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DEAR ALL

Helping Hands

Sally (Development Officer for South East England) has shared the image on the left which represents the help we are all giving each other as we battle with Covid 19. I know many of you are doing what you can to help and would like to thank all those who are making uniform wash bags, scrubs and masks for NHS and care workers. Some of you are getting shopping for people or keeping people's spirits up by phoning and chatting or keeping in touch via Facebook and emails. It is lovely to hear a friendly voice on the phone or to have a giggle at something on social media. This is a good time to remind you that the NHS Retirement Fellowship Facebook site is well worth joining. There is a lot of information on it and ideas for things to do to pass the time. It is a way to share in true fellowship with members across the UK.

Please send me anything that you want me to share from your Branch/area and if you are sewing or making anything for NHS staff, please let me know so we can record the contribution Fellowship Members have made to supporting our NHS. If you need any support or want someone to chat to, you can call me on 0131 333 3699 – my diary is remarkably empty so I'll probably be in!



What's New

Firstly, a special message from Ethel Armstrong, one of our Patrons. Despite being poorly earlier in the year she is now back and engaging enthusiastically with all that is going on. As she says, 'I have given 70+ years of my life to the NHS/Fellowship and continue to be inspired by all the exceedingly good work that is done. My very best wishes and thanks to you all.' I am sure you will all join me in my thanks to Ethel for her continued support and continual good humour.

As you may have heard on the news, a mobile phone App is currently being trialled in the Isle of Wight which, it is hoped, will help to track the spread of the coronavirus once we are no longer in lockdown and coming to terms with the new normal. John Rostill is very interested in this initiative and would like to try to gauge how many of our members would have access to the necessary technology. To be able to use the App (if it proves successful) you will need a smartphone with Bluetooth capability and probably produced more recently than 2014. It is appreciated that not everyone will be able, or want, to take part when this goes nationwide but John is keen to encourage us all to engage with it if we can and thus help to win the battle with Covid-19. It would be very helpful if Branch officers could give some idea of the number of their branch members that have suitable phones. If you can do a guesstimate, please email me with the number.

Thanks must go again to Sally who has arranged for the following Online talks to be provided free to NHS Retirement Fellowship Members during lockdown.



New – UK-wide live ‘branch meetings’ for Fellowship members

First meeting Tuesday, 19 May at 11am

I am pleased to be able to invite you to take part in our new Fellowship-wide live branch meetings commencing in May. These will be available to all members who have access to an internet enabled device, e.g. laptop, PC, tablet, or smartphone, with a broadband connection. Mirthy recommends using Google Chrome (<https://www.google.com/chrome/>) as your internet browser to register and access these talks, to ensure the best possible experience.

To take part all you need to do is go to - www.mirthy.co.uk/nhsrf and follow the simple instructions to register your interest. You will then be sent an email telling you precisely what to do to join the meeting. Basically, you log on 15 minutes before the start and wait. Then all will become clear nearer the start time.

The meetings will consist of an introduction from our host, Alex Ramamurthy, the opportunity to say ‘hello’ to other members then a talk that is being delivered only to NHSRF members across England, Scotland and Wales. At the end of the talk you will be able to ask a question of the speaker. Basically, you type in your question, Alex will read it out and then you will hear the speaker answering. It will not be quite the same as an actual branch meeting, you will have to provide your own tea and biscuits, but promises to be enjoyable and worthwhile, nonetheless. I have already taken part in one of these talks and it was certainly well worthwhile.

The talks are being generously provided fortnightly free of charge for NHSRF members during the Covid-19 shutdown by Mirthy, a new dynamic organisation whose mission is to help those in later life remain active, social and connected in their community. In the words of their CEO, Alex. ‘This is our way to give back to those who have given so much.’

Mirthy is currently contracted to deliver talks around the country to other organisations such as U3A and McCarthy & Stone residents.

The first two sessions will be delivered on:

Tuesday, 19 May 11am
(Talk lasts 34 min + Q&A)

Meet Harry Kay, a veteran of WW1, now a civilian and living at home with his family. He is dealing with the privations of a different sort of war, the air raids and rationing. Listen how he and his family experienced V-E Day through the words of Simon Waterfield, a historical performer. There are period newspapers, ration books and identity cards to show you.

Tuesday, 2 June 11am
(Talk lasts 29 min. + Q&A)

Gongoozling for Beginners
After 30 years as a police officer in Sussex, Neil thought this sounded just the tonic for retirement; relaxing, stress free and with the chance to grow his beard and hair. This is a light-hearted journey around some of the 2000 miles of navigable waterways in a 58-foot canal narrow boat across Britain, with just a small dose of history, lots of humour, a rather wet puppy and only one broken armso far!

We will keep you advised of further dates and topics in due course.

If you have any problems with registering or any queries at all, please contact Sally Bundock in the first instance.
Thanks.

london.eastanglia@nhsrf.org.uk or call 07960 425956.

NHS Retirement Fellowship Highland branch – Thanks to Anthea Zell for sharing her viewing selection

Our weekly recommendations of TV films from the Screen Machine and my own research!

