

South East News

and update from



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What's New

I must confess I shed a tear when I heard the news about the passing of the Queen. She has been a constant in my life and a person I have always admired. I never met her but would very much like to have done. I now, like so many others, wish Charles III all the very best for his kingship. I hope you like the photo I have included of Elizabeth. She was certainly a very beautiful woman. She will be missed by so many.

I know I am repeating myself, but may I say again, '*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.

August saw a presentation at Canterbury Hospital where I am pleased to say a new branch was formed. Their first branch meeting is to be held shortly. My thanks to Bob Middleton and Lorraine Taylor who managed the presentation in my absence.

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 am currently at home so please do continue to send me your branch news for the next issue of SEN.

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

Take care everyone as we move into autumn, the cooler weather and, of course, all the wonderful autumn colours we enjoy each year.

Sally



West Middlesex, Hounslow & Spelthorne Branch

A Grand Day Out

Gloria Carr, Chairperson of the branch, sent me this lovely photo of branch members waiting to board the boat for their journey on 19th August from Richmond to Hampton Court. Gloria reported that it was a lovely cooler sunny and breezy day and a great time was had by one and all!

Join the Live Longer Better Revolution

Our mission is to help people live longer better

A revolution is underway to enable people to live longer better, reduce the need for health and social care and reverse the effects of lockdown through the Living Longer Better network.

Fellowship member, Sir Muir Gray CBE MD, is Director of the Optimal Ageing Programme. He has kindly offered to deliver a virtual session to any branch who would like to learn more about this interesting and valuable work.

For more information, please contact Muir at muir.gray@oapltd.com

The following websites will also provide some useful information. www.livelongerbetter.uk and <https://www.amazon.co.uk/Antidote-Ageing-Muir-Gray-ebook/dp/B000D9TWPI>



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.

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.

No walk in **November**.

Friday 16th December - Meet at 11am outside St Paul's station for The Great Fire of London walk.

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 Brighton with the Royal Marsden Branch

Tuesday, 20 September 2022



Meet at Brighton Rail Station, by the ticket barrier at 11.00. Our suggested train from London Bridge dep. 09.45, arr. 10.47. Frequent returns. Trains also run from Victoria, dep. 09.59, arr. 10.57, quicker, but more expensive. Frequent return times.

Marianne is kindly going to take us on a guided walking tour of the town, including 'The Lanes' and the Pier.

We hope to have 'fish 'n' chips' on the beach and maybe paddle in the sea. In the afternoon there will be an opportunity to visit the magnificent Royal Pavilion, dating from the late 1700's, the B.A. tower with its 360-degree panoramic views, the Sealife Aquarium, or take a ride on the Volk's 1901 electric railway along the sea-front. For all these attractions there is a charge.

We are likely to finish our excursion around 4.00 pm, but of course you can leave earlier or stay later.

For more detailed information please contact **Susan at RMH@nhsrf.org.uk or phone 020 7589 6600**. If you are joining us, I will need your contact details for use on the day itself, just in case there are any changes to the arrangements. Please also indicate which train you are likely to travel on or if you'll make your own way to Brighton and meet us there at the Station.

Report on Visit to Tonbridge, Kent 17 August by Susan Gunning



An inauspicious start to the day! Our train from Charing Cross was cancelled at the last minute due to a fire alongside part of the rail-track. So we had to rush off to Victoria to travel on an alternative line, arriving in Tonbridge 45 minutes later than intended.

However, once there, we had an interesting walk all around the old town and heard much of its history. Tonbridge was first mentioned in the Domesday Book of 1086 and many existing buildings date from 15th Century, some are weather-boarded, others still retain the original oak beams. We enjoyed a refreshment break in one of these – The Ivy.

We passed many sights with a connection to Jane Austen's family and saw the notable Tonbridge School where her father had been a pupil before returning as a teacher, we saw the Parish Church where some of her family is buried.

