

Editor: Karen Kennedy



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## Dear All

Welcome to our third Newsletter. I hope you are keeping well and safe even though some of the restrictions have been eased. I seem to have bought more plants this year and with the beautiful weather I have been enjoying my garden and local walks and cycling. The photo on the left is from my garden! Do you have any photos for our future issues or indeed any stories as to how you have been spending your days during lockdown. Below is our Member Spotlight which personally I thoroughly enjoy learning about our members as I am sure you will. Please contact me to be our next Member Spotlight!

## Member Spotlight - Hylida Whitehead

My name is Hylida Whitehead and I am the Hon Secretary of the North Manchester Branch of the NHSRF.

I was born in Prestwich in 1941 and I was a home birth. I am named after my father's sister (Hilda) who sadly died of a brain hemorrhage when she was 27. My grandmother asked if I could be called after Hilda, but my Mum wasn't that keen and agreed that if I were to be named after Hilda then it should be spelt as **Hylida**. Hence my name. I just tell people that it's because I'm 'posh'!! Apparently, the alternative was to be Veronica. I have three siblings - Lynda and Norma who are twins and hate being called 'the twins' and my 'little' brother Norman who has just had his 70<sup>th</sup> birthday. I have two children Ian (48) and he lives in Bingley in Yorkshire. My daughter Victoria (46) she lives in Paris. Neither are married and I don't (as far as I know) have any grandchildren.



I was a Girl Guide at St Mary's Church in Prestwich and carried on from the age of 16 as a Guider. After I married and went to live in Failsworth I continued my Guiding having tea with my Mum and Dad in Prestwich on a Friday night. After the children were born I still carried on and Mum and Dad would look after Ian and Victoria and we would all stay the night and go home later on the next day after we'd been to Bury Market for our fresh fruit and veg (where else would you go?). When Ian and Victoria were older and developing their own interests, I gave up Guiding in Prestwich and joined Guides in Failsworth becoming District and then Divisional Commissioner for Ancoats, Newton Heath and Monsall areas.

I started work in the NHS in 1960 as a medical secretary at North Manchester General (Crumpsall Hospital as it was then and is still affectionately called that by older members of the community). I represented the hospital at the Queen's Garden Party in 1989 – the CEO at the time thought that it was time for a member of staff from the medical secretariat should be offered the chance to go. I went with my husband and it was a beautiful day – blue sky all day and the afternoon tea was good too – all very dainty and as many cups of tea as you could drink. I left North Manchester in 1989 as well for a higher-grade post as Office Manager to Professor Gillespie's Unit at Manchester Royal Infirmary where I stayed until 1997. I was appointed as PA to the Clinical Director of St Mary's Hospital and Administrator of the Urological-gynecological Unit at St Mary's Hospital.

During my time I became extremely interested and enjoyed training medical secretaries and I had a penchant for teaching. Therefore, at the age of 47 I studied at Salford Technical College for my Teaching Certificate. Having attained this, I was asked to take the evening class for medical secretaries wanting to gain proficiency in medical shorthand. Managing a speed of 120 or 140 words per minute meant more to your pay cheque each month. This, in turn, gave me the experience to take on a role of Mentor for the British Society of Medical Secretaries (BSMS) for whom I was the

Honorary Secretary for many years. The BSMS is a Society working for the interests of the Medical Secretary and later included all medical administrative staff (now BSMSA) and is a recognized training Centre. I carried on doing this until I was 75 and then decided to retire completely.

In 2008 I was persuaded by two of my previous colleagues to join the North Manchester Branch of the Fellowship – they apparently had cunning plans as they hadn't got a secretary and before I'd been to three meetings I was on the Committee as Branch Secretary. I went to the Regional Meetings and then became Regional Representative. During my time as Regional Rep I used my experience in organizing international and national conferences to arrange two Regional meetings at Blackpool Football Club, where the plan was to have as many people from the different branches getting together to exchange ideas. After my term of office as regional representative, Barbara Smart very ably took up the reins from me. Thanks Barbara.

I have many stories to tell from my working life but there isn't room for these now.....

