



EJSU TORREJON COMMUNITY NEWSLETTER



SUPPORTING BRITISH PERSONNEL, EJSU STAFF AND THEIR FAMILIES
EJSU Madrid, CAOC Torrejon, BFPO 56
 EMAIL: MICHELLE.ROBINSON761@MOD.GOV.UK

CLO INTRODUCTION

Happy New Year! I hope you've all had a lovely break and created some wonderful memories with your friends and family.

I'd like to say a huge thank you to everyone who helped with our shoebox appeal, to Laura Stanton for organising, and the whole Stanton family for helping me deliver. Together with donations from the British Embassy we donated 8 shoeboxes and 14 gift bags, plus books teddies and sweets, and I'm sure we helped to brighten up some children's Christmases.



This year I'm hoping we can continue with our monthly activity, and I would love any suggestions or ideas you have to get us all together.

Shell

CLO Working Hours

Tuesday: 0930 - 1430
 Wednesday & Thursday: 0930-1500

USEFUL NUMBERS

Head of Location (HOL) – FS Toni Moya	672883624 919 073 164
JNCO NSE – Cpl 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 Deputy Welfare Officer – Ann Mckenzie	+32 478 66 29 15
Healix - Health line	+44 208 481 7800
Emergency Services	112
Dr Mihic's Secretary Elena	uppp@mail.hmhospital.com
International Dept for Dr Mihic	intl.sanchinarro@mail.hmhospitals.com

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

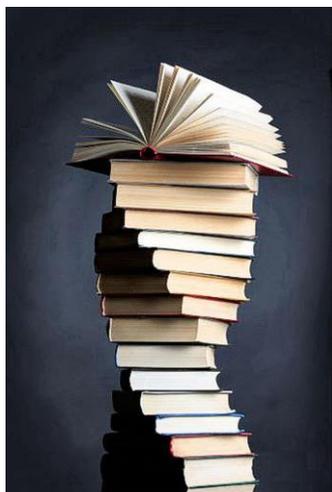
[Madrid British Community](#)



COMMUNITY ACTIVITIES

Coffee Morning**Flamenco Dancing Lesson**

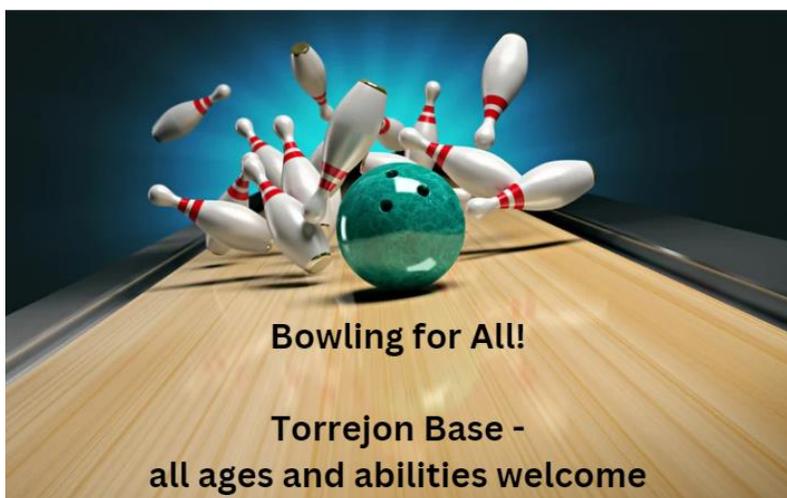
Laura Stanton has very kindly organised a 1 hour long flamenco dancing lesson at El Encinar on 25 Jan at 2045. Please let us know if you'd like to join!

**Book Club**

Sophie Harrison runs a monthly book club where we take turns hosting with food and drinks and enjoy getting together. If your new years resolution is to read more, then please get involved! The group is made up of ex-pats from Torrejon, the Embassy, and locals around La Moraleja, and the more the merrier! Please ask for more information.

Save the Date for Bowling

Once we have confirmed with the Bolera on camp that we can book the whole place, I will send a confirmed date out, but we are hoping for the 24 Feb. Everyone is invited for a fun evening of bowling, with maybe even a prize or two!





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

Amazon Apprenticeships

Amazon is looking for curious, enthusiastic, and motivated service leavers, veterans, military spouses, and their families to join the Amazon apprenticeship program. You can learn more at their free online insight event on 31 Jan 1000-1100 GMT. You can register [here](#).



Apprenticeships with
amazon

**Amazon Apprenticeships for
Veterans and Military Families**

Insight Webinar

Tuesday 31st January 2023 10am

Click the link to register for our webinar to find out more. Webinar attendees are in with the chance of receiving a £100 Amazon gift voucher.

