

South East News

and update from



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What's New

It is a very busy time of year for the Fellowship. Our new CEO, Mike Seaton, is clearly working on his plans together with the board of trustees to do all that can be done to secure a good future for the Fellowship. The new Members Council is working well, and I would encourage any members who feel they could do more to support the management of their branch to do so. Just a little help can make all the difference.

Many branches have already enjoyed celebrating the 75/45 anniversaries and some branches have yet to enjoy special days.

Remember please if you have any suggestions to help the Fellowship then don't be shy and do make contact with your regional representative, your development officer or central office.

I was greatly encouraged with the co-operation between branches and my thanks to Susan Gunning for her work with the M25 Group.

Details are shown again about the Conference which certainly looks good.

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

Ed:

All postal and branch members of the Fellowship are invited to join this event.

My thanks to Susan Gunning for organizing this day out for members.



ROYAL MARSDEN BRANCH

VISIT TO (ROMAN) ST ALBANS - WEDNESDAY, 9TH AUGUST 2023

Meeting Place: Euston Station (probably platform 9, but please check).

Time: 10.00, to take the 10.09 train to Watford Junction, arriving 10.29.

Fare: Freedom Pass is valid to Watford Junction.

We then take bus 321, departing 10.42 to St Albans Abbey Station, 11.15.

Route: A short walk into Verulamium Park (toilets & refreshments) and continue to see a large section of Roman Wall. From there we visit the Hypocaust, an example of Roman underfloor heating and mosaic floor.

Then on to spend some time at the Roman Theatre and in Verulamium Museum.

Tickets for Museum: Adults £8.0, Concessions £5.0.
for Theatre: Adults £3.0, Concessions £2.50
Joint tickets for both £9.0/£6.0

On leaving, we make a quick visit to St Michael's Church (dating from 10th C) and then enjoy a late lunch at Kingsbury Water Mill, now a restaurant specialising in savoury and sweet Belgian waffles, or bring a picnic. After lunch we walk back through the park, alongside the lake, to the Abbey station, where either train or bus to Watford & then train to London.

Expected ETA London: between 16.00 & 17.00 hrs.

Approximate total walking distance: 2.0 miles/3.0 km, some of which uphill, and remember you need stamina for museum visits!

We hope to return to St. Albans next year to discover some of its more recent history.

Please notify Susan if you wish to join us: RMH@nhsrf.org.uk or phone 020 7589 6600. Mobile (on the day only) 0792 957 6306.

CONFERENCE INFORMATION



NHS Retirement Fellowship

Making your retirement work for you.

Forest Pines Hotel, Spa & Golf Resort
Ermine Street
Broughton, Brigg
Lincolnshire
DN20 0AQ

- 4-Star Modern Hotel - 188 Rooms
- Free On-Site Parking
- Free High Speed Wi-Fi
- Transfer from Scunthorpe Station
- Dedicated NHSRF Check-In
- Lifts, Bar & Restaurant
- Health Spa, Pool, Sauna, Steam Room
- 27-hole Championship Golf Course
- Woodland Walk Trail

All rooms have Bathroom, some with Walk-In Shower, soft pillows and snugly quilt, Tea & Coffee making Facilities and a large HD TV



IOW Tours
51 High Street
Shanklin
Isle of Wight
PO37 6JJ
www.iowtours.com



Forest Pines Hotel & Spa
Lincolnshire 24th - 26th November 2023
CONFERENCE PACKAGE £289

Make yourself at home at the 4-Star Forest Pines Hotel, Spa & Golf Resort, designed for you to relax and unwind.

Nestled in 190 acres of North Lincolnshire woodland, the sprawling hotel resort is a hive of activity, with a renowned Health Spa & Championship 27 hole Golf Course. As night falls, sip a cocktail out on the terrace and head to The Grill for a spot of casual dining.

Simple and unfussy, the contemporary Classic Rooms take a pretenseless approach to comfort and style. Upgrade to a Deluxe where the twin rooms have 2 double beds and the double rooms feature a king bed.

