

NORFOLK & NORWICH
UNIVERSITY HOSPITAL

NURSES LEAGUE
JOURNAL



2021

THE NORFOLK AND NORWICH UNIVERSITY HOSPITAL NURSES LEAGUE

EXECUTIVE COMMITTEE AND TRUSTEE MEMBERS

Charity Registration Number 290546

2020 - 2021

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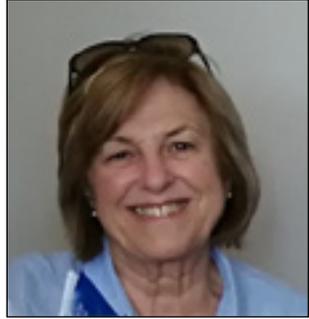
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A Message from the President

Dear Members,

I know this year has been such a strange, difficult and in some cases very sad year for many of you and your families. As you read this message I do hope we are seeing light at the end of the tunnel with a vaccine on the horizon and a hope that life will return to a time when we can meet and celebrate being part of the league's nursing family, working or retired.



With no AGM possible in 2020 it was agreed that I should continue as President for another year and we have managed as a committee to continue to meet via Zoom and progress with League work. Many of you I hope were able to access the annual Betty Lee Lecture given by Mr. Richard England via our website.

For me the League and its future is about continuing to engage with the hospitals senior Nurses making sure they know they hold the key to its longevity. We just can't fail those who have gone before in preserving the rich history of NNUH nursing and celebrating its continued progress.

All of us reading this will know what it is like to be a nurse.

Some of us will know what it is like to be a patient.

I know what I like best!

All of us will know what it is like to be young.

Some of us will know what it is like to be old.

I know what I like best!

All of us will know what it is like to work in nursing.

Some of us will know what it is like to be retired.

I know what I like best!

In all those phases of life you need resilience.

Resilience improves if you believe you CAN and if others believe you can even better!

Thank you for believing in me. Very Best wishes Mary Dolding.

I have a final plea. As you will see our secretary Ruth McNamara is retiring after 21 years. Is this a role you would be prepared to consider?
If so please contact me at: marydolding4@gmail.com

Please be aware if we are unable to meet on 15th May 2021. The AGM will take place using ZOOM on that day. Let us know if you wish to join the meeting. Thank you for your continued membership.

And lastly, my favourite poem.

Hope

If you only carry one thing throughout
Your entire life, let it be hope.

Let it be hope that better things are always ahead.

Let it be hope that you can get through even the toughest of times.

Let it be hope that you are stronger than any
challenge that comes your way.

Let it be hope that you are exactly where you are meant to be right now,
and that you are on the path to where you are meant to be... Because
during these times, hope will be the very thing that carries you through.

-Nikki Banas

THANK YOU FROM YOUR FORMER EDITORS

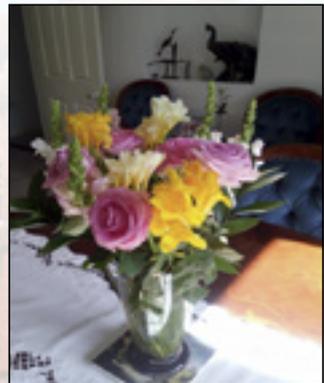
During the first lock down of 2020 Elizabeth and I were delighted and surprised to receive flowers through the post from the League trustees and members.

We in fact received three bouquets over 3 months. They were all equally lovely and were a thank you for our 11 years as joint Editors of the Journal.

We have said at each AGM that we enjoyed being the Editors, but 11 years was enough and time to hand over to new and younger blood.

Thank you for the flowers and the words of praise and gratitude from Members for the Journals that we produced.

Doreen Betts & Elizabeth Blaxell



A MESSAGE FROM THE 'NEW' EDITORS

Taking over as editors of the Nurses League Journal has been a daunting task. Liz Blaxell and Doreen Betts performed a remarkable job over their joint eleven years as editors. Fortunately, they remained on hand to help us, giving us pointers at the start, and then providing some articles for this years journal.

We hope that you like this years cover with the lovely rainbow, which has become synonymous with the NHS. This rainbow was drawn by Eve aged 12, who is one of Sondra's neighbours. She did a fabulous job of distributing self-drawn rainbow pictures locally to put in our windows during the 1st wave of lockdown and we felt this one would be great on the cover.



2020 has been a strange and hard year for so many people and for some who are living alone, with or without health issues, it has been particularly challenging. But here we are in December, when this journal is being put together, with several hundred people already having received their first vaccination for COVID-19. So there is hope, the shortest day is within sight and when you receive and read your journal it will almost be spring with new life in the countryside, our gardens and in the animals around us. Hopefully, our meetings will happen in May and October and we will be able to get together to chat and share experiences of living during COVID lockdown and also to reminisce about our nursing days. Until that time, please look after yourselves, keep warm and remain healthy.

Please continue to send in your articles preferably with photos if you have some. We have an email address dedicated to the journal: nursesleaguenandn@gmail.com alternatively contact either editor by phone (numbers on the inside cover) and we will supply an address for postal submissions.

Finally, as already mentioned, we are hoping that 2021 will bring gatherings again so we will have more stories and photos to share in the 2022 journal.

Chris Parfitt and Sondra Gorick

A few words from the Membership Secretary



This year has been described by the use of various different adjectives but what has struck me throughout has been the kindness of strangers, people going the extra mile. My sincere hope is that most of you will have stayed well.

I think we would all agree that we owe our working colleagues a debt of gratitude. In a letter to me one member talks about being admitted with Covid-19 and I quote “wonderful treatment at the N&N”; another mentions how well she was looked after which also included very good after care. Sadly we have lost some members to this dreadful virus.

On a brighter note the Journal was received with great enthusiasm and many congratulated the editors on their last edition. The articles on the Jenny Lind brought back many memories of both being a Jenny Junior, to a sister who wonderfully described some of the cases she saw. She remembers the amazement on the faces of parents at seeing their child’s repaired cleft lip. One member received the Journal on her 80th Birthday and described it as “an extra special present”.

As you will all be aware the Journal goes to press in January, therefore I have re-designed the reply form to cope with the uncertainty of the situation. We have no idea as to whether the AGM will take place or have to be a virtual event. We are in discussions regarding what we may be able to do. I have asked for a telephone number so I am easily able to contact members.

The trustees join me in thanking those members who send their subscriptions when due in April. This saves postage as no reminders have to be sent. Also a huge thank you for your generous donations for which we are extremely grateful. Thank you to those members who have set up standing orders but a little plea that if you plan to come to the AGM that you still return your reply slip. We need to know numbers for teas.

Finally thank you for your letters.

Ann Copsey
Membership Secretary
g.copsey@ntlworld.com

HERITAGE REPORT

This last year has proved difficult for our heritage group due to the Covid 19 virus but we managed to organise a meeting last February with our two new members Jan Beart and Tony Barber. Unfortunately, the next arranged meeting for April had to be cancelled due to lockdown.

The Archive Centre has been closed with staff working from home so research has not been able to take place there. Fortunately, in this era of technology we were able to have a zoom meeting in July to prepare the way forward.

A heritage meeting took place in September with social distancing and masks to prepare a display advertising the Betty Lee Lecture, which was viewed on the website this year. The use of computers has helped us tremendously by being able to contact by email. Many people have helped in this way regarding the Jenny Lind Long Case Clock. I am grateful to Veronica Rogers, Frances Hardy, Mike Flynn, Richard Simmonds, Emma Jarvis and John Losasso who have provided me with information to produce the article. Hopefully, with funding, Richard Simmonds may be able to trace its true age once he is able to work on the clock. Sandra Ferguson has also provided valuable information about the Jenny Lind.

Jessica Woodhouse and her partner were clearing out a garage and found a wooden box with some precious photographs on glass slides of the Norfolk and Norwich Hospital, St Stephens Road. They have been donated to the League but we have not been able to make any progress because places have been shut to the public. Hopefully we can report on our progress in the 2022 Journal.

We are trying to preserve the history of uniforms worn by nurses so we would appreciate any help with information about uniforms that you can remember wearing. We would also like to research the uniforms worn by male nurses. Photographs would be an extra bonus which can be copied from the original.

Margaret Allcock - Lead Archivist for the Nurses League Heritage Committee.
Mary Dolding, Elizabeth Blaxell, Jan Beart, Tony Barber,
Sandra Ferguson & Betty Lee.

Treasurer's Report 2020

This is the treasurer's report for the Accounts April 2019 – April 2020 presented to the Trustees via a Zoom meeting in May 2020.



i. Due to restrictions they have not yet been independently audited by Charlotte Ayres. These will show we have not overspent, despite paying more for printing the excellent special 2020 Journal.

ii. Postage for the Journal, not included in these reports, totalled £291 and thanks to all the Trustees who delivered 81 Journals, which saved us £102.06.

iii. Unfortunately we had already paid £330 for enamel pins which were to be given out at our 90th celebrations but they will be used next year. The cost of these are in next year's figures.

iv. The concert in June which was to provide the League with extra funds has also had to be cancelled.

v. PayPal Giving fund has given us a bonus this year of £737.50 and hopefully this will continue.

vi. Investments have given us a good return, but there are concerns for the future because of the worldwide economy following Covid 19 virus. Overall, because of funds we have in accounts to date, Hilary assured the Trustees there is enough to pay for the coming year.

Hilary Barker, (Treasurer, Norfolk & Norwich Nurses League)

MARY ROSALIND DOLDING

Centre stage in our 2021 journal we are highlighting what a huge contribution Mary has made to the League over many years. Mary kindly agreed to continue for an extra year as President, selflessly providing, as always, fantastic and enthusiastic leadership. Mary continues in retirement as she was when working - a caring, thoughtful and empathetic nurse and we are pleased she will continue as a Vice President to support our new President.

We are sure our members would like to join all the Trustees in thanking Mary for her years of dedicated service to the Norfolk & Norwich Nurses League.

Sondra & Chris, Editors

MARY ROSALIND DOLDING PRESIDENT OF THE NURSES LEAGUE 2014-2021



I entered the nursing profession following a long-held ambition of becoming a nurse and following a family tradition. I was fortunate enough to have a truly fulfilling and rewarding career at the Norfolk and Norwich hospitals. I started my training in 1965 at the N&N, made lifelong friends and worked with some amazing colleagues, retiring as a Senior Sister/Service Manager in 2003. I was able to make a significant contribution to the development of Respiratory Services and nursing which has given me many positive memories.

Having completed my training I joined the Nurses League as a life member and then as a young staff nurse working in the acute medical unit at the West Norwich Hospital and as a mother of two, I found myself elected as a trustee for the League in 1973. I served as a committee member at that time for 4 years learning so much about the passion



and commitment to the league from those committee members. During that time my career developed and I worked as a night sister at the WNH responsible for delivering the care and managing the nursing service for a group of medical wards.

In 1999 after several changes for the league including the introduction of a declaration of trust document and with charity status approval I was approached to become a trustee of the Executive Committee.

At that point in my career I was the Senior Sister in Respiratory

medicine with responsibility for the service management of the directorate of Respiratory and G.U. Medicine.

In 2004 along with other trustees, the new League declaration document was devised and introduced after a review and then circulated to all members in booklet form. I was on the committee again at that point and in 2005 I was assisting the treasurer.

In 2006 I became the treasurer, a post I held for 8 years and with the secretary Ruth McNamara attended an accredited training programme for Trustees which gave us helpful information on the way forward for our charity.

In 2008 under the leadership of Lavina Gordon-Gray as the new President the declaration of trust was revised again with the change of name included. During that time as Treasurer, we started to claim Gift Aid and also applied for and were granted Lottery funding to be used on publicity material. At that time too I became a member of the heritage sub-committee and am proud to have been involved in their work.

In 2014 I was elected as the 12th President of the Nurses League and re-elected for a second term of office in 2017. I consider it a great honour to have been given that responsibility and have had great pleasure in working with all my committee colleagues during that time. We have achieved some incredible outcomes whilst maintaining and developing all the previous good work undertaken by our predecessors.

The highlights of my time as president have been:

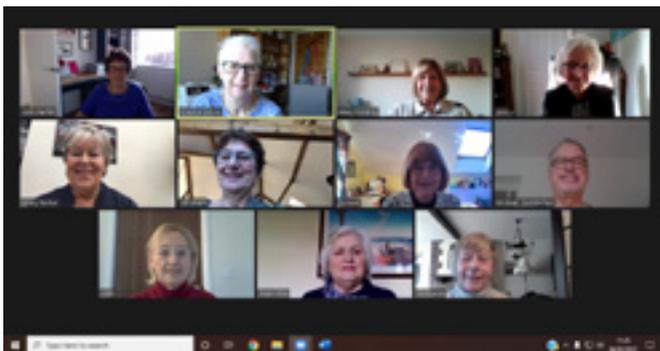
1. Acquiring a dedicated hospital display cabinet for the League to use.
2. Introduction of publicity days within the hospital.
3. Access to the hospital post room for journal posting.
4. Setting up the opportunities for presenting to Newly Qualified Nurses.
5. Implementing the Annual Betty Lee Lecture.
6. Developing and enhancing the AGM experience for members with gifts, competitions, raffles and displays.
7. Developing the website with the continued support of Dr Paddy O’Luanaigh past DDN at NNUH and honorary member.
8. Introducing a NNUH Nurses League “Twitter” account.
9. Involvement in Joint projects within the hospital having encouragement and support from CN Prof. Nancy Fontaine.
10. Annually remembering and celebrating Edith Cavell.
11. Seeing the progress made by the editors in the Journal productions.
12. The progress made in acquiring new members.
13. The developments made with management of the heritage collection.
14. Planning the 90th year of the League celebrations.
15. Introducing committee meetings via “Zoom” in 2020.

