



**Unity - Loyalty  
Patriotism & Comradeship**

# Up Spirits!

## NORWICH BRANCH NEWS

**Branch Hon. Secretary  
and Editor**

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**W**elcome to the latest edition of Up Spirits; the bi-monthly newsletter of the Royal Naval Association – Norwich Branch.

This month we have articles from S/M Alf Wiggins confirming the origin of the photo from the VE Day celebration and eulogies for S/M's Fred Hogben and Clifford Self.

Articles from The Monthly Circular and Up Spirits are also available on the Branch Website along with postings on Naval History and Traditions.

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### From the Quarterdeck – The President's Piece

*Shipmate Mike Mizen*

In the past month this Branch has lost two stalwart members, Fred Hogben and Clifford (Cliffy) Self. Both were great supporters of this Branch; both gave much of their time to benefit others and yet you could not find two people who were as far apart as these two.

I am not speaking out of turn or behind the back of a person who cannot answer back but, having spoken to his two sons in this same vein, I can quite honestly say that Fred was the most argumentative sod that I have ever met; and his sons agreed with me! He relished an argument, in fact he asked me, when I was Chairman, if, as part of our evening's entertainment we could have a debate. He would choose the subject and would be prepared to take an active part, but I declined his offer for one very good reason, Fred would not change his stance on any subject, and compromise.

At various times during my time with the Branch there have been issues that have had to be resolved and on a number of these occasions Fred was at the centre of the problem. I would try unsuccessfully to get him to see the other side of the coin but he would not budge and so we would part, still friends, but agreeing to disagree. He told me on one occasion that he loved to argue but he would always prepare his argument first. He would read all the relevant documents and study the rules and regulations so that he could put his case from a position of strength (something we could all learn from!) and he

had little time for someone who had not prepared their argument. He did however, like to “spring” an argument on someone because he knew they were not prepared.

I know he could be difficult and when you heard him say “A point of order Mr Chairman” you would hear the groans from other parts of the room BUT Fred was an honest man who worked hard for the benefit of others. He was the editor of the original “Up Spirits” and gave of his time freely to organise events on behalf of the members. He was intensely loyal and devoted to his wife Jean. When she died, he was devastated, and I have heard it said from many quarters that Jean’s death hastened his. He was a challenging personality, but I will miss him.

At the other end of the spectrum was Clifford Self, or Cliff as I always called him. I first met Cliff (and Janet) at a function in the late nineties when it appeared that the whole Self clan were present, and I was introduced by Ray Self to Cliff. My first impressions were of a slightly built man, quietly spoken, but with a grin from ear to ear. From then on, we became mates, and then later on, good mates. In the early part of 2000 I worked for a company called MCM, based in Norwich, and I was tasked with forming a team of evacuee responders who were prepared to be called out at any time to help personnel evacuated from oil and gas rigs in an emergency. The team was small, but the business was growing rapidly, and I needed more staff and I asked Cliff if he was prepared to help. Despite his commitments, he was studying for his role in the Church, he jumped at the chance and so began a relationship that worked brilliantly right up until he retired a few years ago.

Cliff was the calming influence in a team that was made up primarily of retired Police Officers, guys who tended to spend too much time talking about what they had got up to during their Police service. I once asked Cliff if he minded having to listen to them spouting off all the time, but he assured me that he loved it as it gave him an insight into how people work under pressure and he could learn from it. I also, on one occasion, asked him what he got out of working for MCM and he replied without hesitation “Two holidays a year”. At least he was honest. He and Janet spent many happy holidays touring Scotland with ‘Lochs and Glens’ and I’m glad that I helped them achieve that.

On occasions emergency situations could be sprung on us without warning and Cliff was in his element. He was a calming influence, never raised his voice, and was able to talk to people who were stressed out and put them at their ease; just the sort of person I needed.

On a personal note he helped me out when I was going through my divorce. I would shortly have nowhere to live and needed accommodation. At a Branch meeting he noticed that I was a bit agitated and asked me what the problem was. By the end of that evening, before the meeting had even closed, he had arranged for me to move in to a new flat in Queens Hills. A few ‘phone calls to friends, a personal recommendation from Cliff, and the flat was mine. I cannot thank him enough; but that was Cliff all over, always ready to help someone.

