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Dear All

Member Spotlight - Kath Whitelegg, South Manchester Branch

Kath has been a member of the South Manchester Branch for 14 years

I left St Paul's school in Wythenshawe in 1960 where I had the opportunity to stay on until I was 16 to take my O Levels. I was the eldest of 6 children and money was tight and even though my parents would have liked me to finish school early they were happy for me to stay on. I gained O Levels in History, Domestic Science and Needlework.



My career started at AEI in Trafford Park where I was an office junior. AEI had their own in-house school where, after work, I had the opportunity to learn shorthand and typing. After 2 years I left and began work as a Junior Secretary at Geigy Pharmaceuticals in Wythenshawe, (aka) Ciba Geigy. I also had a Saturday job working on the button counter at Lewis's in Manchester (now Primark). I met my husband when I was 17,

he was 19 and we got engaged and married in 1964 where we bought our first house in Chorlton cum Hardy. I left Geigy's to have my first child in December 1965, my son was due in February 1966 so I thought I would have a good two months to get prepared for our new arrival. However, he was born prematurely at Stretford Memorial Hospital on 4th January 1966, weighing 5 lbs 1oz. Luckily, he didn't need to go in an incubator, and I was able to take him home after two weeks in hospital. My daughter was born in 1968 at Wythenshawe Hospital. She was born breech and had a clicky hip, but whether due to the thick terry nappies I used at the 6 week check-up the hip had corrected itself.



(Editor note: according to Wiki a local trust acquired building and converted into a maternity hospital called Stretford Memorial Hospital, as a lasting memorial to soldiers who died in the First World War, in 1925. It joined the National Health Service in 1948 and the pop star, Andy Gibb from the Bee Gees was born at the hospital in 1958. It was converted for use as a geriatric hospital in October 1985. After services transferred to [Trafford General Hospital](#), Stretford Memorial Hospital closed in 2015.)

In those days, when you left to have a baby your job was not kept open, so I had to leave Geigys. It was difficult for me to find another full-time job locally and with not having a car to travel further, we decided to increase our family and my third child, a son was born in 1972 at Withington Hospital and I was pleased to say this was a straight-forward pregnancy.

Over the next 10 years I raised my children and worked part-time with local jobs such as an Usherette at Essoldo Cinema in Chorlton, the Treasurer of a local playgroup set up by local mothers and I collected door to door for Littlewoods Football Pools in all kinds of weather.



When my youngest son started school, I got a job in St John's primary school kitchen which fitted in nicely with school holidays. I moved to St Clements primary school in Chorlton where I was an Assistant Cook where my O Level in Domestic Science came in useful. After 5 years on school meals, I wanted to expand my horizons, so I went along to the local Job Centre where I applied for a Government paid Secretarial Refresher course at Southmoor College in Wythenshawe. I really enjoyed this and quickly got my typing speed back and learnt a new form of shorthand called Teeline, previously I had used Pitman's. I also gained GCE O Level in English. I worked for a few months as a temp at CWS now known as the Co-Op and then saw a part-time position for a shorthand typist in the Pharmacy department at Withington Hospital. I was so pleased to be offered the job and I was later informed that the fact that I could spell pharmaceutical was in my favour.

My role at the pharmacy was typing general correspondence and orders to drug companies, these were done in triplicate, the top copy posted to the drug company, another copy to the stores for them to check delivery, and a copy kept in a binder for 5 years in case there was a recall of one of the medicines. I remember ordering a product called sugar paste, which was an old-fashioned method of healing wounds found to be effective. We also ordered leeches which were specially bred to draw out the bad blood from amputations and to clean wounds. The leeches were kept in the stores in a bucket with a lid. They went to the wards small but returned very plump indeed. I remember hearing a scream one day when one of the trainee pharmacists had gone to collect some leeches and one had escaped and somehow landed on her foot! I also recall ordering brandy and sherry to give to the older people to help them relax.



