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Dear All

What's New

I would like to start by wishing everyone a Happy New Year. I am sure you all join me when I say, 'let's hope it is a better year than 2020'. Let's hope that we will be able to do some of the things we planned for 2020 in this brand-new year. Many of us will have lost family and friends in 2020 but let us all carry on, as they would wish it, with our heads held high. And remember – we are all part of this wonderful Fellowship.

I know the infection rate for Covid-19 is high. Here in west London, after having a breather in the summer/early autumn, the unpleasant little virus has come back with a vengeance. Very good news that the vaccine is rolling out. It certainly made me jump and smile when I spotted Penny Griffiths out of the corner of my eye when glancing at the TV whilst warming myself on the radiator by our bay window in our lounge. I took a closer look and there, of course, was Vic, our lovely Vice President, seated next to Penny and they were both receiving their first jab. When I called them last Wednesday, they were just off to receive their second. I am sure some of you will have received your jabs already so 'well done'. I await mine as I am a little further down the list.

As always do take care and keep safe one and all.

Update on Live Talks

Remember folks. Registration is pretty easy - please just visit www.mirthy.co.uk/NHSRF and you will just need to enter your name and your email address for the talk you wish to register for and then you will receive an email from Alex with a link to click at the start of the talk. 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 available on demand. Assuming a member registers for a talk they will receive a confirmation email with a link to join the talk live. This same link can be used for 7 days to watch a replay of the talk on demand.

Details of the next talk are shown on page 6 of this newsletter. The next 4 talks planned are:

- | | |
|-------------------|--------------------------------------|
| 12 Jan. – 10.45am | A Policeman's Lot – Neil Sadler |
| 26 Jan. – 10.45am | 50 Years in TV – Jim Whelan |
| 9 Feb. – 10.45am | My Mysterious Grandmas – David Clark |
| 23 Feb. – 10.45am | Morecambe and Wise – Steve Short |

Late **Late** Christmas **Jollity**



This article was received from Rona Harvey, South Beds. Branch.

It missed the Christmas Edition but is 'such fun' so I have included it now.

Please be advised that all employees planning to dash through the snow in a one-horse open sleigh, going over the fields and laughing all the way, are required to undergo a Risk Assessment addressing the safety of open sleighs. The assessment must also consider whether it is appropriate to use only one horse for such a venture, particularly where there are multiple passengers. Please note that permission must also be obtained in writing from landowners before their fields may be entered. To avoid offending those not participating in celebrations, we request that laughter is moderate only and not loud enough to be considered a noise nuisance.

Benches, stools and orthopaedic chairs are now available for collection by any shepherds planning or required to watch their flocks at night. While provision has also been made for remote monitoring of flocks by CCTV cameras from a centrally heated shepherd observation hut, all facility users are reminded that an emergency response plan must be submitted to account for known risks to the flocks. The angel of the Lord is additionally reminded that prior to shining his/her glory all round, he/she must confirm that all shepherds are wearing Personal Protective Equipment to account for the harmful effects of UVA, UVB and the overwhelming effects of glory.

Following last year's well publicised case, everyone is advised that legislation prohibits any comment with regard to the redness of any part of Mr. R. Reindeer. Further to this, exclusion of Mr. R. Reindeer from reindeer games will be considered discriminatory and disciplinary action will be taken against those found guilty of this offence.

While it is acknowledged that gift bearing is commonly practiced in various parts of the world, particularly the Orient, everyone is reminded that the bearing of gifts is subject to Hospitality Guidelines and all gifts must be registered. This applies regardless of the individual, even royal personages. It is particularly noted that direct gifts of currency or gold are specifically precluded under provisions of the Foreign Corrupt Practices Act.

Further, caution is advised regarding other common gifts, such as aromatic resins that may initiate allergic reactions.

Finally, for those involved in the recent case of the infant found tucked up in a manger without any crib, Social Services have been advised and will be arriving shortly.

With these Tidings of Comfort and Joy. I wish you all a Happy Christmas and a better New Year. Roll on the vaccine!



'Tell me doc,
is it
serious?'

Thanks to
Monica Sado
from Brent
Branch for
these lovely
photos.



Look
Who's
Coming

A Contribution from Norwich Branch

My thanks to Margaret Thompson for this feature. Unfortunately, the Poem of Hope was received after I had finished the Christmas issue. I have chosen to include it now together with details of the exhibition the branch is currently involved in at NNUH.

Poem of Hope by Margaret Thompson

Common sense is what will get us through
If you haven't learnt now then you haven't a clue
Lockdown has brought back the misery yet again
No socialising, or clubbing until we know when

On a run up to Christmas when you should be happy
This is not happening as more people are being snappy
The enjoyment and sparkle has taken a big fall
Shopping for essentials no Xmas shopping at all

A month in lockdown is what we've been given
To abide by the rules and use your ammunition
Wear masks when shopping and washing hands
Keep your distance from others and make a stand

If we all work together as we've been asked before
We may all get through this pandemic once and more
Winter is upon us with colds and flu around us
We need to protect ourselves to save lives is a must

So, we must try harder to get back to some normality
Back to kissing and hugging that's been such agony
We hope & pray a vaccine will soon be found
To keep us safe and change our world around



Rainbow made from left over material from making the scrub tops, trousers, hats, shoe bags and laundry bags for our frontline staff when they were short of PPE.

Our branch was invited to take part in an exhibition at the **Norfolk and Norwich University Hospital**. This is an Environmental Arts exhibition of rainbows, words, quotes and poems of hope to cheer up the staff, patients and visitors.

The exhibition spans three floors of the hospital in sealed glass display cases. All our work was displayed in the run up to Christmas and will be in place in the months of January and February.

