



First professional footballer gets the vaccine.

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*Special thanks this edition
to all those who have
contributed to South East
News to date.*

Dear All

What's New

May I start with my apologies to football fans, but I couldn't resist this joke on the left received from Monica Sado last week.

I think I must next ask everyone again to take care. There are some rather nasty people out there who are trying all sorts of scams to get hold of our money so please be vigilant. If in the slightest doubt about a text, email or visitor to the house simply walk away from potential trouble.

As I write this, I am looking forward to the clocks changing tonight. How lovely it will be to have daylight until gone 7pm. I, for one, am really looking forward to more time outside and in the garden.

I hope that all branches are continuing to keep in touch with members and thinking about activities for the summer when we are able to meet up, all being well.

Finally, may I add a special welcome to all new members whether they have joined us via the Potential Membership Scheme or any other route.

Keep up the good work everyone. These are difficult times but, in the Fellowship, we face them together.

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:

6 April – 10.45am
20 April – 10.45am
4 May – 10.45am
18 May – 10.45am

Thirty Years of Travel in China – Chris Forse
Santa Evita – Hazel Griffiths
Endangered Wildlife and Conservation – Shelly Lozano
Eyam: The Plague Village – Chris Green



NHSRF

Benevolent Fund

- *We can help with replacement home items.
- *We can help towards the cost of wheelchairs or other aids.
- *We can help with some health and convalescent care.
- *We can help with home changes such as stair and bathroom rails.
- *We can help in many other ways.

*Contact Central Office for more information
Or
Download an Application from the Members Section on our Website*

All Applications Handled in Strictest Confidence

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

When you get a bladder infection, urine trouble.

I'm starting to think I'll never be old enough to know better.

I told my wife she should embrace her mistakes – she hugged me!

A woman boasted "It is I who made my husband a millionaire" "What was he before you married him?". The woman replied, "A multimillionaire".

I stayed up all night to see where the sun went. Then it dawned on me.

Just Good Friends - sent in by Monica Sado



Staff and residents of Woodstock Residential Care Centre, in Sittingbourne rallied together to complete 100 laps of the home's dining area in honour of the late Captain Sir Tom Moore to raise funds for NHS Charities Together. Walking to the tune of Gerry and the Pacemakers' *You'll Never Walk Alone*, almost 30 residents and staff tallied up 100 laps between them.

On this day by Susan Gunning, The Royal Marsden Branch

31st March - National Tater Day (in USA) celebrating all kinds of potatoes!

Born: 1685 JS Bach - 1732 Franz Joseph Haydn - 1811 Robert Bunsen (inventor of the Bunsen Burner) 1971 Ewan McGregor (actor)

Died: 1727 Isaac Newton – 1837 John Constable – 1855 Charlotte Bronte – 2016 Ronnie Corbett

Events: 1889 Opening of Eiffel Tower
 1939 Release of film 'Hound of the Baskervilles' starring Basil Rathbone
 1943 Premiere of 'Oklahoma' in N.Y.
 1959 Dalai Lama exiled from Tibet to India
 1966 Harold Wilson became Prime Minister





Southwell Workhouse
in Nottinghamshire is about 100 miles
from Cambridge.

Mike Rolfe of the Cambridge branch
led a small contingent of members
to discover one of the best-preserved
workhouses in the country.

The Southwell Workhouse was built in 1824 and was constructed to replace 'Outdoor Relief', a system by which a parish paid an allowance to paupers who were living in their own homes. Each parish was responsible for looking after its own poor, but this system was becoming increasingly expensive.

The Reverend John T. Becher, a magistrate and Chairman of the Local Assizes, saw how his colleague George Nicholls had reduced the cost of poor relief in Southwell by over 75% over a period of three years by refusing to pay 'Outdoor Relief'.

Noting this, Becher encouraged local parishes to unite and build a large workhouse. Paupers not now receiving Outdoor Relief could enter the workhouse where they would be housed and fed (Indoor Relief). Up to 158 inmates at a time, from 62 parishes, entered Southwell workhouse as a last resort.



One of the workhouse bedrooms

Conditions in the workhouse were deliberately made unpleasant. It was intended that workhouses should be a 'deterrent' to ensure that only the truly destitute would submit themselves to such a harsh regime. The workhouse was also intended to achieve a 'moral' improvement, with the poor providing for themselves. However, children and the 'old and infirm' were to be treated sympathetically.

Inmates were fed, clothed, housed and had to work for their keep. Women did domestic work such as cleaning, laundry, sewing and kitchen chores. Men picked oakum, which is loose, stringy hemp fibre obtained by taking apart old ropes and then used as a caulking material to seal planks of wood on a boat. Other duties saw them crush bones, break rocks and chop wood, etc.



Mike Rolfe contemplates a hard day's work untangling hemp in the ropes room.

Children received some education and every parish also had to provide accommodation for vagrants. These were housed in a separate building for one night at a time in worse conditions than those in the workhouse itself. They had to do a day's work in return for their food and lodging.

Adults living in the workhouse were divided into categories – those unable to work ('blameless') and those capable of work but unemployed ('idle and profligate able-bodied').

These categories were subdivided into men and women. Children were kept separately. Each group lived in different areas, so families could not meet. John Becher supported strictness, segregation and economy in workhouses.

They should be operated "with tenderness towards the Infirm and the Guiltless Poor, but opposing, by every legal effort, the overwhelming advances of idle, profligate and sturdy pauperism."

