



A warm welcome to new and existing members to the web site. A lot of information about the activities of the Branch are given below; and Appendixes 1 and 2 are a Membership Form and Gift Aid Declaration respectively. If you are not yet a member and wish to join now that is great, or just come to one of our meetings and join the merry throng to see how we do things. Whichever you decide, you are assured of a hearty welcome.

The Branch meets monthly, January to November, on the last Thursday of each month in The Fulbourn Centre, Home End, Fulbourn, CB21 5BS, by the Recreation Ground. There is plenty of adjacent free parking, or the half-hourly Citi 1 Bus stops within a few minutes walk (see map below in Appendix 3). The doors open at 10.00 for a 10.30 start. Coffee, tea and biscuits are provided free; and there is also a free raffle. How about that for value.

**The next Branch Summer Holiday is to the Welsh Borders – a Steam and Cruise Holiday**

**From Sunday 23<sup>rd</sup> June for 5 days. Details from *Patrick Landucci* 01480 832025**

Our General Meetings have Illustrated talks on many subjects. The programme for 2024 is given below and details of our Rambles programme below that.

### General Meetings

#### 2024

Jan 25	Sherlock Holmes, Tony Moffat
Feb 29	Gran Day's Little Book, Keith Day
Mar 28	People and Plants: Molecules, Medicines and Mischief, Gwenda Kyd
Apr 25	AGM and Cambridge Spies, Andrew Lacey
May 30	To the Balkans and Beyond in a 1940s Double-decker Bus, Ian Jack
June 27	Rise and Fall of English Seaside Resorts 1750 to 2024, Tony Kirby

### Rambles

Rambles are approximately 5 miles of easy walking, starting and ending at a local pub where we have lunch. The walks start at 10.15. Ramble arrangements will be confirmed to those on the list of regular Ramblers shortly before the day of a ramble. Please let the Ramble Secretary know by email if you would like to be added to this list: Mike Rolfe [mrolfe@ntlworld.com](mailto:mrolfe@ntlworld.com)

### **Outings to Theatres and Places of Interest**

The visit to Windsor Castle on Thursday 5<sup>th</sup> October 2023 was well attended and an enjoyable occasion. The next outing is to Kensington Palace on Wednesday 24<sup>th</sup> April. Details in Appendix 5.

Previous trips have included: Westminster Abbey, Grimsthorpe Castle Park and Gardens, Hampton Court Palace, The Royal Hospital Chelsea, The End of the Pier Show at Cromer, and the Comedy About a Bank Robbery That Goes Wrong.

### **Annual Christmas Lunch**

The last one was on Tuesday 5<sup>th</sup> December 2023 at Madingley Hall. Carols and everything.

### **Summer Holidays**

The next Branch Summer Holiday is to the Wersh Borders – a Steam and Cruise Holiday. From Sunday 23<sup>rd</sup> June for 5 days. Details from *Patrick Landucci* 01480 832025.

The 2023 holiday was from 2<sup>nd</sup> to 8<sup>th</sup> July 2023 to Northern Ireland when 13 members had a great time. Recent holidays have included: *The Heart of England*, *The Hidden Gems of Northumbria* and *The Lake District*.

### **Welfare Group**

A group of volunteers is available to help members who may be in need of extra support. If you wish to have details of how the Group can help you, please contact Pat Godson on 01223 351925.

### **Contact Details for Officers of the Branch are in Appendix 4**

### **Award-Winning Newsletter**

Distributed to all members containing details of branch activities, reports of meetings and outings, puzzles, and other articles of interest. The latest edition is given after Appendix 5

If you would like to join us, please contact our Membership Secretary, David Cole

Tel: 01223 833656 and Email : [memsecnhsrhc@virginmedia.com](mailto:memsecnhsrhc@virginmedia.com)

**Appendixes 1 to 5, and the latest Newsletter, are below.**



# NHS RETIREMENT FELLOWSHIP

# APPENDIX 1

## Cambridge Branch

## Membership Application Form

*Membership Subscriptions are normally due annually on 1 April*

**Membership is £45 per person.** Cheques to be made payable to 'NHSRF Cambridge Branch'.

Please complete in BLOCK CAPITALS

Name and title			
Home address			Post Code
E-mail address			
Home telephone		Mobile telephone	

Date of Birth .....

Former Occupation

.....

Were you an NHS or NHS-associated employee? Yes ☐ No ☐

Are you the spouse or partner of an NHS or NHS-associated employee? Yes ☐ No ☐

**In case of emergency** e.g. illness or accident occurring during a meeting or a social function, it is advisable for the Branch Committee to have contact details of a relative or friend whom we could contact. If you would like to provide details please complete the form below

Name .....

Address .....

.....

Telephone number(s).....

Are you willing to assist at meetings with jobs such as coffee, charity stall, raffle, etc.? Yes ☐

No ☐

Special interests

.....

Proficiencies e.g. IT, finance, secretarial

.....

### **Data Protection**

Please note that members' personal data will be available to their Branch Committee and Central Office but strictly only used for membership and activity purposes. Fellowship staff and your Branch Committee will wish to communicate with you concerning Fellowship and Branch activities. This may be via post, email or phone.

I consent to the NHSRF contacting me by:-

☐ post

☐ phone

☐ email

☐ To maintain my membership of NHSRF;

☐ To keep me informed about news, events, activities, offers and information about any role I may be undertaking (*note you can unsubscribe from the mailings at any time*).

I agree to abide by the constitution of the NHS Retirement Fellowship. The constitution may be viewed at the NHSRF website at [www.nhsrf.org.uk](http://www.nhsrf.org.uk)

Signature ..... Date

.....

Please consider completing the Gift Aid Declaration below.

*Please send your application form, your remittance and, if applicable, your Gift Aid Declaration to the Membership Secretary, Dave Cole, 5 Huddleston Way, Sawston, Cambridge CB22 3SW (or you may bring them to a branch meeting)*

**NATIONAL HEALTH SERVICE RETIREMENT FELLOWSHIP****CAMBRIDGE BRANCH****Gift Aid Declaration**
*giftaid it*

The Gift Aid Scheme provides the simplest way ever for members who are UK tax payers to help the NHS Retirement Fellowship. There is no extra cost to yourself and no future commitment. All Branch members are urged to complete the simple form below, the effect of which will be to increase the value of your subscription or donation by 25% to the benefit of both your Branch and the Fellowship.

Please complete in BLOCK CAPITALS

Title:..... Forename(s):.....

Surname:.....

Address:.....

.....

.....Post Code:.....

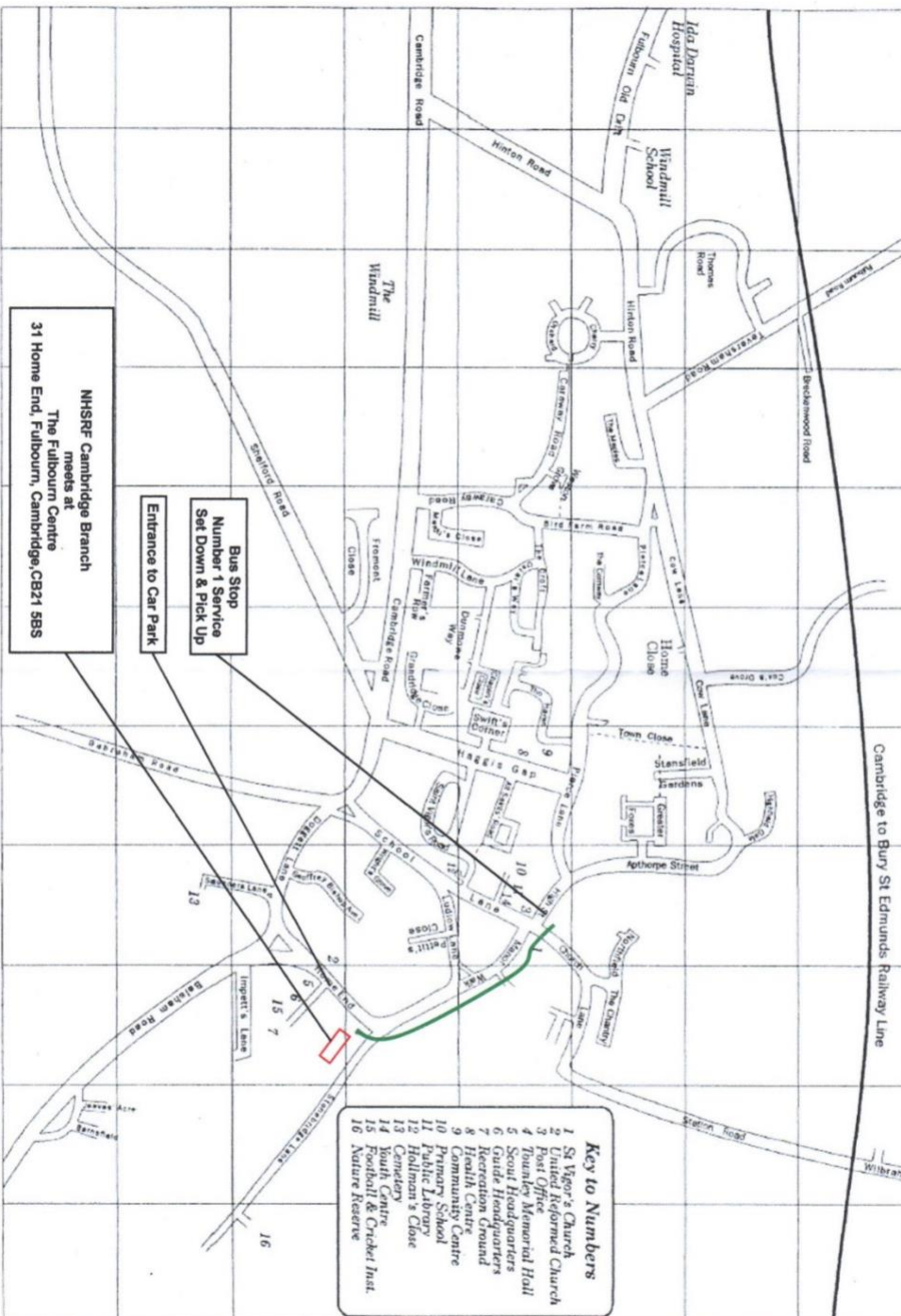
I would like the NHS Retirement Fellowship to treat all donations and subscriptions that I have made, and any I make from the date of this declaration, as Gift Aid donations.

Please note: You must pay an amount of Income Tax (or Capital Gains Tax) at least equal to the tax the Fellowship can claim on your donation. You can cancel this declaration at any time.

Signature..... Date.....

### Information about Gift Aid

- ~ The Gift Aid rules allow registered charities like the Fellowship to claim back from the Inland Revenue an amount which will increase the value of our subscriptions paid to the Fellowship by 25%.
- ~ You can sign a gift aid form if you pay income tax and/or capital gains tax for each tax year (6 April one year to 5 April the next) that is at least equal to the tax that any charities reclaim on your donations. (For example, if you pay a total of £100 of tax, you can sign a declaration for subscriptions and donations up to a total of £400 to the registered charities that you support.)
- ~ Remember, you may be paying income tax on savings and investments as well as your pension.
- ~ You can sign more than one gift aid declaration; in fact, you can sign as many as you wish providing that the subscriptions total is no more than four times the total amount of tax that you pay.
- ~ The branch treasurer and the staff in the Fellowship office do not know how much tax you pay or how much your income is. The form that you sign is sent to the Fellowship Office and then sent on to HM Revenue and Customs. Please note we are required to retain records of gift aid for 6 years and will do so securely.
- ~ Income from gift aid is very valuable to the Fellowship. The more people that sign a gift aid form, the lower we can keep branch subscriptions.
- ~ You can cancel this declaration at any time.



