

APRIL 2021



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Editor: Hilary Robb

DEAR ALL

Spring is finally here (officially) although the weather would contradict this! Without being too pessimistic, I do remember snow on the 1st of May one year so perhaps its not too bad to get it in early April. I hope many of you have had your second vaccine (or at least a date for it) and are beginning to look forward to a bit of normality, maybe even a trip to the hairdressers. I for one will be very glad not to have to cut my husband's hair anymore!

Your Federation officers continue to meet every month via Zoom and are beginning to plan for the future post lockdown.

You will all have received information from John Rostill about this year's Conference in Manchester in October. I plan to attend and it would be wonderful to have members from Scotland there, if the Covid situation has improved sufficiently for us to feel comfortable about travel.

The Edinburgh Branch had sad news recently, one of their longstanding members, Sharon Hunter, passed away peacefully after a battle with cancer and leukaemia. All who knew Sharon will remember her smile, her willingness to help, her caring attitude and her many interests, including dancing (of many types) and her bravery in taking part in the Loonie Dook on New Year's Day (for those who don't know what this is, its swimming in the North Sea!) – her last dook was in 2018 at North Berwick at the age of 73. We will miss you.



MIRTHY TALKS

As you all know, The Mirthy Talks are a member benefit and are very entertaining. It is a way to connect with other members across the UK too. I have listed the next three talks below.

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.

Santa Evita

Tuesday 20 April at 11am

Eva Peron was not just a character in a musical. This talk explores the true story of Argentina's charismatic and legendary First Lady. Was she a saint or a sinner? Hazel's research has taken several years and has included two visits to Buenos Aires. Talk length - 50 minutes.



Endangered Wildlife & Conservation

Tuesday 4 May at 11am

A talk about big cats, endangered wildlife and conservation issues. Shelley Lozano is passionate about big cats and wildlife and talks about a number of endangered species, along with some interesting animal facts. Illustrated with beautiful photographs she's taken on her travels around the world, this is an interesting, informative and educational talk that raises awareness about some of the world's most endangered wildlife and the threats they face. Talk length - 44 minutes.



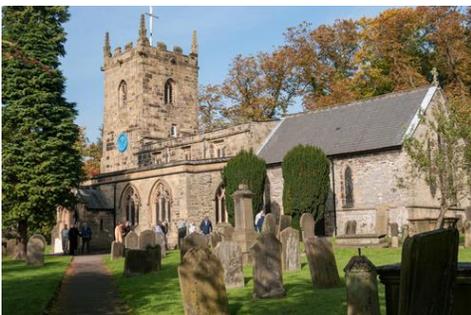
Eyam: The Plague Village

Tuesday 18 May at 11am

Often it is the “little people”, whose forgotten stories make up the rich tapestry of Britain’s history.

None more so than the villagers of Eyam in Derbyshire. When the bubonic plague struck their little community in 1665, they chose to sacrifice themselves to save the neighbouring villages and towns. This is their story. A story of inspirational selflessness and bravery by ordinary people.

This is the story of Eyam – The Plague Village of England. Talk length - 35 minutes.



SILVER VOICES

Silver Voices has campaigned strongly in recent years over escalating funeral costs and the ways in which bereaved families can be exploited. Common complaints relate to the value-for-money of pre-paid funeral plans, where individuals pay for their funerals in advance either by lump sum, or instalments, usually for peace of mind and to ease burdens on their families when they pass away. This is a huge market, with an estimated 1.4 million unused plans in existence and 165,200 new plans sold in 2019 alone. The market in pre-paid funeral plans has been unregulated, subject only to voluntary oversight by the industry, so they are delighted to learn that from July 2022 all plans will be subject to regulation by the Financial Conduct Authority (FCA) and any customer disputes can be referred to the Financial Ombudsman. All funeral plan providers will have to be registered with the FCA and meet certain conditions to ensure they can deliver what they promise. Because of their track record on this subject, the FCA is consulting Silver Voices on their plans for regulation. The consultation document is available here: <https://www.fca.org.uk/publications/consultation-papers/cp21-4-funeral-plans-proposed-approach-regulation>

SCOTTISH OLDER PEOPLE'S ASSEMBLY

David Paterson from the Forth Valley Branch is involved with the Scottish Older People's Assembly who have established a Health and Wellbeing group as they want to hear the views of as many older people across Scotland as possible on their experiences of accessing health care services during the pandemic.

In this respect, he would appreciate your assistance in completing the online survey (link below) which will only take a few minutes. The results will be used to highlight issues to the Scottish government and NHS Boards with the aim of supporting change and improving services. This has been an important matter for many of us and it would be good to submit our views.

<https://surveyhero.com/c/393be181>

ONE TO WATCH OUT FOR



People waiting for parcels to arrive have been given a fresh warning about a scam that claims payment is required for a package to be delivered.

Social media is awash with talk about the con, which involves a text message being sent that claims a parcel is awaiting delivery by Royal Mail.

Trading standards officers say people must not click on a link which connects to a copycat website run by fraudsters.

