

OCTOBER 2020



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DEAR ALL

I hope you are all well and coping with the new restrictions here in Scotland. Hopefully the “circuit breaker” will help to suppress the virus and help to keep the hospital admissions down.

I received sad news during the week from the Dundee Branch informing me of the death of Gladys Walker. Gladys was one of the founding members of the Branch and was one of our veterans who were there on Day 1 of the NHS in 1948. Gladys was a Sister on the Paediatric Ward at Kings Cross Hospital in Dundee. Many of the branch members worked on her ward and recall her strict rules regarding treatment – she was invariably right and there are many children (now grandparents themselves) who are alive because they ended up under Gladys’s care.

The Federation Officers held a Zoom meeting on 1st October to discuss the delayed AGM. It was decided to hold the AGM in January 2021 in whatever way we can. We are currently creating the papers and I will incorporate them in a special edition of the printed newsletter which will get sent to all Scottish members in December.

Message from Age UK

Age UK represents, supports and campaigns for older people every day.

October 1st, was the **International Day of Older Persons**, and thanks to you we’re making a real difference to so many people's lives around the UK.

One of the ways we’re doing this is getting issues that matter to older people represented in Parliament. Excitingly, MPs have voted Age UK as one of the most effective campaigning organisations, and that’s all down to you. By signing our petitions, talking about our campaigns on social media and sharing your experiences of issues like TV Licences and care, you have given older people a really powerful voice in

Parliament.

Our colleagues make sure your voice is made even louder by working alongside our brilliant Age Champion MPs who speak out for older people in their area.

Age UK works with them to make sure they know about the big issues affecting their older constituents, and what they can do to change things. By talking about our campaigns in the Houses of Parliament they're helping make sure that the UK is a better place to grow older.

Our 148 Age Champion MPs marked the International Day of Older Persons on 1st October. Why not head to our [Twitter](#) to see if your MP is one of them?

Thank you for helping us continue to fight for positive change.

A TIMELY REMINDER FROM NORMA GARTHWAITE, EDINBURGH BRANCH

I read an article at the weekend about 'Silver Sunday' on 4th Oct and the loneliness of older people especially now. <https://silversunday.org.uk/>

I thought this may be of help to some of you or your friends - here is the contact information.

*Anyone who needs support, is worried about an older relative or friend, or wants to find out more about the **Telephone Friendship Service**, can call Age UK Advice free on 0800 169 6565 (8am-7pm) or visit*

<https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/>

*Any older person looking for a cheerful chat can call the **Silver Line** free helpline, day or night, 0800 470 8090*

<https://www.thesilverline.org.uk/>

<https://www.thesilverline.org.uk/what-we-do/telephone-friendship-service/>

A REQUEST FOR HELP FROM OUR COMMS OFFICER, LUCIA HIDEN

I'm looking to see if we can find some Fellowship members who have continued to support charities and other organisations financially throughout the coronavirus crisis for the benefit of the long term gain. This could be a local group to which you belong or a branch of a national organisation such as Rotary or WI. Ideally I would like to get some new and different voices from within the organization and I also appreciate that the situation is currently different in varying parts of the country and nations.

To get you thinking, here are some personal examples - we have kept up with our National Trust membership to ensure that our favourite places can continue to be supported and we can enjoy them again in the future and my son's cubs asked for a voluntary donation which we were happy to give because they did their best to support the children through Zoom based activities throughout lockdown and it was the highlight of his week.

If you are willing to share your examples, please either email them to me at northeastengland@nhsrf.org.uk or chat to me on the phone 07739 138 954. You will need to be happy to submit a photo and to be featured on Facebook and in our Fellowship newsletter.

COVID 19 and the NHS – an article by 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.

Ken Jarrold CBE

N.B. This article was compiled before recent Coronavirus developments. Ed

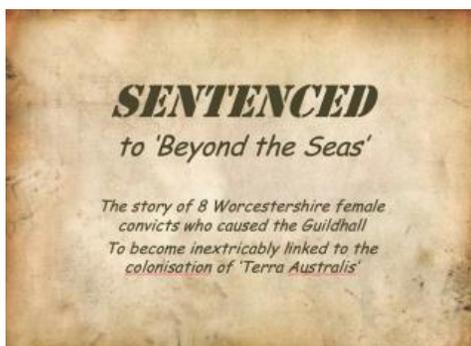
Mirthy Talks

Mirthy has very kindly agreed to continue the free access to their talks for NHSRF members until the end of the year. Growing numbers of members are tuning in and the next 3 talks are shown below. 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 easy - please just visit <https://mirthy.co.uk/nhsrf/> and you will get an email with a link to click at the start of the talk.