Moonlight (2016, 12A) Film4, 9pm Wednesday 13 May I'm trying to write about this US coming of age Academy Award Best Picture Winner and I've realised that it's actually what we all love - a near perfect piece of cinema. Words can't do justice to that magic combination of a strong well-structured drama, almost feeling the tense heat of Miami's tough housing projects on-screen, and some beautifully restrained acting that brought even Mark Kermode to tears. If you saw Mahershala Ali's Oscar-winning performance in *Green Book* when we screened it last year, you'll appreciate why he won his first Oscar for *Moonlight*. Lose yourself in this powerful film that takes you where you don't expect to go.

The Man Who Fell to Earth (1976, 18) Talking Pictures, 9.50pm Saturday 9 May David Bowie makes his acting debut in this cult classic sc-fi. He stars as an alien posing as a human who comes to Earth to save his dying planet. He succeeds in amassing a fortune, but earthly vices start to distract and confuse him from his mission's purpose and objective.

Minions (2015, U) ITV2, 6.10pm Sunday 10 May This animated comedy is full of slapstick and silly gags. Before the events of *Despicable Me*, three Minions search for a truly evil leader. Perfect for young audiences, but great for anyone looking for a bit of funny nonsense. Featuring the voices of Sandra Bullock and Jon Hamm.

Sweet Sixteen (2002, 18) Film4, 11.05pm on Monday 11 May Drama set in Greenock about a young boy trying to help his imprisoned mother. Directed by Ken Loach, it depicts those at the bottom of the ladder with depth and humanity. Screen Machine recently showed Loach's latest film, *Sorry We Missed You*.

Senna (, 12A) ITV4, 10.50pm on Thursday 14 May Captivating biography about one of Formula One's boldest champions. Like our recent recommendation *Diego Maradona*, you don't have to be a fan of the sport to enjoy this film. It's a powerful portrait of a controversial character and his untimely death.

My research has discovered the following films and TV programmes

Monday on BBC 2 @3.00pm *The Importance of being Earnest* (comedy drama with Judie Dench, Colin Firth and Rupert Everett)

Monday BBC2 @ 9.00pm and concluding on Tuesday *Hospital Special: Fighting Covid-19 Documentary of the Week*

Wednesday Film 4 @ 9.00pm *Moonlight* (see Screen Machine recommendations above)

Wednesday Sony Movies @ 9.00pm *Dad's Army* (the movie with the original cast)

Thursday Talking Pictures @ 10.00pm *The Man who fell to Earth* (see Screen Machine recommendations above)

Thursday C5 @11.05pm *Air Force One* (the President's plane is highjacked)

Friday 5 Select @ 10.00pm *A Cry in the Dark* (dramatization of the bizarre real-life story of Lindy Chamberlain who claimed her baby was killed by a dingo at Ayres Rock in 1980)

Here are a trio of St Trinian's films - comedy classics of 1954

Tuesday on BBC 2 @ 3.00pm *The Belles of St Trinian's* with Joyce Grenfell, Alastair Sim and George Cole)

Wednesday BBC2 @ 3.00pm *Blue Murder at St Trinian's* with Joyce Grenfell, Alastair Sim and Terry Thomas

Thursday BBC2 @ 3.00pm *The Pure Hell of St Trinian's* with Cecil Parker and Sid James

Do any of you listen to the radio? Friday Radio 4 @11.00pm *Pandemic 1918* (a three part series on which leading virologist John Oxford looks back to the so-called Spanish flu – the virus that killed 50 million people worldwide)

Bits and Pieces

Thank you to all of you who are making items for NHS staff and carers. Members of the Edinburgh Branch, along with their friends and neighbours, have made 86 uniform wash bags and I had the great pleasure of delivering them to Staff Nurse Rachel Lyell at the Royal Infirmary Edinburgh. She has co-ordinated their distribution to the 3 Covid 19 wards in the hospital and there is now bag envy from other wards within the hospital. Any surplus bags will be given to the Ambulance crews and paramedics who are transporting patients with suspected Covid 19.

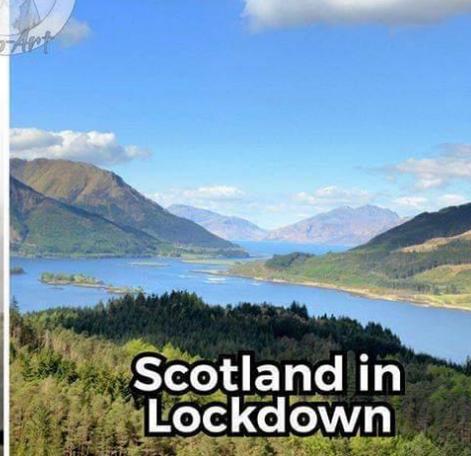
Keeping a safe distance, Rachel called her colleagues out to pose for this picture and to express their sincere gratitude.



A “well done” to Judith McMurray has been making bags for staff at Ninewells Hospital in Dundee and is also on the volunteer list for the hospital. Please share anything that your Branch is doing and I will put it in the next newsletter.



