



# WELCOME TO RHEINDAHLEN HIVE

## NEW ARRIVALS GUIDE





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The HIVE is situated at  
44 Trenchard Road, 41179 Mönchengladbach

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# WELCOME TO RHEINDAHLEN

The HIVE would like to offer you a warm welcome to Rheindahlen. This booklet is designed to answer some of the questions that may arise when you first arrive in Rheindahlen, particularly if it is your first posting to Germany. The HIVE is situated at 44 Trenchard Road and 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 an information centre for the Service Community, which includes single and married serving personnel, civilian MOD employees and their dependents.

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 Rheindahlen 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 HIVE.

If you are on the Internet the website [www.hive-europe.co.uk](http://www.hive-europe.co.uk) will also give you lots of useful information. You will find The HIVE email address here too.

## **HIVE OPENING HOURS**

MONDAY	09:00 to 15:00
TUESDAY	09:00 to 15:00
WEDNESDAY	09:00 to 15:00
THURSDAY	09:00 to 15:00
FRIDAY	09:00 to 15:00
SATURDAY/SUNDAY	CLOSED

TELEPHONE 02161 472 2519

FAX 02161 551489

E MAIL [rheindahlen@hive-europe.co.uk](mailto:rheindahlen@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 brochure or advertisements displayed in the HIVE does not necessarily reflect the policies or the 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

Transport and holidays

Local tourism

Travel

Clubs & Societies

Family & Welfare

Employment

Leisure

Health & Safety

Customs

Consumer & Business

Legal matters

Postings & Departures

Communications

Education

Theme parks

Great days out

Benefits

Taxes

## **A – Z OF USEFUL INFORMATION**

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

### **BANKS**

There is a Sparkasse Bank on JHQ with cash point machines which accept most credit/debit cards. There is also a Commerzbank cashpoint machine next to the NAAFI Financial Services office and a cashpoint machine in the NAAFI foyer that takes UK and German bank cards. (There may be a small handling charge for cashpoint transactions on some cards). The NAAFI takes UK bank cards, German bank cards and Eurocheque cards and will give cash-back.

### **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. The Master Drivers guide to driving in Germany is available on the HIVE Europe website [www.hive-europe.co.uk](http://www.hive-europe.co.uk) The BFG VLO helpline number is 02161 472 4100.

### **BULLETIN**

The Rheindahlen and Elmpt BULLETIN is the monthly garrison magazine and is a very useful source of information. It is delivered to quarters and copies (including back numbers) are available from The HIVE. The Bulletin can be contacted on 02161 472 4795 or via e mail to [teambulletin@hotmail.co.uk](mailto:teambulletin@hotmail.co.uk)

### **CHILDCARE & NURSERIES**

If you are in need of childcare please call the AWS Childcare Office. For childminding creches and nursery schools information Childminding Co-Ordinator/ Childcare Administrator on 472 4939/2189.

## **CHURCHES**

There are two churches on the RMC:

St Boniface – Church of England

St Thomas Moore - Roman Catholic

All are contacted through the Church Centre, next to the Post Office, near the NAAFI complex. Tel: 02161 472 2770

## **COINS AND STAMPS**

The HIVE collects all your unused foreign currency for charity. Over £2,500 has been donated to Children In Need from the Rheindahlen HIVE collection alone. We also collect used stamps for Guide Dogs for the Blind.

## **DENTIST**

The Dental Centre is situated on Beresford Road. You should register with the Dental Centre as soon as possible as there is sometimes a waiting list for check ups. Everybody except Military personnel and children pay National Health charges. Tel: 02161 472 2495.

## **EMPLOYMENT**

The Rhine Area Labour Support Unit (RALSU) in Bedford Walk administers civil labour and acts as an employment agency. It covers all military units in RMC, Elmpt, Wildenrath, Mönchengladbach, and Wegberg. To gain employment you must first register with RALSU. Contact the reception on 02161 472 4281, or call in to make an appointment to see one of the recruiting staff.

Applications for jobs in schools should be made through SCE at Wegberg.

Vacancies with NAAFI and other Army sponsored organizations are usually advertised in the shops or organizations concerned and applications should be sent to the manager.

All the jobs in BFG are advertised in the back of the Sixth sense newspaper.

## **FAX/PHOTOCOPYING/LAMINATING SERVICE**

The HIVE operates a non-public fund fax, photocopying and laminating service. There is a small charge for this service.

