



EJSU N Germany

CLO's Community Newsletter



Supporting British Personnel, EJSU Staff and their Families

Moylander Strasse, 23, 47574 Goch, Germany

Tel: 02823 419 0837 Email: GSO-EJSU-NGermany-CLOGoch@mod.gov.uk

January 2023

Introduction

Happy New Year to you all. I hope that you all had a wonderful Christmas and that Father Christmas was kind. I have included a form with this newsletter where you can recommend things to do in our area. Please add your recommendation to the folder in the NSE, it's a great way of sharing what's on offer.

Until next time,
Emma x



NSE Goch

The NSE Goch is open Monday to Friday between the following times:

Monday to Thursday: 0830-1200 & 1300-1700.

Friday: 0800-1300

The EJSU Admin Clerk's working hours are as follows:

Monday, Tuesday, Wednesday & Thursday: 0800-1300
GSO-EJSU-NGermany-AdminCk@mod.gov.uk

The Host Nation Liaison Officer's working hours are as follows:

Monday to Thursday 0730 - 1600 and Friday 0730 - 1230.

GSO-EJSU-NGermany-HNLO@mod.gov.uk

The VLO clerk's working hours are as follows:

Monday-Thursday 0800-1300

GSO-EJSU-NGermany-VLOClk@mod.gov.uk

The CLO's working hours are as follows:

Monday, Tuesday, Wednesday, Friday: 0800-1200
Thursday: 1200-1600

GSO-EJSU-NGermany-CLOGoch@mod.gov.uk

WO1 Stephen

GSO-EJSU-NGermany-Head-NSE@mod.gov.uk

AS1 Harrison

GSO-EJSU-NGermany-HRCIk1@mod.gov.uk

AS1 Povey

GSO-EJSU-NGermany-HRCIk2@mod.gov.uk

Useful Telephone Numbers

If dialling from the UK, please remember to prefix with +49

EJSU North Germany – NSE Goch

Head of Location

02823 419 0832

Host Nation Liaison Officer (HNLO) Rossi

02823 419 0837

Admin Clerk - SOFA (Sinead) 02823 419 0837

Community Liaison Officer Goch (Emma)

02823 419 0837

Community Liaison Officer Wesel (Stacey)

0281 16499542

VLO Clerk

02823 419 0837

Duty SNCO Mobile 1NSB (Wesel):0173 635 1732

Babcock Helpdesk

0800 888 4242

DIO Brunssum (Cindy McMahan, Office Mgr)

+31455263011

Medical Contacts

HEALIX Healthline

+44(0)208 4817800

Central European Practice (CEP) +32 (0)6544 2280

Bahnhof Apotheke (Goch)

02823 2246

Brunssum British Medical Admin Unit

+31 455 26 2497

Dentist: Schwiebbe, Schmitt & Partner

02823 3722

Doctor: Dr. Krause's Practice (Goch) 02823 25250

Doctor: Dr. Ingenhaag (Female Doc - Goch)

02823 1646

Emergency Numbers

112

Joint Casualty & Compassionate Cell (JCCC)

+44 1452 519951

Police (Goch)

02823 1080

SSAFA

+44 207 403 8783

Taxi (Goch)

02823 975 3738

Vets (Goch)

02823 975 520

RAF FAMILIES FEDERATION – YOUR VOICE

The RAF Families Federation provides all RAF personnel and their families - Regular and Reserve, single or married - with timely and professional support, assistance and an independent voice regarding issues or concerns that they may have. <https://www.raf-ff.org.uk/>



JCCC VIRTUAL CARD

Once downloaded, you can open the JCCC Virtual Contact Card in your contacts and edit it to include your Service Number. This contact can then be saved and shared with your family to give them the information they need if they have to contact JCCC.

<https://www.gov.uk/guidance/joint-casualty-and-compassionate-centre-jccc>

AFF



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

REPORTING HOUSING FAULTS

You can report future faults in one of the following ways:

Web Portal: <https://bssg.babcockinternational.com/>

Email: bssihelp@babcockinternational.com

Please disregard the DIO Helpdesk QR code if you live on Wisseler Straße, this is for the flats only.



