

THE MOST
important decision
you will ever make
is what you do with
the time that is
GIVEN TO YOU.
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DEAR ALL

Keep Smiling

I guess it is well worth thinking about the statement on the left. I am going to try to. It is so easy in life to lapse into using time let us say 'not to its best advantage.' Life remains challenging as we head towards the dark evenings so we must all try to make the best of the sunshine and daylight each day AND most importantly to look after ourselves and our loved ones.

Please do remember that as a Fellowship we are here to help and support each other. If a member or a branch has a concern please do think about contacting a branch officer, a regional representative, central office or, of course, myself. It is good to talk.

Frank and I have just returned from a lovely week's break in Cornwall. Interestingly whilst walking on the cliffs we got into conversation with a very pleasant lady from, if I recall correctly, the Wirral but originally Cornwall. Frank remarked that she was wearing a pentacle around her neck and she then told us she was a white witch. Earlier in the day I had received the Scottish Newsletter from Hilary Robb who had written that she was looking forward to the live talk on witches as she apparently is descended from Nancy Blight, a white witch who lived in Cornwall. All very interesting and so I am certainly looking forward to the live talk next week.

We must not be faint hearted in these difficult times. At some point our branch activities will be able to resume so until then we must all try to 'keep smiling' well at least some of the time!

Update on Live Talks

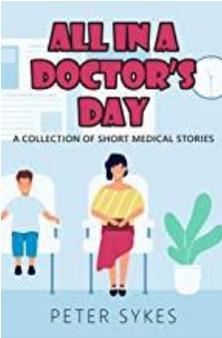
Another well attended successful talk took place last week. Live chat starts just after 10.45am with the talk starting at 11am. This together with the Q&A session makes an enjoyable experience.

Registration is pretty easy - please just visit www.mirthy.co.uk/NHSRF and you will get an email with a link to click at the start of the talk. Details of the next talk are shown on page 6 of this newsletter. The next 3 talks planned are:

6 Oct. – 10.45am The History of Witches – Sandy Leong

20 Oct. - 10.45am Sentenced to 'Beyond the Seas – David Clark

3 Nov. - 10.45am Goose Grease and Brown Paper – Kath Reynolds



Fellowship member **Peter Sykes** has published another of his popular books of short stories with a medical connection which are sold in aid of local hospices. The easiest way to get a copy is through Amazon.

Ed: This little story should make you smile!

Frank, my piles are killing me. I need something to give me some relief. It was so stupid of me not to bring my ointment. I can't think how I forgot. Would you drive into that town we came through on the way here and see if you can pick something up at a chemist?'

'I'm not sure my French is up to that, but I'll give it a try.'

'The chemist is almost certain to speak English, most of them do over here, don't they? But, just in case, take that French phrase book with you and perhaps a paper and pencil as well.'

'You're surely not suggesting I draw a picture of your piles?'

'Well, yes I am, but only if there's no other way you can get him to understand. But it would probably better to ask if he has an English to French dictionary.'

Frank: 'Bonjour.'

Pharmacist: 'Bonjour, Monsieur, comment puis-je vous aider?'

Frank: 'Ma femme, elle a les piles.'

Pharmacist: 'Je ne comprend pas 'piles'. Quels sont les 'piles'?'

Frank (louder): 'Piles; tres grand piles.'

Pharmacist : 'Piles; qu'entendez-vous par 'piles'. Le mot 'Piles' signifie 'Lots of'. Eh bien, votre femme a beaucoup de quoi? Beaucoup d'argent? Beaucoup d'enfants?'

Frank: 'Beaucoup de piles sur la derriere.'

Pharmacist: 'Beaucoup de derriere. Votre femme a un grand fond, un grand derriere?'

Frank: 'Non, non, non. Pas un large derriere. Well, actually, oui, she has un grande derriere mais le problem est un grand pile sur la grande derriere. Avez vous a dictionary?'