## **FURTHER EDUCATION/LEISURE CLASSES**

The HIVE holds information on courses and classes run by 34 Army Education Centre (AEC) at Cambridge House. They offer a wide range of day and evening classes covering everything from wine tasting to GCSE and A Levels. The AEC also has an Army Learning Centre where you can access on-line learning from a choice of over 200 courses, run by Learn Direct. Other courses are run at Salmond House Training Centre (SHTC). All classes/courses are free to military personnel, with a small charge to civilians and dependents. 34 AEC – 02161 472 3303. Salmond House – 02161 472 4130

## **GARRISON WORKS ALLIANCE**

To report a fault with your quarter contact the GWA on 02161 472 4001.

## **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 Rheindahlen Service Community Official Guide. The housing clerks can be contacted on 02161 472 4771.

## **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. They are available for Military personnel and their dependants from the RSU Welfare Centre or the ARRC Welfare Centre. MOD Civilians, DCSA, SCE and NSS get their ID cards from their own Personnel Departments.

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 Welfare Offices.

## **INTERNET**

Internet access is provided free of charge at the Library. Tel: 02161 472 2616 – telephone for an internet slot.

The Royal British Legion offer internet facilities. Telephone: 02161 472 558037.

## **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 on Grenville Road, from the ARRC Admin Office or from Civilian Personnel Officers.

## **LEAFLETS**

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, communications etc. We also have dozens of pamphlets on local attractions and places of interest, as well as things to do further afield. We have produced comprehensive booklets giving you ideas for day trips either with or without children in mind. If you're stuck for ideas on what to do or where to go, then just pop in to see us.

## **LEGAL HELP AND INFORMATION**

The HIVE has a list of useful contacts and telephone numbers. Legal Assistance Clinics are held in the Bielefeld area.

## **LIBRARY**

The library is situated on Collingwood Road opposite the ARRC WO's and Sgt's Mess. It also offers free internet access. Tel: 02161 472 2616.

## **MAPS**

We can print street maps and route plans. We hold maps of the Rheindahlen Military Complex and the BFG Route Planner.

## **MEDICAL MATTERS**

The Garrison is served by one Medical Centre which is situated near the NAAFI . You should register with the Medical Centre as soon as you have a contact telephone number, so that your medical documents can be sent for. Prescriptions are free to everybody. Please note that ALL personnel and dependents must carry individual EHIC cards, the application forms for these are obtainable from the HIVE or from British Forces Post Office counters. Medical Centre Reception 02161 472 2969.

## **OPENING TIMES**

A comprehensive list of opening times and telephone numbers for facilities, shops and clubs is available at the end of this booklet and 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 Admin Office, Building 37, Grenville Road. Tel: 02161 472 2874.

## **PETS**

When you arrive in BFG you must register all your pets with the Pet Registration Clerk at the RSU Welfare Centre – telephone: 02161 472 4092. 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 a pet passport allowing you to take your pet back to England.

## **POSTINGS**

The HIVE can obtain Garrison Guides and HIVE 'Welcome' packs from other stations. We also have a comprehensive 'Get You Back Pack'.

## **QUESTIONS**

The HIVE will endeavour to answer all your questions. You will not leave the HIVE empty handed. We will either refer you to another agency, give you the details you want, a phone number or a promise that we will get back to you, if we do not have the information you are after.

## **SCHOOLS**

Schools are administered by Service Children's Education (SCE). SCE is a defence agency whose headquarters are located at Wegberg, BFPO 40. There are four SCE primary schools and one secondary school in the area. On arrival in the RMC parents should contact the school indicated on their housing allocation form regarding the admission of their children.

Windsor School	02161 472 6490
St Andrew's	02161 472 2344
St George's	02161 472 2840
St Patrick's	02161 472 3151
Andrew Humpries	02432 8520
Brüggen	02163 97 2681
SCE Enquiries UK Helpline	01980 618244
Within Germany	02161 908 2295/2294/2487

## SHOPPING (TAX FREE)

Some items in Germany can be bought without Mehrwertsteuer (German VAT). Only goods totalling over Euro 50 may be purchased with a MWST form. To get VAT exemption on purchases you have to obtain an official order form (an Auftrag Form) from the following places;

Officers, WOs and SNCOs - Mess  
Cpls and below - Unit Admin Office  
Civilians - RSU Admin Office or Civilian Mess

## TELEPHONE CONNECTIONS/DISCONNECTIONS

Telephone services can be set up with Deutsche Telekom, or with other providers which use DT lines, similar to systems which operate in UK. Connections can be set up at the Deutsche Telecom Shop in Mönchengladbach, or via the German Post Office (opposite the RSU Welfare Centre), or at the Telecom Warehouse located in the Shopping Complex on Trenchard Road. (Please note the information may not be impartial). Contact numbers are at the back of this booklet. Prepaid telephone cards are available from various outlets, which can be used from any telephone and have very competitive rates to UK.