As I have said previously, none of these achievements would have been made without the committee members that have served with me during this time. Seeing the finances and membership managed so well has been

so encouraging. With the same commitment shown in every aspect of the work undertaken by the committee my job has been made easier. My special thanks go to them all for the support and encouragement they have shown. I must mention Ruth McNamara, who has prior to and throughout my time as President been steadfast and hardworking as our secretary. I include Betty Lee in my thanks. She has consistently given me her encouragement, support and wisdom during my time as President.

Of course the most significant change we've all encountered in 2020 has been the Covid-19 pandemic and its impact on our lives. The planning for the 2020 League AGM in May and the celebrations for our 90th year came to an abrupt end in March. As did many of the celebrations for the WHO's year of the nurse and midwife and the 200 year celebration for Florence Nightingale. To help reduce the spread of the virus we were in lockdown and therefore life as we knew it changed. No meetings as no contact allowed.

We agreed to carry forward our AGM and the celebrations to May 2021. I remain in post as President of the League for an extra year and with all the restrictions in place we have held committee meetings via "Zoom" I would like to acknowledge



that during my time as President the hospital nursing Endowment Fund and Serco have continued to jointly fund our annual meeting teas for members.

M.R.D
September 2020.



Adapting to a new way of working during COVID-19

The Big C is a local cancer charity, covering Norfolk and Waveney. It funds support and information centres in Norwich, King's Lynn, Great Yarmouth and Gorleston for those affected by cancer and their families who can drop into the centres during our opening times. Trained staff are available to provide information, emotional support and a variety of support services which include complementary therapies, relaxation groups, Mens and Ladies support groups and counselling. My role at Big C is Cancer information Clinical Nurse Specialist, working from the Norwich Centre based at the Norfolk and Norwich hospital.

Our complete way of working changed in March this year when the centres were closed and we went into lockdown through advice from the government and NHS England guidelines regarding COVID - 19. Our whole way of working was going to be different and it all happened very quickly. There would be no drop-in enquiries, no face to face contact and no opportunity to have that close working relationship with the nursing team and volunteers in the centre. No-one knew how long that it would be for.

Everything began to change quickly. My home became my new workplace. My mind began to throw thousands of questions at me. How was I going to cope being at home all the time? How was I going to be able to separate my work time from my home time? It was something which I had never done before. How was I going to cope with not seeing my colleagues every day? How would we support each other? Was my mental health and well-being going to be affected? My time management skills would need to become more robust with factoring in regular breaks away from a laptop screen.

Plans were put into place to enable us to work from home. Information Technology was to become our new work colleague! Emails began

flying everywhere. It was hard to keep up with them at the beginning. New platforms such as Microsoft Teams and Zoom began to appear. It was like a new type of enhanced practice getting to grips with working out how to organize a meeting!! However, they soon became great 'colleagues' and an opening to the outside world. We were also provided with work phones as well so that we could respond to and call our service users to support them. Support logs on Excel helped us log our calls and were also a help for contacting people back and referring people to whoever was co-ordinating specific appointments. Talking to people on the phone is different to speaking face to face. You cannot see their body language which can give you clues as to how or what they are really feeling. Conversations on the phone to service users became important in listening to the tone of their voice and picking up any key words and phrases and trying to factor questions in around these.



The biggest feeling I had was of the loneliness and to a point, isolation. My husband works away from home during the week. The only 'person' I could talk to within my four walls was my cat, but she slept for most of the day. Thank goodness for the technology. I could see and speak to my colleagues through the power of various applications.

"The biggest feeling I had was of the loneliness and to a point, isolation"

Twice weekly team meetings were arranged for us to touch base with the team. However, it was not like working directly with them and having face to face conversations. I know that I could also ring my colleagues, but not knowing their daily workload made me conscious of not wanting to interrupt what could have been a difficult conversation. Keeping in touch with the volunteers was important as well. They are a huge asset to our team and we would not be able to support our service users so well without their fantastic contribution. We contacted them via email for

a weekly 'Midweek Mardle' to keep them up to date with any changes within the Charity, finding out how they were coping during lockdown and supporting them if they needed us.

I did not want to lose my motivation. Planning my workload was important so that I could see what I had achieved through the day. Planning ahead gave me structure for the week. Using the calendar on Outlook was a god-send as it gave reminders of any appointments and meetings which I had booked. Keeping myself busy during the day helped it to go quickly. It kept me focused. My mental health and well-being hasn't suffered too much, apart from having one small overwhelming moment when I was thinking about my family and how much I was missing them.

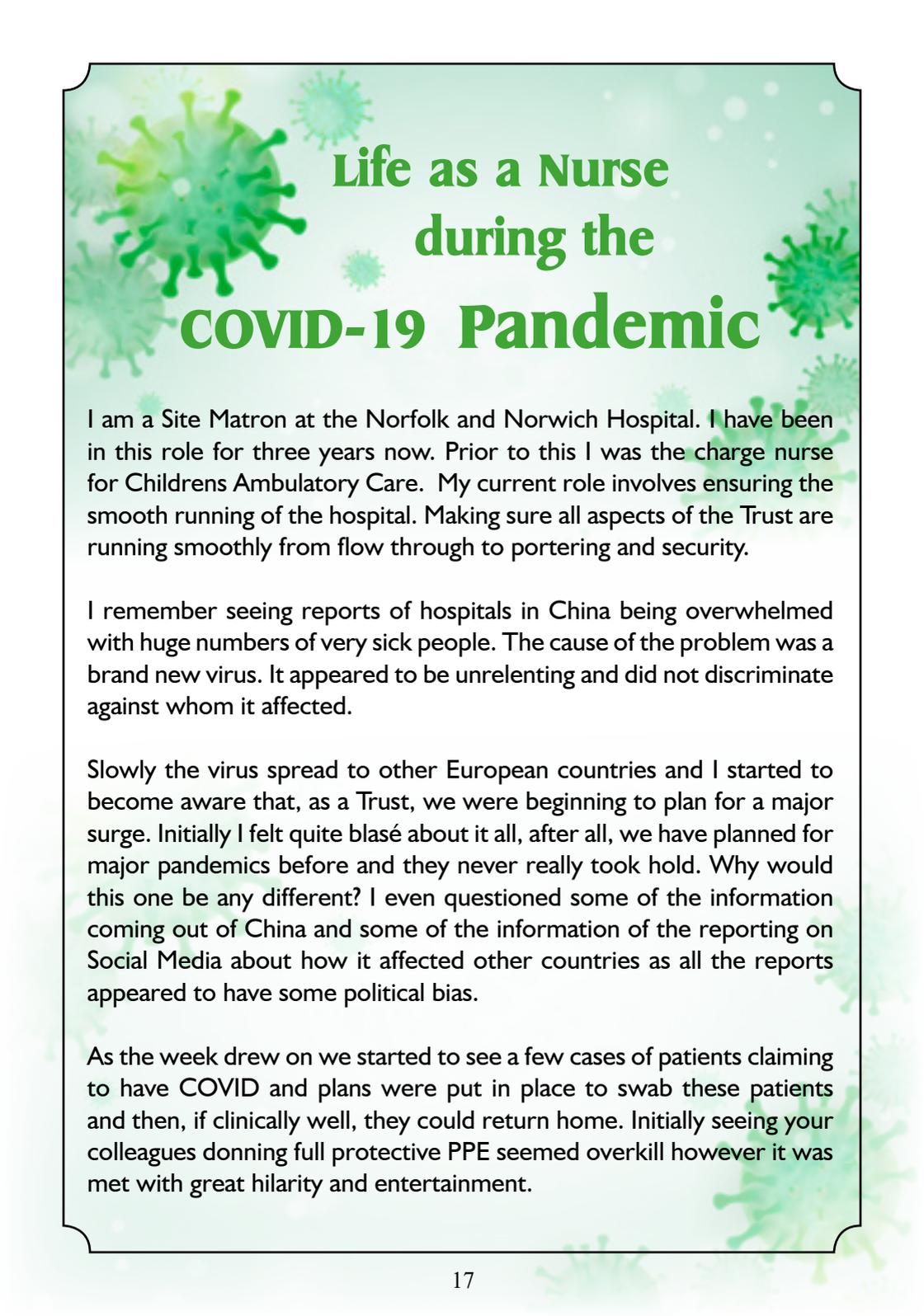
At the time of writing, we are three months into lockdown and it is still ongoing. I am still working from home. I have managed to adjust to my new way of working. I can switch off from my work when I have finished at the end of the day. My week has structure, I keep to my work hours and include a lunch break. If I could have done anything differently, I would have liked to have organized the support groups a bit sooner as there was quite a gap between closing the centres and setting these up.



However, I appreciated the time it took to sort as a great deal of planning and organizing was involved. As everything happened so quickly, we needed to prioritise the most important services. We all hope that the current situation will become a distant memory, but with the potential of a 'second wave', I am being cautious.

I am comfortable with my 'new normal'. When the centres do open, the adjustment to working together in a team will bring the adjustments again, but that will be another story!

Jenny Daly - Cancer Information Clinical Nurse Specialist



Life as a Nurse during the COVID-19 Pandemic

I am a Site Matron at the Norfolk and Norwich Hospital. I have been in this role for three years now. Prior to this I was the charge nurse for Childrens Ambulatory Care. My current role involves ensuring the smooth running of the hospital. Making sure all aspects of the Trust are running smoothly from flow through to portering and security.

I remember seeing reports of hospitals in China being overwhelmed with huge numbers of very sick people. The cause of the problem was a brand new virus. It appeared to be unrelenting and did not discriminate against whom it affected.

Slowly the virus spread to other European countries and I started to become aware that, as a Trust, we were beginning to plan for a major surge. Initially I felt quite blasé about it all, after all, we have planned for major pandemics before and they never really took hold. Why would this one be any different? I even questioned some of the information coming out of China and some of the information of the reporting on Social Media about how it affected other countries as all the reports appeared to have some political bias.

As the week drew on we started to see a few cases of patients claiming to have COVID and plans were put in place to swab these patients and then, if clinically well, they could return home. Initially seeing your colleagues donning full protective PPE seemed overkill however it was met with great hilarity and entertainment.

Things moved on at pace after this with the hospital divided into zones: yellow – high chance of Covid, green – low risk of Covid & blue – non-patient facing. This also meant that staff had to be assessed by Health and Wellbeing and placed into one of the zones. After being assessed I was categorised into a blue zone meaning I had to be non-patient facing (mainly due to underlying medical conditions and the fact that I am over 50!). This was going to be difficult given the fact that my job is Site Matron and by its very nature means I need to be able to attend & support any area within the Trust.

Initially I tried to carry on my role remotely, keeping in contact with my Team via Microsoft Teams. This was a very lonely time as I was stuck in a room by myself and not being able to deal with problems or incidents that occurred. Given the fact that I am a control freak, this was very hard for me and I felt that I was not giving the team my full support and that they had to do my job as well, which seemed unfair to me.

I was becoming more aware that this was becoming a very serious pandemic and that actually I and my family were at risk. At this point I took the view that my family must come first and I must stay a true blue worker to protect them. As a nurse this did not sit easily with me, I wanted to be involved and I wanted to be able to be with my colleagues; you do not become a nurse to not have patient contact.

"feeling that I should be doing more to care for patients and support my colleagues is still plaguing me" I missed working face to face with my colleagues and having face to face interactions. I initially felt very lonely, however realised that actually I was one of the lucky ones. I have a job, I am safe and I still get to go to work every day and live a relatively "normal" life. For many of my friends this was a scary, lonely time not knowing how they were going to pay mortgages or whether they would have a job to go back to. It was at this stage that I decided to really embrace the change and try

and turn it into a positive & try to be as useful as I could to my team and the Trust. I have taken on new projects and tried to assist with current projects to improve patient experience and flow throughout the Trust. Taking a step back from my normal role, I can see areas that I feel can be improved so I am trying to facilitate smoother processes which make me feel much more useful! I have learnt about different systems that I was not aware of and had my eyes opened to different ways of working.

One of the major aspects of change for me was sitting at a desk for the majority of the day. As Site Matron I am used to walking around different areas and often running to arrests, I have had to become a lot more aware that I need to move around more and take frequent walks or start to risk pressure sores.

Blue zone working has definitely had its challenges, mostly as a trained nurse it is very hard to not be involved directly in a major pandemic. It brings up feelings of guilt and inadequacy and I know that being taken away from the frontline has really affected some colleagues. It is essential now that we are moving to a review stage and preparations for a second surge to include blue zone colleagues in the discussion.

