

May/June 2021

ASSOCIATION NEWS

Great things are happening

A note from the Chairman

There is light at the end of the tunnel...

After what has been a very long 15 months, I am sure you will all be as relieved as we are that restrictions are now easing and that our lives can return to some form of normality.

With that in mind, myself and the committee events team have been extremely busy behind the scenes organising and finalising plans for our upcoming meetings and events.

We thank you all for your continued support and we look forward to finally getting the chance to showcase the Rifleman's Association North East for what it really is.

With the recent sad news of the passing of another two of our fellow Riflemen we are focussing our attention this month on Mental Health Awareness and urge you all to check in on each other and offer support to one another. In times of need we rarely ask for help and the signs of a mental health condition can often be covered up with a painted smile therefore if anyone feels that they are struggling to cope or are worried about someone else please contact us and we will offer all the guidance and support that we can.

We will be offering a free online Mental Health Awareness session delivered by one of our trained First Aid for Mental Health instructors on the evening of Thursday 24 June. Details can be found in the Mental Health section of this newsletter and on our website.

What's happening:

Membership

**Reminders and
Announcements**

Events 2021/2022

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Useful Information

Membership

Be part of something great...



We are starting to see an increase in interest, website traffic and people asking to join our social media pages for the Association. If you have recently joined or visited our social media pages and groups why not take the next step and apply to become a full member of the association.

Our current membership fees are £15.00 for the year and membership is open to all serving personnel, veterans, wives, husbands and partners.

To assist us in updating our membership database please could we gently remind everyone who has submitted a membership request to pay their annual subscription fees.

Reminders & Announcements

Don't miss out...

Oktoberfest - Saturday 02 October 2021

Doors open at 18:00hrs

- Quicksilver Bugles
- Live Oompah Band
- DJ till late

Tickets are only £20 and include your first drink (2 pint stein) and a BBQ style meal.



Remembrance Dinner - Saturday 06 November 2021

- Join us at 18:30hrs for welcome drinks and entertainment from the Band of Bugles.
- Fabulous Three-Course Dinner with Wine.
- Live entertainment from Gotcha NE Band
- DJ till late

Tickets are only £20 per person.

Please note that this event takes place the weekend prior to remembrance weekend.

Tickets can be booked via the website at www.riflemansassociationne.com.



Events

Something to look forward to...

We have a fantastic line up of events heading your way, Take a look at what our current 2021/2022 social calendar looks like.

2021

RGJ Op Banner Gathering at NMA Sat 11 Sep
 Oktoberfest Sat 02 Oct
 Remembrance Dinner Sat 06 Nov
 Association Christmas Party Sat 04 Dec

2022

Saturday Night Social & Pub Quiz Sat 01 Jan
 Saturday Night Social & Pub Quiz Sat 12 Feb
 Association Anniversary Dinner Sat 12 Mar
 Easter Family Fun Day Sun 17 Apr
 Regimental Dinner Sun 01 May
 Jubilee Garden Party Fri 03 Jun
 Association Golf Day Thurs 07 Jul
 Summer Ball Sat 13 Aug
 Saturday Night Social & Pub Quiz Sat 10 Sep
 Oktoberfest Sat 01 Oct
 Remembrance Dinner Sat 05 Nov
 Association Christmas Party Sat 03 Dec

To ensure that we host a varied range of events, and that there is something to suit everyone's taste our events team are always looking to add further events to the calendar such as Tough Mudder, Three Peaks Challenge and Gin or Whisky tasting days, Clay Pigeon Shoots plus much more so keep your eyes peeled.

All future events will be available to book on our website at www.riflemansassociationne.com

Association Meetings

We want you there...



Durham ARC
 The Gilesgate Armoury, Gilesgate, Durham DH1 1JR

Friday 02 July 2021 - 19:00hrs
 Saturday 14 August 2021 - 19:00hrs
 Friday 03 September 2021 - 19:00hrs
 Friday 03 December 2021 - 19:00hrs



Mental Health Matters

You are not alone...

There are an estimated 5 million veterans in the UK, and a further 20,000 personnel leave the forces each year. When staff leave HM Forces, their healthcare transfers from the military to the NHS. Only around 0.1% of regular service personnel are discharged annually for mental health reasons. However some veterans develop mental health problems after leaving service, many of whom will be experiencing PTSD.

Until recently, little was known about these veterans. What is known is that only half of those experiencing mental health problems sought help from the NHS, and those that did were rarely referred to specialist mental health services.

Veterans' mental health problems may be made worse or caused by post-service factors, such as the difficulty in making the transition to civilian life, marital problems, and loss of family and social support networks. Younger veterans are at high risk of suicide in the first two years after leaving service. Ex-service personnel are also vulnerable to social exclusion and homelessness, both of which are risk factors for mental ill health. Alcohol misuse is also high.

A number of UK studies have found links between active service and mental health problems in armed service personnel involved in recent conflicts. A very recent study of 10,000 serving personnel (83% regulars; 27% reservists) found lower than expected levels of PTSD. Common mental disorders and alcohol misuse were the most frequently reported mental health problems among UK armed forces personnel. In particular, levels of alcohol misuse overall were substantially higher than in the general population.

A mental health condition can sometimes be incredibly difficult to detect and can often go unnoticed or untreated. It is vital that our service personnel and veterans are offered the help, support and guidance that they deserve and that no family is left grieving for the sudden loss of a loved one.

In recent weeks we have learnt of the sad news of the passing of two of our fellow Riflemen, Lance Corporal Andy Francis and Colour Serjeant Matthew Pascoe.

