

South East News

and update from



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What's New

Welcome to the March edition of South East News. It is really quite cold outside today but Spring is in the air. That lovely white blossom is beginning to arrive on the trees here in Ruislip and we will soon have our lovely forsythia hedge turning a beautiful yellow out front.

In this issue I have included some ideas for speakers and places to visit which I hope will be helpful.

Thank you to those of you that have written to me concerning the current changes to the capitation payments. All points have been noted and passed on as appropriate to Mike Seaton. I will be meeting with Mike later this week for further discussion. It is my hope that all will be well with the Fellowship as we move through 2023 and for many years to come. I am very aware of the differences in the size and the challenges faced by the branches in our patch and will do what I can to support together with the help of my excellent Regional Reps. For your information and in case you are not aware, we have 60 branches in the south east/East Anglia and this accounts for around half the number of branches in the Fellowship. To draw a comparison there are just nine branches in Scotland and six in Wales..

Anyone interested in joining a branch who needs help with deciding which one is invited to visit our website (www.nhsrf.org.uk) or they can contact me.

Please do keep up all the good work and do keep your news coming. Always good to see it in my inbox. Ideas for content and topics are always welcome.

Take care and keep well everyone.

Sally



As all branch committee members know it is not always easy to find a speaker for branch meetings. Below are some suggestions. If anyone would like to let me know of any suggestions, I can include in a future issue of this newsletter. **Ed**



Arlene Martin, journalist, is happy to visit branches in the Greater London area to deliver short presentations on Dignity to groups of various sizes. Each presentation consists of a 15 minute presentation which includes a brief overview of the magazine, her rationale for setting it up and a short explanation of how the articles work. The audience would then be invited to ask questions.

Arlene then moves on to ask those present about any pressing concerns that they are currently wrestling with, and she then endeavours to offer practical advice. The issues raised during this session will often feature in future issues of Dignity. The audience-led part of the session can last between 30 minutes - an hour. Arlene tells me that groups tend to really enjoy this part of the session with many people taking part. To book a session please contact Arlene at arlene_martin1@yahoo.co.uk

Dignity is a bi-monthly, current affairs title. It was set up in August 2014 to help tackle the economic, health and social inequalities blighting the lives of retirees. As such, we write extensively about pensioner poverty, loneliness and social isolation, and declining physical and emotional health. Our emphasis, however, is on the measures put in place to alleviate these social ills. This is simply because Dignity seeks to empower its readers to take charge of their lives and thrive.

We try to achieve this through the provision of informative and engaging news stories, step-by-step articles and in-depth features encompassing a diverse range of subjects such as money and pensions, employment and retirement, and health and social care.

As each article is focused on tackling a specific challenge, most end with a mini guide offering practical solutions to that challenge so that readers can swiftly deal with their issue and get on with living their lives. We also break each subject down into manageable chunks to help everyone develop a thorough understanding of the topic and the issues that surround it.

*Finally, we also include a number of 'quick-win' news stories in each issue. If readers follow the advice detailed in these and the step-by-step articles, they can quickly recoup the cost of their **£18 subscription fee** many times over.*



**Caister
Lifeboat
Donald Hill**

Donald is happy to deliver his talk on the Caister Lifeboat to branches in East Anglia and those north-east of the M25. Please email him at fairhaven129@gmail.com for more information.

Look on websites for local speakers:

Wiltshire Farm Foods

<https://www.wiltshirefarmfoods.com/>

Hounds for Heroes

enquiries@houndsforheroes.com / 01730 823118

Cats Protection

<https://education.cats.org.uk/book-a-talk/>



Family History

Terry Duhig

South West Surrey Branch

On Thursday 9 February 2023 our branch held its monthly meeting. Our guest speaker, Maura, gave us a talk along with a slide show about Family History. As someone who is currently working on their family history, I was looking forward to this talk, and the title of the talk 'Family History a Hobby or an Obsession' is a title I certainly agreed with.

Maura provided a lot of information about how to research family history, which was very informative.

From the information and suggestions that Maura provided, everyone in the hall should be able to research (or those who would like to) the very basics of their family tree. For those who have already made the start or have been working on their family tree for a while now, Maura also told us about ways to get around those brick walls.

We were told how to research those family photos where you might know at least one person. Family photos are a big bonus as generally they contain a number of family members some of whom you might never have even heard off, and of course the likelihood is that there are no names a photo.

