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# **DITG CHICKSANDS COVID-19 Families Guide**

A welfare guide for all families and service persons posted to or working at DITG Chicksands

*POC: DITG UWO / UWSNCO  
Tel: 01462 75 2175 / 2112*



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# *Commander DITG Foreword*

To all friends and colleagues living or working here on the Chicksands site.

This has been an extraordinary and unprecedented few weeks, which has seen real upheaval in our working and home-lives. The Government has quite rightly put in place a series of regulations on what we are and are not permitted to do and this, in turn, has seen many of the site's facilities close down and restricted us to our rooms or houses for all but the most essential of reasons. Challenging though these regulations may be, it is imperative that we follow them consistently and remember that the aim is to save lives and protect our National Health Service and its amazing staff.

The welfare of our Chicksands family is ever at the forefront of my considerations and in order to provide as much assistance and support as possible, our welfare team have created this aide-memoire. It contains guidance, a host of useful ideas, some important contact details as well community information relevant to all of us. Although aimed primarily at personnel living on-site it nevertheless will be very useful to those of us living in the surrounding areas too. It is also intended to evolve as the current situation unfolds and I ask that you all become involved in passing on recommendations and thoughts in the days to come. We welcome your ideas.

In the meantime, once regulations permit, life will return to normal. Until then, I ask that we not only continue to play our part but also continue to work as a community. I have seen some fantastic initiatives and am constantly impressed by how well our people have reacted so far. For this I thank each and every one of you.

Stay safe, stay well and look after one another.



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## *Chicksands Do's*

- Maintain at least 2m/6ft separation between you and others NOT from your household at all times.
- Wash your hands regularly, especially when returning home from shopping or other essential travel reasons.
- Exercise daily, this can be outside and in the vicinity of your home eg. Use of the running track on site or the various routes in this guide, follow @chicksandsgym on Instagram for more fitness advice and workouts.
- Help your neighbours, if you know of a family who is self-isolating or are struggling in any way - reach out to them and offer your assistance within the social distancing guidelines.
- Reach out to your Chain of Command if you find yourself in an emergency.
- Keep in touch via digital means with family and friends.



## *Chicksands Do Not's*

- Visit family or friends, even if on Chicksands, maintain social distancing.
- Book visitors onto Chicksands, other than deliveries and other essential reasons; if you are unsure please contact either your Chain of Command, the Guardroom or Welfare Team for guidance.
- Listen to hear-say or rumours, negative rumours can have an impact on others wellbeing.
- Leave Chicksands for any other reason than food shopping, medical reasons, travelling to/from work and for daily exercise in the immediate vicinity of camp.

# Welfare

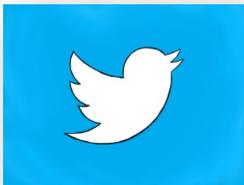
The DITG Welfare Office is open for business as usual Mon-Thu 0900-1530hrs and Fri 0900-1500hrs, the office number is 01462 75 2175.

If you require welfare support outside of these hours, please contact the guardroom on 01462 75 2333 and ask them to have the welfare team call you back; you do not have to explain the reasons why.

If you are self-isolating and require assistance/support or advice, then please contact the welfare team and we will help in any way we can; this includes an emergency food shop and picking up prescriptions/medicines.

For further advice, guidance or information, please use these links...

Our Twitter Feed



RNRM Welfare



AWS



RAF Welfare





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# Chaplaincy

I was recently asked by Colonel Mel Emmett MBE to write a Maundy Thursday message for her blog. At the time it was published, I did wish there was some sort of mechanism available to me that I could use to encourage our community through this difficult period of lockdown. So, I was delighted this morning to have received a text from Sgt Stu Parker asking me to write something to be included on the site website, even suggesting that I might like to do some video services via this means too. That's an interesting thought....

However, as a starting point here is a copy of what I wrote for the Intelligence Corps, and I hope it will now serve to encourage you as well. Thank you for the wonderful support you are offering one another. Stay Safe, please remember that both Padre McCormick and I are still available to chat with you should you have an issue to talk through. **You can call/text us on 07984678288 (Clive) 07796124592 (Angus)**

Introducing a song on one of his albums, the gospel singer Dallas Holm recalls being a child suffering the challenges of a Canadian winter. Gazing from his bedroom window at the sombre scene outside, he became overwhelmed by an intense longing for summer, fearing that it may never come again. Winter was dragging on and on - seemingly without end.