I have spoken to many people about Cliff and the one thing that they all say about him was his kindness towards others. I never heard him raise his voice or speak ill of anyone, he was in fact one of the nicest people you could wish to meet and this Branch, and the community he served, have lost an absolute gem.

All of us in this Branch must be ready to give Cliff’s family, especially Janet, all the help we can. Cliff was very loyal to us, now we must do the same for him; please make every effort to attend his funeral.

## Chairman’s Report

### *Shipmate Nev Townsend*

Welcome to another edition of Up Spirits. On the events front, we have not had so many activities as the previous two months.

On the 25th August, we had our yearly boat trip on the broads near Wroxham. Over 20 people enjoyed the event and thanks to John Kett for organising.

28th August saw 25 members and friends enjoy a trip to the Stanta Training range. Our Army hosts were very well drilled and delivered an enjoyable visit. Thanks to Mike Wilkinson for arranging the event.

The planned run ashore on the 07th September had to be cancelled due to lack of numbers, unfortunately.

Sadly September saw 2 stalwart members cross the bar. Shipmate Fred Hogben ex-chairman and Shipmate Clifford Self Padre. Both had been long-serving members of the branch. Fred’s funeral took place at the end of September and was well attended including many members from the branch. I had the honour of delivering a Eulogy on behalf of the branch at Fred’s funeral. Both Fred and Cliff will be sorely missed by all members of the branch, RIP Shipmates.

## Secretary’s Report

### *Shipmate Gus Honeywood*

Welcome again Shipmates to the latest edition of Up Spirits which sees us heading into our busiest time of the year; which of course includes the Branches Trafalgar Night dinner, the Branch Run Ashore at the beginning of November where we will also be celebrating Pickle Night before we march proudly into November with Armistice and Remembrance Parades taking place; both in Norwich and at other venues around the County before our Rededication Service at November’s Branch Meeting.

I do not wish to take anything away from the other reports in this edition of Up Spirits; but it would be extremely remiss of me to pass by without commenting on two extremely significant members of the Branch that have crossed the bar in recent weeks.

We each have our own memories of Fred and Cliff; and it would be undeniable to pass by without remarking that both gentlemen have touched all of our hearts and minds. S/M Clifford Self was one of the first S/M's I encountered when I joined the Branch back in 2011, he was calm, kind and considerate – something that has never changed in the 8 years that I have had the privilege to know him. He was a true gentleman; and I will miss him and his cheeky smile enormously. I sincerely hope that Janet will find the strength to remain within our family and I am sure I express the feelings of the Branch when I comment that we will do all we can to support her.

Fred, well what can I say about Fred? Changing tack slightly but the more eagle-eyed of you may have noticed that this is my 50th edition of Up Spirits; having taken over the editorship from Fred in July 2011. As you will no doubt understand these were enormous shoes to step into as Fred had been monumental in revitalising Up Spirits after the original conception was requested to be restarted by S/M Jim Bowles. Fred was a stickler for everything being right and being aware of who had been the previous editor of the publication; to say that I felt overawed when my first edition went to print would be something of an understatement.

In my short time with the Branch, Fred was an enormously strong character and I fell out with him a number of times; but just because we disagreed on certain topics didn't mean we couldn't part as friends. Fred's intentions were always right on track, he relished an argument; but he was always a font of extreme knowledge when called upon.

The concept of reflecting on those footsteps we follow in is something I feel is enormously important in the growth of our Branch. Your Committee has taken on the roles from more senior members within the Branch and whilst each individual brings their own personality and perspective on how to fulfil their official duties, they are always well aware of the massive shoes they have stepped into as they look at the predecessors who have undertaken the role before them.

This is something I believe any good organisation has to remember; move forward you have to reflect on the past.

## Welfare Report

### *Shipmate Steve Phillips*

It has been a bit of a baptism of fire for this ex-Chief Tiff since taking over the role of Welfare Officer in August; and I am sure you will all agree that the last month has been extremely emotional as we have had to bid fair winds to two of our most esteemed colleagues who have crossed the bar.

