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Dear All

What's New

So, who is that funny fellow on the left I hear you ask? Well he is just someone nice to make you smile. For many of us at the moment smiles and laughter are perhaps in short supply so I thought this little chappie might help a little. When I was working at The National Archives in welfare and occupational health one of the workshops I was sent to was a Laughter Workshop at 7 Millbank, Houses of Parliament offices. We were all told about the value of laughter and had to stand around in groups and told when to laugh. Eh! I found it all rather bewildering but we all had a good laugh about it afterwards!!

The vaccinations continue to roll out. My husband and I are in Group 4 so have a little way to go yet. John Rostill is in the same group and so I wonder which of us will get theirs first. As I write we all seem to be in the deepest hole yet but hopefully by my next newsletter things will have improved somewhat.

I love the live chat at the beginning of our live talks when people say what the weather is like where they are. I don't really like snow too much and so was not envious of the member in Inverness who reported snow at the last talk. Here in West London no snow, of course, but plenty of rain, puddles and mud. Oh dear!

As always do take care and keep safe one and all.

Update on Live Talks

Remember folks. Registration is pretty easy - please just visit www.mirthy.co.uk/NHSRF and you will just need to enter your name and your email address for the talk you wish to register for and then you will receive an email from Alex with a link to click at the start of the talk. Live chat starts just after 10.45am with the talk starting at 11am. This together with the Q&A session makes an enjoyable experience.

Remember replays are available on demand. Assuming a member registers for a talk they will receive a confirmation email with a link to join the talk live. This same link can be used for 7 days to watch a replay of the talk on demand.

Details of the next talk are shown on page 6 of this newsletter. The next 3 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

This amusing test upon
your brain power was
kindly supplied by
Cardiff Branch.



Can you figure out what these
7 words all have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato

Give it another try...

Look at each word carefully.
You'll kick yourself when you
discover the answer.
No, it's not that they all have at
least 2 double letters.

Answer:

In all the words listed, if you
take the first letter, place it
at the end of the word, then
spell the word backwards it
will be the same word.

Middle for Diddle



Find 5 letters of the alphabet each of which might be placed slap bang in the middle of 3 different words in the grid below to form 3 longer words. Then rearrange all 5 added letters to spell out the surname of a famous NHS figure. The V forming DOVER, LOVER AND PIVOT will give you one of them.

RUIC	GREN	LOER	GRCE
ROIN	BLAK	LIKS	PLNT
SARE	CLAN	SIKS	CLSH

 V

Once you have found the answer then email the surname to me at london.eastanglia@nhsrf.org.uk Correct answers received as at 10 February will be put into a draw for a **£20 M & S voucher**.

**You measure my life in
hours and I serve you
by expiring. I'm quick
when I'm thin and slow
when I'm fat. The wind
is my enemy.**



What Am I?

Answer on
page 6

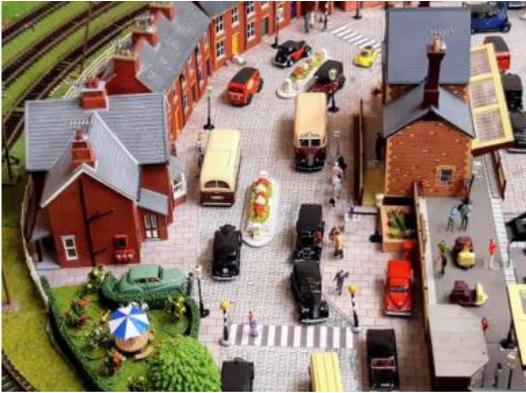


A helping paw!

Thanks to Monica Sado from Brent Branch for these lovely photos.



The
bestest
friends



my model railway project

Steve Greaves
Cambridge Branch

The 'leaving do' conversation was flowing when I was asked a direct question. "So, Steve, how are you going to spend your retirement?"

"Well," I said thoughtfully, "I intend to build a bridge, lay some roads and excavate a castle remains from the Middle Ages."

Cue - loud laughter.

Then a familiar hand on my shoulder and my friend said, "Come on, let me get you a pint. With all that effort you are going to need one."

How they laughed, my friends and now former colleagues.

But, in reality I was not actually joking because my retirement project was to return to my childhood and build a model railway.

Wait. What?

Until 6 years ago I had not involved myself in anything remotely concerning model railways for 50 years, but it turns out the bug had been planted very firmly by my late father when I was no more than a lad helping him with his own model railway when I was 10.

After a lifetime away from the hobby the big question in my mind, was where to start? Where indeed!