## APPENDIX 4

### Contact Details for Officers of the Branch

Chairman	Sarah Denham		<a href="mailto:sarahdenham@msn.com">sarahdenham@msn.com</a>
Treasurer	Mike Rolfe	07981 888149	<a href="mailto:mrolfe@ntlworld.com">mrolfe@ntlworld.com</a>
Secretary	Steve Greaves	07772 971187	<a href="mailto:rfgeneralseccb19@gmail.com">rfgeneralseccb19@gmail.com</a>
Membership Secretary	Dave Cole	01223 833656	<a href="mailto:memsechnsrfc@virginmedia.com">memsechnsrfc@virginmedia.com</a>
<i>Holiday Secretary</i>	<i>Patrick Landucci</i>	<i>01480 832025</i>	<a href="mailto:patricklanducci@hotmail.com">patricklanducci@hotmail.com</a>
Ramble Secretary	Mike Rolfe	07981 888149	<a href="mailto:mrolfe@ntlworld.com">mrolfe@ntlworld.com</a>
Speaker Secretary	Elaine Toone	07855 684795	<a href="mailto:tegtoo@aol.com">tegtoo@aol.com</a>
Social Secretary	Lenore Greaves	01223 244256	<a href="mailto:rfgeneralseccb19@gmail.com">rfgeneralseccb19@gmail.com</a>
Welfare Coordinator	Pat Godson	01223 351925	



**NHS RETIREMENT FELLOWSHIP - Cambridge Branch**



**Kensington Palace**

**Wednesday 24<sup>th</sup> April 2024**

Our first outing of 2024 gives us another chance to walk in the footsteps of kings and queens and explore the birthplace of Queen Victoria while also enjoying spectacular surroundings in the sumptuous Kensington Palace. The Palace estate is one of the official residences of the British monarchy and was built in 1605.

The tour will be taken at your own pace accompanied by personal audio guides and includes a Queen Victoria exhibition called A Royal childhood; access to the King's State apartments and the Queen's State apartments; the Jewel Room; the King's Gallery and the King's staircase; grounds and gardens, which boasts the famous Sunken Garden and the Princess Diana memorial, viewed only from the Cradle Walk. For those with energy to spare a new exhibition, Untold Lives, due to be launched in the Spring details forgotten stories of those who worked at the Royal palaces more than 300 years ago.

The price is **£40.00** per head which includes entrance to the Palace, grounds and superb gardens, coach, park and ride and driver's tip. Lunch is not included but snacks are available at the Palace café or at external food outlets before entering the palace itself. If you provide your own picnic lunch it must be consumed outdoors in designated picnic areas. Entry is by timed ticket (12.30 in our case), but there is 30 minutes lee way either side. It is 10-15 minutes' walk from the coach park to the palace.

Our party will leave **Trumpington Park and Ride** at **9.30 am prompt** which should give us ample time to reach our destination by mid-day to take lunch before setting out on our latest Royal tour adventure. **Mobility aids and small motorised scooters are allowed within the palace and grounds.**

We plan to leave for Cambridge at 5.30pm.

### Bookings

If you would like to book or require further information please contact Lenore on 01223 244256 or email [steveandlenore1928@gmail.com](mailto:steveandlenore1928@gmail.com)

- Please send a SAE to Mrs Lenore Greaves, 20, Lemur Drive, Cambridge CB1 9XZ if you want a receipt. Cheques should be made payable to NHSRF Cambridge. If you are happy to receive confirmation of your booking by email I will gladly do that.
- The contact telephone number on the day is: 07881901619.

### Cancellations

Please note that once you have booked to attend this outing no refunds can be made unless a waiting list exists enabling someone else to take your place, or if the event is cancelled by the Branch committee.

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I confirm receipt of £ ..... **cheque only** as full payment for ..... place(s)

from .....

Signed ..... on behalf of the Cambridge Branch

Date .....

*Best wishes to all for a  
 very happy Christmas  
 and New Year*



***The elegantly restored St George's Hall at Windsor Castle,  
 which was just one of the highlights enjoyed by Branch  
 members on a visit to the castle in October.***

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## Chairman NHSRF Cambridge Branch Sarah Denham



### Chairman's message for Autumn 2023

Dear Members

Well, the clocks went back in October and as customary it signalled a drop in temperature while prolonged rain has caused flooding in some areas. I hope no-one in our Branch has been affected by rising water levels.

The day out to Cromer for the end of the Pier show is a while ago now, but the day proved a great success. The weather remained dry and after a fish and chip lunch, we were entertained by a colourful show with plenty of singing, dancing and jokes.

Thank you Lenore for organising a splendid outing.

Speakers at our monthly meetings continue to be interesting and topics recently included a history of Ely Cathedral; an insight into coping with deafness given by a lady with hearing difficulties since birth; the lifesaving operations of the Air Ambulance service; household recycling and the true price of fish where our October speaker explained the dangers and unsure income of the fishing industries (*Editor's note: the report on this talk will be published in the next issue.*).

Thank you to members who kindly donated to various charities when the collecting tins circulated during the meetings. In October these donations raised £160 for the Fisherman's Mission. So well done all those who chipped in.

Those who attended the summer Branch holiday all enjoyed the trip, and on your behalf I would like to thank Patrick for arranging it with Richmond's.

Patrick is busily putting together a programme for the branch holiday in 2024 and details of the proposed holiday can be found on page 4 of this newsletter. Please note that places are reserved for us only until 11 December. You need to book your place directly with Richmonds.

The Autumn visit to Windsor Castle saw a full coach of 53 members, who had plenty of time to visit the Castle and its various attractions.

We were able to enjoy the grounds and surrounding buildings, which of course are full of history, a march past of grenadier guards changing duties, while the knowledgeable and friendly staff were on hand to answer our questions.

We look forward to the Christmas lunch at Madingley Hall in December and I thank Lenore for organising this event.

Thanks to all the committee members for continuing to carry out their roles ensuring the Fellowship meetings continue, but I do make an appeal for someone to step forward to help at the meetings in setting up the Audio/Visual equipment. Steve will be happy to guide anyone and explain the role.

I wish you all season's greetings and hope you have an enjoyable Christmas,

Best wishes  
Sarah



### Present committee members of the Cambridge Branch NHSRF

Sarah Denham (Chairman)  
Steve Greaves (Secretary)  
Mike Rolfe (Treasurer)  
David Goodman (Assistant Treasurer)  
Dave Cole (Membership Secretary)  
Lenore Greaves (Social Secretary)

Elaine Toone (Speakers' Secretary)  
Pat Godson (Welfare Team leader)  
Tony Moffat (Committee member)  
Christine Ward (Committee member)  
Tony Ward (Committee member)  
Barbara Watts (Welfare team)



## FORTHCOMING EVENTS

### Future Speakers 2024

**25 January**  
*Sherlock Holmes:  
Forensic Toxicologist*  
**Tony Moffat**

**29 February**  
*"Cry Havoc and  
let slip the dogs of Law"*  
**Mark Bradford**

**28 March**  
*Gran Day's Little Book*  
**Keith Day**

**25 April**  
*Cambridge Spies*  
**Andrew Lacey**

*For further information on all outings  
contact Lenore Greaves on 01223 244256  
OR [steveandlenore1928@gmail.com](mailto:steveandlenore1928@gmail.com)*



### Christmas Lunch

Madingley Hall

Tuesday  
5 December 2023

NHSRF Holiday 2024

### Welsh Borders Steam & Cruise

23-27 June 2024

*See next page for details*

Please let Patrick know  
**by 11 December** if you would  
like to go on this holiday

### NEW SOCIAL SECRETARY REQUIRED

After doing the Social Secretary job for the past eight years Lenore announced at the Annual General Meeting in May that she will be standing down from this role in May 2024.

If outings and events are to continue after that date we will need someone to take over from her. There are three planned events for this year and if anyone is interested in taking up the position please make yourself known and Lenore will welcome the chance to show you the ropes with a view to having a successor in place when she retires.

Please think very carefully about stepping forward to help her out. It is a vital part of our branch events planning and you will be given full guidance with a view to taking over completely.

### Audio-Visual Officer

John Overhill has retired after several years valued service as our AV facilitator.

### Replacement sought!

Steve Greaves is gallantly filling the role at the moment but as General Secretary he already gives a lot of time so help with the AV each month would be much appreciated.

Full training given.

Please speak to Steve.

## NHSRF Holiday 2024



### Welsh Borders Steam & Cruise

Stay at the 4\* Lion Quays Resort in Oswestry and explore the Welsh borders. In Shrewsbury we explore the spectacular Tudor city with a River Severn Cruise. We take a horse-drawn cruise along the Llangollen Canal, followed by a ride on the Llangollen Steam Railway. Visit the British Ironwork Centre & explore the stunning 13th century medieval fortress: Powis Castle & Gardens.

**LION QUAYS RESORT, OSWESTRY \*\*\*\***

**Sunday 23 June 2024**

**5 Days**

**£595 per person sharing a twin/double room**

**£120 single supplement (double/twin for sole occupancy)**

**Home pick up/set down from £40 per person**

**Front seat supplement £12.50 for the duration of the tour**

**Price includes:**

All coach travel

Porterage

4 nights dinner, bed & breakfast

Shrewsbury Boat Cruise

Admission to Powis Castle

Llangollen Horse Drawn Boat Cruise

Llangollen Railway Single Journey

#### *Message from Patrick*

In anticipation that people would like to come on this Richmonds holiday I have reserved 20 places of which 5 are being kept for single occupancy, **BUT PLEASE NOTE THEY WILL ONLY BE HELD FOR A LIMITED TIME.** Therefore please could you let me know as soon as possible if you plan to come, but **at the latest by 11 December.** Many thanks!

**Phone number : 01480 832025 Email address : patricklanducci@hotmail.com**

## *The History of Ely Cathedral*

**Mark Bradford**

**June Meeting**



*Mark Bradford*

A motorist driving east of Cambridge along the A10, or a rail traveller heading towards Norwich, soon becomes aware of a magnificent sight.

Rearing majestically from reclaimed

Fenland swamp is the beautiful

vision of Ely Cathedral looking dark and mysterious, emerging from the mist, or bright and cheerful when reflecting the bright spring sunshine; its elevated position on a hill dominates all around it.

This is something travellers have witnessed since it was built in the Norman times and its history is as rich as some of the treasures within.

At a well-attended meeting in June, Branch members were treated to a first-hand history lesson on the design, build and subsequent development of a superb building, created originally as a religious edifice built to make a statement. Towering above all else, it certainly does that.

Ely is not the biggest, widest, or tallest cathedral in England (it comes in fourth behind Liverpool, Winchester and St Albans) but it certainly boasts the best uninterrupted view of the central aisle and many a visitor has been taken aback when they entered through the main door, mouths agape in

wonder at what they saw the moment they crossed the threshold and the wondrous vista opening before them, especially the beautifully painted ceiling.

Our guide for the day was



*Ely Cathedral*

Mark Bradford, a former police dog handler in Hertfordshire, who has found a second career as a tower guide explaining the history of “his office” to the many visitors who pass through the cathedral doors each year.

