



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 November 2021

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. COVID - 19
- B. Regimental Charity Donation
- C. Remembrance Day – Sunday 14 November 2021
- D. PRAFC Christmas Hampers
- E. Pegasus Journal Submissions 2022
- F. Welfare Process
- G. Falklands 40 Commemoration 2022
- H. Falklands 40 Next of Kin (NOK) Hosting
- I. Liverpool Branch – Emotional Wellbeing Project
- J. Veterans Railcard
- K. PRA Account Annual Audit Report

Events

- L. Diary Dates

A. COVID – 19

While restrictions have been reduced and we appear to be coming out of the COVID – 19 pandemic, everyone should continue to protect themselves from infection. This is especially important for those with underlying health conditions who may be more susceptible than others.

How to avoid catching and spreading coronavirus (COVID-19)

While there are cases of coronavirus (COVID-19) in the UK, there is a risk you can catch it or pass it on. You could still catch or spread it even if you're fully vaccinated or have had the virus before.

How COVID-19 is spread

COVID-19 is spread through close contact with people who have the virus. People with the virus can spread it even if they do not have symptoms.

When someone with the virus breathes, speaks, coughs or sneezes, they release small droplets containing the virus.

You can catch COVID-19 if you breathe in these droplets or touch surfaces covered with droplets.

Information:

The risk of catching COVID-19 is highest indoors and in crowded places.

Things you can do to help stop the spread of COVID-19

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There are things you can do to reduce your risk of catching the virus or spreading it to other people.

Do

- get vaccinated against COVID-19 – [find out how to book your COVID-19 vaccine](#)
- meet people outside if possible
- open doors and windows to let in fresh air if meeting people inside
- limit the number of people you meet and avoid crowded places
- wear a face covering when it's hard to stay away from other people – particularly indoors or in crowded places
- wash your hands with soap and water or use hand sanitiser regularly throughout the day

Don't

- do not touch your eyes, nose or mouth if your hands are not clean

For more information please visit the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Find out how to get your COVID Pass for travelling abroad and for certain venues and events in England: <https://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/>

B. Regimental Charity Donations

The Parachute Regiment and Airborne Forces Charity (Support Our Paras) is slowly returning to normal and a number of fundraising events are now planned. There have been a number of great fundraising events organised by individuals and groups to support our charity, which is outstanding. Your continued support to the Regimental Charities is vital to the direct support of Airborne Veterans and their families, now and in the future.

C. Remembrance Day – Sunday 14 November 2021

Tickets for those that registered with an email have been sent out by the RBL and you should check your spam/junk folder to see if you have it. Tickets for those that who did not register with an email or who registered through a third party will be sent out in the first week of November by the Secretary.

The Association will be marching as part of Column 'A' so please look for the marker on Horse Guards when you arrive.

Please note that if you did not register and plan to travel on the day anyway, you may not gain entry to Horse Guards Parade and Whitehall.

For planning purposes here are the outline Timings for the Event

- 0800 Horse Guards open
- 1000 Contingents are to be Assembled ready to march into Whitehall
- 1005 Contingents step off from Horse Guards as directed by Parade Marshals
- 1050 All contingents to be formed up in Whitehall
- 1059 A member of the Royal Family arrives at the Cenotaph
- 1100 Two Minute Silence
- TBC March Past Starts

Other Remembrance Day events are being held around the country and members are strongly recommended to attend if they are able to do so and the COVID – 19 restrictions allow.

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D. PRAFC Christmas Hampers

Support our Paras, The Parachute Regiment and Airborne Forces Charity, will be providing Christmas Hampers again this year, to be distributed to proven ex-Airborne soldiers or widows/partners in need. They do not have to be members of the Parachute Regimental Association. Our intent is that these hampers assist those alone or in need at Christmas time; they are not to thank people for work done or services rendered.

The attached proforma is to be filled in completely, regardless of method of delivery, and returned by FRIDAY 03 DECEMBER 2021. It is essential that the address is legible, checked for accuracy and accompanied by a postcode. It should then be returned to Julia Weymouth by email at admin@prahq.com or by post to RHQ PARA.

