



From the Secretary – Maj (Retd) PA Raison



THE PARACHUTE REGIMENTAL ASSOCIATION

Patron: His Majesty King Charles III KG, KT, PC, GCB, AK, QSO, ADC

NEWSLETTER November 2022

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. St Lawrence Jewry – Location Change
- B. Energy Bill Support Scheme
- C. Remembrance Day – Sunday 13 November 2022
- D. Pegasus Journal Subscriptions
- E. PRAFC Christmas Hampers 2022
- F. Regimental Charity Donation
- G. Welfare Process
- H. Blue Light Card
- I. Changes to Branch Officials
- J. Reporting Deaths and Injuries
- K. Poppy Day Collections

Events

- L. Diary Dates

A. St Lawrence Jewry – Location Change

Due to ongoing work at St Lawrence Jewry in London, this years event will take place at the Holy Sepulchre, London on Friday 4 November 2022. Details are in the events section. The reception will be held in the normal place. For further details please email Rob Airey: Robert.Airey100@mod.gov.uk

B. Energy Bill Support Scheme

The Energy Bills Support Scheme provides a £400 non-repayable discount to eligible households to help with their energy bills over winter 2022 to 2023.

The discount is automatic. If you get a message asking for your bank details, this could be a scam.

Eligibility

All households with a domestic electricity connection in England, Scotland and Wales are eligible for the discount.

- If your circumstances change
- You'll still get the discount if:
- you change your payment method
- you change your tariff
- you switch electricity supplier

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.

- you move to a new address
- your supplier goes bust
- you're in arrears on your electricity bill payments

How you'll get the discount

You do not need to apply for the discount, and there's no need to contact your energy supplier.

The discount will be applied to your monthly household electricity bill for 6 months starting in October 2022. You'll get:

- £66 in October and November
- £67 in December, January, February and March

You'll get the discount monthly, even if you pay for your energy quarterly or use a payment card.

Traditional prepayment meter users will get equivalent vouchers that you will need to redeem.

Your electricity supplier should provide more guidance on the scheme before it starts.

If you have not received your first instalment by the end of October 2022, you need to contact your supplier.

For more information, please click on the link: <https://www.gov.uk/guidance/getting-the-energy-bills-support-scheme-discount>

C. Remembrance Day – Sunday 13 November 2022

This year's Remembrance Day Parade at the Cenotaph will take place on Sunday 13 November 2022. You will require your ticket and photo ID to gain access to Horse Guards. **Applications are now closed.**

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

D. Pegasus Journal Submissions 2022

We invite all Parachute Regimental Associations to submit your reports for Pegasus Journal 2022. The Editor has brought the date forward as we are not using an in-house design team this year. RHQ PARA will gather the reports and photographs from PRA Branches and Units, proof read them, make amendments, and then send out to a commercial design and print company. This will take more time.

Please send your written report as a Word document, - **do not** attach photos to the word doc, please send them as .jpeg or.pdf separately. Don't forget to caption the photos.

There are now two email addresses for your contributions, please use both in your submission as this will assist in the workflow.

armypictureeditor@yahoo.co.uk

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.

pie@supportourparas.org

Last Post entries in the journal– if you have details of paratroopers who have sadly passed away this year, please send their details to Julia Weymouth at admin@prahq.com Formal obituaries can also be submitted and we will endeavour to publish them in the Journal.

Once again, we hope to receive your submissions in good time and publish a cracking Pegasus Journal in early 2023.

For more information or advice please contact Richard Watt, SO2 Comms, RHQ PARA - 07836515306.

E. PRAFC Christmas Hampers 2022

The Parachute Regiment and Airborne Forces Charity (Support our Paras) 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 02 DECEMBER 2022.

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.

Full details are available in the letter attached.

F. Regimental Charity Donations

The Parachute Regiment and Airborne Forces Charity (Support Our Paras) have a number of fundraising events 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.

Anyone looking to raise money for Support Our Paras should get in touch as soon as possible to see how the team can help you. Check out the website at: <https://supportourparas.org/>

G. Welfare Process

It is very important that Branches use the regimental welfare Team for any cases that are reported to them. We have had several cases recently that have escalated into quite complex cases and members of the Branch have been unnecessarily burdened by the work this has produced. The Welfare Team are trained to deal with these cases and will be able to identify the most suitable course of action for an individual in need.

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 and Airborne Forces) Welfare Team for any queries.

Laura McPhilemy, Head of Welfare. Email: HoW@supportourparas.org Tel: 07702 190685 or

Lisa Stapleton, Welfare Manager. Email: wm@supportourparas.org Tel: 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 and their dependants.

If you require financial assistance please contact either SSAFA 0800 260 6767 or use this link to find your nearest Branch: <https://www.ssafa.org.uk/get-help/find-local-branch> or the RBL 0808 802 8080

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.

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.

H. Blue Light Card

Blue Light are offering a discount service for the emergency services, which includes HM Armed Forces Veterans, NHS and the social care sector, providing members with thousands of amazing discounts online and on the high street.

For just £4.99, members of the Blue Light community can register for 2-years access to more than 15,000 discounts from large national retailers to local businesses across categories such as holidays, cars, days out, fashion, gifts, insurance, phones, and many more.

This includes Asda, who are currently giving card holders 10% discount on everything (Clothing, food etc) so there's a good chance for people to be able to save some money, especially with Christmas coming up. The link for the website to register is: www.bluelightcard.co.uk

I. Changes to Branch Officials

All Branches are kindly reminded that any changes to their officials should be reported to RHQ Para. The details of the Secretary or nominated point of contact for the branch are displayed on the website to assist potential new members to get in touch and join the Branch. This information must be kept up to date. Please email Julia on: admin@prahq.com

J. Reporting Deaths and Injuries

Branches should report the death or serious injury of any known member of The Parachute Regiment and Airborne Forces. Deaths will be recorded on the 'Last Post' list and a wooden cross planted in their memory at the Field of Remembrance at Westminster Abbey in November.

Please email Julia on: admin@prahq.com

K. Poppy Day Collections

Well done to all those members who are involved in the Poppy collections this year for the Royal British Legion. Below is our very own Julia Weymouth who bumped into Paul Allen and their very cleverly disguised Chairman Louis Portman in Looe, Cornwall last week while she was on Half Term with her family.



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.

L. Diary Dates

Event information for 2022 is available on the website so please take a look:

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

If you have any dates for 2022/23, please let me know at the earliest opportunity so that they can be added to the diary. Information for events can be sent to be included on the website forecast of events. Full details of events such as date, time, outline of event, cost etc. must be provided and updated accordingly.

4 Nov 22	St Lawrence Jewry	London (Holy Sepulchre, Holburn Viaduct, London. EC1A 2DQ)
10 Nov 22	Field of Remembrance	Westminster Abbey
13 Nov 22	Remembrance Day	Whitehall, London
25 Nov 22	Annual Officers Dinner	C & G Club, London
26 Nov 22	10 Para Reunion	London
10-12 Mar 23	2 Para Reunion	Blackpool
16-19 Mar 23	1 Para Reunion	Blackpool
24-26 Mar 23	3 Para Reunion	Blackpool
8 Jul 23	Regimental Commemoration Day	NMA

*****Please note that there are rail strikes planned on the dates of some of these events so please check for details before traveling.**

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

www.theparachuteregimentalassociation.com

Paul Raison

Attachments:

1. PRAFC Christmas Hamper Letter
2. Christmas Hamper Application Form

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.