He started work as a ground floor guide but when his bosses realised he had knees and hips that still worked he was transferred to duties as a tower guide. Before the pandemic he used to lead parties of visitors up the 270 stairs in the West Tower five times each Wednesday, and other visitors up the 170 stairs in the Octagon Tower each Thursday!

Work started on the cathedral about the year 630 as a modest local church. In 673 St Etheldreda's Monastery was founded named after its local benefactor, Queen Etheldreda, and in 1081 construction work began on the Cathedral itself. It took more than one hundred years to complete, finally being declared finished in 1189.

However, in 1322 the central tower collapsed in the early hours of a February morning, thankfully without loss of life as the monks had taken heed of rapidly appearing cracks in the original structure and moved to a different part of the monastery.

The job of repairing it was given to a monk named Alan of Walsingham who was appointed as the sacrist in 1321 with the task of designing a new lady chapel in honour of the Virgin Mary, which he was told had to be the biggest and the best! No challenge there then. As sacrist he was responsible for construction and repair work at the monastery, but the collapse of the tower presented an unexpected new challenge of repairing the collapsed tower at the same time as financing and building the new Lady Chapel.

He was a member of a local family of goldsmiths and had trained as a jeweller so although lacking in building skills he was adept at completing work close to hand. It was down to him and his designs



*The spectacular ceiling above the uninterrupted central aisle.*



that Ely ended up with the unique Octagonal Lantern Tower that covers the whole width of the Cathedral, something that was highly unusual at the time and subsequently led to copycat constructions in buildings throughout England, more locally at



*The famous wooden lantern in the central tower*

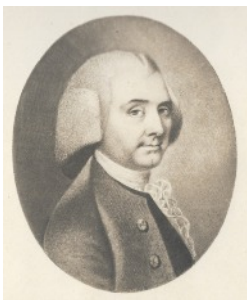
Peterborough and Kings Lynn.

A lot of these wooden constructions did not withstand the test of time and many of them were destroyed by gales or fire. But Ely stood firm and today the Cathedral regularly appears in the best top ten visitor attractions annual list published by *The Times* newspaper.

But as we all know success is often replaced by despair and in 1539 times became very dark indeed for Ely Cathedral which was closed by Henry VIII as part of his Reformation. The monks disappeared and the King claimed their money. As a result the finances became stretched to such a point that the whole edifice, lacking finance to carry out routine work and repairs, began to deteriorate and the tower itself became very unstable with the prospect of a second collapse of the central tower itself. The solution at the time was to remove the bells completely and leave the tower's survival to its own devices.

In the mid-1700s with the whole thing likely to collapse at any moment Church elders decided to do something about preserving their Cathedral and acquired the services of James Essex, a Cambridge born and bred cabinet maker.

He later turned his hand to carpentry and building and his understanding of working with



*James Essex, who undertook early construction work at the Cathedral after building the Mathematical Bridge over the River Cam*

wooden structures became well known; his reputation soared after he built the famous Mathematical Bridge, which crosses the River Cam in the centre of Cambridge. After completing some rebuilding work within the Cathedral, which involved removing structures in construction of the central aisle and its marvellous uninterrupted view (537 feet long) he began work on repairing the Octagon Tower in 1759, tidying up the shape and look of it from its original design, including the removal of the heavy wooden buttresses that had been previously fitted to provide strength and protection from the wind.

The Cathedral remained relatively unchanged until 1861 when the Victorian era restoration changes were made under the auspices of Ely architect Sir George Gilbert Scott, whose work with Ely spanned twenty-nine years.

His work at Ely was the first Cathedral restoration he had attempted and he soon became very critical of the work undertaken by his predecessor James Essex, although he well appreciated the structural repairs by Essex even if his contemporaries were dismissive. The work by Essex was largely undone by Scott, whose creative involvement was carefully controlled by the clergy themselves who had their own vision of just how the restorations should actually look.

Some of the interior work was allocated to Henry le Strange, the man who founded Hunstanton, whose job was to paint the ceiling in the tower itself, but he died without completing the project which was then taken over by an Eton contemporary of his, Thomas Gambier Parry in 1864.

Parry, who offered to work for free as a tribute to his late friend, had some unusual modern ideas and his vision later attracted much criticism, including from George Gilbert Scott. One of the complaints was that his ceiling paintings made the old medieval cathedral look like a brightly coloured Victorian music hall rather than a Gothic masterpiece.

Although initially unpopular these paintings have certainly stood the test of time and are now highly regarded by visitors to this 1000-year-old cathedral. The eyes are automatically drawn upwards to artwork completed 160 years ago by a man whose interpretation of what a mediaeval church once looked like is anything but a vulgar music hall.

**Steve Greaves**





## Managing Deafness

### Claire Fowler

#### July Meeting

Imagine spending the first three years of your life unable to communicate with others: facing bias, discrimination and isolation from all sides.

Suffering the unjust indignity of being labelled thick or slow and bullied by others who forced you to stay under a school table until you properly pronounced the names of all your classmates.

And then imagine the joy of finding out that you were not thick or slow after all, but were in fact deaf!

Imagine further the personal euphoria of going on to gain three degrees and prove that the doubters and intimidators were wrong all along.

Think about that for a moment: you were labelled thick and slow, yet you were intelligent enough to gain three degree certificates at three different universities.

It's the stuff of dreams: yet this was the personal journey of pain, intellectual hurt and eventual triumph which was detailed by a delightful lady named Claire Fowler who outlined her life story to our members at the Branch meeting in July.

Her tale was received with amazed silence and occasional warm laughter as Claire recounted her life from being born deaf due to unfortunate timing when her mother became pregnant just as a measles outbreak affected the school where she was working as a teacher.

At first the perceived medical opinion was that Claire was a lazy baby reluctant to learn, but as the difficulties and frustrations continued to grow Mr and Mrs Rogers became involved in a seemingly never-ending round of hospital visits, including to child units at Bury St Edmund's, Ipswich, Norwich and Addenbrooke's hospitals. The initial lead to a correct diagnosis began at Norwich where the doctors decided to refer Claire to the Nuffield Hospital in London. Their first action at the opening interview was to give Claire a selection of toys and then step back while she played and built various objects and solved various problems.

Bingo!

At this point the doctor conducting the interview voiced his opinion that Claire was not educationally lazy, but was deaf.

Claire was then three years of age and once diagnosed she was plugged into the medical system



*Claire Fowler  
who was  
born Deaf*

and apart from attending mainstream schools at Mildenhall and Bury St Edmund's, where they had units for deaf children, she became a six-monthly visitor to Nuffield.

Her steely determination to conquer her disability and make the best of her circumstances so that she could help herself – and later others – was the outstanding aspect of her story and armed with constant encouragement from her family and a professional speech therapist who worked with her until she was 18 Claire proceeded to make the best of her situation.

True, she had a disability, but she was able to take part in school projects and she utilised her deafness to encourage fellow girl pupils to have the Rubella injection to prevent other girls becoming subject to the curse of measles while pregnant. Her efforts resulted in an overwhelming uptake of such injections by her school pals.

During her teens she became a good team member with Ipswich Harriers where she recorded excellent results, representing the Suffolk county team in 100 and 200 metres and long jump events. Unfortunately her developing athletics career came to an abrupt end thanks to a knee injury. But, undeterred, she took up fencing and became a member of the Cambridge Fencing Club before being forced out of that form of adventure when the old knee injury flared up and brought about another early retirement from active sport.

After many hardships and soul-destroying prejudices from all quarters, Claire finally found herself on the right path and after gaining three A level passes she continued her education in Derby where she attended a college for the Deaf, and at Wolverhampton University where she gained a 2:1 honours degree for Deaf Studies and Sport Studies.

She now works at Cambridge Regional College as a communication support worker to students of all ages battling a life of deafness. Before moving into higher education she worked in a commercial environment with several companies, one of them being Cambridge Building Society where she worked as a cashier for 19 years.

Claire said that figures in the UK shows that 1 in 6 Britons are affected by hearing loss with more than 8 million involving people aged 60 and over. One astonishing statistic suggests that 6.7 million deaf people could benefit from using hearing aids, but amazingly only 2 million have bothered to use them. There are currently 900,000 profoundly deaf people in the UK and by 2035 the number of

citizens experiencing loss of hearing could reach a staggering 15.6 million.

Deafness can be partial or total but there are two main clearly defined forms of deafness:

Conductive, which affects children and adults but is curable; and Sensorial which is caused at birth and is incurable.

Conductive deafness can be caused by several circumstances, including illness, medication, loud noises, age and heredity. Thankfully help is available in many forms, including connecting hearing aids to Bluetooth mobile phone technology and modern improvements to hearing aids.

Technology plays a major part in helping people to communicate with others, but hearing people can do their bit to help when they encounter people suffering some form of hearing loss. For instance, they should exercise patience and speak clearly and not shout. Shouting alters the lip patterns and makes it harder for Deaf people to lip read properly. As lip reading is a major form of communication it is also helpful not to cover the mouth or communicate with them while standing in darkened or poorly lit areas. If progress is still not being made words should be written down and, when possible, offer visual clues as to what is being discussed and be wary of trying to converse while in an inappropriate environment, such as a noisy room.

Claire's final message to our members at the end of a totally absorbing and interesting presentation was to be kind and patient to Deaf people. And why not. As the jingle for a famous supermarket goes: *Every little helps.*

Steve Greaves

## Forms of Deafness

Generally accepted definitions are as follows:

**Deafened** – people who were born with hearing and have lost most or all of their hearing later in life.

**Hard of hearing** – people who have lost some but not all hearing.

**deaf (lower case 'd')** – people who have hearing loss; they may be born deaf or become deaf. They mix well in the hearing world and may communicate orally and may also be users of sign language.

**Deaf (upper case 'D')** refers to people who are members of the Deaf community and who communicate almost exclusively with sign language.

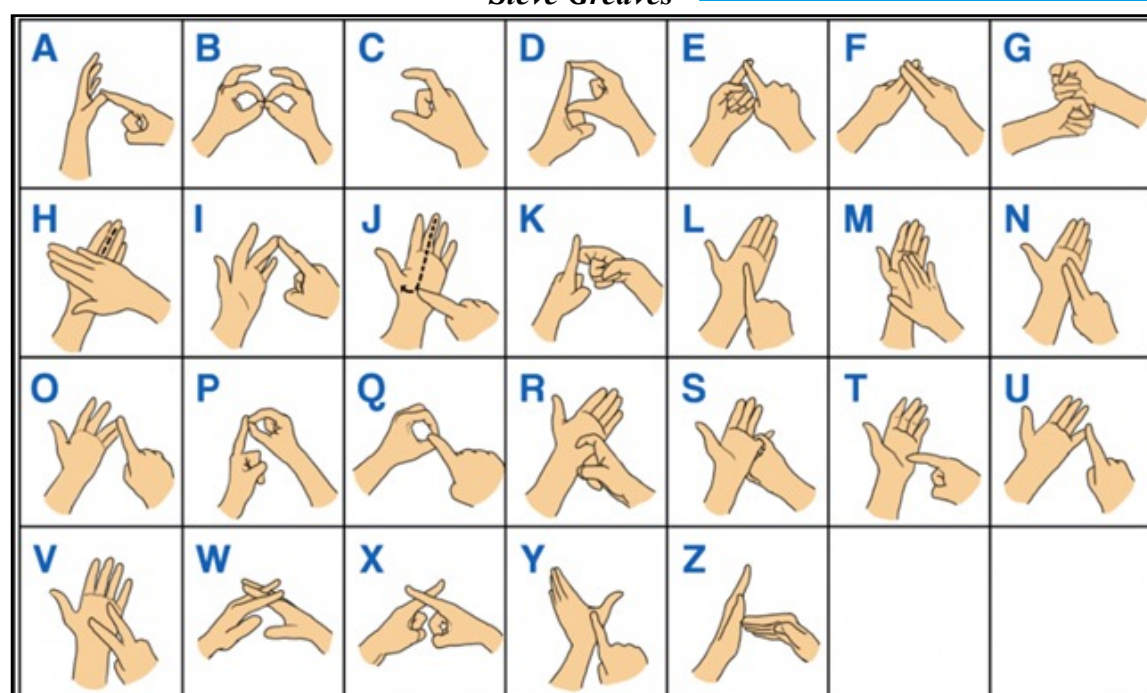
**Hearing impaired** – anyone with any level of hearing loss.

