foreword of the New Year, which is a genuine privilege. I hope that all of the Ramstein UK community had an enjoyable Christmas break and found time to fully recharge in the company of family and friends. Like any serving family who has spent time apart over a festive period can attest, a Christmas together at home is always special and certainly something to be cherished!

December has been a busy month. A big thank you must go to both the CLO Team and Cpl Kia-Mae Puckering. Not only for ensuring Santa's visit to UK families' went smoothly – making a lot of children happy – but also for the 'grown-up' personalised Christmas hampers. Moreover, thank you to those who took the time to organise Xmas trips and functions. This close, selfless and dedicated Brit community continues to impress!

Farewell and Godspeed to those who have recently left or are imminently due to leave SW Germany. Special mentions go to WO Sara Catterall who returns to London taking up a vital role as UKStratCom Command Warrant Officer. Sara is replaced as CSEL by WO Simon Waldock. Secondly, to Sqn Ldr Ruairidh Jackson and family who are on their way to Oxfordshire. As OIC Brit Bar, Ruairidh and his Team have taken the facility from strength-to-strength, particularly through COVID, creating the incredible community resource we have today that is held in high-regard by many nations. Ruairidh – I promise the bar remains in safe hands.

Congratulations to WO Brian Hagan MBE who received his award at an investiture presided over by His Majesty King Charles III. A amazing career achievement.

Recent years have certainly had an unprecedented number of highs and lows, however, with the pandemic now seemingly in the past, we are able to look forward to new beginnings; a time to start with new hopes, expectations, desires and resolutions: "Be at war with your vices, at peace with your neighbours, and let every New Year find you a better person." Benjamin Franklin. Poignant words; however, if your commitment in sticking to resolutions has been anything like mine, I believe more appropriate words are: "May all your troubles last as long as a New Year's resolution!" Joey Adams.

Happy New Year!

Community Notices

Covid 19 Reporting

If you or a member of your household test positive for covid, please report this via the link in EJSU for each individual who tests positive.

COVID19 REPORTING -
European Joint Support Unit
(ejsu.net)

EJSU Out of Hours Duty Contact Numbers

EJSU Duty Field Officer:
0032 (0) 479911075

Duty Welfare Officer:
0032 (0) 478970280

JCCC:
0044 (0) 1452519951

GAR Exchange rates Decmber

€1.00 = \$1.06

£1.00 = €1.17

SAF opening hours
12th Jan - 20th feb
0900-12.30

DIO Emergency Out of Hours Contact Number

0049 (0) 1735383562

STAY AND PLAY
Every Monday
0930-1100

€1

Liz Harts Bookclub

Here is a link to join the FB group

[Log in or sign up to view](#)

And the Whatsapp group

[Ramstein Brits Book Club](#)



QR CODES TO HELP



To find more about or to access help from these charities and organisations just scan the QR code on your private mobile phone – and don't forget that support is also available through your Chaplains, the EJSU Welfare Team and other people around your location.

Medical/Health

Talk to Frank

Everything you need to know about drugs, their effects and the law.



Samaritans

Support for those with suicidal thoughts.

Combat Stress

UK's leading charity for veterans' mental health issues.



Contact

A group of charities working with the NHS & MoD to make it simpler to find support with mental wellbeing.

Togetherall

Supporting those with mental health issues 24/7.



Alcoholics Anonymous

For those seeking strength and support through alcohol related issues.



Al Anon

Supporting the families and friends of those with alcohol issues.

Anxiety Network

Helping those with panic disorder, generalised anxiety disorder and social anxiety disorder.



PTSD Resolution

Help for Veterans, Reserves and Families who are struggling to reintegrate into a normal work and family life due to trauma suffered during Service.

Cruse

Bereavement support.



Military Charities

SSAFA

The Armed Forces Charity. Providing welfare, health and support services to serving personnel, veterans and their families.



RAF Benevolent Fund

Financial Support to the wider RAF Family.

Army Benevolent Fund

Financial Support to the wider Army Family.



Royal Navy Benevolent Trust

Financial Support to the wider RN Family.

Whether you are serving, CS or a dependant - to contact the EJSU Welfare Team just send a form via EJSU Net:

www.ejsu.net/welfare-referrals/



UK Government

Huge resource for pensions, claims, mental health support, medals and more.

There's no need to struggle alone – follow one of these codes, contact welfare, have a brew with the Padre, call a friend, chat with your Head of Location... it doesn't matter who, be brave, take the next step, have a chat.

RBLI Lifeworks Royal British Legion's support for finding jobs.



Domestic Violence & Abuse

Mankind

Providing support to MALE victims of domestic violence & abuse.



Women's Aid

Providing support to FEMALE victims of domestic abuse.

Stonewall

Support to LGBTQ+ victims of domestic violence & abuse.



Respect

"Are you hurting the ones you love? Choose to stop!" ... for advice contact the Respect Phoneline.

Divorceaid

Support for those going through the divorce process.



Financial



Gamcare

Supporting those with gambling issues.

Joining Forces

A credit Union providing cheap loans.



StepChange

Free debt advice & solutions.

Whoever you are in our community, to arrange to chat with your Padre/Bish just email us and we will be in touch:

EJSU-J1-Chaplaincy@mod.gov.uk

JANUARY PROMOTIONS

BRIT SHOP

TANQUERAY RANGPUR

750ML

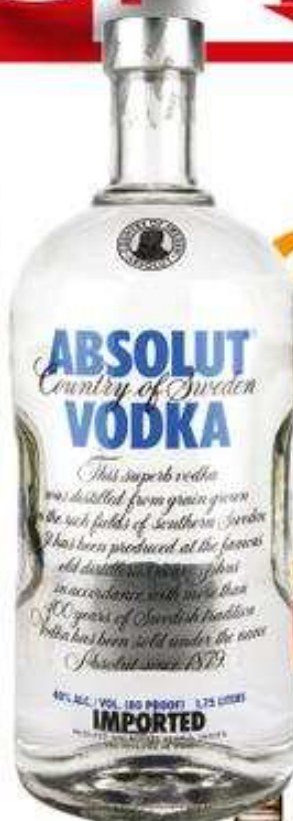
REG. 20.00
17.00



ABSOLUT VODKA BLUE

1750ML

REG. 24.50
22.50



CAPTAIN MORGAN RUM SPICED

1750ML

REG. 19.95
17.95



GLENFIDDICH SINGLE MALT 12 YEAR OLD

1L

REG. 44.00
41.00

JACK DANIELS RYE WHISKEY

1L

REG. 30.50
28.50



ST REMY BRANDY VSOP

1L

REG. 10.75
9.75

JOSE CUERVO ESPE REPOS TEQUILA GOLD

1L

REG. 15.95
14.95



JAGERMEISTER HERB LIQUEUR

1L

REG. 12.00
11.00

FIREBALL CINNAMON WHISKY LIQUEUR

700ML

REG. 11.20
10.20



THE KRAKEN BLACK SPICED RUM

1140ML

REG. 18.25
16.75



WINSTON RED OR BLUE

400s

REG. 47.50
45.00

MON-FRI 09.00-17.30 HRS.
SATURDAY 10.00-14.00 HRS.
TEL. 06371 401442
E-MAIL. BRIT.SHOP@YAHOO.COM

CLUB E'

PRESENTS



TEXAS HOLD 'EM

TOURNAMENT

6 & 20 January

Doors open 1730

Game begins 1830

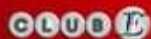
Open to ages 18 and over all ranks

Bar food provided prior to game starting while supplies last.