DENTAL/MEDICAL BILLS AND PRESCRIPTIONS

As soon as you receive your bill, please use the HEALIX payment system to get it paid. This can be found on EJSU.net. <https://www.ejsu.net/central-european-practice-cep/>



If you experience any problems with payment, please contact the NSE asap.

WELFARE TEAM VISIT

The Welfare team from SHAPE will be visiting Goch on 18th January. If you would like to make an appointment to see a member of the team please either use the referral form on EJSU.net or contact myself.

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

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



DOG REGISTRATION

All dog owners are to contact the NSE for application forms needed to apply for the relevant paperwork required by each Stadt. Contact:

GSO-EJSU-

NGermanyAdminCik@mod.gov.uk

Once you have received your tags please let Sinead know so she can make a note of the registration number.

If you are posted don't forget to inform the Stadt, this can be done using an online form and return your tags to them.



THREE KINGS DAY

Three Kings' Day, otherwise known as Dreikoenigstag or Epiphany Day, is observed on 6th January. This holiday marks both the end of Christmas and the start of the new year. It is recognized as a public holiday in Bavaria.

The history of Three Kings' Day dates back thousands of years. The holiday was originally called the Feast of Epiphany, and on this day people celebrated the birth of Jesus Christ. The biblical story says that three kings, or wise men, followed the star of Bethlehem across the desert for 12 days until they reached the stable where Jesus was born. They presented three gifts: gold, frankincense and myrrh.

It was not until the fourth century that the celebration was divided into two holidays: one being Christmas and the other being Three Kings' Day, exactly 12 days later. On this day, children normally dress up as the three kings — Caspar, Melchior and Balthasar — and go door-to-door to carol and collect donations for charity. They are usually accompanied by a fourth child, who carries a star, and the whole group is called the Sternsinger, or star singers. The children will then ask permission to bless the house by writing the date and "C+M+B" above the front door in chalk. This stands for "Christus Mansionem Benedicat," and it is Latin for "Christ bless this house."



Christmas jumper day

Since launching a decade ago, Save the Children's Christmas Jumper Day has raised over £30 million to help make the world better for children in the UK and around the world. On Friday 9th December you helped to support this worthy cause by wearing your wonderful Christmas jumpers and donating to Save the Children. We managed to raise €60.

The bonus is that the UK government has promised to double your donation. Every time you gave £2 to Save the Children, they will match it.



NAAFI



I am waiting for the order/delivery dates for 2023. If you require the current order form, please either

contact myself or NAAFI directly at:

Naafionline@naafi.co.uk

NAAFI deliveries will now be monthly, due to a downturn in orders.

GOCH PARKING FEE INCREASE



From January 2023 the cost of parking in Goch will increase. It will no longer be 20 cents for every 20 minutes but 50 cents for every half hour. A day ticket will cost 6 instead of 5 euros. The 10-minute free parking time via the 'Brötchentaste' button remains.

Please note that this has been put on 'pause' for the time being

TEA AND TOAST

Tea and toast will be held on the last Wednesday of every month.

This month that will be the 25th. In the UKCC 0930-1130, €1 per adult.



HELLO AND GOODBYE



January sees a few a changes in the community.

New faces are Chris McNee, Anthony Hughes and the Ap John family. There will be a 'pot luck supper' in the UKCC to

welcome the new arrivals on the 13th January. Please bring a dish to share.

The McKay family are leaving us this month. I would like to wish them all the best on their new adventures in sunny Scotland.

KWC

KWC is a social group for NATO spouses. Membership is only €20 for a year. Membership forms can be found on the Community notice board.

We now have a UK representative, Sarah Erangey has kindly volunteered to take on the role.

Dates for January:

10th Craft and conversation

17th Coffee morning

Held in the UKCC from 0930-1130.



WELLBEING AND MENTAL HEALTH USEFUL LINKS

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

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

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

Mind – www.mind.org.uk – Committed to improving mental health

Shout 85258 – <https://giveusashout.org/about-us/about-shout/>

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Together all (formerly the Big White Wall) – <https://togetherall.com/en-gb/>
An online service providing access to millions with anxiety, depression and other common mental health issues.

