

North West News

24 April 2020



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Dear All

Welcome to our first fortnightly NW NHSRF Newsletter. I have gathered some information that I hope you will find useful for our first one but I would welcome your input so we can share what the North West branches are up to.

Branch Information

NHSRF WARRINGTON informed the Fellowship through Facebook what they were doing during Covid19 Isolation

“As a branch we communicate with some members who have agreed to be contacted by email and the remaining members are being contacted by telephone by a small number of committee member volunteers. Because our branch is very friendly there are many friendship groups amongst us who always keep in touch anyway. Our regular activities are the monthly meeting, monthly coach trips and strollers’ group so at present all these are curtailed.

If we have missed any member, the telephone numbers of the committee are and we will add you to the list. “

Use it or lose it

Here is an infographic that you can use to get the body moving – walking is one of the best exercises if you are able to walk around the block, and balance helps to strengthen your leg muscles – just standing on one leg can help (both legs, but not at the same time haha) make sure there is something to hold on to in case you lose your balance – keeping your muscles strong also prevents falls - here are some exercises below:



1

SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip width apart. Lean forward slightly and stand up – using your hands on the chair if needed. Stand tall then step back until your legs touch the chair. Slowly as you can lower your bottom back into the chair – using your hands on the chair if needed.

Repeat 10 times.

This will strengthen the muscles in your thighs and bottom.

How can I make it more challenging?

When you can do this with ease, try using your arms less, and work towards not using them at all.



3

TOE RAISES

Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift the front of your foot so that the weight is back in your heels. Try not to stick your bottom out. Aim to lift for a slow count of 3 and lower for a slow count of 5.

Repeat 10 times.

This will help to strengthen your ankles and shin muscles.

How can I make it more challenging?

Try to use your support less.



5

HEEL TOE WALKING

Stand tall side on to your support. Walk 10 steps forward placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow steady walking action. Only hold on if you need to. Take your feet back to hip width apart before turning and slowly turn towards your support.

Repeat the steps in the other direction.

This will help to strengthen your ankles and improve balance.

How can I make it more challenging?

Try walking backwards.



2

HEEL RAISES

Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5.

Repeat 10 times.

This will help to strengthen your ankles.

How can I make it more challenging?

Try to use your support less.



4

HEEL TOE STAND

Stand tall with your feet hip width apart. Hold your support if needed. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds – without holding on if possible. Take your feet back to hip width apart. Repeat with the other foot in front.

Repeat twice on each foot.

This will help to strengthen your ankles and improve balance.

How can I make it more challenging?

Try to use your support less and hold the position for longer.



6

ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your supporting leg straight but your knee soft. Stand tall and look ahead. Hold for 10 seconds.

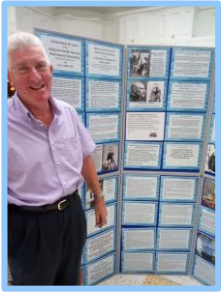
Repeat twice on each foot.

This will help to strengthen your ankles and legs and improve balance.

How can I make it more challenging?

Try to use your support less and hold position for longer.

HERITAGE PROJECT 2020



Bob Middleton, NHSRF Culture,
Heritage & Memories Project Manager

Following a further £10k grant from the Heritage Lottery Fund won in June 2019, an ambitious programme of heritage events is being delivered for 2020/21 starting in November 2020, this was planned from Nov 19 - Nov 20 but may have to extend to June 2021 due to Covid19. The Events are being staged in 4 regions: North West, East Anglia, South West and North East enabled by Bob Middleton Heritage Project Manager, Development Officers and Regional Reps.

As well as celebrating the NHS from 1948 to 2020, and looking back on its past, the Events



(Exhibitions and Heritage presentations) will all generate both interest in the Fellowship and importantly to generate new member recruitment. Some 20 events have been developed, with East Anglia's focus include is to engage with primary and secondary schools led by Jeanette Lee of West Suffolk branch. This innovative collaborative working will involve an NHS Painting Competition, NHS Quiz for each group and a 'Future Nurse' Scrubs Uniform for each prize winner. Other events planned are in Bury St Edmunds, Sudbury, and Newmarket. In the North West Region collaborative working with Manchester City Council has resulted in a St Ann's Square City Centre Event in Nov 19 and in Jan 20 we held an event in Manchester's Arndale Centre with support from local branches. The project has engaged with a charity associated with the "Windrush" generation to plan a shared heritage event with



the NHS and the planning of a new branch in Central Manchester. The Region also held a Heritage Event at Wythenshawe Hospital in November 2019 with a planned event at Liverpool Alder Hey Hospital. Bob Middleton is the Project Manager of the Heritage Projects nationwide. The 2020 Project has built on evaluation and experience gained from the '70-40' Heritage Project and the good practice and lessons learned. All the events will be in areas that attract established footfall so that maximum reach to people is achieved and attraction to both new members and to generate new branches. The Heritage Project is also jointly working on member recruitment and has used the experience of Regional Representatives and Development Officers to create a new branch formation template, on the steps to undertake to get a new branch going, and the pitfalls to avoid on the way. May Bob and I thank all branches and members who have supported us so far and look forward to seeing you soon at further events in the North West.