Sign Up on Member Planet by scanning the QR code and reserve your spot by 1700 on the Wednesday prior: **\$15 Non-Member, \$10 Member**

At the Door: **\$20 Non-Member, \$15 Member**

PRIZES
1st place: \$100 dollar FSS gift card
2nd place: \$50 FSS gift card
3rd place: \$25 FSS gift card



RAMSTEIN ENLISTED CLUB
Bldg. 2140 • DSN 480-2333 CIV 06371-47-2333



ARTS & CRAFTS CENTER PRESENTS

BLOCK PRINTING: EUROPEAN LANDMARKS

19 JANUARY
1600 - \$15 - AGES 12+



Use pre-made templates or draw your own to carve printing blocks. Then, use the blocks to make identical prints, but using various color patterns. Great for making cards or for scrapbooking your European experiences.

Class will be held in the Arts & Crafts Craft Room in Bldg 411. Advance registration is required and can be done in person at the Arts & Crafts Center, Bldg 2113 or by phone at DSN: 480-5479 or CIV: 06371-47-5479.



BOX CAR ★ MOVIE NIGHT ★

21 JANUARY | 1600-2000

RAMSTEIN YOUTH CENTER, BLDG 428

FREE EVENT

OPEN TO ALL
KMC FAMILIES



JOIN IN MAKING CARDBOARD BOX CARS AND WATCH A SUPERHERO MOVIE TOGETHER WITH YOUR FAMILY

FOR MORE INFORMATION

CALL 0631-536-6504 OR 06371-47-6444

EFMP

Coffee & Chat social



Come join us for coffee & donuts every **second Tuesday** of the month.

Don't miss out on a great opportunity to connect and network with other families!

Location: *Military & Family Readiness Center*

Time: *0900-1000*

Open to EFMP Enrolled Families

FOR QUESTIONS, PLEASE CONTACT 06371-47-5100 OR EMAIL US AT 867SS.EFMP@US.AF.MIL



WINTER Wonderland

Pre-teen Hangout
Ages 9-12

27 January * 1900-2200 * \$30

*Must be a registered member. Register by 20 January by contacting Ramstein Youth Programs at 06371-47-6444 or Vogelweh Youth Programs at 0631-536-6504.



Military & Family Readiness Center
Hearts Apart Deployed & EFMP Families

Love at First Bite

Join us for dinner to celebrate
Valentine's Day!



10 February @ 1800

Macaroni Grill KMCC Mall

*Space is limited. Registration by Eventbrite
is required by COB 10 January.



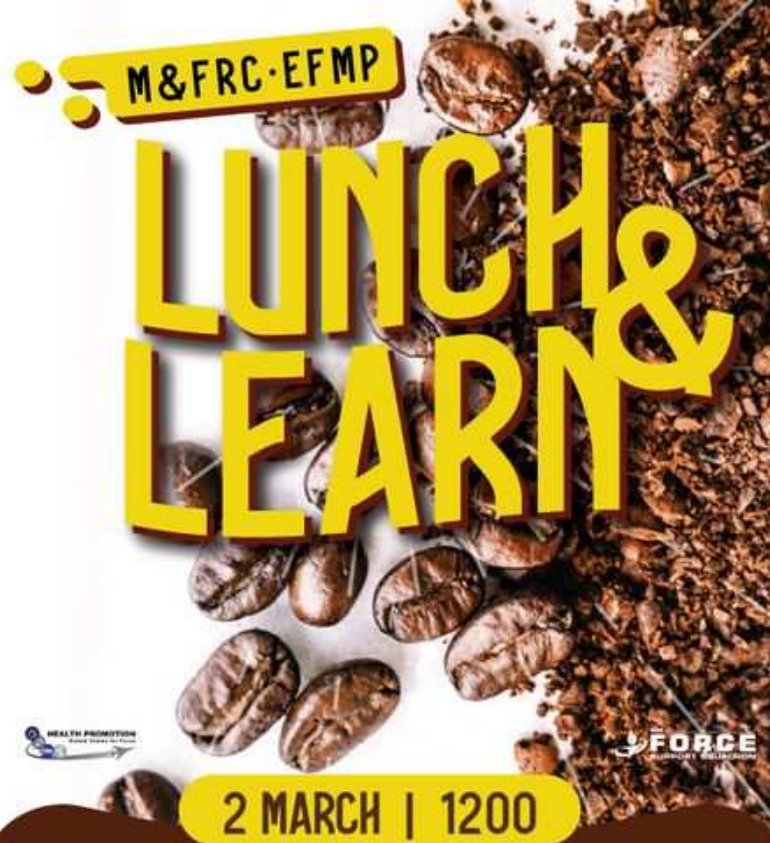
Register
Here!



LIVE MUSIC FT. DJ ROJAS
DOORS OPEN AT 2100 FREE ENTRY (18+)

DRINK SPECIALS. Free soft drinks will be available to those who sign up with
management as designated drivers throughout the evening. *Drink Responsibly*

FOLLOW US: RamsteinEnlistedClub
ENLISTED CLUB BLDG. 2140 / DSN: 480-2333 / CIV: 06371-47-2333



2 MARCH | 1200

📍 MILITARY & FAMILY READINESS CENTER (BLDG. 2120)

JOIN US IN A DISCUSSION ON HOW CAFFEINE CONSUMPTION
MAY BE AFFECTING YOUR HEALTH

Facilitated by our Health Promotion Team.

