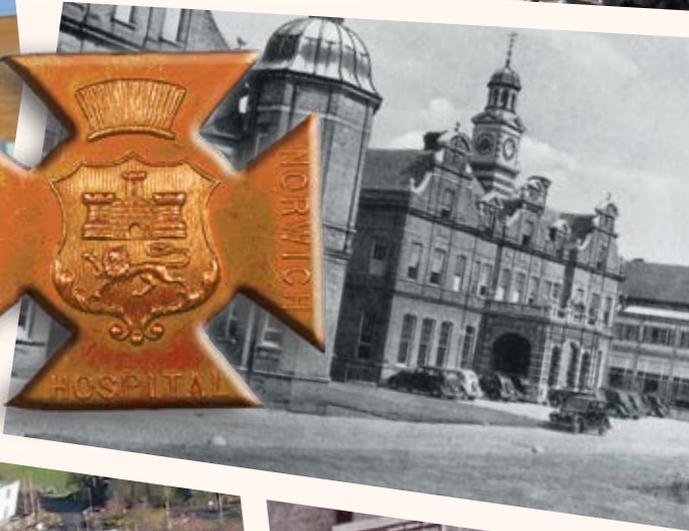


NORFOLK & NORWICH UNIVERSITY HOSPITAL

NURSES LEAGUE JOURNAL



2022



THE NORFOLK AND NORWICH UNIVERSITY HOSPITAL NURSES LEAGUE

EXECUTIVE COMMITTEE AND TRUSTEE MEMBERS

Charity Registration Number 290546

2021 - 2022

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President's Address May 2021



It is with a great sense of pride and not a little trepidation that I accept the role of President of this Nurses League today.

Whenever I take over a role, be it professionally or outside of work, I always seem to be stepping in the shoes of a strong and highly respected lady and today is no different: Mary's enthusiasm for the role, and her love for, and pride in, nursing and for the Norwich Hospitals has shone through to me from the first day I joined the League.

Our new joint Journal Editors, Sondra Gorick and Chris Parfitt have published in this year's journal a list of Mary's accomplishments as the League President, and while I don't want to go through them all here, there are a few that I believe are worthy of mention: the increase in membership numbers, the development of the website, the introduction of the Twitter account and setting up the Annual Betty Lee Lecture. However, it is Mary's interest in the membership and League aims as well as her strong support for all the Trustees are the points I hope I can emulate, and I think we all owe Mary a huge debt of gratitude for her hard work on behalf of the League in a range of roles over a number of years. And of course, Mary undertook a further year as President as we were unable to have an AGM last year.

So, in line with our Constitution, Mary has accepted the offer to become a Vice President and to serve an extra year as a Trustee, without need for election. I sincerely hope she will enjoy her time on the 'backbenches' and I know I and the other Trustees will value her input.

Some of you will know that my mother sadly died last summer and in sorting out the many papers in her home I discovered that she was at one time the Chair of her hospital Nurses League – how come I never knew that?!! I had many letters and cards from Mum's former colleagues and students – as she was a nurse teacher. As a result a nurse that I knew has contacted me and asked me for any information and photos of the hospital in Suffolk as she is doing some

historical research into aspects of the training school. It is so pleasing to know that the interest in nursing's past is still strong in so many places.

I would like to extend my thanks also to all the other Trustees who contribute so much to the League: Hilary Barker as our Treasurer, ensuring we keep within the financial regulations and a key player in our decisions on how to allocate funding and ways to bring in revenue. Ann Copsey our membership secretary who does an amazing job in keeping track of our members and (importantly!!) their subscriptions and welcoming new members as well as keeping a note of those who have sadly passed away. Ann also does a sterling job in liaising to manage our Gift Aid element of the subscriptions.

Margaret Allcock who does the most amazing job in leading and co-ordinating the work of the Heritage Committee, which is really a core activity of the League, and many of the achievements of the group are published in the Journal which is now jointly edited by Sondra and Chris who produced this year's wonderful edition and given it was their first edition it was produced under the far from ideal circumstances of the lockdown. They are clearly following in the footsteps of Doreen and Elizabeth who did a marvellous job of editing the journal for 11 years – a tremendous achievement.

One of the areas that the League are continuing to pursue is to make our work known to the newly qualifying nurses from the University and I'm delighted to say that Jan Beart is instrumental in heading up this important role.

This year we also say farewell and thank you to Jennie Cropp, a Trustee who has completed a term of office and who inputted into several areas of the League's activities.

And through all this over 22 years and 25 as a Trustee, Ruth McNamara has been our secretary, smoothing the way of all our meetings, bookings and recording our activities and a phenomenal support to us all. Ruth has certainly been an outstanding support to every one of the Trustees over this period. Another significant role that Ruth has undertaken, and one I know she feels very strongly about, is that of Christmas contact with our Senior members. Each year Ruth updates the list that we use as Trustees to contact some of the older and perhaps frailer members who often are now unable to attend the annual reunion and AGM. This means so much to these members and then Ruth arranges a Christmas card and a voucher to be sent to them in time for Christmas. This

is a truly fundamental part of our role as a League, and I'm delighted to say that on Ruth's retirement as Secretary, the seniors element will be undertaken by Doreen Betts.

We are all so grateful to Ruth for all that she has done to smooth the way for us in so many ways.

We are still looking to recruit a further Trustee so please do get in touch with us if you are interested in this extremely rewarding role.

As we go forward, I am keen to continue to support the many elements that make up the League and for us as a group to look at ways in which we may be able to offer more support to nurses to look further into our heritage, and to demonstrate its relevance to nursing today. I also want to make the role of the Trustee remain one to be proud of and a privilege to carry out – I think sometimes these roles are seen by those not in them as being a lot of hard work for little reward – well I believe being a Trustee of the League is very far from that and I hope by promoting this view we can continue to recruit Trustees to carry on the valuable work and at the same time ensuring that all of our respective workloads are realistic and manageable.

I want to continue to support the growth of our membership and our ability to support our seniors to feel they will always be part of the profession, the Norwich hospitals and the League. In addition to the work we are doing in talking to newly qualified nurses, I think we need to apply the same principles to the newly retired as I think the League can be a great conduit between work and retirement. I believe this is an area that is important to people making what is a significant transition.

We were unable to have the league's 90th anniversary celebration last year, which is, as every year, an opportunity to reflect on the past and colleagues, but I suspect that given the pandemic we were living through we probably thought a very great deal more about our colleagues working on the front line and of the clinical leaders to whom we will always be eternally grateful.

My few words have extended a little, but I accept the role with pleasure and pride and I believe it starts NOW!!

Mike Surkitt-Parr
President

Treasurer's Report 2021

Treasurers Report Zoom Meeting for AGM 15th May 2021



What a strange year it has been for all of us this year. As a committee we have not been able to meet up in person at all. All our meetings have been through a Zoom link on the internet which for some of us was another learning curve. Nevertheless they have proved to be very useful and successful.

This is my report for the financial year April 2020 - April 2021. Thank you to Charlotte Ayres, an independent examiner who has audited the accounts and is satisfied they are correct.

Many thanks to all members who have paid their subscriptions this year and to all those who again have sent very generous donations. Included in our donations are funds from the PayPal Giving Fund and also donations sent to the League in memory of deceased members.

Our Expenses have been minimal this year as we have had no AGM costs or any activities that have needed any outlay. We have had the journal costs and the cost of posting them to you.

Postage has increased greatly because the trustees were unable to deliver any by hand this year due to Covid restrictions. Thank you to the Norfolk & Norwich Postal Service who sends them out at a reduced rate to the general post office.

We have still managed to give our very Senior members a Xmas gift and many have sent a letter of appreciation. Thank you to Ruth our secretary who has organised this over many years. We continue to pay

for the website costs which enhances the running of the League and is a benefit to our members for its content and help. Thank you to Dr Paddy O' Luanaigh who helps greatly in the running of the website.

During this year the League donated £100 to a fund set up for a Norfolk & Norwich nurse who sadly died from the Covid virus leaving a young family. The committee felt strongly that we should support this cause.

Thank you to Ann Cosey who has managed to get us £223.75 Gift Aid from all members who are able to do so.

Our initial Investments of £15,000 are valued a bit less due to the world market and the Covid situation but we have still secured a fair dividend throughout the year, which is slightly lower than the previous year.

Chris Rengert our Financial Advisor is monitoring the investments and we thank him for doing this.

Our income therefore exceeds our expenditure this year so we have enough funds for the foreseeable future to cover all the events we have planned. We are hoping that the concert will take place at some point and that we will be able to meet up again in the normal way next year.

In the mean time, stay well and safe. If you have any questions please contact me on my email: h.barker1@ntlworld.com and if you would like a copy of the accounts please let me know.

Hilary Barker

(Honorary Treasurer) 09/05/2021

A few words from the Membership Secretary



Another year has passed when our lives to some extent have been overshadowed by Covid 19. I hope you have all remained well. Thankfully, vaccines have made one feel a little safer and able to cautiously enjoy a little more freedom.

Thank you for your letters we are always pleased to hear news from you all. Many members mentioned how much they had enjoyed reading the Journal. The Two Nightingales was very much appreciated and the article on uniforms brought back memories of Sister inspecting hem lengths!

As there is still great uncertainty about the future we may therefore not be able to hold our 92nd AGM and reunion at the Norfolk & Norwich University Hospital. Other venues are being explored. As you will see on the reply slip which you will receive with your Journal I have once again asked for a telephone number if you are planning to attend.

Finally the trustees join me in thanking those members who send their subscriptions in April which then saves postage for reminders in October. Also a huge thank you for your generous donations.

Ann Copsey
Membership Secretary
g.copsey@ntlworld.com

HERITAGE REPORT



A lot of progress has been made over the past year with the heritage work.

We had a display for the 250th Anniversary of the Norfolk and Norwich Hospital in our cabinet near the Stock Shop.

The committee met at my home to prepare a display for the Betty Lee Lecture held in the Bob Champion Building on October 7th.

Elizabeth Blaxell, Jan Beart and Mary Dolding have been busy indexing six of our folders ready to return to the Archive Centre which will make it easier to find and access what we hold once they have been deposited.

A number of people have made contact with us and we have followed these up.

Mary Clarke (nee Kew) has given us a copy of an excellent account of her training during the 1970's and we have been able to have a professional copy of a photograph taken of Mary in her uniform.

Anne Farrow (nee Archer), also made contact with me as she had some photographs she thought we might like to put with our memorabilia. Amongst these was a photograph of her Aunt Evelyn (O.E.Elgar). After looking through some old journals I found she had been a member of the Nurses League. Anne has kindly written an article for our Journal.