Within the context of the Coronavirus lockdown, many people suffering from cabin fever may find themselves gazing out their windows wondering whether normality will ever return. Tomorrow is Good Friday, when Christians all over the world will recall the darkest of all days, when Jesus was brutally killed on a Cross. For his followers, this event could have been the end of all their hopes, and that the kingdom they longed for would never be fulfilled. If only they could have known on that dark Friday what was to happen on Sunday!

Every Easter, my Good Friday reflections are underpinned with the joyous anticipation of the Resurrection. The great Methodist preacher William Sangster urged his preachers to never separate the crucifixion from the resurrection, for their messages are meaningless one without the other. And as the celebrated American Evangelist Billy Sunday once said, "*It may be Friday today...by Sunday is coming*".

That's the profound simplicity of the Easter message. And it has a powerful contemporary application for anyone who may be in despair, fearing that this time of global affliction may never end. But, just like summer always came for Dallas Holm, so too will this dreadful period pass. Just as Jesus dealt with the disease of sin on Friday, his resurrection on Sunday purchased, once and for all, a living hope for those who would put their trust in him. Easter should really be called the Christian's Passover. Jesus became the Passover Lamb, and I for one, am convinced that this time of uncertainty will 'pass over' too. Nothing can deter me from my faith that, in spite of it all, God remains sovereign.

Keep safe and may God bless us all.



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# Wellbeing Links

**BIG WHITE WALL®** About Us Our Work Our Latest + LOGIN REGISTER EN

## About Us

Commissioned by over 120 organisations globally, we're an online service providing access to millions with anxiety, depression and other common mental health issues.

### Why BWW works

- Clinical expertise**  
Clinically managed and designed to support those with mild to moderate need, while having the infrastructure to case manage individuals at risk
- Healthy community**  
Our vibrant community can scale to any population, offering a proven way to get better together through peer to peer, anonymous conversation
- Safe solution**  
Moderated 24/7 by trained practitioners who keep our members safe, and facilitate the process of people helping people in an online environment



**mind** for better mental health

Information & support About us News & campaigns Get Involved Workplace Shop

Coronavirus: [Find our information and support and more on our work](#)

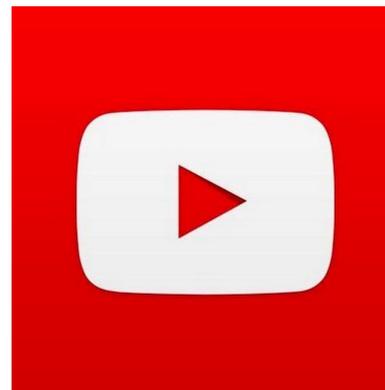
Home > About us

## About us

We won't give up until everyone experiencing a mental health problem gets **support and respect**.

### What we do

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.





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# *Wellbeing Activity Ideas*

[50 Ideas For At Home](#)

[Fun Cooking Ideas For Kids](#)

[Woodland Trust Garden Adventure Ideas](#)

[RSPB - Helping Nature In Your Garden](#)

[NHS Mindfulness Guide](#)

[NHS Healthy Cooking For Kids](#)

*The use of the walled garden adjoined to the Priory Officers Mess is encouraged, please keep dogs on a lead as there are now ducks residing in the pond area, thank you.*



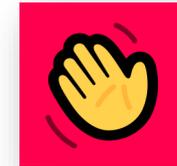
# Apps & Downloads



[Zoom for iOS](#)  
[Zoom for Android](#)



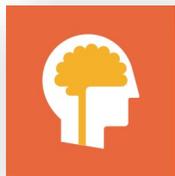
[Smart Recipes for iOS](#)  
[Smart Recipes for Android](#)



[House Party for iOS](#)  
[House Party for Android](#)



[Words With Friends for iOS](#)  
[Words With Friends for Android](#)



[Lumosity for iOS](#)  
[Lumosity for Android](#)



[Happify for iOS](#)  
[Happify for Android](#)



# *Fitness*

The gymnasium staff have an Instagram account where they publish workouts and fitness tips, you can follow this **@chicksandsgym**.

In this guide you will find running routes of varying distance and difficulty. Please only go on a route that fits your ability levels.