**Acquired hearing loss** – people who were born with hearing but have lost some or all of their hearing.

**Congenital hearing loss** – born with hearing loss which may become progressively worse.

• To become a volunteer or to make a donation use the following link

<https://cambseaf.org/get-involved/give-now/>



Alphabet  
for the  
Deaf



↑ *Family greeting signing*

*General greetings* ↓





## East Anglian Air Ambulance Steve Cranwell August Meeting

The cost of saving lives and providing healthcare is a constant battle to attract enough funds from jealously guarded treasuries to keep those services going, and with the introduction of sophisticated new technology that battle is ever more acute. This is no more evident than in the services provided by various airborne groups whose work is to save the lives of others



*Steve Cranwell and his fellow presenter Debbie Hopeland*

addition, two Rapid Response Vehicles are on standby to reach areas inaccessible for helicopter use.

Air Ambulance volunteer Steve Cranwell told our members at the August Branch meeting that public donations represent 100% of their income which is very important if the aircraft are to remain ready for action at a moment's notice. Lottery funding accounts for 40% of their income, Gifts in Wills 33%, and Other donations

25%.

The whole business of arriving rapidly at the scene of an incident, treating the patients, and removing them quickly to hospital for further treatment involves co-operation on a large scale from many different health agencies. In one such incident at a farmyard in Wisbech the farmer was impaled on the tines of a farm vehicle and getting to him, ensuring his safety, and helping him to hospital for recovery involved three hours on site, and required the help of a hundred people from different care providers.

The EAAA, created in the year 2000, is a registered charity and takes great pride in providing a service which is not funded by government, but the result of the endless generosity of the good people of East Anglia who are always willing to dip into their own funds, even during times of tight cash flow for themselves, as we are all experiencing nationally right now.

The local service was created on the back of an accident to jockey Frankie Dettori who suffered injury in a plane crash while at Newmarket races. He was whisked off to hospital in an RAF Sea King helicopter; the prompt treatment he received, which led to his ultimate recovery, had a profound effect on him and he was later instrumental in helping to establish the EAAA to benefit others by providing rapid air transport to hospital.

Another milestone was passed in 2000 following a fund-raising campaign by the AA to support all the air ambulance services in the country. The motorists' association raised £14 million in a national campaign and donated £500,000 to the newly formed EAAA. In 2000 the charity faced costs of £600,000 a year to run the helicopter ambulance service so the AA donation proved a desperately needed cash injection to keep the machines in the air and help with necessary ground support services.

When EAAA first began it was a one day a week operation – Friday only. Why Friday? Well



*The cost of keeping the EAAA service going*

less fortunate than themselves.

The East Anglian Air Ambulance is one such group and keeping two helicopters ready for action 24 hours a day 365 days a year is a costly business;

a tall order for a service that gets no regular financial help from the government and depends entirely



*Rapid Response Vehicle used when helicopters are unable to land at an emergency site*



*Some of the equipment stowed on board the Rapid Response Vehicle*

on public donations and gifts from supportive organisations. (Occasional funding is provided for capital items but this is limited).

EAAA maintains two helicopters ready for action 24/7 and each time they are called out they face a bill of £3,750 to carry out their mission. In

statistics at the time showed that an accident was more likely to occur on Fridays than any other day of the week. Hard luck if you were involved in an accident on any other day!

Gradually after a few months this changed to provide cover for five days a week, omitting the weekend days of Saturday and Sunday. Seven-day operation was not introduced until July 2001.

Initially, no doctors were present on the flights as the main priority of the air ambulances at the time was to get patients to hospital as quickly as possible. In 2002 volunteer doctors were provided by the Magpas (Mid Anglia General Practitioner Accident Service) and for the first time fully trained medics took to the air with the helicopter crews. The charity had to wait until 2010 before it was in a position to employ their own doctors, who are now on individual contracts, but seconded by the NHS.

The first helicopter was based at Norwich airport and provided emergency support to Norfolk, Suffolk and Cambridgeshire. A second helicopter was provided in 2007 originally based at Witton to provide emergency air cover to Bedfordshire but



*Inside the H145 helicopter*

since 2010 it has been based at Cambridge airport.

The helicopters have a speed of 178 miles per hour

which means they can reach any destination in East Anglia within 25 minutes of the alarm being raised. Another improvement offered by the air crews now is the ability, in effect, to make the ED department more of a mobile early treatment service by bringing the hospital to the scene of the incident. Whereas at one point the primary concern was to airlift a patient to hospital as quickly as possible, the medical crews now treat patients more thoroughly at the scene and try to get them more stable and comfortable before the flight to the appropriate hospital.

Flexibility is a keyword here and the air crews decide on each case which destination they will use. For instance trauma cases will be sent to Addenbrooke's or Norwich; Cardio patients will be

transferred to Papworth and burns to Broomfields in Chelmsford. Other cases may well be transferred to London hospitals.



*Loading medical supplies on to an emergency helicopter*

On average one of the helicopters is called to incidents eight times a day and in some cases this has risen to more than twenty, while on other occasions both machines have been called out to different incidents in different parts of East Anglia at the same time.

The highly trained crew consists of two pilots, a doctor (usually a consultant in critical care) and a critical care paramedic who is generally required to hold a master's degree in critical care, which is part of the critical care paramedics' training programme.

Road accidents make up 22% of the call out alarms, but the EAAA team is often called out to deal with patients who have suffered cardiac arrests and this form of incident accounts for 26% of their work.

As a result of this one recent development is the introduction of a communities' scheme to help members of the public to deal with cardiac cases. It is a free training service undertaken by EAAA volunteers who are prepared to visit any group or organisation willing to learn about the treatment methods, where defibrillator machines are kept, and how to use them. Recently this service has been taken up by young children in primary schools in East Anglia as word continues to spread about how people can save the lives of others.

In addition to helping victims the EAAA introduced an after-care service in 2016, where they help patients but also their relatives who will have been party to individual trauma experienced by their loved ones.

The air ambulance teams are devoted to helping and caring for patients and it is remarkable they can achieve so much without government intervention; and at our Branch meeting in August our members were lucky enough to see and hear for themselves just how vital this service is to saving lives. How proud they are to serve us: how proud we should be that they are.

**Steve Greaves**

## ***The 4 R's Waste Hierarchy – what it is & how we can use it to reduce our household waste***

**Jonathan Crisp**  
**September Meeting**

It was billed as a presentation on how to deal with household waste, but it turned into an education on how individuals at a local level can make a difference in saving the world!

How so?

Well, at our Branch meeting in September our members heard what they can do to reduce climate change caused by the emissions of CO<sub>2</sub>, which releases harmful gases into the atmosphere and contributes to global warming.

An excellent presentation on dealing with household waste was given by Jonathan Crisp, who is Waste Education Officer for Cambridge County Council, a position he has held for ten years. He is based at the Thalia waste disposal centre at Waterbeach, Cambridge.

Jonathan explained the process involved in handling household waste once it has been collected from the kerbside and stressed the importance of placing waste goods into the correct bins. For instance, all green waste (garden and food produce, bones, cooked and raw food) can go into the green bin; household waste into the blue bin (including tin food cans as in baked beans, aluminium drinks cans, paper, magazines and cardboard boxes). Nappies, textiles, cigarette ends and food pouch products containing any form of aluminium should be placed into the black bins.

One golden rule applies to the disposal of household waste: DO NOT under any circumstances put into any bin of whatever colour any batteries! Doing this is highly dangerous and on twelve occasions this year fires have broken out at the Waterbeach site due to batteries finding their



*Jonathan Crisp*

way on to the mechanical sorting lines. Thankfully, although the sorting process was stopped for a while, no worker was injured but the fact that it could happen so easily was a salutary lesson.

So what to do with them? The answer is to take them to a certified local waste disposal centre or a supermarket where preparations have been made to receive such items.

Other items that should not go into the bins are motor parts, electrical items such as irons, tv sets, old radios, gardening or handyman tools, DVD cassettes, CD discs or any form of explosives – including hand grenades, the presence of one such offering causing a long break in the recycling process and the involvement of the Army Bomb Disposal Unit!

In addition to reducing waste the recycling of household items is a lucrative business and processing a ton of aluminium drinks cans can raise up to £2,500 while recycling newspapers, cardboard, magazines and tin cans can raise even more.

Some of the figures Jonathan outlined were staggering, for example official estimates show that each household is responsible for throwing out one ton of waste produce each year. In Cambridge alone this leads to the processing of 120,000 tonnes a year of waste processed by mechanical biological treatment; 100,000 tonnes processed by a material recovery facility and 70,000 tonnes from in-vessel composting, which amounts to 300,000 tonnes a year. If this was to include commercial waste the figure would rise to an amazing 900,000 tonnes a year.

As concern grows about global warming and the effect off harmful greenhouse gases it is worth noting that food waste accounts for 25 per cent of annual CO<sub>2</sub> emissions; throughout the UK householders throw away 22 million tonnes of waste each year at the same disposing of £70 of unused food items each month, a huge amount considering we are currently living through a period of high cost of living. With an annual figure of £1,000 a year in food waste we should not need any encouragement to cut down on the items we discard, and to re-use whenever possible.

Cutting down on waste results in 175 trees being saved for each tonne of paper recycled, whilst recycling one aluminium drinks can provides enough energy to power a television set for three

NO bin Thanks! Household recycling Centre please



*Items not allowed in household bins*

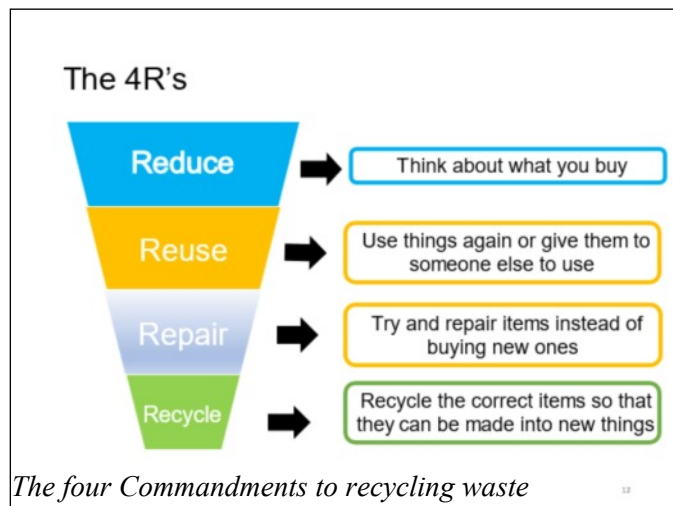


hours. It's worth noting that aluminium is 100% recyclable and can be re-used repeatedly.

