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Dear All

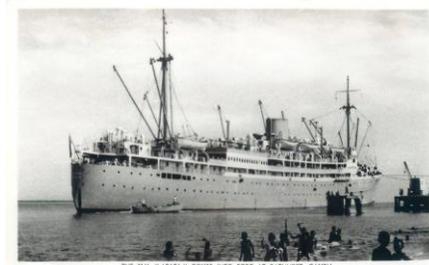
Welcome to our 4th Newsletter. A note from NHS England "On Sunday 5 July, the day the NHS was founded, the whole country is invited to come together at 5pm to applaud all those who have been helping us through the pandemic and recognise the vital community connections that continue to support us all. Broadcasters will suspend normal transmissions at 5pm. Everybody will be encouraged to stop what they're doing and join with others (following social distancing advice of course) in their streets or neighbourhoods to applaud not just the NHS and other key workers but all those who have volunteered or helped keep services and community networks going. Following the applause, we hope people will enjoy a drink or a cup of tea and reflect with family, friends and neighbours on the bonds that have sustained us in recent months and will continue to do so".

Member Spotlight - Remi Clarke, Joint-Treasurer, South Manchester Branch



I want to start my story from the very beginning, meaning my journey to the UK as a naive 18 years old, to study Nursing/Midwifery. My name is Remi Clarke nee Allen. I am a retired Midwife; my last post was Community Midwife Team Leader with South Manchester University Hospital NHS Trust as it was known back then. I retired from the post in 2006 but stayed on as a bank Midwife for another five years until 2011 making a total of 39 years as a Midwife. May I just add that this includes 1 year working in Nigeria in 1983, an experience I might share later. I was born in Nigeria, and lucky to be born into an educated family who were mostly teachers. I always wanted to be a nurse and the plan was for me to study in the UK, for a period of 5 years (3 years general nursing training, 1-year Midwifery training and 1-year experience) and then to return to Nigeria to start my working life. As you can tell that plan went out of the window so to speak and I didn't think that 56 years later, I would be a senior citizen living in the UK! I have made the UK my home, and I am proud to be referred to as Black British.

I was not one of the Windrush generation as I came from West Africa and not the West Indies, but there were similarities. Nigeria was British Ruled until independence in 1960. I came by Sea (see photo left) on the **MV APAPA**, and within the same period as the Windrush Generation. The two week journey was the worst experience of my life. The sea was very rough, living accommodation was cramped as it was a cargo ship. I was seasick the



whole time. I was unable to keep any food down. I was a naive 18-year-old who had never left home before, I was frightened and angry at my family for putting me through an ordeal of this nature. There was no way of

contacting them. It was pre mobile phone era!! I lost a stone in weight weighing just 6 stones when I arrived in the UK. I still laugh at some of my thoughts, and just how naive I was back then. Here are some of them, and please feel free to have a good laugh at my expense!! Remember that back in the sixties we had very little information about the outside world. My family had no TV and the radio only covered local news.

No Daylight in the UK!! The Ship docked at about 4pm in Liverpool on the 22 December, and it was already dark. I thought to myself that they mustn't have daylight in the UK and wondered why I wasn't told before.

Visiting neighbours made easy!! When I saw the rows of Terraced houses, my thought was: How clever! you don't need to come outside to visit your neighbours: I imagined a passageway all along inside, since I had never seen Terraced buildings before. **So that's where the name came from!!** I also thought that the name United Kingdom came from the buildings being united as in Terrace Houses!! **Unfinished Buildings everywhere!!** I wondered when all the buildings were going to be completed as the outsides were not plastered and painted as they were in Nigeria!! **Is this the end of the World?** I was petrified when at the bus stop one evening,



thick cloud of FOG descended on us, I had never seen fog before and genuinely thought that the world was coming to an end. I knelt down and started to pray as I was also crying with fear. The people around me realised what was going on and they calmed me down and reassured me. **White Rain!!** The first snow falls that I witnessed I simply referred to it as WHITE RAIN to everyone's amusement!! **(Photo above: onboard with fellow passengers).**