Royal Mail said it would never send a text message of this kind.

How it works

The text, claiming to be from Royal Mail arrives out of the blue and claims that "your Royal Mail parcel is awaiting delivery. Please confirm the settlement of 1.99 (GBP) on the following link".

The message then links to a website mocked up to look like an official Royal Mail site. The page requests personal and payment details, which scammers may use to steal someone's identity, or use to target them with other scams.

Royal Mail said it would not use such texts - unless specifically requested - and would use a grey card instead to tell people if any fee was required.

It warned the public about a similar email scam in February, and it appears that the fraudsters' campaign is evolving.

VOLUNTEERING IN LOCKDOWN – Norma Garthwaite, Edinburgh Branch



In September 2020, after a relaxing summer in lockdown, I started volunteering two mornings a week with Stirling Community Food Project. This is part of an environmental charity and its aim is to

- Reduce food waste that supermarkets would otherwise send to landfill
- Make the food available to everyone in the community free of charge

We have a shop unit in the centre of Stirling which is open seven days a week from 10.00 am to noon for anyone to use. Volunteers collect surplus food from supermarkets in the evening and take it to the shop and the first task for the morning volunteers is to sort it and fill the shelves, removing any out-of-date food. Food that cannot be distributed is recycled. Waste salad, fruit and vegetables go to an animal sanctuary or to a community garden compost. Waste bread goes a renewable energy company where it is processed into biogas. Any other remaining food is taken out of its packaging and recycled appropriately.

To ensure that the project is meeting its aim, all food received, plus all food that is wasted, is weighed and the number of customers is recorded every day.

Christmas was very busy – I have never seen so many sprouts or satsumas! The shop was even open in the evenings of Christmas Eve and New Year's Eve for supermarket surplus turkeys and other festive foods. The public were also extremely generous, donating everything from tinned goods to toiletries.

I have greatly benefited from volunteering with the project, Having always worked in the NHS, it has given me a new outlook on being involved with a charity and the food sector. It is also good to meet new people, both volunteers and customers, from all walks of life. It gives more structure to my week as well as being enjoyable.

For further information please see <https://www.facebook.com/StirlingCommunityFood/>

BIT OF FUN

Thought for the day

To my deafness I'm accustomed,

To my dentures I'm resigned,

I can manage my bifocals,

But how I miss my mind.

Lord Home 1903 – 1995



Quiz

1. Whose ship was the first to sail around the world?
2. In music hall, who was the "Prime Minister of Mirth"?
3. "Freedom" was the first UK top ten hit for which Robbie?
4. What is the full name of BBC Radio 5?
5. What was invented by Lewis Waterman in the 1880's?

6. Which illustrator was famous for detailed drawings of weird and wonderful mechanical inventions?
7. Which US President was nicknamed “The Comeback Kid”?
8. Following the 1963 Peerage Act, who was the first peer to disclaim his title?
9. Who is the lead female actress in “Orange is the New Black”?
10. Which instrument usually has 47 strings?
11. What is the name of Dennis the Menace’s dog?
12. For over 30 years, which tobacco company gave its name to a football yearbook?
13. Who wrote, “Help Me Make It Through the Night”?
14. Moving anti-clockwise on a dartboard what is the number next to 4?
15. Who created the detective, Paul Temple?
16. Who pricked her finger on a spinning wheel and slept for 100 years?
17. Who became Earl of Stockton on his 90th birthday?
18. Which traffic light follows green?
19. What year did Mark Zuckerberg invent Facebook?
20. Which is the first month of the year to have exactly 30 days?

Answers below



1st April marked April Fools' Day, an annual custom consisting of practical jokes and hoaxes. Jokesters often expose their actions by shouting "April Fools!" at the recipient. The custom of setting aside a day for playing harmless pranks upon one's neighbour has been relatively common in the world historically. April Fools' Day is celebrated all around the world.

Here are some examples:

In **France**, the fooled party is called the poisson d'avril, which literally means “April fish.” France’s customary prank involves pinning a paper fish to a friend’s back.

In **Scotland**, April Fools' Day was traditionally called Gowk Day—gowk being another name for the cuckoo, a common symbol of the fool. Pranks continued into April 2, Tailie Day, when celebrants traditionally attach a “paper tail” (or a “kick me” sign) to their friends’ backs.

Brazil celebrates April 1 as Dia da Mentira, or “Lie Day,” in which people try to fool their loved ones.



Quiz Answers

1. Ferdinand Magellan
2. George Robey
3. Robbie Williams
4. Radio Five Live
5. Fountain Pen
6. Heath Robinson
7. Bill Clinton
8. Tony Benn
9. Taylor Schilling
10. Harp
11. Gnasher
12. Rothmans
13. Kris Kristofferson
14. 18
15. Francis Durbridge
16. Sleeping Beauty
17. Harold Macmillan
18. Amber
19. In 2004
20. April

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 07985 670156 or email scotland@nhsrf.org.uk - Hilary Development Officer