Combat Stress – <https://combatstress.org.uk/>

Support for veterans from every service, with complex mental health issues.

SSAFA Forces Help – <https://www.ssafa.org.uk/>

The oldest tri-service military charity.

Samaritans – <https://www.samaritans.org/>

Whatever you're going through, a Samaritan will face it with you 24/7, 365 days a year.

Samaritans – <https://www.samaritans.org/support-us/campaign/small-talk-saves-lives/>

Small Talk Saves Lives – A little small talk can be all it takes to interrupt someone's suicidal thoughts.

DID YOU KNOW?

The words 'swims', 'dollop', 'suns' and 'pod' read the same when rotated through 180 degrees (turn it upside down). Such words are known as rotational ambigrams. An **ambigram** is a word or other symbolic representation whose elements retain meaning when viewed from a different direction, orientation, or perspective.

A word whose meaning changes depending on whether it is capitalized or not is called a **capitonym** - examples are Turkey and turkey, Polish and polish.

Glabella – the space between your eyebrows is a glabella. That's also the name of the bone underneath that space that connects your brow ridges

Petrichor – Do you love the smell of rain? That clean, greenish aroma when rain drops hit dry ground? That's petrichor from the Greek Petra, meaning stone, and ichor, meaning the blood of the gods and goddesses. The term was coined by two Australian researchers in 1964 but became better known in 2011, when it popped up in an episode of Doctor Who.

Griffonage – Illegible handwriting is called griffonage.

Semordnilap – You might be familiar with palindromes (a word or phrase that reads the same way backwards as forwards, e.g. mum) but you're probably less familiar with semordnilap: a word that means one thing forward and another backward. Like stressed and desserts, or parts and strap. Semordnilap reads palindromes backwards.

Apthongs – Silent letters, like in words such as knight, fight, or Django, are apthongs.

In 2000, **Bon Jovi** became the last band ever to play at the old Wembley Stadium in London.

DAYS OF INTEREST

Global Word Search Day

16th Jan 2023

On a cold winter's day, why not snuggle up with a fun and educational wordsearch.

January

T	F	G	T	O	B	O	G	G	A	N	A	D	F
E	A	S	W	E	T	S	C	O	A	T	N	N	R
N	R	N	O	O	C	K	S	I	E	E	O	E	E
O	W	O	O	S	W	I	O	N	O	L	O	O	E
L	O	W	I	G	I	I	A	H	E	I	M	S	Z
C	I	M	G	O	I	N	L	E	O	T	Z	E	I
R	E	E	T	N	E	G	T	A	T	T	T	O	N
N	E	N	N	W	E	T	R	N	N	O	E	I	G
G	G	T	O	B	E	L	O	W	Z	E	R	O	M
W	T	R	N	S	E	O	H	S	W	O	N	S	I
N	S	G	N	I	D	R	A	O	B	W	O	N	S
O	F	S	G	T	W	O	T	A	H	E	S	N	L
W	S	H	O	T	C	H	O	C	O	L	A	T	E
O	B	O	O	T	S	L	E	D	D	I	N	G	B

MITTENS
WINTER
SNOWMEN
HOT CHOCOLATE
HAT
SLEDDING
SKIING
BOOTS
FREEZING
BELOW ZERO
COAT
SNOWSHOES
ICE
TOBOGGAN
SNOWBOARDING

Chinese New Year

22nd Jan 2023

The New Year according to the Chinese Calendar. In 2023 we welcome the Year of the Rabbit. The event is celebrated all around the world. All Rabbit years are believed to bring happiness and good luck, but this is no ordinary Rabbit year, for 2023 is the **year of the Black Water Rabbit** - a specially gifted, creative Rabbit that has not been seen since 1963.



Burns Night

25th Jan 2023

The birthday of Scotland's national poet Robert Burns, celebrated with a Burn's Night Supper.



International LEGO Day

28th Jan 2023

LEGO Day marks the date when Godtfred Kirk Christiansen patented the original 2x4 LEGO brick.