Many of us are very lucky to be able to spend time in our gardens in these difficult days and Grace Clarke from Fife Branch kindly shared these beautiful pictures from her garden. The picture on the left shows Clematis Montana and the lovely yellow flowers are erythroniums. It is uplifting to see new growth appearing and gives us hope of better days to follow. Please send me any photos which will give us a boost. Hopefully the one below gives you a wee smile!



KEEP THAT BODY MOVING – SEATED EXERCISES

Our muscles, bones and joints like to be moved. Lack of movement is bad for our bodies. Just like a car, the body needs to be moved regularly or it will get stiff and rusty.

The Seated March

- Sit tall at the front of the chair
- Hold the sides of the chair
- March with control
- Build to a rhythm that feels comfortable
- Continue for 1-2 minutes.

The ankle loosener

- Sit tall and place the heel of one foot on the floor then lift it and put the toes down on the same spot
- Repeat five times on each leg

The shoulder loosener

- Lift both shoulders up to ears, draw them back then press them down
- Repeat slowly five times and feel the shoulder joints loosen

The Twist

- Sit very tall with feet hip width apart
- Place your right hand on left knee and hold the chair back with the left hand
- Twist the upper body and head slowly to the right, back to the middle, and round to the left
- Repeat four more times slowly each way

Wrist Strengthenener

Fold or roll a hand or tea towel into a tube shape

- Sit tall then squeeze the towel tightly with both hands, hold for a slow count of five then release
- Repeat this exercise 6-8 times - More challenging option - squeeze then twist your towel before holding for 10 seconds.

Arm Swings

Sit tall away from the chair back

- Place both feet flat on the floor below knees
- Bend elbows and swing arms from the shoulder
- Build to a rhythm that is comfortable
- Continue for 30 seconds

- More challenging option increase pace and time to 1-2 minutes

Sit to Stand

Sit tall near the front of the chair

- Place feet slightly behind knees
- Lean slightly forwards
- Stand up (using hands on the chair for support if needed. Progress to no hands over time)
- Step back until legs touch the chair, then stand tall, bend knees and slowly lower bottom back into the chair
- Repeat 10 times

- More challenging option - try doing the exercise extra slow and hover for a few seconds just before finally sitting.

This one is if you have a laptop or computer and like doing jigsaws. Lots to choose from and different levels... <https://www.thejigsawpuzzles.com/>

This is for all smart phones when you're out walking. It's called naturalist. It's a free app you just download onto your phone. Follow the instructions to take a close-up photo or two of any plants, fauna, insects, butterflies, animals. The app helps you identify the species and locates where the photos were taken. The data collected is used across the world for research and it's fascinating. Full details and a link to the app are on the Lancashire Wildlife Trusts website...

<https://www.lancswt.org.uk/events/city-nature-challenge>



DOWN

- 1) Atmospheric pressure unit
- 2) Dairy section purchases
- 3) Make a certain pie filling
- 4) Oprah had a famous one
- 5) Expressed oneself
- 6) African plain
- 7) Dry as a bone
- 8) Pinocchio, at times
- 9) Sacred objects
- 10) Molecule cores
- 11) Beloved animal
- 12) Beehive State college athlete
- 13) Crib sheet user
- 21) Blue blood, informally
- 22) Expenditures
- 25) Fills the hold, e.g.
- 26) Half of the forearm bones
- 27) Devious maneuvers
- 29) Jerry or Jerry Lee
- 30) Does it wrong
- 32) Parkinson's drug
- 33) Willy and Shamu, for two
- 34) "The first ___ the deepest"
- 35) Flat-top formation
- 36) Memory trace
- 39) Anchor cable hole
- 40) Old-fashioned illumination
- 45) Call again
- 47) Eccentric former basketball star Dennis
- 49) Council of ___ (16th-century assembly)
- 50) Hindu concept
- 51) Divas' offerings
- 52) Native-born Israeli
- 54) Cutting the mustard

ACROSS

- | | |
|--|---|
| <ol style="list-style-type: none"> 1) Lara Croft target 5) Egg-shaped, e.g. 9) Computer material 14) Mediterranean cooking staple 15) Persian sprite 16) Precipitated by 17) University of Nevada city 18) Parts of pelvises 19) Eight musicians 20) What a whimsical glam band plays? 23) Like some identities 24) Depletes 28) Eye covering 29) Permit 31) "___ have to do" 32) Center of activity 35) Sign on an entrance ramp 37) Yoko who married Lennon 38) Rout by cheating? | <ol style="list-style-type: none"> 41) Tenth of 12, for short 42) Desert stop 43) Some inert elements 44) Meager hand 46) Functioned as 47) B&O and Reading, for short 48) Money and property, e.g. 50) "Down Under" tree climbers 53) Pessimistic naval officer? 57) Non-studio film, briefly 60) Earthen embankment 61) Barbed remark 62) Onetime Israeli leader Moshe 63) Tibetan priest 64) Herbivore with hops 65) Breadmaker's wheat 66) Impulsive passion 67) Kaiser cousin (Var.) |
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ANSWERS – IN NEXT ISSUE