

April 2021
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Hello Members hope you are all well and enjoying the Spring sunshine and rain – how temperatures can change from day to day is unbelievable hence I have not stored my winter woollies! What have you been up to – please share for our next issue.

BRANCH SPOTLIGHT - LIVERPOOL

Georgina Hall - Membership Secretary & Shelagh Ballard - Member of the Out-and-About Group says :

"Celebration Tree"

This is a story about a very special tree, which now forms a central part of village life here in Greasby on the Wirral ("Across the Water from Liverpool"). Shelagh and I go back a long way, we first met each other at infant school. I introduced Shelagh to our Branch of the Fellowship, and she has become a very enthusiastic member of our "Out and About Group" helping to organise events for our membership.

We have always had a saying "I love Greasby" and approximately two years ago we were having a meal with another couple of our friends and came up with the idea of forming a group called the "I Love Greasby Group". We designed an "I ♥ Greasby" pin badge and sold them in the local shops and pubs. We then had a fund-raising quiz night in our local community centre. The aim was to purchase a "rooted" Christmas tree for our village. Greasby had not had a Christmas tree since we were children – and then it was a cut-off tree which was destroyed at the end of the Christmas festivities.

We were guided by Wirral Borough Council's Tree Officer over the location of the ground we could use, purchase of the tree etc and on the 19th November 2020 despite all the obstacles created by Covid-19 our tree - a Korean Fir - was finally planted by Council contractors. The tree is eight years old and is approximately 12 feet high. It took many months and countless emails liaising with Council officials, approved Council suppliers and contractors.

The tree was dressed with green, red and warm white lights for Christmas and New Year and was described by a local resident as a "beacon of light" during the "Covid-19 Christmas" that we all had to endure.



The " I♥Greasby" Group felt that our tree should not just be for Christmas but should be a "Celebration Tree" if it was to form part of Village life.

So far we have had our tree dressed for Christmas. With the help of Greasby's Knit and Natter Group the tree was also dressed for "Valentine's Day" with knitted red hearts and more recently we dressed the tree for Easter with knitted chicks, Flower baskets and Easter eggs. An anonymous local resident dressed up as an Easter Bunny and had a picture taken at the Easter tree. Our tree is taking on a life of its own!!



A few months ago BBC's Countryfile launched a campaign "Plant Britain" encouraging people to register any tree that was planted. We have now entered our tree on this website.

The next "showing" will be for the children's summer holidays. Our amazing Knit and Natter Group will again be in action and have offered to knit birds, bees and flowers to dress the tree. As our tree is eight years old, we will also be hosting an "Eight" event when we will invite 8-year-old children to visit the tree on the 8th August. We will be giving out stickers, certificates, cupcakes and hopefully getting a professional photographer to take some photographs.

The Liverpool Branch of the NHSRF meets at St Nicholas' Church at the Pier Head in Liverpool. The church has many memorials in the garden surrounding the Church – our Committee is now exploring the idea of planting a tree in the memorial garden to commemorate the Liverpool Branch of the NHSRF.



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 talks all starting at 10.45am are as follows:

4 May - Endangered Wildlife and Conservation – Shelly Lozano

A talk about big cats, endangered wildlife, and conservation issues. Shelley Lozano is passionate about big cats and wildlife and talks about several endangered species, along with some interesting animal facts. Illustrated with beautiful photographs she's taken on her travels around the world, this is an interesting, informative, and educational talk that raises awareness about some of the world's most endangered wildlife and the threats they face. Talk length - 44 minutes.

18 May - Eyam: The Plague Village – Chris Green

Often it is the "little people", whose forgotten stories make up the rich tapestry of Britain's history. None more so than the villagers of Eyam in Derbyshire. When the bubonic plague struck their little community in 1665, they chose to sacrifice themselves to save the neighbouring villages and towns. This is their story. A story of inspirational selflessness and bravery by ordinary people. This is the story of Eyam – The Plague Village of England. Talk length - 35 minutes.

