



Strategic
Command

NEWSLETTER

CENTRAL EUROPEAN PRACTICE

| SUMMER - 2023 |

EDITORS FOREWORD

May we offer a very warm welcome to our Summer Newsletter! We hope you are all set for a summer filled with the perfect combination of rest and adventure in accordance with your individual wishes and need. Through the summer period the CEP will remain open during standard office hours, and we look forward to meeting with a number of you as we visit locations. In terms of recent activity and developments at the CEP, we have been working particularly hard on our communications strategy and you will see the fruits of this throughout this newsletter as we discuss our Arrivals Letter, Instagram page, Facebook page and Induction webinar for example. Please connect with us and as always feedback is gratefully received. Additionally, we are absolutely delighted to have established our remote Midwifery support package and are planning a patient survey to capture user feedback on this sometime in the Autumn. In terms of health promotion, you will see a wealth of resources and signposting within this section to help you and your families maximize your health and wellbeing this summer. We hope you enjoy, and please do share as widely as possible.

Maj Jane Keenan

HAILS AND FAREWELLS

Mrs Ceri-Jo Laycock leaves us for the United Kingdom this month. Ceri has been with the CEP for nearly 3 years, since taking up post during the heart of the COVID pandemic. She leaves on a high note following her impressive development of the new role of Records and Registrations Administrator.

We thank her for her exceptional hard work over the years and wish her well for the future!

We also say farewell to **Capt Peter Gimson**, our hardworking GDMO, who has successfully completed his three-year placement in Belgium and returns to the UK to begin his Emergency Medicine specialty training.

Best of Luck Peter!

We are delighted to have welcomed experienced Registered Nurse **Mrs Alexandra Lawley** to the CEP on a temporary basis. Alex has settled in extremely well and is providing a vital uplift to our clinical support capacity.

Alex will be with the CEP until the end of Autumn 23.

Lastly, we look forward to welcoming our new Records & Registrations Administrator, **Mrs Helen Graham**, to the CEP on 17 July. Helen brings with her a wealth of experience working in both administration and for the MOD previously, and we trust that she will embrace her new challenge head on!

CEP FACEBOOK GROUP & INSTAGRAM PAGE

NEWS, EVENTS & HEALTH PROMOTION

Our Facebook page has expanded to a Community Group! This will enable us to safely share more detailed information amongst our population.

We have also established an Instagram page and invite you to follow us on the socials!

[Facebook](#) [Instagram](#)

WHAT'S NEW IN THE CEP

CEP ARRIVALS LETTER

A GUIDE TO HELP YOU GET READY

We have recently developed an [Arrivals Letter](#) which gives an overview of the healthcare support provided by MOD during postings to Europe and Türkiye; it details mandatory and recommended tasks to undertake both prior to posting and upon arrival in country, and addresses a few Frequently Asked Questions from the outset. The letter is now being distributed to all prospective CEP families at numerous points during the pre-arrivals and arrivals process to ensure that all patients arrive well prepared for their overseas move and are able to settle into their new location easier from a healthcare perspective. Any feedback from the letter will be gratefully received. We plan to update it regularly to continuously improve and respond to the changing needs of our population.

REMOTE MIDWIFERY SUPPORT ENHANCED MATERNITY CARE

Over the past few months, the CEP has been able to plan and trial a remote midwifery support offer akin to that we are already offering for Health Visitor services. We are now working with a UK registered Midwife who provides cultural overlay and advice to complement the direct maternity clinical care delivered by host nation providers. When informed of a pregnancy amongst our population a member of the CEP will be in touch with you to arrange referral to our Midwife, who will then arrange a number of antenatal and postpartum appointments via video consultation. Any families who become pregnant during their posting overseas should make the CEP aware of this as soon as possible to facilitate access to this service.

