

exposure

Winter 2024

The combined magazine for the nuclear community

Orford Ness

We visit the Nature reserve with a military history

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A summary of ICRP Task Group 121

The CHRC Highlight the work of the International Commission on Radiological Protection ICRP.

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Foreword

A Christmas and New Year Message from the Chaplain

I am writing this end of year message, knowing that you will not see it until early in the new year, so I can hardly wish all readers a Happy Christmas. Yet I shall have been remembering all of you – living and departed – amidst the frenzy of the Christmas season, a time when family memories are especially poignant.

The gathering at the National Memorial Arboretum for NAVAD Day on 1st October was attended by a large gathering of veterans, members of the BNTVA and of the wider Nuclear Community, which was very pleasing. In spite of the weather, it was a good occasion, with a short service in the Chapel, and the Act of Remembrance at the Memorial in the pouring rain, enhanced by the fine playing of the Bugler, Antonio. There was plenty of time for conversation and renewing friendships afterwards.

I have had an adventurous autumn. I was able to go to Australia to present an 18th century Family Bible to distant relatives in Perth, who will pass it on to their children, grandchildren and great-grandchildren. My Fourth Cousin David said 'We breed like wallabies down here, cuz!'

While I was in Perth, I visited an exhibition of modern art by First Nations People. One picture moved me greatly. It was a painting by Noreen Parker, a member of the Pitjantjara people, simply entitled Maralinga the big bomb. It is a reminder that it is not only our Veterans who bear the mental and physical scars of the Tests.



I wish all our members – and all readers of Exposure – a happy new year.

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The NCCF

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The Nuclear Community
Charity Fund



Making that difference



BNTVA

the Museum for Atomic Veterans



CHRC

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 **CHRC**
Centre for Health Effects of Radiological and Chemical Agents

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Nuclear Community Convention 2025

The NCCF, CHRC, BNTVA Museum and Cold War Network proudly present the second Community Convention

Lets do it all again!

Thanks to your overwhelming support, the first convention in 2014 was a resounding success.

Your feedback and enthusiasm have inspired us to bring it back! The NCCF is proud to fund the event for veterans and family members once again.

We heard your praise for the venue loud and clear: The EMA Hilton was a hit with its nice, clean rooms, easy access, great food, attentive staff, and positive atmosphere.

We're thrilled to return to this ideal location in central UK, with its ample conference rooms and outside exhibition space.

We understand that many of you need assistance from family members to attend, and they are often constrained by work. That's why we've maintained the format of a one-day convention with a service the following day, and the flexibility to arrive either Friday or Saturday.

This weekend format is designed to make it easier for your loved ones to join you.



Hilton photographs used by permission Hilton Hotels and Resorts

Event Details

Friday 16th May

For those not wishing to travel on the day of the conference you can arrive Friday afternoon/evening. Your evening meal will be provided and you'll be able to catch up with old friends in the bar.

Saturday 17th May - Conference

10:00 - 17:30 Conference presentations with refreshment breaks and lunch

19:00 - 12.00 Presidents Dinner (No dress code so its up to you!)

Sunday 18th May

10:30 Coach Excursion to the National Memorial Arboretum. Arrival around 11.15 with the visit lasting roughly 1 and a half hours before returning to the hotel.

Register Now – Call **0115 8883442** or email **office@thenccf.org**

If you call leave a message on the answer machine telling us you would like to register for the conference and clearly leave your name and telephone number for us to get back to you. Spaces will be limited so book early to reserve your space. The NCCF will get back to you regarding any requirements and your menu choices in the new year.

How to get there

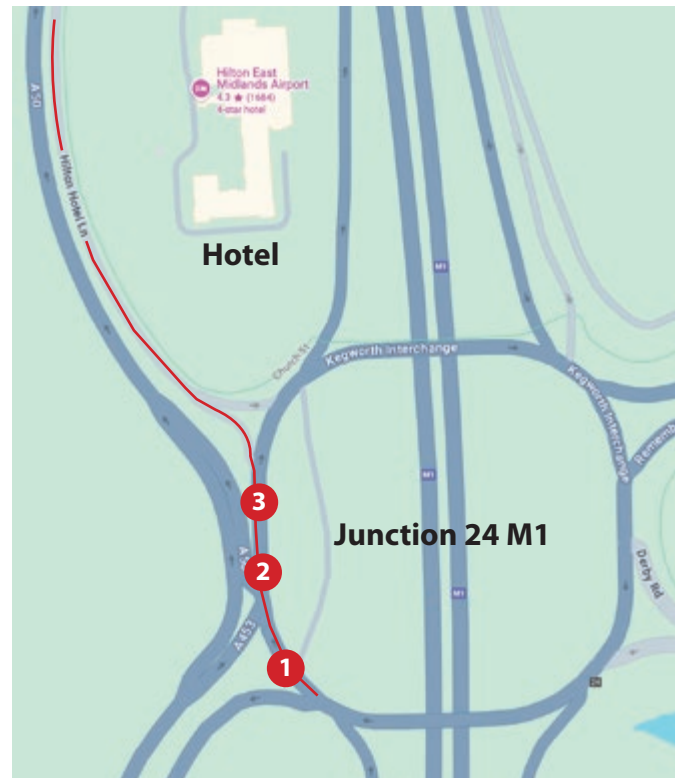
The Hotel is situated just off Junction 24 of the M1, four miles from East Midlands Airport. Its address is: **Hilton East Midlands Airport M1, Junction, 24 Derby Rd, Derby DE74 2YZ**

By Car – At Junction 24 of the M1, follow road signs and road markings to M1 North & Hotel. At the turn off for the A50 to Derby you will need to be in the 3rd lane from the left (M1 N and Hotel). See **1** below. Keep in this lane and take the next left onto Hilton Hotel Lane, see **2** and **3** below.

If you miss the turnoff and onto the A50, get off at the next Island a mile or so away, and head back towards Junc 24 of the M1 and you will approach the hotel slip road from the same direction you did previously.

By Rail – The closest station to the hotel is East Midlands Parkway (Midland Mainline). This station is a 5 minute Taxi drive away from the hotel.

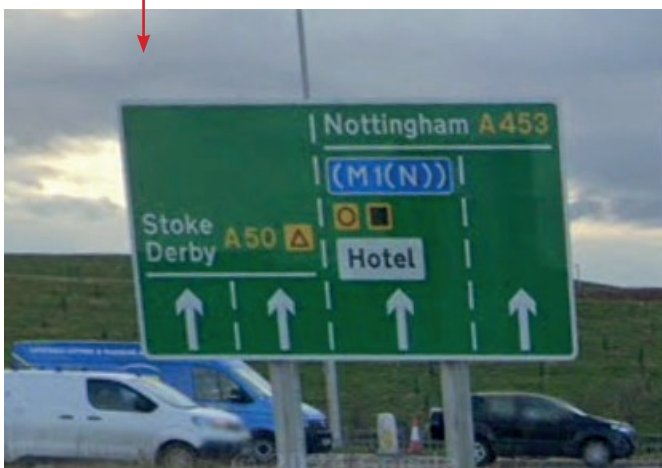
By Bus – It possible to catch a bus from Derby, Leicester or Nottingham to East Midlands Airport using Trent Barton's Skylink service. From here its a short taxi drive to the hotel.



