

July 2020

Editor: Hilary Robb



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DEAR ALL

Life is beginning to return to normal now in Scotland, albeit slowly and restrictions and regulations are changing on a weekly basis. Please remember that face masks will be mandatory when shopping from **Friday 10th July**. £60 on the spot fines can be imposed on anyone flouting this rule.

This is a shorter newsletter than normal as I am working on the printed newsletter which will be sent out to all members in Scotland before the end of July. This is a last call for anything you want to include that relates to your branch and its members. Edinburgh Branch are using it as a way to communicate with all their members at once about items they have had queries about. Your Branch is welcome to do the same and you can save on postage.

I have had a message from Debbie at Central Office alerting us to potential hack. One of our trustees received an email as follows:

The sender was 'News' and the title was : '**NHSRF Online membership updates**'.

The message said:

Take action before Wednesday
View article followed by a link.

We are confident that this was a "one-off" as nobody else has reported anything and it happened over 2 weeks ago but please be vigilant and if you receive anything

purporting to be from the NHS Retirement Fellowship that raises your suspicions, please let Debbie know on debbie.arnold4@nhs.net or phone Central Office on **01305 361317**.

While we are on the subject of scams (and without wanting to alarm you), it is important that if you receive a genuine call from the test and trace service, you should be able to trust it and act on the information you're being given. So, here's some advice on what to expect from a genuine test and trace call.

The only website the service will ask you to visit is <https://contact-tracing.phe.gov.uk>.

On a genuine call, contact tracers will **never**:

- ask you to dial a premium rate number (for example, those starting 09 or 087);
- ask you to make any form of payment;
- ask for any details about your bank account;
- ask for your social media identities or login details, or those of your contacts;
- ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone;

- ask you to purchase a product – including a test;
- ask you to download any software to your device or ask you to hand over control of your PC, smartphone or tablet; or
- ask you to access any website that does not belong to the Government or NHS.

If you receive a call from somebody claiming to be from the NHS, and they ask you to do any of these things, hang up and report the call to Action Fraud, by calling 0300 123 2040 or by visiting its [website](#).

For anyone who wishes to be more proactive and help defeat the criminals there is a 20 minute training package available from National Trading Standards at <https://www.friendsagainstscams.org.uk/>

72nd Anniversary of the NHS



As you will know, the NHS was 72 on Sunday 5th July and I am sure many of us went out and clapped, braving the wind and rain in some parts of Scotland. We were asked to provide articles about experiences and challenges about our working lives in the NHS and I would like to send my sincere thanks to those that did, especially as we only had a week's notice about doing so. Our recollections will be put onto the NHS Scotland Website in a section relating to the 72nd celebrations. Some of our members in England were interviewed by the Prime Minister, Boris Johnson and you can watch a small section of the interview on the NHS Retirement Fellowship website. If you took any photos of your family, neighbours or friends clapping, please send them to Central Office.

Things to do

If you are fed up looking at your own garden or don't have access to one, why not visit somebody else's?



Opening a fantastic selection of gardens across Scotland to raise money for hundreds of charities

We are pleased to announce that **some of our gardens will re-open from 15 July**. We are currently updating our opening information. Please check back from 10 July, and also be sure to check our website before setting out to any of our openings to be sure to have the latest information and relevant government advice. If you are not wishing to attend openings just now, you can still visit many of our gardens through our **Virtual Garden Visits**.

The National Trust for Scotland has also opened up some of its gardens although the historic buildings are not yet open- they hope to hear more about when they can open from the First Minister later this week. Let's hope the weather picks up and we can support these organisations. Time to get the old picnic basket out!

I have recently become addicted to online jigsaws – there are some great free sites out there and you can choose how many pieces you want to make the jigsaw, usually from 12 to 300. Most sites have beautiful images and I am currently working my way through Venice and Carnival. Just Google “online jigsaws” and take your pick.

<https://10today.co.uk/>

10 Today is a set of fun 10-minute, audio and video workouts intended to easily fit into your day to help get you stretching and moving at home.



It has been designed by and for older people to keep you physically active, boost your wellbeing, and help maintain your mobility and balance, during what we recognise may be an incredibly difficult and lonely time for many. Each routine provides engaging and easy to follow routines that are a great way of staying active within your own home. They can be done at any time, whether standing up or sitting down, and are adaptable to different fitness levels. Most people can get active without medical advice. However, if you do have difficulty managing the symptoms of your condition, seeking medical advice before increasing your activity levels may be helpful.

