



## In this issue:

1. **What's New**
2. **Update on Live Talks**
3. **Monica Sado's bits and pieces**
4. **A most embarrassing medical moment - PeterSykes**
5. **Fairly Easy Photo Quiz**
6. **The Guinea Pig Club – Bob Marchant, East Grinstead Branch**
7. **Good News in my Inbox**
8. **Will you help to save our planet? WWF**
9. **Details of next Live Talk**
10. **Quite a variety of jokes and bits and bobs**

Dear All

## What's New

I hope everyone had a good Easter. I must confess it crept up on us this year. We enjoyed some good walks and an Easter Egg Hunt in the garden with the grandchildren when the weather was passably warm.

The good news is that this week things are opening up a little so life will feel more normal than it has done for quite a while. Very many of us have had both jabs by now but, of course, we still have to exercise caution.

We were very sad to hear the news about the passing of the Duke of Edinburgh on Friday last. Our thoughts are with the Queen and her family at this difficult time and wish them well.

It is pleasing to hear about branch plans for the summer and beyond. May I suggest that now might be a good time to think about speaking with any friends or colleagues who you think might like to join the Fellowship as a branch or postal member. Quite simply the more the merrier.

Keep up the good work everyone. These are difficult times that are becoming a little easier but, in any case 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](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:

**20 April – 10.45am**

**4 May – 10.45am**

**18 May – 10.45am**

**Santa Evita – Hazel Griffiths**

**Endangered Wildlife and Conservation – Shelly Lozano**

**Eyam: The Plague Village – Chris Green**

## THIS IS WHY WE LOVE CHILDREN

A contribution sent to me by Monica Sado.

**OPINIONS** On the first day of school, a young child handed his teacher a note from his mother. The note read, 'The opinions expressed by this child are not necessarily those of his parents.'

**KETCHUP** A woman was trying hard to get the ketchup out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. 'Mummy can't come to the phone to talk to you right now. She's hitting the bottle.'

**NUDITY** A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, 'What's the matter, haven't you ever seen a little boy before?'

**ELDERLY** While working for an organization that delivers lunches to the elderly, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, 'The tooth fairy will never believe this!'

**DRESS-UP** A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, 'Daddy, you shouldn't wear that suit.'

'And why not, darling?'

'You know that it always gives you a headache the next morning.'

**SCHOOL** A little girl had just finished her first week of school. 'I'm just wasting my time,' she said to her mother. 'I can't read, I can't write, and they won't let me talk!'



We hope these little stories brought a smile to your face!



Here's an average-sized giant African land snail. I bet this would wreak havoc in your veggie patch!

*As young as you feel!...*



Instead of the John I call my bathroom the Jim!  
That way it sounds better when I say I go to the Jim first thing every morning!!!

Here's the **final word on nutrition** and health. It's a relief to know the truth. The Japanese eat very little fat and suffer fewer heart attacks than Brits. The Mexicans eat a lot of fat and suffer fewer heart attacks than Brits. The Chinese drink very little red wine and suffer fewer heart attacks than Brits. The Italians drink a lot of red wine and suffer fewer heart attacks than Brits. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Brits. **CONCLUSION:** Eat and drink what you like. Being British is apparently what kills you!!



## A most embarrassing medical moment

By Peter Sykes

My entire medical experience had been spent as a hospital doctor where consultants frequently spoke of their general practitioner colleagues with a certain disdain. They clearly regarded themselves as superior beings and often commented adversely on their diagnostic skills and the poor quality of their referral letters. As a result, I embarked on my locum GP post eager to demonstrate my ability. How the mighty are fallen for within a few days my eyes were opened to the entirely different world that is general practice and the wide range of skills and experience required of a general practitioner.

I had been asked to see a lady on a home visit who was breathless. She was a wiry 75-year-old and the moment I walked through the door I realised that I had a medical emergency on my hands. She was collapsed in a chair, pale, cold, clammy and



acutely dyspnoeic. She had experienced some chest pain earlier in the day and was in acute heart failure. It was a situation I had dealt with many times in the past but always in a hospital setting. I quickly realised I had no ECG machine, no oxygen and no one to turn to should I need assistance.

I did however have a medical bag in which I had put a variety of items that I thought might be useful. These included the standard drugs used to treat heart failure at this time; frusemide (Lasix), digoxin and aminophylline.

With a fair amount of confidence I opened the three glass vials and placed them at the patient's bedside. Then I delved into my bag for needles and syringes. There were plenty of needles - but only one 20ml syringe. No matter I thought, I'll draw up 10ml



of aminophylline and then mix in the digoxin and frusemide; after all, I reasoned, it's all going to be injected intravenously. But disaster struck. When I added the other drugs, the clear solution of aminophylline turned into a white mixture which then set with the consistency of thick yoghurt. I placed the needle in the patient's vein but no matter how hard I pushed on the plunger; the mixture was far too thick to inject through the needle.

By this time, the patient was getting increasingly breathless, her husband increasingly concerned, and I was getting increasingly red-faced, embarrassed and fearful that I should have a death on my hands.

'Dial 999 for an ambulance' I instructed her husband, 'and stress to them it's very urgent'.

