

# Scottish Newsletter .....

NOVEMBER 2020



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DEAR ALL

I hope you are all still staying safe and healthy. There is so much uncertainty around what the next few months will bring but at least the news regarding vaccines is sounding very positive. The roll-out will be a massive undertaking but hopefully your health centres will already be making plans. There is light at the end of the tunnel!

Whilst we are all preparing for winter and wondering what Christmas will be like this year, I thought you might like this picture of a small chap comfort eating!



Norma Garthwaite (Edinburgh Branch) took this lovely photo at the Botanic Gardens in Edinburgh.

The Florence Nightingale Foundation's Virtual Conference took place on 27th and 28th October and it was enjoyed by many. Sheila Sheppard from Brighton Branch kindly sent through the following links for any of you who would like to view the conference. They are: Watch Nightingale 2020 Virtual Conference Day 1 and Watch Nightingale 2020 Virtual Conference Day 2 - Just click on the links.

[https://www.youtube.com/playlist?list=PLPX\\_uY\\_hpmOKouLuv58EPvTfrBrbzcYH](https://www.youtube.com/playlist?list=PLPX_uY_hpmOKouLuv58EPvTfrBrbzcYH)

[https://www.youtube.com/playlist?list=PLPX\\_uY\\_hpmOIbk2nWANYx4u\\_O50-m6DfN](https://www.youtube.com/playlist?list=PLPX_uY_hpmOIbk2nWANYx4u_O50-m6DfN)

## Renee Gibb

I am sure that you will all want to join me in wishing Renee a very happy belated birthday. Her son, Gordon, very kindly shared the following photo of the birthday girl and update with us.

*LOVE AND BEST WISHES FROM ALL YOUR FRIENDS IN THE FELLOWSHIP*



As you can see from the latest photograph, Renee has now found a new way to get around the Bellfield Unit. This wheelchair is now hers' to keep whenever she is transferred to a Care Facility.

Today she was as bright as a button though there is a bit of concern that her eyesight is not as good as it was. Perhaps she is missing her time on her computer, though she now has her iPad with which she is able to Skype the family. I believe this has given her new lease of life, with the opportunity not only to talk but also to see the family.

There is no news as to when or where she may go when she leaves the facility but hopefully we should get some news in the coming weeks.

Despite the promises of extra visits, I regret to have to say that this is not forthcoming at Bellfield. I am still restricted to one visit per week and that for only 30 minutes. I have even been told that I am not alone, in not being able to see a family resident on his or her birthday. Her birthday celebration due next Tuesday will have to be postponed for 24 hours. So be it.

She is still extremely lucid and all signs of her previous problem appear to have disappeared thank goodness. Onward and upward as they would say.

Today Renee was in high spirits after her birthday yesterday. She has received a large number of cards and presents and appears to be a bit overwhelmed by the support she is receiving from all her friends.

She has asked me to thank all who may have sent her cards or gifts.

They are all very much appreciated by not just her, but also by both Jackie and me.

She is perky and is looking forward to the next chapter in her life, whenever that may take place. On this occasion, she had nothing but praise for all the staff and experts who are taking care of her in the unit. I took this to be a very positive sign.

## **FEDERATION OF SCOTTISH BRANCHES – AGM**

As we were unable to hold our usual AGM & Gathering in May 2020 due to the Covid19 pandemic, the Federation Executive have agreed to manage this AGM differently.

It will be managed in part by post or email and in part by a Zoom meeting of the Executive and a limited number of branch representatives. The AGM papers will be presented in the printed newsletter which will go out to all members by post in early December.

The AGM will be held via Zoom on Wednesday 27<sup>th</sup> January 2020 at 1pm. This will allow a limited number of representatives to take part in the meeting and to express their votes on screen.

Those attending will consist of the Executive group, the Country Representatives, the Development Officer and up to 2 Representatives from each branch. (A member of the Executive could be asked to be one of the representatives from their own branch if you wish).