AN UPDATE ON FACEBOOK AND MIRTHY TALKS

Thank you to those of you who joined our NHSRF facebook page. The numbers continue to grow and it is a great place for up to date information. It's very easy to join, just Google “Facebook” and once you are on the site, search for NHS Retirement Fellowship and you will see a Request to Join option. Once you make that request, Central Office will approve your request and you will be able to post comments and see what we are all doing across the UK.

The most recent Mirthy talk had 564 of us watching (a new record for Mirthy) for a very interesting talk on poisons. It was good to see more members from Scotland joining in – spread the word! It was amazing to hear how far we've come in relation to the safety of medicines and advertising. Did you know that in days gone by;

- Tape worms were marketed as a diet aid (under a branded name),
- Heroin was developed by Bayer and marketed as an aid to those with opium dependency,
- Opium poppies were commonly grown in cottage gardens and the seeds sprinkled into alcoholic beverages – a sort of poor man's Laudanum.

Here are the details of the next few talks, personally I am looking forward to the talk on hypnosis later in the month.

Travels with a penguin to Antarctica

Tuesday 14 July at 11am

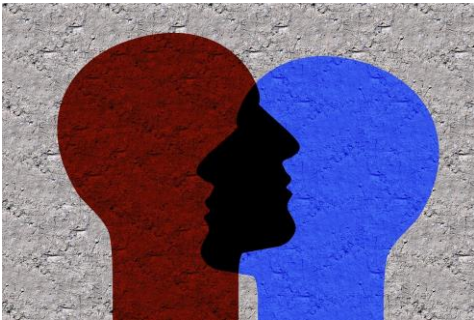
Travels With a Penguin' is not a talk about penguins. It's not exactly a talk about travels either – at least it's not the standard 'where I went on my holidays' type of talk. It's the story of how an ordinary woman in her fifties, walked away from her comfortable life, gave up her job, sold her home, 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.



History and Mystery of Hypnosis

Tuesday 28 July at 11am

Look into my eyes! Alan Jones will unravel the history and mystery of hypnosis which dates back to the dawn of civilisation, and the modern day benefits of Hypnotherapy. And you can all sit back and relax because he promises that none of you will become a chicken! *Talk length: 47 minutes.*



A Tibetan Journey

Tuesday 11 August at 11am

After working with the Tibet Society for many years, Alan Clements gives a very brief outline of Tibetan history, religion and culture. His meetings with the Dalai Lama, trip to Tibet in 1994 and extraordinary visits to the Tibetan settlements in remote parts of northern India is highlighted with his own photographs and tales of his experiences. *Talk length: 35 minutes.*



Registration couldn't be easier just visit www.mirthy.co.uk/NHSRF If you have any difficulty with this at all please contact me. **The live chat starts just after 10.45am with the talk starting at 11am.** This together with the Q&A session after the talk makes an enjoyable experience.



JOHN ROSTILL OBE

My career in the NHS spanned six decades from 1964 to 2011 but I thought that rather than write about that, I thought I would give you more of a personal insight. My four main interests are the four Rs, rugby, racing, rotary and relaxation.

I played rugby until I was 59. My playing days finished when I foolishly played in a Boxing Day social game and injured my shoulder. I took my son when he was 6 to the local rugby club and by the time, he was 7, I was coaching the under 9s mini team. It does not seem that long ago, but it must have been because he is now retired from playing veteran rugby. I have been an ardent supporter of the England Rugby Team, having been to Twickenham for the first time in 1965. Since then I have been a regular to the Six Nations games and have very fond Guinness fuelled memories of Dublin. Not such fine memories of Murrayfield though, where in 1990 the Scottish team beat England to win the Grand Slam when England were overwhelming favourites to win the game. I vowed that I would never go back to Murrayfield, but I did in the following year to see England beat Scotland in the semi-final of the World Cup. My experiences in Wales have been pleasant but England rarely beat Wales at Cardiff. I am also a great believer in the traditional British and Irish Lions and have seen them play in both Australia and New Zealand but on neither occasion did they win the series.

Surprisingly my horse racing interests were started by my son when he took a strong interest before he became a teenager and appeared on a radio quiz show, his specialist subject being horse racing. He narrowly failed to win the quiz. Since then, I became a member of Cheltenham and I have been to a number of the festivals including this year's when a number of people actually believed that it would be cancelled. Twice I have been to see the Grand National and twice I have been to Paris to see the Prix de l'Arc de Triomphe. I have also been to racing events in Hong Kong and the Melbourne Cup in 2003 when I had an extended trip to see the England Rugby Team win the World Cup. Naturally at the moment I am missing rugby, but I am pleased that horse racing has now started again 'behind closed doors'.

