

AUGUST 2021



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Editor: Hilary Robb

DEAR ALL

I am sure you are all relieved to know that you can return to dancing at your favourite nightclub without needing to wear a face mask! Seriously though, this is a landmark day in Scotland (Written on 9th) and we are on our way back to life as we used to know it. Like many of you, I will continue to wear a mask when I am out and about until I see the number of cases coming right down.

Now that people are beginning to return to their offices, my work diary is filling up and there are many people in Health Boards that I want to contact with a view to promoting the Fellowship. Accordingly, I have decided to reduce the number of digital newsletters I produce and will send one out every two months, so the next issue will be in October. You will see that I have listed the plans made by some Branches below and it would be good to know what other Branches are planning. Please send me any information about your Branch and members that you want to share in the next newsletter.

In his most recent letter, John Rostill highlighted the AGM and Conference which will be held in Manchester from 21st – 23rd October and I know that there are a few members from Scotland booked to go. I hope more of you will be encouraged to sign up and come and

join us for a wee break and change of scene.

As always, our Facebook site is a good source of information and inspiration on what is happening throughout the Fellowship. To join the Facebook Group, click on the link below:

<https://www.facebook.com/groups/117538834934279>

During the last difficult 17 months, many of us have taken up new hobbies and activities. Our Vice Chair, Grace Clarke, has developed an interest in houseplants and has a question for the “green-fingered” amongst you – namely, what plants are good for growing in a bathroom, in particular, ferns? If you have advice, please send it to me (scotland@nhsrf.org.uk) and I will pass it on to Grace.

BRANCH NEWS

I have been sent the following information from Branch Officers relating to the re-opening plans. Obviously these plans are tentative and rely on restrictions remaining as they are now.

ABERDEEN

We are planning to start up again in September with a tea party to allow members to catch up with friends.

Our Branch AGM is planned for October

We also have our Christmas lunch booked for December.

FIFE

Sept 7th committee meeting

Sept 21st Afternoon Tea to celebrate return to meetings. (Provisional)

19th October Branch AGM

16th November normal branch meeting with speaker.

14th December Festive Lunch (Provisional)

FORTH VALLEY

As we are a small branch, we are going to continue to meet outdoors (if possible) at our local garden centre. We will probably not return to our usual venue until 2022.

EDINBURGH

Re-opening of coffee mornings 9th September, 2021.

AGM at Augustine United Church, 23rd September, 2021.

Bus trip to House of Bruar, 6th October, 2021.

Bring & Buy Sale at AUC, 11th November, 2021.

'Talk' on Trams at AUC, 18th November, 2021.

Last coffee morning before Christmas 'break', 9th December. 2021

Christmas lunch, 16th December. 2021.

LATEST SCOTTISH GOVERNMENT GUIDANCE

SCOTLAND TO MOVE BEYOND LEVEL 0

SOME PROTECTIVE MEASURES WILL STAY IN PLACE.

The legal requirement for physical distancing and limits on gatherings will be removed on 9 August when all venues across Scotland are able to re-open.

Some protective measures will stay in place such as the use of face coverings indoors and the collection of contact details as part of Test and Protect. Capacity limits of 2000 people indoors and 5000 people outdoors will also remain in place although some exceptions may be possible on a case by case basis. These will be reviewed on a three weekly basis to ensure they remain proportionate.

Adults identified as close contacts of someone who has tested positive for Covid-19 will also no longer be automatically required to self-isolate for 10 days from 9 August. Anyone who is double-vaccinated with at least two weeks passed since their second dose and who has no symptoms will be able to end self-isolation if they return a negative PCR test. The same conditions will also apply to anyone aged between five and 17 years old, even if they have not been vaccinated. The requirement to take a PCR test will not apply to children under the age of five.

While the gateway condition on vaccination has been met, with 92% of those over the age of 40 protected by two doses of the vaccine, there are still many more people who have not had the vaccine, cannot have it, or are not yet eligible for it. Invitations for vaccines are now going out to 12 to 17 year olds with specific health conditions that make them more vulnerable to Covid. This follows the recent advice from the Joint Committee on Vaccination and Immunisation. We expect to have offered first doses to this group by the end of August.

Further guidance will be provided to businesses to help them adopt measures to mitigate risks, including ensuring good ventilation; maintaining good hand hygiene; practising respiratory hygiene; getting vaccinated; and continuing to engage with Test and Protect.

Some baseline measures will remain in place:

- it will continue to be the law, subject to exceptions, that face coverings must be worn in indoor public places and on public transport
- Test & Protect will continue to contact-trace positive cases. To assist with this there will be a continued requirement for indoor hospitality and similar venues to collect the contact details of customers. Anyone who is required to self-isolate will, if eligible, continue to have access to support

- we will work closely with local incident management teams on appropriate outbreak control measures
- we will continue to use travel restrictions, as and when necessary, to restrict the spread of outbreaks and protect against the risk of importation of new variants
- for now, we will continue to advise home working where possible, recognising that some staff will start to return to offices in line with staff wellbeing discussions and business need. we will encourage employers to consider for the longer term, as the Scottish Government is doing, a hybrid model of home and office working - which may, of course, have benefits beyond the need to control a virus
- we will continue to issue appropriate guidance to assist individuals and businesses to reduce the risk of transmission as much as possible, such as rigorous hygiene, including regular hand washing

BEYOND DIGITAL – HOUSE OF LORDS REPORT

Some of you contributed your views to the consultation process for the above report. David Paterson (Forth Valley Branch) has now received the final report and it can be viewed by clicking on the following link:

<https://committees.parliament.uk/publications/5537/documents/56741/default/>

SCOTTISH OLDER PEOPLE’S ASSEMBLY – REPORT

The Summary Report of the Access to Healthcare Survey is now available and can be accessed by clicking on the link below. I know that members contributed to this survey and there are some very interesting findings resulting from the information provided by participants. Thank you to David Paterson for flagging this up to us and to all those who took part.