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ROYAL VOLUNTARY SERVICE

The Virtual Village Hall is brought to you by the Royal Voluntary Service and supported by players of People's Postcode Lottery. This is a programme of themed online activities designed to enjoy at home. Sessions are led by expert tutors, Royal Voluntary Service activity coordinators, volunteers and some well-known faces, and require very little space or equipment. You'll find a wide range of sessions to take part in, like creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills. Join in with live sessions or catch up on demand when suits it you. Here is the link: <https://www.royalvoluntaryservice.org.uk/virtual-village-hall/>

Have you joined the NHSRF Facebook Page – we now have 1,148 members – here is the link: <https://www.facebook.com/groups/117538834934279/> please encourage others to join – this is an excellent tool to get our charity recognised and for existing members to get up-to-date information from Central Office and what its members are getting up to!

Zoom - Many of us have heard of Zoom but may not have used it. Zoom is a cloud-based video communications app that allows you to set up virtual video and audio conferencing, webinars, live chats, screen-sharing, and other collaborative capabilities. It can offer great opportunities for you to stay in touch with other members, friends and relatives. Some branches may find it useful to hold committee and other meetings using Zoom. The Fellowship is using it for some meetings, and it has proved a very useful tool in these socially distanced times. To see a user's guide here is the link:

<https://nhsrf.org.uk/news/a-guide-to-using-zoom-for-members-and-branches/>

## FREE TALKS FOR MEMBERS

Mirthy.

As previously highlighted, Mirthy are very kindly offering NHSRF members access to free talks for the duration of lockdown. Over 200 members have listened to the first two talks and thoroughly enjoyed them. Here are details of the next three talks which I will certainly be signing up for and I hope many of you will do too. To sign up for any talks, please register at [www.mirthy.co.uk/NHSRF](http://www.mirthy.co.uk/NHSRF)

### **My Favourite Poisons - Tuesday 30 June at 11am**

A darkly humorous look at 19th century medicine. Queen Victoria's reign saw great changes as medicine developed from herbals and medieval-style alchemy, towards modern pharmacy. Ingenuity, profiteering, well-meaning ignorance and often dubious skills offered doctors and the public relief with remedies and pain relief. Some made fortunes, some made disastrous mistakes. This talk by Graham Harrison covers some of his favourites with anecdotes and accounts that will astound and amuse. (Talk length - 27 minutes + Q&A).

### **Travels with a penguin to Antarctica - Tuesday 14 July at 11am**

Travels with a Penguin' is not a talk about penguins. It's not exactly a talk about travels either – at least it's not the standard 'where I went on my holidays' type of talk. It's the story of how an ordinary woman in her fifties, walked away from her comfortable life, gave up her job, sold her home, and set off to travel all the way around the world to do some of the things on her 'wish list' – all with only a small stuffed penguin for company. Pen talks about how she came to make this decision, some of the things she did on her travels, and the effect the journey had on her.



### LIFE IN LOCKDOWN



The sun is shining brightly  
It must be time to rise  
I yawn and try to see the time  
With sleepy, blurry eyes

I pad down to the kitchen  
Get breakfast on the go  
There is no need to hurry  
We're in lockdown as you know

I stand and wonder idly  
What day it is today  
Monday, Tuesday, Wednesday  
I really couldn't say

But then, it doesn't matter  
Each day is much the same  
Some housework and some crochet  
Some sewing; it's a shame

That we can't visit family  
Or see a friend who's ill  
The only consolation is  
That one day soon we will

So, let's not be downhearted  
Someday we'll meet again  
And after all the sun we've had  
I'll bet it pours with rain!

*Stella Sturgess, Northampton Branch*

## Exercises - Use It or Lose It !!!



# 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 with the other leg. 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.