BRING YOUR OWN LUNCH! | OPEN TO ALL





SSAFA Health Visitor
Kerry Riley
UK Medical Centre – CEP.
Tel: 0032 6544 4643
UKStratCom-DMS-DPHC-EJSU-
CEPGrp@mod.gov.uk

Healthy child programme

Chaplaincy Contacts

[Click Here](#)



The British Army have joined the other 2 Services and now offer the Mindfulness App, free of charge. However, it can only be authenticated by use of the service persons armymail.mod.uk email address. The link to assess Headspace is:

[Headspace for Work](#)

WELFARE – Protecting your Grey Matter
Knowing where to go for mental health support and advice can be daunting. Check out [Protecting your Grey Matter Here for more info.](#)



Women's Health –
<https://www.nhs.uk/common-health-questions/womens-health/>

Men's Health –
<https://www.nhs.uk/common-health-questions/mens-health/>

Better Sleep – [NHS Every Mind Matters – Better Sleep](#)

NHS Apps for Health and Wellbeing – <https://www.my-therapy.co.uk/>

Mind – www.mind.org.uk –
[Committed to improving mental health](#)

**Ramstein
Bowling
Center's**

9-PIN NO-TAP MONTHLY TOURNAMENT

Third Saturday of the Month @ 1700

\$25 entry before day of tournament

\$30 day of tournament

9-count on first ball counts as a "X"; bowl four (4) games

Separate events for men and women "Cash Prizes"



Ramstein Bowling Center
Bldg. 2139, DSN 480-5547 or CIV 06371-47-5547
www.86fss.com



FORCE
SUPPORT SQUADRON

DEPARTMENT OF THE AIR FORCE
CYP
CHILD AND YOUTH
PROGRAMS

VOLUNTEER COACHES WANTED

*Ramstein & Vogelweh
Youth Sports
Needs You!!!*

**FALL SPORTS:
SOCCER, FLAG FOOTBALL,
& CHEER**

Open to active duty, DOD civilians, retirees, and family members
ages 18+. Training Provided. Become NYSCA (National Youth Sports
Coaches Association) certified. Great opportunity to give back.
All sports programs include 2 practices and 1 game each week.
If you are or know anyone interested in coaching for more information:

Call DSN 480-5660 or Email 86fss.ryp@us.af.mil

POKÉMON PALS



1st Thursday of the month

1530 @ Vogelweh Library

Do you like Pokémon?

Join other Pokemon Pals at the Vogelweh Library for fun activities and games.

With your parent's approval, you may also share and trade cards.

For Pokemon trainers grades K-6.



Vogelweh Library, Bldg. 2059
DSN 489-7665 | CIV 0631-536-7665



Military & Family Readiness Presents

WELCOME TO RAMSTEIN

Newcomer Orientation

**Every Wednesday at Ramstein Community Center | Bldg. 412
0800-1200**

Register for all sessions on Appointment Plus

Welcome to Ramstein! Newcomer Orientation is designed to
provide active duty, family members, DoD Civilians and Contractors with information
from various base agencies to aid in their adaptation to the KMC.

For questions or more information, contact the Military & Family Readiness Center



Military & Family Readiness Center
Bldg. 2120 • DSN: 480-5100 or 06371-47-5100 | 86fss.com



Ramstein Officers' Club Invites You to a

CHAMPAGNE Brunch

22 JAN
1030-1330

Via *Member Planet* until Friday 20 January 1600 or Sold Out

\$19 Member // \$24 Non-Members

Ages: 6-12 // \$10 Kid Member

\$12 Kid Non Member // Free 5 & Under

WALK-INS:

\$21 Member // \$26 Non-Members

Ages: 6-12 // \$11 Kid Member

\$13 Kid Non-Member // Free 5 & Under

Complimentary Champagne,
Champagne Cocktail, or Non-Alcoholic Beverage

*Members' guest discount is limited to 4 per party.
Only guest of Members ineligible for Club membership
can receive this discount.

Stations Include:

Breakfast Line,
Waffles, Carving,
Seafood, Omelettes,
Kids' Line, Salad,
& Dessert.

Sign
Up



Ramstein Officers' Club, Bldg 302
DSN: 480-2824 • CIV: 06371-47-2824

FORCE

Ramstein Library Presents



Teen Book Club

31 JANUARY ♦ 1600

Calling all mood readers!

Join us at the Ramstein Library for our
monthly Teen Book Club!

Bring a novel of your choice to rant or
rave to the group. No registration
is required.

Book Club open to teens only!

Ramstein Library
Building 409
DSN: 480-6667
CIV: 06371-47-6667



MILLENNIAL MOVIE NIGHT

18 JANUARY ♦ 1730

RAMSTEIN LIBRARY

OPEN TO:

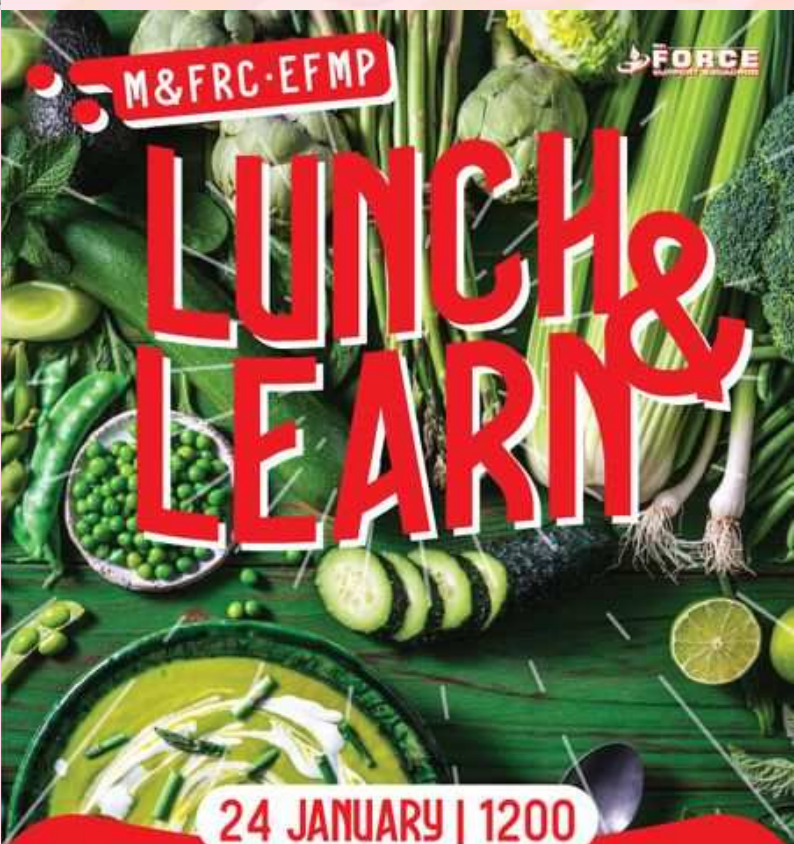
18+

OPEN TO:

N° 50167

"WHAT? LIKE IT'S HARD?"

BEND AND SNAP TO THE RAMSTEIN LIBRARY
FOR JANUARY'S MILLENNIAL MOVIE NIGHT!
AFTER BEING DUMPED BY HER BOYFRIEND FOR BEING
TOO BLONDE, A FASHIONABLE SORORITY QUEEN
ENROLLS IN HARVARD LAW WITH THE GOAL TO
WIN HIM BACK, BUT DISCOVERS FAITH IN NOT
ONLY OTHERS--BUT HERSELF-- ALONG THE WAY.



