



From the Secretary – Maj (Retd) PA Raison



THE PARACHUTE REGIMENTAL ASSOCIATION

Patron: HIS ROYAL HIGHNESS THE PRINCE OF WALES, KG, KT, PC, GCB, AK, QSO, ADC

NEWSLETTER April 2020

Please see below the monthly news from RHQ PARA. If you have anything you would like to promote in this, please send submissions by the 25th of each month to the Secretary at secretary@prahq.com

Topics:

- A. Message to Members
- B. Event Cancellation
- C. Support to Veterans
- D. PRA Commemoration Dinner
- E. Welfare Process
- F. Regimental Charity Donations
- G. National Standard Bearer - Replacement

Events

- H. Pass Out Parades
- I. Diary Dates

A. Message to Members

In light of the recent clear Government direction and the need to slow the spread of coronavirus, particularly to individuals at higher risk (elderly and those with existing chronic illnesses), RHQ PARA and the Parachute Regiment and Airborne Forces Charity (PRAFC) staff have switched to mostly remote working from home, and those that remain in RHQ work in separate rooms and with stringent cleanliness protocols in place. This may have an impact on any response to enquiries made to RHQ PARA. To assist the Government please follow the guidelines given.

B. Event Cancellation

Furthermore, all Regimental Recruiting activities have been cancelled as were/have the following Regimental events:

- Ardennes/Rhine Crossing 75th Commemorations
- 3 Para Reunion
- March of Loyalty
- PRA Executive Committee Meeting
- Hardwick Hall
- PARAS10 Colchester (Rescheduled to 7 November 20)
- Regimental Commemoration NMA
- PRA Dinner Bosworth Hall

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- ABN Lunch and Regimental Elders gathering
- Pegasus Network Meetings
- Numerous Branch meetings and functions
- 4 Para Reunion

Decisions will be made on the following events in due course:

- Normandy 76
- Tatton Park
- Eden Camp
- Arnhem 76

It is very likely that no events will be permitted to take place in 2020 and that we have to look ahead to 2021.

C. Support to Veterans

Veterans within your Branches, that may be vulnerable through age or illness and do not have family that can support them in isolation, will need your and potentially RHQ/PRAFC support. Those that are vulnerable and need assistance, will have to be monitored. Branches should identify anyone who falls into the 'vulnerable' bracket and ensure that they confirm their home situation, isolation plan and secure assistance to set up grocery deliveries to their residence. Assistance may be required to resupply them if the situation persists and regular monitoring and communication will be vital to their care, but please note the high risks of physically visiting which should be avoided. All Branches are asked to ensure that their members contact information is up to date and that regular contact is made. Social media is a great source of information but unfortunately, there are a large number of members who do not have access to a computer or the internet so phone calls may be the only means of staying in touch.

D. PRA Commemoration Dinner

Following the cancellation of the Regimental Commemoration Day and the PRA Dinner Saturday 20 June 20. All those that have booked to attend are advised to contact the hotel to cancel their rooms immediately. Any money paid to Mr John Carey will be returned or your cheques destroyed.

Branch Secretaries are asked to contact Mr John Carey. Tel: 01827 284585, Mob: 07766 724934, Email: Jmc9365@msn.com

E. Welfare Process

The Regimental Welfare Team is still available to deal with any Airborne Veterans that requires assistance. In March the Welfare Team made 34 grants totalling £35,556.62.

The first part of the process **must be initiated by a SSAFA or RBL caseworker**. The following numbers are very useful and should be used if you do not know your local SSAFA or RBL office number:

SSAFA Helpline: 0800 731 4880
RBL Helpline: 0808 802 8080

During COVID-19 period SSAFA and the RBL are operating a remote service. This not will affect the process for anyone requiring assistance. If anyone experiences any delays they should contact:

RHQ PARA Welfare Team:

Laura McPhilemy (Regimental Welfare Officer) RWO@parawelfare.org

Mobile: 07702 190685

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Sue Laidler (Welfare Assistant) welfarecell@parawelfare.org

Mobile: 07340347136

RHQ PARA PRA Team:

Paul Raison (Veterans Officer) secretary@prahq.com

Mobile: 07385 839647

Julia Weymouth (PRA Admin) admin@prahq.com

Tel: 01206817077

Please note: An answerphone service is available on 01206 817077 and messages can be left. However, it may be a few days before they can be picked up.

