

Editor: Karen Kennedy



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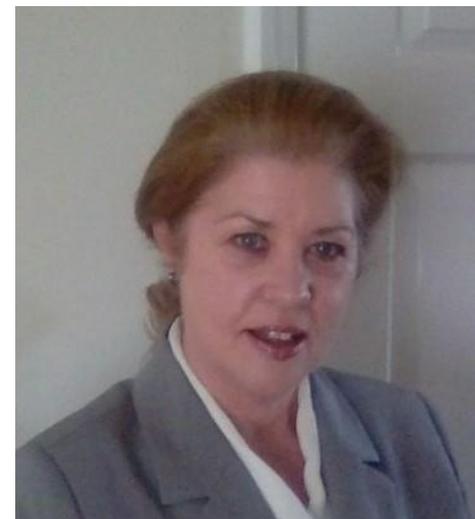
Dear All

I would like to start by wishing everyone a Happy New Year. I am sure you all join me when I say, 'let's hope it is a better year than 2020'. Let's hope that we will be able to do some of the things we planned for 2020 in this brand-new year. To start our new year at the Fellowship we welcome our new Regional Representative Sharon Slack, more information below.

Sharon Slack - North West Regional Representative

Hello, please can I introduce myself as your new NHSRF North West Representative.

Like you all, I am an NHS pensioner from the North West. My background is in Finance, and I've worked in acute, community and shared services and a special health authority in South Manchester, Stockport, Central Manchester and the Fylde. I've worked with all professions in the health service, helping to establish resource management structures and good governance and I've worked with colleagues across the North West and nationally leading and collaborating on staff development initiatives, so I know the patch



very well! Over the next few weeks I hope to be able to communicate with branch organisers to get a feel for the support you require, and in time when real meetings resume I hope I may be able to meet you personally.

I will be relying quite heavily initially on Karen your Development Officer and support from the staff at central office to help me ease into the role, so please bear with me. As this role is voluntary, I won't be on it every day but hopefully together we will work out the best way for communications so that your branches get the support they need. I have received the NHSRF newsletters for the last 3 years or so, so I am well aware of the range of activities across the Fellowship branches, and I look forward to finding out what's happening specifically in the North West. My contact details will be available via central office, in the meantime best wishes to all in your branches to keep going during these difficult times.



Remember replays are now available on demand. Assuming you have registered for a talk you will receive a confirmation email with a link to join the talk live. After the talk has finished this same link can be used for 7 days to watch a replay of the talk on demand. Registration is 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 4 talks planned are: 26 Jan. – 10.45am 50 Years in TV – Jim Whelan 9 Feb. – 10.45am My Mysterious Grandmas – David Clark 23 Feb. – 10.45am Morecambe and Wise – Steve Short

Gwen Crossley, Chair North Manchester Branch

Keeping busy (out of mischief) in Lockdown

I do not really know where the time has gone since March 2020. Now at the beginning of 2021 I can see improvements we have achieved in our home and garden. This is of course no substitute for contact with family and friends. I do not wish to dwell on things missing from life, we are all suffering dramatic changes brought on by this Pandemic. My work as a volunteer interviewer for NHS at 70 has continued with interviews now conducted by telephone. Our new title is NHS at 70 Voices of Covid-19. This will form a unique national collection continuing throughout 2021. In September, I usually meet up with members of the Manchester and Districts Hospital Choir to start rehearsals for the Annual CLIC Sargent Carol Concert at the Bridgewater Hall. Of course, in 2020 this was cancelled. Many members of the NHSRF are also members of the choir or supporters of this Concert. I joined the choir back in 1996. My love of singing goes back to my childhood and it has not diminished with age. With restrictions on my movements, I even found myself joining in the singing when following streamed Mass. I was thrilled to hear of the Simply Singing Choir. This group formed a few years ago with lunchtime rehearsals at the Bridgewater Hall. The choir have sung at various events across the North West including on the waterfront at Liverpool. Following closure of the Bridgewater Hall, the leaders, Louise and Alice, organised singing via Zoom. I joined at the beginning of November. Meetings start on Wednesdays at 11-30am and go on until 1pm. After greetings and warm up we recap and sing through 2 or 3 numbers previously learnt. At 12-15pm we have a comfort break and spend time in breakout rooms where new friendships are made and others renewed, after 20 minutes we return to the rehearsal and start to learn a new song. The health benefits of singing are well documented, this group combines friendship with the singing. I look forward to a time when we can all meet and sing together. I have found renewed confidence in belting out the numbers and finding the voice range I once had. There is a modest charge, paid in advance at the beginning of each month. I hope to see some of you in the choir. For more information and to join email alice.l.shearn@gmail.com My very best wishes for a Happy, Healthy and Safe New Year to you all.