The Welcome Dinner on Friday ensures you settle in to Conference, and in the evening you are welcomed by your weekend's comperes - Blackpool's finest comedy vocalist & DJ Charleigh with live music from Julieanna.

Conference on the Saturday is in the impressive Tennyson Suite with natural daylight & a large breakout room, where morning coffee and chef's baked & fruit treats are served, as well as an afternoon tea with more of chef's treats. A 2 course hot & cold buffet lunch is included for all delegates.

A 3 Course Gala Dinner with wine included makes Conference Day end in style, and there is live music from The Moondogs, a resident band at Liverpool's Cavern Club, to dance the night away until late!

Once again IOW Tours is offering amazing experiences if you arrive a day early and/or add an extra night to your stay - see over for details...

*Single Delegates are in Double Rooms - £20ppn Supplement
Upgrade to a Deluxe Room for just £12.50ppn!*

TO BOOK CONTACT:
IOW Tours
01983 405116
enquiries@iowtours.com



All information is for guidance only and details are subject to change without notice



Oxford Branch meet with Brighton Branch by the Sea by Andrew Moss



Photo by Sheila Sheppard

We had a really happy hour spent with a group of members from Brighton at a café in the palace gardens at the start of our day out in Brighton.

I usually try to arrange a day out in a south coast resort for Oxford members each year and it was Brighton's turn in 2023. We met them last about four years ago when it was raining, so Sheila organised for us to have coffee with them in the Royal Albion Hotel which was badly damaged by fire the day before our visit this year.

This time the sun shone and we were able to gather at the café in the gardens and compare notes on branch activities and get to know each other a little more. A really pleasant time.

Our picture at the top of the page shows Sheila Sheppard (right foreground) with members of the Brighton branch on the right and Oxford members on the left. I am the one at the back on the right in a blue and white jacket.



Oxford Branch Shirley Smith being filmed by ITV Meridian

Ed: A couple of weeks back I received a call from ITV Meridian asking me if I could find a retired NHS member for their programme planned for 5th July. I contacted committee members in the three areas they were interested in and my thanks go to Maidstone Branch, Royal Berkshire Branch and Oxford Branch for their prompt assistance.

As things turned out Andrew Moss at Oxford Branch put Shirley Smith's name forward and I understand all were pleased with her contribution. So well done everyone for contributing their time to this project and especially well done, Shirley.

Police join Oxford Branch picnic by Andrew Moss



Members of Oxford branch were delighted to welcome Police Community Support Officers Maddie Highmoor and Ali Blood to their picnic in the park to celebrate 75 years of the NHS and 45 years of the Oxford branch.

The officers were passing by on foot patrol but were enticed to join us by the offer of a slice of celebration cake and a glass of apple juice and added enormously to the happy atmosphere of the afternoon.

Later they posted a message on social media saying how they loved meeting us and had arrived just in time for the cake cutting. "We are in awe of our past and present colleagues in the NHS and our emergency services in green" they said. "Enjoy your celebrations."

For us, it was a pleasure to meet such positive and friendly members of another public service. It made our day.



Enfield Branch

by Brenda Hurford

As there was no speaker available for the July meeting, the members of the Enfield Branch went on holiday together, using photos, food and souvenirs as mementos of their past holidays. While it poured with rain outside, we travelled to Caribbean islands, cruised in the Baltic region, went underground in Australia, visited a tiger sanctuary in India and learnt modern history in Belfast. These memories were illustrated with carved wooden figures, a necklace, photo albums and a chance to taste tamarind fruit. A large World map helped us follow in others' footsteps and we awarded gold stars to the best locations (and a few black spots to those that we won't return to!)



Sharing experiences and recounting exploits brought people together and we had all enjoyed looking back through our own memorabilia in preparing for the afternoon. An added bonus - no speaker's fee!



