

South East News

and update from



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What's New

I am aware that over the last month the late Queen has been much in our thoughts, and it has been interesting to hear about the experiences of members of meeting with her and royalty in general. In this issue you can read about some of these and also North Herts. Branch's afternoon tea to celebrate her life.

October is, of course, the month for the NHSRF Annual Conference which this year is being held 22-24 October at the Jurys Inn, Hinckley Island, Leics. My best wishes to all those who will be attending this year. I must say I always enjoy conference.

It has been very pleasing this month to hear of branches sharing events with other branches, not just within the M25 Group. This seems to work very well with everyone benefitting.

To those readers who are postal members, if you are interested in joining a branch, do please make contact with me if you would like help with this. You can, of course, also get information about branches from our website. East Kent (Canterbury) is our newest branch in the south-east and I am sure they would welcome some new members.

This month we have a **Prize Quiz** so please do think about entering.

I have included some updates on a number of branches in this issue as I am sure it is interesting for branches to see what everyone else is doing. Please do send me in your news and any information you would like to share with us. This, of course, applies to both branch and postal members.

I hope you all keep well and warm as we move into autumn and the shorter days. I am sure many of us are thinking that now Christmas is not that far off. I confess I bought some mince pies in Sainsburys earlier this week!

Sally



Peterborough Cathedral

Peterborough Branch

Trevor Caunt meets Elizabeth II

Peterborough Branch has a membership of 63 and the branch has been very lucky this year to receive a generous donation from North West Anglia NHS Foundation Trust towards the capitation.

Trevor Caunt, Chairman, who is supported by a fairly large number of supporting committee members always sends me a copy of their monthly newsletter monthly and I always enjoy reading it. The branch enjoyed a jubilee tea after their A.G.M and received an open invitation from Wisbech Branch to their annual strawberry tea but as this coincided with their monthly meeting, only one member was able to attend but they reported a wonderful time. The branch has enjoyed a good range of speakers this year and their usual New Year lunch has been arranged for January with invitations extended to all branches.

In the branch's September newsletter Trevor shared this lovely piece about him meeting our late queen.

I am sure the passing of Queen Elizabeth 11 was received by our members with a great deal of sadness, not only for her family but also for the rest of the UK and the world. I was fortunate to be presented to her when I was in my early teens and living in Ipswich. I had been chosen to present a donation to Prince Philip but because he was not well, I had to present it to the Queen. The presentation took place on Ipswich's football ground full of school children dancing and singing. At the time I didn't know that June, my wonderful wife to be, was one of the children present.

Useful Website

www.benefitanswers.co.uk

This website offers a free question and answer service to UK residents experiencing difficulties with benefits.

Their experts deal with issues with professionalism and efficiency. Just accurate, straight-forward advice tailored to the individual and their circumstances.

Two old ladies are playing a game of cards.

One lady looks up at the other and says, 'We've known each other for so many years, but for the life of me, I just can't bring your name to mind. What was it again, dear?'

There's silence for a few seconds, then the other lady replies, 'How soon do you need to know?'





**An invitation to join an interesting
London Walk hosted by
Redbridge and Waltham Forest Branch**

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

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

Susan Gunning reports

On our day-trip to Brighton, again, we were blessed with really good weather, but the same could not be said of public transport! Delays in both directions. Nevertheless, we kept our spirits up with friendly chatter!

There were 11 of us from 4 different branches and Marianne guided us round some of the historical parts of the town We had fish & chips in a café by the beach and then some of us went on to the pier and others returned to the Lanes.

There wasn't really enough time to do justice to a visit to the Royal Pavilion or any of the Museums. That will have to be on another occasion.

Meanwhile, we've decided on Lewes for next summer!



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 hdetorre@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).



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

Saturday, 17th September

Newham Branch, together with members from Haringey, Whittington, and Royal London enjoyed several hours at (BCLM).



St. George's, Merton and Wandsworth Branch

10th Anniversary

by Ros Lobo



On 13th September the branch celebrated its 10th Anniversary with a coach trip to Brighton.

Over 50 members made the journey. They enjoyed the day being together. There was lots of fun, friendship and fish and chips enjoyed on Brighton Pier.

A splendid day out for all with some good weather.



October's Prize Competition

Below are the names of four NHSRF branches in the south east/East Anglia.

Nrthmptn

Ryl Brkshr

Ryl Mrsdn

Ptrbrgh

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

To enter into the prize draw for a **£25 M & S Voucher** please send the names to me at london.eastanglia@nhsrf.org.uk The draw will take place on **31 October 2022**.



My Experience of Meeting with Royalty

by Carol Short, Branch Secretary,
Peterborough Branch

After the sad news of Queen Elizabeth's death my husband and I debated going down to London to see her lying in state. This really wasn't practical for us given the long queues and waiting times which kept being updated by the BBC, so we decided to go to Sandringham and lay some flowers on Thursday 15th September instead.

On the way to Sandringham, just before Kings Lynn, the car decided that one of the tyres was low on air, so we decided to stop off at Sainsbury's to inflate it. When we had finished and climbed back into the car, we heard part of the news and the first thing the presenter said was "they will be at Sandringham to look at the flowers later this afternoon."