I have been able to visit two senior league members with wonderful memories. Pam Green (nee Crisp), was a proud winner of a Jock Carruthers Medal for General Proficiency in 1953. I was able to take the Medals Folder we have compiled and Pam's photographs and details

have been added to this folder. Joan Smith (nee Cannell), both of whom live on the same road, was unwell with shingles on my first visit so I took the Jenny Lind Hospital folders for them both to browse through together on the second occasion. We have a few missing years in our folder so if you were a winner of the Jock Carruthers or Alice Long medals please get in touch if you have not already done so.



Margaret Allcock
Lead Archivist

Pam Green (nee Crisp), proud winner of a Jack Carruthers Medal in 1953

ABOUT NURSES

Somebody asked: *"You're a Nurse? That's cool, I wanted to do that when I was a kid. How much do you make?"...*

...The Nurse replied:

I can make holding your hand seem like the most important thing in the world when you are scared.

I can make your child breathe when they stop.

I can help your father survive a heart attack.

I can make myself get up at 5am to make sure your mother has medicine she needs to live.

I work all day to save the lives of strangers.

I make myself skip lunch so that I can make sure that everything I did for your wife is charted.

I make myself work weekends and holidays because people don't just get sick Monday to Friday.

Today I may save your life.

How much do I make? All I know is that I make a difference.
That Nurse. (Facebook.)

A MESSAGE FROM THE EDITORS

Spending 2020 – 2021 with a pandemic and two lockdowns was long and hard for most of us, but to produce a journal for the Nurses League for the first time and at the same time proved quite a challenge. Thanks to all of you who submitted excellent articles, for our first edition, also to mention the outstanding layout work and printing performed by Vince at S.R. Print & Design Ltd.

We would like to thank everyone for the submissions we have received for this 2022 journal. In some instances, we had to edit the article down and, in some cases, we intend to include more next year.

We are sorry if your submission did not make it into this year's journal. We try to have themes with a few similar items and just one or two additional stand-alone articles.

Anyway, we hope you all enjoy the 2022 journal, keep those articles coming in.

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.

Chris Parfitt & Sondra Gorick



A MESSAGE FROM OUR NEW SECRETARY!



As your new secretary to the League, I have been asked to introduce myself. As a daughter of a Suffolk dairy farmer I crossed the border and began my general nurse training at the N&N in the February 1977 set and living in the Alex nurses' home, then Uplands Court.

On qualifying I staffed on Eccles ward under Sister Maggie Lambert, so many happy memories of my time there. I was fortunate to get a Junior Sister post on the district and worked from Gurney Court alongside Glenise Wise. Under her watchful eye and guidance, I grew, and my career as a District Nurse began. Ribbon gauze cut into lengths, wrapped in bacofoil and baked in your oven in a tin for sinus dressings, cardboard boxes as cradles until the real thing could be collected. Surprising myself and my husband all these years later, I can still negotiate the Norwich traffic and recall some useful short cuts, thank goodness the traffic in the early eighties wasn't what it is now.

Early one morning, after seeing one of my patients with diabetes, I remember reversing over a rubber traffic cone which, lodged firmly under my little Ford Fiesta only to be rescued by one of the GP's who happened to be on his way to the surgery!

In '83 I completed my Certificate in District Nursing at city college and am for ever grateful to my nurse manager, Hazel Bardwell who knew I was engaged and would be returning over the border to Suffolk the next year. In Suffolk during '84, I worked in their community liaison team, as a team of 2 with secretarial support we were based at Ipswich Hospital and handled discharges, communicating them to our community colleagues. Handwritten by the ward staff these were collected by us, missing information was gathered from ward nurses and added prior to delivery to the Ipswich nurse base at Allington House by 1pm daily

with telephone handovers to our colleagues in rural Suffolk. A far cry from the scant telephone messages I had received from Norfolk Tower. Here, many bridges were made, and exchanges of knowledge shared empowering nurses in the acute setting to pass over appropriate patients and to remember to send initial dressing materials. New wound management techniques would be shared with us and checked out to ensure we could source in the community.

In 1986 my daughter was born, followed 17 months later by her brother and I returned to Marie Curie and our Twilight nursing service. I returned to the community liaison team part time again in 1993 and remained there until taking retirement in 2013. What a contrast, computers, access to ward nursing notes, faxed referrals, and finally electronic referrals. Over my years there we worked closely alongside social workers and at one stage had social care managers, we were trained to put together simple care packages and had access to separate pots of funding. Upon reflection our team was ahead of their time.

On retirement I became even more involved in the family business, undertook my CPC to become Transport Manager and swapped patient transfers to hiring out diggers! I very much enjoy my grandchildren, miniature Shetlands, 4 sheep and 2 Berkshire pigs.

Reconnecting with the Norfolk & Norwich via the League has been a definite positive of Covid times. Thank you Mike Parr for suggesting I join you in the committee.

Tessa Holmes

Honorary Secretary

PRESIDENT'S MEDALS

Ruth tells us here how she arranged in May 2020, for the remaining N & N badge to be mounted as a medal which will be worn by our Nurses League President.

A task I undertook in the last month, now that we have been able to move around more freely, is putting into action the plans we made for the last remaining N&N badge. Pete & I went into the city around Magdalen Street to look for a medal mount. We found a suitable one on an old WWII medal which was silver. Pete removed the existing medal with the pin it was fixed to & drilled a tiny hole into the certificated nurse 1929-1933 N&N badge



to join both together & removed the old holding pin on the badge. The dates remain on the back of the badge but no name.

Luckily, we know of a gentleman in the village who mounts military medals. Barry was very helpful



ordered the blue ribbon - which is the colour of our trained nurse belt & then mounted the badge in a 'Court' mount.



This prevents the medal from swinging freely & getting damaged. We also ordered a case (similar to a glasses case) & had a bronze plaque engraved 'PRESIDENT NNUH Nurses League' on the top.

All done for £37.50. Mary was very envious when she saw it thinking it would not be used by her, but she did wear it for our afternoon tea out at the Assembly Rooms.

Ruth McNamara

The Norfolk & Norwich Staff Information Hub on the 3rd June 2021 marked the occasion of our newly elected President for the Norfolk & Norwich Nurses League, Mike Surkitt-Parr.

Here we see what they wrote.

Sondra & Chris

Thanks go to Clare Parry, Head of Internal & Online Communications in the N & N Communications Team for giving us permission to reproduce this article.

New Nurses League President elected

Last updated: 03/06/2021



Congratulations to Mike Surkitt-Parr who has been elected the thirteenth President of our Nurses League. He replaces Mary Dolding, who was elected in 2014 and served two terms.

Mike completed his training here in 1978, then worked as a Staff Nurse on night duty on the Surgical Unit at the West Norwich Hospital. In 1979, he moved to the Operating Departments, where he undertook the Theatre course and subsequently worked across all specialities. When he left Norwich in 1984, Mike was a Charge Nurse in the general, urology and emergency theatres. In 1984 he moved to Northampton General Hospital as a Senior Clinical Nurse. After a number of years as a Theatre Manager in Northampton

and Leicester, he moved to the Directorate for Nursing and Quality at the Leicester General Hospital.

He worked for several years in the national Patient Safety team, retiring in 2016 as one of the Heads of Patient Safety.

“I have been a member of the Nurses League for the last seven years and I am looking forward to the challenge of this new role,” he said. “I want to continue to support the growth of our membership and our ability to support our retired members to feel they will always be part of the profession.”

“The Nurses League can be a great conduit between work and retirement and can positively shape such a significant transition in life.”

Prof Nancy Fontaine, Chief Nurse, said: “I congratulate Mike on his appointment and thank Mary for her unconditional support and commitment to our hospital and the profession.”

“Mary has always demonstrated her love and pride for the nursing profession at our hospital and her dedication contributed to sharp increase in membership numbers of our Nurses League.”

“She also contributed to the development of the new website and to establishing productive relationships with our senior nursing leaders.”



A Message from our new President

Dear Members,

I feel very privileged to be writing my first 'Message from the President' for the latest edition of this journal. Despite the constraints of the pandemic, the work of the League has continued apace, with the Trustees working tirelessly to promote the league and its work in celebrating nurses and nursing. In the difficult times we have all lived and worked through in the months past this seems even more poignant; consequently, I would also like to use this message to pass on the heartfelt thanks of the League to all our nursing and other healthcare professionals in their many and varied roles for their enormous contributions during this time.

As has been reported before, Ruth McNamara retired from her role of secretary to the League after 21 years, a tremendous achievement and on behalf of the League I would like to, once again, express our gratitude for all that Ruth did over that period. Tessa Holmes joined us in August 2021 as our new secretary and has quickly made an impression on the role, so welcome Tessa!

As members will know we have been unable to hold our AGM and reunion in person for two years now, but thanks to 'Zoom' we were able to conduct the business aspects of the meeting. We are all hoping fervently that 2022 will see us meeting each other face to face again.

We were delighted to be able to hold the 2021 Annual Betty Lee lecture in the Bob Champion Centre on the hospital site in October and we had a very inspiring talk on 250 years of nursing at the N&N. You can read more about this lecture inside this journal.

Finally, I would like to express my sincere thanks to all my colleague Trustees for their year-round commitment and hard work that keeps the Norfolk and Norwich University Hospitals Nurses League such an active and vibrant group.

I look forward to meeting more of you in the coming weeks.

Michael Surkitt-Parr
President

There's things happening in 2022!

Nurses League Dates

Nurses League - 92nd AGM and reunion

Saturday, 14th May, 2022 at 13:45

In the Benjamin Gooch Hall, NNUH

(COVID restrictions allowing)

If you are planning to attend, please complete the form inside the journal and return it to Ann Copsey with your contact details, including telephone number so she can keep you updated.

Betty Lee Lecture

(Please note earlier date and time)

WEDNESDAY, 14th September, 2022 at 16:00-18:00

Currently planned for the Bob Champion Centre, for up-to-date information, please check our website or Twitter for updates.

Norfolk & Norwich 250 year Celebration Dates

N&N Festival – Sunday 22nd May

Music event at St Andrew's Hall organised by the N&N Festival with proceeds going to the Jenny Lind Children's Hospital.

Foundation Day (open day & fete) – Saturday 11th June

A focus on our history with a display in the East Atrium with clinical teams taking part in other parts of the hospital and fete stalls in the plaza.

Bishop's Garden Open Day – Sunday 31st July

A chance to see the Bishop's Garden in Norwich and support the N&N Hospital's Charity.