CEP AUDIOGRAM CAPABILITY THE WAHTS

The CEP is a proud owner of the new DPHC issued Wireless Automated Hearing Testing System (WAHTS). The new device eliminates the need for an audio booth and comes compact making it easily transportable. This innovation will enable the CEP to conduct audiometry testing for service personnel during visits to locations. Keep an ear to the ground for when we will be visiting! In the meantime, for those locations we will not be visiting soon, we continue to send out reminder letters with instructions on how to complete your occupational health audiogram through host nation services. Please do not hesitate to contact us for more information or advice regarding audiograms, should you need.

ESJU.NET SITE RE-LOCATION GOV.UK

You may be aware that the EJSU.net platform will soon cease to exist. In its place will be a bespoke informational site available via GOV.UK. During this transitional period, EJSU.net will no longer be accessible from a MODNET device but will remain accessible to users from a civilian device. We apologise any inconvenience and look forward to sharing our information securely from GOV.UK in future!

BOOKING TRAVEL & SUBSISTENCE ATTENDING MEDICAL APPOINTMENTS

Patients are reminded that medical confidentiality should be maintained when booking duty travel for medical purposes. Please contact the CEP to request a letter of recommendation for medical travel which will provide the necessary information for budget holders / travel cells whilst protecting medical confidentiality. CEP patients who are GSO supported and book travel via the GSO Travel Cell, should be aware that Standing Orders have been updated to reflect the need to approach the CEP.

ONLINE INDUCTION SESSIONS

The CEP will be running an online induction webinar aimed at new arrivals (military & civilian), to Europe & Türkiye. The sessions will aim to deliver a good understanding of the different elements of medical provision overseas and how to access various aspects of care. We encourage all newly arrived personnel to attend a session although the sessions are open to all who wish to better understand their healthcare systems.

The planned schedule for webinars during the remainder of 2023 are as follows:

Monday 17 Jul @ 5pm / 1700 CET	Monday 18 Sep @ 5 pm / 1700 CET	Monday 20 Nov @ 5 pm / 1700 CET
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Access the CEP Induction Webinar here on [Zoom](#)

Meeting ID 854 7618 0141

Passcode 725629

HEALTH SERVICE UPDATES & REMINDERS

LEAVING SERVICE?

PRE-RELEASE & FINAL MEDICAL

A friendly reminder that all Service Personnel leaving the Services are to undergo a pre-release and final medical prior to their last day of service. In accordance with JSP 950 Part 1 Leaflet 6-7-7, the aim of the discharge medical is to assess and record the medical status and functional capacity at the time of discharge, including assigning an appropriate PULHHEEMS profile. It also ensures that safe and effective handover to the NHS or alternative future healthcare systems is facilitated prior to discharge. The pre-release medical should be scheduled approximately 6-8 weeks prior to your termination date, and the final medical on or near your last day of service.

If you are soon to leave service, please contact the CEP to discuss options for arranging a discharge medical – both virtual and face to face options may be facilitated, depending on circumstances.

SERVICEWOMAN's HEALTH HANDBOOK

CONVERSATIONS AROUND FEMALE SPECIFIC HEALTH ISSUES

A handbook released in 2022 for all service personnel, regardless of gender. Designed for servicewomen directly affected by female-specific health issues, as well as for Commanders and Line Managers who have a responsibility to enable their people to be their best and for colleagues to better understand and support. Follow this link to access the [Servicewomen's Health Handbook](#)


THE BIG WORD

ACCESIBLE TELEPHONE INTERPRETATION SERVICE

Don't forget that all CEP patients have access to a telephone interpretation service through The Big Word to assist you with medical appointments and consultations in host nation. The service can be accessed in any CEP location and the charge for the call is billed directly to the CEP. To find out how to access this service please read our [Patient Information Leaflet](#) on the topic.