In 1981 I was fortunate enough to go on a Rotary sponsored group study exchange to Ohio for six weeks spending a week each with a different family. This was a trip of a lifetime which I thoroughly enjoyed, and which also gave me additional confidence to speak to large groups which helped me tremendously in my work career and personal life. In 1983 I joined the Walsall Rotary Club which had sponsored me, and I became its President in 1994. Rotary reminds me very much of the Fellowship in so far as its members are of a similar age group.

Relaxation is not a word that is usually used to describe me. I find it difficult to relax. I still get up at 6am every morning, rarely go to bed before midnight. However, during this lockdown, I have got used to reading again some of my favourite authors who include Wilbur Smith, Dick Francis, Jeffrey Archer and Frederick Forsyth. With the weather being so good this Spring I would have hoped that I could have spent time at our caravan which is located halfway between Ludlow and Bridgnorth. That is the only place where I truly relax. Of course, I haven't been allowed to go there for over 3 months so am pleased that this restriction will be lifted on 4 July. The site also has a 9-hole golf course. Golf is my other hobby although I am not very good at it as others will confirm but look forward to a regular game with my daughter. I am marginally better than her, but she is very competitive (I don't know where she gets that from) and if I am not on my game, she will invariably beat me as she did last week.

Answers in the next issue

ACROSS

- 1) Regrets
- 5) Emirate inhabitants
- 10) More than diet
- 14) Dreaded character
- 15) Not secure, as a gem
- 16) Handbag for needles
- 17) Hunter's prey, sometimes
- 20) Cold pie
- 21) Cozy place on a winter's night
- 22) "___ Island" (2008 film)
- 24) Conger
- 25) Flanders on TV
- 26) A 2 may stand for it (Abbr.)
- 29) Military vehicle
- 31) Make a decision
- 33) Car part
- 35) Raze (with "down")
- 37) Big fuss
- 41) What some take on a tough issue
- 44) It's just part of an act
- 45) A deadly sin
- 46) "Or ___!" (veiled threat)
- 47) Commercial come-ons
- 49) Period of service
- 51) Archer's wood
- 52) Dec. 24, for one
- 55) "___ be an honor"
- 57) "... as bad as they ___"
- 59) They're used to pitching
- 62) Buy in a hurry
- 66) Yellow-and-ebony flowers
- 68) English river to the Trent
- 69) Blender setting
- 70) Baby foxes
- 71) Dandelion, for one
- 72) Go on a spree
- 73) Money swallower

DOWN

- 1) Baseball's "Schoolboy"
- 2) Expressions of disdain
- 3) "CHiPs" star Estrada
- 4) Arrive, as darkness
- 5) Robots
- 6) Some strands in a cell
- 7) "___ I care!"
- 8) Be in contradiction with
- 9) Like most new TV's
- 10) Some badge flashers
- 11) Had a home-cooked meal
- 12) Fancy leather
- 13) Ready to crash
- 18) Send forth
- 19) Oracle site
- 23) Fishhook-attaching line
- 26) Team supporters
- 27) Business bigwig, briefly
- 28) Melancholy
- 30) Not fixable
- 32) Bag type
- 34) Catania's volcano
- 36) Fragrant flowers
- 38) Well-lubricated
- 39) Sprinkler hookup
- 40) Over again
- 42) Debts, ledgerwise
- 43) Ready for a vacation?
- 48) Brews, as tea
- 50) McDonald's board
- 52) Bend like an arch
- 53) Worth
- 54) Cover your tracks?
- 56) Become free of moisture
- 58) Disguise parts, sometimes
- 60) Chilled, in a way
- 61) Like the Sahara
- 63) Milkmaid's need
- 64) "Render therefore ___ Caesar ..."
- 65) Confidential call
- 67) Leonine lair

COLOR SCHEME

By Mary Jersey

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Finally, just to say hope you enjoyed our Newsletter – comments would be appreciated, and I welcome any contributions for our next issue, maybe share with us what you are doing at this unprecedented time or send some photos of your garden. Please note if you do have a contribution but haven't got anything typed up just give me a ring and I can type this up with you over the telephone, call 0131 333 3699 or email scotland@nhsrf.org.uk - Hilary Development Officer