

Poggio Post

June 2023



EJSU- Supporting service personnel and their families.

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Contact Number- +39 3348990452



Introduction

We have had a very busy May and such a great month for people getting involved with community events.

The biggest feedback I've had is regarding the community member appreciation draw. I have loved hearing the positive stories and appreciation you have for each other. I hope this continues each month, it has been a great success.

I have assigned a few different meeting places for people to meet up at this month hope to see some of you at them.

If any of you have an idea about an event or anything to put in the diary please feel free to message me to spread the word to all.

Grazie Zoe

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

Community meet details

(See Diary)

Wall walk-

Tuesday 6th June 9.15am

We will start the walk at the Jazz club- I will be there from 09.00- Walk starts at 09.15

If you live at a different point along the wall and want to join in somewhere else, I can have a live location on so you can join in when you wish or you can leave when you need to also.

Based on interest we can also plan a community lunch for when we have finished the walk. You can just join for the lunch, you don't have to exercise for your food!

Community Event @ Piscina Bacchelli

Sunday 18th June from 10.30am

Join us at the Parco Urbano pool for a community day.

You can bring a picnic or food is available to buy at the pool. Talks about possible funding from the FCUK fund more details to follow. The event will be put out to all nationalities however to ensure all money spent will be on just the British families, the funding will be put towards the ticket entry.

We will need numbers before this is finalised as to exactly how much. More details will follow.

Aperitivo @ Darios

Tuesday 13th June 14.00-16.00

Join us for a different type of "coffee meet" Everyone must experience one of my favourite mini desert spots at least once! I will be here from 14.00 if anyone wants to join. Equally I can meet earlier if you want to drop a message if you would prefer a quieter chat.

Gelato meet @ Chiosco L'Isola

Tuesday 27th June 14.00-15.30

As suggested by one member of the community as a coffee morning alternative! I have heard from different people about this Gelato shop, I have been told it is the best around!!

EJSU Volunteers

Why do we need them?- Each EJSU led event means that we need registered volunteers. These registered volunteers ensure that each event is ran safely. The main reason is to also safeguard children, young adults and vulnerable people. Becoming a volunteer does not mean you will have to plan an event on your own, the main reason is to make sure events are running safely rather than you need to plan a fancy event. For any EJSU event with children or vulnerable people present we need x2 registered volunteers.

Who can be a volunteer? – All service personnel and spouses can be volunteers.

What do I need to do to become a registered volunteer?-

- 1) A registration form- Completed with the CLO
- 2) A safeguarding course level one- approx. 30 minutes
- 3) Complete a DBS form and ID documents- to obtain a EJSU Volunteer DBS clearance and Certificate
- 4) Optional add on training is available.

Benefits of becoming a registered volunteer-

- Fills in an employment gap on your CV
- Training options- such as Safeguarding level 2, food hygiene, first aid (where spaces available)
- Keeps the community safe
- More events can be held if we have more volunteers available

Message or email the CLO today to register as a volunteer!!

June- Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1 Poggio Coffee Morning on camp 09.30-12.00. Playgroup 09.30-12.00- Rachel Jackson. Poggio Street food festival 1/2/3/4th June ROCKAFE 1st-11th June Calici d'este 1st - 4th	2 San Carlo festa della birra- 1/2/3/4th June	3	4
5 Sing & Sign- Preschoolers- 14.30-15.30	6 Wall walk with Lunch- 9.15am start- Meeting @ The Jazz Club- Join on the wall when you can OR just for Lunch @ 12pm- Location TBC	7	8 Playgroup 09.30-12.00- Rachel Jackson	9	10	11
12 Sing & Sign- Preschoolers- 14.30-15.30	13 Aperitivo 2pm-4pm @ Darios- Corso Porta Reno 39	14 Piazza Street- Parco Massari 14th-18th	15 Playgroup 09.30-12.00- Rachel Jackson	16	17 Fia Bosco- Fairy tales in the woods- via delle lavoro- 17th & 18th. Start of the Ferrara Summer Festival	18 Community Picnic- Organised by Zoe 14.00- All Nationalites invited
19 Sing & Sign- Preschoolers- 14.30-15.30	20	21	22 Playgroup 09.30-12.00- Rachel Jackson	23	24 The Lumineers- Ferrara Summer festival	25
26 Sing & Sign- Preschoolers- 14.30-15.30	27 Ice Cream meet- Chiosco L'isola- 14.00-15.30pm	28	29 Playgroup 09.30-12.00- Rachel Jackson	30 Bologna trip- FCUK- "Red Event".		

