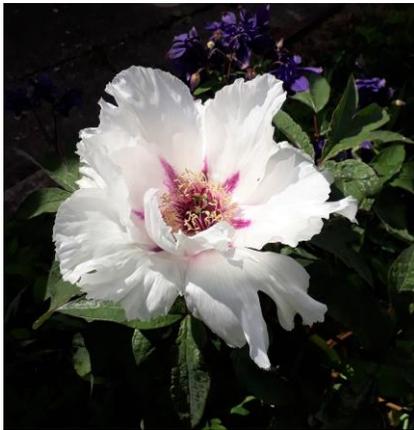


Editor: Hilary Robb



- 1. Face Coverings**
- 2. Free Online Talks from Mirthy**
- 3. Covid-19 Scams**
- 4. Quiz - Answers**
- 5. A bit of fun**

DEAR ALL

I hope you are all still keeping well and managing to cope with lockdown as best you can. Although restrictions are being eased slowly in Scotland, I think it will still be a couple of months before we can consider holding branch meetings again. In the meantime, I will continue to update you of any developments through this digital newsletter. We have found a printer to produce the Scottish Newsletter so I will be able to send out a printed newsletter to all our members in Scotland. If you have anything you would like to have included in this, any messages from your branch to your members or to those throughout the country, please let me know either by phone on 0131 333 3699 or by email to scotland@nhsrf.org.uk. The cut-off date for any articles, snippets or photos is Wednesday 24th June 2020. This is a good way to contact all your members at no cost to the Branch!

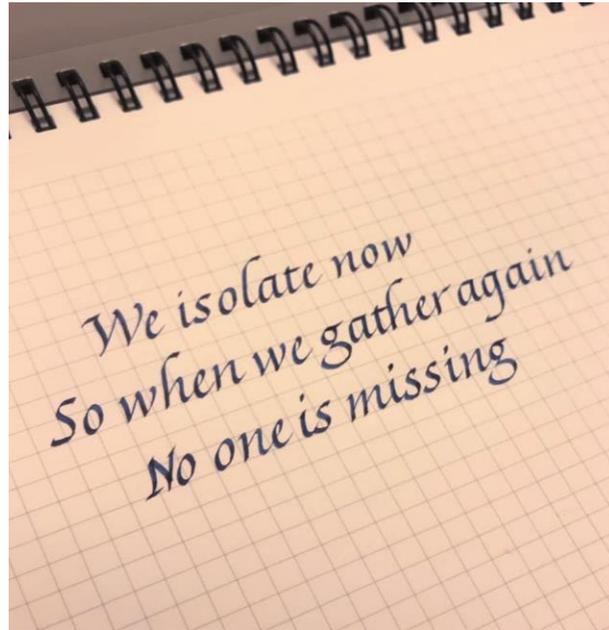
A big thank you must go to volunteers and friends from Edinburgh Branch who have continued to make uniform laundry wash bags for NHS and frontline workers. We have been able to supply the Scottish Ambulance SORT Teams at Newbridge outside Edinburgh with 60 bags. Scottish Ambulance operate three Special Operations Response Teams (SORT), these are based regionally in the North, East and West of Scotland. These teams are specially and extensively trained and equipped to deal with major incidents of any kind as well as chemical, biological, nuclear or radiological incidents. They also operate tested procedures for the clinical decontamination of patients in the event such an incident. Their teams

are being used to transfer suspected Covid-19 patients to hospital.

If you are looking for something to stimulate your “little grey cells” during lockdown, have a look at the free courses via the Open University <https://www.open.edu/openlearn/free-courses/full-catalogue>

It would be great to share your stories, amusing anecdotes, new hobbies or projects (there’s been a lot of gardening and decorating) about Life in Lockdown. Let us know about any new skills you’ve mastered and remember there is information about the Fellowship on the website www.nhsrf.org and on the NHS Retirement Fellowship Facebook site <https://www.facebook.com/groups/117538834934279>