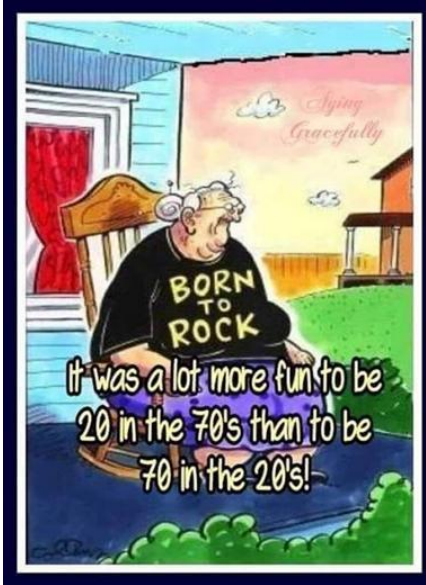
Maura finished of the subject with some very valuable advice for everyone; even if you are not personally interested in working out your family history, someone down the family line just might be. If you label those photos with names, dates and even a note about the event behind the photo then you will be a big help to future generations.



To view more event photos
please visit:

https://1drv.ms/f/s!Avhd_71bZuTCgY81NAZaUtn5kFTYIA

Funnies from Monica Sado, Brent Branch



Answers offered by British students in the public examinations for 15-year-olds.

English

Define the word "monotony."

Monotony is being married to the same person all your life.

Use the word "judicious" in a sentence to show you understand its meaning.

Hands that judicious can be soft as your face with mild green Fairy Liquid.

What does the word "benign" mean?

Benign is what you will be after you be eight.

What is the correct use of a semi-colon?

Only to be used as a last resort, a semi-colon is a partial removal of the intestines.

A fifteen-year-old Amish boy and his father were in a shopping mall. They were amazed by almost everything they saw, but especially by two shiny, silver walls that could move apart and then slide back together again.

The boy asked, 'What is this, father?'

The father (never having seen an elevator) responded, 'Son, I have never seen anything like this in my life, I don't know what it is.'

While the boy and his father were watching with amazement, a fat old lady in a wheelchair moved up to the moving walls and pressed a button. The walls opened, and the lady rolled between them into a small room. The walls closed and the boy and his father watched the small numbers above the walls light up sequentially.

They continued to watch until it reached the last number... and then the numbers began to light in the reverse order.

Finally, the walls opened up again and a gorgeous 24 - year-old blonde stepped out.

The father, not taking his eyes off the young woman, said quietly to his son 'Go get your mother.'

Geography

Name the four seasons? Salt, pepper, mustard and vinegar.

Explain one of the processes by which water can be made safe to drink?

Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

How is dew formed?

The sun shines down on the leaves and makes them perspire.

What is a planet? A body of earth surrounded by sky.

What is a fossil?

A fossil is an extinct animal. The older it is, the more extinct it is.



An Interesting Talk

Reported by Sheila Sheppard
Brighton and Hove City Branch

Sheila Sheppard recently emailed to let me know that her branch had enjoyed an interesting talk from Vicki Brown on NHS Gardens. Vicki also kindly sent through the link below to the work done to help the wellbeing and recovery of patients in hospital.

The video is available here: <https://nhsforest.org/about/films/> along with a few shorter films about their work.

Ed: I can confirm that this is a wonderful initiative and well worth learning more about. There are contact details on the website should your branch wish to consider inviting a speaker to one of your branch meetings.



East Kent (Canterbury) Branch

Stephanie Marsh

A lovely photo of the branch enjoying a social lunch at the Duke of York, Dover.

And a good time was had by one and all.

Ed: This new branch seems to be doing well. If you are interested in learning more about them please let me know.



A Celebration of Life

Monica Peters

by Janet Lambley, East Surrey Branch

Remembering Monica Peters 1930 -2022

Monica Peters, a branch member since 2010, who experienced nursing in the very early days of the NHS, having started her training in 1947, died peacefully on 11th December 2022, aged 92.

In 2016, Monica described in a Branch newsletter how she started her training at Horsham Cottage Hospital straight after leaving school aged 17. As nurses had to be 21 to qualify, her training lasted four years. She spent the last two years at Redhill Hospital, during which time she met her husband Jim at a Christmas dance organised by the Matron. Monica and Jim were married for over 60 years, until Jim died five years ago. They had two daughters, three grandchildren and five great-grandchildren.

Monica's memories of her training highlighted differences between 'then' and 'now' in the NHS. For example, nurses on night duty cooked patients' breakfasts, folded gauze for dressings and made cotton wool balls for autoclaving. Nurses were taught how to set out food on trays to tempt patients' appetites with attractive colours and crisp tray-cloths. They went in fear of the Matron, who was strict about uniform. Nurses who broke a thermometer had to stand outside her office and wait to be told off.

After working at Redhill and Smallfield Hospitals, Monica joined the team at Woodlands Road Surgery in Redhill as one of the first practice nurses. She worked there for 25 years until her retirement. She said she had loved working in the community, although she missed the wards.

Monica and Jim were well-known in the community through their membership of local folk- dance clubs. They were also keen ramblers, enjoying walking in the Surrey hills. In their retirement, they volunteered in the Royal Horticultural Society gardens at Wisley.

