

South West News

4th July 2020



DEAR ALL,

I hope I find you well and if you read this in time ready to celebrate the 72nd Anniversary of the NHS. Who would have guessed all those years ago what the NHS would be doing today and what a pickle we might be in now without it.

As I'm sure you aware, we in the South West have so far got away very lightly compared to the other parts of the Country. Will the easing of restrictions bring infectious people to our area? It is too early to tell and hopefully not but there will be an influx of holiday makers and second home owners. I would urge you to continue to be aware of the risk, follow the guidelines and mix being sensible with extending your activities a little if you so wish.

I am pleased that John Rostill's letter has resulted in more members coming forward with email addresses. This is really helpful. Please everyone beware of online scams. I understand that at least one member has received an email which claims to relate to NHSRF whereas in fact it does not. If in doubt do not click on any links and make Central Office aware.

Reluctantly I have to advise you that cottages.com/Hoseasons have decided to streamline their business and they are no longer able to offer NHSRF 10% discount. Please be aware though that you will still be able to get the discount' along with many other discounts, if you are a member of NHS Discounts. To join please visit www.healthservicediscounts.com

Best wishes, *Paul Pople*





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.

My first boss in the NHS was Roger Stokoe when I was a trainee at Good Hope Hospital but that is another story. **JR.**



Here's Debbie.

**Debbie is 31 years old
and has been home schooling
her kids for the past 4 hours.**

Great job Debbie, keep it up!

A BIT MORE ON SCAMS

I don't want to be alarmist but the fact is that whilst a situation such as we have brings out the best in people it can also provide an opportunity for the actively criminal. There may be bogus calls from criminals claiming to be from track and trace – an easy way to knock people off balance. Here is some advice from the organisation itself.

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/>



AN UPDATE ON FACEBOOK AND MIRTHY TALKS

Thank you to those of you who joined our NHSRF facebook page. The number numbers continue to grow and it is a great place for up to date information.

Also, to those who joined me for the last Mirthy talk. 564 of us were there (a new record for Mirthy). I thought it would be interesting – it was! 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.

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

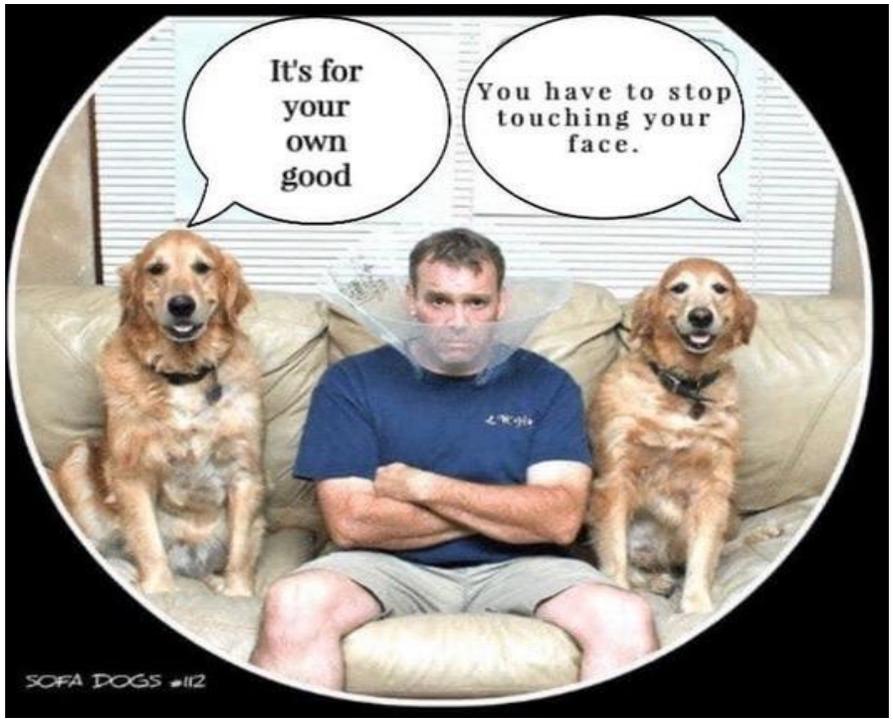
Registration couldn’t be easier just visit www.mirthy.co.uk/NHSRF If you have any difficulty with this at all please contact me. **The live chat starts just after 10.45am with the talk starting at 11am.** This together with the Q&A session after the talk makes an enjoyable experience. The next 3 talks will be:

14 July – 10.45am Travels with a Penguin to Antarctica – Pen Turner

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

11 Aug – 10.45am A Tibetan Journey – Alan Clements





A QUICK REMINDER ABOUT EXERCISE **WE ALL KNOW IT IS IMPORTANT – BUT SO EASY TO FORGET**



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.

As ever I would be delighted for any comments and even more so for any contributions. Thank you to John Rostill for his contribution and to Dr M. Atwill from Torbay branch for the cartoons.

Please do let me know if you join **Friends Against Scams** (it apparently takes 20 minutes to do the training) and if you think it worthwhile. I have my own story about a bunch that tried to separate my Mother from as much money as they could. She lived with me at the time and passed them to me. Although I couldn't get them prosecuted because they were based abroad I did manage to annoy them - lots.

Wishing you a happy and safe summer,

Paul

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