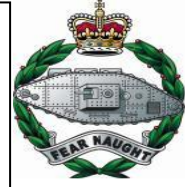




The Royal Tank Regiment

Welfare update - Autumn 2016



The purpose of this quarterly update is to provide families near and far an update of what the regimental families in and around Salisbury plain have been up to, whilst also providing useful links and sign-posts to assist serving soldier, families and veterans who may experience welfare-need.

Coffee Mornings are held within the RTR Welfare Centre, Aliwal Barracks, Tidworth Camp

RTR Wives Coffee Mornings: Monday, Tuesdays and Thursdays: 1000-1230 hrs.

Soldiers' Coffee & Chat: Wednesdays: 1000–1030/1100 hrs.

1. **Recent Events.** The regimental welfare team have supported the following events for the soldiers and their families, over the past 3 months:
 - a. **The RTR Association & Families Day, 2nd July 2016.** This proved to be fun-filled day for families' and association members alike. Held on the RTR parade square, Aliwal barracks, Tidworth, there was a static display of vehicles' and equipment, with a funfair and events held throughout the day.
 - b. **Paultons park trip, 9th July 2016.** The welfare team arranged for subsidised tickets to be available for this quality day out at Paultons.
 - c. **Longleat Adventure & Safari, 10th September 2016.** The welfare team arranged for subsidised tickets to be available for families to attend a very enjoyable day out at the adventure and safari park, near Warminster.
 - d. **Wives Exercise (W&GEx) & Families BBQ, 17th/18th September 2016.** The team, assisted by members of the regiment, laid on a very interesting day (and night!) for the wives to experience some of the tasks their better halves would experience in regimental life.



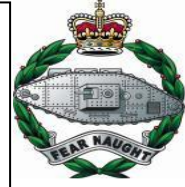
The RTR Wives on WAGex with Directing Staff (DS)

- e. **27th October 2016- Kids Halloween Party.** The welfare team hosted a Kids Halloween Party at the welfare centre. This was an enjoyable evening which consisted of trick or treat around the messes', best pumpkin and fancy dress competition, children's entertainer and buffet. A wonderful time was had by all.
2. **Planned Events at the RTR Welfare Centre, Aliwal barracks, Tidworth (unless stated otherwise):**
 - a. **1st December 2016- Karaoke & Bingo Night.**



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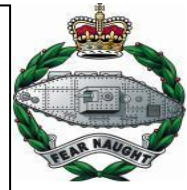


- b. 10th December 2016-Wives Christmas Party (The RTR WOs' & Sgts' Mess).
 - c. 13th December 2016- Kids Christmas party.
3. Useful Welfare links: The following links provide access to various agencies, support groups and charities which are there to assist the soldier, their families and veterans alike:
- a. Serving soldiers':
 - (1) Mental Health: <https://www.bigwhitewall.com/landing-pages/landingV3.aspx?ReturnUrl=%2f>
 - (2) HIVE: <http://www.army.mod.uk/welfare-support/23438.aspx?t=/hives>
 - (3) HIVE Salisbury plain pdf: <http://www.army.mod.uk/documents/general/LO-Salisbury Plain.pdf>
 - (4) SSAFA: <https://www.ssafa.org.uk/>
 - (5) Transition to civilian life: <http://www.army.mod.uk/documents/general/ADR002441 TransitionToCivilianLifeWeb.pdf>
 - b. Families:
 - (1) Army Families Federation (AFF): <http://www.aff.org.uk/index.htm>
 - (2) Salisbury area: <http://www.army.mod.uk/documents/general/LO-Salisbury Plain.pdf>
 - (3) JSP 464:Tri-Service Accommodation Regulations Volume 3: Service Accommodation Charges, Combined Accommodation Assessment System (CAAS) & 4-Tier Grading (4TG):https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/504488/20160226-JSP_464_Volume_3-Part_2-Version_2.pdf
 - (4) Short term transit accommodation for service personnel, their spouses, civil partners and families: <https://www.gov.uk/government/publications/services-cotswold-centre/services-cotswold-centre>
 - (5) Domestic Abuse: <http://www.wiltshire.gov.uk/communityandliving/communitysafety/saferwiltshiredomesticabuse.htm>
 - (6) Joint Casualty and Compassionate Centre (JCCC): <https://www.gov.uk/guidance/joint-casualty-and-compassionate-centre-jccc#families-and-loved-ones>
 - (7) Forcesline offers 100% confidential, non-judgemental guidance on all personal and welfare issues. <http://www.army.mod.uk/welfare-support/23210.aspx>



