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DEAR ALL

Ethel Armstrong MBE – what a wonderful lady – we'll miss her so

By the time this newsletter reaches you it is likely that you will have heard the very sad news that our Patron, Ethel Armstrong, passed away at home on 6 August, just two days after her 90th birthday. Ethel devoted her adult life to the NHS and her profession. She was a very valuable member of the Fellowship for very many years and for which she was a wonderful ambassador. I have shown Ethel here receiving her well-earned MBE, so richly deserved. We will miss you Ethel, but we certainly won't forget you. Your legacy will remain with us for many years to come.

Meeting Up Again

Be assured Ethel we will soldier on in your absence. Our branch members remain very keen to meet up with each other and we continue to look at government guidelines for groups meeting inside various premises. Bob Middleton spent time very recently putting together a comprehensive paper on this issue which has been distributed to branch committees.

It is certainly pleasing to hear of branches holding committee meetings in gardens and members meeting for refreshments and taking walks together. I guess we need to take advantage of the good weather as much as we can as we are certainly unsure what the winter will bring. Onwards and upwards. Keep smiling but above all keep vigilant. The virus is unfortunately still with us and so we cannot afford to be complacent. Take care one and all!

Update on Live Talks

This week we had around 450 joining the session. *I know that some people are experiencing problems getting in but please make contact if you need help.* My details are at the end of the newsletter. 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.

Registration is pretty easy - please just visit www.mirthy.co.uk/NHSRF and you will get an email with a link to click at the start of the talk.

The next 3 talks will be:

25 Aug. - 10.45am Life and Times of Edith Cavell – Melanie Gibson-Barton

8 Sept. - 10.45am Stories from the Clink – Neil Sadler

22 Sept. - 10.45am The London No-one Tells You About – Geoff Harris

Mirthy Talks



Some silly jokes – courtesy of Gwent Branch

My wife sat down next to me as I was flipping channels. She asked, 'what's on TV'? I said 'DUST'
And that's when the fighting started.....

My wife was hinting about what she wanted for an upcoming anniversary. She said 'I want something that goes from 0-150 in about 3 seconds'. I bought her bathroom scales.
And that's when the fighting started.....

Saturday morning, I got up early, quietly dressed, made my lunch and slipped quietly into the garage. I hooked up the boat to the van and proceeded to back out into a torrential downpour. The wind was blowing 50 mph, so I pulled back into the garage, turned the engine off, turned the radio on and discovered the weather would be bad all day. I went back into the house, quietly undressed, and slipped back into bed. I cuddled up to my wife's back, now with a different anticipation and whispered, 'the weather out there is terrible'. My loving wife of 5 years replied, 'and can you believe my stupid husband is out fishing in that.'
And that's when the fighting started.....

Fairly Easy Film Star Photo Quiz

Answers in the next issue



One



Two



Three



Four



Five



Six

Interesting fact: Ronald Reagan was denied the role of a President because he didn't look the part. The 40th President of the United States of America was primarily an actor before actively venturing into politics. Reagan once auditioned for the part of a president in a play called "The Best Man" in 1960 but the producers thought he didn't look presidential enough for the part.



Covid-19 and the NHS

Ken Jarrold CBE

If you ask people about Covid-19 and the NHS they are likely to respond warmly about how well the NHS has done and how it is now even more strongly supported by the people of the UK. The NHS has done very well, and the support has been tremendous.

It is also true that there has been welcome and rapid innovation. Consultations by telephone and video have become the norm for many patients and it has sometimes been easier to arrange an appointment with the GP than in normal times! The NHS has developed its relationships with its partners and there has been a renewed understanding of the vital relationship between Local Government and the NHS.

There has, of course, also been great sadness. NHS staff have lost relatives and friends. They too have faced all the difficulties of supporting relatives and their families through extraordinary times. Although NHS staff have not faced the loss of income and jobs experienced by so many people, many staff have partners who have lost jobs and will be experiencing severe financial difficulties. NHS staff have faced great burdens. NHS staff working directly with patients and service users, have faced greater risk than the population as they have cared for people with Covid-19. Some of them have been separated from their families for weeks as they have attempted to reduce the risk for their families and for the people they were caring for. All staff have had to work in protective clothing and sometimes faced uncertainty about the availability of suitable protection. They have cared for many more seriously ill people than normal and have experienced more deaths than usual. They have lost colleagues who became infected at work. It is already clear that a significant number of staff are experiencing anxiety and depression and need expert psychological help.

The worst of the first surge of Covid-19 seems to be over and now the NHS is facing new challenges. The overwhelming priority is to restore normal services. Covid-19 has not only affected people directly, many others have been affected because they have been reluctant to seek help for potentially serious conditions or because services have not been available. There are many people with critical conditions whose treatment has not been started, or has been delayed, including people with cancer, heart disease and other life-threatening conditions. It may be some years before the true impact of Covid-19 is known in terms of life lost and life limiting disability that might have been avoided in normal times when people were coming forward to seek help and services were available.

The story is not over yet. No one knows if there will be a second wave and it is difficult to predict when vaccine and treatments will be available.

We can take comfort from the way in which the NHS has responded so far and from the extraordinarily strong support from the country. We can, as always, be proud to be part of the NHS and of our Fellowship.

Editorial Note:

My thanks to Ken, our Patron, for writing this article for us and for his excellent support of the Fellowship over the years. Much valued.

