

JHQ OPENING TIMES

ABBEY NATIONAL

(co-located with NAAFI Financial Services) 02161 955160
Mon-Fri 9.30 –14.00, 14.45 -17.00
& 1st Sat of month 10.00-14.00

ALADDIN'S CAVE

02161 559601
Mon-Fri 09.30-17.00
Sat 09.30-16.00
www.aladdinscave.de

AMERICAN PX

02161 5699704
Mon-Sat 10.00-19.00
Sun 10.00-17.00
Closed only on Christmas, New Year's Day & Thanksgiving.

ARMY WELFARE SERVICES

Reception/Office Manager	3603
Childminding Coordinator	4939
Childcare Advisor	2189
Youth Activities	3562

Mon-Fri 8.00-16.00

ARRC WELFARE CENTRE

8 Beresford Road
(opposite Dental Centre)

Welfare Officer	5735
UWWO	5738
JHQ	5754
Events Co-ord	5634
Office Manager	6109
BFG Clerk	2525

Closed between 13.00-14.00 for lunch.

Mon-Thu	08.30-16.30
Fri	08.30-13.00

ARRC SP BN PRI SHOP

13 Band Walk
JHQ 3635
Mon-Fri 10.00-16.00

BANK (SPARKASSE)

02161 2791080
Mon-Wed 08.15-11.45
12.45-16.00
Thu 08.15-11.45
12.45-17.45
Fri 08.15-11.45
12.45-15.30

BEAUTY SALON –USCHI'S

(situated within Figaro's Hair Salon)
02161 5623518 or 01783880456
Mon Closed
Tues,Thurs,Fri 09.00-17.30
Wed 09.00-19.00
Sat 10.00-14.00

BFG MORTGAGE

5 Trenchard Road,JHQ,
02161 557375

BFG VEHICLE HELPLINE

JHQ 4100
Mon-Thu 08.30-12.15
13.30-16.15
Fri 08.30-12.15
13.30-14.30

Please leave a message on the answerphone.

BFG REGISTRATION OFFICE

Bldg 37, Grenville Road
JHQ 2934
Mon-Fri 08.30-15.00

BFG INSPECTION

Snyders Road, JHQ & Javelin Barracks.
Book in on a centralised booking system.
Tel: Mil 68 2300 or
Civ: 02163 972300
Customers will be given an appointment at the test centre of their choice.

BOWLING ALLEY

Reading Way

Civil: 551388
Mon-Fri 17.00-22.00
Sat & Sun 10.00-22.00

Timings will change Easter, Summer
and Christmas school holidays

BP GARAGE

Civil: 559595
Mon-Fri 08.00-18.00
Sat 09.00-17.00

BRITISH TRAVEL SERVICES

Civil: 9015015
Mon-Fri 09.00-17.00

BULLETIN

Editor-JHQ 4795
Assistant Editor 4789
Advertising Manager 3284
Office/Fax-JHQ 3284
E-Mail teambulletin@hotmail.co.uk

BUSCHOF NAAFI

Cambridge Drive
Civil: 550991
Mon-Sat 08.00-21.00
Sun 09.00-21.00

CABLE TV

Am Wickrather tor 17,
41179 Mönchengladbach
Civil: 570286
Emergencies, Repairs & Callouts:
Civil: 0209 999 1699

CAREERS CENTRE

JHQ 2585/2838
Mon-Thu 08.30-16.15
Fri 08.30-16.00
For under 25's, call for an appointment.

PUPIL AND FAMILY SERVICES

Chazal Road 33
JHQ 8501/8504
Fax 8503

CHURCH CENTRE

JHQ 2770
Mon-Thu 09.00-17.00
Fri 09.00-13.00

ST BONIFACE CHURCH CHURCH OF ENGLAND

Sunday Service – 11.00am
Choir Practice – Thur – 18.30am.

ST THOMAS MORE ROMAN CATHOLIC CHURCH

Times of Masses:
Sat – 18.30
Sun – 11.00

CHURCHILL OFFICERS MESS

Manager – JHQ 4679
Reception/Mehrwersteuer 4297
Mon-Fri 07.30-15.00
Accounts – JHQ 4251
Mon-Fri 08.30-15.00

CINEMA

Civil 550518
(See Bulletin for programme or pick
one up from the HIVE)
www.ssvc.com/cinema

CLEANING CONTRACT OFFICE

JHQ 2425
Mon-Thu 08.00-17.00
Fri 08.00-12.30

CULPECK INSURANCE

Civil 559655
Mon-Thu 09.00-17.00
Fri 09.00-16.00

DENTAL CENTRE

JHQ 2495
 Mon- Thu 07.45-12.30
 13.30-16.30
 Fri 07.45-12.30
 13.30-16.00
 Emergency appointments available
 every day. Ring between 07.45-08.30.
 Weekend cover via Detention Rooms.