Google Map



Google Street View



Orford Ness

In October I was invited by the Cold War Network to visit the historic site of Orford Ness, former AWRE testing site and now National Trust Nature Reserve.



The Boat crossing to the Ness



Looking back to Orford

Prior to being invited to visit Orford Ness, I had very little knowledge of the history of the Island, and what had taken place there. I'll attempt to give you some of its history and its significance to the Nuclear tests.

Location

Orford Ness, sited on the Suffolk coast, it is the largest vegetated shingle spit in Europe and stretches for about 10 miles. It's separated from the mainland by the River Alde.

Habitat

The site covers a total area of approximately 2,230 acres, around 40% percent of this is shingle, with the remaining area made up of tidal rivers, mud flats, sand flats, and lagoons, grassland, and fifteen percent salt marsh.

I've never visited a place like this before, It's a mix of marshes and pools and then pure shingle. It's very exposed to the elements and has an eerie desolate feel. There was a surprising amount of wildlife from wading birds to Brown Hares. The Hares on

the island are allegedly bigger, fatter and healthier than their mainland cousins. With no natural predators to worry about the island must make for a safe and plentiful home.

The Island has also become home to a colony of Grey Seals that began to colonise the site in 2021. Since then numbers have steadily increased, with over 130 pups counted during the most recent pupping season, which started in November 2023.

History

The flat beaches and deep estuaries of the area made it an ideal invasion target. The spit provides an effective invasion defence, but where it joins the main land at Aldeburgh was a potential weak spot. A Martello tower was constructed at Slaughden where the spit touches the mainland. The tower is the largest and most northerly of the coastal towers built against a potential Napoleonic invasion.

World War I

In 1913 A large part of Orford Ness was purchased by the War Department and not long after the whole island was acquired. It was used as a Top Secret military test site closed off from the public. Test and experiments took place across both World Wars and into the Cold War.

Between August 1913 and 1916, part of King's Marsh was drained and levelled to form airfields and received its first aircraft in 1915. The site was put on a 'care and maintenance' order until 1924 when it was reopened as a satellite of the Aeroplane and Armaments Experimental Establishment.

The Experiments

The Black Beacon building was constructed in 1928 for the Royal Aircraft Establishment, to house an experimental 'rotating loop' navigation beacon. This was to be a Marine Beacon but formed the basis of an aircraft location system. The Orford Ness equipment was probably an early homing beacon for aircraft that formed part of this work.



Our Transport around the Island



We disembark for a look at the buildings



One of the famous Pagaodas

Bomb Ballistics

The Bomb Ballistics building, built in 1933, housed state-of-the-art equipment used to record the flight of bombs. This was used to improve aerodynamics and provide data for the production of the tables used to refine bomb aiming. Over the years, equipment was steadily improved, most notably from the 1950s for the development of the atomic bomb.

Radio Direction Finding

One of the most significant experiments that took place between 1935 and 1937, was the 'Ionospheric Research Station'. This was in fact a cover for the research and development of the aerial defence system, which was later known as radar.

Lethality and vulnerability testing

Between 1938 and 1959, firing trials took place to determine the vulnerability of aircraft and aircraft components to attack by various projectiles. Aircraft or individual parts such as fuel tanks, oxygen tanks or running engines were subjected to carefully controlled and recorded simulations of attack.



One of the control rooms for the 'Pagoda' Labs



Laboratory 1 - tested six atomic weapons test cells constructed by AWRE Aldermaston



Inside Laboratory 1

The Plate Store

In conjunction with the 'lethality and vulnerability' firing trials, the Plate Store was home to a number of experiments during the 1940s. The plates were sheets of experimental armour plate or paper targets. Initially built to house the plate armour, an end wall was later removed, a variety of projectiles were fired from smooth bore field guns into plates mounted inside the building to test their effectiveness.

Rocket range

In the 1950s the King's Marsh part of the island was used as an experimental range for recording the flight paths of air-launched rockets. Fired from above the airfields the rockets were recorded by a series of cameras triggered by infrared sensitive cells, which could detect the rocket as it passed over.

Atomic bomb testing

Between 1953 and 1966 six large test cells and most of the other buildings were built to carry out environmental tests on the atomic bomb. The tests were designed to mimic the rigours to a weapon might be subjected before detonation. These included vibration, temperature extremes, shocks and G forces.

Although no nuclear materials were involved, the high explosive initiator was present and a test failure might have resulted in a catastrophic explosion. For this reason, tests were controlled remotely and the huge labs (Pagodas) were designed to absorb and dissipate an explosion in the event of an accident.

The Pagodas are the most iconic buildings on the island featuring a large slab roof covered in shingle standing in stilt like legs.

In the event of an explosion the roof fell in on itself depositing the shingle to absorb the explosion. The concrete walls contained any shrapnel and the plastic windows were designed to blow outwards venting gases.

The buildings are now classified as scheduled monuments and are not open to the public and staff due to safety reasons. The only way to access these building to survey their condition, is by using robot 'Dogs'. These robots are 4 legged and have cameras mounted on them to record and be controlled from a safe distance.

Cobra Mist

In 1968 work started on the top secret Anglo-American System 'over-the-horizon' (OTH) radar project, code-name Cobra Mist.



The Black Beacon



One of the Islands Brown Hares



A line of decaying bases that held communications lines

The project, was set up to carry out several missions, detection and tracking of aircraft, detection of missile and satellite vehicle launchings. In early 1973, a joint decision was made to terminate operations at Orford Ness, citing economic and other considerations.

RAF bomb disposal

From the 1970s the Ness was home to RAF Explosive Ordnance Disposal (EOD). Large quantities of munitions were destroyed on the Ness, an often noisy process. The last service personnel to be based on site left in 1987.

The National Trust takes ownership

In 1993 the Ministry of Defence sold Orford Ness to the National Trust. The importance of the landscape of the spit and the wildlife it supported were becoming apparent. The Trust now protects its natural and historic features.

Visiting Orford Ness

Although now closed the 2025 visitor season starts in April 2025. If you do wish to visit you have to book in advance as the only way to get to the island is by small ferry boat. If you think you may have issues climbing into a boat then you should check with the National Trust before booking. Their site says that tickets are in High demand and when they go on sale on the website each Thursday, they do sell out quickly.

Tickets can be bought from <https://www.nationaltrust-tickets.org.uk/tickets>

You book your Tickets for a specific outbound time but can stay as long as you like on the island. Booking covers the ferry fare and admission to the island but National Trust members only pay for the ferry.

When you arrive

The best place to park is at the Riverside car park. The pay and display machines accept coins and cards (£4 for up to eight hours). You'll need 3 hours minimum for the visit. Its advised to arrive at least 15 minutes prior to your ferry and check in at the office on Orford Quay. Have your booked ticket ready to show the staff, a printed copy or phone is fine. If you're a National trust member, take your membership card.

Note

Orford Ness is an exposed coastal location, so please dress for all weathers. The ferry runs in all weathers unless high winds make it unsafe to operate. While on the island we were all told that we had to only walk on the concrete roads. The shingle can contain unexploded ordnance that if disturbed could potentially explode.