Withington Hospital was a very old hospital and had a long history going back to when it was a workhouse. Shortly after I started at the pharmacy one of my colleagues showed me a short cut where you cut through an underground corridor. At the end of the corridor there was a staircase which led up to what we called the administration offices. Just before the staircase there was a door, and my colleague told me that this was the room where they kept the violent mentally ill patients and when it was a workhouse, they chained them up. This frightened me to death so when I went on my own to the administration offices (this was the only place that had a photocopier) I recall there always being an eerie feeling. I do not know to this day whether this story was true. My boss at the time was a lady called Jean Hooper. After Jean retired, she joined the South Manchester branch of the Fellowship and later became Treasurer with her sister Betty.



My new boss The Director of Pharmacy didn't use shorthand for letters, instead used a new contraption called a Dictaphone which I preferred. I wore headphones to listen to the dictation and as this was a new way of typing letters my colleagues thought I spent all my day listening to music.

Technology changed rapidly and over the next year I had gone from a manual typewriter to an electric one and then a computer which I picked up quite well. What joy this computer was, it had spell checker, and when the boss decided to change wording in a document, I could edit the document without having to retype the whole thing.

Then came the news, Withington Hospital was to close which caused a lot of upset in the community and created lots of petitions which unfortunately did not save the hospital. All the departments then moved to Wythenshawe Hospital. The pharmacy was one of the last departments to move and I decided to take the opportunity to retire as I was approaching 61 and had been working for the Hospital for 22 years. However, after 6 months of retirement I was feeling a little bored and as my husband was still working, I got myself a part time clerical job at Trafford General in their Mental Health Department. This post was part time 15 hours per week, and I stayed for one year when I finally retired fully.

FREE TALKS FOR MEMBERS



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:

THEME	AUTHOR	DATE
The London no-one tells you about	Geoff Harris	22 September 2020
The History of Witches	Sandy Leong	6 October 2020
Sentenced to "Beyond the Seas"	David Clark	20 October 2020



Could you help PhD student India Pinker with her



research into clinical empathy, which is looking into patient understanding and perception of empathy in health care consultations?

Empathy within consultations is known to be an area of concern for patients and is something that can deeply affect consultations. India wants to patient understanding of this impact and what patients expect. She's specifically interested in consultations with specialists in rheumatology, obstetrics and gynaecology, renal care, and intensive/coronary care units in the UK.

To gauge this, she's looking for people will take part in an online interview lasting about 40 minutes to an hour. It will take place at a time convenient to the participant and will be organised over email. Any feedback or queries can be sent through to the same email address (ihp2@st-andrews.ac.uk). If you'd like to take part, please email India directly ihp2@st-andrews.ac.uk or via the [website](#), where you can find more information about the study.

Age UK Advice Line
0800 678 1602



Free to call 8am – 7pm 365 days a year



Are you eligible for Winter Fuel Payment?

To receive this payment during the winter of 2020-21, you must have been born on or before 5 October 1954, and have lived in the UK for at least one day during the 'qualifying week'. For 2020-21 payments, the qualifying week is 21-27 September 2020. This tax-free, annual payment of between £100 and £300 is designed to help older people with their heating costs in the colder winter months. It is also known as Winter Fuel Allowance. The exact amount you are entitled to depends on your age and living circumstances during the qualifying week. **Applicable benefits:** Pension Credit, income-based Jobseeker's Allowance (JSA), income-related Employment and Support Allowance (ESA) and Income Support. Call the Winter Fuel Payment centre to request a claims form or to get help and information: [0800 731 0160](tel:08007310160)

Are you eligible for the Warm Home Discount Scheme?

The Warm Home Discount Scheme is a payment of £140 to help those struggling to pay their energy bills during winter. It's a compulsory scheme for the large energy companies, and some of the smaller ones, and it's paid as an annual credit into the electricity account of those who are eligible.

Two groups of people are eligible for the warm home allowance:

- **The core group:** those who receive the Guarantee Credit element of Pension Credit. Usually, the energy supplier will identify automatically whether you're eligible, so there's no need to apply for it.
- **The broader group:** those on a low income or who get certain means-tested benefits.