**DUTCH PMC RESTAURANT
(ECHOES)**

JHQ 5307
 Mon 07.30-19.00
 Tues-Thurs 07.30-20.00
 Fri 07.30-19.00
 Kitchen closes at 18.00
 Sat 10.00-16.00
 Kitchen closes at 15.00

DUTCH ARMY SHOP

Block 11, Band Walk.
 Civil 57540125
 Mon-Thu 09.30-17.00
 Fri 09.30-14.00

**BRITISH FORCES EARLY YEARS
SERVICE**

JHQ 4450/4095
 Fax 3516
 Mon-Fri 8.30 to 14.00.

EDUCATION CENTRE

34 AEC
 JHQ 3303
 Mon-Thu 08.30-16.30
 Fri 08.30-14.30

FIGARO HAIR SALON

Main Salon (opp BP Station)
 Civil 559568/556139
 Tues 09.00-17.30
 Wed 0900- 14.00
 Thurs 0900- 19.30
 Fri 0900- 17.30
 Sat 09.00-14.00

FIRE STATION

(non-emergency)
 JHQ 2345/2353

FITNESS CENTRE

York Drive.
 JHQ 4731
 Mon-Thu 07.00-21.00
 Fri 07.00-19.00
 Sat,Sun & German Bank Holidays
 10.00-14.00

FITNESS - INDUCTION TIMES

Mon 07.30
 Tue 19.00
 Wed 09.30
 Sun 11.30

FORCES FINANCIAL

Mon-Fri 9.00-17.00
 & first Sat of every month.
 Next to JHQ NAAFI
 Civ 02161 955160/955161

GUIDE SHOP

10 Beresford Road
 JHQ 3398
 Tue & Fri 09.00-12.00
 1st & 3rd Sats in month 09.00-12.00
 Closed during school holidays.
 Full mail order service available.
 E-Mail guideshopgermany@gmx.de

HIVE

44 Trenchard Road (opp BP Station)
 JHQ 2519
 Mon-Fri 09.00-15.00

HOMESTART

Next to the Hive
 JHQ 3570
 Mon-Fri 09.00-13.00
 24hr answerphone.
 Tel appointments can be made for
 afternoons.

LIBRARY

JHQ 2616
Mon & Thu 10.00-20.00
Tue & Wed 10.00-17.00
Fri & Sat 10.00-13.00
Website-www.armylibraries.mod.uk
Email-rheilib@alibs.detsa.co.uk

LILLIES

Mon-Fri 9.30-18.00
Sat 9.30-16.00
Sun – special occasions
02161 8207771

MARIANNE'S HAIR SALON

Next to Cassels House
Civil 02161 550550
Tue-Fri 9.00-17.30
Sat 8.30-13.00

MARLBOROUGH EXPRESS SHOP

Civil 558402
Mon-Fri 08.00-22.00
Sat & Sun 09.00-22.00

MARLBOROUGH FISH BAR

Civil 559667
Mon-Thurs – 17.00 to 23.30.
Fri-Sat 11.00 to 14.00
17.00 to 23.30
Sun 17.00 to 23.30

MARLBOROUGH CLUB

SWEENEY'S BAR

Civil 559667
Mon-Thurs 18.30-23.00
Fri 18.30-01.30
Sat 14.00-00.00
Sun 13.00-22.00

MEDICAL CENTRE

7 days 8.00-20.00

Reception 2969
Emergency 3333
Transport 2847
Hospital Appts 2641

NAAFI CAR SHOWROOM

Civil 562960
Mon-Fri 09.00-17.30
Sat 09.00-16.00
Website-www.naaficarsales.com

NAAFI – JHQ COMPLEX

Foodhall 901112
Customer Service 901122
Mon-Thurs 8.30-19.00
Fri 8.30-20.00
Sat 9.00-18.00
Sun 10.00-16.00

NAAFI OFFICIAL PROCUREMENT AGENCY (VEHICLES)

Civil 950160
Mon-Thu 09.00-17.15
Fri 09.00-16.00
Closed for lunch 13.00-14.00
Closed on UK Bank Holidays

