

# South East News ....

## and update from



Editor: Sally Bundock  
[london.eastanglia@nhsrf.org.uk](mailto:london.eastanglia@nhsrf.org.uk)

July 2023



Aneurin 'Nye' Bevan 1897-1960

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## What's New

Well the NHS successfully reached its 75<sup>th</sup> Anniversary on 5<sup>th</sup> July and I am sure we all hope that it will continue for very many years to come. As we all know the situation is really quite difficult at the present time but we all soldier on in the hope that issues will be resolved successfully in time. On a brighter note, the NHSRF was ably represented at the celebrations at Westminster Abbey on 5<sup>th</sup> July.

In this issue we have information about the Annual Conference, and I hope that many of you will be able to attend. The hotel certainly looks good and if you request more information, you will see that the menu choices are also excellent. The full programme is still under discussion but is looking good.

We have had some really lovely weather lately and I hope members are able to get out and enjoy themselves. I confess I love the flowers at this time of year. I have always enjoyed gardening.

Remember if your branch would like to share events with other branch members/postal members please do let me know so that information can be circulated.

Anyone interested in joining a branch who needs help with deciding which one is invited to visit our website [www.nhsrf.org.uk](http://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>

### Inside UK Parliament free guided tours

UK residents can request a free 'Inside UK Parliament' guided tour by contacting their Member of Parliament (MP) or a member of the House of Lords.

What does the tour cover?

During this 75-minute tour, your guide will:

- explain the work of UK Parliament and its relevance today
- outline how the working spaces you visit on the tour are used
- set out ways you can get involved and engage with the democratic process
- highlight some of the dramatic history of the Palace of Westminster

These free guided tours are not available on Thursdays, Saturdays, Sundays and public holidays.

UK residents can book a free guided tour up to six months in advance by contacting their local MP or a Member of the House of Lords. Early booking is recommended. You do not have to know your MP personally or support them politically to book this tour.

Mr. Bob Sacco  
Grays Lodge  
Hollybush Hill  
Stoke Poges  
SL2 4PZ

Life and Times of Mr. Punch  
Clowning Around etc.

Phone: 01753 663374

Mr. Bob Hooding Jones  
67 Cecil Road  
Hertford  
SG13 8HR

Comedian  
Laughter in the Village etc.

Phone 01992 422224

# CONFERENCE INFORMATION



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 snuggly quilt, Tea & Coffee making Facilities and a large HD TV



**Forest Pines Hotel & Spa**  
**Lincolnshire 24<sup>th</sup> - 26<sup>th</sup> 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 compere - 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...

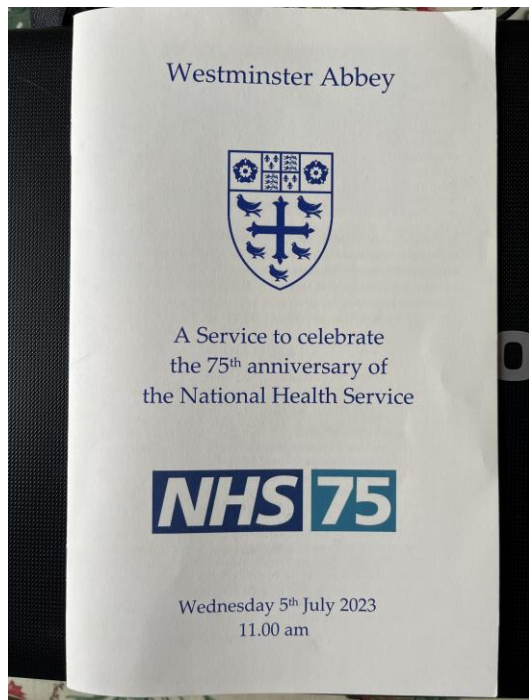
*Single Delegates are in Double Rooms - £20ppn Supplement  
Upgrade to a Deluxe Room for just £12.50pppn!*

**IOW Tours**  
51 High Street  
Shanklin  
Isle of Wight  
PO37 6JJ  
[www.iowtours.com](http://www.iowtours.com)

**TO BOOK CONTACT:**  
**IOW Tours**  
01983 405116  
[enquiries@iowtours.com](mailto:enquiries@iowtours.com)



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



**On 5th July the NHSRF was represented at Westminster Abbey by George Kempton, Mike Seaton, Lorraine Taylor and Lucia Hiden**

**I am told that the service was very moving.**

### **Amanda Pritchard, Chief Executive Officer, NHS England**

Today we come together to celebrate 75 years of our National Health Service, and all those past and present who have contributed to it. Since the day it was founded, the NHS has continually innovated and adapted to meet the changing needs of our patients and communities. It has operated at the leading edge of science, delivering advances – from heart and lung transplants and IVF, to bionic eyes and whole genome sequencing tests – which have benefited, and will continue to benefit, millions of people here and worldwide. Recent years have brought a once-in-a-century global health emergency and unprecedented challenges. But throughout, our staff, volunteers and partners up and down the country have continued to do what they do best; looking after patients and their loved ones. In doing so they provided a beacon of hope for a nation during dark and uncertain times. It is therefore little wonder that the NHS remains the institution that makes our nation most proud to be British – a cornerstone of national life and our shared identity.

