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Dear All

## What's New

Well, I don't think anyone would really like me to say too much about the latest Lockdown. Let's just get through it as best we can whilst we wait for more news of the vaccine. There is light at the end of the tunnel. It continues to be good to have contact with members by various means and have been really very pleased with people coming forward with articles/material for South East News. So, a big 'thank you' to them.

The Florence Nightingale Foundation's Virtual Conference took place on 27<sup>th</sup> and 28<sup>th</sup> October and it was enjoyed by many. Sheila Sheppard from Brighton Branch kindly sent through the links for those who would like to view. They are: [Watch Nightingale 2020 Virtual Conference Day 1](#) and [Watch Nightingale 2020 Virtual Conference Day 2](#) Just click on the links.

On the back page you will find a small piece outlining a new scheme that is currently rolling out in the South East – the Potential Membership Scheme. If anyone has any queries about this, I am more than happy to help.

Difficult to believe that Christmas is not that far off and soon after we will have 2021 and I wonder what that will bring. Do keep well everyone and keep focused. Look after yourselves and your loved ones.

## Update on Live 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 pretty easy - please just visit [www.mirthy.co.uk/NHSRF](http://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:

17 Nov. – 10.45am	We Can't Let You Broadcast That – David Clark
1 Dec. – 10.45am	A Christmas Entertainment – Sun Jester
15 Dec. – 10.45am	Tis the Season to be Jolly- Kath Reynolds



## Crawley and District Branch

### Cecelia Turpin

Several members of the Crawley and District Branch of the of the NHSRF visited the Black History Exhibition at the Crawley Museum.

It was a very interesting exhibition showing artefacts from Africa and information on a wide variety of topics including a celebration of the contribution that people of different nationalities have made to the British Culture; information about the 'Windrush' people; an awareness of Black History; a personal account from a detainee at the Gatwick Detention Centre; initiatives from the local police; an awareness of actions against racism as demonstrated by the 'taking of the knee' in sports activities.

After our visit we had a welcome cup of tea.



### 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, Boris Johnson*
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*



**Hilary D'Ettorre**

**Royal Marsden Branch**

(An article from RMH's September Newsletter)

**Keeping in touch is important.**

Having decided to be confined to barracks since 1<sup>st</sup> March, my first and only outing so far was Monday 31<sup>st</sup> August when my husband and I went to the garden centre, although I was giving a wide berth to anyone not wearing a mask or not wearing one correctly!

It's amazing how time has been flying by. I have been getting around to some of the chores that have been on my list for a long time and done some reading that I hitherto could never find the time for.

I have enjoyed immensely the talks from Mirthy. It really does make you feel like you are in touch with the real world! The speakers and topics have been really good. I have particularly enjoyed the talks that feature places where I have previously been on holiday as it made me feel like I was there again! At least for the duration of the talk I was on holiday! I enjoy the feature whereby you can talk to others linked in for the talk by corresponding on the chat section. For those who have not watched any of the talks I can wholeheartedly recommend them.

Another thing I enjoyed greatly over the summer was watching some of the Wimbledon tennis matches from years gone by. It's a long time since we watched people play with wooden rackets! I would have enjoyed watching Prom concerts from years gone by but sadly, these were conspicuous by their absence. They might have featured on 'social media' but apart from the occasional glimpse into the world of Facebook this is something I am not familiar with.

I have greatly enjoyed catching up by phone with friends and relatives, having longer chats than would otherwise be the norm. I have tried to pay particular attention to make sure I regularly call people living on their own.

In 'normal' times I sing in our church choir but of course that has been stopped and the church closed for a long period.

A few months ago, another choir member gave me the details of how to link up to different churches to follow the Sunday Mass, although, unfortunately, my church did not have this facility, so I decided to take part in a Mass from Wembley. I found the website I needed and duly sat down to watch the Mass. The camera was of course stationary and fixed on the altar, so the pews were not in the line of vision. During the Homily I occasionally heard the priest referring to different people by name, so I thought possibly one or two of the regulars at that church were sitting socially distanced in the back of the church. It was only a few hours later whilst watching the news and seeing some people taking part in a Zoom call that I had the horror realisation that perhaps the people the priest had mentioned by name might not have been at the back of the church but possibly he could see them on a computer screen! That would not have mattered had it not been for the fact that I was watching the Mass in my pyjamas! I was subsequently re-assured that unless I had clicked something to make sure I was visible then I should have been okay! The moral of the story is, if you are using a computer link-up, make sure you are properly dressed!"