Thank you to Mary Stewart for sending in the following message

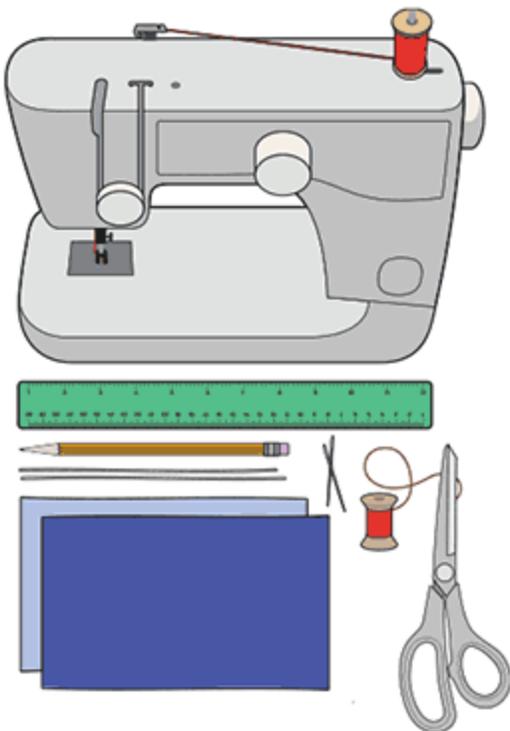


FACE COVERINGS

It seems likely that we will need to wear face coverings when we are out and about in future and the Centre for Disease Control have supplied the following instructions for both sewn and non-sewn masks.

Sew and No Sew Instructions

Sewn Cloth Face Covering

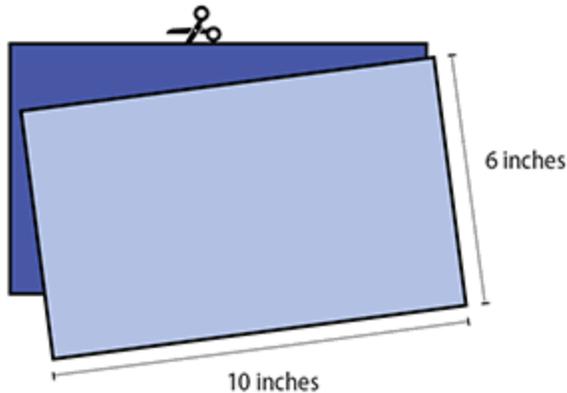


Materials

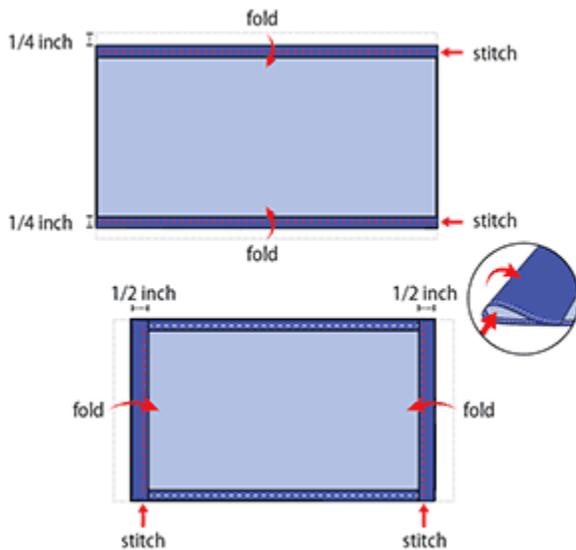
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