## TELEVISION

Cable television is available in all quarters for a small monthly fee. For restrictions regarding satellite dishes please refer to the Rheindahlen Service Community Official Guide. For cable connection telephone 02161 570286.

You may be entitled to a free top box which enables you to receive BFBS TV & Radio. For more information contact the local SSVC Office 02161 955975.

## TRANSPORT (LOCAL)

Information on local bus services and community bus timetables are available from the HIVE. For Rail information please visit O.Girke's travel agents opposite the BP Garage or go to [www.bahn.de](http://www.bahn.de) for Germany or [www.ns.nl](http://www.ns.nl) for Holland. For Mönchengladbach taxis phone 02161 13013.

## UNEMPLOYMENT BENEFIT

All newly arrived dependants who wish to claim unemployment benefits should be aware that they will require Form E303/1. You can obtain this form from your local Job Centre by registering for Job Seekers Allowance before your departure from UK. If this is not feasible, then you can obtain the application form by accessing [www.inlandrevenue.gov.uk/cnr](http://www.inlandrevenue.gov.uk/cnr). They then have to register with the local German Employment Office (Arbeitsamt) **no later than seven days after their arrival in Germany or they may lose their benefit.**

The office can be found at Lürriper Strasse 56, Mönchengladbach. Tel: 02161 4041.  
The HIVE also holds a number of leaflets on general DSS information.

## **USEFUL TELEPHONE NUMBERS**

Please see the list provided on page 13. The German directory enquiries number is 11833 or 11837(English speaking).

## **VISITORS**

When family are visiting you in Germany you should obtain a Close Relatives Form from the RSU Welfare Centre or ARRC Welfare Office. The form entitles close relatives to shop, (on behalf of yourself,) for non-rationed items in the NAAFI, and to minor medical treatment in the medical centre. All visitors and relatives should be in possession of an EHIC (European Health Insurance Card).

## **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**

We try to keep as much information as possible about local events and activities, within JHQ and beyond.

You can also check out the "What's on" page on our website [www.hive-europe.co.uk](http://www.hive-europe.co.uk) or look at the notice boards outside your HIVE.

# **EMERGENCY AND USEFUL NUMBERS**

Civilian Number prefix: 02161 472

RMP EMERGENCIES	2222
JHQ POLICE STATION	2333/4000
BFG CRIMELINE	0800 1842222
FIRE SERVICE	4444
MEDICAL EMERGENCIES	3333
MEDICAL CENTRE	2969
DENTAL CENTRE	2495
ARMY WELFARE SERVICE	2715
GERMAN POLICE EMERGENCY SERVICES	110
GERMAN FIRE SERVICE	112
DETENTION ROOMS	2082
PADRE	2770
HIVE	2519
BFG OFFICE	2934
GWA (QUARTER FAULTS)	4001
HOMESTART	3570
CONFIDENTIAL SUPPORT LINE	0800 1827395
VICTIM SUPPORT	2272
SAMARITANS	0800 1810 721/722
RELATE	2826
TALK TO FRANK	0800 776600
CHILDLINE	0044(0)800 1111 (Not free)