 This useful website consists of 9 easy-to-access online courses designed to help internet newbies develop digital skills. Each online course begins with a short introductory video outlining the course contents. This is followed by a series of short modules covering a range of topics. For example, the Online Basics course includes modules on how to use search engines, how to keep in touch with family and friends via email, and how to access online public services. Students also learn how to stay safe whilst online. Each course contains links to additional resources to reinforce new skills and promote further learning. Individuals are encouraged to work at their own pace. Each course can be repeated as many times as required – free of charge. These courses can also be accessed by those who are visually impaired. More information is available from their website www.learnmyway.com.



Want more information about the Covid-19 vaccine – click on the link below for further information
[Vaccination against COVID-19 | The Patients Association \(patients-association.org.uk\)](https://www.patients-association.org.uk/vaccination-against-covid-19)

Every Mind Matters is here to help you manage and maintain your mental health, as good mental health makes such a difference. It helps us to relax more, achieve more and enjoy our lives more.

We all go through ups and downs in life, and experience life changes that can affect our mental health. Every Mind Matters gives you simple and practical advice to get a healthier mind and get more

out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. It will help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support. You'll also learn about what you can do to help others.

Every Mind Matters has been created by Public Health England, with tips and advice developed with experts and approved by the NHS. It has also been endorsed by the Royal College of General Practitioners. To help you discover simple steps to look after your mental health. It only takes a minute to get started with [our short free quiz to create Your Mind Plan](#) with personalised tips and advice.



Riddle Answers: I am your mother's brothers only brother-in-law who am? Answer – Father
 When the day after tomorrow is yesterday, today will be as far from Wednesday as today was from Wednesday when the day before yesterday was tomorrow. What is the day after this day?

Answer: Thursday

December Quiz Answers:

1. Clifton
2. 1997
3. Doctor Who
4. Cheers
5. Nelson Mandela House
6. Sex Education
7. Erinsborough
8. 1985
9. John Noakes (12 years from 1965-1978)
10. Gareth Keenan

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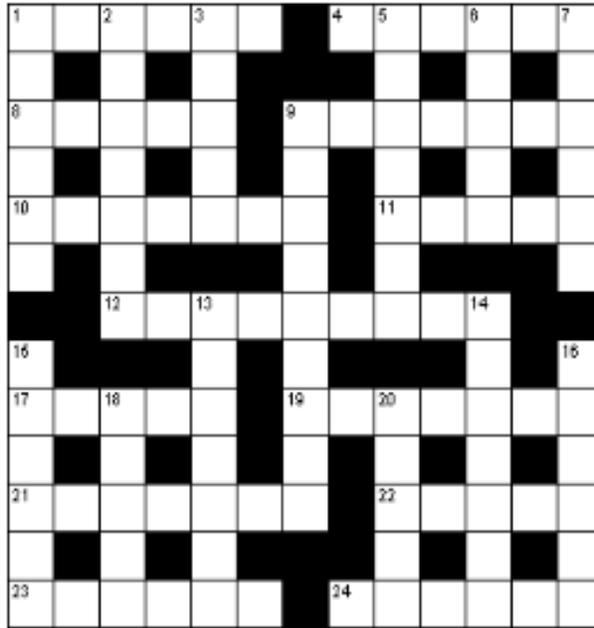
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 Authored and regulated by the Financial Conduct Authority. Car and Home Insurance is underwritten and finance provided by Zurich Insurance plc.

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 Making your retirement work for you.

CSIS
 Civil Service Insurance Society



Crossword



Across

- 1 Soldier in the Royal Engineers (6)
- 4 Whisky (6)
- 8 Short-legged breed of dog (5)
- 9 First (7)
- 10 Syrupy medicine (7)
- 11 V-shaped block (5)
- 12 Under water (9)
- 17 Halts (5)
- 19 Russian empress (7)
- 21 Old Nick (7)
- 22 Stupefied (5)
- 23 Ethics (6)
- 24 Denied (anag) (6)

Down

- 1 Mediterranean island (6)
- 2 Mum and Dad (7)
- 3 Decree (5)
- 5 Chat (7)
- 6 Attempted (5)
- 7 Baker Street detective (6)
- 9 Police officer (9)
- 13 Shy (7)
- 14 Gentle misty rain (7)
- 15 Refuge (6)
- 16 Outspoken (6)
- 18 Happen (5)
- 20 Accessory (3-2)

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Finally, 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.