

# Poggio Post

## May 2023



EJSU- Supporting service personnel and their families.

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### Introduction

Welcome to my first newsletter as the new CLO of Ferrara. I have already had great support from everyone here and I would like to thank you all for attending the coffee mornings and for your feedback. Now that we reach the sunnier month's I really hope that we can all get together as a community and enjoy the sunnier life in Ferrara.

Ciao  
Zoe Nind



### Useful Numbers

**HOL-** (Tina)- +39 3351515823 (Working hours only)  
**HNLO-** (Alberto)- +39 3351511121 (Working hours only)  
**J1 JNCO-** (Matt)- +39 3351510526 (Working hours only)  
**CLO-** (Zoe)- +39 3348990452 (Working hours only)

#### **BABCOCK-**

From an Italian mobile landline-800940008  
From a UK Mobile- +44 (0) 1454806957  
bssihelp@babcockinternational.com

#### **HEALIX- Healthline-**

+44 (0) 208 481 7800  
healthline@healix.com

#### **Medical- EJSU- CEP-**

+32 (0) 65442280

DPHCBFG-EJSU-CEP@mod.gov.uk

#### **Local Doctors – (GP)- Dr Minganti-**

+39 3683829469

Corso della Giovecca 203, Ferrara, Settore 2

**Pediatrician- Dr Zanforlin-** +39 3498768274

**Duty Italian Speaker- Out of hours ONLY- ONLY FOR  
EMERGENCIES  
+39 3316112140**

### NSE Hours and Availability

The UK NSE opening times are:  
0830 - 1200 and 1300 - 1630 Mon to Thu  
0830 – 1200 Fri

Due to the different working patterns of the NSE team, appointments are recommended to guarantee face to face meetings with the correct team member.

[https://www.ejsu.net/EJSUNET/wp-content/uploads/2022/12/Poggio\\_Useful\\_Contacts-1.pdf](https://www.ejsu.net/EJSUNET/wp-content/uploads/2022/12/Poggio_Useful_Contacts-1.pdf)

## New Arrivals

A short introduction for the arrivals who have arrived in the last few months where there has been a gap in the CLO position. Many of them have already been welcomed into the community. The newest member, Matt, has arrived in the last few days so we will let him settle into his new surroundings and hopefully get some welcome drinks organized soon.

**Matt**

**Darryl, Charlie and Arianna (2)**

**Mirella and Freya (6)**

## Community meets

(See Diary)

Tuesday 2<sup>nd</sup> May-  
Coffee/Breakfast

Tuesday 9<sup>th</sup> May-  
Wall walk, Dogs welcome

Wednesday 10<sup>th</sup> May-  
CEP Visit & Coffee

Tuesday 16<sup>th</sup> May-  
Coffee meet



Buona Pasqua  
Grazie!

"A huge, big thank you  
from all our community  
little VIP's to all of the  
FCUK members and  
contributors for our  
easter gifts! The  
chocolate was delicious  
as you can see"





## May- Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Bell'italia Piazza Trento trieste Palazzo dei Diamanti open day. Sing & Sign- Preschoolers- 14.30-15.30	2 Coffee/ Breakfast Pappare's 9-12	3	4 Poggio Coffee Morning on camp with the CLO 09.30-12.00. Playgroup 09.30-12.00 Rachel Jackson. Bacon Burn on camp	5 French Soiree Paolo Cevoli- Teatro Nuovo	6 Vegan festival 6th & 7th Gardini Estensi 6th&7th @ Parco Massari. Pontegradella pool opens today	7 Kings Coronation Party. "Walk of mothers"
8	9 Wall walk- Dogs welcome. 9am-11am Meeting @ The Jazz Club	10 CEP Visit & Coffee Morning in NSE	11 DACC MWA International Event 17.30. Playgroup 09.30-12.00 Rachel Jackson	12 Fabio Concato- Teatro Nuovo	13 The Dambusters Ride- Parco Urbano	14 Festa Del Cane
15 Sing & Sign- Preschoolers- 14.30-15.30	16 Coffee Meet- Bar Stella 09.00-12.00	17	18 Poggio Coffee Morning on camp with the CLO 09.30-12.00. Playgroup 09.30-12.00 Rachel Jackson	19 Dutch Kings Ball	20	21
22 Sing & Sign- Preschoolers- 14.30-15.30	23 Coffee Meet- Bar Ariostea- 09.00-12.00	24	25 Food Hygiene Training for volunteers 10-12. Playgroup 09.30-12.00 Rachel Jackson	26	27 Historic Parade and Palio races @ Piazza Ariostea	28
29	30	31				

### Event Links – Links Below for Ferrara

[Bell'italia-](#)  
[Palazzo dei diamanti](#)  
[Vegan Festival-](#)  
[Gardini Estensi-](#)  
["walk of mothers"](#)  
[Festa Del Cane](#)  
[Palio Parade and races](#)

A copy of this calendar will be sent to the WhatsApp group.