Heritage event at Forum

Thursday 8th September

Norfolk & Norwich Celebrates it's

250TH YEAR

THE ORIGINAL NORFOLK AND NORWICH HOSPITAL



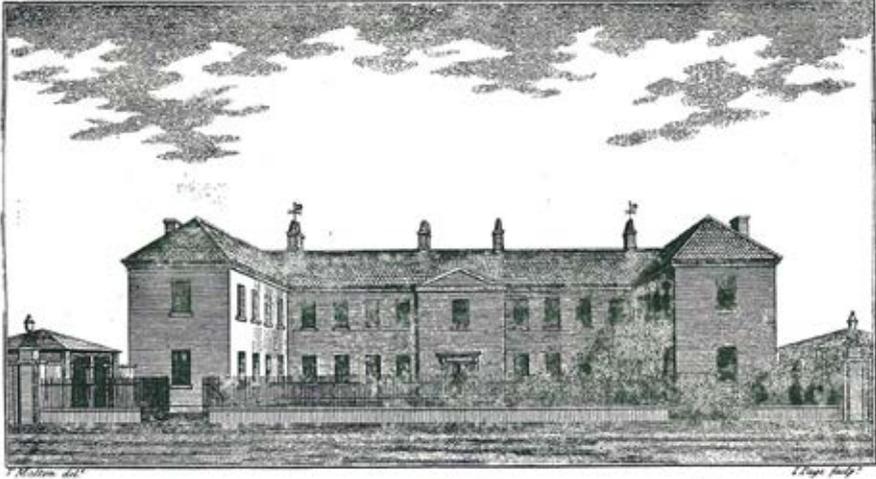
In 1758, the idea of founding a hospital jointly for the County of Norfolk and City of Norwich was mooted by Bishop Hayter, the then Lord Bishop of Norwich. He persuaded Benjamin Gooch to acquire expertise in hospital design and management by visiting all hospitals in London.



In 1761 Bishop Hayter was transferred to London and sadly died soon afterwards. The plan lay dormant until William Fellowes and Benjamin Gooch organised a meeting at the Guildhall, Norwich in August 1770 to discuss funding the project.

In January 1771 it was reported that a piece of ground near St. Stephens Gate, outside the city walls, had been found extremely proper and commodious for a hospital. The hospital was built on three acres of land which was leased from the Great Hospital.

NORFOLK and NORWICH HOSPITAL



*Inscribed to the Governors of Norfolk and Norwich Hospital
Published at the Art Service, Sep^r, 1778 by M. Heath Norwich*

THE NORFOLK AND NORWICH HOSPITAL, AS IT WAS IN 1778.

The chosen architect was William Ivory, the son of Thomas Ivory who designed the Assembly House, Octagon Chapel and the Ivory House in Norwich. William incorporated the findings and designs of Benjamin Gooch within his plans and gave his services free of charge.

*'Feather bolsters,
two blankets and a
counterpane were
provided for each bed
but initially no pillows.*

*The mattress was
stuffed with straw,
oat-flights, or flock'*

On March 5th
1771, William
Fellowes laid the
foundation stone
and the building
was completed
by the end of the
year at a cost of
£13,323 8s. 11d



The two-storey building was constructed in the form of an "H" for better circulation of air. The plan adopted provided for 120 beds but funds available warranted only the building of

part of the “H” at the time. For several years no more than two thirds of the beds were used until funding was available. Extra wards were provided in 1802, 1825 and 1840.

The hospital did not have drains or piped water. It is reported that Joseph Cole was paid one shilling an hour to raise water from the well with the help of his horse. Nevertheless, the hospital was praised for being neat and clean with quiet fresh wards.

Benjamin Gooch had strong views on how wards should be equipped and run. He favoured wards of different sizes, but all had to be 15 feet high and 20 feet wide. Curtains were made of chequered linen to draw around the bed for privacy. Feather bolsters, two blankets and a counterpane were provided for each bed but initially no pillows. The mattress was stuffed with straw, oat-flights, or flock.

Benjamin Gooch was appointed the first consultant surgeon of the Norfolk and Norwich Hospital. He helped to select the first members of staff being 5 physicians, 3 surgeons and 3 assistant surgeons. Sadly, due to ill health he never carried out an operation there.

A hospital museum was formally opened on September 10th, 1845. The hospital chapel was built over the boardroom at the expense of Rev W. H. Parker and opened for services in 1865. A plan for enlarging the hospital was being proposed at an estimated cost of £20,000 in 1876.



A Nightingale Ward with an open fire

RECONSTRUCTION OF THE NORFOLK & NORWICH HOSPITAL

It became obvious by 1870 that an enlargement was urgently needed on land purchased on the north side of the hospital for future development.

On 17th June 1879, the foundation stone of a new hospital was laid by HRH the Prince of Wales (Edward VII). It was officially opened on 20th August 1883, by the Duke and Duchess of Connaught.

Ivory's original building of 1771 was demolished apart from the right hand upright of the "H" of its design.

In 1963 the University of East Anglia was founded, and suggestions were made that a new hospital should be situated nearby. Funding became available and land was purchased at Colney with work starting in 1998. A ceremony took place in September 2001 where the keys to the Norfolk and Norwich University Hospital were presented to the trust by the builders. Queen Elizabeth II formally opened the new and current hospital in February 2004.



The 16-acre site at St. Stephens Road, was put up for sale in 1999 and developed as residential homes.



MARY ANNE CLARKE

(nee KEW) SRN. 1975-1978 SCM – 1979

I decided at the age of eighteen, that my first choice of career as a Hotel Receptionist was not “bearing the fruit” that I had dreamed of. The plan, in my early teenage years, to travel the world with accommodation provided, maybe was not meant to materialise.

The reason why I changed direction to nursing was the vocational aspect. I realised that health is our most valuable asset, being a “handmaiden” to wealthy people held no comparison.

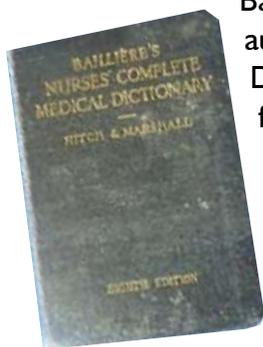
My interview was in December 1974 in the William Fellowes Teaching Centre at the old N&N, later converted to the Radiotherapy Unit, then preserved as one of the original structures.

I remember a side entrance, leading to a wide flight of stairs that curled around to the first floor.

The interviewers seemed more concerned about my dermatitis than how academically qualified I may have been. I actually gained a place by passing the “entrance exam”, as my two O levels were in English Language and Domestic Science (grade 1 CSE's, plus six other subjects at lower grades. (2 x Grade 2, 2 x Grade 3 & 2 x Grade 4) were not sufficient, also the only subject related to Nursing was Human Biology. The others Office Practice, Principles of Accounts and Typewriting were to be a Hotel Receptionist

There were thirty-six student nurses in my set when we started in January 1975. By the end of the three-year course only eight remained and qualified.

We had four week “Blocks in School”, learning the “Anatomy & Physiology” guided by a book written by Janet S. Ross & Kathleen J.W. Wilson called Foundations of Anatomy & Physiology (fourth edition -1973, first -1963, which I bought in January 1975 for £2.50. I inherited an interesting



Bailliere's Nurses Complete Medical Dictionary – author Hitch & Marshall (eighth edition – London – December 1939) bought by T.K.Wilson on 26/9/1940 for three shillings.

To bring the subject of “Anatomy & Physiology” to life, real skeletons were used in the practical classroom in those days. There were no 'Power point presentations', multiple choice questions or disitations, instead we wrote essays and projects by hand.

Patricia Tungate was our Clinical Tutor. We were expected to address her as Miss Tungate as we did with all other senior staff. She was kind and made the sessions interesting, I remember looking forward to them. She taught us how to make beds with “hospital corners”, top sheets and blankets. I still make beds at home with those folds when even a duvet is too warm on summer nights. I saw duvets for the first time when I went on School trips to Austria, Switzerland and Belgium in my early teens, thinking then what a great idea, certainly time saving, very relevant on a hospital ward. We learned how to wash a “Bed patient” with two nurses ensuring their safety and comfort, then known as a “Blanket Bath”. Four hourly “Back Rounds” would in most cases prevent pressure areas developing. Very vulnerable patients were turned from side to side more frequently. It was considered inadequate care if significant pressure sores developed. The practical classroom was in a separate building on the far-left side of the site, behind the Alexander Nurses Home. It was changed to Occupational Health later, which moved again to a brick-built house nearby, as the practical classroom (which was like a Porta-cabin) was no longer needed, think it was probably moved or demolished.

I lived on the ground floor of the Alexander Nurses Home. We had single rooms, shared bathrooms and kitchens. The toilets had old cisterns with chains to pull. There were wooden blocks on the sash window frames to prevent intruders gaining access – apparently they used to hide in the bushes near the pond, watching silhouettes of nurses getting undressed, through the lightweight curtains, in winter when the lights were on.

Boyfriends were not allowed but did manage to sneak in via the main door. Woe betide us, if they overslept as they had to leave before the warden arrived in the morning. She occupied a small office in the Leicester Home, fortunately I was on the other side of the bridge in Alexander!! There was a day room in the Leicester Home for socialising, which was certainly appreciated as we had one small kitchen on each corridor for about twenty bedrooms.

We nurses welcomed the warm weather when we could sit and chat near the fishpond, many photos of groups have been taken in those gardens over the years. Another popular retreat for staff to meet socially with friends they worked with and those from the outside world was the bar. This could be found in the basement of the William Fellowes Teaching Centre (previously The Mortuary). It remained a place of character with the tables and benches positioned under the retained brick arches. The doctors put on Amateur Dramatic Productions called "Reviews" to bring light relief for staff, patients and their visitors, also raised welcome funds from the ticket sales.

On entering the main entrance of the square shaped foyer, signs guided you to The Jenny Lind paediatric ward called Quinton (for children up to two years old), named after the consultant Dr. Quinton. Peter Crowle was the Paediatric consultant in my era. The Jenny Lind had been on Colman Road in Dr. Quinton's day. Beyond Quinton Ward, this corridor led to the Leicester Nurses Home. Most wards led off the square foyer, with the Day Procedure Unit situated behind this open area. However, what most patients and visitors didn't realise was that below this corridor in the basement was a service one that ran parallel with the ground floor. The Mortuary was discreetly situated at the end of the left side. To the right, it was more cheerful, the staff canteen (in mid-1970`s) was down there, with a vending machine that sold hot food that could be heated up in the microwave next to it. The sewing room, where we took our uniforms to be washed in the nearby laundry together with the locker room where we changed before going "on duty", all led off the corridor underground. It would have been unheard of then, to travel home in uniform. Many nurses wore theatre scrubs later, which stayed at the hospital. It was very spooky at night, when

going to change back into “mufty”, then to the bar which was a very welcome retreat, even though that also had a sinister history, it was a happy place where all could relax.