Thank you for joining us in this opportunity to celebrate and thank our incredible people, reflect on our past, and look ahead to our shared future.



# Women's Prize for Fiction 2023 The Shortlist

- ***Fire Rush*** by Jacqueline Crooks
- ***Trespasses*** by Louise Kennedy
- ***Demon Copperhead*** by Barbara Kingsolver
- ***Black Butterflies*** by Priscilla Morris
- ***The Marriage Portrait*** by Maggie O'Farrell
- ***Pod*** by Laline Paull

## The Royal London Branch



by Yvette Hendricks

Whilst the NHS Retirement Fellowship runs a national book club, this group of people, connected through their work for the NHS, wanted to create a group with a more personal touch. Just over a year ago they started meeting once a month to choose and discuss books. Now they have six members and were chosen to read *The Marriage Portrait* by Maggie O'Farrell.

The group's discussion focussed on the feminist voice and how sociocultural factors can determine your life. The group found the commoditisation of women in the novel and the loss of childhood a sad, but honest, theme yet, they agreed that the character of Lucrezia was strong and resourceful and someone that the entire group wanted to succeed, even if they knew it was unlikely to end in her favour.

One member said, "We all felt the book was beautifully written with very detailed descriptive prose and imagery, denoting a keen observation of the human condition. Overall there was a sadness in the novel because Lucrezia was brought into this world to be sold on."

Another wrote, "The characters were all very well structured and totally believable so we were drawn into their lives. While reading I wish it didn't have to end because we knew Lucrezia's fate. It showed how a child, who from the beginning seemed unwanted and unloved, was catapulted into adulthood before she was ready. You cannot help but weep for the loss of her childhood."

For more information on this interesting initiative please visit:

<https://readinggroups.org/news/women-s-prize-for-fiction-2023-shortlist-what-did-our-reading-groups-think>

After much reading it was finally announced that Barbara Kingsolver's *Demon Copperhead* won the 2023 Women's Prize for Fiction, making Barbara the first double winner for the Women's Prize for Fiction in its 28 year history.

## Northampton Branch

# 75<sup>th</sup> NHS Anniversary Celebrations

Pat Oliver



Some lovely photos of the cake at Northampton Branch celebrating 5 July 2023 and, of course, members enjoying themselves.



### Daffy Definitions

Illegal	An eagle that doesn't feel well	Forest	Sit down or lie down
Foreign	Use an umbrella	Selfish	What a fishmonger does
Acquire	Sings in a church	Shoemsmith	Telling Smith to go away
Mandate	A girl agrees to meet a man	Handicraft	A boat ready to jump into
Pantry	A tree on which pans grow	Winsome	And lose some – that's life



## **Sue Lloyd, Suffolk West Branch**

### **writes about her role as Speaker Secretary**

I am a founder member of Suffolk West NHSRF, and I have been a member of the committee since the start. My role at present is to find and book speakers for this group. We have a large group of members, around 120. Usually between 70 to 80 attend the monthly meetings.

Our group has at least two months a year when we do not have speakers and then we have a Christmas lunch, and during the year at AGM time, we have a social and fundraising day for our fellowship, with books, cakes, and items that are made by the craft group.

We hear talks on any subject that we feel would be interesting, anything from animals to historical subjects, people come to talk about an unusual experience or something they feel passionate about. One lady talked about her work for people with 'Vision impairment in Bangladesh'. We also have subjects that will help our members such as how to protect ourselves as much as possible. We had one speaker who with a doctor friend came to talk about 'Atrial Fibrillation and Stroke' and they tested everyone to see if we needed to see our own GPs.

The subjects we have had have included local history, and some of London's history, and 'Cases that made Criminal History'. Once we had a stonemason who had worked on the Bury St Edmunds extended tower of our Cathedral. We have had 'An Eccentric look at Suffolk' which was presented by a well know radio speaker and was about Dialects. We have had speakers from 'East Anglian Air Ambulance' service they need our help to continue with their work, and a local speaker about 'Medical detection Dogs' a speaker from 'Riding for the disabled.' We had a speaker talking about 'How to protect Hedgehogs' and what to feed them.