Monica's passion was nursing and a highlight during lockdown was her Zoom meeting with Boris Johnson and other nurses of her generation in the NHSRF to celebrate the 72nd anniversary of the NHS in 2020. She was thrilled to have been asked to participate and was on a high for weeks after her chat with Boris. It had given her another opportunity to share her love of nursing. As she said in 2016: 'Wearing a nurse's uniform gave me the confidence to care for people wherever I was based and that's all I ever wanted to do'.

Ed: Monica was certainly an awesome lady.



**An invitation to all
members.**

**Visit to the [Victoria and Albert Museum](#)
Cromwell Road, London SW7 2RL.**

Nearest underground station: South Kensington

Thursday, 16 March 12.40 p.m.

All members are welcome to attend this event organised by The Royal Marsden Brach. Our meeting place will be The Medieval and Renaissance Hall, just to the right of the Information Desk at the Cromwell Road entrance.

Shirley will be our host on this occasion. We will proceed to the Lecture Theatre to listen to Dr. Sally Dormer. Sally's talk is entitled "Tales of the Unexpected from the V&A's Medieval Collection". Amongst other secrets of this collection, we will hear about a comb that tidied the hair of an Emperor and an incense boat that was discovered by men fishing for eels!

The lecture theatre is accessible via stairs or a lift and the talk will begin at 1.00p.m. lasting about 50 minutes, followed by Q and A.

There is much to explore in the Museum and there are plenty of refreshment areas which you may wish to visit after the talk.

Entrance to the Museum (open 10.00-17.45) and to the lecture is free.

Although not essential, it would be helpful if you were able to let us know if you plan to come so that we can look out for you, please email:

Susan Gunning rmh@nhsrf.org.uk





Walkers on the Sept. 2022 Cutty Sark walk



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.

Friday 10th March 2023 – Meet at North Dulwich station at 11 a.m. for a 5-mile circular walk including a park, a wood and a nature reserve.

Friday 14th April 2023 - meet at 11 a.m. at Wapping station for a 4-mile walk to Canary Wharf led by Peter, including transformed dock lands, a variety of trees, two basins and a rooftop garden. Wapping has a short platform, it is interesting to climb the stairs.

Thursday 11th May 2023 - meet at 11 am at Vauxhall underground station, exit 1 (no ladies toilets at start) for a 4-mile walk led by Peter to Pimlico underground station via a riverside path, an embassy, use 2 newish underground stations, time for [window] shopping in Battersea Power Station, Albert Bridge. a rectangular square.

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



Report on meeting at St Martin-in-the-Fields,

Thursday, 23 February

Susan reports. We held a Branch Meeting in the Crypt Café of this Church in Trafalgar Square. Greetings and conversation flowed easily amongst us all, including 7 members of other branches. Having obtained refreshments, Linda presented us with a very varied and challenging quiz which we all thoroughly enjoyed. Those who spoke their thoughts aloud helping the rest of us to eavesdrop and find some correct answers!

Susan Gunning rmh@nhsrf.org.uk

Bits and Bobs



Of special interest to Postal Members

This year the Royal Marsden Branch will be visiting Lewes in June and St. Albans in August.

They are wondering how they might be able to engage with any postal members who may live in or near either of these towns. If there are any, they feel it would be really nice to meet them and perhaps they might even like to advise on the best sites to see, and might even like to be our guide for the day and be proud to show us around their hometown. One of our committee members would obviously arrange to meet them beforehand and undertake any necessary recce.

Naturally any branch members in the two areas would also be very welcome to join these days out.

If you would be interested to take part in either of these events, please contact Susan Gunning rmh@nhsrf.org.uk

Battersea Power Station

Gloria Carr – West Middx. Branch - reports

One of our members, Loraine Fenton, went up the Battersea Power Station chimney a few weeks ago, and was overwhelmed with the London views on reaching the top!

The Lift 109 journey begins in the Power Station's magnificent Art Deco Turbine Hall A, where through a carefully curated exhibition of original records and multimedia displays, you'll discover more about the building's rich heritage, its architectural significance and enduring presence in popular culture.

Continuing onwards and upwards, constellations of light guide your way as the elevator makes its ascent up one of the iconic chimneys and from 109 metres at the top you will take in a panoramic view like no other.



Whilst visiting, don't miss the splendid mix of shopping outlets and places to eat.

Your eyes blink around 20 times a minute. ...

Your ears never stop growing!

Earwax is actually a type of sweat! ...

There are 24 Fellowship branches in Greater London, so do drop me a line if you would like to join one.

If you walked for 12 hours a day, it would take the average person 690 days to walk around the world.

NHSRF Benevolent Fund

Remember folks the Fellowship has its own Benevolent Fund. More information can be found on our website www.nhsrf.org.uk or by contacting the Fund Administrator - Email: sherry.smith2@nhs.net or Tel No: 01305 361317.