Christmas is a time of giving and for SUPPORT OUR PARAS, this means the gift of festive cheer. Every Christmas it has become a tradition for our charity to send a hamper to our veterans in need. These veterans are our Airborne brothers who may have previously been homeless, suffering with their mental health, are lonely and isolated or indeed suffering financially and in need of some support at this time of year.

Last year, SUPPORT OUR PARAS sent out 393 hampers at a cost of £85 each and we were delighted that a number of PRA branches supported our 2020 appeal. We really hope that you can help again by visiting www.justgiving.com/campaign/SOPHampers

E. Pegasus Journal Submissions 2022

Thank you to those that have submitted their photos and reports so far. If you have not done so yet please send them to: PJE@supportourparas.org by the 30th November 2021

Ideally we would like your report to be around 350-500 words in the form of a .doc file in Arial Font 12.

Photos – please only send .jpeg in size 1-3 Mb, attach these images to your email. Please do not drag them into the body of the email as it affects the file size.

Last Post – Please continue to keep in touch with the Association until the end of the year so that we can add the names of Airborne Comrades who have died to the list in Pegasus Journal.

F. Welfare Process

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

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. Email: HoW@supportourparas.org Tel: 07702 190685 or

Lisa Stapleton, Welfare Cell Manager. Email: wm@supportourparas.org Tel: 01206 817103

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.

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G. Falklands 40 Commemoration 2022

The 40th Anniversary of the Falklands War will be commemorated on Saturday 18 June 2022 in Aldershot.

The outline of the day will be as follows:

Ser	Time	Activity
1	0830	Hosts arrive Princes Hall
2	0845	Host briefing in reception area
3	0900	NOK/VIPs and Guests start to arrive at Princes Hall
4	0900	5 x Coaches available at High Street/Princes Gardens
5	1045	NOK/VIPs arrive Cemetery
6	1100	Commemoration Service Starts
7	1145	Commemoration Service Ends
8	1200	All return to Princes Gardens
9	1315	NLT March Past Muster at Willems Avenue
10	1320	All in position for march past to begin and VIP to take salute
11	1330	Parade Steps Off
12	1415	NLT Speech
13	1430	NOK/VIP, Hosts return to Princes Hall for Lunch and refreshments
14	1700	Event End

H. Falklands 40 Next of Kin (NOK) Hosting

The NOK of those that died during the Falklands War will be invited to join the Commemoration on Saturday 18 June 2022. RHQ would like to invite people to register their interest in hosting the families of those that did not return who choose to attend. This would involve meeting the family members at an initial reception in Princes Hall and then escorting them to the Aldershot Military Cemetery for the Service of Remembrance led by Padre David Cooper.

Anyone who would like to register should send their details along with the name of the person whose family they would like to host to: Robert.Airey100@mod.gov.uk You may register to support more than one family in your order of priority and this will ensure that all NOK are supported at this event. Ideally we would like to have more than one host per family.

Your support in this would be greatly appreciated by RHQ PARA and more importantly by the families of the fallen.

I. Liverpool Branch - Emotional Wellbeing Project

The Parachute Regimental Association Liverpool Branch has been engaging its members in an emotional themed wellbeing project following a successful National Lottery Awards for a grant of £7850.00, received during the spring of 2020. However, due to the sustained Covid 19 lockdown throughout most of 2020 and the safety of members being paramount, plans to get the programme underway were halted. Thankfully, since May 2021 the project has recommenced, after restrictions eased and is progressing well engaging with all branch members. This has been achieved alongside the PRA's delivery partner Beacon Counselling Trust (BCT), a low to moderate mental health service provider. BCT has assisted through facilitating consultations, contributed at PRA member's meetings, and provided administration and programme management support and will ultimately evaluate the final outcomes on conclusion of the project.

The project is underpinned by a psychosocial methodology of engaging its user group through the Five Ways to Wellbeing approach. These are a set of evidence-based public mental health principles aimed at improving the mental health and wellbeing of the whole population. These principles were developed by the New Economics Foundation in 2008 as the result of a UK Government commission concerning Mental Capital and Wellbeing.

The programme meets the needs of its participants helping them to understand and incorporate wellbeing into their everyday lives. The project emphasises the importance of co-production with PRA members implementing,

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what they like to call, 'Liverpool Airborne Ambles' into their activities. So far, the members have participated in several various walking tours of Liverpool and Cheshire visiting local heritage sites, military themed museums such as the Western Approaches, the Cheshire Military Museum, and key military historical monuments and memorials in the region. All activities promote socialisation, connectivity, new learning, mindfulness and supporting others.