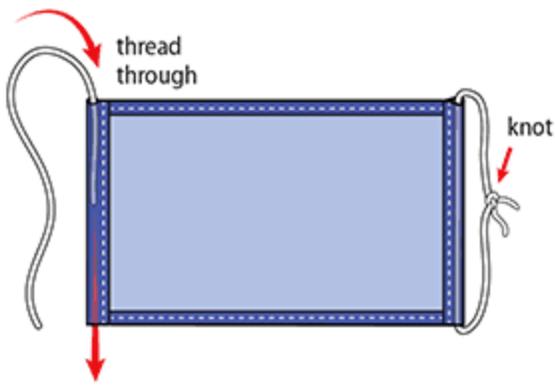


2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

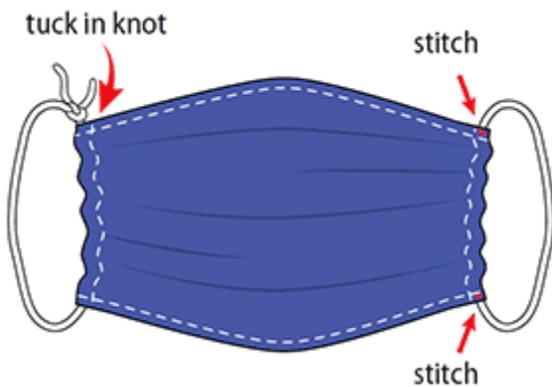


3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

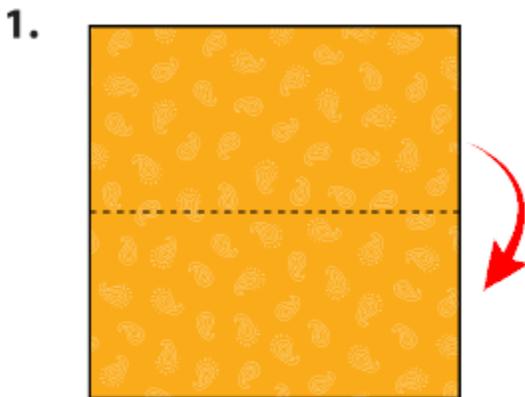


Non-sewn Face Covering

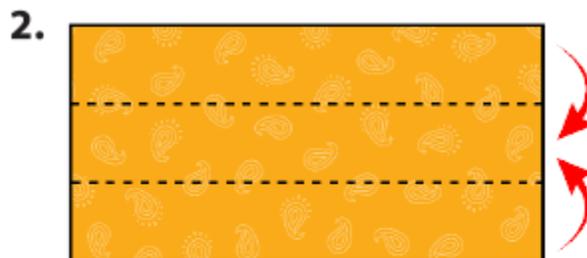
Materials

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



Fold bandana in half.



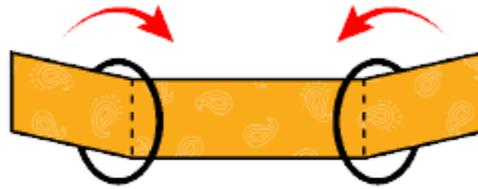
Fold top down. Fold bottom up.

3.



Place rubber bands or hair ties about 6 inches apart.

4.

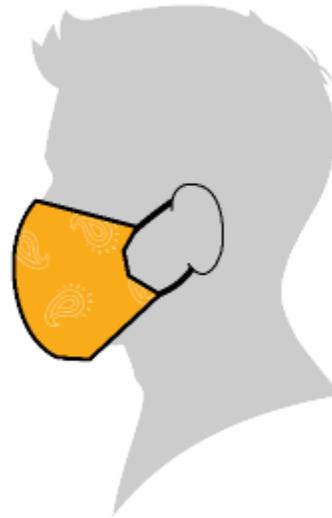


Fold side to the middle and tuck.

5.



6.



Make sure your cloth face covering:

- fits snugly but comfortably against the side of the face
- completely covers the nose and mouth
- is secured with ties or ear loops
- includes multiple layers of fabric
- allows for breathing without restriction
- can be laundered and machine dried without damage or change to shape

MEMBER BENEFIT – FREE TALKS BY MIRTHY

As previously highlighted, Mirthy are very kindly offering NHSRF members access to free talks for the duration of lockdown. Over 200 members have listened to the first two talks and thoroughly enjoyed them. Here are details of the next three talks which I will certainly be signing up for and I hope many of you will do too. To sign up for any talks, please register at www.mirthy.co.uk/NHSRF

Bruges: It's More Than Just Chocolate!

Tuesday 16 June at 11am

Although famous for its chocolate, Melanie Gibson-Barton sets out to prove that the Gothic city represents more than just this popular delicacy. In this talk, she gives insight into another culture, encompassing the history and geography, together with all the modern aspects of the attractive city.

(Talk length - 35 minutes + Q&A)



My Favourite Poisons

Tuesday 30 June at 11am

A darkly humorous look at 19th century medicine. Queen Victoria's reign saw great changes as medicine developed from herbals and medieval-style alchemy, towards modern pharmacy. Ingenuity, profiteering, well-meaning ignorance and often dubious skills offered doctors and the public relief with remedies and pain relief. Some made fortunes, some made disastrous mistakes. This talk by Graham Harrison covers some of his favourites with anecdotes and accounts that will astound and amuse. (Talk length - 27 minutes + Q&A).



Travels with a penguin to Antarctica

Tuesday 14 July at 11am

Travels With a Penguin' is not a talk about penguins. It's not exactly a talk about travels either – at least it's not the standard 'where I went on my holidays' type of talk. It's the story of how an ordinary woman in her fifties, walked away from her comfortable life, gave up her job, sold her home, and set off to travel all the way around the world to do some of the things on her 'wish list' – all with only a small stuffed penguin for company. Pen talks about how she came to make this decision, some of the things she did on her travels, and the effect the journey had on her.



KEEPING SAFE DURING LOCKDOWN

It is unfortunate that unscrupulous people are taking advantage of the coronavirus pandemic to target people with scams relating to the virus and lockdown. To help you keep safe and beat them, here are some current scams doing the rounds:

COVID-19 scams identified include:

Doorstep crime

- Criminals targeting older people on their doorstep and offering to do their shopping. Thieves take the money and do not return.
- Doorstep cleansing services that offer to clean drives and doorways to kill bacteria and help prevent the spread of the virus.

Anthea's weekly suggestions for TV films TV films and programmes during the coming week

As usual, I have tried to offer a selection to suit a variety of tastes and have included films that branch members have seen at one of our monthly cinema visits. After all, you may like to watch them again - or maybe you missed out on our visit. I seem to have picked a number of documentaries / docu/dramas this week.

