

South East News

and update from



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What's New

Hello everyone. Well, I expect you are wondering who the two ladies in the photograph on the left are. Well, I am on the left and the lovely lady to my right is Aneira Thomas, the first baby born in the NHS. I had the pleasure of meeting her at a Cavell Nurses event in July 2018 when we were, of course, celebrating 70 years of the NHS. Aneira was really fun to be with and explained how her mum was advised to 'hold on' until after midnight!

I know that many branches have planned events to celebrate the 75th and am aware that Lucia, in Comms, has also done some useful work in this respect. I hope to be able to report more on this news in the next issue of SEN.

One good piece of news is that Karen Kennedy, Development Officer for the North West, has succeeded in opening three new branches, with another hopefully well on the way. Well done Karen.

A further piece of good news came the way of Maria Somauroo when I called her to let her know she had won the May Prize Quiz.

This issue again includes details of the Fellowship Annual Holiday to Switzerland in September. If you are thinking of joining this, please note that bookings need to be made very shortly.

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. I am happy to help.

Thanks as always to those who have contributed to this issue. Please do keep up all the good work and 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 ideas. If anyone would like to let me know of any suggestions, I can include in a future issue of this newsletter. Ed

To access details of possible speakers for branch meetings please click on the link below to view the relevant pages on the NHSRF website. Please note also that I have had further recommendations for the RNLI speaker listed in April's issue of this newsletter.

<https://nhsrf.org.uk/wp-content/uploads/2022/08/NHSRF-Website-Branch-activities.pdf>

Free Talks

'Tax, Care and Toy Boys'. Talks delivered by Co-op Estate Planning.

Protecting your family's nest egg- For many people, one of the biggest worries as they grow old is being able to give their family a helping hand and make sure that when they die, what they have worked all their life for goes to the people they love the most. Sadly, as you grow old, you have to pay for many things that you have once done yourself. And these things, such as help at home, getting around and care fees, can soon make a big difference to that nest egg. We can give practical help and advice on how to protect as much of your wealth as possible for future generations.

Inheritance tax - There may be ways of putting a protective arm around your wealth which help to reduce the burden of Inheritance Tax for future generations. We can help to make sure that you make the most of tax allowances and tax planning opportunities.

Stopping 'sideways disinheritance' - Re-marriage of a surviving spouse after the first death of a couple can result in the new husband/wife inheriting everything, whilst the children from the first marriage get nothing. Our advice can help protect the family home and savings for future generations and go to the children and grandchildren.

Lasting Powers of Attorney - As we continue to live longer, a large number of us will suffer from dementia and lose the capacity to look after ourselves. No one wants to think about what will happen if they become unable to make decisions themselves through illness, an accident or old age. However doing so now and having LPAs in place will remove the burden from your family and help reduce the stress and cost to your family at a very difficult time.

Our speaker will introduce the above issues, and explain what steps can be taken to plan for the future.

Nicholas Minshul, Co-op Estate Planning, Tel: 0800 110 5221 Option 2, nicholas.minshull@coop.co.uk

Windsor Castle and Frogmore

Mr. Leslie Grant 01753 851947

Talk on Women's Land Army
Talk on Brothers in the RAF

Mr. Jeff Payne, Rickmansworth 01923 774026

2000 Years of London Bridge

Mr. Graeme Matthews 01985 631905

Kew Gardens – An historic View

Mr. J. S. Keesing, Twickenham 0208 894 3640



Update on
Lowestoft Branch
by Jenny Henwood

Our branch celebrated the coronation of King Charles 111 at our usual Tuesday monthly meeting in May with tea and cake, a coronation quiz and as you can see lots of memorabilia.

In April we visited Carlton marshes to walk and enjoy the Suffolk Wildlife, gathering for coffee and cake to follow. Our speaker early in April was Sally Popham who sings the 60's, she was brilliant, entertaining us with the music of our youth.



We have lots of outings planned this year, with some of our members joining West Suffolk NHSRF for a celebration of the 75th anniversary of the NHS and the 45th anniversary of the NHSRF in Bury St Edmunds.

Jenny



Focus on our members in the Midlands

by Sue Williams, Regional Rep.

Who am I? I am a retired trained nurse with 37 years NHS experience in Walsall, Birmingham, Burton, East Midlands RHA and Derbyshire having held various nursing and management roles during my career.

I am founder member of the Walsall Branch which started in August 2013 when I became its branch secretary, supported by the then regional representative and the development officer – North.

I was appointed to the post of West Midlands regional representative in September 2014. The then National Council agreed to change the boundaries to include the East Midlands branches.

What is my role? I communicate information from Members Council to all branches in the Midlands. I attend, on invitation, Midland branch meetings gaining the opportunity to speak to both members and branch officers. I communicate and represent the views of the members and branches within the Midlands.

There are nine branches, currently, in the Midland region. One in the East Midlands; Leicestershire. Six in the West Midlands; Coventry, Sandwell & West Birmingham, Sutton Coldfield, Walsall and Wolverhampton. One in Staffordshire; Staffordshire Moorlands. One in Warwickshire; Warwick.