	Bank holiday
	Event in Ferrara/Italy- Links attached
	FCUK Event (Not EJSU led)
	EJSU Event
	Community Event (Not EJSU or FCUK led)
	Community Meets- With the CLO In attendance
	International Event (Not EJSU led)

## Sing and Sign

One of our newest members of the community will be holding Sing and Sign class for the younger children on a Monday afternoon 2.30-3.30pm. This is currently on a trial basis. The next class is May 1<sup>st</sup>.

Charlie is qualified in Makaton Level 4- a sign language program and an EYPS teacher.

Please send Charlie a WhatsApp message for any details and to be added to the group.



## FCUK invites you to... **The Dambusters Ride 2023** Sat 13th May Parco Urbano

The RAF Benevolent Fund have set up this ride in memory of the 80th anniversary of the Dambusters. We would like to support this event as a Community challenge and cycle 617kms to represent the squadron who lead this daring mission.



The aim is to have 2 teams participating on the day;  
1 'elite' team who will achieve 617kms amongst a few elite cyclists  
and  
1 team of more modest 'relaxed' cyclists who will also achieve 617kms but across a bigger team including children

**Entrance Fees; €10 per adult €5 per child**  
Every entrance fee gains entry into a raffle

All money raised  
will go to  
The RAF Benevolent  
Fund.

To support and raise vital funds for this amazing organisation, to sign up and enter, please visit;

<https://rafbf.enthuse.com/pf/poggio-renatico>

Community social planned at  
Kafe Bacchelli post event

Made with PosterMyWall.com

## CEP Visit to Ferrara

When – Wednesday 10<sup>th</sup> May

Who - Officer in Command- Maj Jane Keenan - CEP

What & When – Coffee morning in the NSE- 10am

### Why

Maj Jane Keenan will be visiting the NSE to find feedback about your experiences in Ferrara/ Poggio. This could be experiences of the healthcare in Italy, the communications between Healix and the CEP.

I have attached a few links below for you to read at leisure that can offer more of an understanding of CEP. This will also help you within your medical appointments and approvals processes not just for this months visit.

<https://www.ejsu.net/central-european-practice-cep/>

CEP Patient Information Leaflet

CLICK LINK BELOW TO

DOWNLOAD

<https://www.ejsu.net/EJSUNET/wp-content/uploads/2022/01/Central-European-Practice-Patient-Information-Leaflet-1.docx>

CEP Feedback Questionnaire:



Health Visiting Feedback Questionnaire:



<b>Central European Practice (CEP) Telephone</b>	<b>0032 (0) 6544 2280</b>
<b>Central European Practice (CEP) Email</b>	<b>UKStratCom-DMS-DPHC-EJSU-CEPGrp@mod.gov.uk</b>
<b>One HMG HEALIX Telephone</b>	<b>0044 (0) 20 8481 7800</b>
<b>One HMG HEALIX Email</b>	<b>healthline@healix.com</b>



## Food reviews

I am going to start the food reviews off with a restaurant that serves one of my most missed UK dishes- Fish and chips!!

**Where** – Giustospirito – Via Santini 9  
(Behind Crudo)

**Website** – <https://www.giustospirito.com/gs-menuland>

### **Pros –**

- Fish is goood!! I prefer it to some in the UK as the batter is light.
- Have always managed to get a table without booking (3 ppl)
- ONLINE TABLE BOOKING! No need to have the Italian phone conversation.
- One of the easier places to take a child.
- Lots of options on the menu + Children's menu

### **Comments–**

- It is out of town a little- Biking is possible but a long walk for some
  - Chips are obviously the Ferrara/Italian curved special not chip shop chips- Still good though.
- I mean curry sauce and malt vinegar wouldn't go a miss!