My first clinical allocation was to Ward 4, a male surgical ward, the only place in the original buildings that I worked. It was situated in the turreted red brick two storey section, to the left of the main entrance. I don't expect I appreciated the historical aspect then, but in retrospect, it was an interesting experience to compare with the modern environment.

We wore plain light blue cotton uniforms with starched linen white aprons and hats. As nurses we wore a fresh one every shift. By the time I moved to the next ward, we had been issued with the lighter blue dresses, with a faint pattern of white squares, therefore known as “J cloths”(a small square cloth used for cleaning) as it had a similar pattern. They were made of thinner material so more comfortable and practical. They were easier to wash and iron, so responsibility handed over to us, but at least you knew that there would be a clean one available. We were proud of our belts, as the colours progressed, it showed visually that you had progressed to the next twelve months of the three year course. First year – same pattern as uniform, Second – lilac, Third - red. The different colours informed patients, staff and visitors of your level of experience. So relieved when finally, able to wear the dark blue belt when became a qualified State Registered Nurse. The “icing on the cake” was to have the silver buckle in the centre. We were able to buy these, so could choose the design. Maternity had to be with two storks facing each other. They, of course brought all the babies to their parents. I now feel proud to display the belts, buckles and badges at home. The metal badges worn on the uniforms collar lapel were to signify that you had trained at the N&N (an oval shaped brass engrave done) and a national circular white metal one. These were again later discontinued as increased awareness of Infection Control prevented them being practical.

The black cloak with their red lining was so welcome for its warmth and comfort. Black straps crossed over at the front, secured at the waist made the nurses uniform complete. We were able to keep our cloaks, which I still have today, so special to be able to show these to our grandchildren.

MEMORIES OF TRAINING

FROM JOAN SMITH

(nee Cannell) 1949 – 1952



I began my nursing career at All Hallows Hospital, Ditchingham at the age of 17. As well as general patients we had maternity patients admitted, if a lady arrived and was in labour during the night there were only two student nurses on duty. So, we had to wake Sister who would examine the lady give us her instructions and Sister would then go back to bed. I realise now what a lot of responsibility we had as student nurses.

On nights each nurse had an hour off duty leaving the other one alone with 36 patients. 18 months into my training I returned from the Isolation Hospital to discover I was on senior night duty relief for ear, nose and throat. At the bottom of the duty list a note warned me to put the light on before entering the kitchen, this was because if you forgot you would step on a mass of black cockroaches.

Reporting for my first night on Casualty I was horrified to discover I was the only nurse on duty with the Casualty doctor, but mostly it was quiet with minor injuries. By midnight if it was quiet the doctor would go to bed as he had to work the next day as well. Although I was left on my own, I was told by the head porter whose lodge was

'Straightening the pin, he put it into the flame from the lighter and once red hot he pierced a hole in the toenail providing instant relief'

very near that they would look after me. A young man attended having dropped something heavy on his toe, he almost fainted so I laid him down and raised his feet. Once he was feeling better, I removed his sock to find a very black toenail. The doctor arrived, took his cigarette lighter and a safety pin from his pockets. Straightening the pin, he put it into the flame from the lighter and once red hot he pierced a hole in the toenail providing instant relief. I dressed his toe, gave him a cup of tea, and sent him home. Two weeks later whilst back in Casualty, Sister Harding asked if it was me on duty when this man came in and I said yes. Apparently, Matron read the Evening News the next day and saw a piece written by a young reporter who had attended Casualty in agony with a black toenail and how surprised he was to find a welcoming, friendly nurse who treated him so efficiently.

Joan's husband has written a lot of her memories from her training for us, Joan was unable to write this herself due to only being partially sighted. She did manage a few lines and we were fascinated to learn that her set took their finals on 6th February 1952, the day King George VI died, they all passed their final exams.

Editors



Betty Lee Lecture 2021

250 years of nursing at the Norfolk & Norwich Hospital 1771 - 2021



Introduction by Mike Surkitt-Parr

This year's annual Betty Lee Lecture 7th October 2021 was held in the Roy Snelling Lecture theatre within the Bob Champion Building. We were delighted to welcome Dr Claire Chatterton, Nurse Lecturer and Historian who shone a light on a little bit of the past of the Norfolk



and Norwich and the changes it has faced over the last 250 years. A nurse by background, Dr Chatterton worked in clinical practice predominately caring for older people, also as a practice nurse and prison nurse, she then went into teaching in Salford. Now mostly working at the Open University, she currently manages the Health and Social Care Team for the North of England. Claire undertook a Phd in the History of Mental Health Nursing in

Salford and is also a Professor at the University of Chester where she has taught undergraduate history students and is an active member of the historical society and has been made a fellow of the college this year.

Claire started her talk by mentioning that her training hospital was The London Hospital, the same as both Betty Lee and also Edith Cavell's, which she felt was a nice link.

Synopsis of Claire's talk:

Before 1948 when the National Health Service began, we had a patchwork of different provisions, what were then called lunatic asylums, mental hospitals or colonies for people with what we now call Learning Disabilities including Norfolk County Asylum, Thorpe St Andrew as well as Hellesdon Hospital and the City of Norwich Hospitals plus some private asylums but none were linked. There was also the workhouse infirmary which grew up within the workhouse system. The other system before 1948 was voluntary hospitals and these hospitals had a very long and proud tradition based on three principles.

1. Expenses were met by voluntary subscription, there were lots of voluntary subscribers who gave money to the hospital to pay for the social care. There was a huge amount of effort put into fund raising because that was what paid for the hospital to work. Main funds came from philanthropists.
2. Medical Staff were usually working in private practice and sometimes as general practitioners, but gave their services free to the hospital.
3. The poor were admitted free. However, it was not automatic that if you were poor you were admitted to a voluntary hospital, you had to be of good character, have a reference, and be a good upright member of the poor.

When it was first built, nurses in the Norfolk & Norwich Hospital (N&N) wore the same uniforms as servants and in the 18th Century had only 2 rules (put under the rules for servants).

1. Nurses clean their respective wards by 7 in the morning from 1st March to 1st October and by 8 from the 1st October to the 1st March (it was much darker during the winter months). That they serve up breakfast within an hour after the ward was cleaned.
2. The nurses and servants obey the Matron as their mistress; they behave with tenderness to the patients and civility and respect to strangers.

Patients also had rules, they were not allowed to swear or act indecently, to play cards, dice or chew tobacco. Some patients were expected to work - contribute to their keep by nursing other patients.

Historically prior to Florence Nightingale, nurses were often portrayed as Sarah Gamp types (from Charles Dickens book Martin Chuzzlewit), fat lazy and drunk and that after Florence Nightingales papers were written,



nurses became younger and more professional. However, there is little historical evidence that the original portrayal was accurate. There are always examples of nurses who are dismissed because of drunkenness but many were good kind and caring looking after their patients.

As the Norfolk & Norwich expanded during the 19th Century, Florence Nightingale's written work influenced the design of new hospitals giving way to the Nightingale Wards with more space and good ventilation. By 1886 the new N&N was well established and the idea that nurses should do some form of training was recognised, this



Some Senior Nurses in 1864

started as lectures by medical staff followed by a rudimentary exam. By 1875, when the first lady superintendent was appointed, it was specified that she had to be a trained nurse and able to train nurses.

Nightingale style trained nurses spread through the country and the world taking forward the ethos of training for all nurses.

These nurses worked long days as we do but they did not have regular days off and worked for many days on end looking after patients, sewing, cleaning, and cooking. The Fletcher Hospital was opened in Norfolk for patients, but nurses were able to stay there to convalesce because many became ill from work with their health often failing in their twenties and thirties.

In the early 20th Century, the number of ward sisters was up to 7 with 38 nurses in training. There was also a housekeeper, cook and 20 maids. There were private nurses who would go to peoples' homes if they did not want to come to hospital and in time training went from 3-4 years to include one year working as a private nurse. All of this was important for the hospital's income.

In 1919 the Nurses Registration Act decreed that all trained nurses should be on a register which was set up by the General Nursing Council. They also set the curriculum for training, standardising this throughout the country. This finally morphed into the United Kingdom Central Council for nursing and Midwifery (UKCC) and at this point the State Registered Nurse (SRN) turned into the Registered Nurse (RN). This is all now the Nursing and Midwifery Council. Finally, the training school affiliated with the university and the old training school within the N&N closed with the now Edith Cavell School of Nursing being opened.

Nurses continue to be under intense pressure but of a different type to centuries ago and it is interesting that it has always been written that there are insufficient numbers of nurses. We must remember the improvement we now have and not always look back at what we had through rose tinted glasses.

Sondra
Editor



Former Children's Laureate Michael Rosen aged 75, spent 47 days on a ventilator in intensive care last year. The children's novelist

and poet was admitted to hospital in London with coronavirus in late March 2020 and did not return home until early June.

Rosen's many works for children include 'We're Going on a Bear Hunt', 'Little Rabbit Foo Foo' and 'Tiny Little Fly'. In 2008 he wrote the poem 'These Are the Hands' to mark the 60th anniversary of the NHS, which has since been published in 'These Are The Hands: Poems from the Heart of the NHS'.

All proceeds from the book go to the NHS Charities Covid Appeal.

I was able to see him talk on breakfast television earlier this year about his time in hospital and I found his story very moving. It was so lovely to hear him talking about the nurse who looked after him a lot and then to hear her being interviewed. Chris and I thought it would be lovely to share his poem with you all, and with his permission it is here.

Sondra

These are the Hands

for the 60th anniversary of the NHS

These are the hands
That touch us first
Feel your head
Find the pulse
And make your bed.

These are the hands
That tap your back
Test the skin
Hold your arm
Wheel the bin
Change the bulb
Fix the drip
Pour the jug
Replace your hip.

These are the hands
That fill the bath
Mop the floor
Flick the switch
Soothe the sore
Burn the swabs
Give us a jab
Throw out sharps
Design the lab.

And these are the hands
That stop the leaks
Empty the pan
Wipe the pipes
Carry the can
Clamp the veins
Make the cast
Log the dose
And touch us last.

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A New Home

1928

The Old Mill Road hospital was conceived at a public meeting, leading to the election of a committee, which first met in 1929.