Pharmacist: 'Oui une dictionnaire. C'est une bonne idee. J'en ai une ici'

Frank: 'Regardez ici. Piles, elle a les piles.'

Pharmacist: 'Maintenant, je comprends. Hémorroïdes vous voulez dire. Hémorroïdes! Votre femme a des hémorroïdes.'

Frank: 'Oui Haemorrhoids, tres large haemorrhoids sur la derriere. Beaucoup de mal.'

Phamacist: 'Saignent-ils?'

Frank: 'Non comprendo'

Pharmacist: 'They bleed, oui?'

Frank: 'Non bleed. Ils ne bleed pas. Mais ils sont tres grande et beaucoup de mal.'

Phamacist: 'J'ai des suppositoires qui aideront.'

Frank: 'Non. Pas suppositories. Ointment. Avez-vous some ointment?'

Pharmacist: 'Ointment, tu veux dire pommade. Oui, j'ai de la pommade. Je vais en obtenir pour vous. Appliquer quatre fois par jour.'

Frank: 'Oui, quatre times a day. Merci.'

Pharmacist; 'Dois-je envelopper pour vous?'

Frank: 'Je m'excuse. Non comprendo.'

Pharmacist: 'Voulez-vous me le mettre dans un sac?'

Frank: 'Oh, you mean, mettre in a bag. Non, il n'est pas necessary.'

Pharmacist: 'Eh bien ce sera douze euros s'il vous plaît.'

Frank: 'Ca, c'est cher n'est pas?'

Pharmacist: 'Oui, peut-être. Mais c'est un très bon onguent pour les piles.'

Frank: 'Merci beaucoup. Ma femme will be tres heureux. Je suis happy that we got there in the end.'

Pharmacist: 'I'm only too pleased to help. I hope you enjoy the rest of your holiday, and that your wife's piles clear up quickly. Don't hesitate to return if you need any further assistance.'

Thoughts for the day

No matter how politely or distinctly you ask a Parisian a question, he will persist in answering you in French.

Fran Lebowitz 1946

You know the trouble with the French, they don't even have a word for entrepreneur.

Attributed to George W. Bush 1946





Life before lockdown

Steve Greaves from the Cambridge Branch remembers the days before the Pandemic.

Do you remember the good old days? Those crazy, hazy, lazy days of summer when we could turn up at any venue without booking or being required to wear face coverings while doing the weekly supermarket shop?

On one such day in June 2019 more than 40 members of the Cambridge Branch took ourselves off to the Midlands for a visit to the historic Black Country museum in Dudley, where we wandered around a fantastic historical site and reminisced about how things were in the days of our grandparents and beyond.



A few weeks later a similar sized group made for the Norfolk coastal town of Cromer for a lovely few hours by the seaside, which included a fish and chips lunch (of course, why else go to the seaside!) followed by a visit to a very funny end of the pier show. The sun peered at us all from a cloudless blue sky and we all basked in the warmth enjoying our ice cream dessert. Another seaside must.



As autumn approached the weather again rewarded our adventurous spirit when the sun blazed down on us during our visit to the Royal Hospital Chelsea.

Forty-eight of us were split into two groups and two splendidly uniformed pensioners escorted us around the beautifully manicured grounds and sumptuous interiors of the hospital.



The Royal Hospital Chelsea

The hospital was founded in 1692 by King Charles II who wanted to care for the soldiers who had been in his service and had fallen on hard times and initially what was originally known as the Army Infirmary catered for 500 old soldiers.

Ah, those were the days: sunshine, happy, pleasant memories and an easy free spirit – and to think all this happened only last year!

Steve

Beautiful chapel designed by Sir Christopher Wren at the Royal Hospital Chelsea.

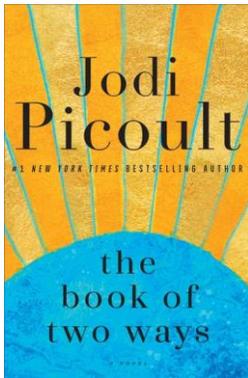




Member's Book Choice Susan Gunning, The Royal Marsden Branch

The Book of Two Ways – Jodi Picoult

Whilst speaking with Susan on the phone recently about books she told me that she had enjoyed reading a number of books by this author. I must say the synopsis certainly has me intrigued. What do you think?