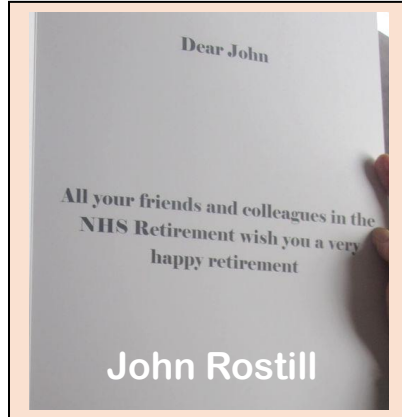
I am currently working with the trusts in Birmingham Children's and Women's along with Bob Middleton after we attended the week-long celebrations at the Children's Hospital for International Nurses Day 2023. I am going to three of the Worcestershire Acute NHS Trust Hospitals at the beginning of June to see if we can open at least one branch in the county.



Last month I arranged a surprise Afternoon Tea for our retired chief executive John Rostill OBE where he was greeted by George Kempton, Margaret Moffat and Chris Kitchen along with members of the Walsall Branch.

George presented John with a cheque and a huge card from everyone at the NHSRF.

Ed: I hope members in the south east have enjoyed reading about Sue's good works in the Midlands. Well done, Sue!



George Kempton thanked **John Rostill** for all the long hours and difficult decisions over the last 10 years. He handed over a substantial cheque which showed the gratitude from the branches and members on his retirement.



John's response was funny with lots of memories recounted.

He thanked the guests for coming to his branch on 18 May.

Ed: Enjoy your retirement, John.

Free Event – West End Live

West End Live, 17-18 June – London

Do you enjoy a trip to the theatre? Then [West End Live](#) really has something to offer! Across the weekend, the West End's biggest stars will take to Trafalgar Square for a spectacular smorgasbord of open-air musical theatre performances. It's the perfect chance to reminisce in much-loved classics while getting a taster of the freshest new shows before buying tickets.



George Cross to tour the nation to mark NHS 75th birthday

The George Cross medal, awarded to the NHS in England last year by the late Queen, is set to tour the nation from July. As part of the NHS birthday celebrations, the UK's highest civilian gallantry medal will be displayed in Science Museums across England, after it was bestowed on staff for their exceptional efforts, particularly during the pandemic.

It was only the third time ever in British history the medal has been granted to an organisation for an act of great heroism.

NHS Chief Executive, Amanda Pritchard and May Parsons, a matron for respiratory services who delivered the world's first approved COVID vaccination, received the honour on behalf of the NHS by Her Majesty Queen Elizabeth II at a ceremony in Windsor Castle last July.

Now, to mark the milestone 75th anniversary, the cross, which is currently kept at Windsor Castle, will go on tour to allow staff and patients to view the historic accolade. From Thursday 6 July, the medal will be on display at the iconic Science Museum in London as a temporary addition to Medicine: The Wellcome Galleries, the world's largest museum devoted to the history of medical healthcare. The medal will be able to be viewed in the Science and Industry Museum in Manchester from February 2024 before going to the National Science and Media Museum in Bradford from July. It will then visit the South West in 2025, with the venue to be confirmed in due course.

The George Cross award recognises the "courage, compassion and dedication" of NHS staff and volunteers, during the pandemic as well as the work of the NHS since it was established in 1948. **Announcing the tour, Amanda Pritchard, Chief Executive of the NHS in England said:** "For 75 years, NHS staff have served our country – this year's anniversary is an opportunity to reiterate our thanks to them, as well as to celebrate the history and achievements of the NHS, from the first organ transplants through to mass vaccination programmes which have saved thousands of lives. "We were honoured to receive the George Cross from the late Queen on behalf of the NHS and I am delighted that – through our partnership with the Science Museum Group – NHS staff, volunteers and local communities will get to see the medal up close".

May Parsons, a matron for respiratory services at Buckinghamshire Trust who delivered the world's first COVID vaccination in December 2020, said: "I was humbled and honoured to receive the George Cross, alongside Amanda, on behalf of the NHS and I am delighted it will be going on a tour during the NHS's 75th year for staff, volunteers and the public to see."

"The George Cross is a truly fitting tribute to thousands of NHS staff and volunteers who went above and beyond during the pandemic and continue to do so every day".

The decision to award it to the NHS was only the third time the George Cross has been given to a collective body, rather than an individual. It was previously awarded to Malta in 1942 and to the Royal Ulster Constabulary in 1999.



Branch Visit Suggestions

Why not visit Kew?

Ed



From 1998-2010 I was employed as Welfare Officer at The National Archives at Kew. Managing staff welfare, occupational health and onsite first aid it was a great place to work. Now there is a great new exhibition to visit.