## Mirthy Talks

Nearly 1,000 members to date have taken part in one or more of our Mirthy talks. Live chat starts just after 10.45am with the talk starting at 11am. This together with the Q&A session makes an enjoyable experience. Remember replays are now available on demand. Assuming a member registers for a talk they will receive a confirmation email with a link to join the talk live. After the talk has finished this same link can be used for 7 days to watch a replay of the talk on demand. This means that anytime within those 7 days members can watch the talk again.

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.

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 2 talks are shown below.

### **Tuesday 1 Dec. - 10.45am A Christmas Entertainment - Sun Jester**



The ever popular Bob and Dot present a feast of anecdotes and music on a seasonal theme. Christmas songs from the Golden Age of Hollywood musicals combine with tales about the artists and an exploration of the origins of some of our favourite Christmas traditions, including how one of them was (and still could be) illegal!

Talk length - 40 minutes.

### **Tuesday 15 Dec. - 10.45am 'Tis the Season to be Jolly - Kath Reynolds**



Christmas time! A look back at some of our Christmas traditions, celebrations and favourite toys! Enjoy a few carols and a look at the films we've watched at Christmas time.

Talk length – 49 minutes.

## GET THE BRAIN WORKING!

Who said what? Answers in next issue

1. Which scientist said, "Imagination is more important than knowledge"?  
*Albert Einstein, Isaac Newton, Charles Darwin*
2. Which British politician said, "I have nothing to offer but blood, toil, tears and sweat"?  
*Winston Churchill, Neville Chamberlain, Clement Attlee*
3. Which British politician said "I fight on. I fight to win"?  
*Winston Churchill, Margaret Thatcher, Harold Wilson*
4. Which royal said, "British women can't cook"?  
*Prince Charles, Prince Philip, Prince Andrew*
5. Which sportsman said "Float like a butterfly, sting like a bee. His hands can't hit what his eyes can't see. Now you see me, now you don't"?  
*Joe Frazier, Mohammed Ali, Sonny Liston*

**BODY QUIZ – (You can blame Loreen Smith (Aberdeen) for this one!) Answers at the end of newsletter**

1. Place of Worship
2. A Bovine Baby
3. The Top of a Hill
4. Principal School Teacher
5. A Bee on a Ladder
6. Tummy Fastener
7. A Place in France
8. Man's Best Friend

9. Quarter, Full or Half
10. They Come from Amsterdam
11. Two Cheers
12. You Can Find it in a Book
13. For Predictions and Dates
14. A Floral Girl
15. A Type of Sandwich
16. K1,P1
17. Take It on This
18. 5 Letter Word Starting with P – It Grows in Size When Excited (**Behave yourselves! Ed**)
19. Can be called to
20. Attach with (X)

## A BIT OF FUN

No Nativity this year because the 3 Wise Men face a travel ban.  
The shepherds have been furloughed.  
The Inn keeper has shut under tier 3 regulations and had a slump in bookings.  
Santa won't be working as he would break the rule of 6 with Dasher, Dancer, Prancer, Vixen, Donner and Blitzen.  
As for Rudolph, with that red nose, he should be isolating and taking a test. 😂😂

## WHAT IT'S LIKE TO BE BRITISH

- Not hearing someone for the third time, so just laughing and hoping for the best
- Being sure to start touching your bag 15 minutes before your station so the person in the aisle seat is fully prepared for your exit
- The huge sense of relief when your perfectly valid train ticket is accepted by the inspector
- Waiting for permission to leave after paying for something with the exact change
- Watching with quiet sorrow as you receive a different haircut to the one you requested

- Indicating that you want the last roast potato by try to force everyone else to take it
- Leaving it too late to correct someone, meaning you must live with your new name forever
- Hearing a recording of your voice and deciding it's perhaps best never to speak again

## Sound familiar? Ed

### THE BODY QUIZ – ANSWERS

1. Temple
2. Calf
3. Brow
4. Head
5. Bladder
6. Belly Button/umbilicus
7. Breast
8. Canine
9. Back
10. Two lips
11. Hips
12. Spine
13. Palms
14. Iris
15. Finger
16. Rib
17. Chin
18. Pupil
19. Arms
20. Appendix

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