Lance Corporal Andy Francis sadly passed away on Sunday 23 May 2021 followed by Colour Serjeant Matthew Pascoe on Tuesday 25 May 2021.

**The funeral of CSjt Matthew Pascoe is to be held on the 15th of June at 12pm.
The service will be held at Torquay Athletic Rugby Football Club.**

**The funeral of of LCpl Andy Francis is to be held on the 16th of June at 12:15pm.
The service will be held at Mansfield Crematorium and will be available to view online via live feed.**

<https://www.obitus.com> Username: guxe2860 Password: 592441

As Covid-19 restrictions will be in place please check Swift for full details of both funerals.

Mental Health Matters

You are not alone...

Our focus is on breaking the silence and stigma that is associated with a mental health condition and helping to educate people in the importance of supporting one another.

With the assistance of Nichol Associates Ltd we will be holding a free Awareness of First Aid for Mental Health session with one of their fully trained First Aid for Mental Health instructors on the evening of Thursday 24th June starting at 18:00hrs.

This awareness session is suitable for everyone as it provides you with the knowledge to recognise a suspected mental health condition and the skills to start a conversation and be able to signpost a person towards professional help.

All members of the public can benefit from this course and it is a great stepping stone into First Aid for Mental Health.

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- A range of subjects are covered including:
- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation

If you would like to attend please register using the below details;

Registration URL: <https://attendee.gototraining.com/r/4650079181019757313>

Training ID: 793-374-140

A certificate of attendance will be issued if requested.

To find out more information please contact us by email at riflemansassociationnortheast@gmail.com or by phone 07748788050.

From: General Sir Patrick Sanders KCB CBE DSO ADC Gen, Colonel Commandant



Regimental Headquarters
The Rifles
Peninsula Barracks
Romsey Road
WINCHESTER
Hampshire
SO23 8TS

28 May 2021

Dear Fellow Riflemen,

The recent deaths of Colour Serjeant Matt Pascoe and Lance Corporal Andy Francis have touched us all. The Regiment's sympathies are especially extended to their families, friends and those with which they served so brilliantly. Tragically Matt and Andy are not the first Riflemen we have lost in this manner and despite all that the Army and Regiment have now been doing for some time I fear they will not be the last.

We have been acutely aware that some Riflemen need help: from the Army, NHS and Regiment but most of all from each other. That's why I recorded the 'time to talk' video – to spread the message that all of us, from the most senior to the most junior, have periods of suffering from mental ill-health and that the best possible solution is to talk and ask for help from family and friends.

For many years now The Rifles has been able to assist those in need who have reached out for help. Last year the Army introduced a wide-ranging mental resilience initiative for serving soldiers within the battalions (and wider Army). The NHS has a bespoke veterans treatment plan specifically for veterans. Despite this range of systemic support, we are tragically still losing our fellow Riflemen.

We know the system must play its part. But it can't be everywhere and do everything – we can fill some of those gaps. So I make a personal plea to every Rifleman and their friends. We know that it is those closest to people in need who stand the best chance of recognising when somebody needs help – battle partners as Riflemen were taught in training. A system cannot replace or replicate this. We must swiftly look after each other, call for help as soon as a worry occurs, and boldly dismiss any sense of such care being viewed as an over-reaction. It is a duty that we owe to each other and something that must become deeply embedded in our regimental culture. Should you have the slightest concern about yourself or a comrade, I urge serving Riflemen to alert their chain of command and our veterans to contact the appropriate agencies and/or our Regimental Headquarters so that everyone can be helped or sign-posted to where that help can be found.

I am certain that it is only through our collective care for each other within our regimental family that we will improve a situation that clearly demands all of our attention. Please reflect - who are you worried about? Please check up on them and ask for help if you have the slightest concern. That is the brave and right thing to do and I will be talking again to our Commanding Officers and Council about this very shortly in the hope that we can take our caring culture to the next level it demands. We owe this to our fallen and their families and must all help each other.

I mourn Matt Pascoe and Andy Francis, as I know you do. Two great Riflemen have gone. Rest in Peace.





Nichol Associates Ltd offer a range of fully accredited Asbestos and Health and Safety services UK wide from our head office based in Hebburn, Tyne and Wear.

Alongside our main Asbestos Removal, Surveying & Analytical services we also offer a broad range of Asbestos, Health and Safety, CITB Site Safety Plus, Mental Health, NVQs and E-learning courses.



Nichol Associates are a registered provider through ELCAS allowing service leavers to use their ELC credits. The MOD's Enhanced Learning Credits Scheme (ELC) promotes lifelong learning amongst members of the Armed Forces. The scheme provides financial support in each of a maximum of three separate financial years for higher level learning of a nationally recognised qualification.

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**Veterans
Response**

Helping Veterans Since 2003.

Veterans response is dedicated to supporting UK veterans from all major conflicts with Housing, Training, Education and Support.

Town Hall Chambers 7 Beach Road, South Shields NE33 2QA
Tel 0191 427 4764 www.veteranstraining.co.uk

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Rifleman's Association North East

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LARGE FORMAT PRINT SPECIALISTS

Established in 2005, NE Display specialise in producing high quality graphics and promotional display materials for businesses throughout the UK. From exhibition to retail display graphics and external signage.

NE Display offer an end to end print service producing graphics that elevate your business and show off your brand. Their studio is at hand to give as much support and advice in preparing artwork for print and also offer a full design service.

Indoor and outdoor graphics produced can be delivered and installed by their experienced team and their sister company BEC Hire is the only Exhibition equipment hire supplier in the North East.

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