

“It [the NHS] will last as long as there are folk left with the faith to fight for it.”



Aneurin Bevan

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Mirthy Talks



DEAR ALL

The NHS's 72nd Birthday

I hope that many of you enjoyed taking part in the celebrations. There was lots to read on facebook and of particular note was the interview which took place with Boris Johnson. Well done to Barbara Baker of Eastbourne Branch and Monica Peters of East Surrey Branch for the parts they played. At 5pm on Sunday I was in our park with my husband, Frank, daughter, Hannah, who is a GP, son-in-law and two small grandchildren. We interrupted our game of hide and seek to join in the clapping.

What's new this Issue

Well we have been told we have more freedom, but we still have to remain very vigilant. I speak to quite a few people during the week, mainly on the phone, and there are varying degrees of caution. I think I probably fall into the very cautious category but then we are all different which makes life interesting!

On the plus side more people are communicating via social media, facebook, zoom and, of course, participating in the live talks. The first time we all try something new we are a little cautious, but practice fortunately increases confidence.

Update on Live Talks

This week we had 534 registered for the talk with 450 joining the session. *I know that some people are experiencing problems getting in but please make contact if you need help. My details are at the end of the newsletter.* 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.

Registration is pretty easy - just visit www.mirthy.co.uk/NHSRF give your name and email address and you will get an email with a link to click at the start of the talk. The next 4 talks will be:

28 July – 10.45am History and Mystery of Hypnosis – Alan Jones

11 Aug. – 10.45am A Tibetan Journey – Alan Clements

25 Aug. – 10.45am Life and Times of Edith Cavell – Melanie Gibson-Barton

8 Sept. – 10.45am Stories from the Clink – Neil Sadler



The Patients Association is an independent patient charity campaigning for improvements in health and social care for patients.

They work with patients directly: they are their members and supporters, and also the people who benefit from their help and advice services. thousands of people are helped each year with their concerns and queries about the health and social care system.

National Helpline:

0800 345 7115

Open Monday - Friday 9.30am - 5pm

www.patients-association.org.uk

Free membership

Old fashioned Summer Fun with grandchildren

In Granny's basket - Someone starts with 'In Granny's basket was a bag of potatoes.' The next person remembers the first item and adds one of their own - 'In Granny's basket was a bag of potatoes and two lemons'. Carry on for as long as you can without getting confused.

20 questions - One player chooses an animal or object and everyone else takes turns to ask a question so that they can guess what they are. 'Yes' and 'no' answers only.



Fairly Easy Photo Quiz

Answers in the next issue



One



Two



Three



Four



Five



Six

Interesting Fact: Henry Heimlich, inventor of the "Heimlich maneuver", never used his own technique until very late in life. At age 96, he employed the maneuver to save a woman in his nursing home from choking.



Janine Brooks MBE

A postal member with an unusual background

I was born in 1956 in Solihull, Warwickshire, the middle child of three. I disliked school and left at 16 years of age to begin the world of work. I started work at Aston University, as a junior laboratory technician on their technician training programme, one of ten trainees. I also began day release and night school and qualified with an Ordinary National Certificate in Medical Laboratory Technology and later a Higher National Certificate in Haematology. Later, I used those qualifications as entry to Birmingham Dental School, not the traditional route, although I was not alone as a mature student with non-traditional entry qualifications that year. I qualified in 1983 and began work as a Clinical Dental Officer in the Community Dental Service (CDS) in Herefordshire and fell on my feet. The Head of the Service proved to be an excellent mentor who helped to guide my career in the early years. Within three years I was managing the service as the Head of Service was promoted to Unit General Manager.

In a few years I took a chance and started to work half time for South Warwickshire Primary Care Trust as well as Herefordshire, managing both CDSs. Re-organisation brought the opportunity to work full time in South Warwickshire and take on general management responsibilities, so I started to manage a Community Hospital along with the community nurses and health visitors whilst managing the CDS and still keeping a small clinical commitment.

