

# South East News ....

## and update from



Editor: Sally Bundock  
[london.eastanglia@nhsrf.org.uk](mailto:london.eastanglia@nhsrf.org.uk)

May 2023



### In this issue:

**What's New**

**Speakers Corner**

**Basildon and Thurrock**

**Update on Hampstead Branch**

**May's Prize Quiz**

**Visit to Old Royal Naval Site at Greenwich – Royal Marsden Branch**

**Focus on East Anglia**

**An invitation to join a visit to the Althorp Estate, Newham Branch**

**An Invitation to join some London Walks in 2023**

**Fellowship Annual Holiday**

**Healthwatch**

**Boundless**

**Various Bits and Bobs**

### What's New

I confess that I enjoyed watching the coronation. I did not see all of it but the TV was on throughout and I was in and out of the lounge whilst doing various things during the day. I still have my pop-up book and silver teaspoon from the late Queen's coronation, and I am sure, like me, many of you will have spent some time remembering where you were and what you were doing when the Queen was crowned. I know that some branches created and enjoyed their own special celebration event and are, of course, planning for the 75/45 celebrations later in the year.

In the last couple of weeks, the new Members Council has met and earlier this week the trustees held their meeting with Lorraine Taylor, Chair of the Members Council, in attendance.

I have this month been doing some work creating leaflets to be distributed by hospitals to members of staff retiring. If you would like to see an example of this work, please do contact me. The leaflets are, of course, suitably adapted with photographs and text for each individual branch.

This issue again includes details of the Fellowship Annual Holiday to Switzerland in September. If you are thinking of joining this, please note that bookings need to be made shortly.

We have a **Prize Quiz** this month so why not think about sending in an entry. Someone has to be the lucky winner.

Anyone interested in joining a branch who needs help with deciding which one is invited to visit our website ([www.nhsrf.org.uk](http://www.nhsrf.org.uk)) or they can contact me. I am happy to help.

Thanks as always to those who have contributed to this issue. Please do keep up all the good work and keep your news coming. Always good to see it in my inbox. Ideas for content and topics are always welcome.

Take care and keep well everyone.

*Sally*



As all branch committee members know it is not always easy to find a speaker for branch meetings. Below are some ideas. If anyone would like to let me know of any suggestions, I can include in a future issue of this newsletter. Ed

To access details of possible speakers for branch meetings please click on the link below to view the relevant pages on the NHSRF website. Please note also that I have had further recommendations for the RNLI speaker listed in April's issue of this newsletter.

<https://nhsrf.org.uk/wp-content/uploads/2022/08/NHSRF-Website-Branch-activities.pdf>

Monica Sado from Brent Branch would like to recommend Gaye Illsley from the company LPA Made Simple '**Lasting Power of Attorney**'.

This is a free talk which can be booked through Julie Lucas, Marketing Consultant, Tel 0845 057 3286 or 01277 364043 (direct line) [info@lpamadesimple.co.uk](mailto:info@lpamadesimple.co.uk)



## Basildon and Thurrock Branch

By Vic Griffiths

On 27<sup>th</sup> April we celebrated the 36<sup>th</sup> birthday of our branch with a members' craft exhibition, and as it was close to the coronation, members dressed appropriately in red, white and blue as seen in the photo. On the 18<sup>th</sup> May we will be holding our AGM with lunch at a local hotel, and as the nomination forms are being returned, I am confident that we will have a complete branch committee with myself re-elected as chairman for the 22<sup>nd</sup> year. Arrangements are now complete for our branch afternoon tea with a jazz group in August to celebrate the 45 years of the fellowship and 75 years of the NHS. We started to collect capitation fees from our members at the April meeting, but it is too early to judge whether all the current members will rejoin, but we are still getting new members, and we are having a meeting with HR in early June to aid further recruitment which will also affect Southend and Chelmsford branches.



## Update on Hampstead Branch

On Friday, 28 April I travelled to Hampstead Branch with husband, Frank, to attend the branch's AGM and luncheon. The venue was the Freemasons Arms. A delightful hostelry with some history.