Photo (left) - Gwen and Alan Crossley, NHSRF North Manchester - Manchester Arndale

Photo (top right) - Sara O'Brian, Sue Clinkard, Gina Williams and founder of the branch 92 years young Olive Belfield - NHSRF South Manchester

Photo (bottom right) - Remi Clarke's memorabilia - NHSRF South Manchester

Useful contacts

Name	Website	Information
NHS COVID SUPPORT	NHS 111 online service – only call 111 if you're unable to get help online	Urgent Medical Help
COVID MUTUAL AID	www.covidmutualaid.org/local-groups/	Enter location or postcode to find out support available
COMPUTER SKILLS	www.onlinecentresnetwork.org/ournetwork	Local centres providing simple computer skills
NHSX TECHFORCE 19	www.techforce19.uk/ www.dezeen.com/2020/03/26/nhsx-techforce19-coronavirus-innovation-fund/	Innovation bid to support the isolated and vulnerable
SCAMS	www.which.co.uk/after-life-care/home-care/scams-and-older-people/scams-aimed-at-older-people-abpr47w0ugxr	Information of scams aimed at the vulnerable
CITIZENS ADVICE BUREAU	www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/ 0344 411 1444	Advice benefits, work, debt etc
ONLINE ACTIVITIES	https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home	Everything from virtual tours to on-line learning
MUSIC	HTTPS://MUSICMEMORIES.BBCREWIND.CO.UK/	BBC website designed to use music to help people reconnect with their most powerful memories

MARIE CURIE	www.mariecurie.org.uk 0800 902309	Support family, friends and carers for people with terminal illness
CRUSE	www.Cruse.org.uk 0808 8081677	Bereavement support
BLUE CROSS	www.bluecross.org.uk 0800 0966606	Pet Bereavement support
SILVERLINE	0800 4708090	Confidential telephone support for older people
SAMARITANS	116 123 - 24 hours a day 365 days per year	Support on anything that is upsetting you



Gwen Crossley of NHSRF North Manchester informs us with information for Manchester Residents only – please feel free to pass on to people you may know who would benefit.

Manchester City Council has announced an almost £7.5 million package of support available to Manchester residents facing financial hardship during the coronavirus outbreak.

Information and support are available on:

- Council Tax support
- Council Tax Recovery
- Hardship payment
- Changes to Job Centre appointments and Universal Credit
- Help with food costs while schools are closed
- Changes to Child Benefit claims for new-born children
- Manchester Register Office is currently unable to register births, due to Covid-19 social distancing measures. However, parents of new-borns can still claim Child Benefit prior to the birth being registered.
- Help if you're self employed - Governments Self- employment Income Support and information
- Help for tenants and landlords
- Expired Blue Badges
- Support towards funeral expenses.
- Answers to other benefits and money questions

Here is the link:

<https://secure.manchester.gov.uk/info/500361/coronavirus/7928/coronavirus/4> thanks Gwen!

The Rules of Sudoku

The classic Sudoku game involves a grid of 81 squares. The grid is divided into nine blocks, each containing nine squares.

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission.

Every puzzle has just one correct solution.

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		7				9		8
	3		1	7				4
					6			
6	9	8	7	4		3		
		3		1		4		
		1		3	9	7	6	2
			4					
9				5	1		4	
4		5				1		

FRUITS

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
E	Y	B	I	A	Y	A	E	E	E	A	M	L	R
G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

- RASPBERRY
- LIME
- BLACKBERRY
- BLUEBERRY
- WATERMELON
- ORANGE
- BANANA
- PAPAYA
- LEMON
- KIWI
- STRAWBERRY
- GRAPE
- APPLE

<https://thewordsearch.com/>

Finally, just to say hope you enjoyed our first Newsletter – comments would be appreciated and we welcome any contributions for our next issue, maybe share with us what you are doing at this unprecedented time. If you know of anyone who would like to be added to the mailing list or require a copy in the post please let me know via phone 079607 489162 or email northwest.England@nhsrf.org.uk - see you in 2 weeks