Lowestoft Branch enjoy a long awaited get together



After some discussion and passing around some ideas, Lowestoft finally solved how to meet up. On 4 August, 18 members met on the green area on the cliffs at Pakefield. A Tea Shop just across the road supplied take away teas and coffees.

Everyone brought a chair along and sat in a very large circle. It was a really happy two hours, so pleased to see each other.

Next meeting planned north of the bridge in the Sparrow Nest Park, 1st Tuesday in September.

Ed: My thanks to Dawn Rhodes for sending me this news item and to Jenny for taking the photograph. I am sure the members all 'kept their distance' and they certainly seem to be enjoying themselves.



Changes to the over 75 TV licence came into effect from 1 August 2020

Please beware of scams!

Sadly, scams are on the increase everywhere. The letter from TV Licensing that will be sent to over 75 licence holders will include your licence number, your title and your last name. In fact, if you have a licence, this information will always be included in any letter that TV Licensing sends to you. Other things you should know to help keep yourself safe:

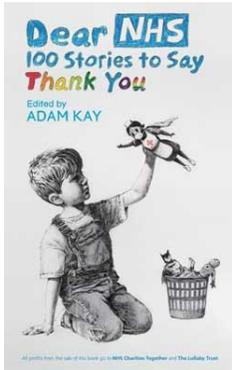
- Firstly, and most importantly, TV Licensing will never phone you just to ask for your bank or credit or debit card details.
- TV Licensing will only email you in response to an email that you've sent to them, or if you've used the TV Licensing website to change your details (or to set up a licence).
-

A scam letter will often tell you there is a problem with your licence or that you are due a refund, to try and get you to go to a fake website or call a fake number to sort it out. If you are ever suspicious or doubtful about what a letter is asking you to do, you can go to the TV Licensing website and sign in to your licence at tvlicensing.co.uk to check if anything is actually wrong. You can also call TV Licensing on 0300 303 9695 to speak with someone who can help.



Member's Book Choice Lorraine Taylor, NW Thames Regional Rep.

DEAR NHS edited by Adam King



When I asked Lorraine if she would like to write about her favourite book for SE News she replied as follows... I am a prolific reader and read many different kinds of books by a variety of authors from crime, romance and adventure plus some non-fiction. My favourite authors are numerous but bearing in mind the present climate and our enforced change of lifestyle I would like to recommend a very topical book called DEAR NHS edited by Adam King. He is a former Junior Doctor turned comedian and has written two previous books called "This is going to hurt" and "Twas the Nightshift before Christmas".

Adam has actually edited Dear NHS which is made up of well-known people relating their experiences of the NHS. It is both funny, frightening and sad. Contributors include Joanna Lumley, Trevor McDonald, Tanni Grey Thomson and many others. It is worth reading especially as all the profits go the NHS Charities and the Lullaby Trust a charity which supports parents of bereaved babies and young children.

Ed: Many thanks for this recommendation Lorraine.

If you have a favourite book you would like featured in SE News please do let me know. Ed

Did you hear about the actor who fell through the floorboards?

He was just going through a stage.

What do you call an apology written in dots and dashes?

Re-morse code

Fairly Easy Photo Quiz Answers – last SEN issue

1. Dahlia
2. Iris
3. Peony
4. Lilac
5. Lotus
6. Marigold



"HE SEEMS CRANKY, BUT HIS HEART IS IN THE RIGHT PLACE – WE GAVE HIM AN MRI TO BE SURE."



...and the glasshouses at Kew reopen too



The gardens at Kew and Wakehurst Place in Sussex were successfully reopened at the beginning of June. At Kew visitors are now able to enjoy the world-famous glasshouses. Highlights include the Palm House, Temperate House, Waterlily House, and the Princess of Wales Conservatory. The Hive, the much-loved installation that recreates life inside a beehive, has also reopened. Limited routes and one-way systems ensure visitors and staff remain safe.

At Wakehurst Place visitors will be able to visit the Millennium Seed Bank – including its exhibition, Surviving or Thriving, – and enjoy woodland walks and spectacular meadows, at their best this time of year.

Anyone visiting Kew Gardens and Wakehurst will be able to enjoy both sides safely through carefully implemented social distancing measures. A number of free and concessionary tickets are available. For example, entry is free for NHS workers at Wakehurst.

Booking advance entry is essential so visit www.kew.org However, if you are unable to visit you can always take a virtual tour on the website.



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.

Pharmacy2U explained

- **Free delivery** of your regular medications through your door, to any UK address
- Handy reminders to re-order so you don't run out
- Save time, no need for repeated trips to your GP or Pharmacy, very useful with Covid-19

www.pharmacy2u.co.uk or call 0113 265 0222

25 Aug. - 10.45am Life and Times of Edith Cavell Talk by **Melanie Gibson-Barton**

Exploring the story of the British heroine who died in Brussels in 1915. Presenting the experience of regular visits to Brussels to research the hospitals and homes where Edith would have worked as well as the place of her execution - a humbling experience. The Life and Times of Edith Cavell talk tells her story supported by photographs of existing artifacts of her life.

Remember to register for this live talk at www.mirthy.co.uk/NHSRF

Ed



And finally, keep well everyone. If you would like to contribute to the next issue or you know of anyone who would like to be added to the mailing list or sent a hard copy then please do make contact via phone 07960 425956 or email london.eastanglia@nhsrf.org.uk

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