NATEX

Civil 02451 62072230
Mon-Fri 08.00-18.00
Sat 10.00-18.00
Sun 10.00-17.00

O.GIRKE – INSURANCE & TRAVEL

Civil 55317
Mon-Fri 09.00-17.00

PETROL COUPONS & CASHIER

RAO, Bldg 37, Grenville Rd
JHQ 2874
Mon-Fri 08.30-15.00

POLICE (Non-Emergency)

JHQ 4000 or 2333

POST OFFICE COUNTER

Oakham Way
JHQ 2475
Mon, Tues, Thurs, Fri 08.15-17.00
Wed 08.15-16.00

POST OFFICE – GERMAN

Civil 5737447
 Mon-Thurs 9.00-15.00
 Fri 9.00- 13.00

REGT ACCOUNTS

Bldg 37 (rear entrance), Grenville Road
 JHQ 2832
 Mon-Fri 10.00-15.00

RALSU

JHQ 4281 OR 3253
 Mon-Thu 09.00-12.00

REFUSE DEPOT

Mon-Thur 08.00-15.30
 Fri 08.00-12.30
 Otto Schmalbruch Str. (very end of road by barrier).

RELATE

JHQ x2826
 From any military phone
 Mon-Fri 09.00-17.00
 Answerphone at other times.

RHEINDAHLEN COMMUNITY HALL

CAFÉ(previously encounters)
 Mon-Fri 9.00-15.00 hrs

ROYAL BRITISH LEGION

Reading Way (behind the Bowling Alley).
 Mr Richardson 02161 558037
 Office. Mil: 2551
 Wed – Bingo 19.00
 Fri 16.00
 Sun 13.00
 (Membership not required).

RSU ADMIN OFFICE

Mon-Fri 08.00-13.00
 Bldg 39, Grenville Road
 RAO 2928
 RAOWO 3319
 FSA 3038
 Leave & Movements 2939
 Travel Claims & Pay
 & Documents 3079/2098

RSU WELFARE CENTRE

Trenchard Rd (behind the HIVE)
 JHQ 4268
 Mon-Thur 08.30-16.30
 Fri 08.30-16.00

SERENITY & COOL NAILS

02161 828458

SSAFA Forces Help HQ

(Western Europe)
 Volunteer Projects Office
 JHQ 3392
 Victim Support
 JHQ 2272
 Confidential Support Line
 Civil 0800 1827395

SSAFA Forces Help

(Germany Branch)
 Ex-Service Dept
 JHQ: X2553

SSAFA Share Shop

(Rear of Cassels House)
 JHQ 2553
By appointment

STATION STORES

Building 56, Snyders Rd.
 JHQ 2273
 Mon - Thur 08.00-12.30
 13.15-16.00
 Fri 08.00-12.00

SSVC SHOP

Trenchard Rd 44

Civil	955975
Mon-Fri	09.00-17.00
Sat	10.00-14.00

ST JOHN & RED CROSS DEFENCE MEDICAL WELFARE SERVICE

All German hospitals

Civil	02162 104 2279
Mob	0172 203 7241

The Welfare Officers provide a confidential Hospital Welfare Service to all Service personnel, providing support and assistance. A Duty Welfare Officer is available 24 hrs for emergencies.

TAXI

Civil	13013
Or	02434 7676

THRIFT SHOPTrenchard Rd 44, JHQ. 4724506
(Term time only.)

Mon	Closed
Tue & Thur	09.30-11.45 13.00-15.00
Wed	09.30-15.00
Fri	09.30-12.00

TICK TESTS

ARRC Personnel go to the ARRC Welfare Centre on Beresford Rd. Dependants, UKBC and other civilians go to the RSU Welfare Centre. All military must go to the GTO in the Snyders Rd compound during the following hours:

Tue & Thur	08.30-11.30 13.30-16.00
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ARRC Welfare Centre:	X5739
RSU Welfare Centre:	X4268

TKS

Situated in the NAAFI
Civil 01804 857762
Local number 477688
Mon-Sat 08.30-19.00

WRVS

Linda Flood 02163 97 2668

YOUTH CENTRE

JHQ	4483
Mob:	01738873029

NB. To access all JHQ extensions from a civil phone you must put 472 in front of the number.

Unless otherwise stated all civil numbers begin with 02161 for Mönchengladbach.

