



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 September 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. RHQ News
- B. Support to Vulnerable Members
- C. PRA Diaries 2021
- D. Dan 'Eddy' Edwards – Snowdon Challenge
- E. Royal British Legion – Remembrance Day
- F. Airborne Masks
- G. Pegasus Journal Subscriptions
- H. Welfare Process
- I. Retirement – Sue Laidler
- J. Regimental Charity Donation
- K. Charity Registration - COBSEO
- L. Arnhem 2020 – Outline Brief
- M. Arnhem 75 Commemoration Coin

Events

- N. Diary Dates

A. RHQ News

RHQ PARA and the Parachute Regiment and Airborne Forces Charity (PRAFC) staff continue to work remotely from home due to the restrictions in place. This will continue for the foreseeable future.

B. Support to Vulnerable Members

The help and assistance to vulnerable members of the Association by Branches continues and has so far been outstanding. Additional support to only a small number of members has been required. Please remember that the Welfare team are here to help so please do not hesitate to get in touch with them if required.

Despite the change of rules in relation to social distancing, all members are advised to apply caution when outside their houses and visiting public places. The wearing of masks on public transport is now mandatory and if you or one of your members require PPE then please see Item D in this newsletter and contact your Regional Secretary.

If you have any veterans within your Branches, that may be vulnerable through age or illness and do not have family that can support them in isolation, help is available.

Government assistance is also available by registering at: <https://www.gov.uk/coronavirus-extremely-vulnerable>

REGISTERED CHARITY NUMBER 214015

RHQ Disclaimer.

The Office of the Secretary of The Parachute Regimental Association is required to publish a disclaimer concerning any article or idea passed to branches by way of this letter. This letter provides a conduit between the branches to allow ideas, articles and topics to be viewed and discussed by the branches. Although these ideas, articles and topics appear in this newsletter it does not necessarily reflect the view of this office.

Register with this service if either:

- you have a medical condition which means you're classed as being clinically extremely vulnerable to coronavirus
- you've been told by your GP or hospital clinician that you're clinically extremely vulnerable and need to 'shield'

'Shielding' means not leaving your home and minimising contact with other members of your household.

You'll be able to ask for help if you need it - for example, with getting essential supplies or your basic care needs.

You can register yourself, or on behalf of someone else.

All Branches are asked to provide regular contact with those that do not engage in social media and a short phone calls could mean so much.

C. PRA Diaries 2021

Diaries for 2021 have been ordered and produced by the Liverpool Branch and are available now.

The style of the diary is the same as last two years (see 2019 photo) Black with a Red flash on the front and back cover with the Regimental Badge overlaying the Pegasus and Parachute Regimental Association printed in silver with the same organiser diary and notepad.



The delivered price, per diary including postage and packing will be £3.70 with a minimum order to meet this price of 8 diaries. This figure allows the weight to achieve the best postage rate for small orders.

This is a limited batch of only 800 which will work on a "first come – first served" basis.

To order the diaries please send a cheque for the full amount made payable to 'PRA LIVERPOOL' to:

Michael Hurst
9 Jedburgh Drive
Melling Mount
Liverpool
L33 1EQ
Tel: 0151 547 4776
Email: michaelwhurst@yahoo.co.uk

The following information must be included in your order:

PRA Branch
No of Diaries required
Address for delivery

REGISTERED CHARITY NUMBER 214015

RHQ Disclaimer.

The Office of the Secretary of The Parachute Regimental Association is required to publish a disclaimer concerning any article or idea passed to branches by way of this letter. This letter provides a conduit between the branches to allow ideas, articles and topics to be viewed and discussed by the branches. Although these ideas, articles and topics appear in this newsletter it does not necessarily reflect the view of this office.

D. Dan 'Eddy' Edwards – Snowdon Challenge

Injured 3 PARA soldier, Dan 'Eddy' Edwards reached the summit of Mount Snowdon on Saturday 29 August at 1400 hrs. Crowds of well-wishers were there to cheer Eddy and his mates on as they climbed the last 19 steps to the summit.