<https://s3-eu-west-1.amazonaws.com/s3.spanglefish.com/s/31982/documents/consultation-events/final-survey-report-v2.1.1.pdf>

MIRTHY TALKS

As you all know, The Mirthy Talks are a member benefit and are very entertaining. I have listed the next four talks below. To register for the talks, click here: <https://www.mirthy.co.uk/nhsrf/>

NHSRF EVENTS

After registering for an event, you will receive an email containing a link to attend the talk. Please do not share this unique link with anyone else as it may adversely affect your connection quality for the online experience.



It's Not What You Say

Tuesday 10 August at 11am

Ever wondered why you feel attracted to some people and avoid others? Most of us form an opinion about someone in just 90 seconds and rarely change our mind. But it is not based on the way people speak, or even what they say. Discover how Body Language speaks louder than words when we communicate with each other.



Arsenic - The Victorian Housewife's Friend

Tuesday 24 August at 11am

From a ballroom gown that floored the dancers, to wallpaper that rendered Queen Victoria's guest at Buckingham Palace unconscious; no wonder Arsenic has such a bad press. This talk reveals how, in the 19th century, this substance (which could be sold freely to children), was the culprit in countless careless deaths and also many sinister and sometimes systematic murders. Interesting and amusing.



A Toastmaster's Tale

Tuesday 7 September at 11am

Geoffrey Harris is one of the country's leading Toastmasters, working in venues all over the UK and abroad. In this insightful, informative and hilarious talk Geoff lifts the lid off the world of formal events in his own inimitable style. Just what did the Prince of Wales have to do with the introduction of the red coat? How fast did the Alderman's funeral cortege go? Did the bridegroom really say that? The answer to these questions and many, many more are answered at breakneck speed in this talk. Not to be missed.



A Small Slice of the Big Apple

Tuesday 21 September at 11am

Many districts and landmarks in New York City have become well known through films and TV. Sixty million tourists flock there annually. This talk, by Neil Sadler, looks at some true, some quirky and some downright unusual aspects of the “city that never sleeps”. You will hear about the woman who jumped off the 86th floor of the Empire State building (yes, it has a happy ending) and why a young Bob Hope arrived in NYC wearing three shirts at the age of four! It combines facts, humour...oh yes, and a picture of Mae West, who famously quipped, “I used to be Snow White, but I drifted!”

BIT OF FUN

Quiz

1. Which member of the Allen family stars in “Game of Thrones”?
2. How many minutes in five hours?
3. A car with the international registration letter E comes from where?
4. Who came first, King Edward VIII or George VI?
5. Who recorded the million-selling album “Life for Rent”?
6. Where were Norse gods said to live?
7. Fe is the symbol of which chemical element?
8. Which army commander was known as “The Desert Fox”?
9. In which early radio soap was Mary worried about Jim?
10. What is the first month of the year to have exactly 31 days?
11. Under the floor of which building did, Chrissie bury Dirty Den’s body?
12. Which musical instrument has dampers, hammers and strings?
13. Who won the Olympic Gold for the Men’s 5000m at the 2012 London Olympics?
14. Which fish is smoked and cured and called “finnan”?
15. The Spanish Riding School is in which country?
16. What was the original name of the line on a ship showing the level to which it could be loaded?
17. Bouillabaisse is what kind of fish dish?
18. In which city in 1916 was the Easter Rising?
19. Who had a horse called Bucephalus?
20. What name is given to the Japanese skill of growing miniature trees?

Answers shown below cartoons.

BEST HELP WANTED AD

Applications at EBC office, 260 N. Planters Street Monday-Thursday 8-5.

CONSTRUCTION WORKERS NEEDED: Lake Fork area. Please do not apply if you oversleep, have court often, do not have a babysitter every day, have to get rides to work later than our work day begins, experience flat tires every week, have to hold on to a cell phone all day, or will become an expert at your job with no need to learn or take advice after the first day. Must be able to talk and work at the same time. Must also remember to come back to work after lunch. Should not expect to receive gold stars for being on time. If you qualify, leave name and number at [REDACTED].

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The Weather Channel said dress for the mid 70s today.



More like this at FUNsubstance.com

I'm thinking it's the socks.
I could tell right away
those were heavy socks.



Best friends always know the right thing to say.

BREAD IS LIKE THE
SUN, IT RISES IN THE
YEAST AND SETS
IN THE WAIST

1. Alfie Allen
2. 300
3. Spain
4. Edward VIII

5. Dido
6. Asgard
7. Iron
8. Rommel
9. Mrs Dale's diary
10. January
11. Queen Victoria
12. Piano
13. Mo Farah
14. Haddock
15. Austria
16. Plimsoll line
17. Soup
18. Dublin
19. Alexander the Great
20. Bonsai

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