It is always a good idea to share your route with a family member so they know what route you are taking and when you should be back.

Good practise is to take a mobile phone with you on your runs outside of site, so you can call someone in an emergency.

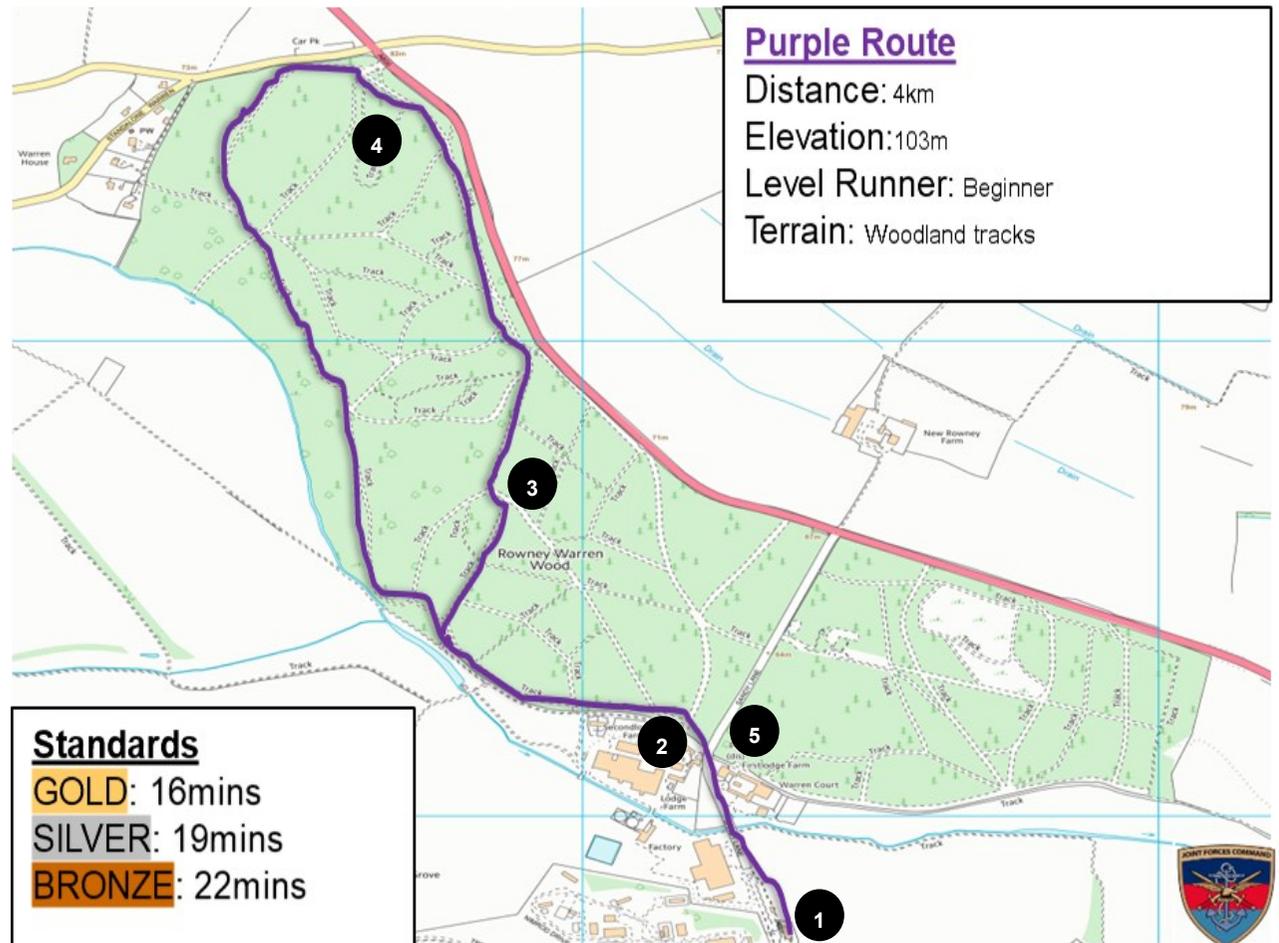
***REMEMBER:** Always adhere to social distancing guidelines, 2 meters distance is a minimum. Exercising, even outside, with others not from your house-hold is not recommended and should be avoided at all costs.*