Dan 'Eddy' Edwards joined the Army in 2007 at the age of 16 before later going to Para Depot where he passed P Company and joined The 3rd Battalion Parachute Regiment in Dec 2008.

In 2010, 3 weeks into a tour of Afghanistan Eddy was shot in the head and suffered life changing injuries. Eddy's injury has affected every aspect of his life. He was in a coma for 2 months and wheelchair bound for years before learning to walk again. He still has no use of his left arm and hand at all, and minimal use of his left leg.

Eddy along with a few of his friends attempted to climb Snowdon last year, but with zero training and a slight hangover managed to get half way up before making the decision to turn back. Since then he has trained hard and prepared himself to try again. Eddy is raising money for Support Our Paras, the only Charity that directly supports our Airborne Veterans. Please help if you can: <https://uk.virginmoneygiving.com/AndrewCorcoran5>

WELL DONE EDDY. #Utrisque Paratus



REGISTERED CHARITY NUMBER 214015

RHQ Disclaimer.

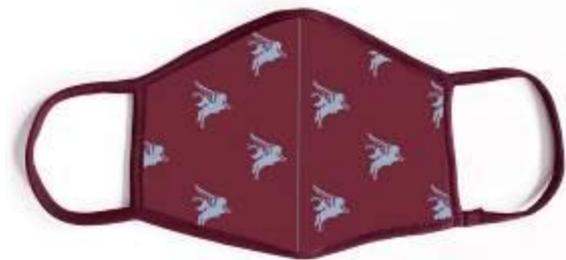
The Office of the Secretary of The Parachute Regimental Association is required to publish a disclaimer concerning any article or idea passed to branches by way of this letter. This letter provides a conduit between the branches to allow ideas, articles and topics to be viewed and discussed by the branches. Although these ideas, articles and topics appear in this newsletter it does not necessarily reflect the view of this office.

E. Royal British Legion – Remembrance Day

The RBL has yet to decide on the format for this year's Remembrance Day Parade at the Cenotaph. It is expected that something will take place but that the large scale parade would not be deemed appropriate at the present time. Anyone who has registered their interest to march at the Cenotaph will have their details held until this decision is confirmed.

F. Airborne Masks

Face coverings are now mandatory on public transport and in shops. You can now get a variety of 'Airborne' Face Masks and Coverings from the Airborne Shop: <https://www.airborneshop.com/gifts/face-coverings> The photographs below show the masks, which is also available in plain maroon.



If you do not have access to the internet you can call the Airborne Shop on: 0115 819 2173. Quote your PRA membership number to receive a discount.

G. Pegasus Journal Subscriptions

Pegasus Journal has changed. It will now be an Annual Yearbook, starting from the first Quarter of 2021, at a cost of £10. If you wish to subscribe to the Journal, YOU MUST ACT NOW.

You were sent a letter and standing order form with a reference number. To guarantee your copy of the magazine:

- YOU must send the Standing Order Form to your bank BEFORE 30 January 2021
- Print run will be limited. Unless you subscribe you may miss out
- Some single copies will be available to buy from The Airborne Shop www.airborneshop.com for £10 + extra P&P.

If you have not received a form or would like a new one or any information, please contact Lisa Waller at pjm@supportourparas.org or call 07534 881066.

If you received a refund you have **six months** from the date of the cheque to bank the refund. If you prefer to **donate the refund to Support our Paras** for its vital welfare work, this will be much appreciated. Simply destroy the cheque and let me know at pjm@supportourparas.org.

NB The email address has changed. Any emails to lisa@pegasusjournal.org should still be picked up but we urge you to use the new email address.

H. Welfare Process

For serving personnel please contact your Unit Welfare Officer (UWO) in the first instance for any welfare support.

REGISTERED CHARITY NUMBER 214015

RHQ Disclaimer.

The Office of the Secretary of The Parachute Regimental Association is required to publish a disclaimer concerning any article or idea passed to branches by way of this letter. This letter provides a conduit between the branches to allow ideas, articles and topics to be viewed and discussed by the branches. Although these ideas, articles and topics appear in this newsletter it does not necessarily reflect the view of this office.

