



## In this issue:

1. **We'll Meet Again**
2. **What's new this issue**
3. **Update on live talks**
4. **Florence Nightingale**
5. **Lorraine Taylor, RR**
6. **Debbie Arnold, CO**
7. **Quite a variety of bits and pieces**



Royal London Branch taking a trip on the cable car over to Greenwich and having lunch at the O2

DEAR ALL

## We'll Meet Again

Thank you, Vera, for making that song so popular that it still lives with us today. I am sure many of you will have celebrated V-E Day in one way or another and a special thanks to those of you who joined me online for the live V-E Day talk on 19<sup>th</sup>. .... Yes, hopefully we will all meet together again at branch meetings, outings, conferences and members days. We will, however, I guess just have to remain patient for the time being.

## What's new this Issue

Whilst many things remain much as before - the need to do all we can to stay safe, to keep as mobile as we can and keep ourselves busy, some things have changed in a good way. Our Facebook account is doing well and the 1,000 member target has been reached, other parts of the UK have commenced creating their own area newsletters similar to our own and the first on-line talk took place yesterday. It is great that so many members are keeping in touch and supporting each other. Our main newsletter went out last week and John Rostill is planning a monthly news update which will be mailed out to those not on email. I regret that this newsletter does not reach everyone but am grateful to those branches mailing out copies to those who are not on email.

Well done to all those of you who continue to help those on the front line. Your work is much valued.

Finally, please continue to be aware of scammers. I gather this type of crime has increased markedly since the lockdown.

## Update on live talks – 218 members took part on 19<sup>th</sup> May

I was certainly heartened by the number of very positive comments received about the Mirthy live talk on Tuesday. It would be great to have even more of you there next time. To register please go to [www.mirthy.co.uk/NHSRE](http://www.mirthy.co.uk/NHSRE) If you have any difficulty with this at all please contact me. The next 3 talks will be:

**2 June – 11am** Gongoozling for Beginners – Neil's lighthearted journey around some of the 2000 miles of British navigable waterways in his narrow boat.

**16 June – 11am** Bruges, it's more than just chocolate - Melanie

**30 June – 11am** Travels with a penguin to Antarctica - Pen

## Are you sure you are paying the correct amount of tax?



Tax issues are certainly baffling for many of us and it is useful therefore to know where to go for help. Calls directly to HMRC can sometimes be confusing and in my experience one can spend quite a long time waiting for the call to be answered.

Tax Help for Older People is a registered charity which offers free tax advice to older people over 60 but includes those in their 50s when considering the tax position on pension options, who cannot afford professional tax services, which is typically those whose annual income is less than £20K pa. These criteria can, however, be extended in special circumstances.

The service offers help with any personal tax query. If they are unable to help for any reason, they will refer the caller to another charity or HMRC, armed with the right questions.

Their Helpline number is 01308 488066.

Ed



### NHS Discounts & Healthcare Staff Benefits

We have a huge range of NHS discounts and healthcare staff benefits, from money saving deals and vouchers, including **travel and holiday deals**, top **hotel discounts**, relaxing **airport lounge** and **airport parking discounts**, mouth-watering **restaurant deals**, money off **fashion fixes**, through to **deals on mobile phones, utilities and gym membership**. Your hard work should be rewarded. We're here to make sure you are.

[www.healthservicediscounts.com](http://www.healthservicediscounts.com)

### 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/>

### High Street Shops Quiz Answers

1. Iceland
2. Woolworths
3. Top Shop
4. Specsavers
5. Boots
6. Toys R Us
7. British Home Stores
8. H.Samuel
9. Army and Navy Stores
10. Comet



My thanks to Annie Johnson for this delightful contribution



"When I am no longer even a memory, just a name, I hope my voice may perpetuate the great work of my life. God bless my dear old comrades of Balaclava and bring them safe to shore.

**Florence Nightingale."**

### Some interesting facts about an amazing lady that I didn't know.....

Florence Nightingale was fluent in English, French, German, Italian and had a reasonable grasp of Latin and Classical Greek.

She helped to popularize the pie chart.

