South East News .....

March 2022

NHS Retirement Fellowship
Making your retirement work for you.

Editor: Sally Bundock

In this issue:

1. What's New
2. Update on Live Talks
3. Basildon and Thurrock
4. Who is eligible to join NHSRF
5. 'Happy Days' Roger Stokoe
6. Short Story Competition
7. A Regional Meeting in Reading
8. Raising money for Barnardo's
9. Southend and Rochford
10. Light relief from Peterborough
11. The M25 Group
12. Theresa Harvey will be remembered
13. NHSRF Holiday
14. Details of Live Talks

Dear All

What's New

I hope that everyone has had the chance to enjoy the many glimpses of Spring we have seen in the last few weeks. Every time I go out for a walk, I seem to see more blossom and flowers. It certainly lifts the spirit.

The last few weeks have seen a lot of activity around the country with the Regional Roadshows taking place. I think most of us feel though that the key issue for everyone at the moment is the P60 exercise that is about to commence in the next couple of weeks. A lot of work has taken place and I would like to thank branch officers for their help in completing the branch questionnaires that were distributed. I know that Central Office have been very busy collating the information and putting it into a sensible order for the Call Centre to work from. I know that the whole exercise has also taken up a fair amount of my time and if it goes well will continue to do so. Hopefully I will be engaged as the year proceeds with opening new branches.

The Futures Group and their activities/proposals have been the subject of much discussion and I am pleased to announce that I am joining this group and will be attending my first meeting on 4 April.

Finally, take care everyone and keep well.

Update on Live Talks

We have some really great talks lined up for the next few weeks so why not join in. They are all on a Tuesday and will commence at 11.30am. You do not need to register in advance for the talk. Just go to www.mirthy.co.uk/NHSRF and click the **purple 'Join Event' button** underneath the talk in question at 11.25am. Clear instructions are on the website. Please contact me if in any doubt. Remember these talks could be used when they are first shown and for up to 7 days for a branch meeting provided the room used has the necessary equipment.
Details of the next 2 talks are shown on page 8 of this newsletter. They are:

5 April	Morse Code: Deciphering Britain's Favourite Detective – Pete Allen
19 April	Rags to Riches to Giving It All Away Andrew Carnegie (the world's richest man) – Jeremy Holmes

Basildon and Thurrock Branch

Vic Griffiths

The Basildon and Thurrock branch had their first outing of 2022 to Hunters Meet Hotel, Hatfield Heath when 39 members enjoyed a cream tea and a lady singer. Everyone enjoyed themselves and as you can see from one of the photographs many danced throughout the afternoon, thanks to our trip organisers Michael and Carlton.

Our branch is back to normal with a full programme of meetings, monthly luncheon clubs, golfing and 10 pin bowling and our membership remains at 122, with a few possible new ones.

So, who exactly is eligible to join our Fellowship?

A person who is retired, is eligible to retire or shortly to retire and has worked at any time in their working life in health or social care or in employment with a private NHS contractor.

Those who have worked on a voluntary basis are welcome too.

A person's spouse/partner/close friend.

Animal Magic contributed by Monica Sado

This is a delightful photo of Roger prior to attending a Bollywood evening at his golf club. Roger was born and later worked in India.

Roger Stokoe

Former CEO in the NHS and Director of the NHSRF 2000-06

'Happy Days'

Seeing the familiar name of Monica Sado in issues of South East News, reminded me of a happy period of my life when between 1979 and 1981, I worked in the now defunct Brent Health District. In those days my title was "District Administrator," which I always thought was a curious description, redolent of times colonial.

I was based at Central Middlesex Hospital, with a fine reputation and with some excellent services staffed by professionals of both national and international repute. Sir Francis Avery Jones for gastroenterology, Drs Keith Ball and David Fluck, cardiology and Dr Martin McNichol, a leading chest physician and a sub dean of the Middlesex Medical School, to name a few.

Brent's population at that time had the highest ethnic mix in London, which meant that local services had to respond to the health needs of the people living in the district. As an example, Elizabeth Anionwu was a passionate proponent of the need to meet the health needs of people suffering with sickle cell disease, where provision was poor. It is good to note that the then, senior nurse's efforts were successful, and she became a professor and, not least a DBE.

Brent District's population also meant that there was a much higher incidence of babies with low birth weights but, the maternity unit at Central Middlesex Hospital had risen to the challenge presented by this very important part of service provision. I remember that the staff of the maternity unit were very proud of the fact that perinatal mortality was much lower than the national average; a great compliment to the obstetric and midwifery staff. Monica was an unforgettable member of the midwifery staff and I'm so pleased that she continues her prominence in the thriving Brent branch of the Fellowship. Via this article, I send very best wishes to all members of the branch.