***BE SMART NOT RECKLESS.***



# Running Route 1

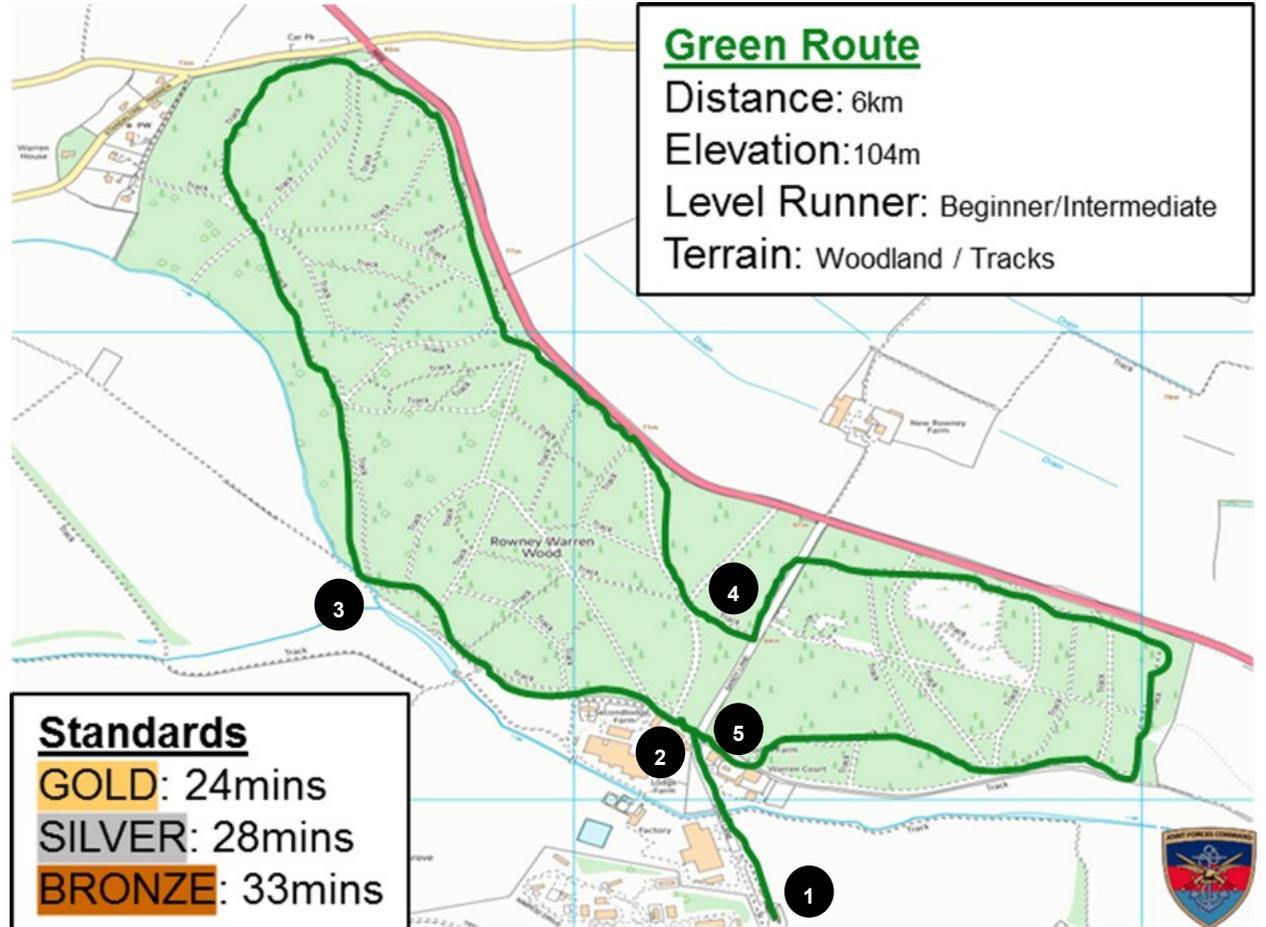
- 1.Exit camp and continue down the hill
- 2.Continue halfway up the hill until a the farm car park on your left hand side continue along the road. Roughly halfway into the Car Park on you left hand side will be some wooden fence which leads into the woods
- 3.Head into the woods following the path. You will get to a flat are with hills either side. Take the hill on your left with the widest path and continue up the hill.
- 4.Follow the largest path in the woods, this will lead you back to the beginning area.
- 5.Head out of the car park and back towards camp.