St Alkelda's Pilgrimage

BNTVA Museum Curator Wesley specialises in collections management, but one of his other areas of expertise is historical interpretation. He can often be found at weekends over the summer giving talks and demonstrations around Britain, but we have asked him to share about something he did over the summer that's a bit different, a 40 mile pilgrimage in the Yorkshire Dales dressed as a 15th century pilgrim!



Wesley Perriman

St Akeldas Giggleswick after the morning service.

I enjoy Historical interpretation and have developed this skill set over 25 years, starting as a reenactor in 1999 at Corfe Castle. The main period I specialised in was 15th century and now put on large living history demonstrations where I cast pilgrimage badges out of pewter.

In March 2016 an archaeologist friend of mine and myself walked 50 miles from Skipton Castle to Towton battlefield wearing light armour typical of the Wars of the Roses period. The walk took 3 days, and we arrived on Palm Sunday for 555th anniversary of Battle of Towton 1461, England's largest battle.

Having previously completed the Towton walk I decided to take part in an international day of Medieval Pilgrimage in 2021 organised by the Company of Saint George Reenactment group, it involved groups from across the globe all undertaking walks as medieval pilgrims. We all shared photos of our route online, I was particularly impressed with the Australian group who did a walk through the outback! Now for myself I decided to walk the first part of St Alkelda's way between Giggleswick and Malham, North Yorkshire. At the time I intended to continue to do the whole route but as I watched a huge storm system move around the hill,

I decided to call it a day with a promise to myself I would come back and do it again.

Now my mum (Josie) lives in Settle, North Yorkshire and she has a field with sheep and donkeys above the town. Earlier in 2024 while she was tending to the animals, she happened to meet the local vicar Rev Julie Clarkson who was doing practice walks in preparation to do the St Alkelda's Way.

Following a brief chat, my mum volunteered me to join Julie and her group of pilgrims on the walk in full medieval kit. Thanks, mum! So, that is how I ended up spending 4 days this summer walking St Alkeldas way.





The view back to Settle



After arriving in Malham, I set up camp under Malham Cove so took the obligatory photo of it



Outside Holy Ascension Church with Rev Julie Clarkson



St Mary's Church Conistone



St Mary's Church, Kettlewell

Day 1 - Wed 18 September

A walk from Giggleswick to Malham (about 7 miles) over quite hilly terrain.

This part was referred to as the "Loaves and Fishes" bit as we crossed the River Ribble known for its Salmon and Trout then after leaving Settle we would pass between Sugar Loaf Hill and Rye Loaf Hill.

The day began with a service of Holy Communion at St Alkelda's Church, Giggleswick. After the service the group of Pilgrims set off through the village and crossed the river to Settle, the group then cut through the 'ginnel' to Holy Ascension Church, Settle. Continued past the old Zion Chapel and the old Roman Catholic Church as we left Settle to set off over the hills. After a brief stop for lunch on the lea side of the hill we descended into Malham walking past the famous Malham Cove. I spent the night camping near the cove.

Day 2 - Thu 19 September

A walk from Malham to Kettlewell (about 10 miles)

I woke up to amazing views of Malham Cove though my tent was soaked from the dew I packed up and walked back into the village as the group was setting off from the Buck inn. The walk started off with a steep climb out of Malhamdale past Gordale Scar and Janets Foss.

The track we took would eventually lead up to Mastiles Lane which is an old Roman marching road, but became a droving route favoured by the local monks giving it the nickname "Old Monks Road". After climbing the hill we progressed along Mastiles with great ease. We stopped for lunch before dropping down into Wharfedale where we made our way past Kinsey village to St Mary's Church, Conistone.

Here is where we had a short break and a prayer service before continuing on the back road to Kettlewell. After arriving in the village I collected my tent from the support car and went off to find the local campsite.

Day 3 - Fri 20 September

A walk from Kettlewell to Horsehouse (about 9 miles).

This was by far the most challenging days, after dropping my still fairly wet tent I stocked up on snacks from the local shop before meeting up with the rest of the pilgrims. We had been warned that this was going to be a tough days walks which was still think was a bit of an understatement, because as soon as we started climbing out of Wharfedale on cam gill road the road toward Leyburn the road sign read gradient 1 in 4! This particular road is quite famous from the Tour de Yorkshire as main part of the climb is Park Rash 9/10 difficulty with its hairpins and 25% gradient.



The walk from Kettlewell to Horsehouse



St Botolph's Church, Horsehouse



The Lychgate at Holy Trinity Church, Coverham



Church of St Mary and St Alkelda, Middleham

I will point out that I was still wearing my 15th century turnshoes which are just a leather sole with no heels and not very grippy on tarmac! With a lot of use of my staff I got to the top fine and even managed to take in the amazing views waiting for everyone else to make the climb.

After Park Rash the climb up to the summit was relatively easy and gave views of Great and Little Whernside. At the summit we had crossed into Coverdale and we should have been able to see Tor Dyke, some ancient earthwork fortifications and a wayside cross shaft known as the Hunter's stone along the route but due to the low cloud we saw very little. Eventually we dropped out of the fog passed Coverhead Farm down into Coverdale following the road past various farms until we reached the small village of Horsehouse, where we arrived at St Botolph's Parish Church.

We were invited by the local parishioners to join them at the Harvest Festival at the church. The food was very welcomed after such a hard day (though I probably had too much fruitcake and Coverdale cheese) I was also spared another night in the damp tent and was offered a spare room at the house others had booked into.

Day 4 - Saturday 21 September

A walk from Horsehouse to Middleham (about 7 miles)

This by far was the easiest day as there was no steep hills to climb in the morning and just continued a slow descent down Coverdale, after 5 miles of walking through fields and quite country lanes we got to the village of Coverham, where we stopped at Holy Trinity church, for lunch. As we left the church we got to have look around the ruins of Coverham Abbey (now a private residence).

After a further 2-miles of gentle walking we reached Middleham passing by the horse racing gallops and Middleham Castle, famous for its connection to Richard III. We arrived at our destination of the parish church of St Mary and St Alkelda.

Wesley Perriman BA(hons) MA
Curator, BNTVA Museum



Very worn down heels

Send us your Story

If you have a story that you would like to share and be published in exposure magazine then get in touch with us.

If you have something to say that would be of interest to our reader then why not write about it and send it to us. It doesn't necessarily have to be about your service or the tests, any experience or information you think would be interesting to the community would be welcome.

You may run Marathons, help with a local charity, or walk the Pennines or grow prize winning vegetables, whatever you do we would like to hear about it.

Don't worry if you don't have a computer we will accept hand written stories and type it for you. Don't worry about spelling or grammar we can check that and amend it too. If you have photographs that accompany your story you can send those and we will scan them and send back the originals to you.

If you do have a computer and would prefer to send us your story and pictures via email the details are below.

This is your chance to have your voice heard and share your experience with the rest of the community. Each magazine story also goes onto the exposure.press website which is then shared across social media for even more people to read it.

Once published a copy of the magazine is sent to the British Library and held in their archives, immortalising your story for future reference.

Email

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Or write to

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If you are unsure or need help or advice please call:

0115 888 3442

Please clearly leave your name and telephone number and we will get back to you.