Our work is shown below.





10 things I have learned in 51 years (and counting) in the NHS

by Ken Jarrold CBE

1. Health is for people. It is their health and is influenced by many factors other than health care – poverty, housing, education, environment, behaviour. The NHS cannot deliver good health on its own. That is why it is so welcome that the NHS is now being asked to work in Integrated Care Systems with Local Authorities, Government Agencies and the Third, Voluntary and Independent Sectors who have great influence on all these factors.
2. In the NHS patients, service users and carers come first. This was one of the values that I learned from my wonderful first boss, Jack Newton, to whom my book “Other People’s Shoes” is dedicated. I have always tried to keep patients in my heart and my mind.
3. The people looking after the patients come next. This was the second value I learned from Jack. At last, the NHS seems to be realising that it must look after its staff. They are our most precious resource and must be treasured. There must be supportive and fair line management, proper staff support and no bullying or discrimination of any kind.
4. There are only three enduring realities - - GP Practices, hospitals and community services. The rest is superstructure! Health Authorities, Trusts, PCTs, Clinical Commissioning Groups come and go but what remains are the natural health communities of Practices, Hospitals and Community Services, serving their people.
5. Human nature is capable of everything from the very best to the very worst. NHS colleagues are human beings and will be at every point in this spectrum. The vast majority of people I have worked with have been good, conscientious, kind people. However, a small number have been lazy, jealous and unkind.
6. Everything we do impacts on others. Values to aspire to include commitment, empathy, respect, humility, curiosity and integrity. Behaviour is crucial. Expertise and experience are not enough.
7. Understand yourself and others. MBTI [Myers Briggs] helps. When you understand yourself, be true to yourself. I did not understand myself until I did MBTI when I was 43. Since then, I have tried to be true to who I am. The book on which MBTI is based, “Gifts Differing” has been a wonderful inspiration to me.
8. Take delight in your own development and in the development of others. It is a good thing if the people you develop become better than you! Never stop learning and never stop teaching. Natasha Josefowitz’s wonderful poem, “Support Systems”, says it all.
9. Leadership and Management are very different. Leadership is showing the way and is not dependent on role or seniority. Management is the responsibility for the use of resources and is dependent on role and seniority. Not all managers can be leaders. All managers should encourage leadership at every level. The most junior person may show the way and be a leader.
10. Think carefully about relationships with politicians. They often believe that they can have their cake and eat it! For example, they believe that it is possible to have safe, well-staffed hospitals in every community. Most thoughtful people know that there are trade-offs between safety and accessibility!



Editor's Book

Daniel's Magic Tree – Sally Bundock

Illustrations by Frank Paul Bundock



...The tale begins with 9-year-old Daniel getting a 'message' from his magic tree. It has something important to tell him and he wonders what it will be. He travels around the world and through time via a series of dreams involving the tree and its Guardian. Eventually, Daniel learns what the message is. It is to be life changing

The story has strong family and environment themes. The latter has been crafted to appeal to the very young. All proceeds from sale go to Tiggywinkles Wildlife Hospital, Haddenham, England.



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

Paperback and eBook available from Amazon.

TIGGYWINKLES

Our Hospital is open 24/7, 365 days to care for all sick, injured and orphaned British wildlife. We care for over 12,000 animals every year.

Tiggywinkles is a free wildlife hospital, the busiest and most advanced in the World.

Started 40 years ago by the Stocker family in their back garden, Tiggys has treated over 300,000 patients! Utilising the latest technologies, the best veterinary nurses, and Specialist veterinary surgeons, the hospital gives wildlife the best care, treatment, medicine and love available.

Our aim is to get everything back to the wild.



Tiggywinkles Wildlife Hospital
Aston Road
Haddenham
Buckinghamshire
HP17 8AF

More details and information about their **Visitor Centre** can be found at:

www.sttiggywinkles.org.uk

Telephone:

01844 292292



Who Sings at Night?



There are many birds that sing at night including the nightingale. Now, however, the robin is the true king of night-time singing.

Artificial lighting is partly the reason for this. Robins like to eat insects and are happy to forage in dim light, including artificial lighting.

Robins are territorial and so if you hear a bird singing at night it could well be your friendly local robin.

Learn My Way www.learnmyway.com

This useful website consists of 9 easy-to-access online courses designed to help internet newbies develop digital skills.

Each online course begins with a short introductory video outlining the course contents. This is followed by a series of short modules covering a range of topics. For example, the Online Basics course includes modules on how to use search engines, how to keep in touch with family and friends via email, and how to access online public services. Students also learn how to stay safe whilst online. Each course contains links to additional resources to reinforce new skills and promote further learning. Individuals are encouraged to work at their own pace. Each course can be repeated as many times as required – free of charge. These courses can also be accessed by those who are visually impaired. More information is available from their website.

Did you hear about two peanuts walking in a bad neighborhood?

One was assaulted.

Why did the thief wear blue gloves?

He didn't want to be caught red-handed.

What happens when a police officer goes to bed?

He becomes an undercover cop.

Why did the police arrest the turkey?

They suspected fowl play.

Why is a traffic policeman the strongest man in the world?

Because he can stop a 10-ton truck by holding up his hand!



Next On-line Talk – 12 January

A Policeman's Lot Neil Sadler



Neil Sadler spent 30 years as a police officer. Starting “on the beat” in the exotic holiday resort of Bognor Regis in the 1970s, he retired from a post in national and international police training. You may be amazed to hear who he met on his first solo night shift at 3am. Changes in police uniform and equipment and why not to be squirted with pepper spray. Also, where not to try and escape the traffic cops in one European country and a novel use for a policeman's helmet.

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
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