

WELCOME TO MÜNSTER

HIVE

NEW ARRIVALS GUIDE

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WELCOME TO MÜNSTER HIVE

The HIVE would like to offer you a warm welcome to Münster. This booklet is designed to answer some of the questions that may arise when you first arrive in Münster, particularly if it is your first posting to Germany. There are 2 HIVE(s) serving the Münster area, Münster South HIVE is situated at York Bks and Münster West is situated at Oxford Bks. Our opening hours are on the following page. Please feel free to pop in and see us, leave us a message on our answer phone or send us an E-mail and we will get back to you.

The HIVE is a Tri Service information centre for the Service Community, which includes single and married serving personnel with their families and dependents, and all civilian MOD employees.

Our aim is to provide a professional information and referral service. We endeavour to answer all your queries and find the information you need, or point you in the right direction for the best possible help and support. We can offer you a welcome pack with maps and information leaflets to get you started in your new posting.

If you are arriving from outside Germany you should have received a copy of "So You Are Posted to Germany", which gives you information on everything you need to know on arrival, e.g. documentation, pay, registering your vehicle, claiming Job Seekers Allowance etc. You should also have received a copy of the Münster Service Community Official Guide, which gives more detailed information about the local community including housing, schools, welfare support and station facilities. Copies of both these booklets are available from The Station Staff Office.

If you are on the Internet the website www.hive-europe.co.uk will also give you lots of useful information. You will find The HIVE E Mail address here too.

HIVE OPENING HOURS

Münster South HIVE: The YORK Centre, York Barracks. BFPO 17

MONDAY TO THURSDAY 09:00 to 14:00
& FRIDAY 09:00 to 12:00

TELEPHONE/FAX: 0251 9272388

E-MAIL: munster-south@hive-europe.co.uk

Münster West HIVE: Welfare Centre, Oxford Barracks, BFPO 17.

MONDAY ,WEDNESDAY ,THURSDAY 09.00 TO 13.30
TUESDAY community house visits 09.00 TO 12.00 then
back to office
FRIDAY 09.00 TO 12.00

TELEPHONE / FAX: 0251 9272163

E-MAIL: munster-west@hive-europe.co.uk

We look forward to seeing you at the HIVE.

MISSION STATEMENT

HIVE Information centres support the chain of command and Tri-service communities through the provision of up to date and relevant information.

DISCLAIMER

The content of any brochures or advertisement displayed in the HIVE does not necessarily reflect the policies or opinions of HM Government, the Ministry of Defence or Tri-Service HIVE. The accuracy of brochures displayed is not guaranteed.

WHAT CAN YOUR HIVE DO FOR YOU?

We can provide you with information of the following areas:

New arrival Information

Consumer & Business

Transport and holidays

Legal matters

Local tourism

Postings & Departures

Travel

Communications

Clubs & Societies

Education

Family & Welfare

Theme parks

Employment

Great days out

Leisure

Benefits

Health & Safety

Taxes

Customs

A – Z OF USEFUL INFORMATION

The following information is aimed at providing a general guide, which we hope will make settling into Münster a little easier. More detailed information on many of these subjects can be found in the Münster Service Community Guide, or by contacting the HIVE.

Accommodation

If you have family visiting from UK and need details of accommodation, call into the HIVE for a comprehensive list of local B&B and Hotels.

Banks

Sparkasse and Volksbank are the most common banks in BFG. For the closest bank to your area, please call into The HIVE.

BFG the Car

You are required under British Army (Germany) Standing Order 3213 to register your vehicle with the BFG Vehicle Licensing Office. The unit BFG Registration Office, (depending on your unit) will advise you on the correct procedure to be followed. All members of BFG must register their vehicles with the BFG VLO within 30 days of arrival. Before registration all drivers must take a matrix test and be issued with a BFG Driving Permit.

Contact: 0251 9272424

Childcare & Nurseries

If you are in need of childcare please call the Childminding Coordinator . For details of Crèche facilities and nursery schools please look under schools.

Contact: 0251 9272369

Church

From 1030hrs on Sundays at **St George's Church** which is situated to the left of the Parade Square in York Barracks.