All items that are recyclable are compacted into different sized bales at the plant in Waterbeach ready to be transported to various sites for reprocessing into new products.

But not all waste can be salvaged or recycled so what happens then?

The answer is to dispose of it either at waste sites where the waste is burned, and the resultant energy



used to produce electricity and sometimes heat for the local environment, or it can also be disposed of in landfill, but this is expensive and can be harmful to the environment because in many cases the items disposed of in such a way take a long time to decompose. Such items also produce methane gas whilst doing so, (which is ten times more harmful to the environment than CO<sub>2</sub>). All items that are recyclable are compacted into different-sized bales at the site in Waterbeach ready to be transported to various sites for reprocessing into new products.

But not all waste can be salvaged or recycled so what happens then?

The answer is to dispose of it using landfill sites, which are actually expensive to create and are harmful to the environment because in many cases the items disposed of in such a way may take a long time to decompose.

#### Where your waste should go . . .



A few examples are:

- **A banana skin** will take just a month to decompose;
- **newspapers** will take two months to decompose;
- **a pair of discarded socks** 1 year;
- **cigarette ends** 5 years;
- **tin can** 50 years;
- **aluminium drinks** can 200 years;
- **a soiled nappy** 500 years;
- **plastic bottles** 1,000 years.
- **glass bottles** will not decompose at all.

Providing a landfill site can take up as much land as Wembley football stadium and can cost up to £3 million, yet it will be filled within two years. If the levels of waste continue at their present rate Cambridge will run out of landfill sites within the next ten years.

A way each householder can help is to adapt the 4Rs principle. This involves:

- **reduce** (think about what you buy);
- **reuse** (use things again or give them to someone else to use);
- **repair** (try to repair items instead of buying new ones – easier said than done in today's throwaway society!);
- **recycle** (recycle the correct items so that they can be made into new things).

It is easy to identify the benefits of the 4Rs model because they save natural resources, avoid the need for landfill, save energy and reduce the effects of climate change and (best reason of all) it saves money.

Many of us are worried about the changes to the environment and the effects of climate change: with future generations ready to come along we have an obligation to make sure there is something left for them and by following some of the simple suggestions outlined for recycling household waste we can all play our part in reducing waste and at the same time combating climate change.

It has to be worth thinking about surely?

**Steve Greaves**

## Visit to Windsor Castle 5 October 2023

Everywhere we looked history was all around us: it was in the magnificent buildings, the historical artefacts, the time-honoured protocols and precision military movements, and the sheer beauty of the many works of art on display.

No wonder the magnificent Windsor Castle boasts so many visitors each year, and in early October, 53 of our members were part of those numbers when we visited the site which houses over nine hundred years of English history.

Many of us have probably seen the castle, standing on a hill grey and austere or shining brightly in the sunshine, as we pass while travelling along the M4 motorway heading for holidays in Devon, Cornwall or Wales. But seeing it close up and in person truly brings home just how magnificent this castle really is.

Not surprisingly the Royal town of Windsor lays on a spectacular welcome to visitors, regaling them with endless streams of bunting in red, white and blue and Royal memorabilia ranging from the spectacular to what many people may regard as seaside tat. Tat it might be, but sales were apparently booming in the many shops littering the streets and the line back to the coach park was filled with guests carrying back some prized Royal item bought in memory of their visit or to bestow on friends.

Once inside the castle there are so many things to look at and the big decision was where to go first. The answer appeared to be overwhelmingly St George's Chapel where the late Queen Elizabeth II is buried with her husband Prince Philip, sister Princess Margaret, and her parents King George VI and Queen Elizabeth the Queen Mother.

The lines of patiently waiting visitors were long



*The grave of Queen Elizabeth II*

and the visit to the Queen's grave brief, but humbling and respectful in every case. As we approached the spot an air of reverent silence replaced the excited murmur of those waiting to pay their respects to our much

loved and sadly missed late Queen. And not just Britons either: the air was filled with many different tongues from European countries, America and around the world.

The procession made its way slowly round the chapel taking in the final resting place of many of England's kings and queens, at the same time admiring the many items of Royal regalia, religious icons, monuments, statues and examples of military might from times gone by. The items on display were just stunning and filled visitors with awe and humility.

After the chapel it was time for a quick Royal palace ice cream before taking our place in the queue to see the world-famous Queen's Dolls House, and apart from the exhibition being a little on the dark side the wait was worthwhile. The model (certainly not a toy) was built by leading British architect Sir Edwin Lutyens between 1921 and 1924 for Queen Mary, wife of George V. It

includes contributions from more than 1,500 of the finest artists, craftsmen and manufacturers of the early twentieth century.

From life below stairs to the high-society setting of the saloon and dining room; from the garage below decks housing a fine collection of

Rolls-Royce cars to a library bursting with original works by the top literary names of the day; from a fully stocked wine



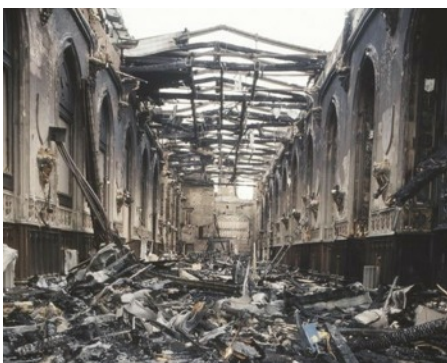
*Photo by ElaineToone*

*St George's Chapel is on the left where former monarchs are laid to rest. Straight ahead is the Round Tower, which houses the Royal Archives but originally it was the central part of the castle's defences and was used as a look out point and a symbol of royal power.*



cellar to a garden, created by Gertrude Jekyll, no detail is omitted.

The house even includes electricity, working lifts and, until recently, hot and cold running water, which has now been switched off for conservation purposes in the event of a water spillage. Each room is fully furnished and waiting to be explored and offers many items of interest ranging from a gold toast rack in the king's dining room to a top floor working gramophone with its own collection of records. There is even a small collection of vintage wine bottles filled with (surprise, surprise) vintage wine.



*The aftermath of the devastating fire which destroyed Brunswick Tower in November 1992.*

Then it was on to the splendid State apartments in the Brunswick Tower, the scene of a devastating fire at the castle in November 1992. The fire

started in Queen Victoria's private chapel where a

faulty spotlight ignited a curtain next to the altar and within minutes the blaze was unstoppable and had spread to the adjacent St George's Hall. The fire was attended by more than two hundred firemen and burned for fifteen hours destroying 115 rooms including nine State Rooms. Fortunately, the fire break at the other end of St George's Hall remained unbreached, so the Royal Library was undamaged. Staff removed works of art from the Royal Collection and filled the Castle's Quadrangle with some of the finest examples of French 18th-century furniture, paintings by Van Dyck, Rubens and Gainsborough, Sèvres porcelain and other treasures of the Collection.

Amazingly, only two works of art were lost in the fire – a rosewood sideboard and a very large painting by Sir William Beechey that could not be taken down from the wall in time. Luckily works of art had already been removed from many rooms in advance of rewiring work.

Restoration work under the guidance of Prince Philip, the Duke of Edinburgh, began within weeks and five years to the day later it was completed in time to mark the 50<sup>th</sup> wedding anniversary of the Queen and Prince Philip.



*Photo by ElaineToone*

*The Cloisters within the grounds of the Castle – grace and favour homes.*  
(Information courtesy of Google)

Looking at it today a casual visitor would be hard pressed to

identify any of the damage caused by the fire and walking sedately through the various rooms open to public view tourists can only marvel at such a perfect project of restoration.

And before making for the exit and home there was just time to take in the splendour of the magnificent Castle quadrangle, the spot filled so dramatically – and so colourfully – with members of the Armed Forces for Prince Philip's funeral in March 2021.

The day was long and tiring and it was with much relief that we all made our way back to the waiting jolly green giant provided by Dews Coaches and took the opportunity to rest aching legs. Yes, it was long, but it was also a glorious day out.

*Steve Greaves*



*Photo by ElaineToone*

*Another view of The Cloisters*

*Photos: St George's Hall by Steve Greaves; Queen Elizabeth's grave, and the Queen's Dolls House courtesy of the Royal Collection Trust*



## *Queen's Dolls House*



*King's Bedroom*



*Miniature Wine cellar*



*China collection from  
Royal Worcester porcelain*



*Miniature warming pan*



*Queen Mary's drawing room*

***Cromer Pier  
Summer Seaside***  
**15 August 2023**



If you were asked the following question what would your answer be?

*“Explain what you think makes a day out at a British seaside resort so special?”*

The answers would probably be along the lines of paddling in the sea, building wind breaks, crabbing in rock pools or using extended lines attached to a bucket from the nearby pier, eating ice cream, savouring fish and chips out of the paper while sitting on a harbour or sea front wall and – of course – a traditional end of pier variety show. Happily a group of our members experienced some of these attractions and more when they attended the Cromer End of Pier Show in August.

The sun shone brightly and an early start from Milton Park and Ride ensured a couple of hours free time to explore and enjoy a leisurely lunch before taking up our seats at the Pavilion Theatre for the traditional variety show, which has been running for the past forty years and is the only continuous show running throughout the entire summer season in Europe, if not the world. Some claim!



*Cast of the Cromer Pier show*

Operating with a small but hard-working troupe of talented dancers and singers the Cromer show epitomises the word variety and each year the producers contrive to produce an entertaining show which caters for all tastes, young and old alike.

This show was noisy, funny and awe-inspiring and provided a very enjoyable afternoon’s entertainment, which was an excellent way to spend a very pleasant day at the seaside.

The show does not claim to have stars, and all the artistes join in with the singing and dancing routines. The host and compere this year was UK comedian Phil Reed who returned to the show after appearing as a guest artist at last year’s show and some of his antics had the audience in fits of giggles, whatever their age.

One outstanding segment was a routine involving lead singers Ferdinand De-Leon and Jessica Poole. After making a plea to sing his own song, but being rejected by Ferdinand, Phil muscled in to sing between the two of them, much to Jessica’s annoyance. It was fun with a capital F and brought the house down.

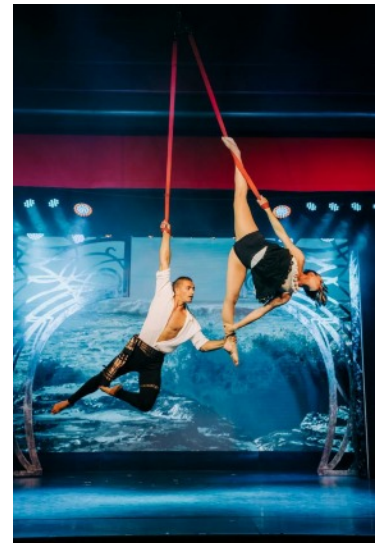
Other scenes of note included a daredevil display by circus act Duo Distanza who performed some scary high rope activities, some of them right above the heads of entranced audience members. One slip and the audience would have more than rain drops falling on their heads, but thankfully everything went smoothly. *Phew.*

In a show which boasted a rich seam of variety, songs, music, dancing and comedy two other notable segments drew warm applause from all around the auditorium. One was devoted to several songs from *Chitty Chitty Bang Bang* and the other to some of the songs contained in a tribute to *The Magnificent Showman* dealing with the show biz career of J D Barnum.