The Royal London Branch

by Pamella Hills



At our July meeting our speaker was one of our branch members, Jacquie Sey. She shared with us how to arrange flowers.

She started a course during lockdown and continued after. She now does arrangements for herself family and friends and thoroughly enjoys her new hobby.

All members on the day said they thoroughly enjoyed the session.

As you can see by the arrangements, we did very well under the guidance of Jacquie.

North West Thames Annual Event by Lorraine Taylor

On the 13th June 70 members attended the annual Afternoon Tea at Putteridge Bury, this comes under the auspices of the University of Bedfordshire near Luton. It was a beautiful day and as usual the tea was excellent and the members were able to take a walk in the grounds after tea, in fact one new member was so impressed that she took a video of the grounds to go on Facebook. We had the pleasure of the company of Vic Griffiths our Vice President, who spoke to us about the Fellowship, accompanied by his wife, Penny. It's always good to see them at this event.

I can certainly recommend this venue to other Branches, not just for their Afternoon Teas but for their Christmas Lunches.



Hemel Branch enjoy their annual picnic in the park

by Brenda Rance



The 75th NHS Anniversary Celebrations at Westminster Abbey on 5th July.

George Kempton, Mike
Seaton and Lorraine
Taylor enjoying the
event.



Report on VISIT TO MORDEN HALL PARK, DEEN CITY FARM & MERTON ABBEY MILLS

DATE: Tuesday, 18th July 2023

by Susan Gunning

We met as planned at 11 o'clock and it was a short walk to Morden Hall Park.

Branches of the river Wandle flow through its 51 acres of woodland and open space, and buildings include Morden Hall dating from the 1770's. This had been 'a school for young gentleman' in the 1840's, until bought by Gilliat Hatfield, a tobacco merchant. It became a military hospital during WWI, and later a Women and Children's hospital, and is now an attractive & popular wedding venue. Elsewhere in the grounds is Morden Cottage, 2 watermills where tobacco used to be ground into snuff, and a stableyard.

Linda led us through the Park and enlightened us with some history of the neighbourhood and local residents. We used the boardwalks to cross the wetlands, pausing on viewing platforms, before arriving at Deen City Farm. It is home to rare-breed chicken, sheep, goats, donkeys & guineapigs, amongst other creatures.

We then moved on to Merton Abbey Mills, the site of 18thC textile printing & dyeing, which later included prints for Liberty and for William Morris. This industry continued until 1982 and the site then became derelict. But by 1989 it had been redeveloped as a craft market and is home to a variety of eateries.

We enjoyed lunch by the riverside and then continued alongside the Wandle until reaching our final destination of Colliers Wood.

Ed: I must admit I was very pleased when Susan told me that 18 people joined in this event. Participants were from 7 branches.

I always running but never get tired. What am I?

A fridge

What kind of cup doesn't hold water?

A hiccup



I am made to absorb, and I can hold liquid even though I am full of holes. What am I?

A sponge

What has legs but doesn't walk?

A table

What's really easy to get into but hard to get out of?

Trouble

I get answered even though I never ask a question. What am I?

A doorbell



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.

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.

Wednesday, 27th September 2023 – meet at 11 am at St. Paul's station for the Great Fire of London walk (postponed from December due to icy weather).

Wednesday, 18th October 2023 – Meet at Bank Station, Threadneedle Street exit at 11am to continue The Medieval City walk finishing at St. Pauls Station.

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

Some of the milestones in the NHS Contributed by Northampton Branch

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| 1972 | CT scans revolutionise the way doctors examine the body, allowing three-dimensional images to be produced from a large series of two-dimensional X-rays. |
| 1973 | Number of cases of whooping cough falls to nearly zero due to immunisation programme. |
| 1979 | UK heart transplant programme began at Papworth Hospital, Cambridgeshire by surgeon Sir Terance English. |
| 1980 | MRI (magnetic resonance imaging) scans are introduced. |
| 1983 | UK liver transplant programme begins. |