Sentenced to 'Beyond the Seas'

Tuesday 20 October at 11am

The true story of eight Worcestershire women sentenced to death or transportation in the 1780s who all ended up on the first fleet of convicts to Australia. One came back a rich woman, another became the progenitor of the largest living family of descendants living in Australia today. By David Clark. Talk length - 46 minutes.



Goose Grease and Brown Paper

Tuesday 3 November at 11am

Can we afford the doctor? Of course not! A fun trip down memory lane to pre-NHS days and the kitchen cupboard remedies inflicted by our nearest and dearest! Honey, salt, onions, mustard...not to forget the snails, urine, string and cow muck! By Kath Reynolds. Talk length - 56 minutes.



We Can't Let You Broadcast That!

Tuesday 17 November at 11am

I'm sure the heads at the BBC said that many times in order to protect us from lewd, crude and offensive tracks, and I'm sure we are grateful for their protection. But all is not as it would seem David Clark will explain. Literally thousands of tracks have been banned - some for the most bizarre reasons. So sit back, let's reminisce, and enjoy. Talk length - 29 minutes.



A BIT OF FUN

THE SEENAGER

I have just discovered that I am a **Seenager** (senior teenager). I have everything that I wanted as a teenager, only 50+ years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew and I have a driver's license and my own car if I want one. I have an ID that gets me into pubs and off licenses. The **people** I hang around with are not scared of getting pregnant and I don't have acne – Life is Good.

If you too are a **Seenager** you will feel much more intelligent after reading this. Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts and names because they have so many more in their memory to sort through. It also makes them hard of hearing because scientists believe this puts pressure on your inner ear. Older people often go into another room to get something and when they get there stand wondering what they came for. This is **NOT** a memory problem; it is nature's way of ensuring older people do more exercise.

SO THERE! I have more friends that I should send this to but right now I can't remember their names. Please could you copy it to some of your friends as they might be my friends too.

TWO MEN AND ONE WOMAN

There is a beautiful desert island in the middle of nowhere where the following people are stranded:

- 2 Italian men and 1 Italian woman
- 2 French men and 1 French woman
- 2 German men and 1 German woman
- 2 Greek men and 1 Greek woman
- 2 English men and 1 English woman

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One month later, on this beautiful desert island in the middle of nowhere...

- The first Italian man killed the other for the Italian woman.
- The 2 French men and the French woman are living happily together in a "menage a trois".
- The 2 German men have a strict weekly schedule of when they alternate with the German woman.
- The 2 Greek men are sleeping with each other and the Greek woman is cleaning and cooking for them.

- And the 2 English men are waiting for someone to introduce them to the English woman.



GENERAL KNOWLEDGE QUIZ

1. What is the world's largest land mammal?
2. Rio de Janeiro is a city in which South American country?
3. Which Middle Eastern city is also the name of a type of artichoke?
4. With which sport is Silverstone most associated?
5. Nostradamus was famous for making what?
6. In mythology, Romulus and Remus were brought up by which animal?
7. What is the main source of vitamin C?
8. Insulin is commonly used to treat which condition?
9. The first atom bomb was dropped on which Japanese city?
10. What is dermatophobia the fear of?
11. The Velocipede was a nineteenth-century prototype of what?
12. Which is Britain's oldest Sunday newspaper, published for the first time in 1791?
13. What was the middle name of Wolfgang Mozart?
14. What is the art of stuffing animals for preservation?
15. The term bhp is used when describing the power of a motor vehicle; for what does it stand?
16. What is Prince William's second name?
17. Who invented the Flying Shuttle in 1733?
18. What does a Geiger Counter measure?
19. If you were an LLD, what profession would you be involved in?
20. How many of Henry VIII's wives were called Anne?

Answers

1. Elephant
2. Brazil
3. Jerusalem
4. Motor Racing
5. Predictions
6. Wolf
7. Fruits
8. Diabetes
9. Hiroshima
10. The fear of skin disease
11. A bicycle
12. Observer
13. Amadeus
14. Taxidermy
15. Brake horse power
16. Arthur
17. John Kay
18. Radiation
19. The legal profession (Doctor of Law)
20. Two – Anne Boleyn and Anne of Cleves

Finally, just to say hope you enjoyed our Newsletter – comments would be appreciated, and I welcome any contributions for our next issue. 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 0131 333 3699 or email scotland@nhsrf.org.uk - Hilary Development Officer