

South East News

and update from



Editor: Sally Bundock
london.eastanglia@nhsrf.org.uk



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What's New

First of all, I would like to say, as I did last issue, '*hello and welcome*' to all new members reading South East News this month for the first time. Good to have you with us. This newsletter is for members and all contributions and ideas are very welcome. So please do get in touch if you have something to contribute.

Thank you to those of you who entered the **Prize Quiz** in the June newsletter. I am sending this issue out prior to the closing date of 10 July as I shall be in hospital at that time. My colleague, Lucia Hiden, has, however, kindly agreed to notify the lucky winner for me.

May I also say a massive thanks to all those who have sent me their good wishes via email, card messages and so on with respect my health. Very much appreciated indeed!

I understand that the M25 Group walk organized by Redbridge and Waltham Forest Branch went well so do please think about joining one of their walks in London. You would be very welcome to take part.

To postal members, old and new, can I just say that if you would like to join a branch or just go along once to see how you get on do let me know and I will endeavour to help you find the most suitable one. Branches are all different shapes and sizes with a range of activities. Here in the south east we have branches with over 200 members and much smaller branches numbering little more than a dozen. All good friends.

Finally, if you would like to help me to raise money for The Royal Marsden Cancer Charity, please do think about supporting me in this. My novel 'Sisters' (as shown in last month's issue) can be purchased from Amazon. All Royalties going to RMCC. Thank you.

Take care everyone and enjoy the sunshine.

Sally



**The Royal London Branch
in Scotland
Pamella Hills**

The Royal London Branch enjoyed a lovely 6 days Lochs and Glens Break in Scotland in May. The photo is a view overlooking Loch Tummel. Our hotel had a great view of the Loch.

We stopped at Gretna Green on our journey to Loch Tummel and enjoyed trips to Braemar, Balmoral Castle, Aberfeldy, Crieff, Pitlochry, the Culloden battlefield, Perth and Aviemore.

We had a lovely time overall with wonderful views, rolling hills and mountains and rivers.

The Royal Marsden Branch

Susan Gunning

On 9 June the branch visited the London Sky Garden, a wonderful venue. They enjoyed their visit, held their AGM and then visited a hostelry in Leadenhall Market.





**An invitation to join some interesting
London Walks hosted by
Redbridge and Waltham Forest Branch**

Branch and Postal Members are invited to attend the following London Walks organized by Redbridge and Waltham Forest branch.

Wednesday 20th July 2022: Meet at 11am for a 4-mile circular walk in Hainault Forest, led by my friend June, from the Two Brewers Pub, 57 Lambourne Road IG7 6ET, a short walk from the end of the 150 bus route at Chigwell Row Church. Suggested lunch after the walk at the Two Brewers.

Wednesday 31st August 2022: Meet at 11.30am at Chingford Station for a 5-mile circular walk via The Owl pub for lunch. We should arrive at the Owl about 12.30pm. If you want to join us at The Owl just for the meal, please let me know beforehand so that the correct number of places can be reserved for our group.

Thursday 29th September 2022 – Meet at 11.00 am at Cutty Sark station for a 4-mile walk to West India Quay (DLR) station via Millwall Docks, South (India) Dock entrance and Canary Wharf. Optional return via Elizabeth Line to Liverpool Street station for lunch.

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

I am pleased to report that the June walk was well attended with visitors joining from other branches who expressed a wish to join future walks so why not give it a go?

The Royal Marsden branch are planning a day trip to Brighton and the Royal Pavilion for a future occasion as well as a visit to the market town of Tonbridge, with its castle and connections to Jane Austen. Details at a future date.

Please remember to let me know if you have events you can share with other members. **Ed**



News from Northampton Branch

Pat Oliver reports



Jubilee Celebrations

Northampton President, Ruth Gould, and members enjoying the final singalong of the day.



A trip to Silverstone is enjoyed.

Pat Oliver (Regional Rep. for Oxford Region) 'just off round the branches' in a rather splendid vehicle.





Celebrating Windrush

21 June 1948

Members of the Windrush generation joined HRH Duke and Duchess of Cambridge at London Waterloo Station to witness the unveiling of the National Windrush Monument.

Standing next to the monument are Pamela Hills and Eleanor Hunte from The Royal London Branch.



The new monument acknowledges and celebrates the Windrush generation's outstanding contribution and has been created as a permanent place of reflection, to foster greater understanding of the generation's talent, hard work and continuing contribution to British society.

The three figures – a man, woman, and child – dressed in their “Sunday best” are climbing a mountain of suitcases together, demonstrating the inseparable bond of the Windrush pioneers and their descendants, and the hopes and aspirations of their generation as they arrive to start new lives in the UK.

PAEDIATRICS A LA MIDWIFE by Tina of Whittington Branch

All doctors show great erudition
But I've got a soft spot for the paediatrician

They start the day in such a glow
Despite the fact I bully so

I drive them into forty fits
And yet I love them all to bits

They finish all their work you see
And thus deserve my cup of tea





Lorraine and Bob Taylor, Penny and Vic Griffiths enjoying the day!

NW Thames annual event at Putteridge Bury

Lorraine Taylor



60 members of the North West Thames Region attended the annual Regional Afternoon Tea at Putteridge Bury on 28 June. Margaret and Tony Moffat, Vic and Penny Griffiths were guests and as usual Vic had a few words to say.