Clubs

For an up to date list of "What's on" around Münster, go to:
www.hive-bfg.co.uk/Munster

Coins

The HIVE collects all your unused foreign currency for the **BBC Children in Need Appeal** charity.

Confidential Helplines

RMP

They are located in York Barracks. You can contact them on: Tel: (Mil) Ext 2308/9 or (Civ) 9272308/9. Your confidential Service Police Hotline 24hrs a day is 0800 1842222 or if you are using a military phone 0 – 0800 1842222.

Victim Support

VICTIM SUPPORT offers a listening ear and practical support, with trained volunteers based throughout Germany. The service, staffed by SSAFA Forces Help Volunteers, is free, confidential and completely non-military. Contact: JHQ Mil 2272 or Civ 02161 4722272. You can ring with confidence!!

Employment

Garrison Labour Support Unit (GLSU) office is situated in the QM's building (Between buildings 8 & 9) in Oxford Bks or at the bottom of the main car park in York Bks. Dependants seeking work should register in person. Please take your ID card and C.V. with you.
Contact: Oxford Barracks – 0251 9272191 (Mil): 60 2191 or
York Barracks – 0251 9272455 (Mil): 60 2455.

Further Education/Leisure Classes

The HIVE holds information on courses running at 40 AEC. You can also study through Learn Direct at the Army Learning Centre (ALC) & Vocational Training Services (VTS). Please call into the HIVE for the latest course details.

Contact: ALC - 0251 9272372 & VTS – 02161 4722055

Golf

Details of courses are available in the HIVE together with application forms for the Münster Golf Society.

HIVE Database

The HIVE's computer database is an A-Z of useful local information, services, clubs, businesses, telephone numbers etc. The database is updated regularly and if you would like something to be included please contact a member of the HIVE team.

Housing

For information on housing refer to the Münster Service Community Official Guide. The housing clerks can be contacted on (civ) 0251 9272389.

ID Cards/NAAFI Shopping Permits

All military personnel, entitled civilians and dependants are required to carry an ID card. A NAAFI Shopping Permit is issued to all entitled personnel and will be required to use the NAAFI shopping facilities. Shopping Permits are available from the Housing Community Support Office.

Internet

Internet access is available free of charge at the ALC/Library or for a small charge at the WRVS, and there is an internet cafe shop downstairs at the end of Bentleys bar in York Bks.

Kindergeld

If you are in receipt of UK Child Benefit you may be entitled to claim Kindergeld (a top up to UK Child Benefit from the German authorities.) The claiming of Kindergeld is an individual's responsibility and is strictly between the individual and the German authorities. Application forms and guidelines are available from the Regimental Admin Offices building or the Unit Welfare Office.

Contact: York Bks –(8 Regt) 0251 9272348 (1CS Regt) 0251 9272480
or Oxford Bks – (1 Yorks) 0251 9272258

Leafllets

The HIVE holds leaflets containing a huge variety of information on everything from benefits to bus timetables. We hold core information on a variety of subjects including education, social security, health, housing and communications. We also have a vast library on tourist information.

Legal Help and Information

The HIVE has a list of useful contacts, dates and telephone numbers for Legal aid clinics held throughout BFG. Please call in for details.

Maps

We can assist you in obtaining maps of the local area or locating specific places of interest.

Opening Times

A comprehensive list of opening times and telephone numbers for Facilities, including shops and clubs are available from the HIVE.

Petrol Coupons

Duty Free Fuel Coupons cannot be sold to you unless you have a Vehicle Registration Card with an up to date and valid light/roadworthiness stamp on it. Petrol coupons, which are rationed, are available from the BFG office located in both camps. York Centre, York Barracks Contact Tel: 0251 927 2138 (Mil): 602138 and also Bn Head Quarters, Oxford Barracks, Contact Tel: 0251 9272186 (Mil): 602186.