From a personal perspective I feel I have learnt a lot from being forced into a different job role, however the feeling that I should be doing more to care for patients and support my colleagues is still plaguing me. I think that that is the nurses' nature.

Mike Waters - Site Matron
Norfolk and Norwich Hospital.

Emily Wells appointed as first

Chief Nurse Information Officer

Emily Wells has been appointed our first Chief Nurse Information Officer, after working as Digital Projects Matron since October 2016, bridging the gap between nursing, midwifery, allied health professionals and the Digital Health team to support the delivery of our Digital Strategy.



“I am delighted to announce Emily’s appointment as our first CNIO,” said Chief Nurse Nancy Fontaine. “She will lead the digital transformation and support myself and teams to improve patient and carer experience, capture feedback and implement state-of-the-art safety surveillance at the bedside.”

“I believe this role will contribute to ensuring that the technology we implement has the clinical voice, from initiation right through to implementation and usage of the technology,” said Emily. “If technology is designed with clinical involvement – and the decisions about process redesign made with the clinical workforce – it will reduce the amount of time spent duplicating and transferring information and ultimately release time to care.”

Emily started her nursing career in 2003 and specialised in trauma and orthopaedic, working as a Trauma Co-ordinator before becoming Surgical Matron, covering five trauma and elective surgical wards, at Croydon University Hospital. Her journey into digital transformation began when she was asked to be nurse lead for the implementation of

the hospital's electronic patient records (EPR) system, which went live in 2013.

"I love being able to combine my clinical experience with my digital and project knowledge to work on projects which ultimately aim to improve patient care experience and safety as well as the digital experience for staff," she said. "Since my appointment, I've also worked on the virtual visiting project - thanks to iPads donated to the hospital, we've been able to help patients keep in touch with their loved ones while visitor restrictions are in place. Supporting families and staff communication in Critical Care has been one of our priorities during the pandemic.

"We'll also shortly pilot remote monitoring using wearable devices. They're slightly bigger than a mobile phone and can be strapped to someone's arm, allowing us to monitor patients pulse, oxygen, temperature and blood pressure from afar. We're looking to pilot them in our NNUH@Home service and Maternity unit over the next month, enabling staff to monitor patients for the early signs of complications and react accordingly."

Digital Health has a number of key large projects under way, including the introduction of an Electronic Document Management System (EDMS) and Electronic Observations, as well as being in the early stages of an agreement with the Norfolk and Waveney Health and Care Partnership (formerly known as STP) to work with the James Paget and Queen Elizabeth hospitals to introduce an Electronic Patient Records (EPR) system.

Chief Clinical Information Officer Ed Prosser-Snelling said: "The addition of a CNIO to the Digital Health team further demonstrates our commitment to improving the way we use technology in our hospital to improve the quality of care and how our patients experience it. I'm looking forward to working with Emily, she will be a fantastic addition to the team and provide key leadership for our Electronic Observations programme."

Introduction from NNUH Communications Team Celebrating International Nurses Day

On 12th May 2020 we marked Nurses Day as part of the first International Year of the Nurse and Midwife with a drop-in event at the Benjamin Gooch Lecture Theatre.

Gifts, goodies and of course cake, were all on offer for our colleagues who were able to pop along to join Chief Nurse Nancy Fontaine as she opened today's event. For those who were unable to attend, the event was streamed live on Microsoft Teams and followed by a new film, created to celebrate every aspect of nursing and midwifery within the Trust.

Huge thanks to Baking a Difference for creating 1,000 cupcakes – they disappeared in minutes!

Display boards paid tribute to the NNUH Nurses League, which has supported former nurses since 1930. Also, on display are 92 flags, representing the diverse nature of our workforce. The flags have been made by our army of community crafts enthusiasts. They are on display in the East Atrium and will remain there for you to see.

NEWS FLASH

***A new hospital badge
is on its way and here
is a sneak preview...***



Full story to follow in 2022 Journal

NHS
This is OUR Time
2020 International Nurses
Day celebrations held at
the NNUH May 2020
#YearOfTheNurseAndMidwife



We were very pleased to support the day in a small way by contributing to the collection of flags which were displayed in the hospital to acknowledge the WHO year of the Nurse and Midwife. One of our cloth bags was cleverly made into a flag of the required design by Chris Parfitt's Mum and decorated to highlight that we had members living worldwide and to give messages of encouragement and support to nurses at the hospital working for the NHS at such a difficult time.

M. Dolding





A message from Professor Nancy Fontaine...



To all Nurses and Midwives here at the Norfolk and Norwich University Foundation Hospital, I dedicate my Chief Nurse address today to each of you in this first WHO international celebration of Year of the Nurse and Midwife.

This year is in honour of the 200th anniversary of Florence Nightingale's birth (12/5/1820). This year is to highlight and emphasise the positive impact our professions make to global health care and to assist in increasing the nursing and midwifery workforce. Florence Nightingale continues to serve as the symbol of power in nursing and demonstrates still the critical role of nurses and midwives in global health care. We are in a unique position to continue making positive contributions every day, locally and nationally, to patients, the professions and politically.

Moreover this year is to highlight the level of expertise and excellence abounding in our most trusted professions.

We will celebrate the 2020 year of the Nurse and Midwife in full as we had intended, but this will be later in the year; with a cathedral service and conference with colleagues across Norfolk and Waveney. We will also formally launch our Nursing, Midwifery & Clinical Professions Strategy in October, to coincide with Cavell celebrations. Finally we will launch the NNUH Hospital badge. The competition was hard fought giving Mary, and Emma Hardwick, two student nurses and I a tricky job to decide. The winner is Billy Lawson from Cromer OPD. Billy's design will be crafted later this year. Everyone studying here and completing their first year post qualification will receive a badge.

We will share our celebrations with the Nurses League who are in their

90th year, and this is Mary Dolding's final year as President. I would like to impart special thanks to Mary for continuing in this role for an extended period, until life after Covid. The League remains resolutely loyal and supportive of everything we do at NNUH, and I can't thank the members enough for the recent bouquet for all NNUH nurses – such a kind gesture.

This is my second celebration with you (651 days) and I continue to be in awe of the contributions from all of you to progress quality, patient experience and attain the level of excellence we have pledged to deliver for our patients and families. This time last year I spoke of continuing to share our mistakes, learn and improve and focus on our goal to exit Special Measures and continue our improvement journey. YOU have achieved this. We have received the official notification from NHSE/I today. Your dedication and patient centred approach has enabled the Trust to shun the shackles of the Special Measures label, achieve an Outstanding rating for our End of Life care, Good overall for our Out-Patients Department care and attain a Good in the Effective domain for Emergency Care. Moreover you have secured more Good ratings than Requires Improvement one – and all in less than two years. Your collective efforts, tenacity and determination has meant we continue to progress on our J20. In true Churchillian spirit – Victory will be ours!

Your achievements have occurred amidst months of operational and staffing pressures, an increasingly acutely complex and unwell older population and a much less experienced workforce...and then came Coronavirus.

The individual and collective excellence of nursing and midwifery here at NNUH has been recognised and rewarded by the CNO England Ruth May.

1. Mercy Mathai, a CNO Silver award winner was celebrated as an outstanding ED staff nurse, for her work in supporting students and newly qualified staff. Mercy has created a positive and supportive learning environment while creating innovative learning opportunities for colleagues.
2. Brundall ward was the first ward in the country to be awarded a

CNO silver gong for Excellence in Compassionate Care.

3. Luis Lyons, Specialist Midwifery Practitioner for Restrictive Lingual Frenulum and Lactation Support was recognised with a CNO Silver award for her incredible service to mothers and babies across East Anglia; who has led our Maternity unity to achieve full UNICEF Baby Friendly status, after only four years as Infant Feeding Lead. Luisa leads the Restrictive Lingual Frenulum service and combines her skills as lactation consultant. Luisa is a true NNUH role model.
4. Toni Hardiman, was awarded a gold CNO award – only 15 have been awarded nationally - for her 23 years of developing and leading the Grown Up Congenital Heart Disease Service (GUCH) without blueprint or peers to follow. Toni has led seamless transitional care for children and young people with heart disease; supports, nurtures and teaches them through every treatment milestone, including end of life. Toni is a leading light in this country and she is our nurse.
5. Tara Webster, one of our Learning Disabilities nurses, was also recognised as role model and leader and was awarded a ‘Star’ award for her continued dedication to improving services and care for people with LD and autism.

The shining examples of innovation, creativity and commitment to the improvement journey have been so powerful amongst nurses and midwives that we entered 15 submissions into the national RCNi awards. These are currently on hold until after Covid.

Then came Coronavirus. Since March our professions have stood shoulder to shoulder to fight a new enemy; as George Orwell (1941) remarked:

‘People knew what they had to do – it was like the awakening of a giant’. It has felt like a global conflict requiring massive nurse/ midwife power’ and resource; NNUH nurses and midwives have come together as the left flank – the indomitable Norwich giants.

Our own Covid experiences bear similarities with Edith Cavell’s

nursing career. As you know, she was born in Swardeston (4/12/1865-12/10/1915). In September 1897, typhoid broke out in Kent. Edith, a probationer nurse, worked as part of a team of London Hospital volunteers, risking their own lives certainly lacking PPE! Of nearly 1900 cases, only 132 patients died. The nurses each received a medal in gratitude for their help.

With the recent VE celebrations and Covid Conflict I reflected on the world wars, where many nations came together to fight and vanquish the oppressor. Many nations came to the aid of the UK across both world wars; many of these allies lost their lives fighting alongside us. These reflections chime with our transcultural professions and how we have lost colleagues working with us to crush the Covid oppressor. Our hearts go out to their families; these nurses and midwives who lost their lives fighting with us; may they rest in peace.

We have 92 countries represented in our workforce here – whoever said NNUH lacked diversity! We celebrate our global nursing and midwifery family with the beautiful artwork hanging proudly, created by members of our community, including our staff. These depictions are stunning and exemplify the dedication of nursing and midwifery to our cause – **in the words of Edith Cavell, our own 1st World War Norfolk Heroine – ‘our roles are simply to execute our duty’**. But our collective cause unifies us; diversity coalesces our professional responsibilities, our service to patients and our pursuit of excellence.

Nurses and Midwives of every culture and denomination:- you have demonstrated bravery, tenacity and dedication through Special Measures, throughout this pandemic, and now through innumerable changes as we reform and create our new world and ways of working. In the words of Churchill, have offered ‘Blood, Toil, Tears and Sweat’ and I know that you will continue to push forward through the next set of challenges. Yet despite the long road to reformation nurses and midwives will remain united, resilient strengthened professions who will continue undeterred – ‘Without victory there is no survival’.

**All of us have the opportunity to do something that strengthens our profession in 2020 – Do it now.
You will and can make a difference.**



Norfolk and Norwich University Hospital Nurses League

established 1930



Norfolk and Norwich University Hospitals
NHS Foundation Trust

The Norfolk and Norwich Old Nurses League was formed in 1930 with the Countess of Leicester as patron and Mrs Elizabeth Jackson who was Matron of the Norfolk and Norwich Hospital from 1926 to 1939 as president. Its aim was to keep former nurses in touch with each other and the hospital by means of a journal and an annual reunion.

In 1984, the League became a registered charity to help members, their spouses and other dependents who were in need of assistance. Since 2014, its objectives have included educating the public and the nursing community about the history of nursing in the Norwich area.

Membership is open to all registered nurses who trained at the Hospital or who have worked there for a minimum period of three years or more.

Contact us

Online: www.nnuhnursesleague.co.uk or Twitter: @NNUH_League

“Today's nurses mean so much to us as well as all those who represented the beloved hospital in the past.”

Mary Dolding

President of Norfolk and Norwich University Hospital Nurses League



“Some day I am going to do something useful – something for people.”

Edith Cavell 1865-1915



A Tale of Two Nightingales



2020 Betty Lee Lecture given by Mr Richard England, Consultant Paediatric Surgeon.

I am deeply honoured to give this years Annual Betty Lee Lecture and despite the difficult times in which we live I hope this recorded lecture can reach as many members of the Nurses League as possible, as well as other members of staff within the Norfolk and Norwich and Jenny Lind Children's Hospitals.

This year marks the 200th anniversary of the birth of two very special and influential women. Florence Nightingale and Jenny Lind. Florence was born on the 12th May 1820 and Jenny was born on the 6th Oct 1820 – so broadcasting this lecture to coincide with this anniversary is extra special.

Florence Nightingale's radical influence on the training and practice of Nurses is marked this year by the W-H-O International Year of the Nurse and Midwife. And so I humbly stand before you, as a surgeon, not to give you a lecture about nursing, but to draw a number of connections and comparisons between these two remarkable women.

They were contemporaries and were introduced to each other by a mutual friend Sidney Herbert. He had met Florence and her family in Rome and as an influential politician at the time of the Crimean war was responsible for Florence's opportunities to enter nursing. He also subsequently arranged for her to lead a team of nurses to the Barrack Hospital in Scutari, Turkey.

So lets go back to the beginning for both women...