CLUBS LIST

ABC BABY SITTING CIRCLE

Angela Chaplin 3088534 or Sarah
Littley 5764642

AIR TRAINING CORPS

(ATC) No 8(overseas) Sqn.
8/10 York Drive (opp. Fitness Centre)
RMC
Ages between 13-21 years
Mon and Thurs 18.30 – 20.30
Tel: 472 2085 or 01713692561
Or email: No8os@hotmail.com
Service volunteers welcome

RHEINDAHLEN BADMINTON CLUB

Mon - 1845-2030 hrs at Gym 2
Military/Civilian and Dependents
All standards welcome
Lt Col Dave Duggan-02161 472 5324
WO2 T. Thorne- 02161 472 5669

BIBLE STUDY

Tues 10.00 at the bungalow next to the
Catholic Church
Prayer Meetings -
Friday 10.00am at the above venue
Held at different venues.
Contact: Lou Pearce 02161 3087926
Fiona Leakey 02161 4951876
Alfie Carter 02161 3083445

BINGO

British Legion, Lions Head,
Reading Way 10
Wed – 19.00
Tel: 02161 3086071
www.rblrheind.com

BODY COMBAT & BODY CONDITIONING

Classes – No 2 gym
Every Tuesday 1730
Contact: Ann 02434 8003387
Or 67 2294

BRIDGE CLUB

Gitta Finn 51505
g.finn@t-online.de
Silla Weaving 477765
Churchill Mess at 1400 hrs on
Wednesday

BUFFALOS

Regular meetings
Mr S Gannon
Tel: 02161 472 3258

BUGGY WALKING

Tues/Fri- 0930
Meet outside Homestart
Louise Graves- 015121052740

CATS

Theatre Club
The Little Theatre, Band Walk.
Tues: 19.30
Contact Steve Bridgewater(chairman)
02161 4692337

CERAMICS

Tues 1900-2100
Beresford Road 19
Louise Beresford 01744404272
Gisela 02161 472 4740 or
016090368394

CIRCUIT TRAINING No 2 Gym

Mon & Wed
Contact: Ann 02434 8003387 or
67 2294

CIRCUIT TRAINING

Tuesday and Thursday 1215-1300 hrs
At No1 Gym
WO1 (SMI) Evans APTC – 472 3550

COOKERY CLUB

Mrs. Martina Hercus
01741793728 or
02161 5778588
Email: martina.hercus@freenet.de

CRICKET CLUB

Dave Richards 02161 472 2561
Steve Miller 02161 472 3295

CHOIRS AT ST BONIFACE CHURCH

Church Centre, 472 2770.

DANCE CLASSES

Adults & Childrens Classes –
Ballet, Tap & Modern theatre dance
& Hip Hop
Rachel Moores 02163 990330

DANCING

Traditional Highland Dancing
Windsor School gym
Weds – 4 years and up
May McBain 472 2466
Or 02163 450873

DIVING CLUB

Bob Conroy-Training Officer
- 472 4476

DOG SCHOOL

David Mair Ext: 5754
02433 912456
Mob: 0173 7895960

DUKE OF EDINBURGH'S AWARD

Brian Howarth 472 4009

FISHING

Rhine Garrison Angling Club
Rob Tuck-Brown 472 4395

FITNESS

Fitness Centre,
York Drive.
472 4731.

FOOTBALL

Rheindahlen Youth Football Club 5-16
yrs. Girls and boys
www.ryfc.bravehost.com
A list of contacts are on the website

GLIDING CLUB

Elmpt Airfield every weekend weather
permitting also Wednesday evening
Maj Pye – 01744404272
www.baggc.com

GOLF

West Rhine Golf Club 18 hole course at
Javelin Barracks
02163 97 4463
www.westrhinegc.co.uk
Also ladies club.

JHQ HOCKEY CLUB

Every Wednesday at The Astroturf(No
1 Gym)19.00-21.00 hrs
WO2 Lawson 02161 472 5341

JUNIOR GOLF SECTION

Only Summer Months
Every Thursday 17.30-19.30
Contact: SSGT Kenny McGeehan
01722538142

GUIDES, BROWNIES & RAINBOWS

Registration forms available from the
HIVE 472 2519 or the Guide shop 472
3398.

GUILD OF ST HELENA

Naomi Brind MG 556902 or Church
Centre on 472 2770.