Queen Victoria was one of her biggest fans.

She educated America's 'first trained nurse'.

She refused multiple proposals of marriage.

Ed

### Just a Nurse by Jemma Bird

Just a nurse was said to me. Just a nurse when young and wee. Figuring out who I should be, just a nurse? Was this for me?

Just a nurse, it's what I thought. Just a nurse, it's what was taught. Just a nurse? How very wrong I was. Just a nurse?

I know they're not. And here's because. Feeding, cleaning, assessments and more. Drugs rounds, washes blood on the floor. Bandaging, swabs, IV drips and tea. That 11 o'clock tea break is needed, believe me.

Sometimes if lucky 10 minutes to drink. Sometimes not even 10 minutes to think. Assignments, legislation, governance and law. Anatomy, physiology, biochemistry to explore. Information and exams, you don't understand. Yet you read and read, till it's all second hand.

Catheters, bed pans, helping people change. Emergencies, resus, helping people walk once again.

Theatres, x-rays, surgery and more. Being with patients and waiting by that door. Not because you have to, just because you care.

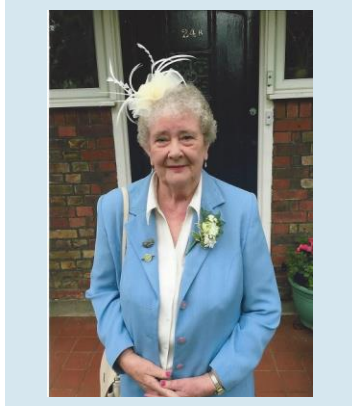
When a patient asks you to stay with them, you stay with them and share. Their feelings of grief and worry and fear. When they have no one else but you that's here. You become their friend for part of that day. Someone to keep their worries at bay.

Holding hands and wiping tears. Sharing good news and fighting back fears. Hugs for patients who need them most, laughter, smiles and inside jokes. And if you lose your family, we feel that too. We really want the best for them and the best for you.

Playing cards with the elderly man who thinks you're his wife. His wife who's no longer part of this life. And all you can do is play along and smile, hoping that somehow you make him happy for a while.

Nurses are pushed, prodded and pulled. Yet they don't complain and carry on in their role. Up at five and home at nine, and all this is taken in their stride. Just a nurse?.....

I'm a nurse with pride.



## Lorraine Taylor, Regional Rep. for North East Thames

In 2003 I was running a residential home for the elderly having left the NHS a number of years previously. I was, therefore, surprised to be informed that I was entitled to an NHS pension. In amongst the paperwork was a leaflet about the Retirement Fellowship. When I read it, I thought it might be interesting to find out more about it. When I discovered that the hospital where I trained had a branch, I decided to pay them a visit.

It was quite a small group, but I was made to feel very welcome.

As I was “the boss” and worked quite long hours at the residential home, I felt justified in attending the branch meeting once a month. Within a year I was elected Treasurer.

In 2008 I attended a Regional Meeting and was most surprised how few branches attended and when a year later the Regional Secretary retired, I took on the role and then in 2010 I was nominated for the role of Regional Representative and was voted in unopposed.

Since then I have made it my job to regularly visit branches and have had the privilege of meeting the members not only in my region but on the national holidays of which I have been on all of them both with Saga, Della Holidays and hopefully in the future Newmarket Holidays.

I have also had the honour of representing the Fellowship at a Buckingham Palace Garden Party (that's me in the photo above leaving home for the special day) and also at Downing Street presenting the petition against the introduction of the TV Licence fee for the over 75s.

I am also on the Benevolent Fund Committee and this gives me pleasure to be able to help members in their time of need.

I feel my role is a bridge between branch members through the National Council and the trustees and it is my job to ensure members questions and concerns are answered.

It is a pleasure to arrange the Annual Regional Afternoon Tea at Putteridge Bury and enjoy being invited to Christmas lunches and afternoon teas at various branches.

Even though it means quite a lot of travelling I will continue in my role as Regional Representative as long as the members feel I am fulfilling my role.