Oppressive upbringings

Jenny was born out of wedlock and in poorer circumstances than Florence. Her mother was divorced and had vowed never to marry again. However she enjoyed the company of Niklas Lind and well, things

happen. Anna Maria, her mother had to close her school and take the baby to a wet nurse in the countryside to avoid scandal. There she would grow up for 3-4 years before eventually being brought back to Stockholm to live as 'her niece'. However, the relationship was always tense, the girl was often scolded, left hungry and treated roughly compared to her older sister.

Later on when Anna-Maria's previous husband died and his financial contribution ceased, she was forced to find better paid work some distance away. Jenny was in the way and so her mother placed an advert in the paper for someone to take her in. This led to the first serendipitous event in her life, for the couple that answered the advert were also the caretakers of the widows home where Jenny's dear grandmother lived – the only person who really cared for her.

Florence in comparison was born into privileged circumstances. Her parents were well off and lived in a large house, Embley Park, in Hampshire. It's now an independent school. They enjoyed the trappings of Victorian upper class society. However, despite allowing Florence some leeway in giving her more of an education than most girls, family life and their expectations for Florence was like a prison. Tradition dictated she would learn how to run a household, bear children and become a devoted wife, nothing more.

Early passion for their vocation

It was around the age of 3 or 4 that Jenny Lind's natural musical talent became apparent. One day she was listening to a marching band in the street and went to an old piano in the room and picked out that same tune by ear. Hearing footsteps, she stopped and cowered under the piano for fear of being scolded. However it was her grandmother who found her and asked with some amazement if it was her playing?

Her mother was told of the incident and her grandmother prophesized, "Mark my words, someday that girl will bring you help."

I've tried to learn that same marching band tune on the piano, and believe me it's not that simple!

However, it was the child's singing that really made her dreams come

true. For when she was living in the widows home, she was given a small kitten and she would sit on the windowsill of her room and sing to the kitten. A passer by in the street heard the most beautiful singing and spotted the little girl. She was a maid to a dancer at the Royal theatre and ran home to tell Mademoiselle Lund. Who then visited the girl and after hearing for herself, asked Anna Maria to allow Jenny to sing for the singing master at the theatre school. Anna Maria refused but was eventually persuaded by the grandmother, who was once more looking out for Jenny.

Jenny did sing for Herr Croelius and the Head of the School, Count Puke. Both were moved to tears by the extraordinary singing of this 9 year old and immediately offered her a place at the school. The youngest girl ever to be admitted.

Florence's interest in nursing began with small animals, a pigeon, a sheepdog and perhaps most famously an owl she named Athena after she had found it injured on a trip to Athens.

As a child she became aware that by carefully looking after injured animals she had the power to make them well again. She would stay up late reading books on healthcare and as a young adult she would often be found visiting the sick in the nearby village. A charitable endeavour for many Victorian ladies but in Florence's case, much more practical work.

Although Florence is renowned for her teaching on nursing skills, it's also her penchant for statistical analysis that brought her to prominence. Through her desire for a proper education, and her fathers help, she became a skilled mathematician and was adept at cataloguing and analysing data. Later on her Coxcombe charts of mortality in the army demonstrated the alarming fact that most deaths were attributed to disease and preventable causes, not through combat wounds.

Resorted to subterfuge

Both women resorted to subterfuge, to realise their goals and protect themselves despite the strict rules concerning the freedom of women at that time.

Jenny, while training at the theatre school was back living with her

mother. The contract with the school, was well constructed as it was clearly evident from the start that Anna-Maria did not have Jenny's best interests at heart. The school asked that other girls should board with Jenny's family and the school would pay for their keep, Jenny was also to receive a "tender mothers care." However, Anna-Maria, skimped on food and the girls were often tired and hungry. The other girls demanded to leave and were boarded at the school. Jenny and her friend Louise Johansson stayed behind, but soon enough was enough. They arranged for their belongings to be hidden in laundry baskets, Louise had prepared lodgings with another family, and the next morning stoked up an argument with Anna-Marie saying she would be leaving. As Jenny entered the argument, Anna-Marie predictably lashed out telling her to leave as well. And so they did, collecting their belongings from the laundry and heading to the safety of friends with the essential 'verbal permission from her mother'.

Florence was set on becoming a nurse but to her parents this was not a respectable occupation for a lady. They refused time and time again. However, after meeting Sidney Herbert in Rome and confiding in him about her dreams he made her aware of other unmarried women like her who had attended a hospital in Dusseldorf, Germany for training. The Kaiserswerth Training Hospital was run by a Protestant Theodor Fliedner, who trained young women to care for convicts, the poor and children.

In July 1850 **without her parents consent** she travelled to Germany and visited the Kaiserswerth Hospital for 2 weeks. The accommodation was very basic compared to what she was used to but she felt this was her God given calling and felt at home there.

When she returned, her parents were furious that she had gone without consent. However, they could see how determined she was and their arguments gradually softened. After a time they agreed that she could return to her training with the conditions that her mother and sister accompany her to Germany, and that no-one else should know where she was going.

After completing her basic training there, they returned to England

and by that time she was 33 years old and had earned the right to a life independent of her family.

To marry or not to marry?

Jenny Lind was rarely described as outwardly beautiful, simply dressed, she shunned makeup and she herself called her nose short and potato like. However, her modesty, natural beauty and the effect she had on people, together with the transformation she underwent when singing meant that she was not short of romantic admirers. Initially she was careful and always maintained her high religious morals.

She turned down proposals of marriage from Julius Gunther her co star in the Stockholm Opera, avoided an affair with Adolf Lindblad, Swedish composer. Turned down numerous proposals from a fanatically love sick, Hans Christian Andersen, avoided an affair with Mendelssohn, although there may be some letters between them of a romantic nature.

Accepted a proposal from Julius Gunther which lasted a few months, Bizarrely accepted a proposal from Claudius Harris an army officer, whose mother felt that her singing career and the theatre in general was the 'Devil's work'. At the eleventh hour with legal counsel and sensible advice from Catherine Stanley - our Bishop's wife, this engagement was finally broken.

At some point she also turned down a proposal from Arthur Stanley, the son of Bishop Stanley, again slightly bizarre as he was tone deaf!

I will give the Hollywood engineered suggestions of a romantic affair between Jenny and Barnum, the circus impresario, the little attention it deserves.

Finally, she accepted the proposal of Otto Goldschmidt a German pianist and composer who had followed her for many years. Eventually marrying her at the end of her American tour in 1852.

Florence was also popular and outwardly attractive.

She had several marriage proposals but knowing that marriage would end her ambitions of a nursing career, she refused them all.

Her cousin Henry Nicholson, Marmaduke Wyville, Henry Verney who later married her sister Parthe. Richard Milnes the poet and philanthropist, came the closest, he did share some of her interests, but

still his views of how a wife should behave were completely incompatible with her own.

Made of tough stuff

I hope I am starting to paint a picture of how determined these two women were in their younger days. Hard work was not alien to either of them. Both studied hard in their own fields and were by no means spoon fed opportunities.

Jenny, following her training at the theatre school, was notching up to 100 performances a year. It was no wonder that her voice became tired and in 1841 she had to travel to Paris to relearn how to sing under the tuition of Manuel Garcia.

However, this is not all. I can only imagine the uncomfortable journeys that she undertook between countries and on tours of Sweden, and England in the middle of winter. Her own arrival in Norwich in 1847 was described by Catherine Stanley,

“I went to her room – and found a poor creature in the last stage of exhaustion, wiping dew from her brow and looking ready to sink into the earth with fatigue and no wonder! She had sung in Edinburgh on Monday until 3 o’clock, got to the railway at 4 and travelled all night.”

She apologised profusely that she was in no state to join the company that evening and their reaction was ‘blank horror’ when she said in French, “I hope I can sing tomorrow, but I doubt it.”

For Florence her work ethic is undisputed. The lifestyle at Kaiserswerth Hospital in Dusseldorf was basic and following that she was almost immediately running her own institution in London. I won’t dwell on the horrors that faced her in Scutaria during the Crimean war which are well recorded. And - despite her ill health her prolific letter writing in her latter years formed the back bone of radical change in nursing practice.

Jenny’s own nursing skills

Jenny Lind may have been an artist but for a moment may I touch on her own nursing experience.

Her sister Amelia, died of cholera when Jenny was 15 and later in

November 1849 while returning to Sweden, they stopped in the port of Lubeck, Germany, as her companion, Josephine Ahmansson had fallen ill with a fever. Jenny refused to leave her side even though she had been summoned as court singer to perform for her King's birthday!

Jenny developed a characteristic friendship with the city of Lubeck, putting on concerts and attending dances. It is the place where she signed her contract for the American tour. And so it is with some irony that the carpet the women of the city gave her as a gift is now in our hands. And I now use the story to describe Jenny's own nursing opportunity to our nurses league members who have had the privilege of viewing the Lubeck carpet itself at our city museum.

Cholera and Influenza epidemics

While we brace ourselves for the second wave of our own pandemic it's worth discussing the effects the epidemics of the 19th century had on these women.

Florence's own nursing skills were first put to the test during the 1837 flu epidemic when she was 16 years old. Apart from her and the cook, everyone in the house was struck down. Constant rounds of tea and cold compresses, helped her patients through and she was relieved that no-one under her care succumbed. This experience led to her 'call from God' to be of service to others a month or so later.

Jenny narrowly escaped being caught in the cholera epidemic that hit Paris in 1849, but it did take the life of another Opera star, Catalani. The two were friends and it was a sad time for Jenny.

Nicknamed by the press

Perhaps at this period of history the press were starting to flex their muscles and were enjoying how they could whip up circulation figures by clever imagery or nicknames.

Jenny and Florence, were perhaps the first celebrities of their time and so were no exception.

After a concert in Uppsala, Sweden in 1840 the local newspaper wrote, "But in addition to nature's beautiful singing birds there came thither

on Whitsun eve a nobler nightingale, the famous Jenny Lind.” The Nickname, The Swedish Nightingale, stuck.

Florence was first called the “lady with the lamp”, by a war reporter from the Times who had seen her doing her rounds late at night at the Barrack hospital. His article published in Feb 1855 led to similar articles and drawings of her carrying a candle or oil lamp despite the actual lamp looking like this picture – a Turkish lamp called a Fanoos.

Celebrity status

Jenny had been labelled with celebrity status since her first performance as Prima donna in Stockholm at the age of 17. However, fame was never comfortable and she was naturally shy, with acute attacks of anxiety at every new audience.

However, as she conquered Europe and hope built that she might one day appear in England, the hype rose to a crescendo. At her debut in London on the 4th May 1847 Jenny mania literally became the Jenny Lind Crush.

Her eventual biographer was there and remarks in a footnote how he was knocked over in the foyer of the theatre and only rescued from being trampled by a friendly giant who hoisted him back to his feet.

And just to add an extra dimension to this talk, Florence Nightingale was there.

She was swept along with the celebrations of Jenny’s performance and wrote in her diary that ”to describe her, one actually needs a quite new language.”

Florence’s growing celebrity status occurred while she was still abroad and although her mother enjoyed the heightened status Florence and her father were not so keen. Florence described the attention as ‘tinsel’.

Charity

However, celebrities like Jenny Lind can become adept at using their popularity to further the causes they are interested in.

And so with the establishment of the Nightingale fund in 1855 by Sidney Herbert, Jenny Lind needed no persuasion to hold a charity concert in Exeter Hall, London on March 11th 1856.

Jenny and Otto paid all the costs. Messers Benedict and Lablache and Mr John Mitchell (the printer) waived their fees. Allowing the concert to raise £1872 for the training of nurses.

When they met, Florence gave Jenny a locket with her portrait inside and an affectionate inscription thanking her for her help. A bust of Queen Victoria - a mutual friend by now, was also given to them as a thank you for what was a not insignificant boost to the fledgling fund.

The Nightingale fund continues today to support nurses training.

Likewise, Jenny Lind set up a scholarship to help young musicians. This year that same scholarship was awarded by the Royal Swedish Musical Academy to the Soprano Tessa Maria Lehmußari

- evidence of it's longevity.

In addition the Mendelssohn Scholarship Foundation was also initiated with Jenny's assistance and again this continues to this day.

Hospitals named after them both

Of course I would not be standing here speaking to you now if it was not for the generosity of the Swedish Nightingale who in 2 concerts raised the equivalent of £156,000 for the poor of Norwich. After 5 years of dithering, the city council agreed to build a Children's Hospital, the 2nd such institution in the country after Great Ormond Street.

Named after her originally as the Jenny Lind Infirmary for Sick Children it has in 4 different permutations lasted 166 years and treated over 4 million children.

Florence has also had hospitals named after her, the most recent ones opened this year on 3rd April by Matt Hancock in London, it treated 54 patients, before being moth balled on the 4th May. Similar hospitals opened elsewhere and have been put back on standby.

A passion for teaching

As Jenny retired from singing, both Otto and herself became prominent tutors & Professors of music & singing at institutions in London. Otto at the Royal Academy of Music and Jenny at the Royal College of Music.

It is said that Jenny Goldschmidt – Lind was quite ferocious as a teacher and had extremely high expectations of her students.

Was not Florence quite demanding as well?

When someone experiences or achieves so much in the early part of their career then I suspect it is a natural instinct to impart that knowledge as thoroughly as possible later on in your career.