M&FRC·EFMP

LUNCH & LEARN

24 JANUARY | 1200

📍 MILITARY & FAMILY READINESS CENTER (BLDG. 2120)
JANUARY IS NATIONAL FIBER FOCUS MONTH.

JOIN US FOR A DISCUSSION ON HOW TO SPOT A FAD DIET
& LEARN ABOUT FIBER FRIENDLY FOODS.

Facilitated by our Health Promotion Team

BRING YOUR OWN LUNCH! | OPEN TO ALL



FOR QUESTIONS, PLEASE CONTACT CIV: 06371-47-5100 • DSN: 480-5100 OR EMAIL BY AT 06371-47-5100



RAMSTEIN ARTS AND CRAFTS CENTER

Register in person at the Arts & Crafts Bldg 2113,
or by phone at DSN 480-5479/Comm 06371-47-5479

\$50

WEDNESDAYS
1600

EXPLORATION OF PAINTING

THE RAMSTEIN ARTS & CRAFTS CENTER IS TRYING SOMETHING NEW! WE ARE OFFERING AN AFTER SCHOOL ART CLASS AIMED AT ELEMENTARY SCHOOL AGED KIDS.

OUR FIRST SIX WEEK SESSION WILL BE AN "EXPLORATION OF PAINTING." IN THIS CLASS YOUR CHILD WILL LEARN THE BASICS OF PAINTING WITH ACRYLICS AND WATERCOLORS. WE'LL EXPLORE DIFFERENT TECHNIQUES IN EACH CLASS USING THE MASTERWORKS OF FAMOUS ARTISTS AS OUR GUIDE. EACH CLASS WILL LAST ABOUT AN HOUR.

SIX WEEK SESSION,
STARTING 14 SEPT- 19 OCTOBER



VOGELWEH LIBRARY PRESENTS

LEGO CLUB

Calling all Lego Lovers!

Join us at the Vogelweh Library
1st Tuesday of the month at 1530

to play, create, build, meet
new friends, and have fun!

Builders of all skill levels welcome!
No registration required.
Recommended ages 5-13.



Vogelweh Library, Bldg. 2059
DSN 489-7665 / CIV 0631-536-7665

Join us at our

COMMUNITY INDOOR FLEA MARKET

25 February • 1000 - 1400

Clothing • Accessories • Vintage Wares & more!

Ramstein Community Center
Building 412

Sign up to be a vendor!

\$15 for 1 Table

\$20 for 2 Tables

VIRTUAL WEIGHT SHRED

5K

16-31
January

FREE Event

All DoD Card Holders
(18 years of age and older)

Challenge yourself by participating in our Virtual Weight Shred 5K.

All you have to do is use your favorite pacer tracking app to record your 5 Kilometers or 3.1 miles, then verify your time with a front desk staff member at Northside, Southside or Vogelweh Fitness center. We will be randomly selecting 1 male and 1 female winner. Can't make it into the gym? No problem, take a screen shot of your run info and send picture to 786fssevents@gmail.com



Building 412 • DSN 480-6600 • CIV 06371-47-6600



Ramstein Fitness Centers
Southside, Bldg. 2117 • Northside, Bldg. 552
Vogelweh Fitness Center Bldg. 2007
DSN 480-0294 or CIV 06371-47-0294



BRIT CAFE

RAMSTEIN

Platinum Jubilee Breakfast

3 sunny-side eggs, streaky bacon, sausages, hash browns & 2 slices buttered toast w/ a regular coffee or tea

11.00

Full English Breakfast

2 sunny-side eggs, sausage, british bacon, hash browns, grilled tomato, mushrooms, baked beans & buttered toast w/ regular coffee or tea

9.00

Full English Veggie Breakfast

2 sunny-side eggs, veggie sausage, hash browns, grilled tomato, mushrooms, baked beans & buttered toast w/ a regular coffee or tea

9.00

Mr. Bean's Breakfast

2 scrambled eggs, beans & 2 slices of buttered toast

5.00

CREATE A BREAKFAST A LA CARTE

BREAD	PROTEIN	CHEESE	VEGGIES
Hash Brown +2	Egg +1	Cheddar +.50	Avocado +1
White Toast +1	Sausage +2	Mozzarella +.50	Unlimited Veggies +.50
Brown Toast +1	British Bacon +2	London Cheddar +.50	• Bell Pepper
English Muffin +1	Bacon +2		• Mushroom
Baguette +2	Chicken +2		• Red Onion
Waffles +2	Turkey +1		• Spinach
Wrap +1	Ham +1		• Grilled Onion
Gluten Free Bread +3	Veggie Sausage +2		• Grilled Tomato

DAILY BREAKFAST SPECIALS

- MONDAY-BRITISH SPECIAL
- TUESDAY-FRENCH TOAST PLATTER
- WEDNESDAY-EGGS BENEDICT
- THURSDAY-WAFFLE BREAKFAST
- FRIDAY-CINNAMON ROLL

KIDS MENU

Paddington's Brekky	1.50
2 slices buttered, whole grain toast w/ orange marmalade	
Prince Louis's Cheese Toastie	2.00
2 slices bread w/ london cheddar cheese, grilled until golden and melted	
Princess Charlotte's Chip or Bacon Butty	4.00
White buttered bread w/ brown sauce & chips or british bacon	
Chicken Nuggets & Chips	4.00
5 chicken nuggets & chips	
Prince George's Fish Finger Sandwich	4.00
4 fish fingers on buttered bread	

DAILY BAKED GOODS

Traditional Scone	1.00
Flavored Scone	2.00
2 Crumpets	2.00
Clotted Cream & Jam	.50



Cheers!



CHECK FOR OUR
BRITISH SPECIAL
OF THE WEEK
&
OUR WEEKLY MENU OF
FRESHLY BAKED GOODS
ON
@THEBRITCAFE



BREAKFAST

MONDAY - FRIDAY
07:00 - 10:45

BRIT BREAKFAST CLASSICS

King Charles Burrito

Hash browns, 1 scrambled egg & cheese served w/ salsa and sour cream

• Bacon or Sausage 7.50

• Combo 9.00

• Veggie Sausage 7.50

Waffles & Bacon

2 waffles w/ streaky bacon & organic maple syrup

5.00

Omelette

• Cheese 7.00

• 2 a la carte fillings

• 2 slices buttered toast

Brit Bap

Toasted English muffin, 1 medium fried egg, cheese & your choice of a la carte protein

4.00

Big Brit Baguette

Toasted baguette, 2 medium fried eggs, cheese & your choice of a la carte protein

6.00

BRIT

LUNCH

CLASSICS

Fish & Chips

Fried fish fillet & chips served w/ tartar sauce & lemon wedge

8.00

Tikka Fingers & Chips

5 Indian seasoned chicken tenders & chips w/ sweet chili sauce or yoghurt dip

8.00

Bangers & Mash

3 sausages, mashed potatoes & mushy peas

8.00

Sausage Rolls & Chips

2 British sausages wrapped in a puff pastry, chips & beans

6.00

Fish Finger, Chip & Beans

5 fish fingers, chips & beans

7.00

Ham, Eggs & Chips

4 slices ham, 2 fried eggs & chips

6.00

Big Brit Salad

Lettuce, tomato, cucumber, red onion, carrots, coleslaw, boiled egg & your choice of a la carte protein & sauce w/ salad dressing

