

SEPTEMBER 2020



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Editor: Hilary Robb

DEAR ALL

We are now definitely in the “season of mists and mellow fruitfulness” with a change in the temperature and the days getting shorter. I hope you have been able to take advantage of the recent sunny days to get out and about. We are moving into another phase of the Covid saga and at the time of writing we do not know what the next restrictions will be or how long they will last. This will make life a bit different for us again but please be assured that all of us in the Fellowship are here to support you. Pick up the phone when you need to chat to someone. I am happy to talk at any time and I know that Sherry and Debbie in central office are very willing to help too and, as always, your Branch officers are there for you too.

Norma from the Edinburgh Branch sent me the following item from another newsletter that she receives:

*New Nurses*

*Dear readers, especially those of us who were in nursing, have you found on “All 4” the Danish drama called “New Nurses”? Set in the 1950’s, it is about the Danish Government’s decision to allow men to enter nurse training. Here in the UK we had, since the early 20’s, allowed some men to be placed on a separate register of general training, but largely men were part of the Army Training Corp. In 1949, all General Trained Nurses were placed on a single register. Why, perhaps you are asking, is this of interest to us? Please let me share the sheer pleasure of this programme. I entered nursing in 1959 and this Danish experience is full of memories. To give you a flavour: the first words said to the would-be students were, “We have a thing about cleanliness here. You will wash frequently and your hair at least once every three weeks. You will keep the patients clean and the wards clean.” Does it not make your heart sing? I remember a whole morning in a lecture about cleanliness and the teacher saying, “There is nothing worse for a patient than to be handled by a nurse with BO”. Like all of you, I could write a book on the need for excessive hygiene in hospitals. I am with Florence Nightingale, cleanliness is next to godliness. I suspect she never said any such thing but the sentiment is absolutely right.*

## **Sounds as though it is worth a watch!**

### **Scottish Older People's Alliance Research for House of Lords Covid-19 Committee**

In the last issue, David Paterson asked for your input to research being carried out by SOPA and he would like to thank you for your many comments. He has summarized them below and I am sure you will all recognize and agree with many of these observations. It will be interesting to see what results from the deliberations in the House of Lords. Your voices will be heard.

#### **Are there any positives you would take from the pandemic**

##### **Personal**

- community spirit: people coming together to clap for NHS staff
- more time spent with family and friends
- more talking to neighbours
- more leisure time, particularly in the garden
- more "me time" allowed time for reflection on important matters
- utilising digital technology e.g. youtube, Zoom, Whatsapp
- less of the "rat race"
- online shopping
- more resilient and stronger emotionally
- recognition of the importance of regular hygiene practice
- community more aware of who needs help and support

##### **Economic**

- people have to commute less
- development of new ways of working e.g. working from home
- response from business to supply essential items e.g. PPE

##### **Health & Social Care**

- the commitment and dedication of NHS and social care staff
- on line medical appointments and telemedicine
- people giving their time freely to help those shielding
- more walking and cycling
- more home cooking and less takeaways
- response from the scientific community to provide a vaccine
- the ability to plan and deliver a temporary hospital

##### **Environmental.**

- maintaining support for climate change policies
- less air pollution, cleaner water and clearer skies
- appreciation of wildlife e.g. birds singing
- discovering nature

#### **What are the things you are most worried about**

## **Personal**

- fear of catching the virus
- if living alone fear of an accident
- loneliness and social isolation
- some people frightened to leave home or have visitors
- people being evicted from rented accommodation
- domestic abuse
- increased drug dependency
- life will never be the same
- adjusting to new procedures following lockdown

## **Economic**

- people will be unemployed for a long time
- reduced incomes
- reduced terms and conditions of employment
- increased poverty
- families struggling to cope financially
- probability of increased taxation
- increased social unrest
- impact on the quality of life of young people

## **Health & Social Care**

- the delay or even the possibility of not developing a vaccine
- serious illness not being diagnosed and treated in time
- backlog of operations
- delays and interruptions to cancer treatments
- changes to primary care may disadvantage older people
- increasing physical and mental health issues
- potential loss of staff from the NHS
- delays in starting test and trace
- the delay or even the possibility of not developing a vaccine
- impact on the health of NHS and social care staff post lockdown

## **Political**

- the abandonment of care homes and home care services
- the exams fiasco and policy failures regarding schools
- government and media scaremongering creating fear
- people failing to follow public health guidance
- lack of leadership and mixed messages from the UK government
- governments not following their own advice
- economic values being put before society's ethics
- delays in sourcing and distribution PPE
- governments not applying the knowledge gained from this event
- the national debt and how the country recovers
- no increase in the level of old age pensions

## **What do you most hope changes for the better**

### **Personal**

- better work life balance
- people continue to care for each other
- to stop wearing a mask
- continuation of community spirit

### **Economic**

- the economy develops and prospers in different ways
- people respond positively to the challenges
- the economy delivers a good quality of life for all
- maintaining the volunteering services
- restoration of high street shopping