My Nursing Training: Unfortunately, this had to be kept on hold as I fought for my life. I spent the whole month of January in hospital. My first address was SW19, yes Wimbledon where my guardian lived. The sickness on board the ship continued for another week with severe abdominal and colicky pains. I then vomited a TAPE Worm, which was still alive!! The next thing I remembered was being in the Ambulance to Wimbledon General Hospital which was to be my home for the next month. My Tape worm came with me in a jar and it was used as a teaching aid for student nurses. I am eternally grateful to those nurses and Doctors who saved my life all those years ago. On admission, I was very dehydrated, and siting IV was difficult as all my veins had collapsed. A cut down on my right ankle was the last successful method used for getting IV fluids into me. The scar remains tender after 50+ years, but I am alive to tell the story. I must have pulled out a dozen Ryles tubes!! I found them uncomfortable. I must have been a difficult patient!! I was young, petrified, in a lot of pain, and in an environment that was alien to me at the time. I was crying for my Mum to come and rescue me. An Emergency Laparotomy was performed on the second day of admission with consent by my guardian because 21 was the age of consent back then. Diagnosis was **Intestinal obstruction** and the surgeon said that had they left the surgery any longer, I might not have survived. (My mother would have been so disappointed that I did not complete my Nursing/Midwifery Training!!) I weighed less than 6 stone at this point and needed to be fattened up! They were aiming for my weight to be at least 7 stones before discharge home. Rather than send me away for convalescence elsewhere, and as I was underage, and vulnerable, they decided to keep me on the ward and help me overcome the serious illness. I became an unpaid nursing assistance as I helped the nurses with bed making, flower arranging, learning about diet and nutrition, especially foods rich in protein to help with my weight gain. Is it not funny that today, I am trying to lose weight!! My weeks on the ward made me more determined to pursue my nursing career. There was no doubt that some of the skills I learnt whilst a patient at Wimbledon General Hospital gave me a strong foundation that impacted on my nursing training in a positive way. It made me a better nurse. It is easy to become institutionalised and as I gained weight, I started to panic about being discharged home. The ward environment became the norm for me. However, I eventually reached the magic 7 stones and ready for discharge home. It was an emotional day. I hugged and thanked every member of staff for saving my life, and for their tender loving care. They were like family to me. I decided to move to Leicester to stay with Aunty Mary and start my nursing training there. **next time Remi will share the highs and lows of her nursing training**



FREE TALKS FOR MEMBERS

*SALLY BUNDOCK DEVELOPMENT OFFICER
SOUTH EAST ENGLAND/EAST ANGLIA*

Mirthy.

I am pleased to say that the numbers taking part in these fortnightly events continue to grow, we had 564 members register for the Poisons talk. Registration couldn't be easier just visit www.mirthy.co.uk/NHSRE If you have any difficulty with this at all please contact me. **The live chat starts just after 10.45am with the talk starting at 11am.** This together with the Q&A session after the talk makes an enjoyable experience. The next 3 talks will be:

THEME	AUTHOR	DATE	TIME
Travels with a Penguin to Antarctica	Pen Turner	July 14	10.45am
History and Mystery of Hypnosis	Alan Jones	July 28	10.45am
A Tibetan Journey	Alan Clements	August 11	10.45am

FACEBOOK UPDATE - *LUCIA HIDEN HEAD OF COMMUNICATIONS*

"Let's welcome another 23 new followers to this page. Don't forget to keep telling all your NHS friends and family about the Fellowship and this page - at the moment we are focusing very much on our motto of fun, friendship and fellowship - but we hope to get back to our core business of branch meetings and national benefits as soon as possible. In the meantime, our numbers stand at **1,183**"

The Patients Association is an independent patient charity campaigning for improvements health and social care for patients. Uniquely for an organisation with a remit covering all health and care issues, we work with patients directly: they are our members and supporters, and also the people who benefit from our help and advice services. Through our [helpline](#) we support thousands of people each year with their concerns and queries about the health and social care system. We also speak to government, the NHS and other stakeholders about patients' priorities and concerns, to ensure the patient voice is heard and acted upon. Also, if you have experience of private healthcare and would like to help improve the experience of making a complaint, you might wish to take part in our online Zoom discussion on Tuesday 21st July, 1.00-3.00pm. A £50 voucher will be offered to attendees and places are limited. Participants will be selected based on suitability ensuring the group is representative. If you're interested in taking part, or would like more information, please email our freelance project manager Heather Eardley on heather.eardley@patients-association.com.



in

Our latest survey on health and social care is now live. The second of two surveys, both are aimed at helping the NHS and social care services to share information securely wherever and whenever it is needed for better care and support. We need your help to define the information that is needed in these areas of the health and social care record. Please see below for information about each survey and how to take part.



Professional
Record
Standards
Body

Link here: <https://theprsb.org/projects-2/socialcarepathfindersurvey/>

Want more information about your **Housing Options** – “Which” provide information on downsizing, sheltered, retirement villages, care homes and shared homes – here is the link below [https://www.which.co.uk/late-life-care/housing-](https://www.which.co.uk/late-life-care/housing-options?utm_source=whichcoukLLC&utm_medium=email&utm_campaign=email1versionBlink4)



[options?utm_source=whichcoukLLC&utm_medium=email&utm_campaign=email1versionBlink4](https://www.which.co.uk/late-life-care/housing-options?utm_source=whichcoukLLC&utm_medium=email&utm_campaign=email1versionBlink4)