Wikimedia Commons / Royal Engineers construct the airfield runway on Christmas Island

The Nuclear Community Charity Fund

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Intermittent Fasting for Seniors

Want to lose weight and feel fitter
without exercising? This may be for you

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Decluttering

Create a more tranquil, organised, and
enjoyable living space and life

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The Nuclear Community
Charity Fund



Making that difference

National Atomic Veterans Awareness Day NAVAD 2024



This Years NAVAD took place on Tuesday the 1st of October at the National Memorial Arboretum, Alrewas.

Following on from the last years NAVAD service at the NMA we decided to hold the service in the Millennium Chapel in case the weather was inclement. In hindsight it was a good job we did as the weather was very wet. The service was conducted by The Very Revd Dr Nicholas Frayling KStJ, Chaplain to the British Nuclear Tests Veterans' Association.

Despite the rain the attendance was as good as ever with around 40 people. We gathered together in the chapel at 11.30 for the service.

The Introduction in the order of service read as follows:

We have come together today in this special place of remembrance to commemorate those who have died and those who still carry sickness in their bodies. We remember the victims of war - nuclear and conventional - and the risks taken by servicemen and women to safeguard our liberty. And we remember the islanders of the Pacific, and the inhabitants of Australia. We look forward to the time when war shall be no more, and the earth is filled with the knowledge of God's love and peace.



During the service former Chairman of the BNTVA, Mr Nigel Heaps MBE read a passage from the bible, followed by Wesley Perriman BNTVA Museum Curator.

The final part of the service at the Chapel was observed and the Last Post was played by the Bugler.

After the service we processed to the BNTVA Memorial where the final act of remembrance took place before wreaths were laid.





Intermittent Fasting for Seniors

Want to lose weight and feel fitter without exercising? Intermittent Fasting may be the thing for you.

Intermittent fasting has gained popularity as a dietary approach involving cycling between eating and fasting periods. While Intermittent Fasting can be practised in various ways, the core principle remains: restricting mealtimes to specific windows and abstaining from food during fasting periods.

Benefits of Intermittent Fasting for Seniors

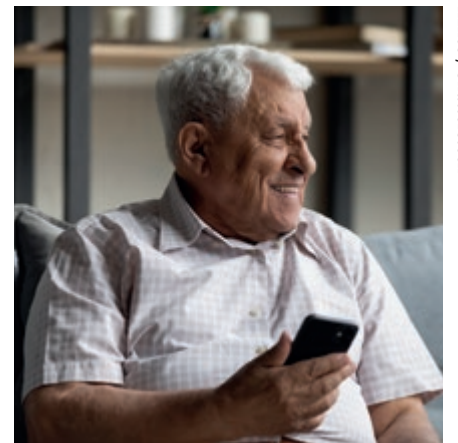
Research suggests that intermittent fasting may offer several potential benefits for individuals over the age of 60, including:

- **Weight Management**
Intermittent fasting can promote weight loss by creating a calorie deficit, potentially reducing body fat and improving body composition
- **Improved Blood Sugar Control**
Intermittent Fasting may help regulate blood sugar levels, potentially benefiting individuals with pre-diabetes or type 2 diabetes
- **Reduced Inflammation**
Intermittent fasting may lower inflammation levels in the body, associated with a reduced risk of chronic diseases
- **Enhanced Cognitive Function**
Studies suggest that Intermittent Fasting may improve cognitive function and protect against age-related cognitive decline
- **Promoted Longevity**
Research suggests that Intermittent Fasting may positively impact cellular health and longevity, potentially extending lifespan.

Considerations for Seniors Embarking on Intermittent Fasting

Before adopting intermittent fasting, seniors must consult with their healthcare provider to ensure it's safe and appropriate for their needs and medical conditions. Additionally, seniors should consider the following factors when starting Intermittent Fasting.

- **Starting Gradually:** Begin with shorter fasting periods, such as 12 hours per day, and gradually increase the duration as tolerated
- **Hydration:** Stay well-hydrated throughout the day, even during fasting, by consuming water and unsweetened beverages
- **Nutrient-Dense Meals:** When eating, focus on nutrient-rich foods, including fruits, vegetables, whole grains, and lean protein sources
- **Monitoring Medications:** If taking medications, consult a healthcare provider to adjust the timing or dosage if necessary.
- **Listening to the Body:** Pay attention to bodily cues and stop fasting immediately if experiencing any adverse effects, such as dizziness, light headedness, or excessive hunger.



fizes / Shutterstock

Popular Intermittent Fasting Methods for Seniors

Several intermittent fasting methods can be suitable for seniors, including:

- **16/8 Method:** This method involves fasting for 16 hours and restricting eating to an 8-hour window, such as from 12 pm to 8 pm.
- **5:2 Method:** This method involves eating normally five days a week and restricting calorie intake to 500-600 calories on the other two non-consecutive days.
- **Eat-Stop-Eat Method:** This method involves choosing one or two non-consecutive 24-hour periods each week to abstain from food completely.

Tips for Success with Intermittent Fasting

To enhance the success and safety of intermittent fasting, seniors can follow these tips:

- **Plan Meals:** Plan meals ahead to ensure healthy and nutritious options are readily available during eating windows.
- **Stay Active:** Engage in regular physical activity to maintain overall health and support weight management goals.
- **Adequate Sleep:** Prioritise sufficient sleep, as sleep deprivation can interfere with metabolic processes and disrupt weight management efforts.
- **Stress Management:** Practice stress management techniques, such as yoga or meditation, to reduce stress levels that can impact appetite and weight regulation.
- **Seek Support:** Consider joining an online or local intermittent fasting community for support and motivation.

Remember, intermittent fasting is not a one-size-fits-all approach, and it's essential to tailor the method and duration to individual needs and preferences. Consult a healthcare provider to determine the most suitable intermittent fasting plan for your situation



Embark on the Decluttering Journey

Decluttering your home can be a transformative experience, creating a more tranquil, organised, and enjoyable living space.

While the task may seem daunting, approaching it with a strategic plan can make it manageable and rewarding. This tactical guide will equip you with the necessary steps and strategies to declutter your home effectively.

Before We Start

Living in a cluttered house can profoundly impact your physical and mental well-being. The constant visual stimulation of excessive belongings can trigger stress, disrupt sleep patterns, and exacerbate respiratory issues. Clutter can also pose safety hazards, increasing the risk of accidents and hindering emergency escape routes. Furthermore, the inability to locate essential items can lead to frustration and wasted time. At the same time, the overall disorganisation can strain relationships and contribute to feelings of shame and isolation.

Mental Health Impacts

Clutter can be a significant source of stress and anxiety. The visual chaos of an unorganised environment can overwhelm the senses, making it difficult to relax and focus. The constant reminder of unfinished tasks and the inability to find things you need can lead to feelings of helplessness and frustration. Moreover, the accumulation of belongings can symbolise a lack of control over one's life, further exacerbating stress and anxiety.

Sleep Disruptions

A cluttered bedroom can significantly impair sleep quality. The visual stimuli from excessive clutter can interfere with the natural relaxation process,

making it difficult to fall asleep and stay asleep. Additionally, the accumulation of dust and allergens in cluttered environments can trigger allergies and asthma, leading to nighttime congestion and disrupted sleep patterns.