After a while I also took on managing a rehabilitation hospital, the learning disability team and the professions allied to medicine. Another re-organisation and a change of Chief Executive gave me the opportunity to take on project management of Y2K (not my finest hour – no problems and missed out on the celebrations!) and the management of our merger with primary care groups, data protection and Caldicott Guardian duties.

A while later I began to feel dissatisfied, I felt I was no longer learning, just doing. This led me to take a part time role as Caldicott Guardian with the NHS Information Authority (NHSIA) and I dropped some responsibilities in South Warwickshire. A year later I heard about a new job with the National Clinical Assessment Service (NCAS), a part time dental adviser. I took the leap out of clinical work, left South Warwickshire and worked across NHSIA and NCAS. The first arms-length body review abolished the NHSIA and I was made redundant, a novel experience.

NCAS became part of the National Patient Safety Agency and I was offered a full-time post as Associate Director (Dentistry) for NCAS and I took it. I loved setting up the dental service and working strategically with key national organisations. In 2006 I was appointed as an educational inspector for the GDC and I have thoroughly enjoyed visiting educational establishments as part of the quality assurance of dental education since that time.

In 2007 I was thrilled to receive an MBE for services to dentistry – an incredible surprise. The second arms-length review in 2010 reduced NCAS's income by 25 per cent and I and my department were made redundant, not so novel but far more hurtful.

I left in 2011 and because I was 55, I had the option to take my pension rather than redundancy, I decided to do that, and I haven't looked back. Having 'retired' from the NHS, I took up two new part time posts, the Associate Postgraduate Dental Dean for Health Education Thames Valley and Wessex, and non-executive director of CDS CIC a social enterprise. I also launched as a sole trader (Dentalia) travelling all over the UK for a variety of organisations providing training and privately coaching dental professionals. In 2012 The Dental Coaching Academy was formed by myself and two non-dental colleagues. Since then we have developed and launched two postgraduate qualifications in Coaching and Mentoring with the Chartered Management Institute.

In 2016 a colleague and I launched Dental Mentors UK, an on-line resource supporting mentors and those looking for a mentor. I have loved my career in dentistry and I still do. I am retired, but not so's you would know.

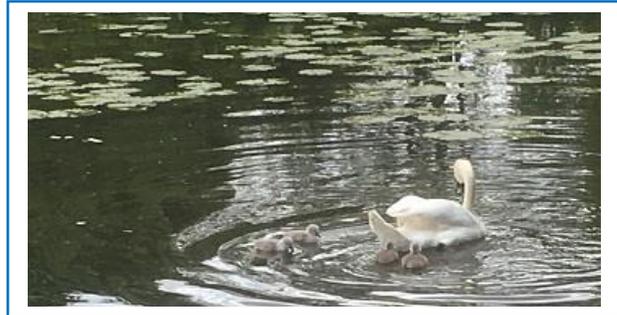


During Lockdown – Jenny King

I was about to celebrate my first-year anniversary as the Regional Representative for the East Anglian Region, when the Covid 19 Pandemic hit and we had Lockdown. We all began to experience strange times which were a little surreal when I felt that we were in some horror movie about some killer virus. Nevertheless, after I stopped watching Sky News every day, all day, which was probably responsible for much of the stress I was feeling, I began to adapt to my new life.

There was much discussion between my son and daughter (who I live with) about where I should live as my daughter is a Staff Nurse in Critical Care, so working on the Front Line. I was adamant that I and my daughter were going to stay at home together to support each other.

As I am in the 70+ age group, my daughter insisted that I only go out for my daily exercise and I was not to enter any shops or meet any of my friends for coffee. My daughter took on the role of shopper while I went on my daily walks along the riverbank. I began to notice a swan on her nest and suspected she was sitting on her eggs so I googled how long it would be before the cygnets hatched. Every day I would look expectantly for the new life on the river, I saw new ducklings and baby moorhens then eventually three little fluffy cygnets appeared with the Pen and Cob. I believe there were many people also awaiting the arrival of these babies, as I would pass people (socially distancing) talking about the cygnets' arrival.