Each supplier has its own eligibility criteria to assess those in the broader group, and these are approved by the regulator Ofgem. (Editor: My mum gets this – she comes under the broader group – she wouldn't have known if I hadn't told her. Just ring your energy provider and ask – no harm in asking!)

Do I need a Home Improvement Agency?

- There is no law saying you must employ an HIA – it is up to you
- Some people successfully undertake quite major works – including large home adaptations such as extensions – without a HIA
- Others engage a HIA for comparatively minor jobs, such as fitting a grabrail
- If you have a very clear idea of what you want or a builder whose judgement and vision you trust and can afford to pay for all the work yourself then a HIA is less necessary
- If you don't know what you need, then a HIA can help give you ideas and consider other options that you may not have considered.
- A HIA can also help you to apply for a grant towards the cost of adaptations and repairs.
- If you don't trust builders or are busy or inexperienced, a HIA can help you keep an informed eye on the builders and make sure the project stays on track
- If a HIA is what you want, make sure you get one: they must be registered on www.findmyHIA.org.uk



(Editor: I worked for Manchester Care & Repair for 18 years – we helped thousands of older people with home improvements, quite often finding them funding for big jobs – no harm in trying your local one!)

Most Common Pets

R	U	C	G	I	P	A	E	N	I	U	G	A	G	DOG
D	R	T	U	E	M	G	D	L	T	T	M	N	E	CAT
S	N	A	K	E	A	O	G	E	R	F	S	A	A	HAMSTER
T	E	I	R	A	G	H	H	E	G	L	I	U	T	FISH
L	I	B	R	E	G	G	L	I	K	T	R	G	L	MOUSE
C	H	I	N	C	H	I	L	L	A	H	S	I	F	GUINEA PIG
F	R	T	N	U	M	O	U	S	E	T	L	E	K	BIRD
R	E	R	E	A	E	A	H	L	A	H	B	D	H	SNAKE
G	T	R	C	L	R	L	D	C	U	G	S	R	A	IGUANA
M	S	A	R	P	T	B	I	H	Z	E	E	A	O	FERRET
A	M	L	I	E	F	R	I	C	R	A	G	Z	L	GERBIL
A	A	I	N	T	T	A	U	R	S	A	K	I	C	CHINCHILLA
C	H	I	C	K	E	N	P	T	D	K	T	L	G	CHICKEN
Z	U	A	I	N	R	I	E	L	S	T	H	A	T	LIZARD
														TURTLE
														RAT



1. Into which sea does the Nile flow?
2. Three continents lie on the Tropic of Capricorn, South America is one, name any of the other two?
3. In American currency 10 cents make a what?
4. Afrikaans was developed from which European language?
5. An Ortanique is a cross between a tangerine and what other fruit?
6. What Italian word for 'Scratched Drawing' can be found on walls all over the world?
7. What musical features 'Some Enchanted Evening' and 'There Is Nothing like a Dame'?
8. What was the name of the first manned lunar landing mission in 1969?
9. Which boxer was nicknamed 'The Dark Destroyer'?
10. What was the name of Ritchie Valens' girlfriend?
11. What is the procedure called where an anaesthetic is injected close to the spinal cord?
12. What poisonous oily liquid occurs naturally in tobacco leaves?
13. Who had his first UK top 10 hit with 'Wichita Lineman'?
14. Which sign of the Zodiac is represented by the Scales?
15. In which country was Rudyard Kipling born?
16. What is the gemstone for September?
17. What instrument has been nicknamed the 'Mississippi Saxophone'?
18. One and a half litres of champagne is known as a what?
19. In alphabetical order name the three particles that make up an atom?
20. What is the common name of the 'Auora Borealis'?

Last month's Mind Games Answers:



Riddles Answers:

An egg A Chalkboard A Yarn

Finally, just to say hope you enjoyed our Newsletter – are you going to appear in our next Member Spotlight, if not why not? I may have to talk about myself if we do not get any more takers !!! Have you any photos we could use in our newsletter, book recommendations, jokes (clean ones).

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 07967 489162 or email northwestengland@nhsrf.org.uk - Karen North West Development Officer