SCAMS = Scammers have become more sophisticated in their bid to part us from our cash. From email scams and copycat websites to nuisance calls and tax rebate scams, we need our wits about us. Our guides help you spot a scam or get money back. <https://www.which.co.uk/consumer-rights/scams>



We have a huge range of NHS discounts and healthcare staff benefits, from money saving deals and vouchers, including [travel and holiday deals](#), top [hotel discounts](#), relaxing [airport lounge](#) and [airport parking discounts](#), mouth-watering [restaurant deals](#), money off [fashion fixes](#), through to [deals on mobile phones](#), [utilities](#) and [gym membership](#). Your hard work should be rewarded. We're here to make sure you are. www.healthservicediscounts.com

NHSRF Benevolent Fund

Please remember that the Fellowship has a Benevolent Fund.
All applications are treated in strict confidence.

For more information please contact Sherry or Debbie in
Central Office on 01305 361317.

<https://10today.co.uk/>

10 Today is a set of fun 10-minute, audio and video workouts intended to easily fit into your day to help get you stretching and moving at home.



It has been designed by and for older people to keep you physically active, boost your wellbeing, and help maintain your mobility and balance, during what we recognise may be an incredibly difficult and lonely time for many. Each routine provides engaging and easy to follow routines that are a great way of staying active within your own home. They can be done at any time, whether standing up or sitting down, and are adaptable to different fitness levels. Most people can get active without medical advice. However, if you do have difficulty managing the symptoms of your condition, seeking medical advice before increasing your activity levels may be helpful.



ON CALL TO A NATION

by GWEN CROSSLEY, NORTH MANCHESTER BRANCH

On a recent rainy morning I found a fascinating Documentary on BBC I Player. On call to a Nation was made in 1958 and reviewed the first 10 years of the NHS. I started to watch for pure nostalgic reasons looking back to my early years. Before long I was considering all the issues discussed and thinking how many still rings true today.

Paternalistic Family Doctors gave diverse opinions about the system. Some grumbled about the Medical Officer of Health claiming that he was not a real Dr, this was accompanied by complaints about the whole Public Health System and the potential confusion when Health Visitors and Clinic Doctors advised mothers about Child Care. That Dr also wanted to take control of the District Nursing Service. Hospital Consultants vied for supremacy over the Family Doctors and patients were not included in discussions of their care.

The advance in Medicines such as Penicillin over the previous ten years was discussed along with developments in Laboratory Services. One Dr claimed he was collecting taxes because he was responsible for collecting one shilling for each item prescribed. The bureaucracy of payments to Family Drs and the Prescription charges was interesting to see.

Issues still relevant today were discussed, Shortage of Dentists, Hospital Waiting Lists, Old Hospital buildings and the fact that, due to better care, the elderly were living longer and needed even more care!

Towards the end of the film, one optimistic Dr said we must remember that the NHS was only 10 years old and things would settle down over the next 15 years. Well, in 1973 I was working in this great service and I recall 1974 heralded the first major shakeup of the system. More were to come.

If members can spare 70 minutes to watch this programme, I am sure they will enjoy it. Here is the link: <https://www.bbc.co.uk/programmes/p013ylyp>

ACROSS

- 1) Regrets
- 5) Emirate inhabitants
- 10) More than diet
- 14) Dreaded character
- 15) Not secure, as a gem
- 16) Handbag for needles
- 17) Hunter's prey, sometimes
- 20) Cold pie
- 21) Cozy place on a winter's night
- 22) "___ Island" (2008 film)
- 24) Conger
- 25) Flanders on TV
- 26) A 2 may stand for it (Abbr.)
- 29) Military vehicle
- 31) Make a decision
- 33) Car part
- 35) Raze (with "down")
- 37) Big fuss
- 41) What some take on a tough issue
- 44) It's just part of an act
- 45) A deadly sin
- 46) "Or ___!" (veiled threat)
- 47) Commercial come-ons
- 49) Period of service
- 51) Archer's wood
- 52) Dec. 24, for one
- 55) "___ be an honor"
- 57) "... as bad as they ___"
- 59) They're used to pitching
- 62) Buy in a hurry
- 66) Yellow-and-ebony flowers
- 68) English river to the Trent
- 69) Blender setting
- 70) Baby foxes
- 71) Dandelion, for one
- 72) Go on a spree
- 73) Money swallower