On 7th March 1930, Messrs Edward Boardman & Son were appointed as architects and on 16th October 1930 the Rt. Hon the Lady Battersea laid the foundation stone of the building, which was erected by H. Bullen & Son of Cromer.

1932

Cromer & District Hospital was opened on 20th July 1932 by the Dowager Lady Suffield. At the time the plans show that the building comprised an operating theatre, xray department, male, female and children's wards, and five private rooms.



Cromer and District Hospital, Mill Road, Cromer
Opened on 20th July 1932 by the Dowager Lady Suffield



Lady Suffield



Cromer and District Hospital, Staff Photograph - Date Unknown

The above are snippets of the full Cromer Wall Display.

Cromer Hospital History Wall - Designed by Bruce Stratton, CTIS Ltd. - Design brief Alex Hannah, Directorate PA/Support Services Manager, and Matt Keeling, Deputy Divisional Operations Director for Surgery.

STRICT HOSPITAL NHS



Community for 150 years

Medical Staff photo.

... of two cartages situated in London Road, immediately to the south of where the Parish Hall now stands. Accommodation was in the first instance provided for six patients only, but an additional room was...
... a resident staff. The first resident was Mrs Thomas Brown of Upper Beccles, admitted on the recommendation of Dr J.F. Buxton on September 19th 1856. In the first year report of the Committee, October 1862, it is interesting to...
... gather that the hospital made a work aimed at the BMSAC generally, for although only three patients were admitted during the first year of Comm. 12 more were provided by Southampton the balance being nearly equally...
... Crompton, Houghton, Norton, Salsburgh, Sandfield and Swanton.

... and in 1888 a portion of a new building in London Road was erected, allowing for the housing of 12 patients and staff. Both building and site were due to the munificence of the Collyers, and from the courtesy of various...
... in intermediary in obtaining this handsome bequest for the benefit of Cromer and the neighbourhood.

... Towards the same period for this extension between an hundred and seven hundred pounds was raised as the result of a Bazaar and Fair at Cromer Hall, the successful organisation of which was due to the efforts of Mrs Bond...
... the hospital in every possible way. To show how history repeats itself a sum similar to the above raised was achieved in 1937 by the hard working organizer Captain Ackeman, when for the benefit of the funds of the fund of our site...
... purpose of a Hospital here.



The Use of Alcohol

... if the contents of a surgical instrument appear altogether foreign compared with the present requirements, the same does not apply to the 'wine and spirit...
... department which, in accordance with the general practice of the time, was on a distillery's basis until 1875. There we find, that 'one...
... 'one' brandy was given to hospital staff in total of 20 gallons when we consider that good brandy in the twenties was provided for a...
... total of the same quantity being, in any case, calculated at a similar amount of alcohol had been ordered for payment for service of our hospital in 1857, it would...
... have cost the Exchange for the average amount of one Year Hundred Pounds a year? As a matter of fact the medical staff of Cromer Hospital, Cromer (Suffolk) and...
... Hospital was the total expenditure for alcohol in 1931 - the year 1932 included - a total to the tune that those responsible for hospital treatment there while...
... regarding alcohol as a drug of superlative merit, and not to be used for those for whom it is indicated is thereby indicated.



... management committee continued to run the hospital on behalf of the...
... appointed and a full range of outpatient clinics became available.

1854
A new outpatient building for clinics was opened together with a physiotherapy department.

1878
£100,000 was fundraised over two years for the Cromer Allied Group for the 30-bedded Cromer Allied Eye Unit. The unit was opened in 1978.

HOSPITAL WARDEN

... South Norfolk Home Day 1978

HOSPITAL OF NORTH NORFOLK FOR ALCOHOLICS

... North Norfolk Home Day 1978

1878
£100,000 was fundraised over two years for the Cromer Allied Group for the 30-bedded Cromer Allied Eye Unit. The unit was opened in 1978.

HOSPITAL WARDEN

... South Norfolk Home Day 1978

Opening of The Cromer Allied Ward

... North Norfolk Home Day 1978

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HOSPITAL WARDEN

... North Norfolk Home Day 1978

RECIPES AID HOSPITAL APPEAL

... North Norfolk Home Day 1978

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HOSPITAL WARDEN

... North Norfolk Home Day 1978

WIDOW'S £10m FOR HOSPITAL

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HOSPITAL WARDEN

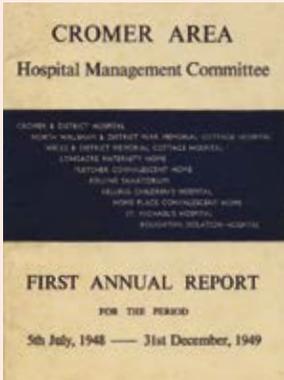
... North Norfolk Home Day 1978

can be seen at Cromer Hospital.



1948

With the start of the NHS in 1948, the original management committee continued to run the hospital on behalf of the NHS, until the newly constituted Cromer Area Hospital Management committee took on the task. The following year, comprehensive consultant medical staff were appointed and a full range of outpatient clinics became available.



Cover of the First Annual Report - Cromer Area 1948/49

The Daniel Davidson - Men's Ward



Cromer District Hospital Out-Patient Clinics 1948/49



Cromer Hospital 2011
The last staff photograph before the commencement of the demolition work
Photograph Mike Robinson



Cromer Hospital 2013
The first staff photograph taken in front of the new hospital
Photograph Mike Robinson

The above are snippets of the full Cromer Wall Display.

Cromer Hospital History Wall - Designed by Bruce Stratton, CTIS Ltd, - Design brief Alex Hannah, Directorate PA/Support Services Manager, and Matt Keeling, Deputy Divisional Operations Director for Surgery.

Norfolk & Norwich Hospital Nurses' Registers 1900-1928

References NNH 114/1-3

On 10th March at 13:00 Chris, Mary and I were able to listen to a talk about the Norfolk and Norwich Nurses' Registers from 1900 – 1928.

This very informative talk by Daryl Long, volunteer blogger from the Norfolk Record Office, explored the first three volumes of the nurses' registers. Looking at the women in the register, Daryl gave us some insight into the ages of the women, what attracted them to Norwich and where they came from. The following are extracts from Daryl's notes printed



here with her very kind permission. We have only given first names of nurses and probationers to preserve anonymity.

Nurse Training

In 1887 the British Nurses Association was created for those nurses wanting professional recognition and registration. In the early 1900s more training hospitals were established offering training in return for free nursing care. Until the Nurses Registration Act in 1919, any hospital could set up a training school and run its own training programme. The Norfolk and Norwich Hospital (NNH) ran a three-year certificated course and introduced a four-year course in 1904. Dora age 22 is recorded as “the first nurse to join under the 4 years system” in 1904.

Nurses' Registers

The first national professional register of nurses was introduced in 1919 but training hospitals kept their own records. Volumes 1-3 of the NNH nurses' registers record the women (nursing did not open its doors to men until 1951) who trained at the hospital from 1900 to 1928. Only



these volumes are currently open documents, there are a further seven volumes.

At the most basic level the NNH registers record name, age (most were in their early twenties), address and training details. Training details included the years trainees were at the NNH, the wards worked on, the examiners assessing their capability, their performance, any illnesses, or holidays and what happened next.

What elevates these records into a fascinating insight into the lives and personalities of many of these women are the comments of the two Matrons of the time. Florence Cann was Matron from 1900 to 1926 and Edith Jackson from 1926 to 1939. An additional bonus are the photos of many of the women, usually only of those who went on to qualify.

I have tried to summarise the rest of Daryl's talk here but am unable to include all of the names of nurses and their details due to limited space.

In total there were 560 names within the registers; 3 of these were already trained nurses who only stayed in the hospital for a short time.



Most of them were aged 19 or 20 although there was one probationer who was age 43, Patricia from Castle Rising did not complete her training. She

was dismissed because she had lied about her age. She was 43 when she joined the NNH but told them she was 33. Her reasons however were war related. "I have done no more than our soldiers do when they alter their age to get into the army to fight for their country". Hopefully she found an alternative way to do her bit for the war. Volume 1 showed that only 20% of probationers came from Norwich and in the following 2 & 3 volumes this number dropped.

Many nurses qualified and stayed on at the hospital others transferred to other hospitals and several went on to train as midwives.

- Barbara from Gorey in Ireland was unusual in that she was one of the few women to start her training in 1905 at the age of 30. She had already worked as a district nurse in Norwich for two years. Barbara stayed on at the hospital and was promoted to ward sister during the war. She left the NNH in 1921. Matron Cann wrote that she was "A hardworking nurse and so much liked by her patients".

- Helen born 1883 in County Cork but living in Norwich qualified in 1908 and worked at the NNH until 1925, leaving to take up her sister's Corner Tea House in Norwich. Matron Cann noted that she and her assistants had given up their "tips" to the hospital for many years amounting to £20 - £30 a year.



Many women came to train from around the country, from Eire and even from other parts of the world such as Olga from Copenhagen who arrived in 1914 but only lasted 6 months in the hospital. Matron commented "she was a Dane and very tall, at least 6 foot and quite unsuitable for nursing male patients".

There were many sisters who trained and several qualified although a few did not, Emily and Ethel (1886) were deemed "both pretty useless", one being "unpunctual" and one

had “no pluck”. A few stories came to light about why probationers did not complete their training. For instance, Mildred trained for 3 years but became unwell and did not qualify. “Refused to see a doctor here and was sent to her home where she subsequently gave birth to a child”. Some were dismissed for being unsuitable, too short or crossing professional boundaries such as one probationer who ran away and was found with the husband of a patient.

There were many nurses though who went on to have commendable careers. Several worked during World War One with 5 nurses awarded The Associate Royal Red Cross (ARRC); Matron Cann was one such recipient. Some nurses enrolled with the Queen Alexandra Imperial Nursing Service (QAIMNS) and others are recorded as working in the army nursing services but further details are unknown, and 2 nurses joined the Royal Air Force.

Jessie and Lilian both died as a consequence of their military service and their names appear on the Norfolk Roll of Honour in Norwich Cathedral and their stories are told on www.norfolkinworldwarone.org

Footnote

The Nurses League was formed in 1930 by Mrs Edith O Jackson Matron (1926-1939) she became League President (1943-1954)

Miss Cann was appointed President of the League 1930-1943 as a past Matron (1904-1926)

Sondra
Editor



New Badge Celebrates International Nurses Day

We're marking International Nurses Day and celebrating the achievements of newly - qualified nurses and midwives by presenting a new badge to 10 staff today, pictured below, following their successful completion of their first year preceptorship.