# Running Route 2

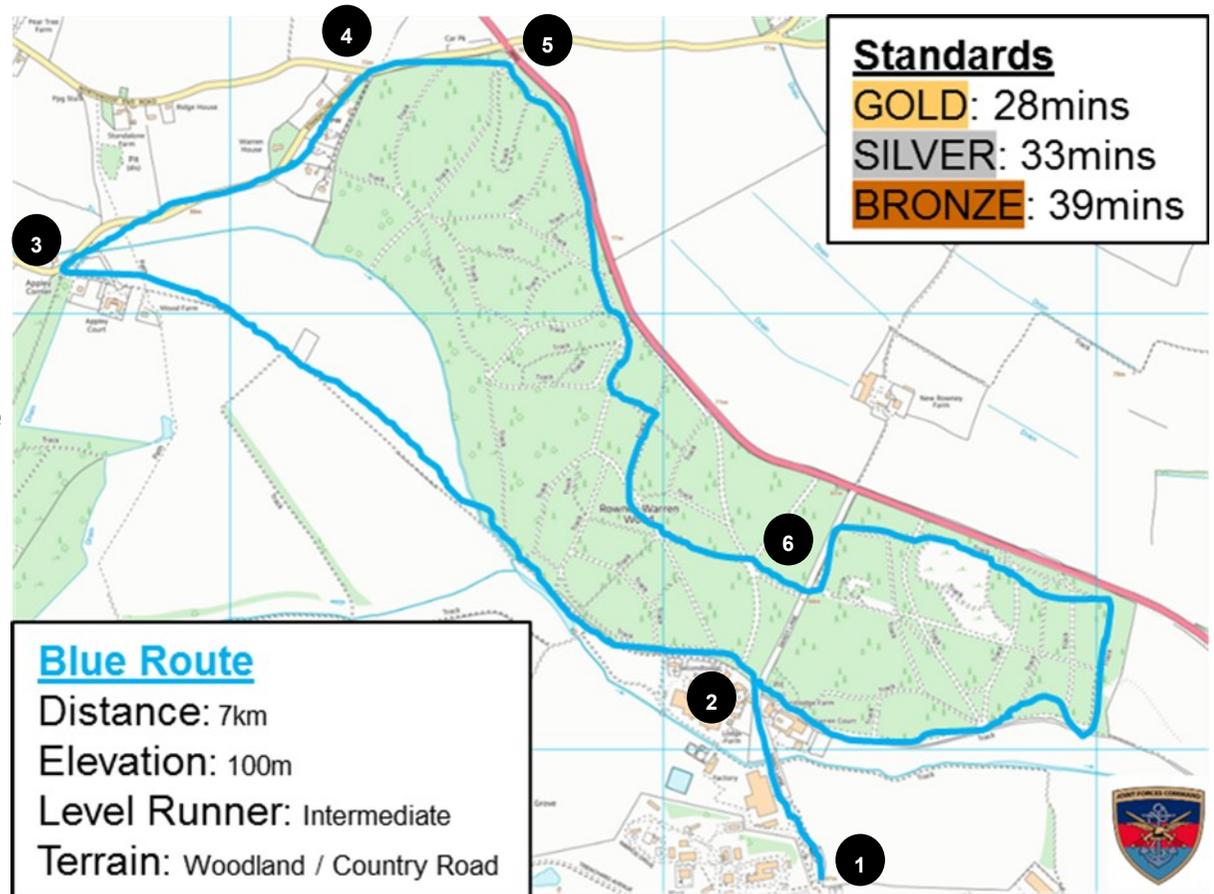
1. Exit camp and continue down the hill
2. Continue half way up the hill until the farm car park on your left hand side, continue along the road.
3. Before the bridge on your right hand side there will be a small entrance into the Woods. Head into the woods and follow the path to the left.
4. You should come out of the woods opposite some wooden fences. Cross the road and follow the path leading from the wooden fences.
5. Turn left at the T junction and head back into camp.