Pets

Contact your local vet to get the correct documentation prior to leaving the UK. When you arrive in BFG you must register all your pets at the Housing Office in the Housing Support Community Office (HSCO) department in York Bks. All dogs must wear a collar disc bearing the owner's address. Failure to do so could result in a large fine. The HIVE holds a list of local vets and kennels. We also hold the information you require to get the European pet passport allowing you to take your pet back to England.

Postings

The HIVE can obtain Arrival 'Welcome' packs for postings worldwide. We also have a comprehensive 'Get You Back Pack'.

Questions

Simply pop in or give your local HIVE a call and we will endeavor to answer any questions you might have. Or refer you to someone who can help.

Schools

Schools are administered by Service Children's Education (SCE). SCE is a defence agency whose headquarters are located at Wegberg, BFPO 40. Tel: 02161 472 8505 or via the internet at: www.sceschools.com.

Kings School located in Gütersloh caters for years 7 – 13 (ages 11 -18). Some children have to board at Gütersloh from Monday to Friday (Oxford Bks personnel). The School can be contacted on Tel: 05241 842210.

Oxford primary School is located in Oxford Bks. They cater for years 2 – 6 (ages 5 – 10). They can be contacted on Tel: 0251 9272199.

There are 2 Pre-schools in Münster

Happy days (York Bks)	0251 624770
F S 1 (Oxford Bks)	01738873608

Crèches in Münster

Ladybirds (Oxford Barracks)	0251 927 2255
York Centre (York Bks)	0251 9272468/2713

Tax Free Shopping

Some items in Germany can be bought with Mehrwertsteuer (German VAT). Goods bought over the value of €50 may be purchased with a MWST form. Tax free goods can be bought from Ratios, Toys R Us, Euro Cash, Ikea and Karstadt, cards are available from the MWST office located both in the York Centre, York Barracks. Contact Tel: 0251927 2424 and also in Bn Head Quarters, Oxford Barracks. Contact Tel: 0251 9272195 (Mil) 602195.

Telephone Connections/Disconnections

Your HIVE holds all the information you need to connect/disconnect your phone. Deutsche Telekom and TKS are the normal providers, however there are other Telecommunications companies to consider. You must have a phone which has been approved for Germany as the sockets are different from the UK. European Sim cards for mobile phones can be purchased locally.

When purchasing a **MOBILE PHONE** in Germany it is your responsibility to be clear about the contract you are signing. Most mobile phone contracts are arranged on a two year period. If you sign for two years you are legally bound to pay for those two years regardless of any sales talk to the contrary. However, D2, do offer a special contract for soldiers to meet their posting dates. Another point that is not always clarified – to end the two year contract you must give 3 months notice. Failure to do so will bind you to a further one year contract. Please call in for further details on phone companies.

Television

While living in Germany, you will need either a multi-system T.V to be able to watch T.V. SSVK at Oxford Bks will also provide you with a free "Set top box" to allow you to watch several different "Forces channels". Cable TV is available in some quarters; contact is via your Estate Manager. See your housing guide for contact Nos.

Transport

Information on local bus services, train times, Airports and even the NAAFI bus is available from your HIVE.

Unemployment Benefit

All newly arrived dependants who wish to claim unemployment benefits should register with the local German Employment Office (Arbeitsamt) **no later than seven days after their arrival in Germany or they may lose their benefit**. If you intend to claim "Jobseekers" allowance then this has to be done **BEFORE** leaving the UK.

The office can be found at **Wolbecker Strasse 45-47, 48143 Münster**. Tel: 0251 6980. The GLSU can help you complete the relevant German forms. The HIVE also holds a number of leaflets on general DSS information.

Visitors

When family are visiting you in Germany you should obtain a Close Relatives Form from the UWO in the Welfare Centre Oxford Bks. The form entitles close relatives to shop, (on behalf of you) for non-rationed items in the NAAFI, and to minor medical treatment in the medical centre. **All visitors and relatives should bring a completed EHIC (European Health Insurance Card) Card.**

Contact: 0251 9272393

Volunteers

The HIVE is indebted to our volunteers, who give up their time to enable us to provide a good service to our customers. If you are able to spare a few hours a week to help in our busy HIVE, our team would be glad to welcome you.