Physical Health Risks

Clutter poses several physical health risks. The accumulation of dust and allergens in cluttered spaces can trigger allergies and asthma, leading to respiratory problems such as coughing, wheezing, and difficulty breathing. Cluttered floors can also increase the risk of falls and injuries, especially for elderly individuals or those with mobility challenges. Furthermore, the inability to find essential items, such as medications or first aid supplies, can delay treatment and worsen medical emergencies.

Safety Hazards

Clutter can create several safety hazards in the home. Excess belongings can block pathways, increasing the risk of tripping and falling. Cluttered storage areas can make locating fire extinguishers or escape routes in emergencies difficult. Additionally, the accumulation of flammable materials, such as paper or textiles, can pose a fire hazard if not properly stored.

Social and Emotional Impacts

Clutter can negatively impact relationships and overall well-being. Embarrassment over a cluttered home can lead to social isolation and avoidance of inviting friends or family to visit.

The inability to maintain a clean and welcoming environment can strain relationships with loved ones. Additionally, the constant visual reminder of disorganisation can contribute to feelings of shame, low self-esteem, and feeling overwhelmed and out of control.

Overcoming Clutter's Negative Effects

The adverse effects of living in a cluttered house can be effectively addressed through decluttering strategies and organisational habits. Decluttering involves sorting belongings and discarding or donating items that are no longer needed or used. This process can be daunting but ultimately leads to a more organised and functional living space.

Once decluttered, maintaining organisation is crucial to prevent clutter from accumulating again. This involves establishing designated storage areas for belongings, developing regular decluttering routines, and adopting a mindful approach to acquiring new items. By implementing these strategies, individuals can transform their living spaces into havens of peace, order, and well-being.

The 10-Step Tactical Plan

1. Establish the Right Mindset

Before embarking on the decluttering journey, it's crucial to set the stage for success by adopting the right mindset. Approach decluttering as an opportunity to enhance your living space and simplify your life. Decluttering is not about getting rid of everything; it's about making conscious choices about what truly serves you.



2. Gather Essential Decluttering Tools

To streamline the decluttering process, equip yourself with the necessary tools. Gather boxes, bags, packing tape, markers, and a camera. Boxes will store items for keeping, donating, or selling, while bags will hold trash and recyclables. Packing tape will secure boxes and bags; markers will help you label them clearly. The camera will help capture images of items you're unsure about, allowing you to revisit them later.

3. Start Small and Conquer Gradually

Tackling an entire home at once can feel overwhelming. Instead, break down the decluttering process into manageable chunks, focusing on one small area at a time. This could be a closet, a drawer, or even a single shelf. Once you've successfully decluttered one area, move on to the next, gradually expanding your decluttering reach.

4. Embrace the "Keep, Donate, Bin" Mantra

As you sort through your belongings, employ the "keep, donate, toss" mantra to make clear-cut decisions.

Keep: These are items that you use regularly or hold sentimental value.

Donate: These items are still in good condition but no longer serve your needs. Consider donating them to charity shops, thrift stores, or online retailers that support worthy causes.

Bin: These items are broken, damaged, or no longer usable.

Dispose of them responsibly through recycling or proper waste disposal channels.

5. Exercise Ruthlessness and Embrace Letting Go

Letting go of sentimental items can be challenging. Still, it's essential to be honest about whether they bring you joy or just occupy your space. If an object takes up space without adding value to your life, consider letting it go to make room for things that genuinely matter.

6. Resist Procrastination and Embrace Momentum

Decluttering can easily fall into the 'to-do' pile, but procrastination only leads to a growing clutter mountain. Resist the urge to delay and start decluttering today. Once you gain momentum, the process will become more manageable and rewarding.

7. Tidy One Thing Every Time You Move

Every time you go from one room or floor to another, you will notice clutter: a pair of shoes discarded by the front door, a recipe book left on the worktop. Dirty clothing dropped by the bed. Just pick it up as you pass and put it away. This simple low-effort tactic soon develops into an automatic habit.

8. Integrate Decluttering into Your Routine

Decluttering is an ongoing process, not a one-time event. Schedule regular decluttering sessions into your routine, perhaps dedicating 15-30 minutes each week to tackling a specific area. This proactive approach will prevent clutter from accumulating and keep your home organised.

9. Celebrate Your Achievements and Stay Motivated

Acknowledge and celebrate your decluttering accomplishments. After decluttering a room or area, take time to appreciate the transformed space and reward yourself. This positive reinforcement will keep you motivated and engaged in the decluttering journey.

10. Seek Support When Needed

Decluttering can be an emotionally charged process. If you feel overwhelmed or struggle to make decisions, don't hesitate to seek support from friends, family, or professional organisers. Their guidance and encouragement can make a significant difference.

Decluttering your home can seem like a lot of work, but step by step, you will soon be enjoying the positive effects of the clutter-free journey.

A Tapestry of Timekeeping

A Chronological Journey Through Date Systems

Calendars, as fundamental tools for human civilisation, have enabled us to meticulously track the passage of time, coordinate activities, and maintain historical records with precision. Throughout the annals of history, diverse cultures have ingeniously crafted their own unique calendar systems, each reflecting their astronomical observations, religious beliefs, and agricultural practices. Let's embark on a chronological journey to explore some of the most notable date systems that have shaped the world's temporal narrative.

Ancient Near East: Laying the Foundation of Timekeeping

Egyptian Calendar: A Calendar Aligned with the Life-Giving Nile:

The Nile River's annual flood, a life-sustaining phenomenon for ancient Egypt, inspired their calendar. Based on the observation of Sirius, a bright star that heralded the flood's arrival, the Egyptian calendar consisted of 12 months of 30 days each, with five additional days added at the year's end. With its roots in astronomical observation, this solar calendar ensured a consistent alignment between the calendar and the agricultural cycle, vital for a society heavily reliant on agriculture.

Mesopotamian Calendar:

A Lunisolar Harmony:

The Sumerians and Babylonians, pioneers of the ancient Near East, developed a lunisolar calendar, harmonising the cycles of the moon and the sun. Comprising 12 months of 29 or 30 days, an intercalary month was periodically inserted to align the lunar year with the solar year. This ingenious system reflected their understanding of celestial movements and balanced religious observances and agricultural practices.

Ancient Greece and Rome:

Refining Calendrical Systems

Greek Calendar: A Tapestry of City-State Calendars:

Reflecting the diverse city-states of ancient Greece, the Greek calendar adhered to the lunar cycle, with variations among different city-states. It consisted of 12 or 13 months, with an intercalary month added when necessary. The Greeks also introduced the concept of Olympiads, four-year cycles used to date athletic competitions. This diversity of calendars highlighted the autonomy and cultural richness of ancient Greece.

Roman Calendar:

A Calendar Rooted in Practicality:

In 46 BC, Julius Caesar initiated a significant reform of the Roman calendar, resulting in the Julian calendar. A solar calendar with 12 months of 29, 30, or 31 days, the Julian calendar introduced an intercalary day every four years to maintain alignment with the solar year. This practical and accurate system facilitated agricultural planning, trade, and governance in the Roman Empire.