The meeting/luncheon room with around 32 members present was buzzing with enthusiasm and we received a very warm welcome. The committee all agreed to stand for another year. Helena Gyory, Branch Secretary, chaired the meeting, ably supported by Ann Adams, Branch Chair. Rosemarie Baillod, Branch Treasurer, explained her accounting procedures to me and told me she had been in her role for 23 years.

The meeting and lunch were just great as you can see from the photograph above. The committee are looking forward to enjoying a 2023 programme with the members.

Ed

## [Discounts For NHS Staff - NHS Staff Discounts](#)

### [Health Service Discounts](#)

[On the internet go to](#)

<https://www.healthservicediscounts.com>

Join Over 1.8 million Incredible Healthcare Staff In Saving More On The Things You Love.

Save On Holidays, Fashion, Supermarket Essentials

And Get **Discounts** You Deserve. Cashback Card. Sign Up Today. Big Brand Savings. Free To Join.

[Shopping Discounts](#) · [Travel Discounts](#) · [Motoring NHS Discounts](#) · [Mobile Discounts](#)



**May's  
Prize Competition**

Below are the names of three medical specialisms.

The puzzle is that the vowels have been taken out leaving only the consonants.

Gynclgy

Psychtry

Drmtlgy

To enter into the prize draw for a **£25 M & S Voucher** please send the names to me at [london.eastanglia@nhsrf.org.uk](mailto:london.eastanglia@nhsrf.org.uk) The draw will take place on 10 June.

### **English Language at its best – thanks to Monica Sado, Brent Branch**

In an office: AFTER TEA BREAK, STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD.

Outside a second-hand shop: WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

Notice in health food shop window: CLOSED DUE TO ILLNESS.

Spotted in a safari park: (I sure hope so.) ELEPHANTS, PLEASE STAY IN YOUR CAR.

Seen during a conference: FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR.

Notice in a farmer's field: THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

Message on a leaflet: IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS.

On a repair shop door: WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK.)



## Visit to the Old Royal Naval Site at Greenwich – 20 April

**Susan Gunning,  
Royal Marsden Branch**

Six members of the Royal Marsden Branch were joined by five members from other branches on a wonderful sunny day to enjoy exploring the Old Royal Naval Site at Greenwich.

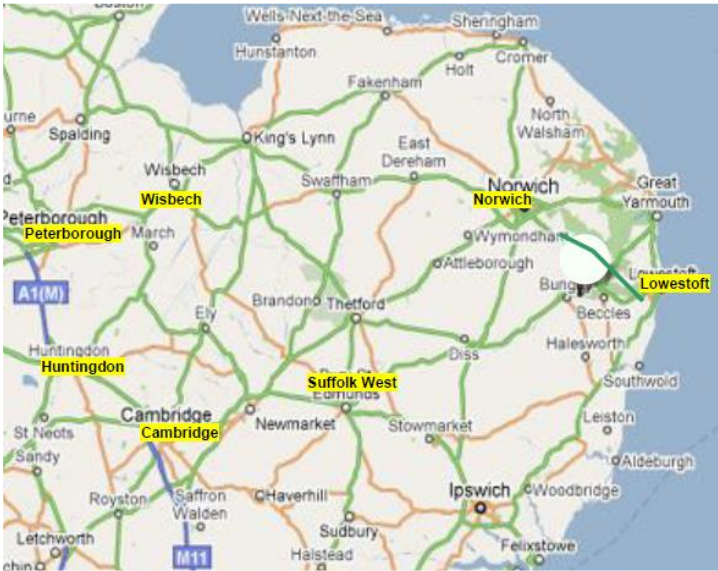
Linda gave us a very enlightening talk about the Cutty Sark, built and launched in 1869 as a tea-clipper, and we admired its size and the intricate rigging. We then spent time in the Visitor Centre before walking through the grounds, past the Painted Hall known as the UK's Sistine Chapel, before entering the Chapel of St. Peter and St. Paul, designed by Christopher Wren, where a very knowledgeable volunteer gave us a brief history of the chapel.