**Forces
Employment
Charity**

QR Codes for Support

I shared this last month, but it has been slightly revised, so here is the newest version! It's also available on EJSU.net.

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.**

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 for 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.

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.

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 Phonenumber.

Divorceaid
Support for those going through the divorce process.

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

WHAT'S HAPPENING IN MADRID?

Craft Beer Tour

Explore the growing craft beer scene in Madrid with a beer expert. Not just a pub crawl - you'll explore the history of beer styles, share tips for great food pairings, and discuss all things beer while you support locally owned business.

- Visit some of the best craft beer spots in Madrid.
- Beers and snacks provided at each location (about 2 pints total).

In between each destination you'll also discover the hidden beer gems of Madrid, and take note of the many culinary delights the city has to offer as you stroll through one of Europe's most walkable cities. You can buy your tickets [here](#).

MadCool

MadCool is returning this summer on 06-08 July, and tickets are on sale here now!



Chinese New Year

2023 will mark the Year of the Rabbit (beginning 22 January), and there will be a complete programme of activities to celebrate both in person and online. The full programme is still under construction but keep checking back [here](#) to see what will be happening in the city!



Rugby Championship Europe

Spain has some fixtures for the upcoming rugby championships with games held at the university stadium in the Moncloa part of the city.

05 Feb 1245 vs Netherlands and 18 Feb 1900 vs Georgia. Tickets are usually very reasonably priced at €10 adults €5 children. If you would like further information, please contact FS Moya on antonio.moya620@mod.gov.uk



MONTHLY RECOMMENDATION

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

Madrid Telefrico– by Michelle Robinson

The Madrid Cable Car offers the chance to fly over the city and gaze from the air at the most historical, as well as the greenest, parts of Madrid. Monumental buildings, highways, parks, and gardens are at your feet, offering one of the most evocative views of the city.

If you start at the Casa de Campo station, there's parking right outside, as well as playpark. Return tickets cost 6 euros for adults, 4.50 for under 12s, and under 4s go free. You can check the running times [here](#).

The journey over to Estacion de Rosales takes 11 minutes, and you can see some lovely views of the city. Once you arrive at the other station, why not do a little sightseeing, and visit the Temple of Debod?

The Temple of Debod is an Egyptian temple dating back to the 2nd century BC, and was given to Madrid as a gift in 1972 by the Egyptian government to save it from floods following the construction of the great Aswan Dam.

The temple was transported and rebuilt stone by stone in its current location. The shrine's interior is free to visit and is well worth exploring. Its walls are covered by hieroglyphics and sculptures, and it also includes interesting information about Egypt's mythology and society. You can check opening times [here](#).



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

From 21 October 2022, all COVID-19 travel restrictions for travellers to Spain have been lifted. The rules that previously applied to travellers coming to Spain no longer apply:

- you are no longer required to show proof of being fully vaccinated
- you are no longer required to show proof of a negative COVID-19 test
- you are no longer required to show proof of having recovered from COVID-19 in the last 6 months.
- you are no longer required to complete a health control form prior to travel.

Spain's land borders are open. For further details see [If you're transiting through Spain](#).

All travellers should follow the advice of the local authorities on how best to protect themselves and others, including any measures that they bring in to control the virus. See the [Coronavirus section](#) for further information.

Plan ahead in case you present symptoms or test positive for COVID-19 during your stay in Spain, see [Be prepared for your plans to change](#) and [Developing symptoms of COVID-19 or testing positive for COVID-19 in Spain](#).

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

Appointment Email Address	Name	Office +32 65 44 ext.	Mobile
Padre (RAF) Wg Cdr david.norfield100@mod.gov.uk	David Norfield	8887	+32 (0) 470 66 45 82
Padre (Army) Maj Nia.williams264@mod.gov.uk	Nia Williams	8889	+32 (0) 473 62 96 33
European Welfare Officer (EWO)	TBC		
Deputy EWO (DEWO) Annmarie.Mckenzie114@mod.gov.uk	Ann McKenzie	5234	+32 (0) 478 66 29 15
Welfare Notifying Authority /Cas Comp rachael.lewis379@mod.gov.uk	Rachael Lewis	7316	N/A
Safeguarding Assurance Manager lesley.mutch473@mod.gov.uk	Lesley Mutch	6733	N/A
Youth & Community Worker deborah.fallaha611@mod.gov.uk	Debbie Fallaha	5838	N/A
Welfare Coordinator jodie.farr104@mod.gov.uk	Jodie Farr	6733	N/A

EJSU Welfare Team and Padre Contact Details