# Running Route 3

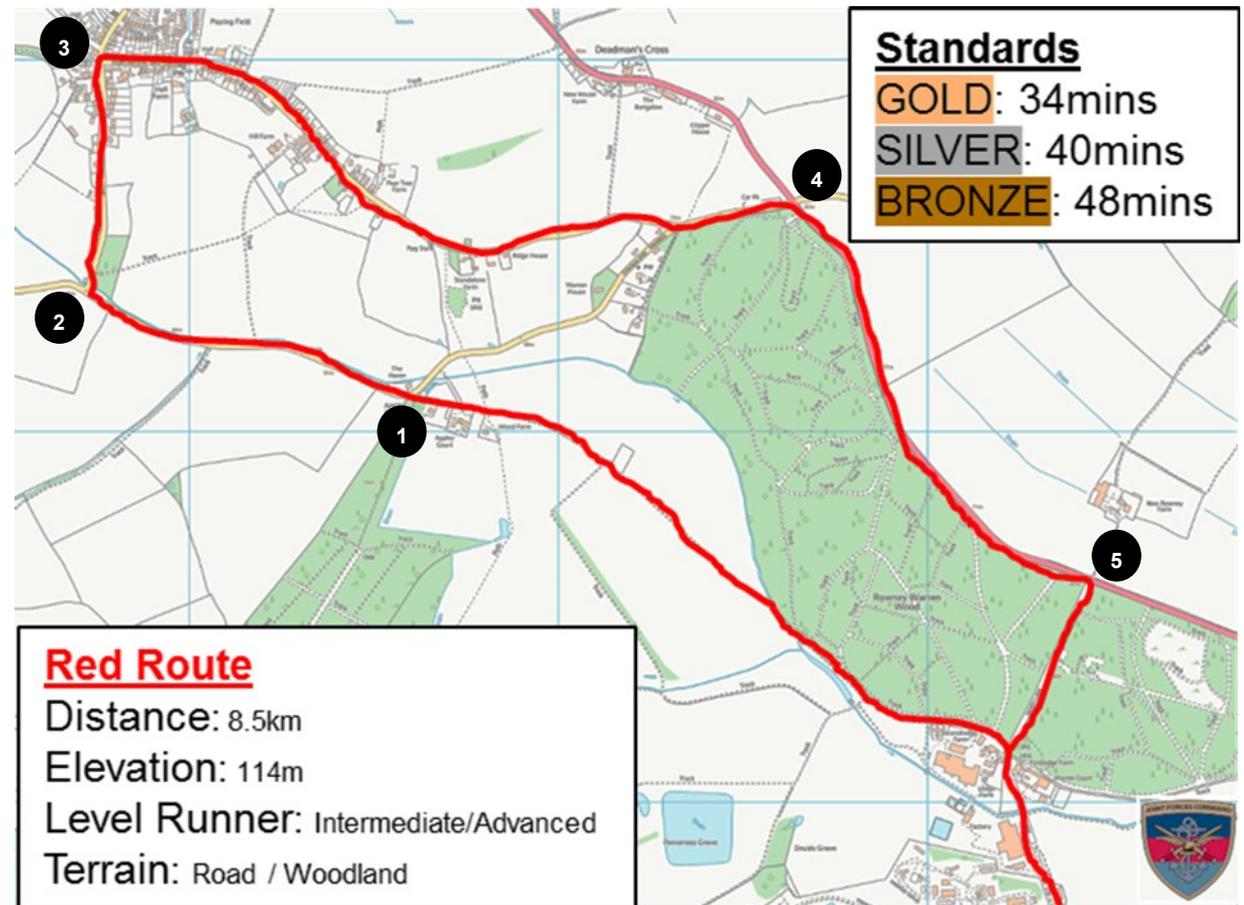
1. Exit camp and continue down the hill.
2. Continue halfway up the hill until a the farm car park on your left hand side. Go through the metal gate at the far end of the car park and continue along the road.
3. After running through a second metal gate turn right over a bridge and then right again at the road.
4. 1. At the top of the road turn right and continue to follow the road until the Mountain bike area
5. Heading into the woods do not enter the mountain bike area. Instead turn slight left and follow the track into the woods.
6. You should come out the woods opposite some wooden fences. Cross the road and follow the path leading from the wooden fences.
7. Turn left at the T junction and head back into camp.





# Running Route 4

1. Turn right then left over a stream.
2. Follow signposts for Haynes.
3. Turn right at the white building.
4. Turn right at the main junction into camp.