## 'Simply Ed' Sally Bundock

*As I have not met all of SEN's readers, I thought it might be useful for me to write a little about my background. The photo on the left is Frank, hubby, and me at Porthcurno in Cornwall. We are standing close to the entrance to the Minack Open Air Theatre. We have been holidaying in Cornwall since the mid-1970s.*

Well, I left school at 16 with a plan to do A levels whilst working and then do teacher training. I managed 3 (hard going), but then for the next 10 years just drifted along in various jobs with the highlight being my time in exhibition design where I was fortunate to be allowed to do day-release for graphic design. In the mid-70s, whilst working at Imperial College amongst so many people studying, I decided it was time that I took steps to get a proper career.

I very nearly became a radiographer (sorry Vic) but, in the end, went back to college for a year to study personnel management and never looked back. I have had some really interesting and worthwhile jobs over the years.

My first real personnel job was in a spectacle lens/frames factory where I managed the personnel function also being responsible for first aid and setting up a staff canteen. I went on maternity leave in late 1983. In 1984 the factory closed, and I took redundancy. I decided I would find a part-time role so that I could spend time with our daughter.

After a short consultancy role, I moved to GEC Hirst Research Centre in Wembley. Not entirely happy there I saw a role at Katie's Kitchen, a food factory in Harrow. I stayed there for over 7 years. I managed personnel, first aid, occupational health and was responsible for health and safety for the site. At one point we had open TB in the factory, and I had to organise the testing of the whole workforce. On another occasion I had to organise a search in the bakery for a severed thumb so that I could take the casualty to Northwick Park Hospital, plus thumb of course!

My next role was a 3-month posting at St. Mary's Hospital Medical School (now IC). Little did I know that eventually our daughter would gain her medical degree at Imperial College. Next, I moved to the Institute of Cancer Research in Kensington where I frequently visited both sites of the Royal Marsden. My next move was to the Policy Studies Institute, with responsibility for personnel, pensions and payroll and a substantial pay rise (which was handy at the time). This role I enjoyed until they merged with the University of Westminster and it was time to move again.

Next, I saw a role advertised at the Public Record Office at Kew. I was offered the post which I enjoyed immensely and spent 12 years in this role. I was responsible for staff welfare, first aid over 3 sites and occupational health. It was a role in which I was continually aware that I was able to make a real difference to people's lives. I joined the Institute of Welfare, eventually becoming Chair and Editor of the journal Welfare World. This I continued until 2015.

Since leaving The National Archives (previously PRO) I have worked as an employment consultant in a Job Centre and spent a year at a benevolent fund doing casework. I applied for the Vodafone World of Difference Programme 2 years running. This allowed winners to undertake paid work for a charity of their choice for 3 months. My first placement was with Maytree Home for the Suicidal, with my second placement being at St. Mungo's charity for the homeless. For several years, I have also enjoyed writing articles for Choice magazine on health/welfare issues.

In 2015, I took up a trusteeship with the CSIS Charity Fund. I am still pleased to be working with them and to be lead trustee for a number of health and welfare charities including Cavell Nurses, the Careworkers Charity and Hospice UK. In 2015 whilst with the Fund I saw the NHSRF vacancy. Now in my fifth year, I am pleased to say that to date I have enjoyed the time spent, feel I have made a difference and have certainly met some lovely people.

Life at home is good. Frank and I have certainly enjoyed the garden over the summer, and he is working on a number of projects at home. The netball club I have managed for the past 51 years is not able to play league at the moment but hopefully games will resume in 2021. I continue to run a couple of times a week and even get on the exercise bike as well. Hannah, our lovely daughter, lives just down the road with hubby and two lovely little granddaughters, one who is nearly 3 with the other reaching the grand age of 7 in March. Hannah is now a partner in a local GP practice with hubby being a lecturer at IC. A young family to be proud of. Like everyone we are all looking forward to the end of Covid-19! So onwards and upwards everyone!