By now it was getting on for 11am so we made our way to Sandringham where we had to go up to the Dersingham roundabout to come back to one of the roads into Sandringham. After parking the car in the main car park (which was free) we made our way to the gates where the flowers were being laid. There were hundreds of bouquets already there, so we laid ours with them. Many other people were doing the same. The flowers were cordoned off with the usual steel barriers so that whoever was coming could inspect them without being part of the crowds. My husband asked a policeman who informed us that it would be William and Kate who were visiting. Apparently, this was to be their first public engagement as the Prince and Princess of Wales and they would be coming between 12 noon and 1 o'clock, so of course we decided to join the throngs and wait to see them.

At about 12.15pm they arrived by car and started looking at the flowers and reading the many cards. When they got to the end near where we were standing, William turned to Kate and obviously said something like "It's time to meet the public" whereupon William started fairly near us, and Kate went right to the end of the barrier and made her way along. We were standing just behind a young mum who had a very young baby of three months (who was very good and never made a murmur). It turned out he was born four weeks early on the Jubilee Weekend and was the first baby to be born at King's Lynn whilst the Jubilee celebrations were taking place. Hence he had been named "Louis". Louis had on a Paddington Bear Babygro on and PB on his little navy jacket. His blanket was also decorated with Paddington Bear. William commented that Paddington Bear was fast becoming more of a favourite than the Queen's corgis. He stopped to talk to all of us, thanking us for being there and talked a little about his "granny" and we all said how much we would miss the Queen and that she was very special to us all. (A very polite well-spoken young man) I was fortunate enough to have him shake my hand along with several other people. Meanwhile Kate was making her way towards us and had quite a conversation with Gemma, the baby's mum. She was flabbergasted that Gemma was managing to get some sleep and said "Wow" that's good. Several people asked after her children and she said they were settling back into school. I was able to shake her hand as well.

On the way back to the car we were near the back of Sandringham House where we came across a man in the grounds with 11 Labradors and two spaniels. We ask him if we would be allowed to photograph the dogs and he said "Of course". He said they were the Queen's dogs and probably The King would take them on. They were very obedient. but he said they were not always like that.

All in all, it was a very exciting day for us tinged with the sadness of why we were there.



Afternoon tea to celebrate the life of Queen Elizabeth II

North Herts. Branch

by Helen Muggeridge

Since covid restrictions were lifted, our branch tentatively opened for business in November 2021.

It was a little slow to get going, but we persevered with monthly meetings and have had some interesting speakers, and outings.

In December, we opted not to go out for a celebratory meal, but had afternoon tea, games and a secret Santa at our usual meeting place. Members all seemed to enjoy being together again.

In January we held an extraordinary AGM Where a full committee was elected.

In February one of our new members gave us an extremely lively talk on her 40 years nursing in South Africa.

In March we heard about the work of M.A.F. Mission Aviation Fellowship, a voluntary organisation supplying urgent medical care and equipment to the most isolated places in the world. In April, several members finally visited The Gordon Craig theatre to see 'Some mothers do 'ave ' em' which had been postponed last year due to covid. A good time was had by all. Also in April our speaker told us of the work and training of sniffer dogs.

In May, Lorraine Taylor attended our AGM and updated us on the Fellowship In general.

In June our speaker was the Head Cardiac Rehab Physiotherapist at The Lister Hospital, and also the Deputy Mayor of Stevenage. She was so impressed with the idea of the NHSRF so has helped us to secure some grants to help us fund future activities this year.

In July, August, and September we heard about REMAP, a charity that supplies custom made equipment to enable disabled people to live as independently as possible. Living Room, a local charity supporting victims of addictions, and their families.

Lastly, a local lady who demonstrated greetings card making. Some of which she donated to a free raffle at the end of the session.

Also during the year we attended two afternoon teas. One was Lorraine Taylor's Regional Tea at Putteridgebury. The second was originally planned to celebrate Queen Elizabeth II's Platinum Jubilee, and at which we'd planned to use one of our council grants to part fund. Sadly, our Queen passed away before our tea date. However, we still went ahead with the tea to celebrate her life. Both of these were very enjoyable indeed.



Members listening to a talk on an education project in Swaziland

Northampton Branch

Photos by Pat Oliver

Northampton is a large branch with around 125 members, and I was very pleased to receive their October 2022 newsletter from Teresa Wilkins the editor. There were 16 pages of interesting news items and photographs to look through.

Back in July, 38 members of the branch visited Sandringham. The group enjoyed a self-guided tour using ear phones of the 9 rooms. Particularly impressive were the chandeliers which hung 7-foot from the ceiling and were commissioned by Queen Victoria and originally installed in Osbourne House. The weather was warm and sunny and refreshments were enjoyed by all.

In August, 13 members of the branch together with 10 members from Kettering Branch set off for Leicester. After a tortuous trip around the streets of the city the group finally reached the King Richard III Exhibition. It was reported that the tour was extensive telling how Richard became King, the good laws that were brought in during his reign, which still stand today, and his death at Bosworth. Everyone enjoyed the day saying it was much more interesting than anticipated. Finally, the group enjoyed tea and cake before the drive back to Northampton.

A total of 37 members, 11 from Kettering Branch enjoyed a trip to Anglesey Abbey in September. The group visited the restaurant before departing into the gardens and abbey. The dahlia garden was spectacular. In some instances, the plants were up to 5ft high and very colourful. Inside the abbey were numerous rooms including a wonderful library containing 6,000 books.

Members of the branch committee are currently working on the plan for 2023 day trips. This is likely to include the National Memorial Arboretum and the Princess River cruise Experience, Nottingham with cream tea. The branch is once again planning to share day trips with Kettering Branch. Ed



Branch collection in support of St. Alban's Church Food Bank



Fundraising – sale of books and jigsaws