RHEINDAHLEN INTERNATIONAL HASH HOUSE HARRIERS

Sqn Ldr (Rtd) Ian Murray 472 4941
Or Chris 2926

KARATE

Sarah Parkin
Tel: 02161 5769861 or WO1 Parkin
02161 4958674

MOTOR CLUB

Rheindahlen Motor Club, Building 26,
Grenville Road.
Peter Hall
Mil: 882305
Civ: 02161 597308

MUSIC – KIDDY JINGLES

Babies & Toddlers
Contact: Vicky MacGregor
02161 308 8452
Or cvmacg@msn.com

NETBALL

Rheindahlen Ladies Netball Club. No 1
Gym. Wed 18.50 – 20.45
Mandy Jones 02434 20891
Debbie McEwan 472 2517

PARENCRAFT AND ANTENATAL

02161 472 2968
Rhine Midwifery Team

PERSONAL TRAINING

Louise Graves 015121052740

QUILTING CLUB

Karin Clark 660744
Telephone for more information.

RIDING

Rheindahlen Saddle Club 472 2992

RIDING FOR THE DISABLED

Rheindahlen Saddle Club 472 2992

ROYAL AIR FORCE ASSOCIATION

Cpl Potter- 02161 472 4410

ROYAL BRITISH LEGION

Lion's Head (behind Rheindahlen
Bowling Alley)
10 Reading Way.
Legion Office 02161 558037 or 472
2551
Poppy Appeal, Roger Adcock 02161
472 3046
Email RBLRheind@t-online.de
www.rblrheind.com

MINI RHINOS RUGBY

Boys & girls aged 5-17.
Sunday 10.30 am.
JHQ Rugby pitches.
David Pollock-02161 472 2374 or
3085848
Dave Richards- 02161 472 2561 or
4000289
Paul Melton – 02161 472 2637 or
495864

ELMPT FALCONS RUGBY CLUB

www.webjam.com/elmptfalcons

SAILING - INLAND

British Roermond Sailing Club.
www.brsailingclub.co.uk

**SCOUTS, CUB SCOUTS and
BEAVERS**

Scout Headquarters, 22 York Drive.
Mr David Haigh – 02161 550824
email – skip2399@aol.com

1ST NORDPARK SCOUTS (Ayrshire

Barracks – all welcome)
Tam Pearce: 02154 2647.

SHOOTING

Shooting Club – Elmpt
Pistols & Shotguns
Ian Torrie Mob : 01738 873 801
sec@resclub.de

SHOOTING(GAME)

Maj Bryant – 02161 472 5851

SINGERS INTERNATIONAL

Adrian/Naomi Brind 02161 556902

SLIMMING WORLD

Mon – Laura MG 558616
St Andrews Church Hall- 1800hrs
Tues – Rebecca Bailey- 02161
3084095 or 01703837715
beccaluce@hotmail.com
Sports & Social Club (Iron Duke) at
1730 hrs

ST. JOHNS AMBULANCE CADETS

10 Wolseley Road
Cadets 10-18 years
Tues – 18.00-19.45 hrs

SUB-AQUA/DIVING CLUB

Bob Conroy-Training Officer
- 472 4476

SWIMMING CLUB

Rheindahlen Pool. Contact via website
www.swim-jhq.org Application forms
from The HIVE 472 2519.

LADIES TENNIS CLUB

Tues 0945-1145 at Wegburg Tennis
Club
Lucy Bryant 02161 472 3081517

**RHEINDAHLEN MILITARY TENNIS
CLUB**

JHQ tennis courts
Lt Col Millwater- 02161 472 2926

WEGBERG TENNIS CLUB Lily 02434
6611**TUMBLING TOTS**

Contact: Homestart 472 3570

WINGTSJUN(Kungfu style)

and self defence
Contac Dean West- 02161 472 2490
Or 01732073421

WRVS CLUB

Javelin Bks next door to JBs
Mon-Fri- 1000-1330
Sun-Thurs 1800-2130
Linda Flood 02163 97 2668.

WARGAMERS

10 Reading Way
Weds – 19.00 23.00
www.rheindahlen-wargames.com

YOGA

Mon & Wed- 1800-1900 hrs
Sat- 1000hrs
At ARRC WO & Sgts Mess
Louise Graves Tel: 015121052740

YOUTH CLUB

JHQ Youth Centre, Queens Avenue.
Brian Howarth: 472 4483 or 4009.
Mon Seniors (YR+7) 19.00-21.30
Tues Juniors (YR5/6) 18.30-20.30
Weds Seniors (YR+7) 19.00-21.30
Thurs Juniors (YR5/6) 18.30-21.30

Sunday Music Workshop

Juniors 13.00 – 15.00
Seniors 15.00-17.00

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 Rheindahlen HIVE