8.00

BUILD YOUR OWN A LA CARTE

BREAD	PROTEIN	CHEESE	VEGGIES	SAUCE
White toast +1	Egg +2	Cheddar +.50	Avocado +1	Coro mayo +.50
Brown toast +1	Tuna +2	Mozzarella +.50	Unlimited Veggies +.50	Lemon mayo +.50
Baguette +2	Streaky Bacon +2	London Cheddar +.50	• Lettuce	Garlic Aioli +.50
Wrap +1	British Bacon +2		• Tomato	Mayonnaise +.50
Panini +3	Sausage +2		• Cucumber	Branson Pickle +.50
Gluten Free Bread +3	Turkey +2		• Red Onion	Marmite +.50
	Ham +2		• Bell Pepper	Sweet Chili +.50
	Chicken +2		• Carrots	Yoghurt +.50
			• Spinach	Brown Sauce +.50



DAILY LUNCH SPECIALS

- MONDAY-CHICKEN GARLIC AIOLI SANDWICH
- TUESDAY-CLUB SANDWICH
- WEDNESDAY-BRITISH SPECIAL
- THURSDAY-SPICY CHICKEN CURRY
- FRIDAY-STEAK & ALE PIE

Don't want chips with your meal? Replace your chips with your choice of side for no additional charge.

BRIT BARISTA

COFFEE

COFFEE	1.50	2.00
CAPPUCCINO	2.50	4.00
LATTE	2.50	4.00
LATTE MACCHIATO		4.00
FLAT WHITE	2.50	4.00
ESPRESSO	1.00	
DOUBLE ESPRESSO	2.00	
RED EYE		4.00
MOCHA		4.00
AMERICANO		3.00
HOT CHOCOLATE		3.00

SPECIALTY SYRUPS UPON REQUEST €0.50

TEA

ENGLISH TEA	1.00	1.50
LONDON FOG	1.50	2.50
MINT CITRUS TEA	1.50	2.50
PEACH GREEN TEA	1.50	2.50
GREEN TEA	1.00	1.50
FRUIT TEA	1.00	1.50
EARLY GREY	1.00	1.50
CHAMOMILE	1.00	1.50
CHAI	1.00	1.50

COLD DRINKS AVAILABLE
(PRICES VARY)



SIDES

Soup of the day	
• Cup	3.00
• Bowl	5.00
Mushy Peas	1.50
Baked Beans	1.00
Side Salad	2.00
Coleslaw	1.50
Chips	2.00
Crisps	1.00



EST - 2019

THE BRIT BAR

RAMSTEIN AIR BASE

January

Thursday 5th – normal opening (1600)

Friday 6th – normal opening (1500)

Thursday 12th – normal opening (1600)

Friday 13th – normal opening (1500)

Thursday 19th – normal opening (1600)

Friday 20th – normal opening (1500)

Thursday 26th – normal opening (1600)

Friday 27th – normal opening (1500)



Patient Information Notice

Use of The Big Word Interpretation Services in Central European Practice locations

About the Big Word.

The Big Word is a medical interpretation service engaged by the MOD for use by patients of the Central European Practice (CEP). The service is for medical interpretation only and may not be used for any non-medical purpose. If CEP patients use this service they are to contact the Practice as soon after as practicable either by telephone (+32 (0) 6544 2280) or email UKStratcom-DMS-DPHC-EJSU-CEPGrp@mod.gov.uk to ensure that the usage is correctly recorded.

How to access a Big Word Interpreter.

1. Call The Big Word interpretation line on - 0044 (0) 113 212 4116
2. Enter the access code – 77451265#
3. Enter the language code –

Bosnia – 17	German – 4	Romanian - 750
Bulgarian – 707	Greek – 993	Slovak - 755
Czech – 710	Italian – 995	Slovene - 756
Danish – 711	Latvian – 733	Spanish - 1
Dutch – 713	Lithuanian – 735	Swedish - 761
Estonian – 783	Norwegian – 742	Turkish - 764
Finnish – 716	Polish - 5	
French – 95	Portuguese - 996	

4. Once connected to an interpreter ensure that you make a note of their 'Interpreter ID number'.
5. Following the call inform CEP via telephone or email that you have used the service, including providing the interpreter ID number.

Should you have any difficulties whilst trying to access an Interpreter via The Big Word – call The Big Word customer services on 0044 (0) 800 757 3025.

Electrical Safety

BLUF

A near miss was reported in SHAPE Brit Bar. The 'near miss' occurred because a travel adapter had been used with a modified Belgium extension lead, and UK three pin plug. As a result, the travel adapter over heated and melted away causing sparks and smoke. PSB pictures.

Reminder

All Personnel are reminded that they must not modify or use modified electrical equipment provided for use at work unless the modification has been authorised and carried out and tested by a competent person. And It is the individuals responsibility to conduct daily visual checks of Power leads, Extension leads, plugs and cables in their workspace.

To that end, Travel adapter are to be removed and replaced with 13 or 16amp. Electrical cables should not be adapted or modified by any person and ARE NOT TO BE USED ON the Defence Estate. ALL HoD or LM ARE TO CHECK OFFICES TO ENSURE SUCH EXTENSION CABLES AND TRAVEL ADAPTER ARE NOT IN USE.

To view the MOD electrical safety guidance click [here](#)



DONT DRINK AND DRIVE

DRIVING UNDER THE INFLUENCE (ALCOHOL)



From 0.5 ‰ to 0.8 ‰: from € 179 and a driving ban of 3 hours.

From 0.8 ‰ to 1.0 ‰: € 420 and a driving ban for 6 hours and possibly a 15-day driving ban

ban

From 1.0 ‰ to 1.2 ‰: € 576 and a driving ban for 6 hours and possibly a 15-day driving ban

More than 1.2 ‰: € 1,290. If summoned by the public prosecutor: € 1,600-10,000 and / or a disqualification from driving from 8 days to 5 years.



The German alcohol laws are very strict, thus the punishment for drink driving is particularly harsh. The fines go from € 500 to € 1500. Additionally, long driving bans are imposed and multiple points are recorded.

A driver who is caught with 1.1 mg/ml or higher commits a criminal offence and is taken to court. A car driver who is at least 21 years old and has his or her driver's licence for at least 2 years has a legal alcohol limit of 0.5 mg/ml. There is no traffic violation existent up to this limit, as long as the driving style is not suspicious or endangers others. Adolescents under 21 have a legal limit of 0.0 mg/ml: they are not allowed to drink any alcohol, if they want to operate a vehicle afterwards. The same is valid for new drivers, who have had their licence for less than two years.