Betty Lee, who we honour today also became a teacher, officially I believe for 18 years, however it's more like 32 years given the length of time she held the position of Sister. Teaching becomes an extremely rewarding role for anyone who has crept up the ladder of seniority in healthcare.

Sarah Jenny Dunsmure

I would like to also pay respects to Sarah Jenny Dunsmure who died a year ago. She was the great, great granddaughter of Jenny Lind and her book, published in 2015 'Jenny Lind The Story of The Swedish Nightingale' has been a great source of information for this and other lectures. It is littered with mentions of Jenny's association with Norwich and so provides a lovely tribute to the Swedish Soprano who helped establish our Jenny Lind Children's Hospital.

90th anniversary of the Nurses League

I must also thank Margaret Allcock and Mary Dolding and other members of the Nurses League who have been so welcoming to me and my developing obsession with the story of Jenny Lind and her association with Norwich. Their diligent archiving of the history of our Children's Hospital over the years has provided a treasure trove of information. Not only fond memories, but also lessons. Hospital Annual Reports and Nurses League Journals both demonstrate the importance of good hospital nutrition, fresh air, play, charity, progress and a sense of collegiate pride.

Florence Nightingale and Jenny Lind both stood out as Women with the determination to pursue their aspirations despite the barriers placed in front of them.

They remain inspirational figures for us all in these difficult times.

JENNY LIND HOSPITAL LONG CASE CLOCK

Veronica Rogers, one of our members, mentioned to me that she remembers a Long Case Clock that once stood in the main entrance hall of the Jenny Lind Hospital, Unthank Road. With the transition of the Jenny Lind Hospital to St Stephens Road in 1975, Mike Flynn, Children's Services Manager confirms that the clock was put in his office on Floor 8 of the Tower Block for safe keeping. When alteration work had been completed on the old block (former Wards 1, 2, 3 & 4) the children's services were moved down to that department. Mike's second office was just outside the Jenny Lind Out-Patients Department. At the time of writing this article, the clock is held in temporary accommodation in the Sir Thomas Browne Library at the Norfolk and Norwich University Hospital, Colney Lane, until funds can be raised to restore it to its former glory.

Richard Simmonds, repairer, conservator and maker of clocks has kindly been helping me to research its age. Dates of parts of the clock may indicate that it could have stood at the first Jenny Lind Hospital at Pottergate but Richard said that a lot more research is required.

WOODEN CASING

There is a small amount of damage to the top of the outer casing which may be repairable. Richard was able to identify the design of the door in his book which again would indicate an earlier date than Rossi for the clock. We are aware



the key to the door is missing but this can be replaced. The pendulum, which lies inside the casing, had to be detached. This is necessary for transporting.

DIAL

This brass dial of the clock has a circular disc in the arch inscribed “Tempus Fugit”-Latin for “time flies”. There is a further small plaque at the 6 o’clock position near the bottom of the dial inscribed “Rossi Norwich”. The style of the dial castings engraving and the design of the clock case would suggest a date for the clock of approximately 80 – 90 years before Rossi was working, so there is a mismatch which would bear further investigation. Perhaps Rossi supplied the clock to the hospital and added his name as the “retailer”?



Richard Simmonds said that it would appear that the hands are a later addition and the glass is rather cracked which is shown in photographs sent to him.

Margaret Allcock nee Zipfel

December 2020

League Heritage Project for 2021

Would you like to help us?

If you would like to support our heritage project and help restore and maintain The Jenny Lind Long Case Clock.

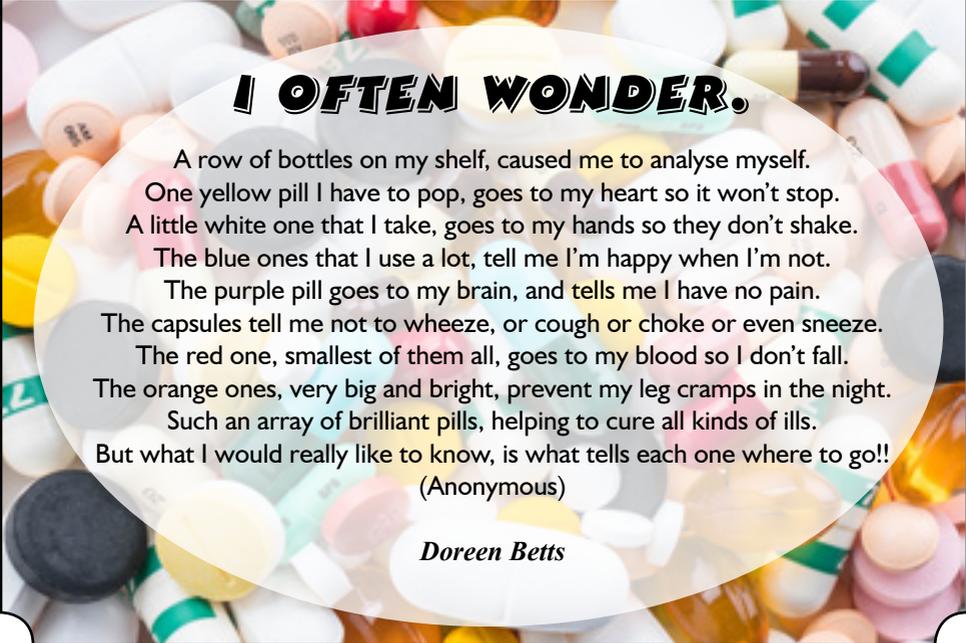
We are setting up a clock fund and donations to this can be made to NNUH Nurses League (clock fund).

Send to Hilary Barker (Treasurer) address can be found inside front cover of this Journal. Thank you.

Jenny Lind Memories

I was an outpatient in May 1945 having fallen off my bike, riding through a ford. On arrival at the hospital my mother was asked for seven shillings and sixpence to see a doctor, then another seven shillings and sixpence for an X-ray for a broken elbow and seven shillings and sixpence for the Plaster of Paris to be put on. Then three weeks later seven shillings and sixpence to have the plaster removed. My second visit was in September 1948 fortunately this time everything was free. I had fallen off a frame in the Gym and broken my wrist. It all went so smoothly with no money required. My third visit was in 1951 for the Festival of Britain when I went on a tour of the wards of the Jenny Lind. It was then I knew nursing was my calling and applied to the Norfolk and Norwich Hospital and was accepted for training in May 1955.

Jane Gascoyne, nee Frewer.



I OFTEN WONDER.

A row of bottles on my shelf, caused me to analyse myself.
One yellow pill I have to pop, goes to my heart so it won't stop.
A little white one that I take, goes to my hands so they don't shake.
The blue ones that I use a lot, tell me I'm happy when I'm not.
The purple pill goes to my brain, and tells me I have no pain.
The capsules tell me not to wheeze, or cough or choke or even sneeze.
The red one, smallest of them all, goes to my blood so I don't fall.
The orange ones, very big and bright, prevent my leg cramps in the night.
Such an array of brilliant pills, helping to cure all kinds of ills.
But what I would really like to know, is what tells each one where to go!!

(Anonymous)

Doreen Betts

Cavell Bridge New Zealand

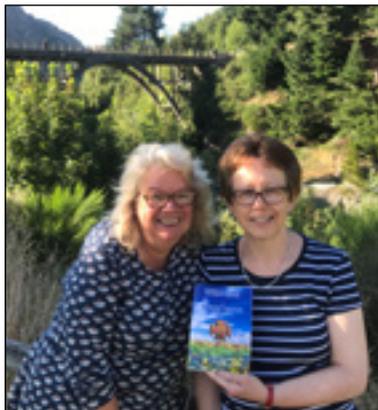


The bridge across the Shotover River at Arthurs Point in New Zealand is unique in several respects not least because it is named after Edith Cavell, a British nurse who never set foot in New Zealand unlike the two of our members in the photograph. Karen Hollaway and Chris Parfitt both visited there while on holiday in February 2020.

The bridge design was conceived by Frederick Furkert, the inspecting engineer of the Public Works Department, and is a parabolic rib arch truss design. This was the second bridge of this type in New Zealand, the first being the Grafton Bridge in Auckland. It was built from concrete and steel between 1 November 1917 and 13 February 1919 by Steve Aburn and cost over £8,000. The bridge crossed over the route regularly travelled by gold miners.

Jack Clark, an elderly gold miner from County Antrim, who lived in a sod hut on the Queenstown side of the river, decided that the bridge should be named in honour of Edith Cavell. To promote his plan, Jack painted on his fence in large red letters TO CAVELL BRIDGE →.

He approached the local Borough council with his suggestion but in reply the council declined his idea, they wanted to name it Cooper's Crossing after the mayor of the time, Warren Cooper. Undeterred he again resorted to his painting skills, this time using white paint to embellish the 'bridge itself' with the words EDITH CAVELL BRIDGE. By the time Jack's paint had faded the bridge name had become widely accepted.



On 26 November 1987, the bridge was listed by the New Zealand Historic Places Trust (since renamed to Heritage New Zealand) as a Category I historic structure, with registration number 4371.

Thanks to his initiative and long before Jack died in 1934 he was satisfied that the bridge had become known as the Edith Cavell bridge. So that is how her inspirational conduct in the face of extreme danger and the manner in which she died so bravely is immortalized at the opposite end of the earth from where she nursed.

Chris Parfitt

Refs:

https://en.wikipedia.org/wiki/Edith_Cavell_Bridge

“Edith Cavell a bridge and bravery” by Danny Knudsen.



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Reg Charity No 287936



Remembrance Service

Saturday 10 October 2020 11.00 am
at Norwich Cathedral

Another very wet day for this remembrance service as a group of people including five representatives from the Nurses League gathered at the grave side and the Dean welcomed the congregation.

Prayers and thanks were given for Edith Cavell who placed her duty to all above other things and also for laying down her life in protection of others remaining steadfast in all adversity.



The organist played a verse of 'O God our help in ages past' and a reading, Philippians 3.7-14 was given by Canon Andy Bryant followed by the address given by The Reverend Paul Burr, Rector of Swardeston.

The organist then played 'Abide with me'.



The words of Edith Cavell were read by Denise Kindleysides -
“I am thankful to have had these ten weeks of quiet to get ready. Now I have had them and have been kindly treated here. I expected my sentence and I believe it was just. Standing as I do in view of God and Eternity, I realise that patriotism is not enough; I must have no hatred or bitterness towards anyone”.

Wreaths were laid by the following organisations:

Minister Counsellor Verbrugghe
representing Ambassador van der Pluijm

Philippa Taylor, DL on behalf of the HM
Lord-Lieutenant of Norfolk

The Lord Mayor on behalf of the
Citizens of Norwich

Councillor Keith Kiddie, Chairman of
Norfolk County Council, on behalf of
Norfolk County Council

Steve Freeman-Pannett representing
The Royal Corps of Signals

Colonel David Hedges on behalf of the
Royal Norfolk/Royal Anglian

Regimental Association Lesley Smith
MBE, on behalf of The British Red Cross

Doreen Betts of Norfolk and Norwich
University Hospital Nurses League

Representatives of the services



War heroine Edith Cavell's final letter home returns to Norfolk

SIMON PARKIN
simon.parkin@archant.co.uk

A letter written by Norfolk nurse and First World War heroine Edith Cavell just days before she was captured by the Germans has been returned to her home county of Norfolk.

The four-page letter, written in Nurse Cavell's hand to her mother Louisa, is dated July 26, 1915.

It was to be the final letter the Swardeston-born nurse wrote home before she was taken by the Germans from her hospital in occupied Belgium on August 5 1915.

"My dearest love to you & all the family. I am looking forward to a happy meeting later on. Ever your affectionate daughter," writes Nurse Cavell as she signs off her letter that covers many different aspects of her life in Brussels.

Tragically she was never to return home alive, as she was shot on October 12, 1915 for her part in helping several hundred Allied soldiers reach safety.

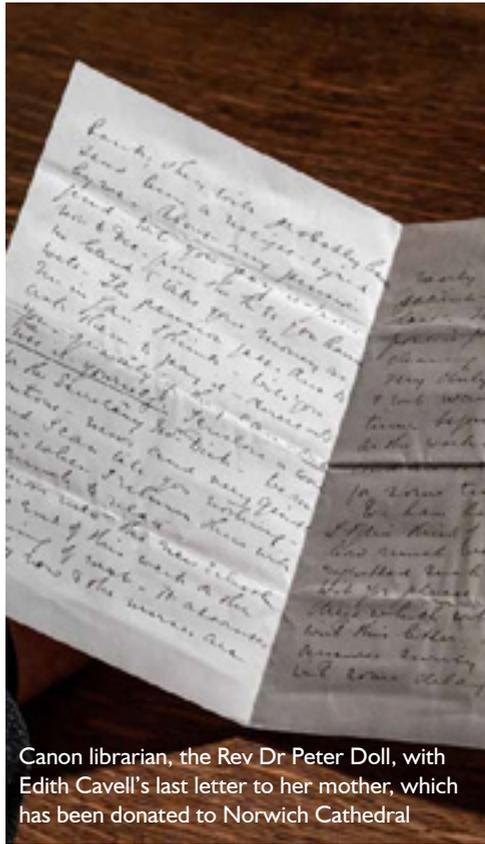


Nurse Cavell's strong Christian faith is well documented and reflected in some of her final words, which are etched on her grave at Norwich Cathedral

Picture: ARCHANT LIBRARY

After the war, her body was returned to Norfolk and she was laid to rest at Life's Green at Norwich Cathedral.