1 June – Under the Influence – Andy Smith

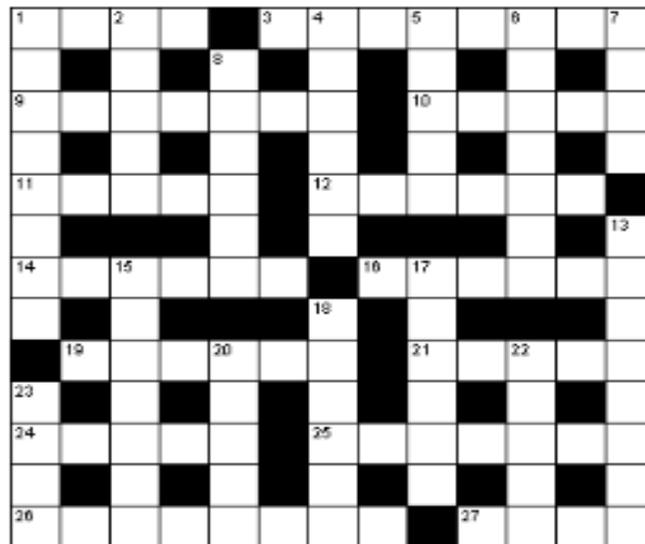
15 June – Tommy Cooper – Steve Short

APRIL SHOWERS

Life is not a highway strewn with flowers
Still it holds a goodly share of bliss
When the sun gives way to April showers
Here is the point you should never miss
Though April showers may come your way
They bring the flowers that bloom in May
So if it's raining, have no regrets
Because it isn't raining rain, you know,
(It's raining violets,)
And where you see clouds upon the hills
You soon will see crowds of daffodils
So keep on looking for a blue bird, And
list'ning for his song
Whenever April showers come along
And where you see clouds upon the hills
You soon will see crowds of daffodils
So keep on looking for a blue bird, And
list'ning for his song
Whenever April showers come along
Songwriters: Buddy Desylva, Louis Silvers

Quiz Answers – March issue

1. James Michael Tyler
2. 2001
3. Norvell
4. Bazinga
5. Celery, apple, walnuts, grapes, mayonnaise
6. Son
7. Paul Eddington
8. Albert Arkwright, usually known just as Arkwright



Across

- 1 Curved structure (4)
- 3 Thick treacle (8)
- 9 Cut into three parts (7)
- 10 Racecourse near Windsor (5)
- 11 Extemporise (2-3)
- 12 University grounds (6)
- 14 Propelled in a high arc (6)
- 16 Opening ploy in chess (6)
- 19 Chesty (anag) (6)
- 21 Hereditary class in India (5)
- 24 Yellow or red pigment (5)
- 25 Artillerymen (7)
- 26 Infatuated (8)
- 27 Drink made with fermented honey (4)

Down

- 1 In fact (8)
- 2 Cold (5)
- 4 Science of light (6)
- 5 Frighten (5)
- 6 Yield (7)
- 7 Badger's burrow (4)
- 8 Small smooth rounded stone (6)
- 13 Emphasised (8)
- 15 God of wine (7)
- 17 Abstruse (6)
- 18 Skimpy (6)
- 20 Larceny (5)
- 22 Root vegetable (5)
- 23 Search thoroughly (4)



The Patients Association is working with the NHS

Benchmarking Network to engage patients, carers and families in the CVDPREVENT Audit. We are seeking participants for a patient panel to guide and influence our involvement in this. As part of this work the Patients Association will be hosting a series of patient panel meetings virtually (using Zoom). The purpose of these meetings is to get patients' feedback on the development of the audit outputs to ensure they are suitable for a range of audiences. The patient panel will comprise of 35 patients from the different parts of England. The meetings will be held in July and October 2021 and next February 2022 (dates are on the registration form). An £80 Amazon voucher will be offered in recognition of your time for each session and places are limited.

If you have recent or ongoing experience of any of the following we are keen to hear from you:

- Atrial fibrillation (irregular heart beat)
- High blood pressure
- High cholesterol
- Diabetes
- Non diabetic hyperglycemia
- Chronic kidney disease
- Cardiovascular disease.

If you would like to take part, please complete the registration form on this link

<https://www.surveymonkey.co.uk/r/KXDDQ5T> In order to ensure a wide geographical spread and all of the above conditions, recruitment and selection will include a short telephone conversation. Places are limited so if we receive large numbers of applicants, we may not be able to include or get back to everyone but will do our best to do so and thank you for your interest.



People waiting for parcels to arrive have been given a fresh warning about a scam that claims payment is required for a package to be delivered.

Social media is awash with talk about the con, which involves a text message being sent that claims a parcel is awaiting delivery by Royal Mail.

Trading standards officers say people must not click on a link which connects to a copycat website run by fraudsters. Royal Mail said it would

never send a text message of this kind. How it works - The text, claiming to be from Royal Mail arrives out of the blue and claims that "your Royal Mail parcel is awaiting delivery. Please confirm the settlement of 1.99 (GBP) on the following link". The message then links to a website mocked up to look like an official Royal Mail site. The page requests personal and payment details, which scammers may use to steal someone's identity, or use to target them with other scams. Royal Mail said it would not use such texts - unless specifically requested - and would use a grey card instead to tell people if any fee was required. It warned the public about a similar email scam in February, and it appears that the fraudsters' campaign is evolving.

And finally, don't forget this is **your** newsletter so we want **your** stories, anecdotes, thoughts. 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.