We went into the grounds of what remains of Tonbridge castle, dating from 1066 and finally walked across the old Tonbridge racecourse situated on an island between 2 branches of the river Medway and now used as playing fields & other recreational activities.

The downpour didn't arrive until we were safely on the homeward train.

Our thanks to branches inviting all members to share in their events.

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





Royal Marsden Branch
VISIT TO MORDEN HALL PARK
 Thursday 27th October 2022



All members will be welcome. We will be meeting at Morden underground station at 11.00.

From the station, it is a 10-minute walk to the Park where we will stroll around the North Park, play Pooh Sticks on the White Bridge, walk through the Willow Wood and across the Wetland on the board-walk before stopping for refreshments in the Potting Shed Café.

After this, for those who wish, we can explore the South Park, a more open area, but still with plenty of trees.

The autumn colours should be at their peak, and the river Wandle, with its many channels and bridges, meanders throughout the park. Sightings of herons & kingfishers have been recorded, so you may wish to bring your binoculars.

The whole park is owned and run by the National Trust, but entry is free to everyone.

There will also be an opportunity to visit the garden centre.

If you would like to join us, please contact Hilary on hdettorre@aol.com or [020 8841 3386](tel:02088413386) with your name, branch, and contact details.

(Both Linda & Susan are away until shortly before the event).

Ends of Coffee? by Martin B

The NHS did ring me just last week
 To arrange a procedure, I did not seek
 I was booked in to check that last year's cure
 Had worked and was good, fixed and secure

So, I told myself that I must endure
 Another necessary 'Indiscrete Tour'
 Indignity and pain were to be my lot
 Still, I turned up on time, in fact on the dot

'Endoscopy Department' is a place that I fear
 Where surgeons do poke, then go on to peer
 "It's for your own good" they say every time
 I'm not sure of that, as the wall I do climb

This time anaesthetic was given in fact
 Before they performed their ungodly act
 My fears were allayed, this was much better
 Thanks to the Anaesthetist, now I am, their debtor

All I await is my results to come through
 Thank goodness the team's there, for me and for you
 With their weapons of torture and drugs to placate
 Hospital staff? That's a crew that I rate!





Redbridge and Waltham Forest Walk

20th July 2022

by Penny Grace



A four-mile forest walk in Hainault Forest.

Fourteen walkers met at the Two Brewers Pub, Lambourne Road, for a welcome cooler walk in the shady forest. The weather was just right after the mega heat of the past few days. June Caslaw was our leader for the walk.

Hainault's name is from the old English HIGNA HOLT meaning – wood belonging to the monastic community (Barking Abbey). The country park itself was granted to the public for recreational use by an Act of Parliament in 1906. The land was granted by Lord North and Lord Carrington

We walked at a steady pace under the canopy of the wonderful tree, mainly oak and hornbeam together with holly and silver birch. The bracken was very fresh and green, being shaded by the trees.

On walking up and down and along various pathways we stopped at 'Woodhenge'. It is a circle of carved trees. Walking back through the forest we came out at one point to admire the panorama of London.

Our walk was followed by a welcome meal and refreshment at The Two Brewers.

What a lovely day! Thank you, June, Eileen and everyone who came along.

And if Help is Needed – please remember:

NHSRF's Benevolent Fund

The Fund is there to provide financial assistance to members of the Fellowship whose application can demonstrate need. The application form is available from Central Office who handle all applications in the strictest confidence. Telephone 01305 361317.

Turn2us

A national charity that helps people in financial hardship to gain access to welfare benefits, charitable grants and support services. Visit <https://www.turn2us.org.uk> for more information.

And finally:

A man went to the Police Station and requested to speak with the burglar who had broken into his house the night before. "You'll get your chance in Court," said the Desk Sergeant. "No, no, no!" said the man. "I want to know how he got into the house without waking my wife. I've been trying to do that for years."

*A sign in a Shoe Repair Store:
'We will heel you'
'We will save your sole'
'We will even dye for you'*

Keep well everyone! Ed