Becher's belief that workhouses should be unpleasant enough to deter all but the most needy was the basis of the Poor Law Amendment Act of 1834, which set up Poor Law Unions across the country.



Reverend Becher's recipe for gruel

From the outside Southwell workhouse is a forbidding building. Even more so from the inside. It is stark and joyless. Visitors can see the dormitories and day rooms. Outside are exercise areas, work areas and the 'necessary' facilities.

The workhouse is in the care of the National Trust. There is good parking, a café and plenty of ground in which you can enjoy a picnic.



Lenore Greaves gets to grips with the new washing machine she got at Christmas.



After you have taken a look at the workhouse, go for a stroll into Southwell. It is a very pretty town.

The Minster is a splendid cathedral with one of the finest Norman naves in Europe.

Quotes of the Day . . . Here are some quotations taken from the displays in the House:

“That all the poor of the house go to bed by eight o'clock the summer half year, and by seven o'clock the winter half year, and that all candles be put out by that time.”

“Any of the poor guilty of stealing, selling their provisions or clothing, or of drunkenness, swearing, quarrelling, fighting, or in any way disturbing the peace of the House, or of being in any way saucy or abusive to the Master or Matron, shall be punished with the utmost severity of the law.”

“Every inmate shall, before being sent to the ward to which he is assigned, be bathed and thoroughly cleansed.”

“We used to bath about fifteen people in one night . . . It was awful, like a sheep dip.”

“An asylum for the aged, a school for the young, but a terror to the idle and dissolute.”

“That all in the House who are able, and can be spared from the duties thereof, shall attend Church or some other Place of Worship twice every Sunday; and those who refuse or neglect to attend, or do not return as soon as Service is over, shall go without their next meal, or be punished in some other way, as the Overseers shall think proper.”

“Happy the child whose tender years
Receive instruction well.
Who hates the sinners path and fears
The road the leads to Hell.”



When someone tries to trigger you by insulting you or by doing or saying something that irritates you, take a deep breath and switch off your ego. Remember that if you are easily offended, you are easily manipulated.



Thanks to Monica Sado for the contribution on the left and below and to Peter Sykes for the piece above.

Most of our Generation of 60+ was HOME-SCHOOLED in many ways.

My father taught me HUMOUR. "When that lawn mower cuts off your toes, don't come running to me."

My father taught me about TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week!"

My father taught me LOGIC. "Because I said so, that's why."

My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me."

My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."

My father taught me IRONY. "Keep crying, and I'll give you something to cry about."

My mother taught me about the science of OSMOSIS. "Shut your mouth and eat your supper."

My mother taught me about CONTORTIONISM. "Just you look at that dirt on the back of your neck!"

My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."

My mother taught me about WEATHER. "This room of yours looks as if a tornado went through it."

My mother taught me about HYPOCRISY. "If I told you once, I've told you a million times, don't exaggerate!"

My mother taught me about BEHAVIOUR MODIFICATION. "Stop acting like your father!"

My mother taught me about ENVY. "There are millions of less fortunate children in this world who don't have wonderful parents like you do."

My mother taught me about ANTICIPATION. "Just wait until we get home."

My mother taught me about RECEIVING. "You are going to get it from your father when you get home!"

My mother taught me HOW TO BECOME AN ADULT. If you don't eat your vegetables, you'll never grow up."

Good News in my Inbox
Members' Emails

Hi Sally

Thanks for sending the South East News. I will forward it to our members. I enjoyed the article on zooming.

Such a cute picture of the fox on the front. I am busy feeding hedgehogs. I don't always see them, but I put out food for them, in their little house.

Lovely to see that spring is here. It really does lift the spirit. Looking forward to starting our meetings again.

Cecilia Turpin **Crawley and District Branch**

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Thanks Sally for South East News, I have forwarded it to our members. I love the photo of the little fox cub. We used to have a visiting fox who became quite tame.

One summer day I was sitting in the garden reading a book & I was aware of being watched. I saw a young fox who was covered in mange looking through the fence. We managed to obtain some medicine for him. He was very unwell, & spent some time sleeping in my summer house. When he had recovered, he often came back to visit.

One day he came in our house & sat under the table with his eye on our cat's toy mouse. He took the mouse & went into the next door neighbour's garden. He had a great time playing with the mouse until another cat came along & picked up the mouse. What came next, we couldn't believe our eyes. Foxy & the cat started playing with the mouse together!

Sheila Sheppard **Brighton Branch**

Will you help to save our planet?

We need to make wasting our resources unacceptable in all aspects of our life. Every product we buy has an environmental footprint and could end up in landfill. The impact of plastic pollution on our oceans is becoming increasingly clear, having drastic impacts on marine life.

Recycling what we can reduces the amount of new materials we are making, and upcycling is a creative way to make old items into something more valuable. This could be reusing a jam jar as a candle holder or using old tins as plant pots – the possibilities are endless!

It's not just the products we buy. It's estimated that a third of all food produced in the world is lost or wasted. Do your bit by eating up leftovers and use any ingredients you have spare to make interesting meals. Try to waste as little food as possible and compost the organic waste you can't eat.



Next On-line Talk – 6 April

Thirty Years of Travel in China
Chris Forse



Former Hong Kong resident Chris has travelled widely in China since 1978 when only one city was open to foreigners. His travels have taken him to the remote regions of Yunnan, Xinjiang and Tibet and across distant borders, accumulating a bank of memories and impressions and spectacular photographs. In the process he witnessed the astonishing transformation of China from an insular peasant society to global economic super-power in just one generation.

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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