Featuring Edith Cavell and Florence Nightingale's lamp, the badge was the winning design, by Cromer Hospital nurse Billy Lawson in a competition last year and will be given to all newly-qualified nurses, midwives and AHPs who complete their first year here.

Dave Guttridge, Clinical Educator, said: "We wanted to do something to celebrate their achievements in their first year, which can be a difficult transition. It was the 200th anniversary of the birth of Florence Nightingale last year and Billy's winning badge design celebrates Norfolk and nursing with images of Norwich Cathedral, wheat to represent the farming community, Edith Cavell and the Nightingale lamp."

The badge features the Turkish-style fanoos lamp that was carried by Florence Nightingale and is also set to go on display at the Florence Nightingale Museum in London.

Prof Nancy Fontaine, Chief Nurse, said: "I'm thrilled that we have launched this fantastic badge, which pays tribute to our Norfolk and nursing heritage, for our newly qualified nurses, midwives and AHPs to celebrate what they've achieved over the last year in challenging circumstances."



The project was supported by the N&N Hospitals Charity and the badges will also be sold to raise funds for the charity.

Achievement for Specialist Pleural Nurse



A specialist nurse has become the first in the region to carry out a procedure that helps patients with pleural disease to manage their symptoms from home.

Cheryl Hardy, who joined the Trust as Specialist Pleural Nurse three years ago, has become the first nurse in East Anglia to be able to insert indwelling pleural catheters (IPC) to enable

patients to manage their breathlessness.

Patients with pleural conditions can get a build-up of fluid around the lungs that can cause breathing problems. The insertion of an IPC allows patients to drain fluid around the lungs themselves from home.

Cheryl said that expanding the IPC service meant that patients with advanced cancer and pleural disease were able to receive treatment quicker and help improve their quality of life.

“Only a handful of nurses can do IPC in the country, which is normally done by a consultant that specialises in pleural diseases. During Covid-19 we have streamlined the service and we are helping more patients to manage their condition using an IPC at home. We are seeing two to three patients a week and have less patients needing to be admitted as inpatients. With an IPC, half of patients see that fluid stops re-accumulating and we have had very positive feedback so far.”

The procedure to insert the catheter takes about 45 minutes on the Respiratory Investigations Unit, which means patients can drain fluid at home and manage their breathlessness without being admitted to hospital.

Dr Eleanor Mishra, Respiratory Consultant, said: “This is a great achievement for Cheryl and also shows how our hospital is leading the development of extended roles for nurses. She is the only nurse in East Anglia who is independently competent at inserting indwelling pleural catheters.”

Our thanks go to Dr Stuart Wildman, Honorary Research Fellow Social Studies in Medicine & Chair History of Nursing Forum, Royal College of Nursing, author of this article and owner of the illustrations and RCN Magazines the original publishers of this article.



Eliza's Lessons: infection control in 1887

In the past, epidemics of cholera, typhus, typhoid, smallpox and influenza were serious threats to public health. Other infectious diseases, such as tuberculosis, diphtheria, measles, scarlet fever and whooping cough were endemic. They all had the capacity to kill or disable.

Scientific advances – new vaccines, antibiotics and antiviral drugs – have meant we're much better protected than our Victorian and even 20th-century counterparts. Yet the emergence of the COVID-19 virus sent us back in time. With no known cure, health workers have had to introduce measures to prevent the disease spreading, whilst protecting themselves and supporting their patients' vital functions. In principle, nursing practice in the late 19th century was not all that different.

In 1887 Eliza Jane Lillington (pictured above), aged 26 and from Bristol, started her nurse training at Cardiff Infirmary. She undertook standard one-year training, receiving her certificate in 1888 and returning to Bristol as a district nurse. She married in 1890 and although she is listed in Burdett's Official Nursing Directory of 1898, it is unlikely that her career lasted that long, having had four children before the end of the century.

One of her exercise books from 1887 contains rules for managing patients with contagious diseases, as well as notes on smallpox, scarlet fever and typhoid. Although bacteria that caused some diseases had been identified by this time, viruses remained undiscovered. As a result, blanket measures were applied to prevent the spread of infection by controlling the patient's environment and destroying pathogens.

Late 19th-century text books emphasised the need for isolation, ventilation, cleanliness and disinfection in infectious cases. These

principles can be seen in Eliza's notes for nursing a patient in a private home. The patient was confined to one room, with no visitors other than the nurse and doctor allowed. All unnecessary items, including curtains and carpets, were removed. The room was constantly ventilated by keeping a window open slightly and having a fire burning night and day to cause a through-draft of air. The floor and all surfaces were cleaned daily using a disinfectant and all utensils, bedding and patient clothing were disinfected before leaving the room. Patients were observed and supported by a nurse until they recovered or died.

Similar precautions are still applied today. People who have symptoms of COVID-19 are asked to isolate, specific hospital wards are allocated for the very ill, patients are supported constantly by nursing staff, disinfectants are used to keep surfaces virus-free and new research has shown that better ventilation decreases the viral load of the air.

However, in contrast, little in the way of personal protective equipment was available to 19th-century nurses. Eliza was advised to wear a uniform that was easily washable, to keep her hands very clean and to avoid inhaling the patient's breath or "other emanations". It is no wonder that Florence Nightingale reported that nurses were three times more likely to die of infectious diseases in the 1850s than the general population of women. Smallpox and other infections continued to kill nurses into the 20th century despite better knowledge and treatment.

While we began facing COVID-19 with an insight into the experiences of the Victorians, the advanced state of medical research today means that 12 months on, vaccines have already been produced and the end of the pandemic may be in sight. However, more than 900 UK health and care workers have lost their lives to COVID-19, in part due to an initial lack of PPE.

Outbreaks of novel infectious diseases will undoubtedly occur in the future and nursing staff, just like Eliza before them, will have to learn how to deal with new threats. Just as important, future governments will have to be better prepared.

Dr Stuart Wildman

<https://www.rcn.org.uk/magazines/bulletin/2021/mar/history-of-nursing-infection-control-in-1887>



Butterfly Volunteers



Norfolk & Norwich Hospital Butterfly Volunteers

Often the most important care we give to our patients comes at the end of their lives, enabling those who die in our hospital to have as good a death as possible.

Butterfly Volunteers make a difference for these patients and their families by providing comfort, companionship and practical support. They undergo extensive training to make sure they are well prepared for this rewarding but emotionally challenging role.

NNUH was the second Trust in the country to introduce Butterfly Volunteers, an initiative started by the Anne Robson Trust in 2018.

The role attracts a varied range of individuals including both retired and current nurses, people with a non-clinical background and people with lots of life experience. There are no pre-requisites for the role but

there is an application and interview procedure to ensure that this is the right volunteering role at the right time for that person.

We currently have 24 active Butterflies supporting patients with over 150 Butterfly visits and more than 70 hours spent at the bedside a month.

There is a debrief for every Butterfly volunteer at the end of each shift and ongoing support from their co-ordinator with additional follow-up and support as and when needed.

2022 will see the arrival of a bereavement hub; a base for the Butterfly service and somewhere all end of life services can utilise to offer a warm, welcoming and friendly space for those experiencing bereavement. The hub will be manned by fully trained Butterfly volunteers and feature a living room style area as well as a more confidential room for private conversations and a courtyard area that we would like to plant and furnish to offer respite and reflection.

It is hoped that the future of the project will see Butterflies being able to offer support at evenings, weekends and Bank Holidays in addition to the current Monday – Friday daytime hours that are covered and it will be extremely exciting to watch the project grow and be able to provide such important support at a crucial time to patients and their families.

Caroline Stevens

Butterfly Co ordinator

If you are interested in finding out more about this or other volunteering roles at the Norfolk & Norwich hospital please email the team:

volunteers@nnuh.nhs.uk

Mary Dolding - Being a Volunteer



I am a Friday morning Butterfly volunteer. Being an NNUH Butterfly is a real privilege for me and I remain grateful for the opportunity. I think the service allows me to feel in retirement that I can still make a difference. I am so glad to be back.

I volunteered at the Big C cancer information centre for 15 years and I am about to volunteer for “Littlelifts” a charity which supports people undergoing treatment for breast cancer by giving a littlelifts box. I will be packing the boxes which I am sure to enjoy.

I am a Norwich girl, trained as a nurse at the N&N and after a very rewarding career in nursing at the hospital, I am happily retired, active and busy. I am a wife, proud mother and grandma.



I love organising and getting involved and I belong to several groups doing just that. Doing arts and crafts and being with people make me smile. Unkindness and chaos makes me frown. I love spending time with my family and friends. I like Jo Malone and Dior products.

I watch lots of sport. I like to potter in my garden. I also love spending time with my grand dogs Archer and Fred.

One of the biggest challenges for me was to move home after 48 years which we did nearly three years ago. I am very happily living in Wymondham now and getting to know the place and the community.

100 YEARS

SINCE THE DISCOVERY OF INSULIN

Frederic Banting was born in Ontario, Canada, in 1891, the youngest of five children. He began medical school in 1912 and served in the army in WWI where he was awarded the Military Cross. He was given a licence to practise medicine in 1918 by the Royal College of Physicians in London.



Charles Best & Frederick Banting

He returned to Canada to continue his surgical training in Toronto studying orthopaedic medicine. While in general practice he taught orthopaedics and anthropology part time.

He returned to Canada to continue his surgical training in Toronto studying orthopaedic medicine. While in general practice he taught orthopaedics and anthropology part time.

Banting's interest in diabetes began when he read an article about the pancreas. There had been some research by other scientists suggesting that diabetes resulted from a lack of a protein hormone secreted by the Islets of Langerhans in the pancreas "Insulin". The difficulty was trying to extract



'Banting' developed the research idea and in collaboration with Best made most of the experiments and surgeries.



'Best' collaborated with Banting on most of the experiments and surgeries that led to the discovery of insulin.



'MacLeod' provided the laboratory and scientific guidance through all research steps. He had an active role in the final steps of isolating and purifying of insulin.



'Collip' played a central role isolating and purifying insulin.

insulin from the pancreas before its destruction.

Banting read an article in 1920 about the experimental closure of the pancreatic duct by ligation. This caused the deterioration of the cells

"Insulin does not belong to me, it belongs to the world"

Frederick Banting

of the pancreas that secrete trypsin which breaks down insulin, but left the islets of Langerhans intact. Banting realised that this procedure would destroy the trypsin secreting cells but not the insulin. Once the trypsin cells had died, insulin could be extracted from the islets of Langerhans.