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)

May's snapshot



Dambusters ride

On Saturday 13th may, our community cycle challenge took place. We were cycling as a community team made up of 26 of us including 7 children to take part in the RAF Benevolent Fund Cycle Ride 2023 celebrating the 80th anniversary of The Dambusters Raid. We set a target of 617kms (the squadron who completed this daring mission) and through sunshine, driving rain, thunder and lightning, we managed to cycle 704kms across our elite and leisure teams. It was a fabulous day spent with some fabulous people raising money for a fabulous cause! The total raised so far for the RAF Benevolent Fund is £415.

Thankyou so much to everybody who took on the challenge and also to those who donated.

-Steph Cooper-

Community member of the month competition

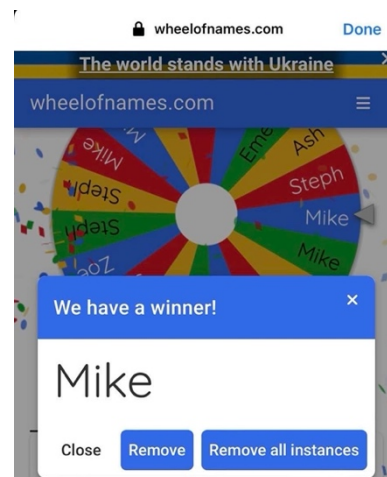
I have been extremely pleased with the number of nominations that came in! I had 17 votes come through in total!! Mike came through as June's draw winner with a total of 7 votes for his ride for The Benevolent Fund. I loved reading your messages and nominations so I thought it would be such a great read for all to spread some positivity around the community.

We will be doing this again next month so if you have a nomination or two you can send me a message or email at any point until the 27th June and we can add it to the next newsletter.

Michael's fundraiser for The Royal Air Force Benevolent Fund

"On Saturday 6th May at around 04:30am i will be setting off (hopefully not in the rain!) on my bike from Munich, Germany, along with 3 friends in The Rando Emperor Cycling Event. I will be cycling 650km to Ferrara, Italy, crossing four different countries, and the Alps in the process. Equipped with my sleeping gear (sleeping pad and bivvy bag!), i will be entirely self-sufficient for the duration of the ride and will only be stopping to replenish food and water supplies when necessary."

Mikes JustGiving page raised €304 and is still open for funds!



Community member appreciation page

Sarah Drew, who has been looking after Benny every day while Adam's at work. Walking him and keeping him topped up with training
-Clare-

I'd like to nominate Paul and Amy Emery.
When Andy was away, Ava became very ill very suddenly over a weekend. They went to fetch prescriptions for me as Ava was too sick and couldn't leave the house.
Eventually Ava had to go to hospital and they even lent their car so we could get back and for. They acted selflessly and I felt I had constant support from them both at a really awful time and also afterwards, which means the absolute world, especially when you can feel so vulnerable with a child so poorly.
-Steph-

I would nominate Steph for organising the charity bike ride and Sophie for single handedly taking SPAL to win the league and the cup.
-Jordene-

My nomination is Sarah:

1. She was a significant part of the King's coronation event organising team, producing/erecting the garden decorations and running the cake competition.
2. She is an active member of the 'pet sitter union' WhatsApp group and has most recently been dog sitting, at short notice, for someone in their hour of need.
3. She participated in the recent Dambusters charity cycle ride, (as the only female in the elite riders group).
4. She is currently looking after a member of the communities garden/ house plants while they are away on exercise.
5. She is an active member of the DACC cycling & tennis clubs.

-Aidy-

I would like to nominate Stephanie Cooper for organizing the Dambusters Ride 2023.