### **Forces Families Jobs (FFJ) – Now Live**

A brand new 'one-stop-shop' website, Forces Families Jobs (FFJ) went live on 17th September, providing free access to employment or training opportunities to families in the UK's Armed Forces.

#### Finding employment

Apply for jobs with companies and organisations who are 'Forces family' friendly – who understand the unique challenges that come with being a family member in the Armed Forces. Use this free-to-use website with confidence knowing that employers advertising their job vacancies have signed the Armed Forces Covenant or are able to demonstrate their commitment to the Armed Forces. There are already thousands of vacancies on the site, with more being added all the time from companies such as Santander, Amazon UK and Royal Mail.

Families can search directly for live jobs online, as well as upload their CV and register for regular updates. There is also the option for employers to be able to match submitted CVs to the roles they are recruiting for, both in the UK and overseas.

#### Training and career support

FFJ is also the place to go for training on how to write a CV, preparing for an interview, business start-up programmes, volunteering roles, funding towards training, career events or insight days. All offered by well-known service charities and organisations willing to support through training.

#### Who is eligible to use the site?

Spouses, partners and adult children, aged 18-25, of currently serving and reserve personnel

Spouses, partners, and adult children, aged 18-25, of service personnel who have left the armed forces within the last 12 months

## In Memoriam

### **Shipmate Fred Hogben**

Life Member

Crossed the Bar: 10 September 2019

Fred originally joined the RNA in 1955; joining Norwich Branch on 12 June 1985 and having been Life Member since April 2011. He had served two terms as Chairman; 2003-04 and 2010-11.

Fred left the Royal Navy as a PO/QM; having served between 1945 - 1956 onboard T.S. Mercury, HMS St. Vincent (Hawke 20), HMS Wakeful, HMS Corunna, HMS Jaseur, HMS Pembroke, HMS Brinton, HMS Savage and HMS Victory (RNB Portsmouth)

### **Shipmate Clifford Self**

Associate Member

Crossed the Bar: 20 September 2019

Cliffy joined the Branch in 1989; serving as the Branch Padre.

*'May they have found a Safe Anchorage'*

Bereaved spouses, partners and adult children, aged 18-25, for up to two years, post service.

#### The need for FFJ

Recent tri-Service research commissioned by the Army Families Federation and conducted by Warwick Institute for Employment Research resulted in a key recommendation to create a central portal for employment and training opportunities for military spouses and family members.

#### **Personalised care for veterans in England**

NHS England, NHS Improvement and the MOD have published a new approach to personalised care for veterans with a long term physical, mental or neurological condition.

What do the changes mean for you?

There are three big changes to the way that you will receive care and support in England, depending on eligibility:

You should be able to get more community support, plus access to peer support.

As part of your support plan you may, if it is agreed, get a personal budget to pay for care and support.

You should be able to personalise your support by having more of a say in your care.

As well as supporting you the changes provide access to a greater range of care and support choices for your family, and those who support you informally.

#### How do I apply?

Contact your local clinical commissioning group (CCG) (<https://www.nhs.uk/Service-Search/Clinical%20Commissioning%20Group/LocationSearch/1>) to find out more about your eligibility and apply.

#### **Apply for your free Defence Privilege Card via Veterans' Gateway**

Defence Discount Service (DDS) offers members of the Armed Forces community, including veterans, discounts both online and on the high street, as part of the Armed Forces Covenant. Members of DDS can save hundreds if not thousands each year with discounts on a whole range of items.

The Defence Privilege Card is the official recognition card for members of Defence Discount Service and allows its members to save on the high street in shops, restaurants and venues.

Thanks to a partnership with Veterans' Gateway, you can apply for a free Defence Privilege Card if you are an Armed Forces veteran. The card usually costs £4.99. You can use this card to get a discount in participating shops and restaurants nationwide.