Charles Best & Frederick Banting

Banting explained this to JJR Macleod, Professor of Physiology at the University of Toronto and he provided experimental facilities, with the assistance of Charles Best, a medical student. Banting and Best with the help of James Collip, a biochemist, began producing insulin in this way.

They successfully isolated insulin from dogs, produced diabetes symptoms in the animals and then provided insulin injections that produced normal blood sugar levels.

On 11 January 1922 a 14 year old boy, Leonard Thompson received the first ever insulin injection for diabetes. The boy's diabetes improved dramatically.

Banting and Macleod were jointly awarded the Nobel prize for Physiology or Medicine. Banting split his half of the prize money with Best and Macleod split the other half of the prize money with Collip.

In 1934 Frederick Banting was knighted by King George V.

Elizabeth Blaxell 2022

Anne Farrow got in touch with Margaret Allcock via the Nurses League website, and they met in the autumn to talk about Anne's great aunt Miss O E Elgar. The original obituary, written by Miss P Green was published in the 1988 Nurses journal. This journal is now deposited in the Archive Centre, but Margaret still had a spare copy so was able to show this to Anne. Following the meeting Anne was able to write this piece about her great aunt.

Memories of my great Auntie Evelyn Miss O E Elgar



My Aunt was born in Bourne, Lincolnshire in 1899 and this is where she was brought up. She was the cousin of my grandmother.

She died in 1987 and having no other living relatives, my parents cleared her bungalow. It was later whilst clearing my father's home that I came across this lovely photograph of her, also her album that contained several photos taken whilst she was at the old N&N hospital. These looked like happy times for her as there were photos of her friends, views of the garden and of the tennis court.

Auntie Evelyn trained at the N&N hospital from 1918-1921. She had a long career in nursing, working in many places including being Sister in charge of the First-Aid room at Colmans Carrow works and Matron of the Yeatman Hospital in Sherborn Dorset. She did her midwifery training and did a housekeeping course. She returned to the N&N hospital on many occasions and took up several positions there including being a Home Sister.

She retired in the middle 1950s and returned permanently to live in Dereham where she was joined by her great friend Miss Eunice Green also a nurse. They lived in a lovely old house with a large sloping garden in Stanton Close, Dereham. It was during these years that I remember her most. I was a girl guide and every year we did 'willing for a shilling'. I used to cycle to hers and she would always find me a little job and she would take me around her beautiful well-kept garden which she adored, she loved feeding the birds, and she had a great love of nature.

When my sister was very young, I remember my aunt making her a beautiful dolls crib, and her doing lots of knitting and crochet, making me a lovely shawl, she was obviously very good at crafts.

As Evelyn and Eunice got older and the house and garden was too much for them to maintain they moved into a bungalow in Dereham. I visited her regularly with my young children and I remember both my Aunt and Eunice being very prim, the home immaculate, and she always brought out the best China cups. It's easy to imagine her being an excellent, very organized and very strict nurse, but at the same time being very caring. Both one of my sister's and I went into nursing, perhaps she inspired us in some way.

She was a member of the N&N Nurses League.

I attended her memorial service at the old N&N Hospital Chapel on 22nd September 1987.

She is buried in Scarning churchyard, the village where I was brought up and where my brother still lives and farms. He continues to look after her grave.

Anne Farrow



Remembrance Service

Saturday 9th October 2021 | 11.00 am
at Norwich Cathedral

A large number of Nurses League members both working and retired joined the congregation who gathered in the autumn sunshine at Edith's graveside.

The Vice - Dean welcomed everyone and gave thanks for "a woman of great courage and fortitude".

"We give thanks for the care that she exercised for those in great need. In this time of pandemic we hold in our prayers all those whose vocation is to support the health, healing and well being of those and most especially those who are nurses in our surgeries, hospitals, care

homes and in the armed forces".



Among the many wreaths were those laid by Mike Surkitt-Parr on behalf of the Norfolk and Norwich University Hospital Nurses League and Professor Nancy Fountaine on behalf of the Nurses of the Norfolk and Norwich University Hospital Trust.



The Edith Cavell Award for outstanding leadership in nursing or midwifery.

There are joint winners this year:

Helen Lloyd, Vaccination Hub Lead

"Helen is a transformational and charismatic leader who delights in a challenge and never baulks at the toughest requests. When asked by Hilary to be the Operational lead for the Covid Vaccination Hub, starting from scratch, Helen's exuberance and positivity brought the required momentum to get our NNUH Hub operational in record time. Helen has an incredible ability to draw in followers, and quickly, colleagues, ex-members of staff, reservists, and anyone who knew her, came forward to be part of Helen's platoon. Helen led the assault on Covid with drive, flair and an indefatigable spirit. Helen is one of the kindest, gentlest of nurses, but has a core of steel and will never be defeated."

Helen said "Reservist nurses, have played an enormous part in our success by returning to assist. Their wealth of clinical experience was invaluable in teaching new staff, reassuring the public, setting and maintaining high standards in our vaccination hub."

Hilary Winch, Head of Workplace Health and Wellbeing

"Hilary's contribution to nursing this year has been phenomenal. She has led a team of committed WH&WB nurses through the pandemic and developed and managed the Trust Covid vaccination programme which saw 60,000 patients and staff receive their Covid-19 vaccinations. This was an enormous task and has required calm and efficient planning, rapid response to changing advice, workforce planning, risk, and patient safety management and many, many hours of hard work. Hilary is the epitome for me of excellent, compassionate nursing. She is kind,

thoughtful, cares about her patients and her team and has carried out her role this year with those qualities shining brightly always. I cannot think of another who deserves to be recognised in this way any more than Hilary - she has my thanks and I know the thanks of many others in the organisation for the success of the vaccination programme at one of the most difficult times any of us have worked through."



Left - Hilary Winch
Centre - Professor Nancy Fountaine
Right - Helen Lloyd

ARCHIVES AND AN UNDISCOVERED NURSE WITH EDITH CAVELL IN BRUSSELS

1910-1916 by Nick Miller

This is the story of an email enquiry to the Edith Cavell website (www.edithcavell.org.uk) this summer. It is about a nurse, Margaret Sarah Pickering (born 1878 near Wrexham) who worked with Edith Cavell between around 1910 until Edith's execution. It was sent in by Margaret's great niece.

Much of what the enquirer had found out about Margaret was from an article in the Western Mail and South Wales News of November 11th 1935 and from her research on the Ancestry website.

A blog was discovered in 2014 by an archivist of the Salvation Army in London. He reported that records showed an approach had been made in late April 1914 to the Salvation Army by nurse Cavell on Margaret Pickering's behalf. They were seeking help with the birth and placement of Margaret's baby, due in May 1914.

Edith Cavell had arranged that the father of the baby should pay 5s 6d weekly towards its support which Edith would remit monthly to the Salvation Army.

The baby was born before the place offered in the Salvation Army's maternity home could be used. We have not yet found any record of the birth in Belgium nor of what arrangements were made for the baby's care – all we know is that Margaret returned to her nursing alongside Edith with no baby to care for.

Margaret was a pregnant British nurse in a foreign land in the autumn of 1913. We do not know how good her French was, therefore, acting alone to find maternity care, a family or agency to look after the child would have been challenging. Did she consider tendering her resignation?

If not, when did she explain her predicament to her employer Edith Cavell? What would she have expected Edith's response might be, disappointment, concern that her pregnancy should not be viewed by Edith's other nurses as 'acceptable' (contracts with nurses of the day would often be ceased by marriage) Was dismissal likely – and, if so, what future job might Margaret be able to apply for with this 'history'?

140

Re filed. Private File, 3. 21 May 1919.
under B.

Mrs. E. Cavell (Belgian school of nurses) 119 Rue de la Culture. April 1919
Margaret Pickering - - - - - (p. 392) Brussels age 30 L5
Maternity case. Sent forms to Mr. So consult Dr. before taking May
journey. Rd 40 or 50m. Wrexham. Relative Rd } Pickering
Dep. Alun. Stryan. h. Wales. Trained nurse. L56 July. Longfoot
Aunt 5 yrs. Present employer Mrs. Cavell. Has clothing. Baby to be Accepted
placed in home. Father of child is a Belgian. Mrs. Cavell has Papers with +
arranged with him for his payments of 5/6 per wk. to be paid monthly. filed Margaret's
through her, but cannot disclose name or address. No provision depends Papers sent
on him making payments. Mrs. Cavell will send £5 towards expenses. A Colloid
send nurse with her if necessary. Belgium again. Ireland address Margaret
with 1 and 2 1/2 all over 6000 place and stands. to be managed 10000 10 to 10000

Reproduction of the Salvation Army record on Margaret's case April 1914

In addition to her busy leadership role in Brussels, Edith cared for two young women (one abandoned by her father, one who was dependent on drugs following an operation). Crucially for Margaret, Edith was there to help. We believe she persuaded the baby's father to take financial responsibility and used her experience to find the best option for Margaret's baby back in England. She cared to such an extent that she was willing to have Margaret back on her staff after the birth.

We have no details of Margaret's confinement in Belgium. Many questions remain unanswered, did her baby survive, did the father provide a home or was the child adopted? Neither do we know how soon Margaret resumed work, or how she coped with the pain of losing her child.

We do know that she remained working all through the early months of World War I with Edith Cavell and her deputy, Sister Wilkins. After Edith's execution on October 12th 1915, Sister Wilkins read her last

letter, written from prison on October 10th, to the nurses. Parts of this must have had particular poignancy for Margaret:

'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.'

In November 1915 a new matron took over the nursing services and Margaret was pressed into nursing German officers in the German Legation building in Brussels.

In the winter of 1915, Margaret escaped in disguise to England with help from the American Refugees Committee in Brussels. She continued in private nursing for nearly 20 years till her death in 1935 aged 58 in Tywyn (or Towyn) Merionethshire.



Dr Depage and the nursing staff at the Clinique. Edith Cavell is next to Dr Depage

Photo from the Archive – Edith Cavell and nurses in Brussels c 1912 (we do not have a record to identify one as Margaret).



Ruth McNamara

experience with league PLUS retirement

What a busy 20 years of transformation of the Nurses League during the time Ruth McNamara was Trustee/Secretary 1996-2021.

Here are a few of the many achievements Ruth has been involved with.

18th May 1996

- Elected as a Trustee with Lavinia Gordon Gray.

1996:

- 1st League study day at Hellesdon site School of Nursing.

1997:

- 1st League Carol Service at United Reform Church.