With only a week to go until the Dambusters ride, Steph managed to get two separate groups together on Saturday 12th May. Between one elite group, those who owned lycral, and the 'all ages and abilities' leisure group, Steph deserves credit for bringing 26 members of the community together for a very wealthy cause. The only team to register in Italy, together they completed 704 kilometers and raised £415
-Adele-

Ash Williams is my nomination
For making the international day plans and a good guy
-Paul E-

Food reviews

Where –

Osteria degli Adelardi

Website –

<https://www.leggimenu.it/menu/pizzeriaosteriaadelardi>



Review-

My recommendation this month is Osteria degli Adelardi.

I went with my mum and it was lovely. We walked in without a reservation (on a Tuesday) and had two courses. We both had the aubergine flan with a tomato and pesto coulis which was delicious. I then had a bluefin tuna steak with a sesame crust, a mango salsa and an orange and fennel salad on the side. The tuna was excellently cooked - rare in the middle - and the salad pairing was light and fresh. They seem to change their menu regularly as I had a different tuna dish last time.

My mum had a very generous portion of beef carpaccio with a ginger coulis (or something) which she very much enjoyed. All in, the meal was €71 with a glass of wine so mid range price wise.

-Charlie-



Somewhere to visit

Where – Ravenna safari park

Website – <https://safari Ravenna.it/>

Review-

Having been today with family including an 8 year old I would highly recommend Ravenna Safari for a family day out. Take the self-drive buggies to explore at your pace. There's also a fair/arcade games area and a big inflatable/soft play area for the younger ones. Small café to buy food and drink or plenty of benches if you take your own lunch.

Adele- From the whatsapp Group

Support available for all the community

JCCC- Virtual card

"Joint Casualty and Compassionate Center- The virtual card allows you to store the JCCC's telephone number and contact details in your smart phone along with you service number to help JCCC assist your family in the event of an emergency. "

"If you or your relative is overseas either on a posting, at sea or on a deployment and you need to apply for his/her return on compassionate grounds (for example if there is a death in your immediate family, serious illness or a serious family crisis) contact the Joint Casualty and Compassionate Centre (JCCC) immediately. The JCCC are available to assist you 24 hours a day including weekends and bank holidays."

In summary as I have added this to my phone, this adds...

- The 24/7 JCCC contact number
- The JCCC GOV quick access website link for information
 - Email address for JCCC
- Before saving, add in your partners service number

Add this to your phone today...

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

RAF Families federation

The Families federation works to improve quality of life for the service person and their families around the world.
<https://www.raf.mod.uk/serving-families/documents/20230405-fam-fed-sciss-deployment-resource-pdf/>

Little troopers

Little troopers is a great website for families all year round. There are many activities on the website from craft activities, separation diaries, app for stories, competitions, bake along and much more. *App is available on Mac and iPad

<https://www.littletroopers.net/treasures/>

Huggable Heroes

Bedtime hugs with Mummy or Daddy while they are away. This company turns your photos into a huggable teddy. I have emailed the owner Jo, she has said that she can deliver via BFPO to Poggio.

<https://huggableheroes.uk/>

Mental Health links and help for all members of the community.

In previous years Mind has been one of the mental health charities that has been promoted at coffee mornings and fundraising by past community members. This website has lots of support and helpful information that may benefit all members of the community even as young as 11 years old.

<https://www.mind.org.uk/>

Kooth has been shared by a member of the community recently-

“Kooth is the longest established digital mental health provider in the UK. Take a look at our timeline to see the key steps on how we became the market leader in Digital Mental health”

<https://www.koothplc.com/our-products/young-people>

Other websites that may be of use...

<https://www.meandmymind.nhs.uk/getting-help/mental-health-websites/>

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.

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

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.



EJSU

COMMUNITY VOLUNTEERS

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

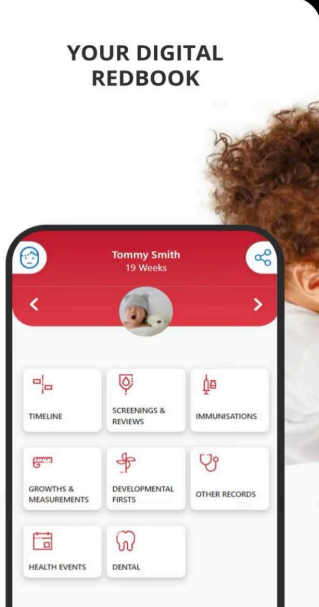


SHARE

Personalise with your Service Number and share with your family

Scan the QR code to download

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

eRedbook

The only NHS approved Redbook

GET

25 RATINGS **3.3** ★★★★★

AGE **12+** Years Old

CHART **No.153** Medical

DEVELOPMENTAL **Siteki**

YOUR DIGITAL REDBOOK

Tommy Smith 19 Weeks

TIMELINE SCREENINGS & REVIEWS IMMUNISATIONS

GROWTH & MEASUREMENTS DEVELOPMENTAL FIRSTS OTHER RECORDS

HEALTH EVENTS DENTAL

Keep your child's charts and health records from the NHS with you wherever you are.