On the green outside the National Maritime Museum, we stopped to admire the 36 painted globes "the world re-imagined", an art installation aiming to transform how we understand the transatlantic slave trade. We then entered the 17<sup>th</sup> C. Queen's House and were invited to join a guided tour of the House and some of its art collection (including a Rembrandt, a Turner and the iconic Armada portrait of Queen Elizabeth 1). We also saw some of the maritime paintings by the Van de Veldes, a father and son who were given a working space in the House by Charles II. The guide was very informative and passionate about his subject.

We finished our walk with lunch at the Park Terrace Café before returning to Central London on the DLR or by River Boat.



## FOCUS ON EAST ANGLIA



**Jenny King is the Regional Representative for the area and is a member of Suffolk West Branch.**

The Fellowship has 7 branches in East Anglia as shown on the map.



On 9 March I attended the East Anglian Regional Forum held at St. Edmundsbury Cathedral in Bury St. Edmunds in my capacity as Development Officer and NHSRF member. Jenny King ably chaired the meeting, and the minutes were ably taken by Elaine Ramsden. The meeting was very well attended with 34 persons present, including Mike Seaton and Chris Kitchin. Attendance was around double the normal, due to the number of important issues to discuss and individuals wishing to firmly present their opinions. My overall opinion was that those present held similar views and many expressed them firmly with support from other members/branches present.

East Anglia, consisting of Cambridgeshire, Norfolk and Suffolk and the unitary authority of Peterborough has some great cities, towns, villages and, of course, coastline. I am sure everyone has their favourite place. Mine is Norwich where I spent virtually all my childhood holidays with relatives. My dear old mum was born in Saxthorpe.

Jenny reported that she was at the beginning of her fifth year as the Regional Representative for the area and that she had visited Huntingdon and Lowestoft branches over the last six months and had been given a warm welcome at both branches.

Branch reports submitted stated that all branches had enjoyed a good year in 2022 and that plans were well in place for 2023. Suffolk West Branch continues to increase its membership which has now grown to 120. Cambridge has around 135 members with Norwich numbers totalling in the region of 110. Peterborough's numbers are now around 65 with Huntingdon experiencing a slight increase to 57 members. Lowestoft, by the sea, have around 43 members with Wisbech just slightly less. What was particularly heartening to see was that all branches continue to have such varied and interesting speakers and events and that branches are joining each other for events and sharing ideas.

The 75<sup>th</sup>/45<sup>th</sup> NHS/NHSRF anniversary will see several branch members converging on Bury St. Edmunds for a regional celebration lunch. The Norwich and District Branch, one of the longer running branches celebrates 40 years in June 2023 with an afternoon tea to which an invitation has been extended to the regional branches.



The lake at Althorp with the Princess Diana Memorial beyond



## An invitation to join a visit to the Althorp Estate from Newham Branch

The Althorp Estate family home of the Spencer family for many generations is perhaps better known as the final resting place of the late Diana Princess of Wales.

Newham Branch would like to invite all branch and postal members to join them on this visit: planned for Saturday, 22 July 2023 departing from Stratford Westfield Bus Station: Coach stop at 8.30am.

Cost: Coach and entry £42 NHSRF members. Non-members will be very welcome with the cost being £44.

To secure a place please contact Norma Owusu on: 07958 347696

Please note the coach will have a toilet on board for your comfort and the 'Stables' café serves a good range of sandwiches, cakes and drinks.

*Why not come and join us on 1 July.*

### Blue Light Card

To join visit: [www.bluelightcard.co.uk](http://www.bluelightcard.co.uk)

The discount service for the emergency services, NHS, social care sector and armed forces, providing members with thousands of amazing discounts online and on the high street.

For just £4.99, members of the Blue Light community can register for 2-years access to more than 15,000 discounts from large national retailers to local businesses across categories such as holidays, cars, days out, fashion, gifts, insurance, phones, and many more.



The National  
Creative Arts  
Competition  
for Over 60s

- Categories: Art, Poetry, Short Story
- Separate categories for beginners and experienced amateurs
- Over £3,000 of cash prizes for winners and shortlistees, and certificates for Highly Commended entries
- £5 per entry, to cover costs
- Enter online or by post
- Deadline: Friday 14th July 2023

Visit: [www.kinglearprizes.org.uk](http://www.kinglearprizes.org.uk) for more information.



