

JANUARY 2021

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DEAR ALL

I am sure you were all saddened to hear of the death of Captain Sir Tom Moore on Tuesday. He was an example to us all with his outlook and attitude to life and the funds he raised for the NHS Charities will provide a lasting legacy which will help thousands of people. As he said, "Tomorrow is going to be a good day" and that is something I am going to try to remember in my "down" moments.

Speaking of better days, hopefully the majority of you will now have had your first job or at least have an appointment scheduled. The recent news about the effect of the Oxford AstraZeneca vaccine on transmission rates gives us real cause for hope that restrictions may be lifted after Spring. It has been a very long year since the first cases of Covid were diagnosed and we just didn't realise how important meeting up with friends was – we took a lot for granted and I am sure we won't make that mistake again. The good news for the Edinburgh Branch is that I have been brushing up on my baking skills during lockdown so when the coffee mornings do resume, I'll be there with scones in hand!

We held our virtual Federation of Scottish Branches AGM on Wednesday 27th and I would like to thank all those who took part. There were some technical issues but we were able to get through the proceedings smoothly. I would also like to thank the Honorary Officers, Judith McMurray, Grace Clarke, David Munro and David Paterson for agreeing to carry on in post until we at least get back to normality. They do a great job on your behalf and I know you would want to offer your thanks to them.

By the time you read this, you should have received your national newsletter from John Rostill. If you have any articles about what you have been doing in lockdown or have a hobby that you would like to share, please let me know and I will pass it on for inclusion in the next issue.

MIRTHY TALKS

We all have time on our hands just now and the Mirthy Talks are an entertaining way to spend an hour. It is good to chat online with those who are listening across the UK and it is an easy to use member benefit.

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.

The next 3 talks planned are:

9 Feb. – 10.45am My Mysterious Grandmas – David Clark

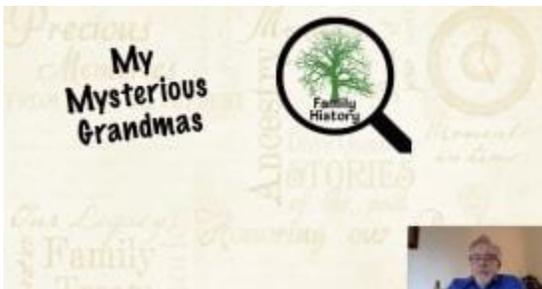
23 Feb. – 10.45am Morecambe and Wise – Steve Short

9 March – 10.45am Wandering in Flanders Fields – Melanie Gibson-Barton

My Mysterious Grandmas

Tuesday 9 February at 11am

My Mysterious Grandmas is a genealogy talk with a difference. If you are hoping for a lot of serious information on the hows and the whys and the wherefores of tracing your family tree, David Clark isn't your best port of call. What he's done in his usual laid back style is to weave a fascinating story that reveals the mysteries of his two obscure Victorian grandmothers - both women, in their day, had much to be mysterious about. Talk length - 33 minutes.



Morecambe & Wise

Tuesday 23 February at 11am

Steve Short brings to life the story of how a young Eric Morecambe met a young Ernie Wise with photos and clips. Steve tells his audience the journey they had to become Britain's best ever double act. In a partnership that lasted from 1941 until 1984, Eric and Ernie were regarded as Britain's best loved double act. Their career together began when they were booked separately to appear on the Jack Hylton revue 'Youth Takes a Bow'. From then on Eric and Ernie appeared in a series of shows over the next 20-years. The duo also starred in four feature films. In 1976 Eric and Ernie were both

awarded the OBE. This entertaining presentation will bring back many memories of a much loved comedy partnership. Talk length - 31 minutes.



Does your branch have a Facebook page?

Are you interested in developing a page for your branch and not sure how to take it forward?

We are here to help! Following the success of our own Facebook page development, we are keen to help you get more out of your own Facebook page.

