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Dear All

## What's New

Hello again everyone. So, who is the lady on the left sitting at her pc? Well I guess she is anyone of us. Very many older folk have found the internet, emails and zoom to be of considerable use in helping them spend their time constructively and enjoyably during the pandemic. When we get back to some sort of normality we will, I am sure, continue to enjoy.

This month, for the first time, we saw the Fellowship Newsletter being distributed to those on email via email. This, of course, saves paper, envelopes and postage. If you are reading this it is probable that you were sent this newsletter by email but if you were not and you do have an email address that you have not told the Fellowship about please think about making contact with Central Office to let them know. You will certainly not be bombarded with unwanted messages and you can opt out at any time. Also, if you know of any member who has not advised us of their email address please do think about mentioning it to them so that they can too receive this newsletter and our main newsletter via email.

Life continues to be challenging for us all, but we soldier on. 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](http://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 3 talks planned are:

23 Feb. – 10.45am	Morecambe and Wise – Steve Short
9 March – 10.45am	Wandering in Flanders Fields – Melanie Gibson-Barton
23 March – 10.45am	The Accidental Author – Sue Medcalf

## To our front-line nurses and doctors

This passionate message was written by Chris Wadsworth, Yeovil Branch.

Thank you and well done.

Such feeble, almost disparaging words when you are going through so much that defies description.

I have seen TV footage, heart breaking scenes and heartbroken nurses.

Despair and fear, tenacity and compassion. I have heard of the astonishingly long hours worked, the exhaustion and the shredded emotions. A relentless fight for each and every patient in your care. Harrowing and brave.

There isn't a day goes by I don't think of you and wonder how you get through, how you cope? Such immeasurable courage and focus.

And who cares for you? Is there someone wanting you home, wanting you safe?

With Spring close and distressing times coming to an end, I hope you find a new beginning for yourselves, with hope restored, restful sleep and good dreams, waking with the confidence of a promising day, not anxiety for the shift ahead. I hope you give yourselves time, time to mend, time with your family, time to be happy.

And when your thoughts turn back to dark times, I hope you remember those whose lives you saved, those whose families can't thank you enough, and don't dwell too long on those whose lives you couldn't save, those too ill to recover. There was nothing left you could have done.

I'm grateful you are in our lives; we are lucky to have you.

Chris Wadsworth

Thank you for sharing Chris. Ed

### Middle for Diddle

Thank you to everyone who took part in this little bit of fun. I am pleased to say that everyone who sent in an answer was correct.

The lucky winner was

**Heather Parle**  
**Norwich Branch**





Joan receiving her congratulations card from the Queen from John the postman



**Joan Dew  
Mid Sussex Branch  
reaches 100 years of age  
7<sup>th</sup> February**

I am sure we all enjoyed reading about Joan's remarkable achievement of reaching the grand age of 100 in the February issue of the Fellowship's newsletter. I decided to give Joan a call two days before the big day. She happily told me that her niece was coming over for lunch on 7<sup>th</sup> and that she was looking forward to it.

Joan told me that she had enjoyed attending 13 Fellowship Conferences in total with the last one being in Manchester. She emphasized that she was very grateful for the birthday gifts and cards she has received. Although a little hard of hearing Joan came across to me as very much 'on the ball', a very lively lady. An example to us all. We agreed to keep in touch.

On the big day itself I was pleased to receive an email from David Goodger from the branch. He sent me the lovely photo of Joan receiving her card from the Queen from John of the Royal Mail. By chance David had arrived at Joan's house just as he was unloading her bouquet of flowers from The Fellowship together with a number of other gifts. Joan also received a bouquet of flowers from the League of Friends. In the foreground of the photo you can see the food hamper from the Mid Sussex Branch and the huge pack of birthday cards (over 100!) from other branches around the country. Joan's niece, Maureen, helped her to unpack all the goodies. Our thanks to Sherry at Central Office for her help with organising celebrations for Joan and for sending me the other two photos shown on this page.



Two lovely ladies –  
Joan and the late Ethel Armstrong

I received a further email on 7<sup>th</sup> concerning Joan from Mercedes Madden, Chair, Princess Royal Hospital League of Friends. She stated that she was delighted to be involved in helping to celebrate Joan's birthday. Joan was a stalwart of the fledgling League of Friends in Cuckfield Hospital in 1956 and remained so until her retirement as Vice Chairman in 2015 when she was awarded the Mercy Award for her long service in Voluntary work.

All at the Princess Royal League of Friends Hayward's Heath Trustees remain grateful for all the work that Joan undertook on behalf of patients of Mid Sussex and are so proud to join with the NHSRF to wish Joan a Happy 100th Birthday.