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c. Veterans:

(1) Veterans UK: <https://www.gov.uk/government/organisations/veterans-uk>

Contact Veterans UK:

Veterans UK helpline
Veterans UK
Ministry of Defence
Norcross
Thornton Cleveleys
FY5 3WP

Email: veterans-uk@mod.uk

Freephone (UK only): 0808 1914 2 18

Telephone (overseas): +44 1253 866 043

Veterans UK helpline is currently having intermittent technical problems, BT are investigating urgently, apologies for any inconvenience caused. You can contact us via email on veterans-uk@mod.uk.

7:30 am to 6:30 pm Monday to Thursday.
7:30 am to 5:00 pm Friday.

When the helpline is closed, callers will be given the option to be routed to Combat Stress or The Samaritans 24hr helpline.

Please note: On Monday 31 October 2016 the Veterans helpline hours are going to change to 8.00am to 5.00pm Monday to Friday.

(2) Charities: <https://www.cobseo.org.uk/about-us/>

(3) RTR Association: <http://www.royaltankregiment.com/en-GB/contact.aspx>

(4) Future for Heroes is a FREE residential course: <http://www.f4h.org.uk/courses/future-for-heroes-one/>

4. Contact details for the RTR Welfare Office:

Capt AR Pasquale | **RTR**  | Unit Welfare Officer, The Royal Tank Regiment, Aliwal Barracks, Tidworth, Wilts SP9 7BB
Mil: 94342 4057 | Civ: 01980 656057



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Substance Misuse

A moment of madness - a lifetime of shattered dreams



Every year thousands of CDT's are conducted and every year hundreds of soldiers are discharged. Every sample at CDT is tested for a number of drugs including amphetamine, cocaine and legal highs to name a few.

Legal Highs often called 'designer drugs' are designed to give you a high, unfortunately the negatives are not reported. Why should the seller be concerned with your career or your health!

Recent CDT positives have been reported for mephedrone and cathinones. All those found positive were discharged.

Your sample will also be tested for steroids. The common myth that CDT do not test for steroids is just that; a myth.

You are warned of the Army's policy on drugs every 3 months through Part One orders and through annual training packages.

You have no excuse, a positive CDT means unemployment, damaged health with family and friends being let down.



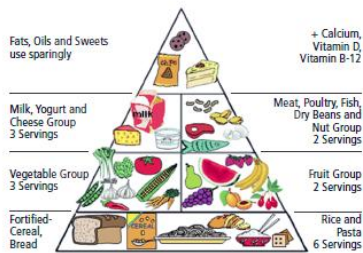
Are you thinking about taking supplements?

Your Choice - Your Consequences

There are many sports and dietary supplements that claim positive effects but there are very few supplements with proven positive effect.

Supplements do not make a bad diet better - by eating a healthy balanced diet you will get all the energy and nutrients you will need without the risk.

Daily recommended intake:



Misuse of sports and dietary supplements can have a detrimental effect on your health, your career which could ultimately kill you.

Be Informed: www.Informed-Sport.com



Alcohol

Do you know when enough is enough?



Alcohol has its part to play, provided it is used sensibly. Where it is drunk excessively or it affects your job, you will face disciplinary action. The accepted weekly intake of alcohol for males is 21 units and females 14 units unless you are pregnant then this reduces to 1 - 2 units twice a week.

So lets look at a typical night out:

Home	2 cans of lager	- 4 units
Dog and Gun	2 pints of lager	- 5 units
Wine bar	3 Rum and Cokes	- 7.5 units
Night Club	2 Jager bombs	- 2 units
	4 WKD	- 7 units
Mates house	3 large vodkas	- 6 units

You do the maths! One Night = 31.5 units

Apart from the weekly recommended intake in a night, there is the increased risk of discipline action from the Police, the Army or both.