## HIVE INFORMATION CENTRES EUROPE

Email address	HIVE (location)	Phone No. Civ/Mil	Mil. No.
<a href="mailto:bielefeld@hive-europe.co.uk">bielefeld@hive-europe.co.uk</a>	Bielefeld	0521 92543122	81 3122
<a href="mailto:brunssum@hive-europe.co.uk">brunssum@hive-europe.co.uk</a>	Brunssum	0031 45 5262891	
<a href="mailto:celle@hive-europe.co.uk">celle@hive-europe.co.uk</a>	Celle	05141 9632340	78 2340
<a href="mailto:detmold@hive-europe.co.uk">detmold@hive-europe.co.uk</a>	Detmold	05231 37864	
<a href="mailto:dulmen@hive-europe.co.uk">dulmen@hive-europe.co.uk</a>	Dulmen	02594 9622512	63 2512
<a href="mailto:elmt@hive-europe.co.uk">elmt@hive-europe.co.uk</a>	Elmt	02163 973183	68 3183
<a href="mailto:fallingbostel@hive-europe.co.uk">fallingbostel@hive-europe.co.uk</a>	Fallingbostel	05162 9712204	76 2204
<a href="mailto:gutersloh.mb@hive-europe.co.uk">gutersloh.mb@hive-europe.co.uk</a>	Gutersloh – Mansergh Bks	05241 842220	73 2220
<a href="mailto:gutersloh.prb@hive-europe.co.uk">gutersloh.prb@hive-europe.co.uk</a>	Gutersloh – PRB	05241 842692	73 2692
<a href="mailto:hameln@hive-europe.co.uk">hameln@hive-europe.co.uk</a>	Hameln	05151 917464	83 2464
<a href="mailto:herford@hive-europe.co.uk">herford@hive-europe.co.uk</a>	Herford	05221 9953127	82 3127
<a href="mailto:hohne@hive-europe.co.uk">hohne@hive-europe.co.uk</a>	Hohne	05051 962303	77 2303
<a href="mailto:munster-south@hive-europe.co.uk">munster-south@hive-europe.co.uk</a>	Munster - South	0251 9272388	60 2388
<a href="mailto:munster-west@hive-europe.co.uk">munster-west@hive-europe.co.uk</a>	Munster - West	0251 9272163	60 2163
<a href="mailto:naples@hive-europe.co.uk">naples@hive-europe.co.uk</a>	Naples	0039 081 5092628	
<a href="mailto:paderborn@hive-europe.co.uk">paderborn@hive-europe.co.uk</a>	Paderborn	05251 57191	
<a href="mailto:portugal@hive-europe.co.uk">portugal@hive-europe.co.uk</a>	Portugal	0035 121 4404328	
<a href="mailto:ramstein@hive-europe.co.uk">ramstein@hive-europe.co.uk</a>	Ramstein	06371 401445	
<a href="mailto:rheindahlen@hive-europe.co.uk">rheindahlen@hive-europe.co.uk</a>	Rheindahlen	02161 472 2519	72 2519
<a href="mailto:sennelager@hive-europe.co.uk">sennelager@hive-europe.co.uk</a>	Sennelager	05254 9822771	79 2771
<a href="mailto:shape@hive-europe.co.uk">shape@hive-europe.co.uk</a>	Shape	003265 443984	9205423 3984
<a href="mailto:wildenrath@hive-europe.co.uk">wildenrath@hive-europe.co.uk</a>	Wildenrath	02163 97 3183	68 3183

# CLOTHING SIZE GUIDE

## WOMAN'S DRESSES, SUITS, SKIRTS & COATS

<b>BRITISH</b>	10	12	14	16	18	20							
<b>GERMAN</b>	36	38	40	42/44	46/48	50							
<b>AMERICAN</b>	8	10	12	14	16	18							

## BRA SIZES

<b>BRITISH</b>	32	34	36	38	40	42							
<b>GERMAN</b>	70	75	80	85	90	95							

## WOMAN'S SHOES

<b>BRITISH</b>	3	3½	4	4½	5	5½	6	6½	7	7½	8		
<b>GERMAN</b>	36	36/37	37	37/38	38	38/39	39	40	40/41	41	42		
<b>AMERICAN</b>	-	-	5½	6	6½	7	7½	8	8½	9	9½		

## CHILDREN'S SHOES

<b>BRITISH</b>	4	4½	5	5½	6	6½	7	7½	8	8½	9	9½	10
<b>GERMAN</b>	20	21	21/22	22	23	23/24	24	25	25/26	26	27	27/28	28
<b>BRITISH</b>	10½	11	12	13	13½	14	14½	2	2½				
<b>GERMAN</b>	29	30/31	31	32	32/33	33	33/34	34	35				

## CHILDREN'S CLOTHES

<b>BRITISH (age)</b>	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>GERMAN SIZE</b>	92	98	104	110	116	122	128	134	140	147	152	158	164
<b>Height in cms</b>	91	96	102	109	114	122	127	135	140	147	152	157	164

## MEN'S SUITS & OVERCOATS

<b>BRITISH &amp; US</b>	36	38	40	42	44	46							
<b>GERMAN</b>	44	46	48	50	52	54							

## MEN'S SHIRTS

<b>BRITISH &amp; US</b>	13	13½	14	14½	15	15½	16	16½	17				
<b>GERMAN</b>	33	34	35/36	37	38	39/40	41	42	43				

## MEN'S SOCKS

<b>BRITISH &amp; US</b>	9½	10	10½	11	11½	12	12½						
<b>GERMAN</b>	39	40	41	42	43	44	45						

## MEN'S SHOES

<b>BRITISH</b>	7	7½	8	8½	9	9½	10	10½	11	11½			
<b>GERMAN</b>	41	41/42	42	42/43	43	44	45	45/46	46	46/47			
<b>AMERICAN</b>	-	-	8½	9	9½	10	10½	11	11½	12			