The back of stage special effects for the *Chitty Chitty Bang Bang* sequence was superb and was a very clever addition to the enjoyment of the show.

The old story goes: “Variety is the spice of life”.

Well, this show certainly gave us that and resulted in a very happy, but tired Cambridge contingent heading home after a grand day out at the seaside.



*Duo Distanza: Circus act Colombian star Francisco Arrango and UK born dancer and circus performer Jenna Knight.*

***Steve Greaves***



## NHSRF Cambridge Branch Holiday in Northern Ireland 2-8 July 2023

After several years of travelling with Fenn on our Branch annual holidays, this year we decided to book with Richmond Coaches for a 7-day holiday in Northern Ireland and Eire.

On a pleasantly bright and warm Sunday morning fourteen of us gathered at Cambridge Services. After time for refreshment Libby, our courier, and Adam, our driver, introduced themselves, and we then made a leisurely late morning start on our journey up the A14 and M6 using the Toll section to avoid the usual congestion around Birmingham. Early afternoon we stopped at Trentham Retail Village and Gardens in Staffordshire for a two-hour break for lunch and some retail therapy or a look round the gardens. With around thirty retail outlets there was something for everyone. Suitably refreshed we continued the journey to North Wales, arriving at the Kinmel Hotel for dinner and overnight, close to Holyhead in a peaceful rural location.

### Day 2: Holyhead to Dublin and onward to Belfast

The coach departed at 6.00am and we made our way to the port at Holyhead where there was a two hour wait to enable the procedural requirements which now exist prior to departure of the ferry to Dublin, Eire. The three-hour crossing was uneventful except for a long queue to get breakfast.



*Stormont Belfast*



*The travellers to Northern Ireland*

The hotel is virtually opposite the impressive long avenue up a hill to Stormont, centre for the Northern Ireland Assembly, which at the present time is still not meeting. The Stormont Hotel proved to be very comfortable with excellent food and service.

### Day 3: Belfast sightseeing and Titanic Exhibition

The sightseeing tour around Belfast was to have been on an open-top bus but with the threat of heavy showers a switch to an ordinary coach was made. A prudent step but in the event there were no showers! The tour itself concentrated on 'the troubles' stopping at the Falls



*Shankill Road Belfast*

Road and Shankill Road.

The former still has a 30-40 foot high wall in place and is covered with political artwork and messages



*Murals of the troubles, Shankill Road*

from international dignitaries, ordinary residents and tourists. In listening to our guide who was clearly a Unionist and later to our

driver whose father was a Republican who was imprisoned and had the family home forcibly entered by the British Army it seems that there are still tensions bubbling below the surface. The tour concluded at the City Hall, a magnificent neoclassical building sitting within well-tended



*Municipal Building Belfast*

gardens. One of the gardens is a memorial to the people who lost their lives on the *Titanic*. With a break for lunch and some personal sightseeing we chose to visit the cathedral of St Anne. Much of it turned out to have been built in relatively recent times, quite conservative in style. A place for a few moments of

contemplation and to rest one's legs.

The afternoon was devoted to visiting the *Titanic* Exhibition contained within a strikingly modern building next to the Harland & Wolfe shipyards where the *Titanic* was built. The exhibition, displayed on five levels, is superb. It starts by seeking to provide a feeling for the construction challenge this huge multi-levelled luxury ship presented, the working conditions, and the enormous workforce who devoted several years of their lives to building it. As an example 3000 men were employed in the fitting out of the cabins, public rooms and other areas, which took three years. It was a sombre experience, especially when reading the accounts of some passengers and staff who lost their lives. There was also an opportunity to visit the *Titanic*'s sister ship, the *Nomadic*, which carried passengers and their luggage to the fateful ship.

#### **Day 4: Hillsborough Castle and Gardens and Lisburn**

A short drive from Belfast stands Hillsborough Castle, a residence for the Royal Family and their guests. This is not a castle in the way one might envisage it, more a stately home. The visit included a tour of selected rooms including one called 'The Red Room' where the Northern Ireland Peace



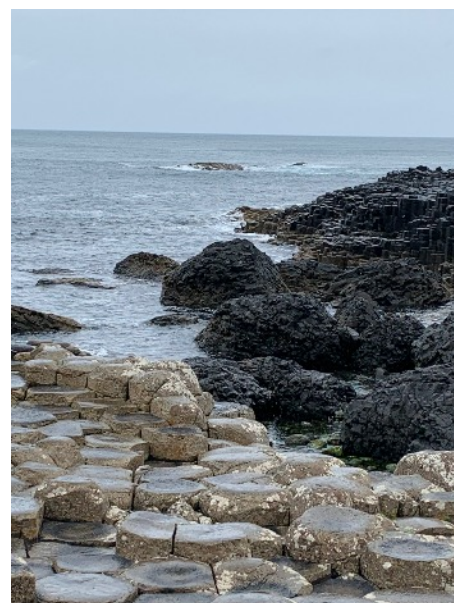
*Hillsborough Castle Gardens*

Agreement was agreed and signed. There were also various pictures of members of the royal Family on display. One person who appeared to be missing was Prince Andrew! The extensive grounds and gardens were for me a disappointment. Perhaps one should not have expected well-tended gardens, given the interest of King Charles III in the current vogue for rewilding. However, in the approach to the café and shop the pathway enters a huge walled garden built in the 1760s filled with a combination of vegetables and flowers. Here no-dig cultivation is being tried and early results seem encouraging.

From Hillsborough we went to the town of Lisburn to visit the Irish Linen Centre and Museum showing the history of linen-making in Ireland which at one stage was its main export in the 19<sup>th</sup> and 20<sup>th</sup> centuries. We were given an insight into the shocking working conditions which existed; some of the workers were girls of fourteen years old working fifty hours a week, exposed to a range of health risks. Nowadays very little linen is produced in Ireland and what is made is produced for tourists.

#### **Day 5: The Giants Causeway**

As we drew back the curtains a day of grey skies and spots of rain greeted us – heavy rain and gales were forecast later. The coach journey to the UNESCO site took about two hours, heading west along the north coast of County



*Giants Causeway*

Antrim. The coastal road passes through dramatic scenery interspersed with small villages and towns along the way, some with houses along the edge of the beach. Through the drizzly mist Scotland could be seen on the horizon. This part of the country was clearly strongly Unionist with many Union Jacks in evidence. The Causeway site is managed by the National Trust; having entered through the Visitor Centre there is the choice of walking to and from the site, about a mile each



way, or taking the minibus. The site is a spectacle of exceptional natural beauty. There are around 40,000 polygonal columns in basalt which it is estimated were formed sixty million years ago. The dramatic sight has inspired legends of giants striding across the sea to Scotland somehow reflecting the Irish culture for storytelling.

### Day 6: Dublin

All too quickly it was time to start the journey home and we arrived in Dublin around midday, allowing us five hours to explore the capital of Eire. Back in history, Dublin was the centre of English power in Ireland after the Norman invasion of the country in 1169-71. The city expanded rapidly from the 17<sup>th</sup> century and for a time was the second largest in the British Empire. It became the capital of Eire upon the country gaining independence in 1922. Jane and I decided to go on a 'hop on, hop off' tour of the city to gain a broad picture of some of the principal places of interest, being entertained along the way by the drivers giving us their homespun philosophies. One of the stops was at Christ Church Cathedral, built by the Anglo-Normans in the 12<sup>th</sup> and 13<sup>th</sup> centuries and much restored in the 1870s. The tomb of 'Strongbow', the Norman warrior who led the invasion in 1170 is buried in the cathedral. During restoration the mummified remains of a cat and a rat were found in one of the cathedral's organ pipes.

A popular stop on the circular tour was the Guinness Storehouse, offering a chance to drink the



*Oscar Wilde statue*

world-famous brew. Not that it's alone in Dublin judging from the number of bars and eating places we passed en route! We also got off the bus at Merrion Square to see the statue of Oscar Wilde before strolling back to Trinity College where our coach was waiting to

take us to the Talbot Hotel for dinner and overnight stay.

### Day 7: Dublin to Cambridge

At 6.00am we were on the coach, followed by a two hour wait at the port before boarding the

ferry. The crossing back to Holyhead gave me time to mark the quiz entries, the quizzes having been prepared by Mike Rolfe and myself. Twenty-eight of the forty-one people on the holiday took part. A few had clearly sought the help of Google and the Internet. The winners were announced before we set off on the coach journey to Cambridge, with Margaret, Jane and Julia submitting the best NHSRF entry. After a lunch break at Chester we arrived back at Cambridge early evening where taxis were waiting for those who had chosen to book them through Richmonds.

So how did the holiday compare with those of Fenn? The holiday was well organised; Libby ensured the hotels were ready for us and Adam was an excellent driver. The coach was comfortable and the hotels were very good, especially the Stormont where the food and service was of a high standard. The journey to and from Belfast was spread over

four days which was quite a long time; the waiting to get on the ferry going and coming back was claimed to be due to the Brexit Agreement.

Overall, we felt it was a very enjoyable holiday.

*Patrick Landucci*



*Left and below:  
Dublin Cathedral*



*All photos of the Northern Ireland holiday: Jane Landucci*



## FROM THE MEMBERSHIP SECRETARY

December 2023

### MEMBERSHIP SECRETARY **DAVID COLE**

If you have any queries on membership please contact Dave on:

**01223 833656**

[memsecnhsrhc@virginmedia.com](mailto:memsecnhsrhc@virginmedia.com)

or 5 Huddleston Way, Sawston,  
Cambridge CB22 3SW

Dave is available at the  
Membership Desk at the  
general meetings for any  
questions/queries

**Membership currently stands at 133.**

**Attendance at monthly meetings has remained  
good and averages 71.**

Many of the recent new members have joined on the  
recommendation of friends who are already  
members so if you have friends who are eligible for  
membership why not get them involved? You're  
very welcome to bring them along to a meeting to  
see what we get up to – with no obligation!

***Dave Cole***

**Contact details. Please can members  
remember to let me know if their  
contact details change? This  
includes postal address, email  
address and phone number(s).**

### **NEW MEMBERS**

We are very pleased to welcome  
the following new member to the  
Cambridge Branch of the  
Fellowship:

Jane Boreham

And to welcome back after a break:

Enid Buckett

Ida Ghelli

David Hogan

### **GIFT AID**

If you are a UK tax payer, it's very useful for the  
Fellowship if you sign a Gift Aid declaration. This  
enables us to claim from the Government a  
contribution worth 25% of your membership  
subscription. I have the appropriate forms at the  
membership desk – and they're very straightforward.

### **Welfare Team**

The Welfare Team wishes you all a happy and as far as  
possible, healthy Christmas. Hold on to the fact that the  
world is a wonderful place to be despite all its problems.  
Please contact us at any time should you feel the need even  
if it's only for a chat. Get in touch with Barbara or Pat.

**Sincerely**

**Pat, Sue and Barbara**

### **IN MEMORIAM**

**Cyril Best**

*Died October 2023*

*Please see page 24 for  
a brief obituary*

Pat Godson

01223 351925

Sue Imrie

01223 313369

Barbara Watts

01223 570707



## **NHSRF (Cambridge Branch) - Membership Subscription 2024/2025**

The membership subscription for the year 2024/2025 is £45. This amount comprises £15 for the annual subscription to be a member of Cambridge branch, plus £30 for the national annual capitation fee.