## Mind Games

### GUESS THE SWEETIE

1. Mum's Local
2. Wobbly Infants
3. A self-assembly puss
4. George Cross Islanders
5. Wogan's tasty citrus
6. Voodoo
7. The sport of princes
8. Refined people live here
9. Clever people
10. Edible fasteners
11. Mutinous vessel
12. Nine
13. Carrier for a dairy product
14. Big cat snack
15. Keep your voice down
16. Intoxicating tooth retainers
17. You might come up smelling of these
18. Fairground ride for nuts
19. Eastern ecstasy
20. Spread the whisky
21. Jonathan Ross' tricks
22. Fruit falls
23. Caramel potato snack
24. Anniversaries. Weddings etc.
25. Wholly precious

**PRETTY PUNNY** By Gia Kilroy

1	T	O	M	B	6	O	V	A	L	10	I	N	P	U	T
2	O	L	I	O	7	P	E	R	I	10	D	U	E	T	O
3	R	E	N	O	11	L	I	A	10	O	C	T	E	T	
4	R	O	C	K	21	A	N	D	D	21	R	O	L	L	
5	S	E	C	R	21	E	T	23	U	S	E	S	U	P	
6	L	I	D	23	L	E	T	31	I	T	L	L			
7	L	O	C	U	31	M	E	R	31	G	E	31	O	N	O
8	D	R	U	B	38	T	H	E	38	W	R	O	N	G	W
9	O	C	T	44	O	A	S	44	I	S	44	G	A	S	E
10	P	A	I	R	44	W	A	S	44	R	R	S			
11	A	S	S	E	44	S	46	K	O	A	L	A	S	51	S
12	D	R	E	A	51	R	A	D	51	M	I	R	A	L	
13	I	N	D	57	I	E	57	B	57	E	R	M	57	G	I
14	D	A	Y	57	A	N	57	L	57	A	M	A	57	H	A
15	S	P	E	57	L	T	57	E	57	L	A	N	57	T	S

May - Crossword  
Answers

Answers: Next Issue

## 1960's Film Quiz

1 We all know that Alfred Hitchcock was the director of many famous films including **Psycho, Marnie, Rear Window, Dial M for Murder** etc, but can you name where and when (year only) he was born and the same for his death?

2 The 1969 film starring Gregory Peck, **To Kill a Mockingbird**, was based on the book of the same name. Do you know who the author was and the name of the recently released follow up book which was published after the authors death?

3 The 1969 film **Midnight Cowboy** starred Dustin Hoffman and John Voight as the two main male leads. Can you remember what their characters were called? Also can you name the famous daughter of Voight and name her three famous film star husbands?

4 The film **The Good, the Bad and the Ugly** was released in 1966. Can you name the director and two of the main male leads who also starred in the 1965 film For a Few Dollars More? Also what is the commonly used term used to describe these type of films?

5 Starring Natalie Wood, the film **Westside Story** was released in which year? Do you know who Woods was married to twice, and what was her given name when she was born? What other films was she known for?

6 In the 1967 film **Cool Hand Luke** who played the male lead? Can you name two other very well known films that he starred in along with Robert Redford - one from the 1960's and the other from the 1970's

7 Who directed the 1965 film **Doctor Zhivago**? Can you name three other famous films that he directed – one from the 1950's and one from the 1960's and finally one from the 1970's?

8 Does the 1960 film **Spartacus** have a running time longer or shorter than 3 hours? Can you name the director and four other films that he directed from the 1960's (starring Peter Sellers), 1970's (starring Malcolm McDowell), 1980's (Jack Nicholson) through to the 1990's (Tom Cruise and Nicole Kidman)?

9 Julie Andrews and Christopher Plummer starred in this 1965 hit musical – what's it called? Easy right? But do you know how old Andrews is now? Can you name two animated film series that she is credited with voice characters SINCE 2000?

10 Sean Connery has played James Bond in a number of films starting in the 1960's. Which of these is the odd one out and why? **Dr. No, From Russia with Love, Goldfinger, Thunderball, You Only Live Twice, Diamonds are Forever, Never Say Never Again**. Which other Bond film falls into the same category – and who played Bond in this film?

### Answers: Next Issue

Finally, just to say hope you enjoyed our third 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 07967 489162 or email [northwest.England@nhsrf.org.uk](mailto:northwest.England@nhsrf.org.uk) - see you in July

Karen Kennedy