So much had changed since I last "played trains". For a start we had moved away from the old form of powering model railways and although that method is still available to modelers and remains popular I

found myself in a new exciting world of digital technology.

Yay, something else to learn . . .

In the early stages I was aware that I was spending a lot of time looking aimlessly out of the window trying to plan and think.



My observant wife caught me at it and said: "what are you doing? You look miles away."

"I'm thinking and planning ahead," says I.

"What, you plan and think?" said my loving wife. "That'll be the day." Old cynic.

Anyway, after much drawing on white paper, rubbing out and starting again, then repeating the same process many times over I finally had a plan.

The grand dream was there, but little did I know that it was going to be as much a nightmare as a dream and I became very familiar with the adage, if at first you don't succeed, try and try again or, more precise in my case, failure can be a constant companion to success!

Contd. overleaf

Plans were aplenty and visits to model railway exhibitions became a must and were also plentiful. Having spent countless hours watching DVDs, reading many posts on the internet and model railway forums finally I was ready for the off and about to start laying my first pieces of track.

Adding electrics followed and it must be said at this point just how much of a debt I owe to our Branch Treasurer, Mike Rolfe, who created the main wiring system, known in the modelling world as a power bus. (See just how quickly I picked up the lingo!)

I was a little confused at first as to how a bus could power a railway system, but it worked, and worked well, so thank you Mike.

Running trials followed with some pleasing success, which proved a great accompaniment to the depressing failures. At that stage the count was about 50/50, some good days and some bad days and some even more bad days.

New rolling stock was added, then buildings, then my bridge and finally the medieval ruins.

It is six years since I started all this and despite the initial setbacks, of which there were many, I am pleased that I did actually start things moving and tried to realise the dream. A lot of additional progress has been possible due to vastly restricted movements thanks to the unpleasant, and unforgettable events of 2020 and the COVID pandemic which has affected so many people in so many ways, mostly unpleasant and traumatic. Along the way I have acquired skills I never even thought I had, such as electrical wiring, soldering, locomotive maintenance and generally basic equipment model building skills. It has been a roller coaster ride. Much pleasure and happiness which now thankfully outweighs the moments of early despair.



But the real success story of my project is recorded by Mrs. Greaves who was very supportive throughout my down days and gave me the encouragement to keep going. And now she has enthusiastically joined the construction team, without any prompting it must be said, by providing lumps and bumps, colour and planting schemes to provide that extra touch of reality to the railway and add the finishing touches to a boyhood dream which was 50 years in the making, but the wait was so worthwhile. Honestly . . .



A Few Thoughts

Sent to me by a friend in the States - Ed



The dumbest thing I ever bought was a 2020 planner.

2019 Stay away from negative people. 2020 Stay away from positive people.

This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I walked back into my house and told my cat. We laughed a lot.

The world has turned upside down. Old folks are sneaking out of the house and their kids are yelling at them to stay indoors!

The spread of Covid-19 is based on two things:

1. How dense the population is
- and 2. How dense the population is

I need to practice social distancing from the refrigerator.

Never in a million years could I have imagined I would go up to a bank teller wearing a mask and asking for money!



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


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Diane McCartney from Banbury Branch reports on her experiences in a Covid-19 Vaccine Trial

Information concerning the various vaccine trials has, as we all know, been very much in the news in recent months. Some of you will, no doubt, have taken part in trials. For those of us who haven't I thought it would be useful to give some information on Diane's experiences which she has been happy to share with us. Ed

Diane explained to me that it is the Novavax Covid-19 vaccine trial that she has been pleased to be part of.

"I had my first appointment with the Novavax trial team at The Warneford Hospital, Oxford on October 16th where I was given a full medical, bloods taken, and injection given. I do not know if I have been given the vaccine or a placebo.

I returned to the trial site 3 weeks later on November 8th for a review and second injection.

My third appointment was on 22nd November. Bloods were taken at this appointment to check for antibodies.

I have a further 3 appointments all for review and bloods for antibodies, Feb 17th then 3 and 6 months later."

Our thanks to Diane and others like her taking part in these essential, valuable trials. Ed

Answer to riddle on page 2 – A candle

Next On-line Talk – 26 January

50 Years in TV Jim Whelan



Jim was born into poverty during the second world war and has always followed his dream. Jim worked with Rod Steiger, Anthony Perkins, David Tennant, Jeremy Brett, Ray Winstone and American Superstar Rob Lowe. Having appeared in Coronation Street in every Decade that it has existed, Jim has filmed more than 50 episodes. From the back streets of Salford to sharing studio space with stars like Caroline Ahern has been a joy.

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

Sally Bundock
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