OPTICAL CARE

PROCUREMENT OF SPECTACLES

Personnel may visit an Optician of choice (local or UK) and may submit a JPA claim for re-imbursement iaw guidance within [JSP375_Vol1_Chap12.pdf \(sharepoint.com\)](#). The MOD will reimburse or contribute to costs in support of DSE use only and excl additional examinations offered by the Optician, such as OCT screening. SP may claim full re-imbursement for the test and up to £45 (EURO/NOK/TL equivalent) for single vision lenses bought in store. Re-imbursement must be claimed against individual Unit UINs as per  [2021DIN06-009](#). Alternatively, SP may opt to access spectacles **fully funded** by Defence via a contract held with Focus & Vision Technologies.

Please contact the CEP if you would like to take up this offer, including for the requirement of ballistic lenses or respirator inserts.

The [NHS Voucher Scheme](#) provides guidance on entitlement for civilian personnel. The MOD may provide contribution towards eye tests or spectacles for children under 16 or for adults in support of a clinical condition or clinical screening programme.

AIRCREW MEDICALS

RETURNING TO FLYING DUTIES

The CEP can provide Aircrew Medicals for personnel that require a medical in support of flying duties. We have access to two MAME GPs and there is an option to travel to SHAPE or be booked into one of our occupational health screening clinics in Brunssum or Ramstein. We kindly remind all personnel that your last aircrew medical must not exceed 5 years and you are required to bring along your flying helmet and logbook to your appointment.

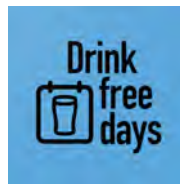
JPA RE-IMBURSEMENT PROCESS

FIN07 FORM

The CEP [FIN07 Form](#) is to be used for the re-imbursement of medical expenditure via JPA. Upon submission of the FIN07 Form to the CEP, you will receive an authorisation code to be used within JPA. This unique code not only protects your confidential clinical information but assist the J2 approvers in approving your claims.

The FIN07 process is to be followed in all instances of claiming re-imbursement for medical costs, despite any authorisation references you may have received from HEALIX. The form is not for dental, travel & subsistence or routine optical claims.

HEALTH PROMOTION EVENTS & RESOURCES



ALCOHOL AWARENESS

Keeping alcohol consumption within the **recommended low risk guidelines of no more than 14 units per week** is of great importance for both our physical and mental wellbeing.

The MOD has released a detailed [Alcohol Information Guide](#) about alcohol awareness which includes information about calculating units, risks and effects, strategies for cutting down use, advice for line managers and commanders, and signposting to specialist support organisations. Other useful resources on the topic are [drinkaware.co.uk](#), [NHS Better Health including Drink Free Days app](#) and [smartrecovery.co.uk](#). If you are concerned about your drinking habits and would like support, please reach out to the CEP or your Welfare team.



HEALTHY NUTRITION

Looking for healthy sustainable recipes? Wondering about nutrition across different life stages? Do you or your family a particular health condition or risk factor and interested in learning more about how to best eat with this in mind? The [British Nutrition Foundation](#) website holds a wealth of information and ideas to assist you in fueling yourself and your family as well as possible. Additionally, the [NHS Eat Well](#) site offers information about how to eat a balanced diet and check out the copy of the Eatwell Guide to the end of this Newsletter.

CERVICAL SCREENING

19-24th June sees Cervical Screening Awareness week. **All women and people with a cervix aged 25 to 64 are encouraged to undertake cervical screening** in accordance with UK guidelines ([Cancer Research UK](#)). CEP patients eligible for cervical screening have the option of accessing this service either via host nation or UK services. If you have any questions, please don't hesitate contact CEP and ask to speak to one of our Practice Nurses. Additionally, [Jo's Cervical Cancer Trust](#) is a fabulous website crammed with useful information and resources – do check it out!



SUN SAFETY

Summer has arrived – hip hip hooray! **Please ensure you stay safe in the sun** over the coming months, whilst still taking advantage of increased sun for your mental health and vitamin D absorption amongst other benefits. To ensure that you are up to date with sun safety recommendations check out [NHS Live Well - Sunscreen and Sun Safety](#) site as well as the [British Skin Foundation](#) guidance on how to stay safe in the sun. The latter includes of course vital guidance on how to choose a sunscreen well for optimal protection.