In all cases, if the query is really urgent please email

F. Regimental Charity Donations

The Parachute Regiment and Airborne Forces Charity (Support Our Paras) has suspended all charity fundraising events for the foreseeable future. It is great to see that a number of people out there are seeking to support the Regimental Charities through this unforeseen period. Your continued support to the Regimental Charities is vital to the direct support of Airborne Veterans now and in the future.

Please see the information at the end of this newsletter for ways in which you can continue to support the Regimental Charities.

G. National Standard Bearer - Replacement

Ken Price, the National Standard Bearer for the Association will retire later this year. Ken has done a fantastic job for the past 14 years.

A replacement will be required on a volunteer basis, ideally with Branch Standard or Royal British Legion experience. Selection and training will take place once we are clear to do so and subject to the approval of the Executive Committee (EC). Any person that is interested in taking up this appointment should contact the Secretary on secretary@prahq.com at the earliest opportunity to register their interest. All applicants must be available for the major Commemorations that are held throughout the year. The full conditions for the new National Standard Bearer will be confirmed by the EC at a later date.

I will add that following the merger of the charities and post the 75th Commemorations, a review will take place. This may mean that some of the current commemorations are not covered on a large scale and will have the minimum of representation. I do not have any further details at the present time.

EVENTS

The events calendar on the website is being constantly updated. There have been a large number of cancellations and all large gatherings will not take place. If you are organising an event in your area for 2021, please use this time to collate all the details and prepare the release of event information. Once you have the details, let us know so that we can promote the event on the website and Facebook page.

H. Pass out Parades (POP)

All Pass Out Parades have been CANCELLED for the foreseeable future.

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I. Diary Dates

The list below shows the events that have yet to be cancelled. This will be updated on the website on a regular basis. Further event information is available on the website so please take a look:

<https://theparachuteregimentalassociation.com/events/>

All cancelled events have been removed but details will be retained for the 2021 event. Once details of these have been confirmed please let me know.

If you have any dates for 2021 please let me know at the earliest opportunity so that they can be added to the diary. Full details of events should be sent when available and updated accordingly.

4-7 Jun	Normandy Commemorations	France
11 Jul 20	80 th Anniversary Commemoration	Tatton Park
13 Sep 20	Arnhem Service	Somerby
5 Sep 20	PARAS10	Catterick
17-20 Sep	Arnhem 76	Netherlands
5 Nov 20	Field of Remembrance	Westminster Abbey
6 Nov 20	St Lawrence Jewry	London
7 Nov 20	PARAS10	Colchester
8 Nov 20	Remembrance Day	London

Details of all these events and others are available on the Web Page at
www.theparachuteregimentalassociation.com

Paul Raison

Please see below the advice given by the World Health Organisation (WHO) in regards to the Coronavirus (COVID-19)

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Basic protective measures against the new coronavirus

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

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Help raise funds for Support Our Paras when you shop online – FREE!

It's a challenging time for all of us, but our work goes on. If you, your family and friends are taking advantage of safe deliveries to your home during #COVID-19, please sign up to raise FREE funds for us with every purchase you make. It is quick and easy way to raise funds from your home to help Support Our Paras.

Charities, including us, have been really hard hit by the number of events that have had to be cancelled and our fundraising has taken a serious knock however our Welfare cases are increasing. Please help by signing up to one or both of the free links below:-



Sign up to @GiveasyouLive (it's free!) and access the shop you want through their website. We'll receive a % of your spend as a donation, at no cost to you or us. With over 4,400 online retailers to shop from we'll be eternally grateful for your help. Please sign up at this link;

https://www.giveasyoulive.com/join/supportourparas?utm_source=charityfr&utm_medium=post&utm_campaign=FRCoronaGenericShopping&utm_content=26mar2020

AmazonSmile is a simple and automatic way to support a charity of your choice every time you shop, at no cost to you. Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of every eligible purchase to your chosen charity. Simply visit smile.amazon.co.uk/ch/1131977-0 and login with your existing Amazon account to start supporting SUPPORT OUR PARAS today. Alternatively, go to 'Settings' on the Amazon App and turn AmazonSmile on for your device



The donations that we receive as a charity mean that we are able to continue supporting The Parachute Regiment and Airborne Forces through the welfare of veterans, serving soldiers and their families. In March this year we have issued grants of over £31K.

Thank you for your help and support in these unprecedented times. Please keep safe and well. Best Wishes from all at Support Our Paras.



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