Coincidentally, while working in Brent, my younger daughter was born at the High Wycombe maternity unit and, recently, she was appointed as the lead clinical psychologist for perinatal services in West London, including the maternity unit at Central Middlesex Hospital. My daughter tells me that the CMH maternity unit still provides an excellent service to the local community.

As I say: happy days.

Short Story Competition

We know that each and every one of our members has many stories and memories of the time they spent working in the health service. Some will be dramatic, some sad, whilst others will have a funny or surprising twist in the tail. We want to hear them so that we can share the best with you in future newsletters. …….. Hence this competition.

There will be 3 cash prizes and the winning entries will be featured by the NHSRF and on www.medicaltales.org The winner will be the Fellowship's guest at the Annual Conference where they will be awarded their prize by the NHSRF CEO, Mr. John Rostill OBE.

Competition Rules

This is a competition open only to NHSRF members for the **best short story** based in a healthcare or social care setting. Maximum length 1,500 words (NB many good stories will have far fewer words).

Stories may be fact or fiction. Good use of language to tell the story is more important than spelling and grammar.

Entry is free and multiple entries will be accepted. Ideally submissions should be typed and double spaced. The author's name and contact details should not appear on the submission. Please write an accompanying note.

The closing date for entries is the 31st May 2022.

Entries should be sent to **info@nhsrf.org.uk** or posted to NHSRF, Weymouth Community Hospital, Melcombe Ave, Weymouth DT4 7TB

Don't be shy, give it a go, and maybe see your story in print!

A Regional Meeting in Reading

Pat Oliver, Regional Rep for the Oxford Region, chaired this meeting on 10 March which was attended by John Rostill, George Kempton, Christ Kitchin, myself and a good number of members. A further meeting will be held in the Region Northampton later in the month.

Ed

I am now working to raise money for children by donating book royalties to Barnardo's. The book has a Diversity and Inclusion theme and is available online and from all major bookstores e.g. W.H.Smith.

David is 11 years old and realises that he is somewhat different from other boys his age.

His dad is black, and his mum is white. When he was 9 years old, he was diagnosed as diabetic, and so he must have injections every day. It annoys him because he can't seem to do them himself.

David's cousin and best friend Mal lives just down the road; they are the same age, great mates, and hang out together most days. In the memorable summer of 2021, the boys make new friends and learn more about life.

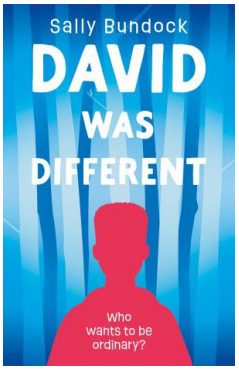
Most importantly they play a valuable part working with the police (including Mal's dad, a police sergeant) and prove to everyone that they are two young lads who have got what it takes.

David doesn't really mind being different but by the end of summer when the boys get involved in an adventure which they are never likely to forget, he realises he is more different than even he had thought. Somehow, he finds he possesses a special talent which proves to be invaluable...

A relatable adventure story grounded in reality for middle grade readers aged 9-12 years old.

Draws attention to and promotes understanding of diversity and inclusion for the benefit of a young audience.

Emphasises that it is ok to be different – whether that be because of a disability, race or something else.



Publication date
28 March

Southend and Rochford Branch

An Email from Jenny Bailey

February 2022

Good Evening Sally

I thought you would like to see this photo which I took on our group's ramble last week. We were stopped by Mike Liggins of BBC Look East and asked our opinion on the Jimmy Carr in bad taste "joke" on Holocaust Day.

Lynne and Michael, our secretary and treasurer, were interviewed and they appeared for all of about 30 seconds that evening.

Regards.

Jenny

Some light relief from Peterborough Branch's Newsletter – Trevor

A short- framed man applies for a job as a forester. In order to check him out, the boss asks him to cut down an enormous tree.

The man makes light work of it and, astonished, the boss asks. 'Where did you learn to cut down trees like that?'

'In the Sahara.'

'But the Sahara's a desert.'

'It is now' answers the man.

CHILDREN ARE QUICK

Teacher: Why are you late?

Student: Class started before I got here!

A scarecrow won an award because he was outstanding in his field.

A successful visit to Battersea Park

Tuesday, 15th March

I was very pleased to receive this report from Susan Gunning of the Royal Marsden Branch about the above event.