The letter has been gifted to Norwich Cathedral by Greg



Canon librarian, the Rev Dr Peter Doll, with Edith Cavell's last letter to her mother, which has been donated to Norwich Cathedral

Stewart, who was given the correspondence by the late poet and playwright Roger Frith.

Mr Stewart, who grew up in the same Essex village as Mr Frith but now lives in Ontario, said:

"After I left for Canada in 1968, Roger and I corresponded for many years and whenever I was back in England I spent time with him.

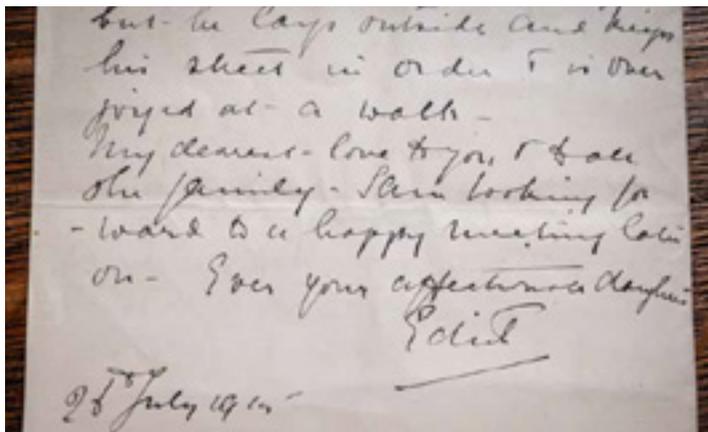
"On one such visit, we went to Norwich Cathedral and I learned of its connection to Edith Cavell whose family came from nearby Swardeston."

Along with the newly-gifted letter, Norwich Cathedral is also the custodian of two of Nurse Cavell's Bibles and her copy of Thomas à Kempis' imitation of Christ, which she was annotating until the day of her death.

Mr Stewart said: "The more I considered Edith's letter and the spirit in which it had been passed on to me, the more I felt it belonged to part of the larger public record."

The Rev Dr Peter Doll, canon librarian and Vice Dean at Norwich Cathedral, said: "Nurse Cavell's letter is a wonderful gift that will be treasured by Norwich Cathedral.

"It is of immense historical value and our intention is for the letter to go on public display in the Cathedral at some point in the near future and to ensure that it is safely preserved for generations to come."



Edith Cavell's last letter to her mother, which has been donated to Norwich Cathedral

Picture: NORWICH CATHEDRAL/BILL SMITH

Edith Cavell's letter to her mother, July 26, 1915

My darling mother

Just a few lines to tell you how glad I was to see your letter of June 24th and to know you were well & all the family after so long a silence. There are fewer & fewer opportunities of sending here – you may have assumed that – all goes on here as usual and that we are very well. Gracie is better again but I fear not permanently – will you let her father know I received the money he sent, it was handed over to me by the German bank; they will probably have send [sic] him a receipt – signed by me. About my pension fund. Will you pay it from now to Dec. from the £25 you have in hand & take your money as well.

The pension falls due to me in Jan. I think. Will you ask them to pay it direct to you quarterly if they can – and use it yourself.

I enclose a word for the secretary Mr Dick. We are without news and very quiet and I can tell you nothing – after, when I return there will be much to relate.

We move into the new school at the end of this week or the beginning of next. It advances rapidly now & the nurses are nearly all there already. The patients will be moved at the last. The little garden in front is gay with flowers & the cleaning in progress. It is very dirty as you may imagine & will want going over many times before it is really nice as the workmen are still in and are not likely to finish for some time yet. We have had much rain. I often think of W. Runton & and of how much we should have regretted such a wet July. Will you please reply to the address which will be enclosed with this letter. I shall get your answer surely tho' probably with some delay.

We have more patients just now and are glad we shall not have to move them far. When I can get a good photo of the new place I will try & send it to you. Jackie is well & sends a lick – he gets old & is not quite so frisky as he used to be – there are no longer any motor-cars to run after but he lays outside and keeps his street in order & is overjoyed at a walk.

My dearest love to you & to all the family. I am looking forward to a happy meeting later on.

Ever your affectionate daughter

Edith

26th July 1915

Prepared by Nick Miller
Cavell Archivist for St Mary's Church Swardeston

Remembering Edith Cavell amid Covid 19

Reflections for the 105th anniversary of Edith
Cavell's execution, October 12 2020



Our own experiences and those of our families across the world of CV19 will remain with us all our lives. These are in many ways paralleled by those in occupied Brussels in 1914-5. The story from that city of nurse Edith Cavell, eldest daughter of the vicar of Swardeston near Norwich, can give us pause for thought. How she chose to live in challenging circumstances and how she died offer us a worthy example for today and for the months ahead.

Background

Britain and the Empire declared war on Germany on August 4th 1914. The German army swept through Belgium en route to Paris. There was fierce resistance from the Belgian and French armies and from the 100,000 men of the British Expeditionary Force. They were all vastly outnumbered and there were heavy casualties on both sides. The speed of the advance left allied soldiers behind the German line needing medical care and shielding from the new occupiers of Belgium.

Edith Cavell had been in charge of starting professional nursing in Brussels since 1907. By 1914 she had some 300 nurses deployed in various settings across the city.



Edith Cavell in her garden in
Brussels around 1913

The crisis: preparation and response

Edith Cavell had hurried back to Belgium from her annual holiday in Norfolk on August 2nd 1914. She chose to return to Brussels to what would be a war situation: 'My duty is with my nurses'.

She oversaw the preparation of many hospital beds, including in the Royal Palace – the wounded were expected, in unknown numbers.

She wrote: We have just heard there has been a great battle. Over 700 wounded. Crowds assemble to see the wounded [arrive] – the men with bared heads, the women with wet eyes. War is terrible in this little country where everyone has a friend or relative in the army.

Edith was clear – nurses would nurse all the wounded. 'Any wounded soldier must be treated, friend or foe. Each man is a father, husband or son. As nurses you must take no part in the quarrel – our work is for humanity. The profession of nursing knows no frontiers.'

Reflection

Edith's familiar world was dislocated in a matter of a week. As with Covid she had little idea of the magnitude of the changes ahead but she led from the front, calmly and in her usual ordered fashion.

'Lockdown' - rules and risks



Once the Germans entered Brussels on August 20 there was a swift and total 'lockdown'

German soldiers marching into Brussels 20 August 1914

With no radio or newspapers people only learnt of new German laws by reading their posters on the street. All foreigners were required to register with the German authorities. Edith refused to do so, based on her status under international law as a Red Cross nurse. This 'resistance' could have led to her imprisonment or expulsion.

She chose to take in the first two wounded British soldiers brought secretly to her Clinic on November 1. From then on, for nine long months, she sheltered men and helped them to freedom in Holland. She collaborated with other 'key workers' in a loose underground network. She would accompany the men to pre-arranged rendezvous in cafes, parks or on street corners, knowing both she and they might be arrested. Among the 200 men she helped were at least six soldiers from Norfolk.

Reflection

As with Covid the imposition of new rules with no scope for debate or question will have been irksome - all the more so in Belgium as the requirements came from a 'hostile' source. Edith had to make a moral choice – to obey and 'betray' or to resist and risk everything.

Nurses and carers for Covid patients knew what should be done and some took risks (lacking information, PPE, shortage of ventilators, admitting patients to nursing homes from hospitals etc) to do what they could for those in their care. The wider population initially tended to obey regulations – but as time wore on and effects of such compliance were questioned less 'conformity' is evident.

Isolation and endurance

Her employer, the eminent surgeon Dr Depage, had moved (with his nurse wife who was a close friend of Edith's) to the Belgian coast to manage the key Belgian hospital for the wounded there. They were not able to be in contact.

Many of the nurses Edith had trained left Brussels for home or service elsewhere. She was living every day with uncertainty and responsibility.

'Life has reverted to the Middle Ages', she wrote. There was a shortage of bread. Poverty became extreme – there were soup kitchens and feeding stations for children and bases handing out clothes. 'The once busy streets are very quiet. No one goes to the theatre or a concert.'

She only had fleeting contact with her underground colleagues – she had to trust them and their choices in helping the men they brought



Dr Depage, Edith Cavell and nursing staff c 1910

to her. By mid-May 1915 she reported that 'German spies are everywhere'. There were regular searches at her Clinic. She was under enormous pressure – she wrote to a contact in the network: "Tell all the helpers not to send any more men here for the present as my situation is becoming more and more strained every day

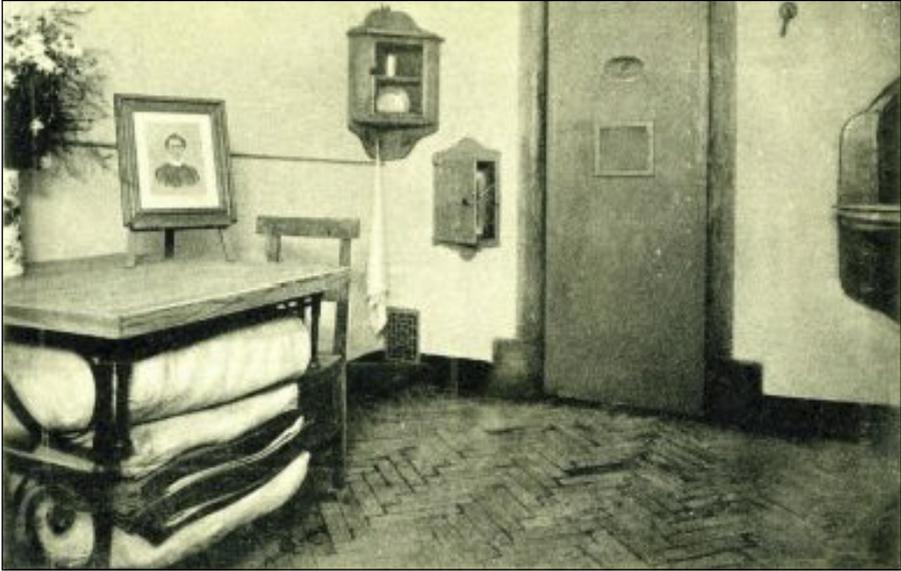
" – but later she said "If one (allied soldier) were captured and shot it would be our fault. If we are arrested we shall be punished whether we have done much or little. So let's go ahead and save as many of these unfortunate men as possible."

Finally on August 5th after several network colleagues had been arrested, she too was taken to the police headquarters. She spent the next ten weeks in solitary confinement in St Gilles prison.

The authorities allowed her only very rare visits, two books, little mail and only half an hour's fresh air daily (she was prevented from seeing any other prisoners or being seen by them).

On her last night she said to her friend Revd Stirling Gahan 'I am thankful for the imposed silence of my ten weeks imprisonment: it has been like a solemn fast from earthly distractions and diversions'. 'Life

Edith Cavell's cell in St Gilles prison, August 5th – October 12th



has always been hurried and full of difficulty. This time of rest has been a great mercy...'

Edith stated: *'I expected my sentence and I believe it was just.'* Many would have responded more negatively given all she had done in the city over 7 years. She had, however, settled that her choice to help the soldiers might end this way and chose not to flee to Holland and freedom.

Reflection

The ending of 'normal' life as the world responds to Covid has much in common with Edith's experience in Brussels. It takes courage and initiative to keep up morale in oneself and among one's contacts. Having to self-isolate and to surrender contact with those one loves, taking account of all the danger contact might bring, tests us all. We rail against the restrictions and are impatient for a return to 'normal'. Perhaps Edith's lived example is a model for us for now and in the winter ahead...

‘When better days come’ – a future after the crisis

Edith Cavell wrote a farewell letter to her nurses from her cell: *‘When better days come our work will again grow and resume all its power for doing good. I told you in our evening conversations that devotion would bring you true happiness and that the thought that before God you have done your duty well and with a good heart will sustain you in the hard moments of life and in the face of death. I may have been strict, but I have loved you more than you can know’.*

Reflection

Edith was clear as she wrote this last letter: she saw the need for endurance and for hanging on to a hopeful future. She had served both as nurse and life-saver for the soldiers, following Christ’s example as best she could in her own circumstances. She asked for forgiveness of colleagues to whom she may have seemed overly strict at times – underneath the formidable exterior and self-control was a heart of consistent and hopeful love. Her assurance of life beyond her imminent death is a challenge to us all in a post-Christian world. Her firm hope as a follower of the crucified and resurrected Jesus assured her of resurrection and eternal life with God – this held her steady and hopeful in the face of her own death.

Last rites

She was executed by firing squad at 7 a.m. on October 12th 1915, just 15 hours after learning of the confirmation of her death sentence. She died along with Philippe Baucq, one of the leaders of the underground network.

She said to the chaplain at the end *‘My conscience is clear. I die for God and my country’.*

She had been strong in her decision that she could not in good conscience send men from her country to their death – so she faced it in their place.