To start things off, our head of comms, Lucia, will be hosting a special Zoom event on Wednesday, 24th February at 10.30am to go through some basics and hear your thoughts. Aimed mainly at branch committee members but open to all, the event will look at things like "what can a Facebook page do for my branch?", "how can I use social media to attract more branch members?", "can a Facebook page be an effective communications method for branches?" and "how can we work with the Fellowship centrally more closely?" To register please email Lucia at comms@nhsrf.org.uk You can also email Lucia with any questions you have or areas you would like to see covered.

LOOKING TO THE FUTURE

It is always good to welcome new members to our Fellowship whether they be postal members or branch members. Vic Griffiths, Vice President, and Michael Bennett, Regional Rep. for North East Thames have put forward this sensible suggestion, which they have already piloted with some success in their local areas, as a way to invite new folk to join us.

In essence, the proposal is that branches consider, if they have not already done so, advertising their branch in local publications such as Residents Association Newsletters, local papers, local websites and similar. A proposed template is suggested below. We would love Branch Secretaries to consider this proposal. If advice or help is needed, please do not hesitate to contact me at scotland@nhsrf.org.uk and if you do manage to place an article, do please email us a copy so we can share success.

The NHS Retirement Fellowship is a national charity, set up in 1978 as a social, leisure, educational and welfare organisation for NHS staff. Today the Fellowship comprises a very much wider membership from the health and social care sector and their partners and includes staff that have been outsourced to the private sector, hospice staff, League of Friends helpers and volunteers generally. Membership can be postal or in branch. All members have the opportunity to be involved in a wide range of interesting and fun activities within branches and nationally. The Local Branch is: ----- Branch contact: ---Name ---- at email address or telephone ----- ----- For further details of the charity, please contact www.nhsrf.org.uk



SOMETHING TO DO

If the weather is getting you down and you are looking forward to Spring so you can get out into the garden or love plants, it is worth having a look at The Enduring Gardener Website:

<https://blog.theenduringgardener.com> which features the gardening blog of Stephanie Donaldson.

Stephanie is not only a hands-on gardener but was the Gardens Editor of Country Living magazine and now writes freelance for many publications as well as being the author of many gardening books. Posts cover a range of gardening topics such as how to grow a garden on your windowsill.

BIT OF FUN

This test upon your brain power was kindly supplied by Cardiff Branch. (Answer shown below)

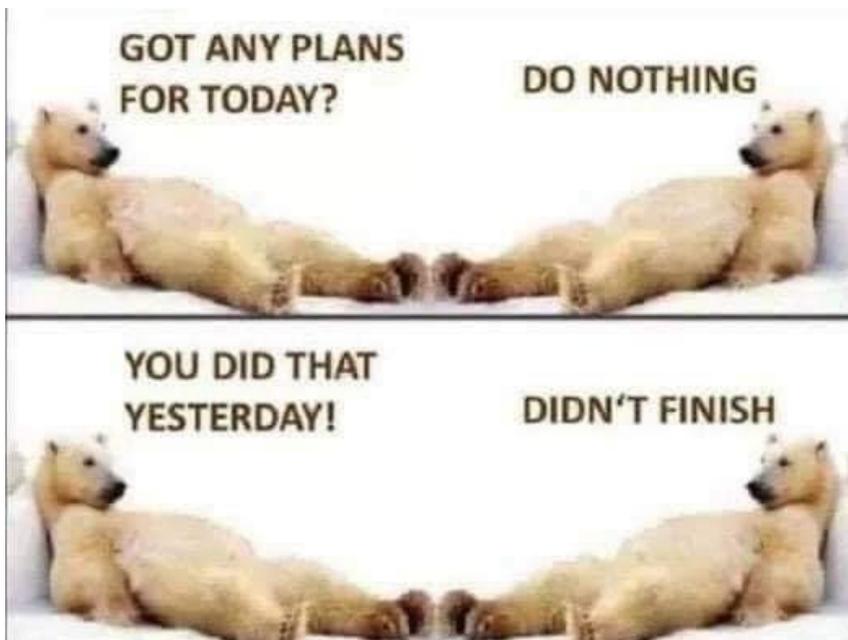
Can you figure out what these 4 words all have in common?