## FOOD TRANSLATIONS

ENGLISH	GERMAN	DUTCH
<b>SUGAR</b>		
Sugar	Zucker	Suiker
Brown Sugar	Brauner Zucker	Bruin Suiker
Caster Sugar	Feinster Zucker	Fijne Suiker
Cube Sugar	Würfelszucker	Suikerklontjes
Granulated Sugar	Raffinierter Zucker	Suiker
Icing Sugar	Puderzucker	Poeder Suiker
Preserving Sugar	Einmachzucker	Gelei Suiker
Saccharin Tablets	Süßstofftabletten	Zoetstoff

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

ENGLISH	GERMAN	DUTCH
<b>BAKING</b>		
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
Potatoe Flour	Kartoffelmehl	Aardappelmeel
Vanilla	Vanilleextract	Vanille extract
Yeast	Hefe	Gist

ENGLISH	GERMAN	DUTCH
<b>HERBS AND SPICES</b>		
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
<b>MEATS</b>		
Chicken	Huhnchenfleisch	Kippevlees
Pork	Schweinefleisch	Varkensvlees
Beef	Rindfleisch	Rundvlees
Minced meat	Gehacktes	Gehakt
Meat balls	Frikadellen	Gehaktballen
Turkey	Putenfleisch	

ENGLISH	GERMAN	DUTCH
<b>DAIRY PRODUCTS/FATS</b>		
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
<b>BREADS AND CEREALS</b>		
Bread Crumbs	Paniermehl	Paneermeel
Brown Bread	Graubrot	Bruin brood
Oatmeal	Haferflocken	Havermout
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	Minature 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, gurken 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



**Girlguiding**

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 Girlguiding and a shortage of adults coming forward to offer a little of their time in helping to run the groups. More adult helpers means 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.



## St John & Red Cross Defence Medical Welfare Service (DMWS)

DMWS is a hospital based practical and emotional support service, which is provided by qualified staff. There are five teams of welfare officers based at the five Designated Provider Hospitals (DGP's) in Hannover, Osnabrück, Bielefeld, Paderborn and Viersen/Dülken. Contact: Welfare Manager Germany & Cyprus, DMWS, DMWS J1 Branch, UKSC, BFPO 140 Tel: 02161 472 4564, Mil: 72 4564, Fax: 02161 472 4614, Mil: 72 4614 Email: [UKSCG-G1-MedDMWS-WMG@mod.uk](mailto:UKSCG-G1-MedDMWS-WMG@mod.uk)

## 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, or Salvation Army 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 email [No8os@hotmail.com](mailto:No8os@hotmail.com)



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 The Fostering Senior Social Work Practitioner on 05221 691897.

## 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](http://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

ARRC Sp Bn HQ Building  
Block 3  
St Stephens Way  
Mon-Thurs 8.30-12.30, 13.30-16.00  
Fri 8.30-12.30

### 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 4789  
Assistant Editor 4795  
Advertising Manager 3284  
E-Mail [teambulletin@hotmail.co.uk](mailto: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](http://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  
 1<sup>st</sup> & 3<sup>rd</sup> 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 10.00-13.00Website-[www.armylibraries.mod.uk](http://www.armylibraries.mod.uk)Email-[rheilib@alibs.detsa.co.uk](mailto: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](http://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, 13.00-15.00	

**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**

<b>Mon-Fri</b>	<b>08.00-13.00</b>
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 SHOP**

St Andrew's Church, JHQ. 4724506  
(Term time only)

Tue - Thur 09.15 -15.00  
Fri 09.15 -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

ARRC Welfare Centre: X5739  
RSU Welfare Centre: X4268

### **TKS**

Situated on Trenchard Road

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 Littlely  
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](mailto: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](http://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](mailto: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](mailto: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](http://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](http://www.baggc.com)

### **GOLF**

West Rhine Golf Club 18 hole course at  
Javelin Barracks  
02163 97 4463

[www.westrhinegc.co.uk](http://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](mailto:cvmacg@msn.com)

### **NETBALL**

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

### **PARENTCRAFT 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](mailto:RBLRheind@t-online.de)

[www.rblrheind.com](http://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](http://www.webjam.com/elmptfalcons)

**SAILING - INLAND**

British Roermond Sailing Club.

[www.brsailingclub.co.uk](http://www.brsailingclub.co.uk)

**SCOUTS, CUB SCOUTS and BEAVERS**

Scout Headquarters, 22 York Drive.

Mr David Haigh – 02161 550824

Email – [skip2399@aol.com](mailto: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](mailto: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](mailto: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](http://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

Contact 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](http://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**