Lets keep it going! I am hoping from this we can all widen the restaurant list and to try the hidden gems. If you have a favourite restaurant or you have tried somewhere new lately just send me an email or a WhatsApp message with the name of the restaurant and a few points and I can do the rest.





## Kings Coronation Celebration



With the HM The King's Coronation Party on 7 May 2023, we are pleased to confirm all the details for those who are attending. If you have any questions, please do not hesitate to contact Sqn Ldrs Adele Brown, Craig Drew or Katy Gibson.

### **When**

7 May 2023, 1400 - 1900

### **Where?**

There will be a bus from Ferrara town centre leaving at 1330; the return bus will be at 1900 which should arrive in Ferrara at around 1930. The bus is for the Brit community, with our Canadian friends filling up any additional space.

There is plenty of parking, but do let us know if you do not intend on using the bus as our hope is every space will be filled by additional attendees from the wider community.

For people driving in- Please see the separate email about the coronation event.

### **What**

This is a garden party with food, drinks and general festivities.

**Food:** We will be providing BBQ food for everyone to enjoy. Due to the scale of the event, we are not able to cater for allergies; however, a vegetarian option will be available.

**CAKE:** Sarah Drew is running a bake-off competition. As Mary Berry is unable to attend, Mrs Cunningham will be the judge but please let her know if you would like to take part! Please email Sarah on [coronationbakeoff@gmail.com](mailto:coronationbakeoff@gmail.com) to register your entry. Any coronation theme bake is eligible and you don't need to be attending to enter. There are classes for adults and children with further details

**Drink:** There will be a number of drinks available on arrival (Beer, Prosecco & Pimms and Lemonade). Squash will be available for the children. When this runs out there will be drinks (wine, beer and cans of pre-made cocktails) available to buy - please bring change! Small bottled water will also be available.

Feel free to bring your own food or drink, although we can't promise much space on the BBQ, so please limited food to cold-options.

The fridge space is limited and will be used by the team.

### **Games**

Please don't forget to message Adie Gibson with any details of Garden Games and Gazebos you are content to lend to the event. Ball games are encouraged!

### **Cost**

FREE to FCUK members and families. Invited guests are requested to make a contribution of €10, although the event is free to under-16s.

### **Additional Information**

Please dress comfortably for the weather on the day. There is a covered barn-area if it turns in to a rain-soaked typical British-style BBQ.

The hope is to be in the Garden for the whole event (it's plenty big-enough); there will be shade in the form of Gazebos with trestle tables from the airbase. (Toilets and room for baby-changing will be inside.) The Garden does not have a fence around it, but is several hundred metres back from the road and lined by trees.

A risk-assessment will be written, however as this is a private event, Gp Capt Cunningham cannot be held liable and guests are attending at their own risk

## Welfare Referral Form

There is now a live 'Referral Form' available on EJSU.net for any Welfare and/or Pastoral issues.

Available for any individuals who need reaching out to Welfare Officers (Ms Ann McKenzie) or either Padre's (Wg Cdr David Norfield / Maj Nia Williams). Be it for personal, direct needs or raising concerns of others.

An easy to use, digital form requesting contact details and a selection of the preferred supporting personnel, is all that is required. On submission, individuals shall be contacted in the first instance of receipt via their method of contact, by their chosen service representative.

CLICK THE LINK BELOW FOR THE REFERRAL FORM  
**WELFARE & PASTORAL REFERRALS – European Joint Support Unit**  
([ejsu.net](http://ejsu.net))

The dropdown Welfare menu on EJSU.net will also give you all the contact details for the welfare and chaplaincy team should you wish to contact them directly.



The British community is looking for volunteers to join the EJSU Registered Activities Group, Poggio. You will get the opportunity to learn transferable skills, obtain safeguarding training, acquire an up to date DBS check and most importantly bring the community together for Guaranteed Fun! Contact the CLO to express interest or learn more!

  
Defence  
Business  
Services

## JCCC

### Virtual Contact Card

..download today

If your family needs to contact the Joint Casualty and Compassionate Centre (JCCC), all they need is the 24/7 phone number and your Service Number.

The new JCCC Virtual Contact Card makes this easy. Simply download and share via smartphones.



  
**SCAN**  
Scan the QR code on your smartphone

  
**SAVE**  
Save the JCCC Virtual Contact Card to your contacts

  
**SHARE**  
Personalise with your Service Number and share with your family

Scan the QR code to download



Any questions? Contact DBS-JCCCGroupMailbox@mod.gov.uk