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Oh, we do like to be beside the seaside.! Brighton Branch with Eastbourne Pier in the background. A lovely sunny day in happier times.

DEAR ALL

Building the future together

We are living in very challenging times indeed and certainly for some it is more challenging than for others. I have been very encouraged in the last couple of weeks hearing from and about branches and how they are working to keep in touch with their members. This is what fellowship is all about. If we all manage to maintain some sort of contact between our members, we should all emerge from this unfortunate period of history all the stronger for it.

News from the branches

Keeping in touch is important however we prefer to do it is. For some it is via the telephone or email whilst for others it is Facebook or Whatsapp. Zoom seems to be very popular at present but newsletters and letters via the post also have their place.

Many branches are using the plan whereby the committee is dividing up branch membership between them with a view to keeping in touch with those members allocated to them. This seems to be working very well. I am sure that the phone calls are rewarding for both the person making the call and the person receiving the call. These calls are obviously especially valuable to those living on their own.

Some of you will have heard of [Suffolk West Branch](#)'s plans for the shutdown. They have organized their Book Club, Genealogy Group and their newly formed History Group online. Their plan is to keep their branch members involved with the subjects that they are interested in, keep their friendships going, with the whole initiative being a very good way of supporting members. The Book Club is a small group of 9 members, and they have decided to be in touch on the same day or as near as possible, to the day that they usually meet. The leader of the Group decided that as new or library books were not going to be accessible that members would be asked to read a book that they have at home and then write a summary and conclusion and rate the read out of 10. They then email this summary to the other 8 members of the Group. The leader is aware that some members read several books each month and she is, therefore leaving it up to them as to how much they write and how many books they wish to write about. This is an excellent way of keeping in touch and keeping interests going. My thanks to Christine Harper and Susan Lloyd for this contribution.

Brenda Crawford from [Haringey Branch](#) and Frank Pyke from [Folkestone Branch](#) both assured me last week that they are keeping in contact with all their members. I am enjoying ringing around the branches to see how they are making out and am happy to work on any cases where it is felt that individuals need a little extra help.

Coping in the Shutdown

There has and continues to be lots of advice in the media on how to cope with self-isolating. If you are on your own it may be more difficult to handle although I am aware that some people do value their solitude. Personally, I find it helpful to keep occupied doing something or other. I pass my time with housework (not much), reading, working for NHSRF, cooking and keeping in contact with family and friends via the phone/facetime. We also go out for a walk each day. I wear sunglasses and a scarf across my face and keep a distance of 2 metres even if it means crossing the road several times over a couple of miles. I would encourage anyone who is fit enough to go out for walk if they possibly can, provided they are very careful about it. Not walking or exercising for several weeks is not good for the legs or general wellbeing. Living in west London we have to be very careful as we are in a 'hot' spot as far as Covid is concerned. We are very careful!

Some of our members I believe will be in the 'extremely vulnerable' category. Some of these will have received a letter. If anyone feels they fall into this category and have not been written to may I suggest that they visit the following website www.gov.uk/coronavirus-extremely-vulnerable and/or contact their GP.

Please everyone also remember that we do have a Benevolent Fund available to help where appropriate.

Well Done!

May I say well done and a big thank you to those members who have responded to the request to return to work to help with the current crisis. I hope that these kindly folk remain safe and well throughout.

1. **What did one tonsil say to the other tonsil?**
Get dressed up — the doctor is taking us out!
2. **Patient: I always see spots before my eyes.**
Doctor: Didn't the new glasses help?
Patient: Sure, now I see the spots much clearer.

Contribution from Sheila and Peter in Brighton Branch

Peter & I have been away on an imaginary cruise in place of the one cancelled. We have had the ship to ourselves. I have been the executive chef, it's amazing what you can find at the bottom of the freezer & Peter as a shanty singer, enlisted for entertainments. We have one stowaway — Simba the cat, who ate the sardines!

Independent Age

We all want to feel that our home is secure. Although burglary isn't very common, it's only sensible to take precautions. Just a few simple security measures can reduce your risk of crime and give you peace of mind.

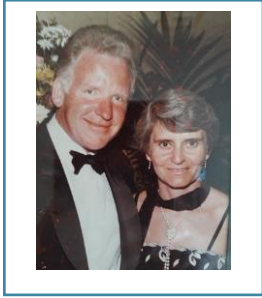
Order your free guide today by calling 0800 319 6789

North West Thames Branches

At the time of writing, Putteridge Bury is still hopefully going ahead, so please send in your numbers plus cheque. I will not be banking the cheques until I receive the go ahead from Putteridge Bury. It is hoped that if we are unable to hold the event on the planned date it will be re-scheduled for later in the year.

Lorraine Taylor

Victor Wright Griffiths BSc (Hons) F.C.R. D.M.U. – Honorary Vice President



I was born in a small farming community village in North_Wales the 3rd son of a village blacksmith and district nurse. My early years were dominated by the Methodist movement, chapel 3 times on Sundays, and several evenings attending bible classes and singing in the vestry. I attended the local primary school, just up the road from my home and then the Grammar school in nearby Denbigh. I had piano lessons from an early age, played the organ in the chapel and became an associate of the Victoria College of Music. On leaving full time education I worked in several chemist shops with the intention of becoming a pharmacist until I had to complete my national service.