For those who apply through Veterans' Gateway, a free Defence Privilege Card is available until 2021 and is valid for five years. Thereafter, you will need to renew it. There is a cap on free cards available each year. These are personalised cards for use online and on the high street, offering discounts in shops, restaurants and venues. On the back of the card, there is support information for members of the Armed Forces community

The Defence Privilege Card is available to:

- Serving Armed Forces Personnel
- Reserve Forces personnel
- Spouses/Partners of those currently serving
- HM Armed Forces Veterans
- MoD Civil Servants
- Cadet Forces (over the age of 16)
- War/Service Widow(er)s
- Bereaved Family Members
- NATO Personnel Serving in the UK

#### How to apply

If you are a HM Armed Forces Veteran, visit the DDS website ([https://www.defencediscountservice.co.uk/veteransgateway\\_register.php](https://www.defencediscountservice.co.uk/veteransgateway_register.php)).

To apply for a free Defence Privilege Card you will need to apply for the card during the sign-up process or once you are a member as normal, and then enter the discount code VETGATEWAY19 during the checkout process.

If you are not a HM Armed Forces Veteran but are from one of the other groups above, also visit the DDS website to sign up for free for the Defence Discount Service.

## From the Monthly Circular

### From the General Secretary

In this 75th anniversary year of D-Day, in a moment of weakness earlier this summer, he decided to take up the challenge of a four-day cycle ride from London to Paris via the D-Day Beaches in support of the Royal Navy Royal Marines Charity. Sadly, since committing, he has have lost a great ally of the RNA, Alan Magrath, who some will remember as the very active RNA member in the North of England where, amongst other things, he was part of the Project Semaphore team which seeks to connect the older generation through the iPad scheme. The General Secretary will therefore be dedicating his ride to Alan's memory having set a fundraising target of £2000 towards the RNRMC so any assistance towards this would be hugely appreciated. Please click on the link below to donate.

<https://uk.virginmoneygiving.com/fundraiser-portal/fundraiserPage?pagelid=1084251#>

### Government Cash

*Shipmates please read the article below with some important information from Shipmate Rita Lock the National Welfare Advisor.*

Too many pensioners are missing out on money which is rightfully theirs. This is not charity; it is something you have all worked and paid taxes for, so I urge you all to run a check on your entitlements with regard to benefits.

You may not be entitled to all of them, probably not, but even if it is just one benefit which helps to enhance your life then go for it!!

The benefits I am referring to are as follows:

Pension Credit (this is the one that could affect your TV license.) To pay or not to pay!

Council Tax benefit

Housing benefit

Disability benefits such as DLA, Carers Allowance (Are you helping your partner with many everyday functions? You might qualify)

Winter Fuel Allowance, 0800 731 0160

Most of the above cannot be back dated so if you delay in claiming you have lost money for good.

Pension Credit is a weekly means tested top-up, guaranteeing a basic minimum of £167.25 for singles and £255.25 for couples who are living together. **You can have a certain amount of savings and possibly still claim this benefit.** You might even get savings credit which is a certain amount added to your pension credit because you have saved. It depends on your total savings.

The severely disabled, carers and people who still have mortgage repayments can sometimes claim even if their income is higher than the figures stated.

Disability Living Allowance/Attendance Allowance/Christmas Bonus/Housing Benefit/Council Tax Reduction and Personal Independence Payment are not included in certain calculations, so it is always worth asking.

### How to apply

Call the pension service on 0800 99 1234 lines are open Monday – Friday 0800-2000 and Saturdays 0900-1300

email [www.thepensionservice.gov.uk](http://www.thepensionservice.gov.uk) where you will find a pension calculator

Age UK have an excellent service for pension advice just call 0800 678 1602 they are manned **every day of the year** from 0800-1900

You can also visit your local Citizens Advice.

If or when you contact any of these agencies you will, need to have with you the following;

Your National Insurance Number

Your total income details and all information on any savings or investments you may have. The amount you may get will depend on your age, income, savings or state benefits you may already have.

Any of the agencies I have mentioned will help you to complete the forms and advise on Council Tax.

If you have savings try to ensure they are in an ISA (tax free) or a higher savings account. If you do not pay tax and find that tax has been deducted from your interest, then call your tax office and ask for a tax rebate form. That can be back dated.