Medieval and Early Modern Era: Diversification and Adaptation

Islamic Calendar: A Lunar Guide for Religious Observances:

Guiding religious observances, the Islamic calendar adheres to the lunar cycle, consisting of 12 months of 29 or 30 days. No intercalary month is incorporated, resulting in a lunar calendar that drifts away from the solar year. This lunar-based system aligned with Islamic religious practices, ensuring that holy days and festivals coincide with the lunar phases.

Hebrew Calendar:

A Blend of Lunar and Solar Cycles:

Blending lunar and solar cycles, the Hebrew calendar serves religious

purposes, comprising 12 or 13 months, with an intercalary month added when necessary. Israel officially adopted the Hebrew calendar. This hybrid system accommodated lunar and solar aspects, balancing religious observances with agricultural needs.

Modern Era: Refining and Universalization

Gregorian Calendar:

A Calendar for a Globalised World:

Pope Gregory XIII 1582 introduced a refinement of the Julian calendar, giving rise to the Gregorian calendar. This solar calendar features 12 months of 29, 30, or 31 days, with an intercalary day added every four years, except for centenary years not divisible by 400. The Gregorian calendar has become the world's predominant calendar system. This highly accurate and internationally recognised calendar facilitated global coordination, trade, and communication in an increasingly interconnected world.

Conclusion: A Legacy of Timekeeping Innovations

The evolution of date systems throughout history mirrors human civilisation's ingenuity and cultural richness. Each calendar system, a testament to astronomical insights, religious beliefs, and agricultural practices, has shaped our understanding of time and its profound impact on human endeavours. As we navigate the complexities of the modern world, calendars remain indispensable tools for coordinating global activities, preserving historical records, and charting our collective journey through time. These intricate systems of timekeeping serve as a reminder of humanity's enduring quest to comprehend and measure the passage of time.




 Atlantic 1944
 Norway 1944 - 45
 Arctic 1944 - 45
 Festival of Britain 1951
 PB Campaign
 Operation Hurricane 1952



BNTVA

the Museum for Atomic Veterans

Atomic Airfields

Uncovering the Hidden History of Britain's Nuclear Test Program

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Preserving History

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Mr John Walter Wright

Served at Maralinga 1958

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Atomic Airfields

Uncovering the Hidden History of Britain's Nuclear Test Program

The BNTVA Museum has embarked on an ambitious new project. Partnering with other members of the Cold War Network, it will delve into the history of the airfields that played a crucial role in Britain's nuclear test program.

A Comprehensive Exploration

Our research team is dedicated to uncovering the stories behind these airfields, from their construction, activities during the tests and their subsequent history. We're gathering information from various sources, including maps, images, and personal accounts, to create a comprehensive and engaging exhibit.

Your Contribution Matters

We believe we've identified all the airfields involved, but we welcome any additional information or insights you may have. Your knowledge could be the missing piece of the puzzle. Please let us know if you know of any airfields we've missed.

Sharing the Story

The research findings will be shared through publications from Cold War Network member organisations. The centrepiece of this project will be a mobile exhibition that doesn't just present information but invites you to step into history. This interactive experience, with its traditional information panels and cutting-edge augmented reality technology, will bring the history of these airfields to life, allowing visitors to explore the past through audio and visual elements.

Preserving the Past for the Future

By exploring the history of these airfields, we aim to deepen our understanding of the UK's nuclear weapons testing program and its lasting impact on the environment and the communities involved. This project will also expand the reach of the Cold War Network and its member organisations.

How You Can Help

Do you have any memorabilia, photographs, letters, forms, or souvenirs related to any of the airfields listed? Do you have personal stories or recollections about any of these airfields?

Your contributions will help us piece together the complete story of these historic sites and ensure that their legacy is preserved for future generations.

We are particularly interested in contacting veterans who would be willing to collaborate with us to create a series of recorded interviews about the airfields.

Please get in touch with the project team at office@bntva.museum or in writing to;

BNTVA Museum
PO BOX 8244
Castle Donington
DE74 2BY

List of Atomic Airfields

Aeon Field (Christmas Island, Kiribati)
Amberley WA
Beadon Bay WA (Sunderland Flying Boats)
Broome WA
Canton Island (Kiribati)
Carnarvon Airfield WA
Cassidy Field (Christmas Island, Kiribati)
Darwin Airfield NT
Edinburgh Field SA
Emu Field SA
Fairbairn ACT
Garbutt QLD
Goose Bay (Canada)
Honolulu (Hawaii)
Lauthala Bay (Fiji)
Malden Island (Kiribati)
Maralinga Airfield SA
Montebello Islands Lagoon WA (Flying Boats)
Onslow WA
Pearce WA
Tongareva (Penrhyn, Cook Isles)
Richmond WA
Townsville QLD
Whenuapai, NZ
Woomera SA

List of UK Atomic Airfields

RAF Finningley
RAF Honington
RAF Lyneham
RAF Marham
RAF Weston Zoyland
RAF Wittering
RAF Wyton

Project Partners and Associated Organisations



www.airfieldresearchgroup.org.uk



www.coldwarnetwork.co.uk



www.coldwarconversations.com



BNTVA
the Museum for Atomic Veterans

The Nuclear Community
Charity Fund
Making that difference



www.bntva.museum
www.thenccf.org



Preserving History

Donating to the BNTVA Museum



BNTVA
the Museum for Atomic Veterans

The British Nuclear Test Veterans Association (BNTVA) Museum is dedicated to preserving the history of the British nuclear test programme. The museum houses a growing collection of artefacts, photographs, and documents that tell the story of this significant period in British history. Your memorabilia, photographs, or letters relating to the British nuclear test programme are not just items, but vital pieces of history. By donating them to the BNTVA Museum, you play a crucial role in preserving this important history.

Why Donate?

Donating your items to the BNTVA Museum will help to ensure that the history of the British nuclear test programme is not forgotten. Your items will be preserved for future generations to learn from and appreciate. Your donation will also support the important work of the BNTVA Museum, which is dedicated to educating the public about the history of the British nuclear test programme and supporting the veterans who participated in it. Your contribution will inspire and educate others about this significant part of British history.



What to Donate

The BNTVA Museum is interested in a wide range of items related to the British nuclear test programme, including:

- Photographs
- Letters
- Diaries
- Personal belongings
- Uniforms
- Medals
- Badges
- Equipment
- Documents

How to Donate

If you are interested in donating items to the BNTVA Museum, please contact the museum directly. You can contact the museum by phone, email, or post. The museum staff will be happy to answer any questions you may have about the donation process.

When you contact the museum, please be prepared to provide the following information:

- A description of the items you wish to donate
- The provenance of the items (where they came from and how you acquired them)
- Any information you have about the history of the items
- The BNTVA Museum will carefully assess your donation and determine the best way to preserve and display your items. The museum may also contact you for further information about your donation.

By donating your items to the BNTVA Museum, you will help preserve an important part of British history. Your donation will also help support the museum's important work and ensure that the stories of the British nuclear test veterans are never forgotten.

Contact us:

Wesley Perriman Curator
BNTVA Museum
PO Box 8244
Castle Donington
DE74 2BY

Telephone
0115 8883 442



Mr John Walter Wright

My mothers long time partner was Mr John Walter Wright, born in 1935, and we believe his service number was 5023869.