The Netherlands has strict drink driving laws, allowing only 220 micrograms per litre of exhaled breath or 0.5 grams of alcohol per litre of blood. Drunk drivers are fined; the fee varies depending on the seriousness of the offence.

It is also illegal to allow a person to drive if they are over the limit.

- **Note:** It is also technically illegal to ride a bicycle when over the limit, although this law is rarely enforced. Fines for being 'Drunk in Charge of a Bike' range up to €140

Drivers who cause death by driving under the influence of alcohol may be charged with up to six years in jail. Injuring someone while drunk behind the wheel of a car carries a prison sentence of up to 3 years.

Refusing to take a breathalyser test may incur penalties. Police have the authority to confiscate a vehicle if the driver is caught doing excessive speeds or driving while over the alcohol limit.

Please note that a Jail sentence of maximally 3 months, A fine of the third category (2016: min-€ 8.200)

See van Lelyveld

A community punishment order and a disqualification from driving for maximally 5 years



The law on drink driving is tough in Turkey, with 0.05% being the legal alcohol limit. And that only applies if you are driving alone - if you have a passenger, your system must be completely free of alcohol.

If you are caught exceeding the level, you will be fined depending on whether it is your first, second or third offence, starting at €480 (€141) plus the suspension of your license. Allegedly, there is also the chance of being taken 20 miles out of town and being forced to walk home under police escort as a punishment.



Spain's drink driving laws are stricter than the UK. In Spain the legal limit is 0.5mg of alcohol per ml of blood. In the UK, the limit is 0.8mg. Spanish rules also dictate that new drivers have to adhere to lower levels. If the results obtained from the breathalyser test exceed 0.25 milligrams per litre (0.15 for professional drivers and drivers with less than two year's driving experience), the driver will receive a €500 fine.

Should the test register an amount above 0.5 milligrams (0.3 for professionals and inexperienced drivers) or if the driver has been fined for the same reason in the previous 12 months, the fine doubles to €1,000. The driver will also lose their driving license for a specified period of time.

Important Advice!

Do not refuse to take a breathalyser test. To do so is an independent criminal offence, for which you will be charged, in addition to the prior offence of driving while under the influence of alcohol.



Severe fines for drunk driving. Penalty: €250 - €1250 fine if blood alcohol level in range 0.5 g/l - 0.8 g/l. See Note 1. Penalty: €500 - €2500 fine if blood alcohol level in range 0.8 g/l - 1.2 g/l or if medical or expert report determines that the driver is under the influence of alcohol. Portuguese drive on the right side of the road. The use of safety belts is always compulsory. Driving and drinking is not recommended. When you drive the legal maximum alcohol level is restricted to 0.5g/l, the equivalent of a small beer.

See van Lelyveld



France has very strict rules concerning drink-driving; the legal blood alcohol limit is 0.5g/l of blood. If during a police check, your level of alcohol is found at between 0.5 and 0.8 g, you may be fined up to 135 €. The blood-alcohol drink-drive limit in France is 0.5 grams/litre (lower than the English limit of 0.8g/l) and means that you can be breaking the law on one or two glasses of wine. You are liable for prosecution if you are over or equal to this limit.



Alcohol laws are very strict, and penalties from driving under the influence are severe. The legal limit is 0.02% blood alcohol and applies to the driver of any motorized vehicle. In Norway if you have a blood alcohol content of 0.02 - 0.05 you can lose your license for up to one year and receive a fine equal to one month's salary (if your level is over 0.05 you will almost always pay at least Kr 10,000—or \$1,250 at the exchange rate of 1 USD = 8 NOK).

Think! Are you REALLY safe to drive the morning after?

During the festive season, we're all being reminded of the risk of driving the morning after drinking alcohol.

Whilst the vast majority of us wouldn't consider driving after drinking alcohol on a night out, have you ever got into a car to drive the next morning, without knowing whether you were really safe to do so?

It takes a lot longer than most of us think for alcohol to pass through the body – on average, about one hour per unit of alcohol, though this can vary depending on a number of factors.

So, while you might not normally dream of driving after drinking, you may be running the real risk that you get in the car the next morning and are still over the legal limit.

How long after drinking will I be safe to drive?

Morning after' offences accounted for almost 14% of all drink driving incidents a decade ago, but that figure now exceeds 20%, according to Department for Transport data. The consequences of being convicted of DUI are severe. It has increased year upon year and deaths are going This includes people going about everyday activities such as driving to work, popping to the shops or doing the school run.

See van Lelyveld

The Morning After campaign, which has been running for several years, is designed to help normally responsible people avoid the risk of a drink drive conviction – or worse still, cause a collision or casualties while 'over the limit' – by highlighting how long it takes for alcohol to pass through the body.

Any amount of alcohol affects your ability to drive safely, the best advice is not to drink anything if you are driving and don't drink heavily if you have to drive the following day.

Although it varies from person to person, the following is a guide to how much time you may need to allow before you pick up those car keys:

How long does it take for alcohol to pass through the body?		
	4 pints of beer	11 HRS
	Bottle of wine	12 HRS
	4 pints of cider	12 HRS
	3 double shots	10 HRS
...combination of the above?		



See van Lelyveld

10 Winter Driving Safety Tips

In winter conditions we must change our approach to driving in terms of how we prepare our cars, plan our journeys and more importantly, the way we drive.

Here are 10 tips for you to stay safe on the roads:

1. PREPARE YOUR CAR

Even the most minor faults can cause major safety issues during winter conditions. Putting your car through a service will ensure any issues are identified and fixed.

Alternatively, you should at least make sure your lights, brakes, tyres, windscreen wipers and car battery are all in tip-top condition ahead of any change in weather.

2. FIND THE RIGHT TYRES



Legally you must have suitable winter/all season tyres to drive in icy or snowy conditions. The legal minimum tyre tread 1.6mm although it is advised to have no less than 4mm while driving in winter conditions to maintain optimal grip levels. These tyres retain their softness at lower temperatures and therefore provide a stronger grip on slippery surfaces.

3. KNOW HOW YOUR ABS WORKS

Most modern cars feature anti-lock braking systems (ABS), but it should not be overly relied on, especially in dangerous conditions. ABS uses sensors to prevent wheels from locking during heavy braking in order to prevent skidding. This allows the driver to maintain steering control while braking, but ultimately ABS works less efficiently on slippery surfaces.

Therefore, while it's an incredibly useful safety device, it's no substitute for cautious driving.

4. PACK THE ESSENTIALS

However long the journey, don't just rely on your car's heating to warm you up. Take sufficiently warm clothing and a hot flask as well as some snacks. You'll surely be glad of it if you break down, get stuck or hit heavy traffic. A fully charged phone also comes in handy.