This structured programme of interactive events that have seen members provide positive feedback via evaluations that have demonstrated an increase in physical activity, address social isolation, promote interpersonal connections, experience new learning, and take notice of how daily life can impact upon emotional wellbeing. This is particularly significant regarding developing resilience in relation to the impact Covid 19 has had on the health and wellbeing across the UK.

As the programme develops further activities are being planned in collaboration and consultation with members including an accredited Mental Health First Aid Course and other significant events that seek to promote positive wellbeing and fundamentally participants find fun, stimulating and engaging.

J. Veterans Railcard

The new veterans Railcard is available and is valid from 5 November 2020. To apply online click [HERE](#):

To apply:

Online

You can save yourself time by buying your Veterans Railcard online. The only things you'll need are:

- Evidence of your eligibility as a veteran
- A good quality digital passport-style photo ready to upload
- A debit or credit card

What happens next?

Digital Railcard: if you opt for a digital Railcard, they will send you a download code once your application has been approved (which can take up to 5 working days) and once you download the Railcard app and upload the card onto your phone, you can start using it straight away.

Physical Railcard: they aim to dispatch your Railcard within one working day of it being approved (which can take up to 5 working days), but it's probably best to allow up to five working days for your Railcard to arrive. It'll be sent out free of charge by First Class post, but if you prefer, you have the option to pay for Special Delivery. You'll need to have your Railcard with you to be able to get a discount on your rail ticket, so be sure to leave enough time before your journey for the Railcard to reach you.

Cost

1 Year - £30

3 Year - £70

By Post

Alternatively, you will be able to download and complete the [application form](#) (copy provided with this newsletter) and you can then post it with a copy of your evidence of eligibility, passport style photo of yourself and your named companion (if applicable) and payment to:

National Railcards
PO Box 10776
Ashby-de-la-Zouch
LE65 9FA

Please make cheques and postal orders payable to 'ATOC Ltd Railcard'

Allow 15 working days* for your Railcard to be delivered.

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K. PRA Account Annual Audit Report

Please find attached to this newsletter a copy of the 2020 Report & Accounts. All these documents are available online on the PRA website and can be accessed by clicking on the link: [PRA Annual Accounts 2020](#)

You are reminded that the financial year runs January to December. The independent examination was undertaken by Bright Brown Ltd earlier this year in accordance with the Statement of Recommended Practice, Financial Reporting Standard 102 which the Executive Committee agreed to use at their October 2015 meeting.

The accounts were presented to the Executive Committee Meeting held on Wednesday 22 September 2021.

The presentation was required as approval is sought from the Executive Committee at the AGM 2021.

EVENTS

L. Diary Dates

Event information for 2021 is available on the website so please take a look:

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

If you have any dates for 2022 please let me know at the earliest opportunity so that they can be added to the diary. Information for events can be sent to include on the website forecast of events. Full details of events such as date, time, outline of event, cost etc. should be sent when available and updated accordingly.

12 Nov 21	St Lawrence Jewry	London
14 Nov 21	Remembrance Day	Cenotaph, Whitehall
11-13 March 22	2 Para Reunion	Blackpool
9 Apr 22	Executive Committee Meeting	Colchester
30 April 22	Army v Navy Rugby	Twickenham
6-8 May 22	3 Para Reunion	Blackpool
14 May 22	Hardwick Hall	Derbyshire
12 Jun 22	Pangbourne Falklands Memorial	Pangbourne
14 Jun 22	RBL Falklands Memorial Service	NMA
18 Jun 22	Falklands 40 th Memorial Service	Aldershot
9 Jul 22	Tatton Park Service	Manchester
16 Jul 22	ABF North	Eden Camp
23 Jul 22	PRA Commemoration Day	NMA
1 Aug 22	80 th Anniversary Day	Colchester

Details of all these events and others are available on the Web Page at

www.theparachuteregimentalassociation.com

Paul Raison

Attachments:

1. PRAFC Christmas Hampers letter and proforma.
2. PRA Annual Accounts and Report 2020.

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