INSECT BITE PREVENTION

Prevention is most definitely better than cure when it comes to insect bites and related diseases! The European Centre for Disease Prevention and Control tracks the spread of disease across the continent and has reported an increase of locally acquired mosquito borne disease in many countries in Europe. Please ensure you are aware of the particular risks of your location as well as techniques to prevent bites. NathNac's website [Travel Health Pro](#) is a great resource for up-to-date information and advice and you can also check vaccination advice with your local primary healthcare provider.



USEFUL LINKS

[EJSU.net - Central European Practice](#) – for news and info about your Practice.

[CEP Patient Feedback Survey](#) – Quick and easy – we look forward to hearing from you! Access via QR Code here.



[eConsult](#) – A confidential platform to request administrative or occupational advice from your practice.

[My Healthcare Hub](#) – DPHC Platform

[Women's Health - Defence Gateway Page](#)

[eRedbook](#) – electronic version of the traditional Personal Child Health Record.

[Kooth](#) – MOD online mental wellbeing community for young people aged 11-19.

[ICON](#) – Babies Cry, You can cope! Parental support program around infant crying.

[Stratcom Mental Wellbeing Resource Leaflet \(Accessible via MODNet only\)](#)

[Cruse Charity](#) – A bereavement support charity with confidential helpline.

[EJSU Health Resources](#) – A page on EJSU.net with signposting to a number of health-related resources.

NEXT NEWSLETTER

We aim to publish our next Newsletter in September 2023.

Look forward to lots more updates and information!

CONTACT DETAILS

Central European Practice

Telephone	0032 (0) 6544 2280
General Multiuser Mailbox	UKStratcom-DMS-DPHC-EJSU-CEPGRP@mod.gov.uk
Finance Multiuser Mailbox	UKStratcom-DMS-DPHC-EJSU-Fin@mod.gov.uk

One HMG Healthline HEALIX

Telephone	0044 (0) 208 481 7800
Multiuser Mailbox	healthline@healix.com

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat Yoghurt

Veg Oil

Lower fat spread

Oil & spreads

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

**NHS**

Book
cervical
screening!

Don't ignore your cervical screening invite

Two women die every day from cervical cancer, but getting your screening can help stop it before it starts. So remember, if you missed your last one, book an appointment with your Medical Centre now.

Screening
saves
lives

Help us
help you

To find out more visit
nhs.uk/cervicalscreening



Ministry of Defence

Domestic Abuse - Where to get help

If you, or someone you know, is experiencing domestic abuse and needs help or support you can find support through your welfare service, via the Police or from specialist organisations, such as those below, who exist to support anyone experiencing domestic abuse.

BFSWS - For advice and support:

Phone: (+44) 808 168 3111

Email: crt.bfsws@coreassets.com

EJSU Welfare Team

(+32) 4786 62915 or (+32) 4735 25566

Padre

(+32) 6544 8889 or (+32) 4706 64582

SSAFA Health Visitor

(+32) 4715 97932

**Freephone 24-Hour National
Domestic Abuse Helpline:**

(+44) 808 2000 247

or visit www.nationaldahelpline.org.uk

Respect, Men's Advice Line

(+44) 808 801 0327

info@mensadviceline.org.uk

Women's Aid

(+44) 808 2000 247

www.womensaid.org.uk

**Galop (for lesbian, gay, bisexual
and transgender people)**

(+44) 800 999 5428

www.galop.org.uk

Victim Support line

(+44) 808 1689 111

Male/Female Perpetrators

(+44) 808 802 4040

phoneline@respect.uk.net

**If you need help in an
emergency, if you fear for
your safety or that of
someone else you should
always call 112.**



Scan for BFSWS Domestic Abuse guide



Let's open up about gambling

If you're worried about how gambling
makes you feel, we can help.

GambleAware

Advice | Tools | Support



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