For veterans please contact the Support our Paras (the official charity of The Parachute Regiment) Welfare Team for any queries.

Laura McPhilemy-Head of Welfare rwo@parawelfare.org 07702 190685 and Sue Laidler-Welfare Cell Manager welfarecell@parawelfare.org 07340 347136

We are based within RHQ PARA in Merville Barracks, Colchester.

Support our Paras can assist any past or present member of The Parachute Regiment or wider Airborne Forces plus their families if eligible.

If you require financial assistance please contact either SSAFA 0800 731 4880 info@ssafa.org.uk or the RBL 0808 802 8080 info@britishlegion.org.uk in the first instance. You will be allocated a caseworker who will complete a Form A request for assistance with you. This will then be sent to the Support our Paras Welfare Team for consideration. Successful grants are issued swiftly back to the caseworker for onward payment. Urgent grants can be made on the day if required.

This process is both confidential and transparent, providing an audit trail.

During the current climate of COVID-19 the Welfare Team are working remotely and continue to offer assistance.

In August we made grants of £9022.91 to 22 recipients. In addition to this we sent out 49 Heinz bundles and 46 Festival Food Hampers to those that needed them.

RHQ 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

I. Retirement – Sue Laidler

Sue Laidler, the Welfare Assistant at RHQ PARA has taken the decision to retire at the end of September 2020. Sue has been with the Welfare team for the past three years and has done an outstanding job in providing information and support for our veterans in need. In support of Laura, Sue has liaised closely with a large number of associated charities and organisations to provide this support and been a tremendous asset to the RHQ PARA Team. We wish Sue all the best on her retirement.

J. Regimental Charity Donations

The Parachute Regiment and Airborne Forces Charity (Support Our Paras) has suspended all charity fundraising events for the foreseeable future. There have been a number of fundraising events organised by individuals and groups to support our charity, which is great news. Your continued support to the Regimental Charities is vital to the direct support of Airborne Veterans now and in the future.

REGISTERED CHARITY NUMBER 214015

RHQ Disclaimer.

The Office of the Secretary of The Parachute Regimental Association is required to publish a disclaimer concerning any article or idea passed to branches by way of this letter. This letter provides a conduit between the branches to allow ideas, articles and topics to be viewed and discussed by the branches. Although these ideas, articles and topics appear in this newsletter it does not necessarily reflect the view of this office.

K. Annual Charity Registration – COBSEO

It is a Branch requirement to register on an annual basis with the Charity Commission. We have recently done some work with The Confederation of Service Charities (COBSEO) in regards to providing Affiliate Membership to all Branches. One of the main requirements for this funding is that our Branches keep up to date with their annual reporting.

There are a number of Branches that have not supplied their annual reports to the Charity Commission and should do so at the earliest opportunity. This is a fairly straight forward process and can be completed online.

COBSEO Overview

Cobseo represents the whole Serving and Veterans Community – Some 6 million people and their dependants. Membership of Cobseo is open to Charities who promote and further the welfare and general interests of the Armed Forces Community, subject to fulfilling our membership criteria. For more information:

<https://www.cobseo.org.uk/about-us/>

Member benefits

- Develop policies for dealing with issues of common concern, particularly welfare
- Facilitate direct access to individual member charities, with appropriate expertise, in order to lead on our membership's behalf to present policies to government or equivalent
- The Chairman of Cobseo and members of the Executive Committee sit on various Government groups and committees to ensure the Armed Forces Community voice is heard and account is taken of their particular needs and concerns
- Regular communication from the Cobseo Office reviewing the activities of the Confederation, setting out subjects of interest and drawing members attention to key issues of the moment.
- Provide a Cobseo website in which there is a members' area that provides information and topics of interest and to which members are encouraged to contribute
- Training events, including Trustee Training
- Networking Opportunities
- Cobseo Annual General Meeting – The AGM is an opportunity for the Cobseo Chairman to report on the past activities of the Confederation and to bring the members up to date on issues of common concern. It is also an opportunity for the membership to have direct access to the Executive, Government Ministers and Officials and to discuss issues they may have. A keynote speaker is often invited to address the meeting.
- Central Cobseo office that will try and answer any query or question you may have