What's On Info/Community Web Page

We try to keep as much information as possible about local events and activities within Munster and surrounding areas. You can also check out the "What's on" page on our website www.hive-bfg.co.uk or look at the notice boards outside your HIVE. We also have the Community Web Page which can be accessed on the above website.

EMERGENCY NUMBERS

German Police	110
German Fire brigade/Ambulance	112
Crimeline	08001842222
Guardroom (Oxford)	0251 927 2191
Guardroom (York)	0251 927 2455
Police (RMP)	0251 9272308/9
Welfare Officer (1 Yorks)	0251
9272802/2258	
Welfare Officer (1 Med Regt)	0251 9272480/2423
Welfare Officer (8 Regt)	0251 9272348

USEFUL TELEPHONE NUMBERS

40 AEC	0251 927 2372
AWS	0251 927 2370
BFG/Petrol Coupons(Oxford)	0251 927 2202
BFG (York)	0251 927 2424
Childminding Supervisor	0251 927 2369
Estate Manager- Coerde/K'haus	0251 9272508
Estate Manager – Gievenbeck	0251 8715392
Estate Manager – Gremmendorf	0251 6250253
Estate Manager – Village	0251 674167
Homestart	0251 9272396
Med Centre (York)	0251 9272362
Midwife	0251 9272451
Petrol Coupons (York)	0251 9272138
Schools: Kings School	05241 842210
Oxford School	0251 9272199
SSAFA Social Worker	0251 9272494
WRVS	0251 9272117
Youth & Community Worker	0251 9272370
GWA	0251 9272168/2809

SHOPPING GUIDE

NAAFI (Oxford Bks) 0251 861592
NAAFI (York Bks) 0251 6250010

SSVC (Oxford Bks) 0251 867404
Sells UK spec electrical items

Ratio

Food and electrical goods – situated next to Oxford Bks. There is another Ratio's on Albersloher Weg (same road as York Bks), which is a cash and carry warehouse. The Ratio's card is available from the UAO.

HIT Markt

Again food and Electrical items, a little cheaper than Ratio's – Situated on Geringhoff Str.

Lidl

Situated very near the Gievenbeck and Coerde Estates (there's one situated very near all the Married Quarter estates – it's quite a large franchise). Ideal for everyday groceries.

Clothing Shops

There is a wealth of clothing stores for adults and children alike in the town centre. Shops include C&A, H&M, Mango to name but a few.

Each HIVE holds a comprehensive list of shops in and around Münster, however if you require a more detailed search then we will be only too happy to assist you.

HIVE INFORMATION CENTRES BFG

Email address	HIVE (location)	Phone No. Civ/Mil	Mil. No.
bielefeld@hive-bfg.co.uk	Bielefeld	05251 92543122	81 3122
brunssum@hive-bfg.co.uk	Brunssum	003145 5262891	80100 2891
brussels@hive-bfg.co.uk	Brussels	0032 6544 3984	92 05423 3984
celle@hive-bfg.co.uk	Celle	05141 9632340	78 2340
detmold@hive-bfg.co.uk	Detmold	05231 37864	
dulmen@hive-bfg.co.uk	Dulmen	02594 9622211	63 2211
elmpt@hive-bfg.co.uk	Elmpt	02163 973183	68 3183
dodesheide@hive-bfg.co.uk	Osnabruck - Dodesheide	0541 9602921	66 2921
fallingbostel@hive-bfg.co.uk	Fallingbostel	05162 9712204	76 2204
gutersloh.mb@hive-bfg.co.uk	Gutersloh – Mansergh Bks	05241 236583	73 2220
gutersloh.prb@hive-bfg.co.uk	Gutersloh – PRB	05241 842692	73 2692
hameln@hive-bfg.co.uk	Hameln	05151 917464	83 2464
herford@hive-bfg.co.uk	Herford	05221 9953127	82 3127
hohne@hive-bfg.co.uk	Hohne	05051 962303 77 2303	05051 8998
lotte@hive-bfg.co.uk	Osnabruck - Lotte	05404 4768	05404 4768
munster-south@hive-bfg.co.uk	Munster - South	0251 9272400	60 2400
munster-west@hive-bfg.co.uk	Munster - West	0251 9272163	60 2163
woolwich@hive-bfg.co.uk	Osnabruck – Woolwich Bks	0541 9602538	66 2538
paderborn@hive-bfg.co.uk	Paderborn	05251 57191	05251 57191
ramstein@hive-bfg.co.uk	Ramstein	02161 4722519	72 2519
sennelager@hive-bfg.co.uk	Sennelager	05254 9822771	79 2771
shape@hive-bfg.co.uk	Shape	003265 443984	80100 3984
wildenrath@hive-bfg.co.uk	Wildenrath	02432 81017	