Here's a list of other essentials that can be left in your car throughout the winter:

- A warm blanket
- Torch & reflective clothing
- Wellies
- De-icer
- Ice-scraper
- Shovel
- Emergency warning triangle
- First aid kit
- Jump leads

5. ENSURE YOU ADAPT FOR ICE AND SNOW

The main challenge of winter driving is dealing with icy roads and snow. Always reduce your speed and keep a large gap between you and the car in front to prepare for increased stopping distances.

Always avoid sharp braking and harsh steering. Instead, go into a lower gear earlier on and allow your speed to smoothly reduce before using the brake to avoid skidding. If you do find yourself skidding, don't panic. Release the brake/accelerator, gently steer into the skid to straighten up and regain control.

Remember to take your time, slow down in advance. Slow and steady gets you home safe.

6. PREPARE FOR LESS LIGHT



Less sunlight means that roads will be busy often in complete darkness or during sunrise and sunset. The result is plenty of glare from low sunlight and headlights, you must ensure your windscreen is clean inside and out to reduce the glare effects for optimal vision. Think about replacing old windscreen wipers with new ones to avoid smearing – particularly when incoming light is amplified by rain or snow.

9. KNOW WHEN TO USE YOUR FOG LIGHTS



Cold and wet conditions lead to fog and ultimately impaired vision when driving. Driving through fog calls for a much more cautious approach. You must not use your fog lights unless visibility is seriously impaired.

Turn them off when visibility improves, or they may dazzle other drivers and overpower your brake lights.

10. CARRY OUT PRE-DRIVING CHECKS

Use the acronym FLOWER to carry out some checks before your journey.

Fuel – Although it may sound basic, make sure you check you have sufficient fuel to get you where you need to go.

Lights - If your indicators, hazard lights, headlights, fog lights, reverse lights or brake lights are not functioning properly, you are putting yourself, your family and others at risk. It's always handy to use a second person to check your lights work properly.

Oil - Pull the oil dipstick out, wipe it with a clean cloth then put it all the way back in again. Then remove it and check. The oil mark should be between the maximum and minimum levels. If it isn't then it's time to top up.

Water - Check the windscreen washer and coolant fluid levels and top up if necessary.

Electrics - Check all electrics i.e. windscreen wipers, screen washers, horn, de-mister.

Rubber - Check the pressure of your tyres and adjust them if necessary. Many fuel stations have tyre pressure gauges and air pumps available. Your tyre tread depth needs to meet the legal minimum of 1.6mm, although it is advised to have no less than 4mm on your winter/all season tyres while driving in winter conditions.

By Cpl Phil McElhone, EJ5U

10 Winter Driving Safety Tips

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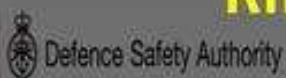
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RIDING IN WINTER – BE SAFE BE SEEN



TOP TIPS FOR DRIVING IN LOW SUN

When the sun is low
take it slow

Sunglasses would
be handy

Be extra aware
of other road
users

Keep your windscreen
clean inside & out – top
up your washer bottle
regularly



Dip your rear view
mirror to stop the
dazzle

Use your lights – its
good to be seen

Check over your
shoulder for vehicles in
your blind spot

According to the Department for Transport statistics, around 3,900 people are injured in accidents caused by the blinding effects of the sun each year



Further information can be found on the MTSR website <http://transport.safety.web.logs.r.mil.uk/> or by contacting the SO2 Road Safety: DSA-DLSR-MTSR-Reg-Rdsfy-SO2@mod.gov.uk





School Governance Committee (SGC) – Position Vacancies

Could you make a positive contribution to St David's School?

Being a Service Governance Committee Member (SGCM) is a rewarding way of making a voluntary contribution to the lives of the young people within St David's. The School Governor Committee to St David's School is looking for a small number of volunteers to join the team and become governors.

As a SGCM you will sit on the School Governing Committee and work with the headteacher. You will have responsibility for helping review and analyse the aspects of the school strategy providing valuable input and comment to the headteacher who manages the day to day running of the school.

A SGCM may:

- Contribute to the setting up and review of the school's operational framework, focussing on raising standards of achievement, establishing high expectations and promoting effective teaching and learning.
- Act as a critical friend: support the headteacher and staff through provision of advice, guidance, information and constructive challenge.
- Ensure accountability: hold the school to account on its performance and management.
- Work closely with leaders to communicate the vision, ethos and strategic direction of the school and developing a culture of ambition.
- Work with the headteacher to ensure the safeguarding procedures are robust and that the school provides a safe and healthy environment for pupils and staff.
- Provide a balance of challenge and support to deliver continuous improvement.
- Understand the management of school finances and how this supports the needs of pupils.
- Review the assessment information provided and request other information as might be required to understand the performance of the school.
- Attend full committee meeting, together with sub-committee meetings and other tasks as required.
- Where directed to do so by the Chair, contribute to the hearing of complaint or exclusion appeals as detailed in MOD School Complaints and Exclusion Policies.

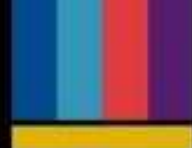
Being a SGCM can be enjoyable, stimulating and rewarding and you do not have to be a parent of a child within the school. All SGCMs must complete safeguarding checks before assuming their role and, early on in their period of membership, complete SGCM and Level 2 safeguarding training.

If you are interested, please contact Ken Hughes, Chair of the School Governance Committee: stdavids.sas@modschools.org FAO Ken Hughes

Empower. Inspire. Succeed
An inspirational and values-based education
for all of our young people.



Forces Pension Society



IT PAYS TO UNDERSTAND
YOUR PENSION

The Forces Pension Society is an independent, not-for-profit membership organisation that acts as a pension watchdog for the entire military community. We exist to:

Guide members on the technical aspects of their Armed Forces Pension

Campaign against any injustices in the policy provision or mal-administration of Armed Forces Pensions

Educate the Armed Forces community on all Armed Forces Pension matters



**FIND
OUT MORE!**



forcespensionsociety.org



memsec@forpen.co.uk



0300 7822 0088



International Spouses Coffee morning

Thursday 19th January 1000

Belgian Bar

**€5 entrance fee and optional €5 for
raffle tickets**

**If you would like to be added to the International spouses group,
please let me know.**

For your information



The NSE have x4 FC Kaiserslautern football tickets available for SP's to sign out. You will be billed 10 euro per ticket to your mess bill.

Contact Shaun O'Brien for reservation.
Shaun.O'BRIEN@ac.nato.int



EJSU.net contains a whole host of information ranging from Healthcare, Welfare, Vehicle information and EJSU.net can be accessed on all devices. However, to access Routine orders will require a DLE login.



There is a pot of money to fund survival language training in location:

GSO funded Survival Language Trg – 100 EUR each for SP and their spouse (200EUR for a couple) on Host Nation (HN) language lessons. This is funded through GSO J8.

You can use any company you wish.