L. Arnhem 2020 – Outline Brief

Please note that all events that are being held in Arnhem this year for the 76th Anniversary will be strictly controlled and are by invitation only. This includes:

The Airborne Plein (Arnhem)

Ginkel Heath

Driel

Oosterbeek

There will be no Parachuting at Ginkel Heath on the Saturday as the Exercise to support this will finish on Friday 18 September 20. There will be no stands or stalls.

REGISTERED CHARITY NUMBER 214015

RHQ Disclaimer.

The Office of the Secretary of The Parachute Regimental Association is required to publish a disclaimer concerning any article or idea passed to branches by way of this letter. This letter provides a conduit between the branches to allow ideas, articles and topics to be viewed and discussed by the branches. Although these ideas, articles and topics appear in this newsletter it does not necessarily reflect the view of this office.

Access to the Cemetery on Sunday 20 September will be restricted while a short service of Remembrance takes place. There will be no public access at this time.

Please see the attached letter from the Airborne Commemoration Foundation.

M. Arnhem 75 Commemoration Coin

OPERATION MARKET GARDEN – 75th Anniversary September 2019



There are still a small number of Arnhem 75 coins available. This coin was commissioned by The Parachute Regimental Association (PRA) at RHQ PARA, to Commemorate the 75th Anniversary in 2019. There were only 1200 of these coins produced.

The cost is £10, with all proceeds going to the central fund of the PRA. Please note the top band on the image (in grey) will be engraved on the side of each coin (quite unique).

Anyone wishing to purchase one should email Julia on: admin@prahq.com

N. Diary Dates

The list below shows the events **that have yet to be cancelled or have had their details amended**. 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.

13 Sep 20

Arnhem Service

Somerby

Invite only (COVID Restriction)

REGISTERED CHARITY NUMBER 214015

RHQ Disclaimer.

The Office of the Secretary of The Parachute Regimental Association is required to publish a disclaimer concerning any article or idea passed to branches by way of this letter. This letter provides a conduit between the branches to allow ideas, articles and topics to be viewed and discussed by the branches. Although these ideas, articles and topics appear in this newsletter it does not necessarily reflect the view of this office.

17-20 Sep	Arnhem 76	Netherlands	Restricted events and access
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

Notes/Attachments:

1. Part Time Job Opportunity

PART TIME JOB OPPORTUNITY

General handyman/gardener required for country house in Warfield Berkshire.

Would suit retired/semi-retired gentleman with knowledge of gardens would be useful, if not a quick learner needed

Duties to include but not limited to:

- Formal garden lawn mowing & maintenance (house sits in formal gardens of 1-2 acres)
- Whole grounds 10 acres
- General maintenance (fence repairs/gates repairs etc)
- Perimeter security patrol to make sure all gates are locked on paddocks
- Indoor swimming pool chemical top up and measurements (once weekly)
- Occasional driving to local station / possibly London- using owner's car
- Must be dog friendly
- Vegetable patch and green house very important so would suit someone with a passion for things "green"
- Tennis court power wash occasionally
- Irrigation system monitoring
- House security when owner away & dog sitting

This above is envisaged to be 3-4 hours 4-5 days a week to suit

Self-employed @ £ 15 per hour (4 hours a day x 4 days a week)

There is a gardener's/handyman's office for all tools/bits/WC and changing facilities etc

For further details, please call or email:

robb.simms-davies@rsdmail.co.uk

+44 (0) 7730 800046

REGISTERED CHARITY NUMBER 214015

RHQ Disclaimer.

The Office of the Secretary of The Parachute Regimental Association is required to publish a disclaimer concerning any article or idea passed to branches by way of this letter. This letter provides a conduit between the branches to allow ideas, articles and topics to be viewed and discussed by the branches. Although these ideas, articles and topics appear in this newsletter it does not necessarily reflect the view of this office.