He did his 2 years national service aged 21, and then did an additional year service in 1958 (or so). So, aged 23, he was posted to Edinburgh Field, near Adelaide, Australia where he witnessed the atomic bomb tests at Maralinga. He didn't know what he had signed up for: his intention was just to 'see the world'.

He and the other men stood just 5 miles away from the explosion, dressed in t-shirts and shorts, and were merely told to stand with their back towards it for 5 minutes. His main work was looking after the library of technical journals and books, and one of the jobs was to clean the books after the aircrew had flown through the atomic dust clouds.

Many of his comrades have suffered from illness as a result of being present for these tasks. He suffered several bouts of skin cancer, but luckily lasted to aged 89. In the last year he was diagnosed with bowel cancer, although we are still awaiting results on whether it was caused by a genetic factor or the nuclear test.

Sadly he never got to wear his new medal to the Remembrance Day parade, as it was only issued in 2024, dying on 5th November 2024. His medals are going to be worn on Anzac day by his son David, who lives in New Zealand. He also leaves a daughter, Stella.

I hope this is of interest.
regards.



John Walter Wright

BNTVA Coffin Drape

In the coming months the BNTVA will take possession of 5 more drapes to accompany the new one they had produced last year.

BNTVA Coffin Drape

If you wish to order the Drape for one of your loved ones then please contact us at:

funerals@bntva.com

The BNTVA will cover the costs for the drape service, we received a legacy last year which went towards ordering new drapes and it also covers the costs of postage for a little while.

We normally send the drape direct to the funeral director you are using. This saves you the responsibility during your time of grief. Your funeral director will then send the drape back to us after your service.

At the moment we have 1 drape in service. If you need to order the drape, please do so as soon as you can. We can usually arrange with the previous director to send it direct to another director to save time. When we receive the new drapes this should no longer be an issue.

BNTVA Roll of Honour

The BNTVA Museum are re-compiling the memorial list from our archives. There have been a few versions over the years and some of the data has been lost at some point.

If anyone would like their loved ones to be added to the roll of Honour or you can add information to anyone on this list please get in touch, with our curator Wesley:

w.perriman@bntva.com



Terry Brown (ex RAF Sergeant) who was posted to Christmas Island during Operation Grapple

The Roll of Honour can be found at https://www.bntva.com/roll_of_honour
We have the facility to put a photograph and a small paragraph about each veteran if you provide that information.



Exposure Winter 2024 Editorial

The CHRC Highlight the work of the International Commission on Radiological Protection ICRP.

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A summary of ICRP Task Group 121

Effects of ionizing radiation exposure in offspring and next generations

P31

Exposure Editorial Winter 2024



In this Edition of Exposure, I would like to highlight work of the International Commission on Radiological Protection (ICRP) ICRP. The ICRP is an 'independent, international organisation that advances for the public benefit the science of radiological protection' and works to provide recommendations and guidance on all aspects of radiation protection.

It comprises a Main Commission, four standing Committees;

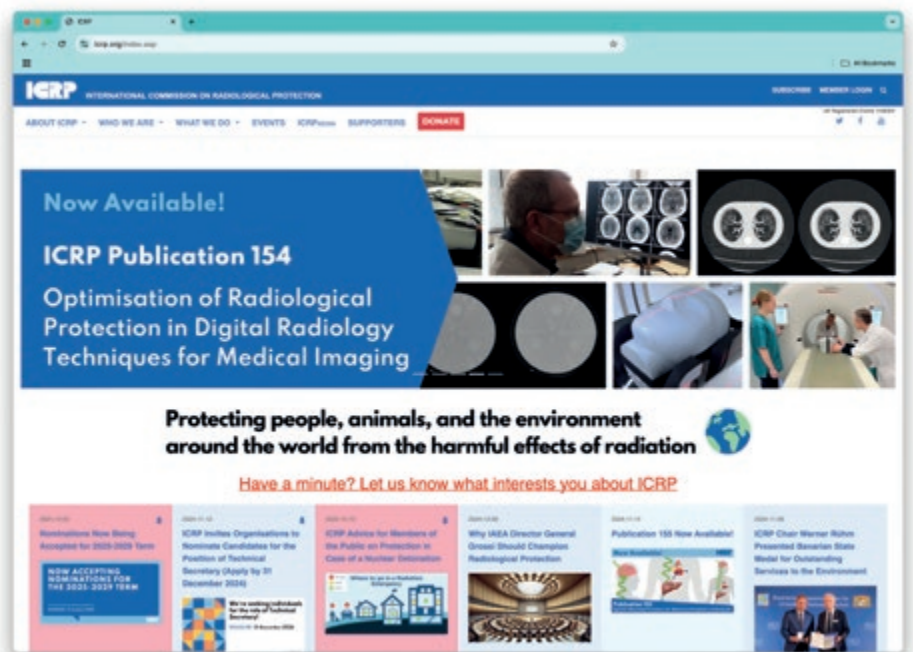
- Committee 1: Effects
- Committee 2: Doses
- Committee 3: Medicine and
- Committee 4: Application and, a series of Task Groups ICRP.

In 2022 Task group 121 was set up with the purpose of updating our understanding of the scientific literature related to effects for the offspring of individuals exposed to ionising radiation, for both human and non-human species.

It is expected to publish the outcomes of its work in 2026 and in doing so, also provide advice about the level of evidence and consideration of these effects for humans and non-human biota. In this edition of Exposure, I summarise progress and highlight the contributions CHRC has made in support of Task group 121's objectives.

Thank you again to all our volunteers who have contributed to all of our projects and published works Peer-reviewed Articles - Centre for Health Effects of Radiological and Chemical Agents.

<https://chrc4veterans.uk/articles/peer-reviewed-articles/>



Visit the ICRP website at <https://www.icrp.org/>



Prof. Rhona Anderson - CHRC

I wish you all a restful festive period.

**Professor Rhona Anderson,
Director, CHRC**

A summary of ICRP Task Group 121: Effects of ionizing radiation exposure in offspring and next generations

We are all exposed to varying doses or amounts of ionizing radiation as a consequence of our occupation, from the environment or from the many and increasing applications of ionizing radiation in medical practice.

The potential that such exposures in a parent can lead to adverse health effects in their unexposed children is an ongoing issue for the general public and a major concern for those parents who have been exposed to known doses or in the absence of dose information, those who believe they were at risk of being exposed. Scientifically, there is a lack of knowledge about the fundamental mechanisms which underpin potential radiation-induced genetic (i.e. passed to next generation) diseases, the contribution of epigenetic processes if any, and how lifestyle, physiological, and maternal vs paternal factors may contribute to any adverse outcome (disease). This means there remains a great deal of uncertainty in estimating and communicating on potential risks.

In the current system of radiological protection, effects of in utero exposures on humans are considered as tissue reactions (or deterministic effects) (see *Radiation and Tissue – Centre for Health Effects of Radiological and Chemical Agents for general information* <https://chrc4veterans.uk/knowledge-hub/knowledge-hub-basic-facts/radiation-and-tissue/>)

whereas heritable effects (see *Radiation and Heredity – Centre for Health Effects of Radiological and Chemical Agents for general information*) <https://chrc4veterans.uk/knowledge-hub/knowledge-hub-basic-facts/radiation-and-heredity/> are considered as stochastic effects. That means that congenital malformations are considered both as deterministic and stochastic effects, depending on the exposure situation i.e. where exposure is of the embryo or foetus during pregnancy, termed as post-conceptual or where exposure is of the parent's germ (sperm or egg) cells before conception, termed as pre-conceptual.