SATURDAY THE QUEEN'S OFFICIAL BIRTHDAY 10.30AM AND 5.55PM – BBC 1 POMP AND PAGEANTRY FOR ROYALISTS

GOODBYE CHRISTOPHER ROBIN - 7.05PM - C4 BIOGRAPHICAL DRAMA OF WRITER AA MILNE

THE UNWANTED: THE SECRET WINDRUSH FILES – 8.15PM – BBC2 2017 DOCUMENTARY FROM DAID OLUSOGA

FINDING YOUR FEET - 9.15PM – C4 MARVELLOUS CAST BUT MIXED REVIEWS (“STARRY MISFIT THAT... FALLS FLAT ON ITS FACE”)

GREAT PAINTINGS OF THE WORLD – 8.15PM - CHANNEL 5 ANDREW MARR'S ART HISTORY CLASS

SUNDAY

THE SALISBURY POISONINGS – 9.00PM – BBC1 DRAMA OVER 3 CONSECUTIVE NIGHTS BASED ON THE PUBLIC HEALTH EMERGENCY IN SALISBURY (1 OF 3 CONTINUES ON MONDAY AND TUESDAY)

THE QUEEN AND THE COUP – 9.00PM – C4 DOCUMENTARY ON THE 1953 COUP D'ETAT IN IRAN – “A YARN OF M16 AND CIA INTRIGUE”

PHILOMENA – 10.30PM – BBC1 JUDI DENCH AND STEVE COOGAN IN THE FACT BASED DRAMA

MONDAY

THE YORKSHIRE DALES AND THE LAKES: FARMING LIVES – 9.00PM – MORE 4 DOCUMENTARY

THE PLANETS – 7.00PM – BBC2 PROFESSOR BRIAN COX EXPLORES THE EIGHT WORLDS THAT MAKE UP OUR SOLAR SYSTEM (1 OF 5 CONTINUES TUESDAY AND THE REST OF THE WEEK)

INSIDE MONACO – 9.00PM – BBC2 DOCUMENTARY

VERY IMPORTANT PERSON – 1.15PM – TALKING PICTURES STANLEY BAXTER, LESLIE PHILIPS, ERIC SYKES AND JAMES ROBERTSON- JUSTICE 1961 WAR COMEDY

TUESDAY

THE ARCHITECTURE THE RAILWAYS BUILT – 8.00PM – YESTERDAY

DOCUMENTARY ROSS KEMP: LIVING WITH DEMENTIA – 11.45PM – ITV (CONTINUES THURSDAY @7.30PM)

WEDNESDAY

KEEPING BRITAIN FED - 8.00PM – BBC2 HOW SUPPLIERS AND SUPERMARKETS HAVE COPEd DURING THE THE CORONAVIRUS CRISIS

THE SOCIAL NETWORK - 9.00PM - SONY MOVIES

THURSDAY

TUTANKHAMUN IN COLOUR – 9.00PM - BBC2

DOCUMENTARY HILLARY – 9.00PM – SKY DOCUMENTARIES HILLARY CLINTON

BULLITT – 10.00PM – ITV4 STEVE MCQUEEN AS A MAVERICK COP

THE WINSLOW BOY – 5.30PM – TALKING PICTURES ROBERT DONAT DEFENDS A NAVAL CADET CHARGED WITH THEFT 1949

FRIDAY

SUPERCHARGED OTTERS – 9.00PM BBC 2 FOLLOWING THE PROGRESS OF THREE OTTER ORPHANS

NOTTING HILL - 9.00PM ITVBE HUGH GRANT AND JULIA ROBERTS

TERMS OF ENDEARMENT - 10.00PM- 5 SELECT SHIRLEY MACLAINE, DEBRA WINGER AND JACK NICHOLSON - 5 OSCARS

WAR OF THE WORLDS – 11.45PM – BBC 1 STEPHEN SPIELBERG'S ADAPTATION OF THE HG WELLS CLASSIC

DO ANY OF YOU LISTEN TO THE RADIO? MICHAEL SPICER: BEFORE NEXT DOOR – 11.00PM – RADIO 4 HAS BEEN RECOMMENDED TO ME -“ THE COMEDIAN WHOSE RUNNING COMMENTARIES ON THE INANITIES OF POLITICIANS HAVE PROVED TO BE SUCH A HUGE HIT ONLINE”

Dog Tales

This is Buddy , I bought him as a surprise present for my husband but it turns out he's allergic to dogs . So unfortunately I'm going to have to find a new home for him , and I'm just wondering if anyone out there can help ? . His name is Alan, he's 61, great at DIY, drives a nice car and plans wonderful holidays.



A Senior's Version of FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.