I have been in contact with the branches in my region during this time and found the majority have organised a system to call their members to ensure everyone is keeping well. I did have a period when I was feeling it was a bit relentless and there was no light at the end of the tunnel. So, my daughter took me out in her car to Tesco's car park and showed me the length of the queue standing in the blistering heat, then she took me into the local town to show me that the majority of shops were closed. All in all, I was not missing much, and I understood why it took my daughter so long to do the shopping!!

As Boris eased lockdown rules recently, I was really excited to walk to my local town armed with a mask and hand sanitizer gel, oh and the permission of my daughter. I found the town a little like the Marie Celeste with no queues and very few people around. I explained to one shop assistant that this was my first trip into town since the beginning of March so needed all the rules for the shop explained to me.

I feel we are getting to back to some aspect of normality and hopefully we will all be able to meet up again soon.

On a positive note, my daughter had a blood test recently to check if she had been infected by the Covid 19 virus and the result was negative. So, all precautions and PPE she had to suffer to wear, had protected her and me during this time.

A bat in a bag - A dog in crate

A bat in a bag,
A meal to be had,
Wildlife in a crate,
In line to be ate,
Their expressions told all.
Nations would fall.

A bat in a bag,
A meal to be had,
A dog in a crate,
Awaiting his fate,
His expression told all,
Nations will fall,

More powerful than war,
Nations roar,
Cities locked down,
No urban sound,
Our planet lives on,
To the sound of birdsong

I wrote this poem after watching Horizon Special on ITV 9th April 2020 about the Coronavirus Pandemic. It showed the Chinese meat markets with animals bagged up & a dog in a crate. I read the expression on the dog's face! The Documentary went on to explain the possible source of the coronavirus from bats or the endangered pangolin.

The following day I went for my usual early morning walk & the birds were singing. The air felt clear with less pollution from traffic. There were more people about than I normally see doing their once a day.

Sheila Sheppard, Brighton Branch



Chris McCrudden, West Middlesex Branch, has spent a lot of time at her allotment in Lockdown. The strawberries enjoyed the sunshine and one day she picked 260! Well done!

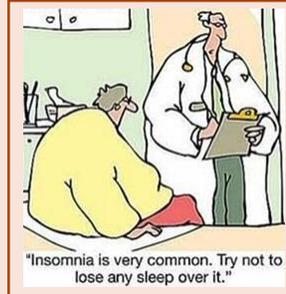
Fairly Easy Photo Quiz Answers – last SEN issue

1. Billy Bunter
2. Albert Einstein
3. Ronnie Biggs
4. Aneurin Bevan
5. Yuri Gagarin
6. Billy Fury
7. Emil Zatopek
8. Harold Macmillan



If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?



Avoiding Scams



Unfortunately, scams are more rife than ever in these difficult times so please do beware. Age UK have some excellent leaflets and can provide advice over the phone. The different types of scams are listed below:-

Doorstep scams Scammers may knock on your door pretending to be people they're not in order to get money out of you.

Mail scams You may receive post containing false claims or offers to try to con you out of your money.

Phone scams Scammers could ring up, trying to get your personal information or persuade you to buy products you don't need.

Email and online scams You may receive emails or come across fake websites pretending to be legitimate or trying to tempt you with fraudulent offers.

Relationship scams Some scammers try to earn your trust by forming a relationship in order to get money from you.

Identity theft Scammers may try to get hold of your personal details and use them to access your savings or run up debts in your name.

Investment and pension scams Scammers may try to con you out of your pension, perhaps by offering seemingly attractive investment opportunities.

Age UK Advice: 0800 169 65 65 Lines open 7 days a week 8am-7pm - www.ageuk.org.uk



www.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.

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

Sally Bundock
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