## An invitation to join some interesting London Walks hosted by

## Redbridge and Waltham Forest Branch

Walkers on the January Medieval City Walk

**Branch and Postal Members** are invited to attend the following London Walks.

**Friday 9th June 2023** - meet at 11am at Sloane Square Station (district line) for a 6 3/4-mile circular walk around Chelsea and Brompton cemetery.

**Wednesday 12th July 2023** - Meet at 11 am at Dagenham East station (district line) for a walk round Eastbrookend Country park. Suggested meal at the end at Pipe Major pub.

**Thursday 31st August 2023** - meet at 11.30 am at Chingford station for a 5-mile circular walk through the forest to the Owl pub for lunch. If anyone would like to join us there for lunch, please let me know. We should arrive there by 12.30pm.

Please inform Eileen Brooks if you would like to go on any of these walks. You would be very welcome.

07956 819008    02085901827    eileen\_brooks@yahoo.co.uk

### To view the contents of the Fellowship website.

Go to: [www.nhsrf.org.uk](http://www.nhsrf.org.uk)

Click on 'Members Area'

Enter 'member'

and below

'nhsrf-2019'

Your membership number is not required.

Please note:

The Accounts and Trustees Reports are available on the website for those who wish to view them.

Ed





An invitation to all branch and postal members  
to the  
**Annual Fellowship Holiday**  
by Lorraine Taylor

## NEED A HOLIDAY? – THEN WHY NOT COME AND JOIN US?

This year's holiday is to Switzerland on the 10-17 September 2023 for eight days. Excursions include a trip on the GoldenPass train to Montreux and a Mountain Scenery Tour as well as optional tours. The hotel is bed and breakfast plus five dinners (sorry this was the best I could get). When arranging this year's holiday, I have taken care to ensure the trip is suitable for our group's requirements. For example, I have ensured that we will avoid too early flights (5am) and too late returns (12 midnight). I have carefully considered cost and ensured that the group will not have to move hotels during the stay.

Further details and to book contact Sian Nugent, Newmarket Holidays on 0203 921 0953 or email [sian.nugent@newmarketholidays.co.uk](mailto:sian.nugent@newmarketholidays.co.uk). Remember to quote NHSRF.

**DON'T DELAY - BOOK TODAY**



## Cherry Trees

**Sheila Sheppard of Brighton Branch loves to paint. She sent me this message in April.**

My garden is full of primroses and violets. Here is a photo of some cherry trees in Preston Park Brighton, a subject for my next painting. Last year a line of cherry trees was planted for the Platinum Jubilee. They flowered early & are growing well.



healthwatch

## JOIN YOUR LOCAL HEALTHWATCH COMMITTEE!

Your health and social care champion

We make sure NHS leaders and other decision makers listen to patient feedback and improve standards of care. We also help people find reliable and trustworthy information and advice.

Find your local Healthwatch using the QR code below!



We are looking for committee members to join local Healthwatch, contributing skills and expertise to help support our vital service.

Visit [www.healthwatch.co.uk](http://www.healthwatch.co.uk) to find your local Healthwatch today!

**Private Maguire was in charge of the motor pool.** The phone rang and an authoritative voice demanded to know how many vehicles were operational at that moment.

"We've got 5 trucks, a semi-trailer, 8 utilities, 12 staff cars and a Rolls Royce that that pompous alcoholic old colonel swans around in."

"Do you know who you're speaking to?" demanded the voice.

"No." replied Private Maguire.

"It's that pompous alcoholic old colonel you referred to."

"Well," said Private Maguire. "Do you know who you're talking to?"

"No!" roared the colonel.

"Well, thank goodness for that." said Private Maguire as he hung up the phone.



-SINCE-  
1923

## Retired from the NHS? It's time for fun!

Boundless membership gets you access to amazing experiences and unforgettable days out – whilst saving you money along the way.

Join today and get **£260** worth of benefits instantly\*  
**[boundless.co.uk/atwork](http://boundless.co.uk/atwork)**  
or call **0800 669944**  
quoting 'At Work' to join

boundless

\*T&Cs apply, see [boundless.co.uk](http://boundless.co.uk) for more information