DOWN

- 1) Baseball's "Schoolboy"
- 2) Expressions of disdain
- 3) "CHiPs" star Estrada
- 4) Arrive, as darkness
- 5) Robots
- 6) Some strands in a cell
- 7) "___ I care!"
- 8) Be in contradiction with
- 9) Like most new TV's
- 10) Some badge flashers
- 11) Had a home-cooked meal
- 12) Fancy leather
- 13) Ready to crash
- 18) Send forth
- 19) Oracle site
- 23) Fishhook-attaching line
- 26) Team supporters
- 27) Business bigwig, briefly
- 28) Melancholy
- 30) Not fixable
- 32) Bag type
- 34) Catania's volcano
- 36) Fragrant flowers
- 38) Well-lubricated
- 39) Sprinkler hookup
- 40) Over again
- 42) Debts, ledgerwise
- 43) Ready for a vacation?
- 48) Brews, as tea
- 50) McDonald's board
- 52) Bend like an arch
- 53) Worth
- 54) Cover your tracks?
- 56) Become free of moisture
- 58) Disguise parts, sometimes
- 60) Chilled, in a way
- 61) Like the Sahara
- 63) Milkmaid's need
- 64) "Render therefore ___ Caesar ..."
- 65) Confidential call
- 67) Leonine lair

COLOR SCHEME

By Mary Jersey

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20						21						
		22			23		24			25		
26	27	28		29			30		31		32	
33			34		35			36		37		38
39				40								
41				42					43			
44					45					46		
		47		48		49			50		51	
52	53	54		55		56		57		58		
59			60				61		62		63	64
65							66					
67								68				
69					70							
71					72							
												73

Unjumble these letters to get the names of some groups from the 60's

- 1 DINKY FLOP
- 2 POLAR OR MUCH
- 3 AVID LUCK FEVER
- 4 THE LOOSE DUMBY
- 5 HEY BOTCH BASE
- 6 TWO FACED MOLE



Betty Boughter bought
 some butter
 But she said the butter's
 bitter
 If I put it in my batter
 It will make my batter
 bitter
 But a bit of better butter
 will make it better than
 the bitter butter
 So she bought a bit of
 better butter
 And put it in her batter
 And her batter was not
 bitter
 So t'was Betty Boughter
 bought a bit if better
 butter and put it in her
 batter and her batter was
 not bitter.

Guess the Sweetie Answers

Mum's Local	Mars bar
Wobbly Infants	Jelly babies
A self-assembly puss	Kit Kat
George Cross Islanders	Maltesers
Wogan's tasty citrus	Terry's orange
Voodoo	Black magic
The sport of princes	polo
Refined people live here	Quality street
Clever people	Smarties
Edible fasteners	Buttons
Mutinous vessel	Bounty
Nine	After eight
Carrier for a dairy product	Milk tray
Big cat snack	Lion bar
Keep your voice down	Wispa
Intoxicating tooth retainers	Wine gums
You might come up smelling of these	Roses
Fairground ride for nuts	Hazelnut whirl
Eastern ecstasy	Turkish delight
Spread the whisky	Butter scotch
Jonathan Ross' tricks	Twix
Fruit falls	Pear drops
Caramel potato snack	Toffee crisp
Anniversaries. Weddings etc	Celebrations
Wholly precious	Terry's all gold

1960's Film Quiz - Answers

- 1 He was born in 1899 (August 13) in Leytonstone, England. He died in 1980 (April 29) in California, USA
- 2 The author was Harper Lee, the follow up novel was Go set a watchman
- 3 Dustin Hoffman's character was Ratso Rizzo, John Voight played Joe Buck, Angelina Jolie is his daughter and she has been married to Johnny Lee Miller, Bill Bob Thornton and Brad Pitt
- 4 The director was Sergio Leone; the two actors are Clint Eastwood and Lee Van Cleef and this genre of films is commonly known as Spaghetti Westerns
- 5 Her given name was Natalia Nikolayev Zacharenko, she was married to Robert Wagner twice and she starred in (amongst others) Rebel Without a Cause (1955) and The Candidate (1972)
- 6 The actor is Paul Newman and the films are Butch Cassidy and the Sundance Kid (1969) and The Sting (1973)
- 7 David Lean directed this film along with The Bridge on the River Kwai (1957), Lawrence of Arabia (1962) and Ryan's Daughter (1970)
- 8 The film is longer at 3 hours and 17 minutes. The director was Stanley Kubrick who also directed Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb (1964), A Clockwork Orange (1971), The Shining (1980) and Eyes Wide Shut (1999)
- 9 The Sound of Music (obviously!). Andrews is now 84 (born October 1, 1935). The two series are Shrek (where she plays the Queen) and the Despicable Me series (where she plays Gru's mother)
- 10 Never Say Never Again (1983) is the odd one out, this is because it is not an official EON Productions Bond movie and may not be regarded in the official Bond "cannon". The other Bond movie that falls under this category is Casino Royale (1967) in which David Niven played Bond

Finally, just to say hope you enjoyed our Newsletter – comments would be appreciated, and we welcome any contributions for our next issue, maybe share with us what you are doing at this unprecedented time or send some photos of your garden. Please note if you do have a contribution but haven't got anything typed up just give me a ring and I can type this up with you over the telephone call 07967 489162 or email northwest.England@nhsrf.org.uk - **Karen North West Development Officer**