SAF STORE

This is a re-distribution to provide you with information on what we have in the sports store and how to book and collect it.

Full list of items [HERE](#)

Equipment booking/Collection:

Some guidelines to follow:

- For your booking, please include the collection and return dates in your request.
- Treat all equipment with respect and report any defects on return.
- Ensure the items are cleaned and returned in good order for the next user.
- Do not hold equipment for longer than booked as others may have it after you.

Procedures for booking:

- Email your request to Philip.Mcelhone714@mod.gov.uk and await booking confirmation.
- On collection, report to the NSE and sign out key bunches 1 & 2.
- Collect kit from Building 2480 opposite the Brit Bar and sign the sign out sheet hung in the store.
- Lock both doors and return the keys to the NSE.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Holiday No Classes	3 0500 Spin # 0610 Core Strength # 0900 Yoga \$ 1000 Strong Nation \$ 1115 Zumba \$ 1230 Circuit Training # 1600 Conditioning \$ 1800 Zumba \$	4 0800 Bootcamp # 0900 Pilates \$ 1000 Body Balance \$ 1100 Pound \$ 1230 Cardio Kickbox \$ 1600 Spin # 1730 High Fit # 1800 Circuit # (VFC)	5 0500 Strength # 0610 Stretch Mobility # 0900 Yoga \$ 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Conditioning \$ 1730 Strength Train #	6 0600 Spin # 0800 Barre # 0900 Barbell \$ 1000 Yoga \$ 1100 Circuit #	7 0930 Zumba \$
9 0600 Spin # 0800 Bootcamp # 0900 Pilates \$ 1000 Zumba \$ 1100 Barbell \$ 1230 Spin # 1600 Yoga \$ 1800 Circuit # (VFC)	10 0500 Spin # 0610 Core Strength # 0900 Yoga \$ 1000 Strong Nation \$ 1115 Zumba \$ 1230 Circuit Training # 1600 Conditioning \$ 1800 Zumba \$	11 0800 Bootcamp # 0900 Pilates \$ 1000 Body Balance \$ 1100 Pound \$ 1230 Cardio Kickbox \$ 1600 Spin # 1730 High Fit # 1800 Circuit # (VFC)	12 0500 Strength # 0610 Stretch Mobility # 0900 Yoga \$ 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Conditioning \$ 1730 Strength Train #	13 Family Day No Classes	14 Family Day No Classes
16 Holiday No Classes	17 0500 Spin # 0610 Core Strength # 0900 Yoga \$ 1000 Strong Nation \$ 1115 Zumba \$ 1230 Circuit Training # 1600 Conditioning \$ 1800 Zumba \$	18 0800 Bootcamp # 0900 Pilates \$ 1000 Body Balance \$ 1100 Pound \$ 1230 Cardio Kickbox \$ 1600 Spin # 1730 High Fit # 1800 Circuit # (VFC)	19 0500 Strength # 0610 Stretch Mobility # 0900 Yoga \$ 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Conditioning \$ 1730 Strength Train #	20 0600 Spin # 0800 Barre # 0900 Barbell \$ 1000 Yoga \$ 1100 Circuit #	21 0930 Zumba \$
23 0600 Spin # 0800 Bootcamp # 0900 Pilates \$ 1000 Zumba \$ 1100 Barbell \$ 1230 Spin # 1600 Yoga \$ 1800 Circuit # (VFC)	24 0500 Spin # 0610 Core Strength # 0900 Yoga \$ 1000 Strong Nation \$ 1115 Zumba \$ 1230 Circuit Training # 1600 Conditioning \$ 1800 Zumba \$	25 0800 Bootcamp # 0900 Pilates \$ 1000 Body Balance \$ 1100 Pound \$ 1230 Cardio Kickbox \$ 1600 Spin # 1730 High Fit # 1800 Circuit # (VFC)	26 0500 Strength # 0610 Stretch Mobility # 0900 Yoga \$ 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Conditioning \$ 1730 Strength Train #	27 0600 Spin # 0800 Barre # 0900 Barbell \$ 1000 Yoga \$ 1100 Circuit #	28 0930 Zumba \$
30 0600 Spin # 0800 Bootcamp # 0900 Pilates \$ 1000 Zumba \$ 1100 Barbell \$ 1230 Spin # 1600 Yoga \$ 1800 Circuit # (VFC)	31 0500 Spin # 0610 Core Strength # 0900 Yoga \$ 1000 Strong Nation \$ 1115 Zumba \$ 1230 Circuit Training # 1600 Conditioning \$ 1800 Zumba \$	<h1>January Group Fitness</h1>			

IMPORTANT INFO

Call SSFC to sign-up for any class on the calendar.

Military members have priority, DOD civilians and host nation first responders can sign-up starting 24 hours before the class. All classes held indoors. 20 max

\$ = Paid Classes

= Free Classes

Southside Fitness Center: DSN 480-0294 / CIV 06371 47 0294

Northside Fitness Center: DSN 480-4500 / CIV 06371 47 4500

Burns Night Supper 2023

- Pre-dinner drinks
- Authentic Piper
- Liam Smith ceilidh band
- Strange Scottish rituals
- Awesome poetry readings
- Good Food
- Wine, whisky and beer

O'Club, Ramstein AB
Friday 27 January 2023
1900 - 0200



Civilian Housing Brief Dates

Date	Time	Type of Brief
12/01/23	14:00-15:30	Civilian Housing Options
26/01/23	14:00-15:30	Civilian Housing Options
09/02/23	14:00-15:30	Civilian Housing Options
23/02/23	14:00-15:30	Civilian Housing Options
08/03/23	14:00-15:30	Civilian Housing Options
22/03/23	14:00-15:30	Civilian Housing Options
06/04/23	14:00-15:30	Civilian Housing Options
20/04/23	14:00-15:30	Civilian Housing Options



CLO News




Happy New Year to you all. I hope that you all had a wonderful Christmas and that Santa was kind.

I'm delighted to inform you that Sarah McMahon will be joining the CLO team, starting next week. There will be a bacon butty and coffee morning on Wednesday 25th, please do come along to welcome Sarah.

The CLO office will be closed on Monday 16th due to the Nato holiday, but the house will still be open for Stay and Play 0930–11.00. Our volunteers are growing, along with Eve we now have Cath Hatton and Sophie Boardman. Thank you ladies, without you these groups wouldn't happen.

Big Thanks to Mark for a fabulous foreword, thanks for taking the time and sorry for cornering you ;).

Laura x



The Army Families Federation is an independent organisation, with a UK-based team of Specialists and Regional Leads located across the UK and overseas. They are here to help with access to information and services. To provide guidance where you have a concern. To capture issues and raise them confidentially with the chain of command, other agencies and MOD. To help push for change where families feel it's needed.

To get in touch with your EJSU Regional Lead - Lesley Slater Email: ejsu@aff.org.uk or call 0032 (0)474 08 80 83