## John Rostill's Book Choice

### Hidden in Plain Sight – Jeffrey Archer

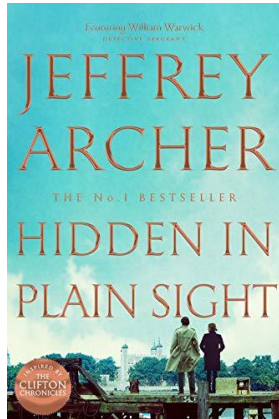
Jeffrey Archer is now aged 80 and one of Britain's best-selling novelists. He is a former MP and deputy Chairman of the Conservative party becoming a life Peer in 1992.

in July 2001, he was found guilty of perjury and perverting the course of justice and spent a number of years in prison.

He has written over 30 books (including some short stories and three non-fictional accounts of his stay in prison).

His first book was in 1976 (Not a penny more, not a penny less). My personal favourite is First Amongst Equals.

His latest publication is Hidden in Plain Sight and is part of a planned trilogy. Last year, the first book about William Warwick was Nothing Ventured and covered the period when William leaves school and despite family opposition, joins the Metropolitan Police force. It's well worth reading this before you embark on the 289 pages of Hidden in Plain Sight, which has been available since October this year. This second book sees William as newly promoted to detective sergeant and re-assigned to the drug squad. Like all of Archer's books it is full of twists and turns and is a fascinating read; with a sting in the tail and leaving the reader looking forward to his third (Turn a Blind Eye) available autumn 2021. The question on reader's mind is will he or will he not resign?



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

A woman has twins and gives them up for adoption. One of them goes to a family in Egypt and is named 'Amal.' The other goes to a family in Spain, they name him 'Juan'.

Years later; Juan sends a picture of himself to his mum. Upon receiving the picture, she tells her husband that she wished she also had a picture of Amal. Her husband responds, "but they are twins. If you've seen Juan, you've seen Amal."

### Fairly Easy Who Said What Quiz

Answers – last SEN issue

1. Donald Trump
2. John Lennon
3. Albert Einstein
4. Tommy Cooper
5. Groucho Marx
6. Margaret Thatcher



Slept like a log last night..... Woke up in the fireplace.

A sandwich walks into a bar. The barman says, "sorry we don't serve food in here."

I cleaned out the attic with the wife the other day. Now I can't get the cobwebs out of her hair.

I went to the Doctors the other day, and he said, "Go to Bournemouth, it's great for flu." So, I went – and I got it.

### UK Weather Facts



Highest ever temperature: Cambridge Royal Botanical Gardens 38.7C/101.7F 25 July 2019

Highest monthly total of sunshine: Eastbourne 383.9 hours July 1911

Highest daily total of snowfall in an inhabited area 173cm/68in Huntingdon Warren, Dartmoor 16 February 1929



**TWO GREAT BLOKES** helping the Biggest Issue of All

Prince William and Sir David Attenborough have joined forces to launch what they hope will become the "Nobel Prize for environmentalism".

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### New Potential Members (PMs) Scheme

A new initiative is currently being rolled out in the South East. Health and social care individuals are being invited to become PMs (at no cost) until 31.3.2021. At that point they can decide whether they wish to become full Fellowship members. Trusts are being invited to pass a letter and a copy of South East News to retirees inviting them to join in our Live Talks and receive fortnightly copies of South East News. Retirees are also offered the opportunity to be introduced to their local branch if they so wish. The initiative was set up with the realisation that retiring in these difficult times could be quite challenging and a desire to welcome new members into The Fellowship.

If a branch has a key contact in their Trust, I would be grateful if they could contact me as this could well help with the promotion of this scheme. I am also available to answer any queries that anyone might have. Thank you.

*Sally*

### Next On-line Talk – 17 November



### We Can't Let You Broadcast **That!** David Clark

I'm sure the heads at the BBC said that many times in order to protect us from lewd, crude and offensive tracks, and I'm sure we are grateful for their protection. But all is not as it would seem David Clark will explain. Literally thousands of tracks have been banned - some for the most bizarre reasons.

So, sit back, let's reminisce, and enjoy.



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](mailto:london.eastanglia@nhsrf.org.uk)

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