



In this issue:

1. **Let's get through this together**
2. **Keeping in touch with members**
3. **Public Speakers Corner**
4. **Benevolent Fund**
5. **Renewing memberships**
6. **Coronavirus Prize Quiz**



Oxford Branch hope to be out walking together again later in the year!

DEAR ALL

Let's get through this together

What difficult times we now find ourselves in! I guess we all need to focus on looking after ourselves and our loved ones and keeping in touch where possible with friends and neighbours. Above all we need to keep safe and to follow the advice given. Too many people I have spoken to in the past week or so have not been heeding the given advice. We can get through this if we work together and above all be sensible. At home here we are self-isolating and ordering all our supplies online and hubby, Frank, has started ordering his medications from Pharmacy2U so with postal delivery he does not have to go to the pharmacy. We are both, however, enjoying a walk outside every day suitably clad in sunglasses and scarves to cover our faces if necessary.....

Keeping in touch with members

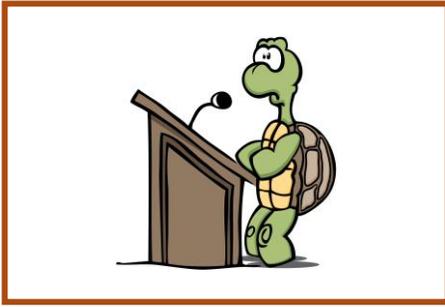
For my part I will endeavour to keep in touch with branches via SE News, email and phone calls to branches. Keeping in touch with our branch members especially those who live alone is, of course, very important.

Several days ago, I received an email from Vic Griffiths (Vice President) concerning his branch Basildon and Thurrock. With a large membership of 121 Vic has arranged with 3 other members of the committee to divide up the number into 4, the plan being that each member receive a phone call initially with a view to continuing phone calls over the coming weeks as required. This is quite a task but one which can be of immense value to both the person making the call and the receiver of the call. I believe that many branches are already adopting a similar model to Vic's. So well done!

Speaking on the phone earlier this week with Susan Gunning from Royal Marsden Branch I was pleased to hear that she is keeping in contact with branch members via phone and newsletter. Susan is, I understand, also planning to circulate a quiz via email – copying me in, so that should be fun.

If you would like to share what your branch is doing via SE News do make contact. I would also be pleased to receive any photos which could slot nicely into the space next to this text.

As stated, I will be telephoning my branches (all 60+ of them) to see if assistance is required. My initial focus will be our smaller branches. At the time of writing I have not spoken with all the Regional Reps. in the South East, but I am pretty confident they will be willing to help where necessary.



Public Speakers Corner

I am aware that branches will not be booking speakers for some time but I thought it might be useful to draw attention to the following website www.diannemanning.co.uk Public Speakers Corner. On the site you can browse by county, theme and cost of a speaker. These range from 'no fee' to a maximum of £50 plus more expensive categories. Although quite a number of the speakers are outside the south east, there are many who are in our area.

Benevolent Fund

Please do remember our Benevolent Fund at this difficult time. If any member feels they would like to ask for assistance, do encourage them to do so. Members are eligible to apply after a year of membership. Please call 01305 361317 or email info@nhsrf.org.uk Central Office, for more information. All applications are treated in confidence. The application form is available to download in our Members Section.

If anyone is really unsure, I am happy to help.

Renewing Memberships

It is appreciated that we are shortly moving into the time when branch membership fees are due for the coming year. There are, at the time of writing, so many uncertainties about the year ahead and as a result there are many questions that members are and will be asking. Can I assure everyone that I have discussed these issues with John Rostill who is giving the matter much thought? John is closely watching the situation and will communicate with branches and members as and when information is available, and decisions made.

Coronavirus Quiz

Well – this is just a quick quiz to take our minds off the coronavirus for a little while. Answers please via email or phone. There is a prize of a **£20 M&S voucher**. All correct answers will be put into a lucky dip on 30 April and the winner will be notified via SE News.

1. What is the fastest land animal? Giraffe, Fox, Cheetah, Lion
2. Which of these is the fastest fish? Tuna, Shark, Flying Fish, Sailfish
3. Which is the fastest bird? Eagle, Peregrine Falcon, Hawk, Stork
4. Which of these is the shortest time span? Century, Decade, Millennium, A dozen years
5. Which of the U.S. presidents served for the shortest length of time? Abraham Lincoln, James Madison, William Henry Harrison, George Washington

Now that wasn't too bad was it?

Thanks for reading this far. If you would like to contribute to SE News or have any ideas about what we as a Fellowship should or could be doing, please do make contact. Also do let me know if there is anyone you think should be added to this mailing list or if you would like your name removed.

Keep well one and all.

Sally Bundock

london.eastanglia@nhsrf.org.uk

07960 425956