I joined the Royal Army Medical Corps in January 1955, and by April was posted to the Army School of Radiography at The Royal Herbert Hospital in Woolwich where I started my radiographic training. After an initial period of training, I was posted to various military hospitals throughout the UK and by 1957 had completed my training and gained the diploma of the college of Radiographers (D.C.R.) I then remained in the R.A.M.C until 1960, promoted to the rank of Sergeant and put in charge of X-ray Departments and finally becoming an instructor at the School of Radiography where I initially trained.

On leaving the army, I worked in NHS hospitals for a period of 7 years firstly in the West Country and then in London gaining experience in both practical radiography and departmental management and also gained my Fellowship of the College of Radiography (F.C.R.)

I matured in 1962 and married my wife Penny, and we have 2 sons, both radiographers, and have amassed 2 daughters in law, both radiographers, 13 grandchildren and 2 great grandchildren.

In 1967, I was appointed Superintendent Radiographer to a hospital in London where I stayed until 1978 and experienced the first of many management changes when Area Health Authorities were formed in 1972.

In 1978, I was appointed Superintendent Radiographer to a hospital in Essex where I remained until my retirement in 2000. Between 1978 and 2000, I was

promoted to District Superintendent Radiographer responsible for services at 5 hospitals, trained and qualified in medical ultrasound gaining my Diploma of the College of Radiographers (D.M.U.) and then further promoted to Imaging Services Manager and finally Radiology Manager. During this period, I experienced many management changes including the formation of District Health Authorities, the introduction of Consultants into management and the separation of purchasers and providers, and further enhanced my career by graduating from South Bank University with a Bachelor of Science degree. I was also involved in the training of Radiographers, being a regular visiting lecturer at The Middlesex and Royal Free Hospitals Schools of Radiography and then City University, and together with my wife, represented the Hospital Trust at a Royal Garden Party at Buckingham Palace.

In 2000, on retirement, I joined the local branch of the NHS Retirement Fellowship, a registered charity partly funded by the NHS, becoming their chairman and after 18 years remain their chairman, and have seen a threefold increase in the membership. I was also elected vice chairman to the national NHS Retirement fellowship organisation in 2007, followed by promotion to chairman in 2009 and President in 2011, completing my term of office in 2013 and in 2013, I was elected Honorary Life Vice President of the Fellowship.

Now In 2020, and further into the future, I intend to continue working with the organisation to raise awareness amongst NHS and social care retirees so that many more will join the organisation and benefit from being members and in particular help alleviate loneliness amongst our retirees.

Which? Later Life Care

Scams aimed at older people

Below is a useful guide on common scams and how to identify them. Well worth a read.

<https://www.which.co.uk/late-life-care/home-care/scams-and-older-people/scams-aimed-at-older-people-abpr47wougxr>

Dignity Magazine: Helping the over-50s live life to the full

My thanks to Brenda Crawford and her team at Haringey branch who brought this publication to my notice. Arlene Martin attended one of their branch meetings and gave an interesting talk. She can be contacted on 07866 368393. Dignity Magazine is a bi-monthly, current affairs title which was set up in August 2014 to help tackle the economic, health and social inequalities affecting seniors and those aged 50 and over.

Dignity recognizes that there are huge issues with pensioner poverty, loneliness and social isolation, and declining physical and emotional health. There are also massive problems with marginalisation. Some readers have reported that because of ageist attitudes, they have felt unable to participate in or contribute to society in any meaningful way once they hit state pension age.

At Dignity Magazine they aim to challenge this state of affairs by empowering their readers, whatever their age and wherever they live in the UK, to take charge of their lives and thrive. They achieve this through the provision of informative and engaging news stories, step-by-step articles and in-depth features encompassing a diverse range of subjects, such as money and pensions, employment and retirement, and health and social care. Also covered are consumer, legal and welfare rights.

As each article is focused on tackling a specific challenge, most end with a mini guide offering practical solutions to that challenge so that readers can swiftly deal with their issue and get on with living their lives. They also break each subject down into manageable chunks to help everyone develop a thorough understanding of the topic and the issues that surround it.

Dignity Magazine is sold via an £18 annual subscription fee. You can also buy single and back issues of the magazine for £4 each. Prices include the cost of postage and packaging. Please visit <https://www.dignitymagazine.co.uk/> or call 20 3302 3249.

Covid-19 Mutual Aid UK

Covid-19 Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the Covid-19 outbreak in the UK. Visit the website to search by location to find what is available very locally. <https://covidmutualaid.org/>

Fellowship Holidays Update

Lorraine Taylor reports -

I have been in touch with both IOW Tours and Newmarket Holidays who have both said that everything is on hold at the moment and NOT TO CANCEL this will allow them to return monies already paid and in the case of Newmarket Holidays they are hopeful that the holiday will go ahead, but if not will offer refunds or credit notes for future holidays which will also include an additional discount.

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 Oh and if you haven't yet sent in your entry for the quiz in the last issue please do so by 30 April. Thank you.

Sally Bundock
Development Officer