The doctor in attendance wrote: *“She went to her death with a bearing which is quite impossible to forget”.*

Reflection

At the height of the first wave of Covid, restrictions to prevent its spread were felt to be draconian by some. For Edith death was not the end – she was clear she would come to God for eternity. Today’s mourners are in company with Edith’s mother and family, learning of her death far away and, in her case, having no way of saying their farewells.

Not the end of the story

Edith’s story spread like wildfire - in Belgium, along the Western Front, back home and across the world. A national memorial service was held at St Paul’s Cathedral two weeks after her execution. The Prime Minister and many other leaders were present and hundreds more stood in silence outside. In May 1919 her body was returned home, with a service in a packed Westminster Abbey and burial at the east end of Norwich Cathedral. Thousands lined the streets of London and the railway line to Norwich.

She was portrayed as an iconic patriotic figure. Many, along with Rev Gahan, felt she should always be remembered ‘as a heroine and a martyr’. She has the last word to her friend: *‘Think of me simply a nurse who tried to do her duty’*.

Reflection

At the height of the first Covid ‘wave’, the nation regularly clapped outside front doors in the evenings in honour of health workers. As with Edith’s commemoration, courage, endurance, risk-taking and caring commitment to strangers were being applauded and valued – qualities all too often overlooked in ‘normal’ times.

For more detail on Edith Cavell’s story visit
www.edithcavell.org.uk
email enquiry@edithcavell.org.uk

Work in her memory continues – The Cavell Nurses Trust supports healthcare workers in the UK who have fallen on difficult times
See www.cavellnursestrust.org

Edith Cavell Award



Jo Trundell, Matron

At the beginning of the Covid-19 pandemic, staff were unsure about procedures and frightened for themselves, their patients and their families. Jo initiated and rapidly opened our first ward to accept the increasing volume of Covid positive patients. The team was new, relatively inexperienced and drawn from a variety of areas across the hospital. She brought them all together through calm and effective

leadership, instilling confidence - and indeed bravery - across her newly-formed team. They trusted her, and she led by role-modelling and rolling up her sleeves, wearing PPE to demonstrate and standardise infectious disease protocols - an area none of the team had ever experienced before.

Working shoulder-to-shoulder with the clinical team, she developed clear, strong patient pathways for Covid positive patients at a time when national guidance was scant. She faced and overcame many challenges during this period but consistently delivered at the highest level. She shone brilliantly through one of the most challenging periods in healthcare and her leadership expertise is deserving of recognition and accolade.

Edith Cavell Award



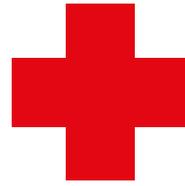
Heather Moss, Senior Sister,
Norwich Kidney Centre

Heather Moss, Senior Sister, has been recognised for going above and beyond to support her colleagues during the setting up of a new renal dialysis unit in Norfolk. The new unit has 39 dialysis stations, dedicated home therapies unit and has capacity to deliver dialysis for holidaymakers and visitors to Norfolk. Heather also received the national Cavell Nurses Trust Star Award

in recognition for her work in establishing the unit.



150 YEARS OF THE BRITISH RED CROSS



In 1859, a young Swiss man, Henry Dunant, came upon the bloody aftermath of the battle of Solferino, Italy, between the armies of Imperial Austria and the Franco- Sardinian Alliance. The suffering of men on both sides, many of whom were left to die due to lack of care, so upset him that he strived to create an international movement made up of volunteers who would be trained to provide neutral and impartial help to aid those who were injured through war.

In response to his ideas, an International Committee was established (which later became the Red Cross) in Geneva. The founding charter of the Red Cross was drawn up in February 1863.

At a conference the following October, they agreed on a standard emblem to identify medical personnel on the battlefield, red cross on a white background (the reverse of the Swiss flag). The red crescent emblem was adopted by the “Turkish” Ottoman Empire in 1870.

In 1864 the first Geneva convention was adopted, which stated that it was compulsory for armies to care for all wounded soldiers whatever side they were on.

Just seven months after the formation of the international movement, the British Red Cross was founded in 1870. It was called the “British National Society for Aid To the Sick and Wounded in War” and followed the outbreak of the Franco- Prussian war. It helped in providing aid to both warring armies, and to many other 19th century conflicts under the protection of the Red Cross emblem.

At the beginning of the Great War the British Red Cross and the Order of St John Ambulance joined to form the Joint War committee and Joint War Organisation. They formed Voluntary Aid Detachments (or VADs). Members were trained in First Aid, Nursing, Cookery, Hygiene and

Sanitation. These detachments worked under the protection of the Red Cross, working in hospitals, rest stations, work parties and supply centres.

The Joint War Organisation also supplied the first motorised ambulances to the battlefields which were much more efficient than the horse drawn ambulances. Red Cross volunteers searched towns, villages and hospitals near the fighting recording the names of the wounded, the missing and the dead. This formed the basis of the International Message and Tracing service, still in operation today.

The Red Cross also trained Airedale Terrier dogs to search for wounded soldiers on the battlefield.

After the end of the war the League of the Red Cross (now the International Federation of Red Cross and Red Crescent Societies) was formed and the role of national societies increased. There was now an emphasis on improving health, the prevention of disease and the relief of suffering.

In 1921 It established the first blood transfusion service and was still involved even after the formation of the National Transfusion Service. It was instrumental in starting overseas societies throughout the Empire and Commonwealth. In 1924 the British Red Cross began its youth movement.

At the beginning of World War II the British Red Cross and St John Ambulance once again joined forces to form the Joint War Organisation. This organisation again worked in hospitals, care homes, nurseries, ambulance units, rest stations and much more. Much of the funding came from the Duke of Gloucester's Red Cross and St John appeal, which raised over £54 million by 1946.

Under the strict rules laid down by the Geneva Convention for the treatment of POWs, the Red Cross sent over 20 million standard food parcels as well as medical, educational and recreational supplies to prisoners of war worldwide. It delivered food parcels to the starving population of the Channel Islands by the SS Vega during the German Occupation.

After the war the immediate priority for the British Red Cross was helping displaced people, providing basic supplies and helping to reunite people through the Messaging and Tracing Service.

The British Red Cross provides a wide range of services, but it operates first and foremost as an Emergency Response service. This has been present at most major emergencies such as the London Bombings, Manchester Arena Bombing, Grenfell Tower fire, rail crashes, other fires and floods. Contrary to popular belief, the British Red Cross does not send its volunteers abroad, as overseas disasters will be dealt with by the society in the country affected.

The British Red Cross is mostly known in the UK for its work as a provider for first aid at public events across the country. In October 2019 The British Red Cross announced to the dismay of its volunteers that it would no longer provide First Aid services although the Ambulance Support Services continue. The British Red Cross provides first aid training to people both on a community and commercial basis.

Fire and Emergency support. This provides assistance at the request of the local fire and rescue Service to those in the immediate aftermath of emergencies such as a house fire or road traffic accident.

Medical Equipment Loan with nearly 1000 offices that operate this service. Transport Services.

Care in the Home. In some areas the British Red Cross provides short term care in the home for people who have recently returned from hospital.

The British Red Cross also helps and supports Health and Care Abroad, HIV awareness, Humanitarian Education, Refugee Support Services and International Family Tracing.

Elizabeth Blaxell 2020

Good Housekeeping Magazine celebrates National Treasures



Inspiring women and men who went above and beyond throughout the pandemic were celebrated by Good Housekeeping magazine in their December 2020 Edition. Thank you to Good Housekeeping magazine for allowing us to use this article featuring one of our members.

Amazing carer Christine Lach (nee Gregory) from Clwyd.

Christine was a tremendous friend to Elizabeth Downey through her battle with cancer. At first, Christine took Elizabeth to chemotherapy appointments, and kept her spirits up with evening phone calls. Then, she left her home and moved 200 miles to be with Elizabeth as her full-time carer. She was nominated by Elizabeth, who sadly passed away in August. 'My life is full of happiness now after some very dark days. I cannot thank her enough,' Elizabeth wrote in her nomination.



Christine commented "*I feel very privileged to be nominated as a National Treasure! There are many individuals that go that extra mile for others, none so special as Nurses.*

The title NT, brought to mind Norfolk Treasures, the many colleagues I was fortunate to work with during my training and staffing at the N&N during the 1980's.

I was lucky enough to be a student with the October 1980 set. Although we came from all walks of life, we were united through our vocation in nursing. Acts of kindness within the group were so important in supporting us through

our three years of training and to this day bonds of lasting friendships formed. We were unable to meet up for our 40th reunion last year, but on the occasions we have met it always evokes memories of our younger days, working hard on the wards to reach our ultimate goal of becoming a Registered General Nurse.

Unfortunately, passing my finals was not an easy task. Having failed my exams twice, I only had one attempt left to pass. The Norfolk Treasures that helped sustain me through this difficult time were the wonderful staff on Hickling Ward (Gynae) I will always be indebted to Sister Jane Grimmer and her staff, namely Linda Ranjit (nee Robinson) Pam Duffin and NA Sheila Ward who encouraged and supported me through this anxious time. Also, to Mrs Gordon Gray, who kindly marked essays for me.

Thankfully, I went on to accomplish becoming a staff nurse, working on Hickling and Deopham wards and Priscilla Bacon Lodge, before leaving many treasures in Norfolk and moving to North Wales in 1988.

Kindness improves our quality of life in the workplace as well as the community. It brings people together. Doing good for others makes us feel good about ourselves. Showing kindness is just as rewarding as receiving it from someone else".

October 1980 Set



Here we have a photo of Chris Lach with her fellow trainees taken when they were 3rd year students. She is in the top row 5th from the right. Can anyone recognise themselves in this photo, Chris Parfitt is also in there.

More from Heather Kenny...

In our 2018 journal Heather Kenny who was born with left club foot (talipes) shared her experience as a child of treatment during the second world war. Here she has included some of the original article adding a few more updates of her life after deciding on a career of nursing.

I had suffered with Osteomyelitis from the age of 4 with lots of flare ups, even taking one nursing exam with my foot up on a chair. When I was 15, Mr. Brittain removed 3 inches of infected bone from my tibia, he had not done it before and told my mother he did not know if I would walk on it again. When I walked into his clinic, he was so pleased, he asked me what I wanted to do when I left school. I said I wanted to be a nurse and he promptly got up, in the middle of clinic, and took me to see Miss. Watson.

After the operation I wore a 3-inch raised shoe, I always had to wear surgical shoes because one foot was much shorter and thinner than the other. My leg discharged for many years which I dressed. My mates at the Wayland Hospital where I was working at the time used to say, 'why don't you have it amputated' but I wanted to carry on working.

Finally, I had to give in and at the age of 67 Mr Nolan amputated it for me I bought my first pair of shoes afterwards; I had only ever had 2 pairs of shoes, black or brown, I have several now of all colours. I had some trouble because my other foot was size 9.

Over the years I started a play group, was secretary of the Womens Institute, was a Sunday School teacher, formed a Carpet Group Club and I run the Lunch Club. I also give lifts to the elderly if needed taking them to the doctor's surgery or to the Deaf Bus once a month. Two years ago, I was given the freedom of the village for my contribution to village life.



Wendy's Nursing Years (Seely 1958-61)

I was about nine years old when I said to mum and dad that I wanted to be a nurse when I was a big girl.

With that in mind I had an interview at Notre Dame High School Norwich when I was eleven years old and was accepted. I loved my school days. In 1956 Sister Marie arranged an interview with Matron Johnson at Wayland Hospital Attleborough as a pre student Nurse, I was successful and at the age of sixteen/ seventeen years old I packed my suitcase and went off to be a student Nurse. Putting on the uniform for the first time and making up the hat was a wonderful

feeling. I was at Wayland for about fifteen months, during this time I gained a lot of experience and confidence doing Male surgical, Gynae, General Theatre and Night Duty (Anna Capps was also a pre student nurse and we still keep in touch)

In December 1958 I started PTS, we were a set of about twenty. The three years were spent at the N&N, West Norwich and Jenny Lind hospitals in three monthly blocks and of course yearly exams.

I still keep in touch with Yvonne Moss, Joan Randell, Frances Barnes and Monica Clark.

Once qualified I married and had three children Melanie, Simon and Nicholas (three babies in four years !)



My Nursing career started again in 1970 with some private night duty at St. Helen's Nursing home Norwich (where I met up with Peggy Wright again).

Later I was a staff nurse at St Michael's hospital Aylsham (Male Rheumatology) followed by three years as Night Sister in charge of the whole hospital and Cottage hospital.

I did so want to be a District Nurse and a vacancy in Aylsham was available and I was offered the post and it lasted the next eighteen years. My last area was Wells-Next-The -Sea.

Just as mobile phones and computers were taking over I retired in 1994 but I did master the new way of working before I retired.

I also became a Trustee for the Nurses League for about twelve years. Since retirement I joined a Pottery class and enjoyed creating many objects. I have volunteered at Priscilla Bacon Lodge for about twelve years mostly in the tea/coffee area which I had been enjoying up until Lockdown.

In November 2019 I had a fall and fractured my my right femur just below my hip replacement, which I had ten years before, so now I have a new hip replacement with extra metal!