E-Red Book app!

Keep your child's growth charts and health records from the NHS with you wherever you are.

Interactive charts to keep track of your child's weight and height.

NHS Approved Redbook

As well as the paediatrician in Ferrara, CEP have Mrs Kerrie Wiley the healthcare visitor, available virtually.

Events around Ferrara



SATURDAY, 24 JUNE 2023 AT 22:00

THE LUMINEERS - Ferrara Summer Festival 2023 | Special Guest: Abrah...
Ferrara Summer Festival



SATURDAY, 17 JUNE 2023 FROM 11:00-19:00

FiaBosco - Le Magia delle Fiabe nel Bosco

Casa Museo NENA - Casalecchio di Reno

4 d · 6

"Summer Calici", returns to Ferrara from 1st to 4th June 2023!
... See more

[Rate this translation](#)



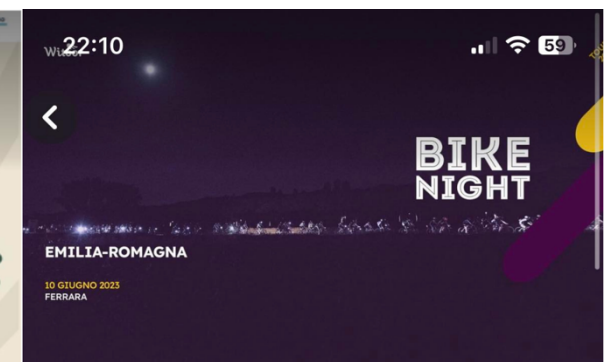
1 JUN AT 18:00 – 4 JUN AT 23:55

1 2 3 4 Giugno • POGGIO STREET FOOD FESTIVAL • Pazza del Popolo...



1 JUN AT 19:00 – 4 JUN AT 23:59

San Carlo Festa della Birra
Sagra della Zucca e del Suo Cappellaccio Fer...



10 JUN AT 21:00 – 11 JUN AT 10:00

Bike Night Emilia-Romagna 2023
Ferrara



THURSDAY, 1 JUNE 2023 FROM 19:00-23:59

ROCKAFF 2023



14 JUN AT 19:00 – 18 JUN AT 23:00

Pizza Street va al Parco - 2023 edition

Children's competition

This month there will be two age categories for the prize draw.

For 5 and above there is the crossword. Unfortunately, I don't have the facilities to print this and hand to families. If you don't have a way to print this page. You could save the photo to your phone/iPad and use the edit feature to colour in each word and send to me via Whatsapp

P	A	R	R	I	M	I	N	I
A	K	L	H	G	A	D	V	N
R	O	M	E	E	N	M	H	I
M	Q	W	F	J	P	C	L	S
A	E	N	D	N	F	N	A	B
R	L	I	R	O	O	E	K	G
V	E	I	C	M	F	N	E	M
E	F	H	J	K	L	U	G	E
O	F	E	R	R	A	R	A	A
H	L	H	N	H	G	E	R	N
E	O	E	G	K	L	P	D	O
L	R	F	B	M	W	E	A	R
H	E	D	N	Y	D	Y	M	E
J	N	S	C	U	R	L	S	V
K	C	Y	B	D	E	H	U	O
B	E	C	I	N	E	V	K	L

ROME
VENICE
PARMA
FLORENCE
FERRARA
LAKE GARDA
RIMINI

For the age group 0-5 please send in your best creation photos. This can be anything from a sandcastle at the beach, craft creation, bake off cakes or a painting.

The winners will be drawn at the end of the month and the winner will be contacted.

Please have your entries in by Tuesday 27th June for both the above competitions.