*My thanks to Lorraine for this feature. I can confirm that she does an excellent job as one of the team of valuable committed RRs in the South East.*

*Ed*





## NHSRF Benevolent Fund

Please remember that the Fellowship has a Benevolent Fund. All applications are treated in strict confidence.

For more information please contact Sherry or Debbie in Central Office on 01305 361317.



## 5<sup>th</sup> July 1969 – Ring a Bell

This was how I celebrated the NHS's 21<sup>st</sup> Birthday.

On this day a group of us rose very early in the morning and played in a marathon netball game for charity. The game lasted from 5am to 9pm. I played for a total of 10 hours. There were short breaks between quarters. We went down the pub afterwards and the event raised quite a lot of cash. That's me second from right in front row, well slightly back from the front row! Ed



If you need advice or information on money, care or health, call **0800 678 1602**.

**ageUK** are open 8am to 7pm, every day of the year.

- Coronavirus guidance
- Staying safe and well at home
- What can I do to help others?
- Benefits and entitlements
- Debt and savings
- Income and tax
- Legal issues
- Pensions advice
- Scams and fraud
- Conditions and illnesses
- Health services
- Being active
- Looking after your mind and body
- Loneliness
- Relationships and family
- Keeping well in winter
- How to arrange care
- Paying for care
- Housing options
- Problems with care
- Help for carers
- Home safety
- Discrimination and rights
- Education and training
- Looking for work
- Retirement
- Technology and internet
- Driving after 70
- Hobbies
- Accessible holidays

## A FACE TO A NAME!

### Debbie Arnold – Central Office

As I have now been part of the Central Office Team for just over a year, I thought it might be useful for you to see a photo so you can put a face to the name next time you call or email me



Born and bred in Weymouth Dorset, at 18 I escaped off to Exeter University from where I emerged, somewhat miraculously, given the enjoyment I had there, with a BA (Hons) in Economic History and Geography.

A career in Marketing beckoned, and I went on to work at Rowntree Mackintosh, Allied Breweries and BT, returning to Rowntree's (which by that time was part of Nestle) some 16 years later.

During those years I worked in new product development, market analysis and planning roles and loved being part of the teams working on such household names as Kit Kat, Yorkie and Tetley's bitter.

In 2000, I waved goodbye to this part of my life and ventured over the seas and far away to Asia with my then husband, who was in banking. The next 10 years proved unforgettable both in terms of experience and education. We lived the somewhat unreal life of an expat but, not being allowed to take paid work, I decided I needed to do something more fulfilling. I therefore joined the British Women's Association. This amazing organisation exists in many countries and was formed to help local charities. During my time in Brunei, the Philippines and Indonesia I worked with street children, orphanages, children at school on a rubbish tip, birthing centres and Cheshire Homes to name but a few. Helping out 'at the sharp end' so to speak, I learned so much about the people, their culture and their religions, and whilst the poverty

was sometimes almost unbearable, the universal gratitude with which our help was received, was humbling.

Returning to the UK as a single woman, I returned to my roots in Dorset and entered the world of admin, working for a community pharmacy and Dorset University Health Foundation Trust Health Visiting Team. It was whilst working for the Trust that I heard of the Fellowship. A job application resulted in meeting the lovely Sherry Smith and an interview with John Rostill and George Kempton, and the rest, as they say, is history.

Being part of the Central Office team with Sherry, Kay and Lucy is great, and one of the many pleasures is talking to so many of our members both on the phone and at the Conference last year. I spend much of my time organising and supporting the Trustees, National Council and various committee meetings, all of which are currently being held as conference calls or using Zoom. I also help to administer our Website and the Fellowship Facebook page, and we are now close to 1000 Facebook followers. If you use Facebook, please check out our page and follow us – the comments and photos show what a dynamic and enthusiastic group of people we are. Although the CO Team is working from home, we will still respond to your phone calls so please feel free to ring the office number, leave a message and one of us will get back to you.

I look forward to speaking to you soon. Debbie

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](mailto:london.eastanglia@nhsrf.org.uk)

**Sally Bundock**  
Development Officer