The national capitation fee remains the same as last year. Last year the national capitation was subsidised by £10 from branch reserves. The national capitation fee for 2024/2025 will not be subsidised.

### **Payment of the Membership Subscription**

Subscriptions must be paid by 31st May 2024. membership of the NHSRF will be withdrawn from any member who has not paid by this date.

Payment may be made:

- At branch meetings by cheque only (no cash)
- By post. Cheque only (no cash), payable to 'NHSRF (Cambridge) Branch'.  
To be sent, with member's name and address, to:  
The Assistant Treasurer  
NHSRF (Cambridge) Branch  
215 St Neots Road  
Hardwick  
Cambridge CB23 7QJ
- By Electronic Transfer to Barclays Bank plc. Account NHSRF Cambridge Branch.  
Sort Code 20-17-19 Account no. 60650781.  
Payments must be referenced RFSUB with the surname and initials of the member(s).  
Please email the Treasurer at: [mrolfe@ntlworld.com](mailto:mrolfe@ntlworld.com) to let him know that you have made your payment.

### **Guests Attending Branch Meetings**

A member may entertain a guest at a meeting if the meeting is of particular interest to the guest. If the guest wishes to attend more than one meeting during a year, the guest must join the NHSRF and pay the full, annual membership subscription (this includes the national capitation).



# Wedding Anniversaries

65

60



*Norman and Brenda with the signed greetings card from King Charles III*

## **Norman and Brenda Gutteridge**

Branch members Norman and Brenda Gutteridge celebrated their 65<sup>th</sup> wedding anniversary in July.

Their proud achievement was noted in Royal circles, and they

were honoured to receive a card from King Charles III to mark the occasion; the second time they have received Royal recognition, the first was a congratulatory card for their 60<sup>th</sup> anniversary sent to them by special delivery from Her Majesty Queen Elizabeth II

The couple, who hail from St Helens in Merseyside, were married at St Helens Wesley Methodist Church, after growing up close together in the Thatto Heath and Fingerpost areas of St Helens.

Norman began work as a welding engineer with northwest firm Lyon and Pye when he left school aged fifteen, and Brenda started her working life when she joined the pharmaceutical company Beechams as a production line machinist.

At one point they were keen caravan campers of long standing. They are members of the King Street Methodist Church.

They live in Bird Farm Road, Fulbourn, and have two daughters Deborah, and Julie, five grandchildren and a great grandson.

## **John and Carole Overhill**

John and Carole Overhill, who live in Sawston, have been members of the Cambridge Branch for many years, and they had something very special to celebrate in the summer months

when they became a diamond couple after marking their 60<sup>th</sup> wedding anniversary.

Both born and raised in Cambridge, they were married at St Barnabus Church in Mill Road, Cambridge and reached the magical milestone of 60 not out in August when they celebrated with a sunshine cruise to the very pleasant climes of Portugal.

Before she retired Carole worked in the Cytology labs at Addenbrooke's, spending twenty years in that department where she trained as a screener. John, who was the Branch audio and visual officer for nine years, was an apprentice audio-visual engineer with Pye Ltd in Cambridge. He continued his working life in this field until his retirement.

For many years John has been a volunteer with Duxford Aviation Society where he helps to restore and conserve civil historic aircraft. They both volunteer at the local Children's Society charity shop where John keeps his hand in testing donated electrical items and Carole works in the book shop.

They have two children Cheryl and Neil and five grandchildren.



*John and Carole Overhill*

We are greatly indebted to Steve Greaves for all his excellent reports on the speakers at our meetings, and also for many of the photographs in this edition, except for those specifically attributed to our other photographers.

Members raised £160 from a collection at the Branch meeting in October towards the Fishermen's Mission, which was the subject of our talk at that meeting.

The full report of Andy Malcolm's talk will be published in the next edition of the magazine.

## ***Cyril Best***

Cyril Best, a regular member at our branch meetings for many years, passed away in October aged 89.

Cyril, well known by many for always having a great welcoming smile, was born in Woolwich in London and after many years living in Chelmsford with his wife Hazel, they decided to spread their wings and move to the Cambridge area in 2000.

He began his working career as a telecommunications apprentice with Siemen Brothers in Woolwich, London; when they were taken over by GEC Cyril got a job with Marconi and the couple moved to Chelmsford. He stayed with them as a telecoms project manager when they also became part of the GEC empire.

The job saw him lead a number of projects involving cable-laying from ships at sea and during his time with Marconi he visited a number of countries in Europe, including Belgium and Italy. Just after they were married they spent twelve months in India before returning to England and settling into family life in Blackheath, London.

Cyril and his bride, who is a former midwife and hails from Blackpool in Lancashire, were



*Cyril Best*

married in 1963 in Blackpool. They met when on a hiking holiday in the Lake District: he with his friends, she with hers. Their paths crossed at the top of Sharp Edge on the mountain of Blencathra in the Lake District when Hazel's dislike of heights threatened to spoil the day because she could not bring herself to cross a narrow path on what was a very narrow edge. Step forward one Cyril Best to save the day by

playing the gentleman to guide Hazel over the obstacle and help her to safety.

The wedding followed in Blackpool in February 1963 after a two-year distant courtship between Blackpool and London.

Cyril was always a keen photographer and amateur artist and followed these interests by being a regular member of groups run by the U3A organisation.

In previous years the couple, who live in Rowell Close, Haverhill enjoyed foreign holidays, especially sunshine cruises to some exotic destinations, including New Zealand, Australia, Alaska, and the Far East as well as the Mediterranean.

He leaves behind his wife Hazel, three children Keith, Brian and Elizabeth, and five grandchildren.

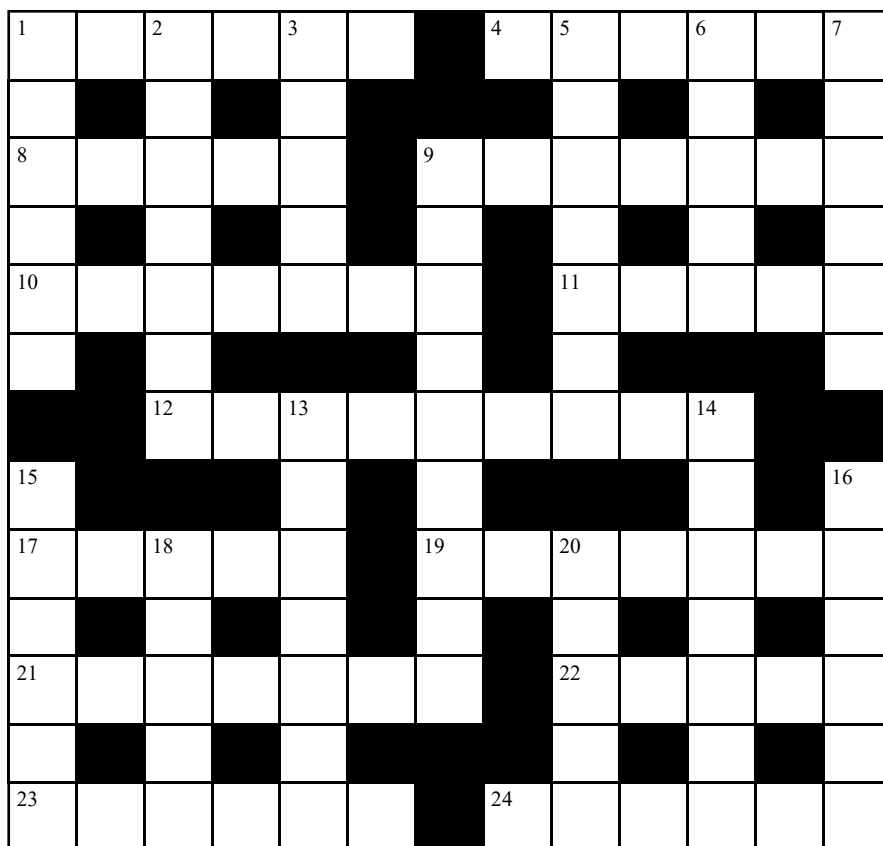
***Steve Greaves***



Tranquility: Ouse Fen  
Nature Reserve on a  
sunny November day  
*Photos: Penny Pearl*



## Crossword – Christmas 2023



### Across

- 1 Brought up (6)**  
**4 Counting frame (6)**  
**8 Explosion (5)**  
**9 Prime Minister (7)**  
**10 Eluding (anag) (7)**  
**11 Sharp hooked claw (5)**  
**12 Remiss (9)**  
**17 Criminal (5)**  
**19 Mexican Liquor (7)**  
**21 Highly regarded (7)**  
**22 Consumed (5)**  
**23 Hang loosely (6)**  
**24 Decapitate (6)**

### Down

- 1 Bunny (6)**  
**2 Finder of a magic lamp (7)**  
**3 Eulogise (5)**  
**5 Respire (7)**  
**6 Cold (5)**  
**7 Dash (6)**  
**9 Foretold (9)**  
**13 Military Commander (7)**  
**14 Scottish emblem (7)**  
**15 Frightened (6)**  
**16 Merited (6)**  
**18 Citrus fruit (5)**  
**20 Wait in line (5)**

## Sudoku

## Puzzle Pages

Solutions in  
separate  
document

				4	5	1		
	5	6				3		
	4			8				
3			6	7		8	4	
							9	
6			1	9		7	3	
	6			1				
	8	9				5		
				3	7	9		

To solve the Sukoku Puzzle, fill the grid so that every column, every row and every 3 X 3 box contains the numbers 1 to 9.

## Codeword

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
	O			F				
19	20	21	22	23	24	25	26	
					G			

A	B	C	D	E
F	G	H	I	J
K	L	M	N	O
P	Q	R	S	T
U	V	W	X	Y
Z				

20	11	22	19	24		5		14		14		19	10
5		5		7	16	24	19	21	25	11			26
12	7	25		25		13		19		25		6	12
26			23	11	21	11	16	19	21		11		
24	11	15		7		7		9		8	7	1	
		22	5	15	19	21	14	5	17	17		7	
23	11	11				16		6		5	18	12	
7		14	17	5	2		11	24	24	1		19	
8	11	11		4		23				15	11	21	
26		17	5	7	25	9	5	8	17	19			
23	5	24		5		5		21		24	7	24	
	1		23	21	6	1	15	5	17			19	
5	1	12		26		1		10		1	5	23	
21		5	8	7	1	26	20	19		19		2	
15	11	15		18		1		16	19	3	7	1	





22. Mans own X X X X X X X
23. He bills legs X X X X X X X X X X X
24. Name all seven of Snow White's dwarfs?
25. The Grinch is a character in which book?
26. Which four letter word winter sport is the French word for sleigh or toboggan?
27. Which two sports are included in the Winter Olympics biathlon?
28. Starfish rematch X X X X X X X X X X X X X X
29. Tossing eagerness X X X X X X X X X X X X X X X X
30. How many gifts in total in the song '*The Twelve Days of Christmas*'?
31. '*She didn't see me creep downstairs to have a peep*' comes from which Christmas song?
32. 'Joyful all ye Nations...' comes from which carol??
33. What did the other reindeer not let Rudolph do because of his shiny red nose?
34. What did Frosty the Snowman do when a magic hat was placed on his head?
35. Dug piggy find X X X X X X X X X X X X
36. Tiny vita X X X X X X X X X
37. According to the song, what did my true love give to me on the eighth day of Christmas?
38. In which country will the next Winter Olympic Games be held?
39. 'Let the steeple bells be swungen ...' comes from which carol?
40. In the movie *Elf*, how does Buddy get to the North Pole?
41. Totems lie X X X X X X X X X X
42. Wolf snakes X X X X X X X X X X X
43. Which two of Santa's reindeers share names with meteorological terms?
44. '*And then they found a little nook in a stable forlorn*' comes from which song?
45. Christmas Island is located in which ocean?
46. How many ghosts appear in the book *A Christmas Carol* ?
47. Yeti duel X X X X X X X X X
48. Ole ugly X X X X X X X
49. Christmas fruit cake *Stollen* is traditionally associated with which country?
50. On Christmas Day 1950, what did four Scottish students steal from Westminster Abbey?