CLOTHING SIZE GUIDE

WOMAN'S DRESSES, SUITS, SKIRTS & COATS													
BRITISH	10	12	14	16	18	20							
GERMAN	36	38	40	42/44	46/48	50							
AMERICAN	8	10	12	14	16	18							
BRA SIZES													
BRITISH	32	34	36	38	40	42							
GERMAN	70	75	80	85	90	95							
WOMAN'S SHOES													
BRITISH	3	3½	4	4½	5	5½	6	6½	7	7½	8		
GERMAN	36	36/37	37	37/38	38	38/39	39	40	40/41	41	42		
AMERICAN	-	-	5½	6	6½	7	7½	8	8½	9	9½		
CHILDREN'S SHOES													
BRITISH	4	4½	5	5½	6	6½	7	7½	8	8½	9	9½	10
GERMAN	20	21	21/22	22	23	23/24	24	25	25/26	26	27	27/28	28
BRITISH	10½	11	12	13	13½	14	14½	2	2½				
GERMAN	29	30/31	31	32	32/33	33	33/34	34	35				
CHILDREN'S CLOTHES													
BRITISH (age)	2	3	4	5	6	7	8	9	10	11	12	13	14
GERMAN SIZE	92	98	104	110	116	122	128	134	140	147	152	158	164
Height in cms	91	96	102	109	114	122	127	135	140	147	152	157	164
MEN'S SUITS & OVERCOATS													
BRITISH & US	36	38	40	42	44	46							
GERMAN	44	46	48	50	52	54							
MEN'S SHIRTS													
BRITISH & US	13	13½	14	14½	15	15½	16	16½	17				
GERMAN	33	34	35/36	37	38	39/40	41	42	43				
MEN'S SOCKS													
BRITISH & US	9½	10	10½	11	11½	12	12½						
GERMAN	39	40	41	42	43	44	45						
MEN'S SHOES													
BRITISH	7	7½	8	8½	9	9½	10	10½	11	11½			
GERMAN	41	41/42	42	42/43	43	44	45	45/46	46	46/47			
AMERICAN	-	-	8½	9	9½	10	10½	11	11½	12			

FOOD TRANSLATIONS

ENGLISH	GERMAN	DUTCH
Sugar		
Sugar	Zucker	Suiker
Brown Sugar	Brauner Zucker	Bruin Suiker
Castor Sugar	Feinster Zucker	Fijne Suiker
Cube Sugar	Würfelszucker	Suikerklontjes
Granulated Sugar	Raffinierter Zucker	Suiker
Icing Sugar	Puderszucker	Poeder Suiker
Preserving Sugar	Einmachzucker	Gelei Suiker
Saccharin Tablets	Süßstofftabletten	Zoetstoff

ENGLISH	GERMAN	DUTCH
VEGETABLES AND FRUIT		
Potatoes	Kartoffeln	Aardappelen
Chips	Pommes/Fritten	Frietjes/patat
Carrots	Möhren	Wortelen
Peas	Erbsen	Erwten
Asparagus	Spargel	Asperges
Oranges	Apfelsinen/Orangen	Sinasappels