2005:

- Started Senior Christmas Gifts with Betty Lee searching in old telephone directories from all over the country in the Norwich library. All contact was very welcome by all Seniors.

2007:

- Started name change to Norfolk & Norwich University Hospital Nurses League as the United Norwich Hospitals did not now exist with the status of the new Norwich hospital.

2008:

- Started claiming Gift Aid with Mary (Treasurer).
- Received £1,150 from Lottery 'Awards for All' used to raise awareness of the Nurses League.
- Work carried out by solicitors with Lavinia's support with Charity Commission approving of new name change.

2009:

- First contact with the UEA for Trustees to talk to students on League its history & benefits for the qualified student.
- League Website registered & run by Dr Anthony Gordon-Gray.
- Final completion of the Nurses League name change.

July 2010:

- The League celebrated its 80th Anniversary. Pete McNamara designed colourful invitations; seat reservation & service sheet covers for the occasion. Ruth arranged for a photographer to record the event in a book purchased by Members. The Bishop of Thetford Rt Revd Dr Alan Winton agreed to attend & lead in our worship.

March 2012:

- Mary & Ruth have joined with the Editors to put Journals & assorted paperwork into envelopes for delivery all over the world.
- Ruth attended the first Edith Cavell 2015 Memorial Celebration meetings on behalf of the League.

2016:

- Ruth organised for Chris Blenkiron, Pat's husband, to design & make a collection platter, out of Ash wood, to be used at our annual service as a memorial to Bee Taylor our Treasurer for over 30 years.
- All Trustees attended a League 'Away Day'.

2017:

- Trustees met with Dr Padraig (Paddy) Ó Lüanaigh, Deputy Director of Nursing NNUH who had offered to set-up & produce a new website on behalf of the League.
- At the AGM - Website was launched.

2018:

- Mike Surkitt-Parr introduced the first Betty Lee Lecture 'Nurse's contribution to patient safety over 70 years' with Betty Lee & 56 other people attending.

2020:

- Just before Covid-19 shutdown several Trustees & Mr Richard England (Jenny Lind Paediatric Surgeon) were able to visit Shirehall Museum in Norwich to be given a tour of local exhibits. This included the Lubeck Carpet given to the Jenny Lind Hospital by Jenny Lind.
- Unfortunately, the first event, our 90th Anniversary, with all the preparations in place for two months later were halted, by lockdown restrictions.

2021: Following the sale by sealed bids of 5 more N&N badges raising £450 for our funds one dating 1929-33 remained. It was agreed by Trustees this should become the President's medal. This was organised by Ruth & there is a separate small article about this in this journal.

The secretarial work does not stop with all this activity.

My thanks to past President's Sheila Rengert, Lavinia Gordon-Gray & Mary Dolding for their support. Not forgetting Betty Lee for her marvellous memory of people & events, Ann Copsey (Membership Secretary) & Hilary Barker, (Treasurer) who have often had to find details in their files for me to give correct recording of events & future plans.

Thank you all & for the many grateful letters I have received from Seniors after Trustees have contacted them at Christmas & during this horrible pandemic.



**Ruth McNamara
(Allerton) 1962-5**

Many thanks to everyone for the very kind words in my leaving card which has just been delivered by Mary. I am enclosing a photograph of the cast iron urns I have

purchased for the garden with the monies you have sent me. They should last longer than 21 years or even me!

Ruth Macnamara

Rituals & Myths in NURSING

AUTHOR - CLAIRE LAURENT A Social History

This book is a nostalgic recall of past nursing history and traditions. For those who nursed before the 1990s this book will bring back poignant reminiscences of their apprenticeship nurse training and work on the hospital wards. It explores the military style of duty and command in the running of wards where Sister was in charge and control of every aspect of patient care, including not just nursing but kitchen and cleaning staff as well.



Nursing was seen as a vocation by the public, not as the profession it has become. It describes nurses' pride in their uniforms, the white starched aprons and hats, cloaks with red linings, and hospital badges and silver belt buckles worn on completion of training and becoming a staff nurse.

The book explores different themes enhanced by stories told by nurses from different eras. There are tales of the Consultants ward rounds, Kardex's, Handovers, Treatments, Procedures, and

Medicines, all described with humour and highlighting the many nursing traditions passed down throughout the 20th century.

I particularly enjoyed the historical background of many of the treatments and procedures carried out in nursing from the 1920s to the 1990s.

Over time we have come to value evidence based nursing over tradition. As Professor Clark stated when describing the composition of the Brompton Cocktail used in terminally ill patients for pain relief “medicine of faith rather than fact.” This could also describe much of the ritual and myths in nursing— an instinct and faith for what works.

This is an enjoyable read, with its in-depth examination of the traditions and history of nursing.

Jan Beart

The image is a promotional flyer for the NHS Retirement Fellowship, Norwich & District Branch. It features a background photograph of a river with several sailboats. The NHS logo is at the top, followed by the text 'Retirement Fellowship' in large, bold letters. Below that is the tagline 'Making your retirement work for you.' and the branch name 'Norwich & District Branch.' in a serif font. A cursive-style invitation to join is followed by a paragraph explaining the Fellowship's purpose and contact information. The website URL is prominently displayed at the bottom, along with the charity registration number.

NHS
**Retirement
Fellowship**
Making your retirement work for you.

Norwich & District Branch.
Join us today and enjoy the benefits.

The Fellowship exists to maintain friendships and to provide opportunities to make new friends through a range of social and leisure activities.

To find out more contact Jane Jackson on 01603 409538

or visit our website:
www.nhsrf.org.uk
Reg Charity No 287936

UPDATE ON THE JENNY LIND HOSPITAL LONG CASE CLOCK

The clock has now been restored by Richard Simmonds, Clockmaker and was returned to the hospital this month.

At the time of writing this report I have been informed that the movement will be re-instated in the case once the location has been decided and the case secured to the wall. It was agreed that an interim location in the Sir Thomas Browne Library is the safest place whilst all the building work in the Jenny Lind Hospital is in progress. Once this is completed it is hoped that it can have a permanent home in the department given its provenance.

In Richard Simmonds report he states:-

TYPE OF CLOCK

8 Day Brass Dial Long Case Clock with the name plaque “Rossi Norwich”. As was expected, the movement for this clock is rather later than the early name of George Rossi. There was though, Theodore Rossi who was active in the market place up to around 1900 and so the plaque and therefore the clock, could be associated with him.

The movement would date from late Victorian to early Edwardian times by its general design and finish, so would tie in with Theodore Rossi date wise. The movement is unsigned though, so we will probably never know.

A plaque is being funded by the hospital charity fund to be placed with the clock to indicate the repairs have been funded through the generosity of the Norfolk and Norwich University Hospital Nurses League. It also includes a short history of where it has stood in the past.

I would like to express my thanks to all the members who contributed towards the restoration of this lovely clock. The donations raised by the Nurses League members totalled £810 which was sufficient to cover the cost of the repairs. Gift Aid from members who pay tax will raise further money which will be held in the Jenny Lind Clock Fund for any maintenance work needed in the future.

Margaret Allcock.
19/12/2021





Changes to Membership 2021

New Members

Mrs Helen Attwell (nee Pearce) 1996

Miss Amy Barton, 2006

Mrs Sally Beyzade (nee McGowan) 1997-80

Mrs Janet Barker (nee Dixon) 1979-82

Mrs Rachel Fromings (nee Jeffrey, Superville) 1980-83

Mrs Ruth George (nee Davison) 1976-79

Mrs Tessa Holmes (nee Lintott) 1977-80

Mrs Sarah Hemmant (nee Heathfield) 1987-90

Miss Nicola Langham, 1978-91

Mrs Julie Long (nee Knowlden) 1975-79

Mrs Georgina Randell (nee Lines) 1990-93

Mrs Lesley Reid (nee Ereira formally Honeywood) 1979-95

Mrs Valerie Rosbotham (nee James) 1966-69

Mrs Karen Soane (nee Stone) 1976-79

Mrs Carol Sollitt (nee Dack) 1964-68

Miss Patricia Stockwin, 1985-88

Mr Gavin Shiers 2019

Mrs Stephanie Ward (nee Newman) 2012

Mrs Beryl White (nee Green) 1963-66



Changes to Membership 2021

Deceased

Mrs Jenny Campling (nee Adams) 1955-58
Mrs Joy Frischer (nee Grimes), 1943 (2020)
Mrs Betty Gage (nee Bulock) 1949-52
Miss Rita Knights 1950-53
Mrs Suzanne Larwood (nee Ellis) 1962-65
Mrs Myrtle Lawson (nee Gibson) 1948
Mrs Sheila Lockhart (nee Blake) 1950-53
Mrs Shirley Murray (nee Page) 1951-54
Mrs Christine Munroe (nee Horan) 1952-56 (2020)
Mrs Jennifer Ross (nee Chastney) 1956-59
Mrs Sheila Warner (nee Barnes) 1953-57
Mrs Christabel Williams (nee Ward) 1959-62
Mrs Patricia Blenkiron (nee Burdett) 1962-65

Resigned

Mrs Juliet Buntin (nee Webb) 1960-64
Mrs Patricia Taylor (nee Downing) 1960-64

† *Obituary*



Edith (Minnie) Daphne Cotton (nee Anker) 1943-46

It is with deep sadness I have to inform you Minnie died on the 10th May 2020, a month before her 96th birthday.

Minnie was born in March, Cambridgeshire, moving to Norwich in her teens. She first started work as a secretary at County Hall then trained as a nurse at the Norfolk and Norwich Hospital during the War years. She made many lifelong friends during her training and received the Gold Alice Long Medal for general proficiency.

Following her state registration Minnie worked as a theatre staff nurse under the watchful eye of Sister Griffiths. She then completed her part one midwifery training at Queen Charlotte's Hospital in Chiswick, before getting married in January 1948. Minnie was one of the first nurses to return to part-time work, following her marriage, something we would all take for granted today. Minnie worked at St. Helen's House Nursing Home as theatre sister for several years until it closed.

Minnie met her husband, Douglas, at a dance at County Hall. They lived in Norwich all their married life and had two children, Tim and Sue. Minnie moved to the Elizabeth Finn Cotswold Care Home near Burford, Oxfordshire, in July 2019 to be near to her daughter.

Minnie led a very full life enjoying travelling, playing bowls and was a member of the Royal British Legion, the local WI and enjoyed attending National Trust lectures. She always appreciated receiving flowers and visits from the nurses league.

Minnie was registered blind in her later years but was always very sociable and good fun.

Sue Patrick (daughter).



Minnie (back right) with her Norfolk and Norwich training set