Now I have explained to you how to check your lawful entitlement and the only form you really need to complete yourself **(if you pay tax)** is the Gift Aid Form for the RNA.

I can assure you that there is NO invasion of privacy and the Inland Revenue will NOT be checking your details if you pay tax and complete that form.

It will bring added income to your Association and help to keep the subs down.

A reminder about the very good Travel Insurance through the Forces Pension Society. Have you got your bus pass or taxi vouchers?

That just leaves me to remind you to make a will so what you've got goes where you want it to go when you Cross the Bar. Its free with the TRBL just ring them on 020 3207 2253 or [freewills@britishlegion.org.uk](mailto:freewills@britishlegion.org.uk)

## Shipmate Submissions

### **Branch Run Ashore**

#### **Shipmate Gus Honeywood**

The next Branch Run Ashore is organised for **Saturday 2 November 2019** at Hotel Nelson, Prince of Wales Road, NORWICH, NR1 1DX. This event will also be used to celebrate Pickle Night.

### **Branch History**

#### **Shipmate Alf Wiggins**

Shipmates may recall the 'mystery' photo that came to light at our 40th Anniversary Luncheon earlier in the year; the photo is confirmed as that of the parade to commemorate the 50th Anniversary of VE Day on Sunday 7th May 1995. Included is a photo of the parade leaving St. Peter Mancroft to go to the reception in St. Andrew's Hall.



### **Burns Night 2020**

#### **S/M Stuart Filder**

Burns' Night will be held on Saturday 25th January 2020 with all profits going to SSAFA Norfolk.

Tickets are £37 per person and for your money you will get the traditional Burns' supper, piping in of the haggis escorted by claymore bearers, the symbolic address and a few very short speeches.

The meal is three courses with a starter of scoops of haggis, tatties and neaps. Whiskey and port are provided for the loyal toast and other drinks are available at a moderate price.

Following the after-dinner speeches there will be Highland dancing to a ceilidh band with a caller to guide you through the steps.

Start time is 18:00 for 18:25 with carriages at 23:59. Please note that the piper will pipe to dinner at 18:15 and guests are expected to be seated by 18:25.

Dress code: Highland dress, back tie or jacket and tie. Serving military personnel may wear evening uniform. Miniature medals are optional in all cases.

Seating is either tables for eight or ten.

Payment details will be issued later.

## **S/M Fred Hogben**

### *Shipmate Alf Wiggins*

S/M Fred Hogben together with wife Jean, transferred from the HQ Roll to Norwich in 1999. Both in fact had previously been members of the Wimbledon Branch. Fred was a long-standing supporter of the RNA having joined the Association in the 1950s; when he was still in the RN. He had held various posts at Wimbledon and so brought a wealth of experience with him which proved extremely useful over the years.

Fred quickly settled into the Branch and by 2002 had been elected Vice-Chairman, moving into the Chair the following year. His term actually lasted for two years and a Royal Marine Band Concert was being organised and it was not thought prudent to change the Chairman during this time. When he and Secretary Ken Baish were working in tandem, although not always agreeing, they formed a successful pairing.

He became Vice-Chairman again in 2009 and Chairman in 2010. During the interim periods he at times served on the Committee as well as always supporting the various events organised by the Branch, the biggest probably being the visit to Malta in 2007.

Fred was someone who held strong views and was prepared to air them, particularly with regard to the running of the Branch. Rules were there to be adhered to and he was prepared to speak up if he considered they were not. In this, he was the prime mover in introducing and drafting the Local Rules for the Branch. Fred's motives were always in the overall interests of the Association of which he was extremely proud.

Fred served in the Navy from 1945 to 1956 leaving as a Petty Officer/Quartermaster. As a youngster he attended TS Mercury before moving for boys training at HMS St. Vincent.

Much of his time was spent in mine-warfare serving in the Algerine HMS Jaseur and the Ton class HMS Brinton. Other drafts were to Wakeful, Corruna and Savage.

After leaving the Navy, Fred entered the Civil Service working in the Export Credits Guarantee Dept. where he rose to be a senior manager.

Fred will be sorely missed within the Branch - May he have found a safe anchorage.