ENGLISH	GERMAN	DUTCH
BAKING		
Flour	Mehl	Bloem
Almonds	Mandeln	Amandelen
Baking Essence	Backaroma	Bakaroma
Baking Powder	Backpulver	Bakpoeder
Candied Fruit	Kandierte Früchte	Kandijt Fruit
Candied Lemon Peel	Zitronat	Bakzitroenschil
Candied Orange Peel	Orangeat	Baksinasappelschil
Chocolate Sprinkles	Schokostreusel	Chocoladehagelslag
Coconut (dessicated)	Kokosraspeln	Gerasptecocosnoot
Cornflour	Stärkemehl	Mayzena
Gelatine	Gelantine	Gelantine
Poppyseed	Mohn	Maanzaad
Potato Flour	Kartoffelmehl	Aardappelmeel
Vanilla	Vanilleextract	Vanille extract
Yeast	Hefe	Gist
ENGLISH	GERMAN	DUTCH

HERBS AND SPICES		
Mixed spice	Spekulatiusgewürz	Speculaas kruiden
Aniseed	Anis	Anijszaad
Basil	Basilikum	Basilikum
Bayleaf	Lorbeerblatt	Laurierbladen
Caraway	Kümmel ganz	Komijnzaad
Celery Salt	Selleriesalz	Selderijzout
Chilli Powder	Chilipulver	Chilli Poeder
Chives	Schnittlauch	Bieslook
Cinnamon (ground)	Zimt (gemahlen)	Kaneel (gemalen)
Cloves (ground)	Zimt (gemahlen)	Kruidnagel
Cumin	Kümmelpuder	Komijnpoeder
Curry	Curry	Kerrie
Garlic	Knoblauch	Knoflook
Ginger	Ingwer	Gember
Juniper Berries	Wacholderbeeren	Junipers
Marjoram	Marjoran	Majoraan
Mint	Pfefferminz	Munt
Mustard (strong)	Senf (scharf)	Mosterd (scherp)
Nutmeg	Muskatnüsse	Nootmuskaat
Onion Powder	Zwiebelpulver	Uipoeder
Parsley	Petersilie	Peterselie
Pepper	Pfeffer	Peper
Saffron	Safran	Saffraan
Sage	Salbei	Salie
Salt	Salz	Zout
Soy Sauce	Sojasoße	Sojasaus
Thyme	Thymian	Thijm
Vinegar	Essig	Azijn
Vinegar (wine)	Weinessig	Wijn Azijn

ENGLISH	GERMAN	DUTCH
MEATS		
Chicken	Huhnchenfleisch	Kippevlees
Pork	Schweinefleisch	Varkensvlees
Beef	Rindfleisch	Rundvlees
Minced meat	Gehacktes	Gehakt
Meat balls	Frikadellen	Gehaktballen
Turkey	Putenfleisch	

ENGLISH	GERMAN	DUTCH
DAIRY PRODUCTS/FATS		
Butter	Butter	Boter
Cheese	Käse	Kaas
Cottage Cheese	Hüttenkäse	Huttenkaas
Cream Cheese	Frischkäse/ Sahnekäse	Roomkaascream
Cream	Sahne	Slagroom
Drinking Chocolate	Kakao	Chocolademelk
Egg/Eggs	Ei/Eier	Ei/Eieren
Evaporated milk	Kaffeerahm	Koffie melk
Full fat milk	Vollmilch	Volle melk
Low fat milk	Fettarme Milch	Halfvolle melk
Pasteurised Milk	Pasteurisierte Milch	Gepastureerde melk
Powdered Skim. Milk	Magermilchpulver	Magere poedermelk
Oil	Öl	Olie
Sunflower Oil	Sonnenblumenöl	Zonnebloom olie
Vegetable Oil	Pflanzenöl	Plantaardige olie
Soured Cream	Saure Sahne	Zure room
Lard	Schweinfett	Varkensvet
Whipped Cream	Schlagsahne	Slagroom
Yoghurt	Joghurt	Yoghurt
Semolina	Gries	Griesmeel

ENGLISH	GERMAN	DUTCH
BREADS AND CEREALS		
Bread Crumbs	Paniermehl	Paneermeel
Brown Bread	Graubrot	Bruin brood
Oatmeal	Haferflocken	Haverhout
Roll	Brötchen	Broodje
Rusk	Zwieback	Beschuit
Rye Bread	Roggen Brot	Roggebrood
White Bread	Weissbrot	Wit brood
Wheat Bread	Vollkornbrot	Volkoren brood
Whole Wheat	Crispbreads	Knäckebröt