Joan enjoying the 2013 Conference in  
The Midland Hotel, Manchester

So well done Joan for reaching the grand age of 100 and for contributing so much to the Fellowship and the League of Friends.  
Ed



## How to Assemble a Flat Pack (in this case a shoe storage unit)

Cecelia Turpin, Crawley & District

1. Have plenty of time.....yes, I have this in 'lockdown'
2. Choose the kitchen floor, near to entertainment and refreshments (i.e. the kettle and the TV)
3. Take the pieces out of the box, beware some are heavy.
4. Find the instructions and identify all the pieces. All present and correct.
5. So many pieces.....find interesting programme on the TV.....this is going to take a long time!
6. Find padded garden kneeler to protect knees when assembling items on the floor.
7. Find chair to give assistance when getting up from the floor.
8. Realise that one can balance smaller items requiring screwing on kitchen stool, thus avoiding steps 6 & 7.
9. Complete steps 1 to 8 making drawer and sides of cabinet. All going smoothly.....yes.....I can do this!
10. First four dowelling screws go in easily, second four refuse to go more than halfway however hard I push the screwdriver.
11. This is hard.....make a cup of tea!
12. Try to find neighbour to help (with social distancing of course.....well this is an emergency) but he is out!
13. Realise that a pair of pliers would be useful. Find that kitchen utensil for opening awkward jars works just as well and manage to get the screws in all the way!
14. Complete sections 9 -15. Cabinet is now ready. Time now to fix the drawer onto the runners.
15. The screws that hold the drawer onto the runners appear to be too small. Hunt all around the house for other screws that will fit....This stage takes one hour.
16. Read the diagram again and realise that it is not the screws that are too small, but the runners are in back to front!!
17. Replace the runners.....now the screws hold the drawers in...
18. Put the hinges and handles on the doors...hurray the doors open and shut properly.
19. Congratulate myself on the successful completion of the task, whilst wondering how many calories I have used up getting up and down from the floor so many times.
20. Although exhausted ...I admire the cabinet.....really it is too good for shoes, maybe I will use it for books?
21. Look on the internet for something suitable to put my shoes in.....

**Make a mental note.....no more flat packs!!**



## 1971 - A true tale from Manchester Royal Infirmary

Thanks goes to Roger Stokoe for this delightful contribution.  
Roger was Administrator of the MRI at the time.

In those days, men were strictly forbidden to enter any bedrooms in the Nurses Homes and, unless you had a late pass, nurses had to return to their appropriate Nurses Home before 10pm.

One morning, a cleaner entered a nurse's room and, shock horror, found a man fast asleep in the nurse's bed; the said nurse was already on duty and not present at the time. The cleaner went to the home sister and reported this terrible misdeed and wanted to know what should be done about the sleeping man.

The home sister did not know what to do so she reported to the senior nursing officer and asked her what should be done. The senior nursing officer also had no idea and sought the advice of the principal nursing officer who, in turn, decided to seek the advice of the chief nursing officer, one formidable woman called Constance Biddulph. Miss Biddulph's response was .. ..  
"Do, do?" "Why charge him for a night's board and lodging of course!" Classic.

Constance was later awarded the CBE after a very long and distinguished career in nursing.

### Repairing Hearts

A mechanic was removing a cylinder head from the motor of a Harley motorcycle when he spotted a well-known heart surgeon in his shop.

The surgeon was there, waiting for the service manager to come and take a look at his bike.

The mechanic shouted across the garage, "Hey, Doc, can I ask you a question?"

The surgeon a bit surprised, walked over to the mechanic working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I open its heart, take the valves out, fix 'em, put 'em back in, and when I finish, it works just like new. So how come I get such a small salary and you get the really big bucks, when you and I are doing basically the same work?"

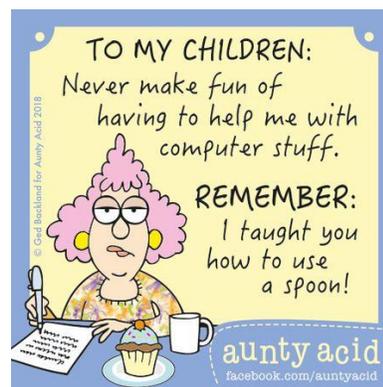
The surgeon paused, smiled and leaned over, and whispered to the mechanic...

"Try doing it with the engine running."



Oh dear!

Woman slammed for stockpiling ice cream, tinned fruit and raspberry sauce. Her husband told us "She must be planning to self-isolate for a month of sundaes."





**An Update  
from Suffolk West  
by Suzanne Veal**

Suffolk West NHSRF was able to hold meetings up until March 2020 with some very inspiring and interesting speakers. These included Charlie Haylock talking about the history of surnames and he kindly offered to research some members' surnames which we were able to access online. Another very interesting talk was on the Dark Secrets of London Squares showing the history related to Covent Garden and Eaton Square among others. On a very different subject we invited Peter Beales from the Rose Gardens at Attleborough to talk in detail about their care and varieties of roses available. Quilts and Travels provided us with a journey to India, Canada and Japan in the search for beautiful silks for tapestries.

We have continued to hold committee meeting since last June in members' gardens and even on Hardwick Heath. More recently we have held our committee meetings on Zoom, and we are hoping to hold our first members meeting with a virtual speaker shortly. We are also continuing online the Book Club, History, Genealogy and Photography groups for those members interested.

**Next On-line Talk – 23 February**

**Morecambe & Wise  
Steve Short**



Steve Short brings to life the story of how a young Eric Morecambe met a young Ernie Wise with photos and clips. Steve tells his audience the journey they had to become Britain's best ever double act. In a partnership that lasted from 1941 until 1984, Eric and Ernie were regarded as Britain's best loved double act. Their career together began when they were booked separately to appear on the Jack Hylton revue 'Youth Takes a Bow'. From then on Eric and Ernie appeared in a series of shows over the next 20-years. The duo also starred in four feature films. In 1976 Eric and Ernie were both awarded the OBE. This entertaining presentation will bring back many memories of a much-loved comedy partnership.

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)

**Sally Bundock**  
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