Find your inner inventor at **Spirit of Invention**, a fun, **free** design exhibition at **The National Archives** opening on **Saturday 27 May 2023** until **Sunday 29 October 2023**.



www.nationalarchives.gov.uk/spirit-of-invention/visiting

Step into a world of creativity from past to present – see original Victorian designs that capture the glorious imagination of Victorian Britain alongside designs from modern makers. Try on a Victorian ventilating top hat, make a call on an early telephone and be inspired to become an inventor yourself.

The reading rooms, exhibitions, shop and café are free to visit and open to all. The Archives are situated by the river Thames.

Nearest tube: Kew Gardens. Car parking available. The exhibition is open Tuesday-Sunday Please check [opening times](#) before visiting.



Kew Gardens

Royal Botanical Gardens, Kew, from 27 May

This summer, Kew invites visitors to escape into nature and nurture a deeper connection to the world around them. As part of 'The Wander Project', five inspirational new trails wind their way through the site's 300 acres. Will you follow the energizing Adventurer trail, discover new perspectives as a Dreamer, or perhaps soak up the sights, sounds and smells of nature on a mindful stroll as a Wanderer? www.kew.org

BRENT BRANCH



'Titanic the Musical'

by Monica Sado



50 members of the Brent Branch had a great day out in High Wycombe, to see 'Titanic The Musical' at the Wycombe Theatre.

Before the show there was time to shop and have lunch - dining at Wycombe Swan should usually be pre-booked although there is usually walk in availability on the day. There are other places to eat in close proximity to the theatre.

The staff at the theatre are very friendly and helpful and everyone enjoyed the performance.

If travelling by coach - the coach can park outside the theatre. if coming by public transport, High Wycombe is on the Chiltern Line.

Car parks are available, but do allow plenty of time to get parked.

For the organiser - booking is very easy; tickets can be reserved in advance and plenty of time is allowed for payment of tickets sold.

For further information and to receive a brochure please contact groups@wycombeswan.co.uk

Ed Thank for this news item Monica. Sounds as if it was much enjoyed by all and love the photo!



The lake at Althorp with the Princess Diana Memorial beyond



**An invitation to join a visit
to the Althorp Estate on
22 July**

from Newham Branch

The Althorp Estate family home of the Spencer family for many generations is perhaps better known as the final resting place of the late Diana Princess of Wales.

Newham Branch would like to invite all branch and postal members to join them on this visit: planned for Saturday, 22 July 2023 departing from Stratford Westfield Bus Station: Coach stop at 8.30am.

Cost: Coach and entry £42 NHSRF members. Non-members will be very welcome with the cost being £44.

To secure a place please contact Norma Owusu on: 07958 347696. Please note the coach will have a toilet on board for your comfort and the 'Stables' café serves a good range of sandwiches, cakes and drinks.

Why not come and join us on 22 July.



**An invitation to all branch and postal
members**

to the

Annual Fellowship Holiday

by Lorraine Taylor

NEED A HOLIDAY? – THEN WHY NOT COME AND JOIN US?

This year's holiday is to Switzerland on the 10-17 September 2023 for eight days. Excursions include a trip on the Golden Pass train to Montreux and a Mountain Scenery Tour as well as optional tours. The hotel is bed and breakfast plus five dinners (sorry this was the best I could get). When arranging this year's holiday, I have taken care to ensure the trip is suitable for our group's requirements. For example, I have ensured that we will avoid too early flights (5am) and too late returns (12 midnight). I have carefully considered cost and ensured that the group will not have to move hotels during the stay.

Further details and to book contact Sian Nugent, Newmarket Holidays on 0203 921 0953 or email sian.nugent@newmarketholidays.co.uk. Remember to quote NHSRF.

DON'T DELAY - BOOK TODAY



An invitation to join some interesting London Walks hosted by

Redbridge and Waltham Forest Branch

Walkers on the January Medieval City Walk

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

Friday 9th June 2023 - meet at 11am at Sloane Square Station (district line) for a 6 3/4-mile circular walk around Chelsea and Brompton cemetery.

Wednesday 12th July 2023 - Meet at 11 am at Dagenham East station (district line) for a walk round Eastbrookend Country park. Suggested meal at the end at Pipe Major pub.

Thursday 31st August 2023 - meet at 11.30 am at Chingford station for a 5-mile circular walk through the forest to the Owl pub for lunch. If anyone would like to join us there for lunch, please let me know. We should arrive there by 12.30pm.

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



**Sumburgh Head Bird Cliffs,
Shetland's most southerly point**

Cruise to the Scottish Isles

Sheila Sheppard, Brighton Branch

Peter and I have just returned from an enjoyable cruise to the Scottish islands with Fred Olsen on their lovely ship, Balmoral. We were well looked after with good food, excellent speakers, on sea days also quizzes and entertainment in the evenings.

I managed to do a quick sketch whilst we sailed by Fingal's Cave and Peter bought himself a Harris Tweed cap on the island of Lewis. We met up with Peter's sister and brother-in-law when we docked at Orkney. They took us out for lunch. We also saw puffins when we stopped at Shetland.