Earlier this year we had 'County life in the time of Gainsborough, Constable and Austin.' Also, this year we had a very interesting talk from the local 'Postcard Club' here in Bury St Edmunds, with fine examples of the cards that are collected, many of them old and very interesting.

Many of our speakers are fund raisers for other Charities, the man who talked to us about 'Country Life' was collecting for our local 'Upbeat' which is a heart charity locally.

One speaker talked about 'Portraits = Henry VIII to David Beckham' and what the artist was trying to tell us, this talk was for a donation for Prostate Cancer UK.

Some of our speakers are supplementing their income and we are aware that it can take hours of hard work for them to produce an interesting talk. We are very grateful to them.



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

**From The Royal Marsden Branch**

## **VISIT TO MORDEN HALL PARK, DEEN CITY FARM & MERTON ABBEY MILLS**

**DATE: Tuesday, 18<sup>th</sup> July 2023**

MEETING PLACE: Morden Underground Station, Zone 4, Northern Line at 11.00.

ROUTE: Linda will guide us on the 10-minute walk to Morden Hall Park, then through the Wetlands, and next alongside the River Wandle to Deen City Farm. Established in 1978 (though not on this site), the Farm is free to enter but donations are welcomed. Café and toilets available. Afterwards we will continue to the Arts and Crafts village of Merton Abbey Mills (formerly a textile factory) for lunch, and later we resume our riverside walk to Colliers Wood Underground Station, Zone 3, Northern Line.

Please let us know if you plan to come so that you can be notified of any last-minute changes.

[RMH@nhsrf.org.uk](mailto:RMH@nhsrf.org.uk) or phone 020 7589 6600. Susan's mobile (on the day only) is 0792 957 6306. Linda's mobile 0779 103 6976.

## **Capel Manor Gardens Summer Celebration 16<sup>th</sup> July 2023**

Our summer celebration and craft fair will be taking place at Capel Manor Gardens, Enfield, on Sunday 16 July, 10am – 5pm. We will have an indoor craft fair, garden tours, Morris dancing and the gardens to enjoy on the day.

As NHSRF members have visited in the past and as a thank you for sharing the event we would like to offer your group a **30% discount** off per adult ticket if they pre-book in advance. The code is **GARDENGROUPS23**.

More details and tickets can be found on our [booking page here](#). Find out more at [www.capel.ac.uk](http://www.capel.ac.uk) We hope we can welcome you soon. For any group visit enquiries, please also contact us directly.







Anne of  
Cleves  
House



## Report on Visit to Lewes

by Susan Gunning  
The Royal Marsden

On a gloriously warm sunny day 13 of us met at Lewes station to explore this historic town. We were later joined by two others.

Marianne gave us a lot of information about the history of the town and its inhabitants. We first visited the site and ruins of the old Priory which had been established in 1077, but destroyed in 1538 during the dissolution of the monasteries.

We saw the exterior of Anne of Cleves House (currently closed) and spent time in the beautiful Southover Grange Gardens where ice-creams were much appreciated by some.

Lewes is blessed with innumerable small independent shops and cafés as well as a motte & bailey castle atop the hill and walks alongside the river Ouse. The town is particularly known for its antique shops and a bookshop dating from the 15<sup>th</sup> C.

After Marianne's tour, the group dispersed and individuals continued to explore other areas of the town before returning to the station.

### Grandparents and Grandchildren Redbridge and Waltham Forest

I was looking after my 6-year-old grandson, and I suggested we go into the garden to get some potatoes to cook for dinner. He was digging away when he suddenly looked at me with a puzzled expression, and said "Nan, why do you bury your potatoes?"

After Sunday School, my granddaughter asked thoughtful, "Grandad, were you in the Ark?" "Of course not!" I replied. "Then why weren't you drowned?"

It's funny that all those things your children did that got on your nerves, seem so cute when your grandchildren do them.



## An invitation to join some interesting London Walks hosted by

Walkers on the January Medieval City Walk

## Redbridge and Waltham Forest Branch

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

**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.

**Wednesday, 27<sup>th</sup> 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).

**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

- 1956      Polio immunisation programme begins.
- 1958      The first successful cardiopulmonary by-pass programme in the UK began at the Hammersmith Hospital, London
- 1960      The first kidney transplant takes place at Edinburgh Royal Infirmary, involving identical twins.
- 1960      First implantable heart pacemaker is used.
- 1968      Measles vaccine is introduced.
- 1968      The first heart transplant is carried out by South African-born, surgeon Donald Ross at the National Heart Hospital in London.