The question of radiation effects in children and next generations was previously reviewed by the United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR) in their 2001 Report titled 'Heredity Effects of Radiation' *UNSCEAR 2001 Report* <https://www.unscear.org/unscear/en/publications/2001.html>.

The NCRP Report No.174 also covered this subject in 2013 *Report No. 174 – Preconception and Prenatal Radiation Exposure: Health Effects and Protective Guidance (2013)* -

NCRP | Bethesda, MD. <https://ncrponline.org/shop/reports/report-no-174-preconception-and-prenatal-radiation-exposure-health-effects-and-protective-guidance-2013/>

Thus, to update and to inform the International Commission on Radiological Protection (ICRP) global recommendations, the ICRP Main Commission set up a Task Group (TG 121) to examine the 'Effects of ionizing radiation exposure in offspring and next generations.'

The objectives of Task Group 121 are:

- to update the review of the scientific literature related to radiation-induced effects for the offspring of individuals exposed to ionising radiation, for both human and non-human species. The review will have two major parts:
 - pre-conceptual effects due to the exposure of parents
 - postconceptional effects of radiation due to the exposure of the embryo and foetus
- to provide advice about the level of evidence and consideration of these effects in the system of radiological protection for humans and non-human biota.

To commence the work, a symposium was held from May 31 – June 02, 2022, in Budapest, Hungary. Two scientific groups of the European Union, the Multidisciplinary European Low Dose Initiative (MELODI) and the European Radioecology Alliance (ALLIANCE), participated in this symposium along with international members of the task group and invited scientists. As an invited participant, I shared published evidence from the Genetic and Cytogenetic Family Trio study and contributed to the workshop discussions.

Outcomes from discussions and presentations at the workshop identified new publications of relevance and gaps in the current scientific literature for priority consideration for new research.

Another outcome was the commitment to prepare a number of manuscripts for publication in a special issue of the *International Journal of Radiation Biology* titled *Effects of ionising radiation exposure in offspring and next generations*. <https://www.tandfonline.com/toc/irab20/100/9>

This online publication is ongoing with eight reviews and two primary articles already published *International Journal of Radiation Biology*: Vol 100, No 9. CHRC researchers led on one of these reviews, Stephens et al., 2024 'Human evidence for intergenerational effects of ionising radiation' and co-authored an associated follow-up review, Amrenova et al., 2024 'Intergenerational effects of ionizing radiation: review of

recent studies from human data (2018–2021)'. As with all of CHRCs peer-reviewed publications, these are publicly available to all via the link *Peer-reviewed Articles – Centre for Health Effects of Radiological and Chemical Agents* <https://chrc4veterans.uk/articles/peer-reviewed-articles/>), additionally an overview of Stephens et al., can be found in this summer's 2024 edition of *Exposure*.

ICRP Task Group 121 expect to publish the outcomes of its work in 2026 which will contribute to ICRPs recommendations and provide advice about the level of evidence and consideration of these effects for human and non-human species.



I think I need help - How do I get it?

- Are you a member of the British Nuclear Test Survivor Community based in the UK?
- Do you have issues affecting your daily life?
- Struggle getting up and down stairs?
- Can't sleep properly?
- Difficulty walking to the shops
- Difficulty Bathing?

If you feel you need help but are not sure exactly what is available we have a range of assessment options to identify goods and services that can address your suffering and enhance your wellbeing. Contact us to apply via:

Email
office@thenccf.org

Telephone
01158 883 442



BNTVA Museum Shop

The BNTVA shop is about to be restocked. New the new stock will be photographed and included on the shop website page which can be found at: <https://www.bntva.com/shop>



Proud Descendant of a Nuclear Test Veteran - Pin badge £5.00



Proud to be a Nuclear Veteran - Pin badge £5.00



Proud to be a Wife of a Nuclear Test Veteran - Pin badge £5.00



BNTVA Lapel Pin £5.50



Guinea Pig Ship, HMS Diana 1956-57 by Brian Marshall £17.50



BNTVA Blazer Badge £12.00



Christmas Island Challenge coin £10.00



Montebello Islands & Maralinga Challenge coin £10.00



Operation Grapple Challenge coin £10.00

The stock to be added will include: Guinea pig books, BNTVA ties, BNTVA caps, Snowstar thermal hats, Beanie hat (bobble), Beanie hat (no bobble), Gilet S L XL XXL, Fleece S M L, Red Polo M L XL 2XL, Navy Polo M L XL, White Polo L XL

Looking for lost pals



If you are looking to find and get in touch with long lost pals or anyone you may have served with, let us know who you are and where and when you served. We will publish your request here and will forward any replies onto you.

If you have any information or want to get in touch:

Call **01158 883 442**

Email **editor@exposure.press**

Or write to:

Exposure
PO Box 8244
Castle Donington
DE74 2BY

We cannot publish personal information in the magazine but will pass this on to anyone wishing to make contact.

Cold War Conversations

The award-winning oral history project preserving the stories of the Cold War before they are lost...

If you'd like to hear interesting stories from the Cold War you can listen for free at:

- Apple Podcasts
- Spotify
- Youtube
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If you'd like to tell your story you can contact Ian Sanders at: **ian@coldwarconversations.com**



<https://coldwarconversations.com/>

“ Each episode is very engaging and enjoyable. It's great to listen to real life stories from the people who experience all this first hand and lived through it. This podcast is an invaluable resource for anyone interested in Cold War history and the host does a great job letting the each guest shine and tell their stories.

tommy1583 via Apple Podcasts Ireland

Dates for Your Diary

2025



Nuclear Veterans Convention 2025

Hilton Hotel East Midlands Airport – See page 04 for details and how to book. A reminder of the event will be in the next Issue Spring (March) 2025.



All Tests Reunion 2025

Pontins, Sand Bay, Weston-Super-Mare
The adult-only reunion brings together Veterans and their families for a week-long holiday.

To Book call **0203 286 3988**
or visit: www.labrats.international/atr



National Service of Remembrance 2025

Cenotaph, Whitehall, London. We will publish details for booking in the next edition of the Exposure.

If you have an event planned in 2025 and would like to let the readership know about it, contact us on **0115 888 3442** and leave a message or email editor@exposure.press

Contacting the NCCF

A reminder of how to contact the NCCF or Exposure Magazine.

If you need to contact us the easiest ways are by phone **01158 883 442**

or by email
office@thenccf.org or
editor@exposure.press

Important

All calls go through to our answer machine. If you do call please clearly leave your name and a number for us to call you back.

One of our staff should receive a notification that a message has been left and we can retrieve this to call you back.

If your phone service includes number blocking / privacy, you must leave your number so we can call you back to you.



exposure

The combined magazine for the nuclear community

Next issue copy deadline for all editorial sections: 28th February 2025

Contributions for exposure magazine should go to the relevant section editor:

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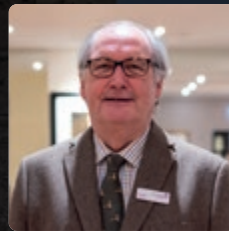
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