# Giant Christmas Word Search – 2023

29

G A R L A N D M S N O W F L A K E S F T I N S E L  
V H F B W Y R E I J U M T O N C W E Z D W G F E S L  
S K A T I N G K L T D S Y O B H Z I C S I C F I L R I  
Z I P V K C A G F F T R V B O I F P A C N B D C R I  
F C J O S J S L I P P E R Y R L L E R A T O G H I B  
I R A S R W A H O N L Y N X A L U C O R E O I R G  
G V T R H T F V E D Y I T S N Y R I S S H S T S B A  
G Y H X X K F E B R U A R Y Q R I S S H S T S B A  
Y T O B O G G A N O R U S O U F H C I M S S A P S T A U  
P O L F N H R M M F H Y S W I D E D O H T S N M A B  
U R I F G L O V E S M J W P L N S C W O V H B A B  
D A D W W I W V F R E C I I L G K O L T S O Y S L E  
D N A D D R G K J A N U A R Y A T L Y C B V S D E S  
I G Y S E T A L O C O H C U R R O T T H E E C A S S  
N E S X C D E C E M B E R S E T H S N O W L N Y S E  
G S S L E D D I N G C A H E A P C W D C N G Z T E S  
S C A R F R S N O W M A N A J A H X H O E T O Y S  
R Z R A M J A N U A B Y K Y T R I M O L O I P P U R  
O S E T A D F I R E P L A C E K L H L A A C I R R P  
B O X I N G D A Y S S L U S H A D S L T Z C C E P  
E I C I C L E G G N I Z E E R F R A Y E Z F I S R I  
I D H I B L I Z Z A R D W T R B E N E M K V C E I S  
K G S O B N Q W X J X D S G A T N T R D Y W L N S  
T R A I N S E T T J F R O S T Y D A E H I P E T E J  
M I S T L E T O E T T T E L E V I S I O N B E S J

Fireplace	Winter hat	Hot chocolate	Mittens
Snowflakes	Ice	Slush	Shovel
Blizzard	Tree	January	Snow
Icicle	Slippery	Freezing	Flurries
Boots	Chilly	Skating	February
Garland	Holly	Carols	Port
Parka	Snowman	Scarf	Mistletoe
Sledding	December	Holidays	Tinsel
Gloves	Toboggan	Mince pies	Boxing Day
Cards	Baubles	Santa	Carols
Figgy Pudding	Sherry	Christmas Day	Gifts
Surprise	Presents	Angel	Elf
Chocolates	Toys	Frosty	Ivy
Children	Boys	Girls	Train set
Oranges	Dates	Tags	Television



Sir Nigel Gresley

## Word Search

LNER A4  
LOCOMOTIVES

UNION OF  
SOUTH AFRICA

GOLDEN  
EAGLE

DOMINION OF CANADA

WILLIAM  
WHITELOW

EMPIRE OF  
INDIA

DWIGHT D  
EISENHOWER

SIR NIGEL  
GRESLEY

SILVER LINK

SPARROW  
HAWK

MERLIN

G J B Y Y R L L Y V H B N Y C Q G S E C  
 D V Q S O U W F O O X Y C W F P C C N A  
 Q R W W B P S S C M W J F I S A G G C X  
 V A R W C D R B L S S D B M F S B F M X  
 M U W K H R L S Z B J S I H Z B S Q G S  
 W L E M D N U I E S I W W L H A D W B Z  
 T W Y D T K N I L R E V L I S W K K A V  
 W C B W H T R X U R B E S Z Y M N W Z H  
 D Y E L S E R G L E G I N R I S Z R D E  
 A C I R F A H T U O S F O N O I N U E S  
 E M P I R E O F I N D I A F A O Q C B P  
 W A L E T I H W M A I L L I W D M B B A  
 D O M I N I O N O F C A N A D A E H H R  
 V E E T V F L R I J C A H L B Z R Y Y R  
 W X K Y L E L G A E N E D L O G L F H O  
 V S X T D G T D K X D H N D B O I M A W  
 W Y F O T U P G M G C N Q Z V S N H I H  
 T E U P T U K P Q A Y H O B X W I I A A  
 C T A U P H S E R W E S I X M Y L E W W  
 R E W O H N E S I E D T H G I W D F W K



***What are the well known phrases or sayings represented by these initial letters?  
For Example – L B you L = Look Before You Leap.***

1	J of A T M of N	
2	L B not L	
3	B is T T W	
4	An A A D K the D A	
5	S S and B F	
6	B L T N	
7	A T G is N G	
8	S F the H's M	
9	The P is M T the S	
10	A F in N is a F I	
11	B C B C	
12	H H no F L a W S	
13	L B be B	
14	It N R B it P	
15	M H W the S S	
16	E C H a S L	
17	A L C C its S	
18	H who L L L L	
19	G M T A	
20	A D is a M B F	
21	H T and G T	
22	M H M L W	
23	O of S O of M	
24	P M P	
25	Y are W Y E	
26	W in R D as the R D	
27	W N W N	
28	Y C G B O of a S	
29	T H are B T O	
30	P the C B the H	

## Rambling Group

The walks, approximately 4 to 6 miles in length, take place monthly, usually on the **third Wednesday of the month**. They are circular, starting and finishing at a local hostelry where lunch is available. Depending on the pub sometimes lunch needs to be ordered beforehand, sometimes just on return from the walk. Most members of the group tend to stay, although naturally some may have to leave early.



*On the October walk*

Owing to the fact that the venue for the walk has had to be

### CHANGE IN THE ADVERTISING OF THE WALKING PROGRAMME:

PLEASE NOTE THAT A DETAILED LIST OF WALKS FOR SIX MONTHS WILL NO LONGER BE PUBLISHED. PLEASE INFORM MIKE ROLFE IF YOU WISH TO BE PUT ON THE MAILING LIST FOR INFORMATION ON THE WALKS.

changed on more than one

occasion in the past because of closure, refurbishment etc, it has been decided that, in order to avoid last minute changes, a six month programme will no longer be published in the magazine or available as a printed list. The information will be sent out electronically month by month, the details of the upcoming ramble being emailed to the group a week or so beforehand – as they are now in fact. These will include the name of the walk, the address of the pub, the length of the walk, and whether lunch has to be pre-ordered.

**All are invited to enjoy our rambles. If you are not yet a member of the Rambling Group but wish to join please contact Mike Rolfe**

**(email/mobile details below) to have your name added to the list. Telephone Mike for information if you are not on email.**

*Start Times, Lunches and Speed:* **Walks will start at 10.15a.m.** except where indicated otherwise. Please arrive no later than 15 minutes before the start to order lunch if required. Walking speed is leisurely – about 2.5 mph, and in our part of the world there are not many hills to climb.

#### *Start Points*

*An address with post code is given for each start point. Google maps, Apple Maps, OS maps etc will give directions to the start using postcodes.*

*Inclement Weather:* We do not consider rain a deterrent to walking. It is possible, however, that weather conditions may be such that it would be safer not to travel, e.g. driving to and from the start on icy roads. If, on the morning of a walk, you are uncertain as to whether or not the walk will proceed, please call Mike, Paul or David before 9 a.m.

For more information please contact:

**Mike Rolfe 01223 882202 / 07981 888149**

**Paul Tippett 01223 276502 / 07835 763528**

**David Goodman 01954 210196 / 07796 333761**

The next ramble – a circular walk – Boxworth, Childerley, Lolworth – will take place on Wednesday 13<sup>th</sup> December, starting at the Golden Ball, Boxworth CB23 4LY

Distance 5.2 miles approx

Start time **10.15 am.** Please arrive by 10am to allow time to order lunch before we leave

## NHSRF Cambridge Branch Calendar



General Meetings are held in The Townley Memorial Hall, Home End, Fulbourn, CB21 5BS. Unless otherwise stated, meetings begin at 10.30 a.m.

2023	Event	Contact
30 November	General Meeting 'Life Behind Bars' David Short	Speaker Secretary
05 December	Christmas Lunch, Madingley Hall	Social Secretary
13 December	Ramble* Boxworth, Lolworth circular	Ramble Secretary
2024		
25 January	General Meeting 'Sherlock Holmes - Forensic Toxicologist' Professor Tony Moffat	Speaker Secretary
29 February	General Meeting 'Cry Havoc and Let Slip the Dogs of Law' Mark Bradford	Speaker Secretary
28 March	General Meeting 'Gran Day's' Little Book Keith Day	Speaker Secretary
25 April	General Meeting 'Cambridge Spies' Dr Andrew Lacey	Speaker Secretary

\*Ramble arrangements will be confirmed to those on the list of regular Ramblers shortly before the day of a ramble. Please let the Ramble Secretary know by email if you would like to be added to this list.

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#### £15 Branch subscription + £30 National capitation fee

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- By post. Cheque only (no cash), payable to 'NHSRF (Cambridge) Branch'. To be sent, with member's name and address, to:  
The Assistant Treasurer  
NHSRF (Cambridge) Branch  
215 St Neots Road  
Hardwick  
Cambridge CB23 7QJ
- By Electronic Transfer to Barclays Bank plc NHSRF Cambridge Branch  
Sort Code 20-17-19 Account no. 60650781. Payments must be referenced RFSUB with the surname and initials of the member(s). Please email the Treasurer to let him know that you have made your payment: [mrolfe@ntlworld.com](mailto:mrolfe@ntlworld.com)

**Guests** A member may entertain a guest at a meeting if the meeting is of particular interest to the guest. If the guest wishes to attend more than one meeting during a year, the guest must join the NHSRF and pay the full, annual membership subscription of £45.

Membership Secretary	Dave Cole	01223 833656		<a href="mailto:memsecnhsrf@virginmedia.com">memsecnhsrf@virginmedia.com</a>
Secretary	Steve Greaves	01223 244256	07772 971187	<a href="mailto:rfgeneralseccb19@gmail.com">rfgeneralseccb19@gmail.com</a>
Social Secretary	Lenore Greaves	01223 244256	07881 901619	<a href="mailto:rfgeneralseccb19@gmail.com">rfgeneralseccb19@gmail.com</a>
Holiday Secretary	Patrick Landucci	01480 832025		<a href="mailto:patricklanducci@hotmail.com">patricklanducci@hotmail.com</a>
Ramble Secretary	Mike Rolfe	01223 882202	07981 888149	<a href="mailto:mrolfe@ntlworld.com">mrolfe@ntlworld.com</a>
Speaker Secretary	Elaine Toone	01763 208661		<a href="mailto:tegtto@aol.com">tegtto@aol.com</a>
Welfare Secretary	Pat Godson	01223 351925		<a href="mailto:godson665@btinternet.com">godson665@btinternet.com</a>

Web information about the NHSRF is at: [nhsrf.org.uk](http://nhsrf.org.uk)