### **Health & Social Care**

- development of a vaccine
- the value of care homes is recognised and funded
- development of a national social care service
- introduction of national training standards for social care staff
- people continue with outside activities
- education programmes to highlight the ongoing threat of the virus
- continuation of the track and trace programmes

### **Political**

- governments learn lessons on how to manage disasters
- nations maintain a commitment to climate change policies
- governments take a more positive approach and engage with society
- increased funding to the National Health Service
- future planning is undertaken with reference to relevant reports
- avoid the overuse of words as an excuse for not answering e.g. unprecedented

## **Mirthy Talks**

Mirthy has very kindly agreed to continue the free access to their talks for NHSRF members until the end of the year. Growing numbers of members are tuning in and the next 3 talks are shown below. 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 easy - please just visit <https://mirthy.co.uk/nhsrf/> and you will get an email with a link to click at the start of the talk.

I am particularly interested in the talk on witches as I am (allegedly) descended from Nancy Blight, a white witch in Cornwall. There you go, a little known fact about me!

## The London No-One Tells You About

Tuesday 22 September at 11am

Geoff Harris is a wonderful raconteur; he introduces London from his own offbeat angle and tells his stories with a vigour and humour that'll hold your attention from brothel keeping bishops to Nelson's second hand tomb and on to human toilets – yes, female port-a-loos! Geoff recounts at breakneck speed and before you've had time to file away some delightfully quirky fact for future reference he's moved on to another equally intriguing anecdote. Don't miss this one! Talk length - 40 minutes.



### The History of Witches

Tuesday 6 October at 11am

Behind the stereotypical image of the witch flying on a broomstick wearing a black pointy hat lies a long history of trials, persecution & torture that claimed the lives of hundreds of women & men. A belief in witches goes back a long time. Anglo Saxon kings made laws about their punishment. Henry VIII brought in the first English Statute in 1542 when no one was safe from the accusation of witchcraft. But things got far worse when James I's came to the throne and the witchcraft craze really took hold. Talk length - 41 minutes.

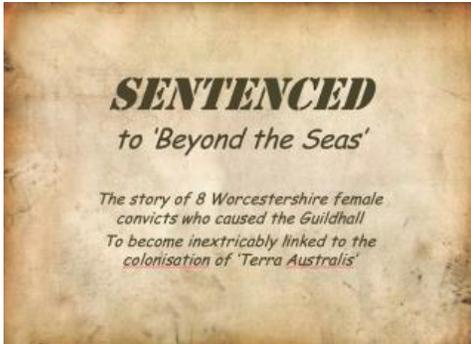


### Sentenced to 'Beyond the Seas'

Tuesday 20 October at 11am

The true story of eight Worcestershire women sentenced to death or transportation in the 1780s who all ended up on the first fleet of convicts to Australia. One came back a rich woman, another became

the progenitor of the largest living family of descendants living in Australia today. By David Clark. Talk length - 46 minutes.



## PRE-RETIREMENT TALKS – NHS and AFFINITY

I have been in touch with Affinity who are the organization that deliver pre-retirement talks to various Health Boards in Scotland. Prior to lockdown I had been invited by Affinity to talk about the Fellowship at the sessions and hand out leaflets. They are now resuming the training sessions but, unfortunately, they cannot allow external speakers to come into the sessions or hand out paper leaflets due to Covid-19 restrictions. However, they are very keen to support us and have agreed to insert slides into the presentation so that attendees will hear about us. I am supplying them with locally tailored slides showing local Branch contacts and, hopefully, this will be the start of a return to us being able to publicise the Fellowship within the NHS.

If you are aware of any local publications within your Health Board area or free community magazines or newspapers, please let me know and I will contact them to help spread the word that we will be back and active in 2021!

## REQUEST FOR HELP VIA THE PATIENTS' ASSOCIATION

**Take part: research into clinical empathy**



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](mailto:ihp2@st-andrews.ac.uk)).

If you'd like to take part, please email India directly [ihp2@st-andrews.ac.uk](mailto:ihp2@st-andrews.ac.uk) or via the [website](#), where you can find more information about the study.

To find out more, click on the link: <http://med.st-andrews.ac.uk/edu/perceptions-of-clinical-empathy/>

## A BIT OF FUN

**You can blame Trish Douglas of the Edinburgh Branch for the following jokes!**

**Do you know what kind of lighting they used on Noah's Ark?**

***Flood lighting!***

**In the Olympic Village, a man in trainers carrying a long stick was asked by a stranger, "Are you a pole vaulter?" "Nein, I am Deutsch, but how did you know my name was Walter?"**

**A wee poem from her too:**

**There are things we should recycle, in this present day**

**Things that not so long ago we would have thrown away.**

But there is one thing that we must recycle all the while,

And that is the expression of a happy, cheerful smile.

## Mind Games

### 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'?

Finally, just to say hope you enjoyed our Newsletter – comments would be appreciated, and I welcome any contributions for our next issue. 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](mailto:scotland@nhsrf.org.uk) - Hilary Development Officer