# Running Route 5

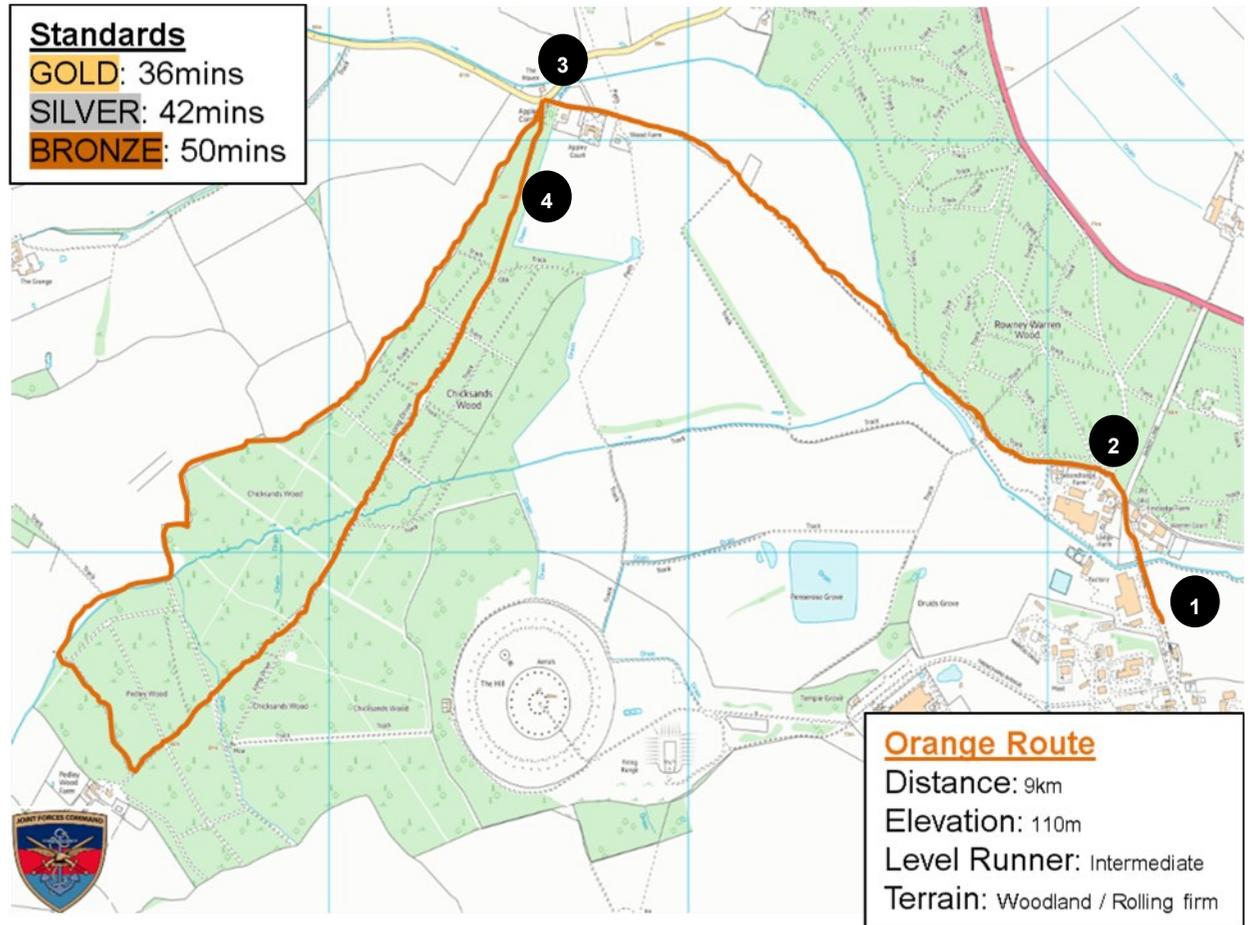
1. Exit camp and continue down the hill

2. Continue halfway up the hill until a the farm car park on your left hand side. Go through the metal gate at the far end of the car park and continue along the road.

3. Follow the road through a second metal gate. In front of you will be 2 more gates. Pass through these on your left hand side will be another gate leading into the woods.

