

South East News

and update from



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What's New

First of all, I would like to say, as I did last issue and indeed the issue before, '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. My colleague, Lucia Hiden, kindly managed the draw for me and notified the lucky winner.

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 have compiled this newsletter during a brief visit home and do apologise to anyone if I have left any news out.

This issue contains M25 event invitations from 3 branches and it is good to know that members are taking part in these events and enjoying them too.

Whilst writing I would just like to mention the sterling effort of one of my regional representatives, Lorraine Taylor. As well as working with and supporting the branches in her region, North West Thames, she has recently offered to visit and support the branches in South East Thames where we do not currently have a regional representative. Having recently visited Medway and Maidstone branches, visits to 4 other branches are already planned in. So well done Lorraine and indeed to all the regional representative in the South East/East Anglia area.

Take care everyone and enjoy the sunshine.

Sally



**Suffolk West
Celebrate their 10th
Anniversary and 74 years
of the NHS**

Jenny King

A splendid celebration on 5th July. Suffolk West were joined by members from Lowestoft Branch and Norwich & District branch, many of whom had spent the night at Hintlesham Hall and enjoyed a tasty dinner there. Most certainly an event to remember.





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 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.

Friday 7th October 2022 – Meet at 11 am by Robert, outside Stratford station, for a walk round the Olympic Park.

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

Visit to Tonbridge, Kent Wednesday, 17th August



The Royal Marsden Branch would like to invite members to join them for this outing.

Meet at Charing Cross Station for 10.0 train to Tonbridge. (45 min. journey)

Day Return fare (with Railcard & Freedom Pass) £5.80.

Picnic suggested, though there are cafés and pubs available.

We will walk around the historic 'old town' and there will be time to explore the Castle, parts of which date back to the Norman conquest, or take a gentle boat ride on the river Medway.

More information will be available soon, but if you think you might like to join us, please contact Susan at rmh@nhsrf.org.uk



**Visit to Home- Black Country Living
Museum (<https://bclm.com>)**

Saturday, 17th September

The Newham Branch would like to invite members to join them for this visit.

Coach pick up: 0900hr from Stratford City Bus Station (coach stop 20).

The branch would like to invite members to join them on this visit to the Black Country Living Museum in Dudley. It promises to be a very interesting day living through history. Friends and family are most welcome.

The cost is £37.00 per member of the Fellowship and £39.00 per guest or family member.

The cost includes entry into the museum and coach return.

Departure from the Museum will be approximately 1700hrs arriving back in London about 1900-19.30hrs.

If you would like to come with us, please contact either:

Beverley Lawrence (07790522779) or Norma Owusu (07958 476 696).



Our thanks to Redbridge and Waltham Forest Branch, The Royal Marsden Branch and to Newham Branches for inviting all members to share in these events.

If your branch would like to share an event, please do make contact.

Thank you.

Ed



East Grinstead Branch Jubilee Celebrations

Lesley Turner

An enjoyable day of Jubilee celebrations for East Grinstead Branch.

We had a lovely afternoon of fresh sandwiches, scones with jam and clotted cream and cakes all washed down with cups of tea/coffee.

We had a 'guess the baby pictures' and entertainment from our Treasurer with music of the 40's and 50's which she encouraged us to sing along with.

All in all a brilliant afternoon.



A blonde, a brunette, and a redhead are driving through the desert...

When their car breaks down. Stranded in the middle of nowhere, they have no choice but to walk the road to safety.

They each agree to carry something. The brunette brings a jug of water in case they get thirsty.

The redhead brings a blanket in case they need to camp for the night. The blonde brings the car door. The others ask why.

She says, "If we get hot, we can just roll the window down!"

My apologies to the blonds amongst SEN's readers.

Ed



WISBECH BRANCH - ANNUAL STRAWBERRY TEA

Jean Close from Peterborough Branch reports

An open invitation was extended to members of our branch, but unfortunately their branch meetings always coincide with ours at Peterborough. So armed with my sat nav and instructions I set off by myself. The community hall is a very pleasant venue, beautifully dressed for the occasion. I was given a lovely warm welcome.

Following their brief business we were thoroughly entertained by Sean Moyses 'The Banjo Man'. The entire gathering joined in on the vocals and we could very easily carried on.

Then came the extremely tasty buffet of cakes with strawberries and cream. I thoroughly enjoyed the afternoon and hospitality and really look forward to accepting the invite to next year's treat. A sincere thank you to all at Wisbech and I hope to see you all soon. Jean Close.