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.

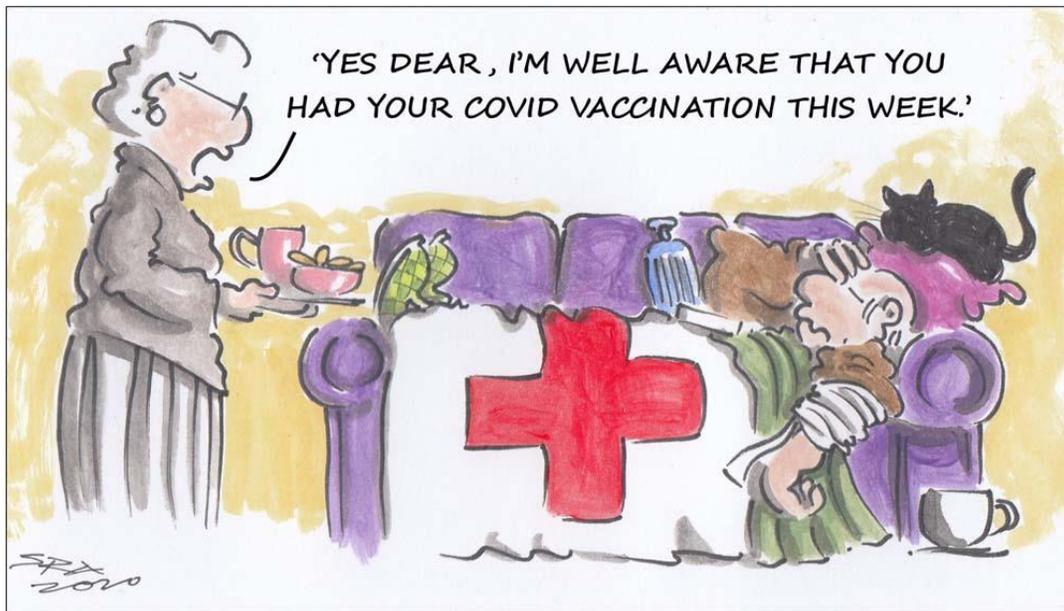


Answer: In all the words listed, if you take the first letter, place it at the end of the word, then spell the word backwards it will be the same word.

1. In Spain what is the word for an afternoon nap?
2. Who wrote "The Pit and the Pendulum"?
3. How long is there between rounds in boxing?
4. Which public school did Sir Winston Churchill go to?
5. What is the thirteenth letter of the English alphabet?
6. Which is the largest land carnivore in Britain?
7. Who made the album "Confessions on a Dance Floor"?
8. Which UK driver won the F1 World Champion in 2008, 2014 and 2015?

9. Which country does Bryan Adams come from?
10. Who was known as the lady with the lamp?
11. What is the plural of the word sheep?
12. Where in a horse is the coffin joint?
13. Which substance is most used for pencil lead?
14. To ten years either way, in which year did Charles Dickens die?
15. What name can be a lettuce or a mass of floating frozen water?
16. Which vegetable did Sir Walter Raleigh bring to England?
17. In the strip cartoon, what is the name of Snoopy's brother?
18. Soyuz was the name of a Russian spacecraft, but what does the name mean?
19. Which lady became George W. Bush's Secretary of State in his second term of office?
20. In Shakespeare's "Othello", who is the female lead?

Answers below



ANSWERS

1. Siesta
2. Edgar Allan Poe
3. One minute
4. Harrow
5. "M"
6. Badger
7. Madonna
8. Lewis Hamilton
9. Canada

10. Florence Nightingale – she began her foray into the world of medical treatment during the Crimean War when she organised a corps of nurses to care for injured soldiers.
11. Sheep
12. Hoof
13. Graphite
14. in 1870
15. Iceberg
16. Potato
17. Spike
18. Union
19. Condoleezza Rice
20. Desdemona

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 07985 670156 or email scotland@nhsrf.org.uk - Hilary Development Officer