"We were so lucky yesterday with perfect weather to stroll around Battersea Park. There were 20 of us, from 9 Branches and 1 guest. There would have been 5 others, but 2 were unwell, 2 had just tested +ve for Covid and a postal member's scheduled train had been cancelled.

We stopped at various points of interest, including the Peace Pagoda, the Brown Dog statue, 4 gardens, the adventure playground, a Henry Moore sculpture and a War Memorial, before relaxing at the Peartree Café beside the boating lake."

New Event 26th April

Once again, the Royal Marsden would like to invite members to join them on Tuesday, 26th April for a walk around the site of the Battersea Power Station. They will be meeting at 11.00am at the Battersea Power Station Underground, will explore the area, have a bite to eat/picnic, and then return to Central London on a Thames Clipper.

Anyone interested please contact Susan Gunning at rmh@nhsrf.org.uk with your name, branch, and contact details.

Please remember if you would like to share your branch event with other branch and postal members, just email me so I can circulate information.

A Celebration of Life

Theresa Harvey 1932 – 2022

Brent Branch member

A recent comment, "She certainly was a character."

The Brent Branch are very sad to announce the death of Theresa Harvey.

Theresa was devoted to 'The Fellowship', having been an extremely hardworking secretary since the year 2000.

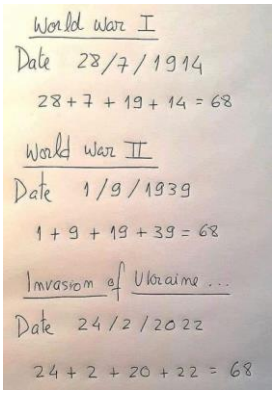
Theresa rarely missed a meeting, outing or holiday; she was well known to head office staff and many members will have known her from her regular attendance and participation at National A.G.Ms.

The Brent Branch will sorely miss their friend Theresa.

TO FIND OUT IF YOU ARE ELIGIBLE FOR A **BLUE LIGHT CARD** VISIT:

www.bluelightcard.co.uk

Personalised to each member, your Blue Light Card costs just £4.99 for 2-years access to our amazing range of discounts online and on the high street!



Spooky!

says

Monica Sado

A pearl of wisdom from Peterborough Branch

A guy stopped me and asked, 'What is the quickest way to London?'

I said, 'Are you walking or driving?'

He said, 'Driving.'

I said 'Yes, that is the quickest way'

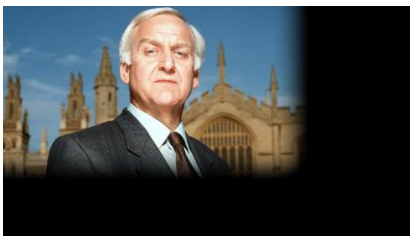
Fellowship Holiday – Paphos, Cyprus

28th September - 5th October

Flights from various airports. Dinner, bed and breakfast. 3 excursions included and 1 optional. For prices and more details please get in touch with Newmarket Holidays on 03301607712 and quote NHS Retirement Fellowship.

Next On-line Talk – 5 April

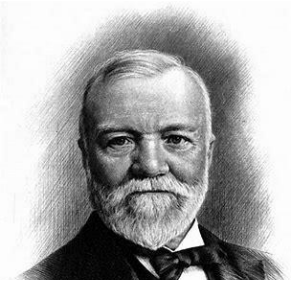
Morse Code: Deciphering Britain's Favourite Detective – Pete Allen



Has there ever been a more perfect tragic hero than Inspector Morse? Someone who, as his creator Colin Dexter noted, was somewhat of a loner by temperament…though never wholly happy when alone, was usually slightly more miserable when with other people, probably down to the knowledge that he was smarter than everyone else in the room. This Talk, a companion piece to 'Watching the Detectives', explores the world of Morse from his first appearance in literature to his investigations on screen, stage and radio.

And on the 19 April

Rags to Riches to Giving It All Away Andrew Carnegie (the world's richest man) – Jeremy Holmes



Andrew Carnegie came from a slum in Dunfermline, Scotland, made his fortune in America as a ruthless steel magnate, then at the start of the 20th century gave it all away by setting up philanthropic foundations all over the world. In his day he was worth more than Bill Gates and earnt so much interest on his wealth that he couldn't give it away fast enough. This talk explains his rise, his motivations and his unique personal story, in the context of the dramatic industrialisation of America. The speaker was a trustee of the Carnegie UK Trust for many years.

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 Development Officer