Everything changes in a single moment for Dawn Edelstein. She's on a plane when the flight attendant makes an announcement: prepare for a crash landing. She braces herself as thoughts flash through her mind. The shocking thing is, the thoughts are not of her husband, but a man she last saw fifteen years ago: Wyatt Armstrong.

Dawn, miraculously, survives the crash, but so do all the doubts that have suddenly been raised. She has led a good life. Back in Boston, there is her husband, Brian, her beloved daughter, and her work as a death doula, where she helps ease the transition between life and death for her clients.

But somewhere in Egypt is Wyatt Armstrong, who works as an archaeologist unearthing ancient burial sites, a job she once studied for, but was forced to abandon when life suddenly intervened. And now, when it seems that fate is offering her second chances, she is not as sure of the choice she once made.

If you know of a book you would like to see featured in SE News please do let me know. Ed

**Why don't
scientists trust
atoms?**

**Because they make
up everything.**

Q: How do you make a milkshake?

A: Put a cow on a rollercoaster.

Q: What type of bee can't make up their mind?

A: A maybe.

Q: Why did the golfer wear two pairs of pants?

A: In case he got a hole in one.

Q: Why did the dog go to court?

A: Because he got a barking ticket.

Fairly Easy Photo Quiz Answers – last SEN issue

1. Maltesers
2. Aero
3. Bounty
4. Snickers
5. Galaxy
6. Milk Tray



Nostalgia



1960 Major News Stories include US enters Vietnam War, The IRA starts its fight against the British, John F. Kennedy wins Presidential Election, Chubby Checker and the twist start a new dance craze, Soviet missile shoots down the US U2 spy plane, aluminum cans used for the first time!!



West Middlesex University Hospital Celebrates Its Centenary

2020 is a special year for the West Mid. The hospital was opened by Princess Mary of Teck as the Brentford Workhouse Infirmary in October 1896. It became known as the West Middlesex Hospital in 1920 and the West Middlesex County Hospital in 1931. A new maternity department was opened by Queen Mary as the Queen Mary Maternity Wing in 1932.



Following bombing during the Second World War, the Queen Mary Maternity Wing was repaired and re-opened by the Duchess of Gloucester in 1960. It became the West Middlesex University Hospital in 1991.

An extensive redevelopment of the site was procured under a Private Finance Initiative contract in 2001. The works, which were carried out by Bouygues at a cost of £55 million, were completed in 2003.

In December 2011, West Middlesex University Hospital was awarded full accreditation by UNICEF as a Baby Friendly hospital, the first London hospital to achieve this award.

In September 2012 the trust concluded that it was not viable for it to apply for NHS Foundation Trust status and decided to seek a potential partner. On 1 September 2015, West Middlesex University Hospital became part of Chelsea and Westminster Hospital NHS Foundation Trust.

The hospital is 'home' to a very active branch of the Fellowship – West Middlesex, Hounslow and Spelthorne. Whilst celebrations for the Centenary have had to be modified somewhat because of Covid-19, an exhibition and a number of video clips will record the hospital's achievements and [Lorraine Taylor](#) from the branch has been taking an active part in this work, please click on <https://vimeo.com/456953139/640d0d96d4> Lorraine also informed me that the late Margaret Black, a branch member, had a book published about the hospital.

Ed: My thanks to Lorraine for reporting on this hospital Centenary.

Next On-line Talk – 6 October

The History of Witches Sandy Leong



Behind the stereotypical image of the witch flying on a broomstick wearing a back pointy hat lies a long history of trials, persecution and torture that claimed the lives of hundreds of women and 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 came to the throne and the witchcraft craze really took hold.

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
Development Officer