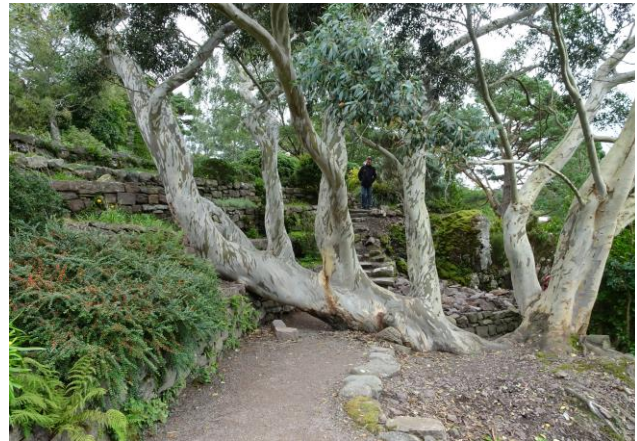
The weather was kind to us, and some members went for a walk in the lovely gardens. We all came away happy and having put on a couple of pounds after the delicious tea.

A thoroughly enjoyable afternoon appreciated by all. We are all looking forward to a repeat in 2023.

Some beautiful photos from sunny Scotland by bruceb



Bow Fiddle Rock, Portknockie, Moray, North Scotland, with the hint of a rainbow.



A tree in the Inverewe Garden, North-west Scotland. It's a Eucalyptus, so Australian and therefore stubborn and robust. The tiger-striped bark is natural. The garden being on the shoreline, winds are a problem.

Are you retired and have a few hours to spare, have you thought about volunteering with Anthony Nolan?

Anthony Nolan is a pioneering charity that makes lifesaving connections between people with blood cancer and incredible strangers ready to donate their stem cells. We're saving lives right now. Three lives a day, in fact. But we can't do it without you.

Retirement can be one of the most wonderful times of your life but deciding what to do during retirement can be difficult. Many retirees choose to start a new hobby or take the time to help their loved ones. Others give back to the community and get involved with voluntary work.

You may be wondering, why should I volunteer?

- You could make a huge difference in the lives of people with blood cancer by volunteering with Anthony Nolan. Our education and recruitment volunteers raise awareness in schools and colleges in your area.
- Our current volunteers raise awareness of blood cancer, stem cell transplants and Anthony Nolan, they are building a new generation of lifesavers to save lives now and in the future.
- We value the skills you have acquired throughout your career and provide opportunities to continue to apply them

All this amazing work helps to give more and more patients with blood cancer or a blood disorder a second chance at life.

Volunteering with Anthony Nolan is a unique opportunity, here are some of the top reasons to volunteer our volunteers:

Rewarding experience

Our volunteers make a positive difference to help people with blood cancer find the matching stem cell donors they need.

"Nothing beats the feeling when I am told a donor I recruited has gone on to save a life!"

Meeting new like-minded people

You'll get to interact with like-minded people on regular basis and work together on a common goal, recruiting new lifesavers.

"it is exhilarating leaving a busy event when we've worked as a team recruiting new young potential stem cell donors!"

Inspire (and be inspired by) the new generation!

Our education and recruitment volunteers facilitate inspirational sessions explaining how young people could save a life. After the presentations, young people have the chance to register as donors, we recruit people aged 16 to 30 to our stem cell register because research indicates that young people (young men in particular) are more likely to be chosen as donors, so that's where we focus our recruitment. You'll have the opportunity to engage and answer questions about joining the stem cell register from young people and develop a way of inspiring them to help save a life.

Contd. overleaf

Your hard work and inspiring passion will ensure the best donors are ready and waiting on the stem cell register for the people who need them to survive.

You'll also be inspiring the volunteers of the future and encouraging them to spread the word to their peers.

The training and hands-on experience you gain while volunteering can help you learn new skills as well as build upon ones you already have. It's a chance to give something back, have fun and meet new people. You could even learn a new trick or two!

No prior volunteer experience is needed to join our team.

Our volunteers vary in the hours they commit to volunteering, our activity is based around the school year with most volunteers attending a presentation or a donor recruitment event each week throughout term time, although there is no minimum commitment.

We provide full training and the role is based out and about at local education establishments with all costs reimbursed in line with our volunteer expenses policy.

Many of our volunteers, regardless of age, join us having never done anything like this before. We'll teach you everything you need to know, and you'll have the full support of our staff team during your time with Anthony Nolan.

We are looking for

Education Volunteer presenters [click here for more information](#)

Donor Recruitment Volunteers [click here for more information](#)

Or email alice.hirst@anthonymolan.org for more information.

And finally:



I know some people will see this as me showing off, but when you work hard all your life, you deserve to treat yourself. I am absolutely buzzing right now. White was the only colour they had in stock, but that doesn't matter. I've just purchased these four garden chairs and can't wait to sit out in the sun on them.



An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk. She said, "You used to hold my hand when we were courting..." Warily he reached across, held her hand for a second and tried to get back to sleep. A few moments later she said, "Then you used to kiss me..." Mildly irritated, he reached across, gave her a peck on the cheek and settled down to sleep. Thirty second later she said, "Then you used to bite my neck..." Angrily, he threw back the bed clothes and got out of bed. "Where are you going?" she asked. "To get my teeth!"