Contd. overleaf

### Comment

I sat with the patient until the paramedics came. They gave her oxygen and whisked her off to hospital.

A greater embarrassment occurred a fortnight later when I visited her after she had been discharged having survived her myocardial infarction. Her husband forced a bottle of whisky on me, whilst she shook me warmly by the hand and with tears in her eyes, thanked me for saving her life!



To make a mistake is to be human. No one goes through their career in medicine or nursing without making mistakes. Anyone who says that they do is a liar. What is important is to learn from mistakes and to avoid repeating them. Some mistakes may have severe consequences – fortunately the outcome in the true story related here was merely embarrassing.

This short locum made me realise that general practice requires a combination of skill, knowledge and experience that are quite different to those needed in hospital practice.

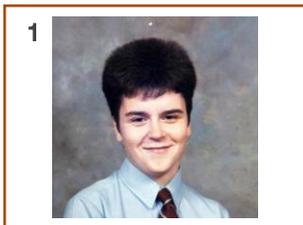
.....  
**Peter Sykes** is one of the Fellowship's postal members. He worked as a consultant surgeon for 25 years and later in his career as a medical director of an NHS Trust. He is currently a medical novelist and speaker.

Peter's latest book entitled *All in a Doctor's Day – a collection of 45 short medical stories* is available from Amazon as a paperback or kindle.

Peter is a great supporter of hospices and all the proceeds from his books go to two hospices in his local area.

## Fairly Easy Photo Quiz

Answers in the next issue



Yes, you guessed. They are all politicians.



Bob is second from right above

## The Guinea Pig Club

### Bob Marchant East Grinstead Branch

Bob is Secretary of the Guinea Pig Club  
and a Trustee of East Grinstead Museum

As part of the Guinea Pig Club's 80th Anniversary in 2021, Bob Marchant, the Secretary of the Club, looks at the many ways the Club is commemorated.

As we are now entering the year 2021, it will see the 80th Anniversary of the Guinea Pig Club, the club which was formed by a group of Allied Airman, who were suffering from Burns or other crash related injuries whilst being treated at the Queen Victoria Hospital, East Grinstead. Looking back over the years, many tributes have been paid to honour the members of this unique club, not only by the people of East Grinstead, but by the town itself.

Reflecting on just a few, we find places such as the Queen Victoria Hospital, who in the year 2000 commissioned a local sign writer to design a Roll of Honour naming the 649 members, which now hangs proudly on the wall within the Canadian Wing. Alongside this, the hospital paid tribute by naming their main beverage and food outlets after Second World War planes, such as The Spitfire Restaurant, and the Hurricane and The Lancaster Lounges.

In the town itself, there is St Swithun's Church, where some of the members were married, and for many years the annual service was held during the reunion weekend. There is a stained-glass window incorporating the Guinea Pig Logo. There is also a memorial tablet dedicated to the club's cartoonist, Henry Standen and his fellow Guinea Pigs, and in the small chapel, to the left of the main altar there is a chair in memory of Chief Guinea Pig Group Captain Tom Gleave.

The local council have also been very supported by naming Streets, Roads and Buildings in East Grinstead in their honour, especially on the estate opposite the hospital in Holtye Road. The Urban District Council, and then the Town Council have generously hosted from time to time special events and reunions at East Court. They are now custodians of the statue to Sir Archibald McIndoe, which was unveiled in June 2014, standing outside Sackville College at the entrance to the town, on what is now known as The McIndoe Lawn.

The Town Museum itself, who in 2015 established an exhibition named "[Rebuilding Bodies & Souls](#)", showing the story of both McIndoe and the Club, since becoming the club's own museum now holding many records and artefacts for the future generations.

Over the years many social events and visits were arranged or hosted by organizations, private firms or individuals, which were always gratefully appreciated by all who attended. Equally, a key role has been played by the RAF Benevolent Fund who help with the welfare of the members in times of need.

Now sadly, as the years pass by, and as the numbers of members get fewer, the club will still be remembered in many ways, from the Statue of Sir Archibald in East Grinstead, the Memorial Stone in the National Arboretum in Staffordshire, to the Town's own Museum, but by the many places which have been named in their honour, also the people themselves of East Grinstead, within the town they regard as "theirs".

Bob Marchant FCODP

Good News in my Inbox  
Members' Emails

I received a couple of emails from **Carole White of Royal Berkshire Branch** with some lovely photos of the foxes in her garden. I am afraid I received them too late to include in the last issue of South East News but thought it would be good to include them here.



Hi Sally, I thought you might like to see my fox, this was taken a few days ago, but she comes most days and is feeding young.



I should have a carpet of bluebells next but the fox likes laying in them and flattens them.

Regards  
Carole

**Will you help to save our planet?**

**WATCH WHAT YOU BUY**

We can all do more to be more conscious about what we buy, and where we buy it from. Buying less will save you money, reduce waste and improve your environmental footprint. Living a less consumerist lifestyle can benefit you and our planet.

Use your purchasing power and make sure your money is going towards positive change. By supporting eco-friendly products which are less damaging to the environment, you're encouraging companies to source and produce their products in a sustainable way.



**Next On-line Talk – 20 April**

**Santa Evita  
Hazel Griffiths**



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.

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**  
Development Officer