GERMAN SPECIALITIES

GERMAN	ENGLISH
Reibekuchen	grated raw potatoes fried into a pancake
Stollen	traditional German Christmas cake
Glühwein	hot spiced red wine sold at Christmas markets
Feuerzangenbowle	burnt rum and red wine punch
Jägertee	Alcoholic drink based on rum, served hot
Bockwurst	sausage
Strammer Max	bread topped with slices of cheese, ham, gurken and fried eggs
Berliner	doughnuts

DUTCH SPECIALITIES

DUTCH	ENGLISH
Pannekoek	pancakes
Poffertjes	miniature pancakes served with Grand Marnier or butter flakes
Vla	general term for a variety of puddings
Vlaai	general term for a variety of cakes topped with fruit or creamed rice pudding for example
Peperkoek	ginger biscuits
Koffiekoek	large soft biscuit made with almonds
Ontbijtkoek	spiced with ginger breakfast cake
Beschuit met muisjes	Rusks with blue or pink sugar sprinkles Traditionally served to celebrate the birth of a child
Rookworst	smoked sausage
Hutspot	mashed carrots, potatoes and onion
Boerekool	curly kale mashed with potatoes
Uitsmijter	bread with slices of ham, cheese, gurkin and fried eggs
Griesmeelpap	semolina pudding
Rijstepap	cream rice pudding
Nonnevotten	doughnuts traditionally sold during the carnival season

Other Agencies



SSAFA Forces Help In-service Committees provide assistance and support to serving men, women and their families in need. They meet regularly to decide how money is raised and distributed and discuss other matters of concern to the local community. For more information, call JHQ Mil: 3392 or Civil: 02161 472 3392.



Victim Support offers emotional support, information and practical help to those who have been affected by crime. Volunteers attend courses specially designed for them which allows them to help victims come to terms with the disturbing effects of crime. Interested volunteers should contact JHQ Mil: 2272 or Civil: 02161 472 2272



British Guides in Germany

There are lots of Rainbow, Brownie and Guides units here in Germany. We have waiting lists because of the continuing popularity of Girl guiding and a shortage of adults coming forward to offer a little of their time in helping to run the groups. More adult helpers mean shorter waiting lists. Any help you can offer will be much appreciated and we will soon be able to offer more girls the chance to take part in guiding. Contact your local HIVE and ask for more details.

COUNCIL OF VOLUNTARY WELFARE WORK (CVWW) (BFG)



The Council of Voluntary Welfare Work (CVWW) offers a varied selection of opportunities to volunteer. Whether working with children in childcare centres, with the European Christian Homes for the Soldier (ECHOS) in the Balkans or Iraq, in any of the Church Army, Salvation Army or YWCA centres in around the military Garrisons. You could even help the troops on exercise in Poland, there is always a need for volunteers. For more information on what is available, call Lt Col (Retd) John Batty on 05221 25001 or Herford Mil 3921

Air Training Corps

Air Training Corps is aimed at young adults between the ages of 13 and 18. The cadets take part in fieldcraft, weapon handling, shooting, drill and airmanship. During the year cadets can attend flying camps in UK, weapons camps in Germany and fund raising events for both Army and RAF Benevolent Funds. There are currently 3 Squadrons in

BFG, located in JHQ, Gutersloh and Herford. Our volunteers need no experience or qualifications as full training is provided. For more information please contact Graham Pearce on JHQ Mil 2085 or Mobile: 0171 3692561



Foster carers provide stability, encouragement and a loving home to children who are temporarily unable to live with their own families. British Forces.

Social Work Service currently need foster carers in all areas of BFG. If you feel that you could be a foster carer, call Marje Slavin on 05221 178 366

NOTES

We make every effort to ensure that our information is current and correct. Your help is invaluable in keeping our records up to date by informing us of any changes to our handouts, or by sharing any additional information, which may be of interest to others.



This Guide has been produced by Münster HIVEs