4. Follow the track up the hill and continue to follow the track. This will lead you through the woods.

5. Reverse the first three steps.





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## *Local Info - Shopping*

[Tesco Petrol Station and Express Store - Shefford](#)

[Morrisons - Shefford](#)

[Sainsbury's - Biggleswade](#)

[Waitrose - Hitchin](#)

[Tesco - Hitchin](#)

[Morrisons - Letchworth Garden City](#)

[Big Barn - Local Food Shop Locations in Bedfordshire](#)

*Costcutters on site (opposite to the SnS football field) is open for business, you can contact them on 01462 75 2474 for their up-to-date opening times during COVID-19.*



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## *Local Info - Education & LA*

[Bedfordshire Schools Information](#)

[Bedfordshire Virtual Library](#)

[Central Bedfordshire Council Website](#)

[Children's Education and Advisory Service \(CEAS\)](#)

[BBC Bitesize](#)

[Free Worksheets and Printables for Kids](#)



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## *Local Info - Medical*

[Latest NHS COVID-19 Guidance](#)

[Dr Cakebread & Partners - Shefford Health Centre Timings & Live Info](#)

[Pharmacy - Shefford](#)

[Shefford Dentist](#)

[Bedford NHS Hospital](#)

[Bedfordshire Wellbeing Services](#)

[Lister NHS Hospital - Stevenage](#)

[Bedfordshire Community Health Service](#)

*Chicksands Medical Centre is available via phone on 01462 75 2163*



# *NHS COVID-19 Specific Advice*

[Latest NHS COVID-19 Guidance](#) *Direct from the NHS website...*

## **Do not leave your home if you have coronavirus symptoms**

Do not leave your home if you have either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital.  
Stay at home.

Use the [111 online coronavirus service](#) to find out what to do.

Only call 111 if you cannot get help online.



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## *Site Information*

APRIL to MAY 2020:

Rustics is conducting telephone orders only - payments made at Rustics via the back fire door, contactless payments only; maintain social distancing at all times. Call up between 1100-1330hr Monday to Friday on 01462 75 2110.

Shop in the Shed: A business ran on site is open for business 24/7 at 18 Mercury Place, they make hand-made cards for all occasions. Simply go to the front shed, select your card(s) and leave your money in the honesty box.

Jessica Roberts is conducting her dance classes via live video on site for 4-6 year olds. To access please contact Jessica via FB group chatters by direct message to her. She will then send you a link to the live videos.

DITG Training at home DIN can be found [here](#) (*you will need to open this on a mod-net approved device connected to the Intranet*)



# Contact List

<u>Contact</u>	<u>Tel Number</u>	<u>Email/Web Address</u>
<i>Chicksands COVID-19 Team</i>	<i>01462 75 2825</i>	<i>Simon.gray510@mod.gov.uk</i>
<i>Guardroom</i>	<i>01462 75 2333</i>	
<i>DITG Welfare Officer</i>	<i>01462 75 2175</i>	<i>Alan.hatton115@mod.gov.uk</i>
<i>DITG Welfare SNCO</i>	<i>01462 75 2112</i>	<i>Stuart.parker319@mod.gov.uk</i>
<i>Padre</i>	<i>07984 678 288</i>	<i>Clive.larrett723@mod.gov.uk</i>
<i>Med Centre</i>	<i>01462 75 2163</i>	
<i>Rustics</i>	<i>01462 75 2110</i>	<i>Available for phone orders only between 1100-1330hrs mon-fri</i>
<i>RNRM Welfare</i>	<i>023 9272 8777</i>	
<i>Army Welfare Service IAT</i>	<i>01904 882 053</i>	
<i>SSAFA</i>	<i>0800 731 4880</i>	<a href="http://www.ssafa.org.uk">www.ssafa.org.uk</a>
<i>Samaritans</i>	<i>116 123</i>	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
<i>RBL</i>	<i>0808 802 8080</i>	<a href="https://www.britishlegion.org.uk/">https://www.britishlegion.org.uk/</a>
<i>Domestic Abuse Helpline</i>	<i>0808 2000 247 or 999</i>	<a href="https://bedsdv.org.uk/get-help/">https://bedsdv.org.uk/get-help/</a>



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If you have any content suggestions for this guide, please contact the Welfare Team on either...

UWO: 01462 75 2175

UWSNCO: [stuart.parker319@mod.gov.uk](mailto:stuart.parker319@mod.gov.uk)

Thank you