## **S/M Clifford Self**

### *Shipmate Alf Wiggins*

S/M Clifty Self joined the Branch as an Associate Member in 1989. His brother, Ray was already a stalwart member serving as Social Secretary. Although not a sailor himself, he soon came to appreciate and support the aims of the Association. He had to learn a new vocabulary and at times seemed amused at some of the Naval language and humour.

Clifty together with wife Janet supported the whole range of Branch activities be they social, fundraising or more solemn occasions.

He was ever mindful of the needs of others and this was ably demonstrated when the decision was taken to appoint two Assistant Welfare Officers. He, together with John Pain immediately volunteered.

Clifty trained to become a Local Lay Minister. As well as taking over the parish church at Hainford, he assumed the post of Branch Padre. There are many families of former shipmates who have 'crossed the bar' who have been grateful for his help, compassion and sympathy. Not only conducting the Service, but often giving the Eulogy on behalf of the family.

We have lost a truly valuable shipmate and a nice man. May he rest in peace.

## Calendar of Events – 2019 – 2020

### 2019

#### October

- 12th Edith Cavell Service  
 19th Trafalgar Night Dinner – Wensum Valley Golf Club – 1930  
 20th El Alamein Service - St Andrew's Church NR9 5BT - 1030

#### November

- 2nd Area 5 Meeting – Harwich  
 Branch Run Ashore – Hotel Nelson, NR1 1DX – 2000 – Celebrating Pickle Night  
 3rd Dunkirk Remembrance Service - St Paul's Chapel and War Memorial, NR9 5AP - 0930  
 5th Committee Meeting – 1930  
 10th Remembrance Day Parade – City Memorial – 1000  
 11th Armistice Day Parade – City Memorial – 1045  
 Laying of Poppy Cross – St Peter Mancroft Church – 1115  
 12th Branch Meeting – 1930

#### December

- 3rd Committee Meeting – 1930  
 7th Breakfast Club – TBA – 1000  
 10th Branch Meeting – 1930

### 2020

#### January

- 7th Committee Meeting – 1930  
 14th Branch Meeting – 1930

#### February

- 1st Area Meeting – Harwich  
 2nd Breakfast Club – TBA – 1000  
 4th Committee Meeting – 1930  
 11th Branch Meeting – 1930

#### March

- 3rd Committee Meeting – 1930  
 10th Branch Meeting – 1930

#### April

- 4th Breakfast Club – TBA – 1000

## Future Editions of Up Spirits

### Shipmate Gus Honeywood

The next edition of Up Spirits will be published for the December Branch Meeting, and I would request that all submissions for that edition are forwarded to me by 2 December 2019.

If you have any submissions for Up Spirits, then you can email them to me at [ma.norwich@gmail.com](mailto:ma.norwich@gmail.com).

All submissions will be gratefully received.

- 7th Committee Meeting – 1930  
 14th Branch Meeting – 1930

#### May

- 2nd Area Meeting – Stowmarket  
 Branch Run Ashore  
 5th Committee Meeting – 1930  
 12th Branch Meeting – 1930

#### June

- 2nd Committee Meeting – 1930  
 9th Branch Meeting – 1930 - RNPT

#### July

- 4th Branch Run Ashore  
 7th Committee Meeting – 1930  
 14th Branch Meeting – 1930

#### August

- 1st Area Meeting – Norwich  
 4th Committee Meeting – 1930  
 11th Branch Meeting – 1930  
 22nd Bucket Collection - Hoveton

#### September

- 1st Committee Meeting – 1930  
 5th Branch Run Ashore  
 8th Branch Meeting – 1930

#### October

- 6th Committee Meeting – 1930  
 13th Branch Meeting – 1930  
 31st Area Meeting – Harwich

#### November

- 3rd Committee Meeting – 1930  
 7th Branch Run Ashore – Celebrating Pickle Night  
 10th Branch Meeting – 1930  
 11th Armistice Day Parade – City Memorial – 1045

#### December

- 1st Committee Meeting – 1930  
 5th Breakfast Club – TBA – 1000  
 8th Branch Meeting – 1930