I'm still smiling and happy with life.

Thank you,

Wendy Hobbs.

RECORDS OF THE NORFOLK AND NORWICH HOSPITAL NURSES UNIFORMS



The heritage group has been assembling a photographic folder of the uniforms worn by nurses at the Norfolk and Norwich Hospital. This includes the West Norwich and Jenny Lind Hospitals when they United. In this folder we have a group photograph of nurses dating back to 1886. The uniforms we held were photographed before they were donated to the Shirehall Museum in Norwich, where they are stored in acid free boxes and at a temperature that will prevent deterioration. Alice Eliza Ottaway's son Raymond Howell and daughter-in law Valerie were sorting through their garage when preparing to move properties. In so doing, they came across Alice's old nurses uniform. Valerie, having read the article in the Lets Talk magazine, contacted me to see if

we would like it. Alice trained from 1918-1921 so it enabled us to see what the nurses were wearing in those days. It also included her well darned stockings! The heritage group has also donated other items of uniforms that we held which have been passed on to us by members over the years.

We have photographs through the decades to the late sixties. Most of our heritage group are of a similar age and there are some "grey areas" which we cannot recall, as the uniforms changed a number of times in the early seventies. If there are members who have photographs which could help



us record accurate information from this period to this present day, it would be gratefully appreciated.



I trained from November 1962 -1966 and staffed on Ward 2 until I married my husband who was in the Royal Air Force and we were posted to Cyprus in October 1967. During that time the uniform was a grey material measuring 12 inches from the ground. Lots of group photographs were taken in those days, so whichever height you were the lengths of the dresses were the same from the ground and looked smarter.

The coloured photograph was taken when I was a student in 1965. We wore white “Peter Pan” collars attached to the dress by studs, starched caps and aprons, black stockings and shoes. We were also issued with a long navy cape with a red lining. Once a student nurse had completed a year’s training they were issued with pieces of white tape which had to be sewn on the left sleeves of the dresses. On passing your final examination a uniform permit was issued by the General Nursing Council to wear the registered uniform. Part of the uniform was a black belt and pull string cap, nicknamed “the pork pie” cap. If you passed all of your hospital examinations you were awarded the hospital badge. If anybody is turning out their loft or garage, like Alice Ottaway’s son and daughter in law did, and finds a grey dress, we would love to be able to complete the collection of uniforms that were worn in the sixties.



The sisters uniform was navy blue and they wore a pair of starched

sleeves pinned to the sleeves of the dress. A cap with strings and a bow under the chin were part of the uniform as seen in the attached photograph. Betty Lee, who was a Sister on the Male Orthopaedic Block between 1953 – 1966, remembers wearing this type of cap but she said



they were gradually being phased out whilst she was in post. However, there were a few senior sisters who continued to wear them. I too remember Sisters Hill-Harrison, Curson, Harrold, Grace and Lead some wearing them as part of their uniform. Above elbow cuffs, as shown on Betty Lee's uniform in the

coloured photograph, were introduced to use in conjunction with the long cuffs.

Betty Lee went on a Clinical Teachers Course in 1969-1970 and remembers on her return that the uniform issued to her was a peacock blue colour.

We are researching the uniforms worn by State Enrolled Nurses and the uniform with which the first male nurses were issued when they commenced their training. We would like to know when the first male nurse started his training at the hospital. Any examples of changes in any of these uniforms would also be of great interest to us. The School of Midwifery was formed in the late sixties so the midwives would have possibly worn different coloured uniforms and belts.

I returned to the N & N Hospital in June 1975 working part-time when I wore the N.H.S blue and white squares. Stripes had been discontinued and replaced by belts. No belts were worn during the first year of training, a mauve belt was issued during the second year and a claret coloured belt during the final year. Disposable aprons were worn when attending patients.

Were you one of the sets nursing where the uniforms were changing?

The heritage group would be really grateful if members could inform us of the uniforms they wore during their training, in order that we can record from the seventies onwards. This could then be added to our uniform folder which will be deposited in the Records Office when completed. If you trained before the sixties we would still like to add you and your uniform to our folder.

A photograph can be scanned if you have a computer. The League can arrange for a photograph to be scanned if not, and returned to you. If you could include your maiden and married name if applicable together with a description of your uniform including the colour of stockings/tights, shoes and the dates that you trained, it would help us to file them in the correct decades.

Margaret Allcock nee Zipfel.

I am grateful to Betty for all the help she has given me to add accuracy to this article.

December 2020

Evelyn Mary Fenning (Miles)

This photo was sent by Margaret and is part of the Herritage collection and is a good example of the cap with the strings and bow. It came to me with a photocopy of the certificate of registration and I have reproduced it here:-



This is to Certify
that.....Evelyn Mary Miles.....
has been trained in the Medical and Surgical
Wards of this Hospital from....1st June 1938
to....1st June 1941..... And has passed a
qualifying examination.
She has received instruction in the theory and
Practice of her calling. Her conduct throughout
Has been ..very good.. and she is duly qualified
to discharge the duties of a Trained Nurse
Signed this.....1st day of June 1941.....

Arthur Cleveland M.D. F.R.S.P

Sondra Editor

Photos from the past

These photographs are of Ward E at the West Norwich Hospital. They are all from different times. (Liz Barrett Old Photos and Postcards)



This one I believe is at Christmas 1916 but I have no idea who the Nurses and Doctor are.

This one obviously appeared in the Eastern Daily Press but again no idea who the Nurses are.



A ward at the West Norwich Hospital in the 1950s. Knowledge, expertise and understanding about medicine and good practice in caring for patients is constantly changing. The NHS needs to keep pace with such changes if it is to develop and maintain local health care services which are modern, dependable and fit for the future. (Picture courtesy of Eastern Counties Newspapers.)

It would be very interesting to hear from anyone who has more information on any of these.

Doreen Betts.

Book review

The Courage to Care, by Christie Watson.
Published by Chatto and Windus.
ISBN 978-1-784-74298-0

This is a book about reflection and having read it, it becomes clear why reflection plays such an important part in nursing today, including in the revalidation process.

The author takes the reader behind many clinical scenarios she has been a part of and shines a light on those fundamental human elements that remind us of what we all need, whether we are well or sick. The most poignant example of this for me was when she described how a child was receiving enteral feeding and how the mixture contained everything the child needed to remain fed and hydrated, but it contained no happiness.

We are allowed into the author's private challenges and experiences and again this reinforces how important it is to understand how both nurse and patient are often experiencing emotional, as well as physical, challenges at the same time.

The only element I struggled with in reading this book was the chronology which I did not find clear as the author experiences situations in so many spheres of care.

I would recommend this book to every nurse; for experienced nurses it emphasises what a privilege it is, and has been, to be a part of a patient's life at one of their most vulnerable phases; and for students and newly qualified nurses it may help them to view all of their education and early experiences through another and valuable professional lens.



Michael Surkitt-Parr MA BSc Dip N (Lond) RN
Trustee



Changes to Membership 2020

New Members

Mrs Sian Blaseby, nee Webber, 1994 Mrs Gaynor Carter, nee Rouse, 1981-83
Miss Jo-Ann Cryer, 1986-90 Miss Susan Emery, 1973-2008
Mrs Wendy Louis, nee Cullington, 1963-67 Mrs Val McKie, nee Speirs, 1980-87
Mrs Veronica Rogers, nee Barrett, 1972-2006 Mrs Marian Rout, nee Parke, 1981-84
Mrs Sue Westgate, nee Chamberlain, 1981-2015

Re-instated Members

Mrs Jennifer Daly, Mrs Janet Monk

† Deceased Members

Mrs Barbara Baker, nee Clements, 1954-58 Mrs Mary Barker, nee Bristow, 1956-60
Mrs Audrey Camp, nee Keay, 1952-55 Mrs Mim Cotton, nee Anker, 1947
Mrs Doreen Double, nee Beck, 1948-51 Mrs June Eke, nee Beckett, 1955-58
Mrs Sheila Dunsire, nee Temple, 1954-57 Mrs Jean Parke, nee Powley, 1958-61
Mrs Dorothy Riley, nee Etteridge, 1945-48 Mrs Janet Wood, nee Drew, 1941-44
Mrs Margaret McGowan, nee Wright, 1955-58

Resigned

Mrs Marian Fox, Mrs Karen Hall

† *Obituary*



Margaret 'Peggy' McGowan (nee Wright) died in the Lister Hospital Stevenage on 4th April 2020 from Covid 19 aged 82.

Peggy was born in Hethel in 1937. During her childhood she was unwell at times spending several lengthy periods in Great Ormond Street Hospital, where she was treated kindly by the nurses and doctors. This experience helped Peggy decide on a career as a nurse.

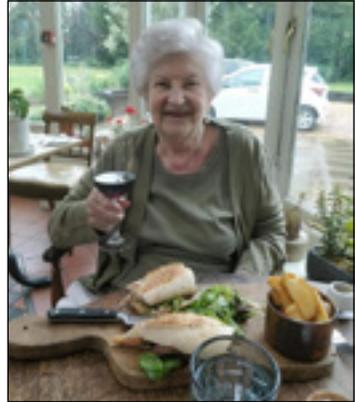
At the age of 17 she commenced a pre-nursing course, followed by Preliminary Training at the Norfolk and Norwich Hospital, qualifying in 1959. She left Norfolk to do the first part of her midwifery training at Leicester Royal Infirmary, but not enjoying the second part, in Norwich she returned to general nursing.

Initially working in the Casualty Department at Middlesex Hospital, early in 1962 and often being the only nurse on duty she could only wake the duty doctor for "real emergencies". Returning to Norwich she worked at The Great Hospital, looking after private patients, and working with Kenneth McKee, pioneer hip replacement surgeon. She loved working there earning the nickname "Sister Sunshine". 1969, putting her career on hold, she married Jimmy McGowan, dental surgeon at the West Norwich Hospital.

Peggy returned to nursing in 1980, in theatres at Wayland Hospital. After its closure, she transferred to the N&N working in gynae theatres until her retirement in 1993. She could not quite leave the NHS life volunteering in outpatient radiology at the new N&N for several years.

Peggy loved attending nurses league reunions with her best friend Dot and talked so fondly of her memories of nursing at the N&N.

I followed in my dear mums footsteps and now work as a Matron at University College Hospital, currently in the midst of the battle with Covid-19. It was heart-breaking not to be with mum at the end of her life; I know she received wonderful care. I miss her fun, practical, kind attitude everyday but I have the most brilliant role model to remember – Sister Sunshine.



Thank you Dot Miller (nee Burdett) and Barbara Bowden (nee Lake) from her set, Peggy's wonderful friends (for over 65 years), for helping me put these memories together.

Sally Beyzade RN (nee McGowan)
(UEA School of Nursing March 97 set)

† *Obituary*



Audrey Camp (nee Keay)

1952-1955

Audrey was deeply affected by her father's death during the war and knew she wanted to be a nurse. Leaving school at 12 to look after six siblings, she started at Stanmore Orthopaedic Hospital aged 17 as a Preliminary Trainee. Misgivings were expressed about her lack of formal education, despite this she did well and accepted the challenge to commence general training at

the Norfolk & Norwich Hospital in 1952. With hard work she passed to qualify as a SRN, proudly wearing her Norfolk & Norwich Bronze Cross and silver buckle. For this she received a kind letter from Miss Watson, Matron congratulating her on her success.

Audrey had many fond stories about her time at the N&N. As she had previous nursing experience, she found herself in two sets, making many life-long friends. Returning to Stanmore and gaining her Orthopaedic National Certificate, Audrey married Robert and had a family of one daughter and three sons. They subsequently settled in Thorpe St Andrew in 1969.

Following a return to nursing Audrey started work as a practice nurse then became a District Nurse. Audrey found she could no longer manage heavy lifting and needed two knee replacements, after which, she spent the last few years before retiring as a Practice Nurse.

During her retirement her seven grandchildren were a constant delight. Audrey also enjoyed attending annual meetings of the Nurses League and the Edith Cavell service at the Cathedral.

Audrey & Robert celebrated both their Golden & Diamond Weddings. Sadly in 2019 Audrey suffered a stroke and following a fall in 2020, she spent time in Loddon ward, a happy ward, where she was well looked after. Her little dog was also allowed to visit her. Audrey could always be counted on to give all who saw her a beautiful smile.

I think that any man who marries a nurse from the Norfolk and Norwich can count himself very fortunate.

Robert Camp.

† *Obituary*

Hazel June Eke nee Beckett 1954-58

June as she was known was born on 30/06/1936 in Hockering, the youngest of five. Her mother died when she was ten years old and she went to live with her sister and then an aunt until she was able to leave school. Her father died when she was fifteen.

Her first job was at Ely Children's Home. Then at eighteen she came to the Norfolk and Norwich Hospital for her training as an SRN. After training she worked in Main Theatre before leaving and starting midwifery training but left after a short time to marry Maurice. After having three children she returned to nursing at Corton House with the elderly. Then she moved to Wayland Hospital staffing there. She then worked at Sunderland House, Wymondham until she retired.

June died on the 24th January 2020. I shall miss her as we had been friends since our training days.

Jane Gascoyne, nee Frewer.

