

NORFOLK & NORWICH  
UNIVERSITY HOSPITAL

NURSES LEAGUE  
JOURNAL



2024

# **THE NORFOLK AND NORWICH UNIVERSITY HOSPITAL NURSES LEAGUE**

## **EXECUTIVE COMMITTEE AND TRUSTEE MEMBERS**

Charity Registration Number 290546

### **2023 - 2024**

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Father I Weston OBE

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Mr M Surkitt- Parr, Mrs Tessa Holmes, Mr Gavin Shiers, Mrs Mary Clarke

#### **HERITAGE ADVISOR**

Mr Richard England FRCS (Paed Surgery) Consultant Paediatric Surgeon

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## *A Message from our President*



Dear members

I hope that as you read this the first signs of Spring are emerging. For the League Trustees, Spring means AGM and reunion –the pinnacle of our year. How nice it has been to meet in person again after the Covid pandemic and to hear the lively buzz of conversation over our tea as friends old and new are reunited.

Another major event in our year is the Annual Betty Lee lecture; 2023 marked the sixth lecture in honour of Betty, nurse, teacher, longtime Trustee of the League and of course a friend and colleague to so many. 2023 saw the awarding of the second annual prize presented in Betty's name by Professor Nancy Fontaine; the recipient is the student nurse / midwife who has produced the best thesis in their final academic year, as judged by a panel. You can read more about this in this journal.

As Trustees we continue to strive to develop and grow the appeal of the League to both nurses still in practice and those retired. At last year's Betty Lee lecture, we heard three excellent presentations: two from overseas trained nurses who spoke of their experience of moving to the UK to continue their nursing careers and from Helen Francis a Clinical Educator working within the International recruitment workstream; Helen spoke of the array of talent and experience our overseas nurses bring to UK nursing. This was clearly apparent from Peter and Rochel who presented to us. We are hoping this event will be a catalyst to encourage more of our overseas trained colleagues to join the League.

I am delighted to welcome two new Trustees to our ranks, Gavin Shiers and Mary Clarke. Both have demonstrated an immense interest and commitment to becoming Trustees and we all look forward to working alongside them.

There is too much work going on in the background to include in this short message, but I want to assure you that all of the Trustees continue to work tirelessly to make sure the League continues to thrive and develop. As President I am grateful to every Trustee for their ongoing commitment and hard work, without which there would be no League.

This year, the Journal has been collated and edited by a small group of Trustees on the newly formed Social media group; this has been a collective effort, and my heartfelt thanks go to this team.

I look forward to seeing many of you at the AGM and reunion in May, and finally thank you to you all for your support of the Nurses League.

**Michael Surkitt-Parr**

*President*



# Vice President **SHEILAH RENGERT**

**It was with a profound sense of shock and sadness that the Trustees of the League heard the news just prior to Christmas, that Sheilah Rengert, Vice President of the League, had died on 18th December 2023.**

Sheilah died in the end-of-life unit at St Mary's hospital on the Isle of Wight, with her husband Chris and daughter Belinda by her side, after a very short illness. Chris stated that Sheilah received wonderful care there.

Sheilah's funeral took place on the Isle of Wight, and on 9th February 2024 a Memorial Service was held in Thaxted Church. Because of their long life in Thaxted, a small county town in Essex, Chris was keen to have the main celebration of Sheilah's life there.

In 1957 Sheilah completed her SRN training in Norwich and held staff nurse and sister posts at the N&N as well as in Great Yarmouth. Following other roles Sheilah undertook her Health Visitor Training at Southampton University. Shortly after this she met and married her husband Chris, who many of you may know is the League's Independent Financial Advisor.

In addition to those mentioned above, Sheilah also held roles as a Clinical Nurse Specialist for the Elderly, was a Royal College of Nursing Health

and Safety representative and steward, a member of the Royal College of Physicians Patient and Carer network and was one of several volunteers who manned an out of hours helpline for the Meningitis Trust. Sheilah also was involved in organisations away from nursing.

Sheilah was a member of the Norfolk and Norwich Nurses League for many years and having served as secretary to the league for six years Sheilah was President between 2002 and 2008. Many of our League members hold very dear memories of Sheilah during her tenure as a Trustee of the League noting with fondness her ability to 'get things done' and looking at her professional history that comes as no surprise!

As the current League President, I was delighted to have met Sheilah at the 2023 AGM and reunion. After only a few minutes of talking with her it was apparent that she still held the League and its fundamental objectives in very high regard. I was delighted when Sheilah, along with another Vice President, Douglas Beattie agreed to cut the cake, originally planned for the Leagues 90th birthday but delayed by three years due to the pandemic. There are photos of this later in the Journal.

It is at times like this that we should all feel a great sense of gratitude to the vision and commitment of people like Sheilah and the many other committed Presidents and Trustees of this League going back 94 years.

**Michael Surkitt-Parr**

League President



# Treasurer's Report 2023

AGM 13th May 2023



Firstly, may I say how lovely it is to see you all again after what has been three difficult years for everyone. We as a committee continued to meet by Zoom to make sure that we could still deliver the journal to you, carry on the Xmas gifts to our Senior members, have a Betty Lee lecture and carry on the Heritage work.

This is the Treasurers Report for the period April 1st, 2022 - March 31st, 2023.

The accounts have been audited by Charlotte Ayres, an Independent Accountant and she is happy they are correct. Many thanks to Charlotte for doing this.

Our income over the year has come again from the members subscription and some very generous donations, so thank you to all members who have paid on time and those who have given such generous donations. Other income has come from Gift Aid as the sum of £292.50p was acquired by Ann Copsey's hard work. We had a stall at the Hospital fete and raised £90.

Thank you to the committee members who helped at the Fete.

Our investments have given a better return this year than last year so a big thank you to Chris Rengert our Financial advisor who monitors our investments. Bank Interest has been very minimal.

Expenditure this year has exceeded our income as we have not been able to fund raise but we have still been able to give our very Senior members a Christmas gift. We have still sent you a wonderful Journal which has increased in price together with increased postage costs.

We had a Betty Lee Lecture and our Heritage Group have needed Folders to maintain the quality of records.

Despite our overspend we can continue as a League for several years to come, as we have £6187.07 in our Community and Business Accounts and our Investments to fall back on.

We as a committee have decided not to increase the subscriptions this coming year but we are conscious that we need more members. In the meantime, we hope that our yearly meetings can now take place so that you are able to meet up with friends and colleagues and we as a committee can organise some fund raising events.

If anyone would like a detailed copy of the accounts, please ask me and I can give you a copy. If anyone has any questions, I will do my best to answer you.

My email address is [h.barker1@ntlworld.com](mailto:h.barker1@ntlworld.com)

10/05/2023

**Hilary Barker**  
(Honorary Treasurer)



# A few words from the Membership Secretary



It was very nice that we were able to meet up in person again for this year's AGM. Numbers were down on pre Covid years but nevertheless everyone seemed to enjoy themselves; there was a lot of catching up to do.

Thank you for your letters, as usual there was much appreciation for the Journal. Many members wished that they could join us but mobility and other factors prevent travelling.

May I thank members who send their subscriptions when due in April, this cuts down on postage for reminders, which I then have to send in October. Payment is by cheque, cash, standing order with your bank, or via the website.

May I also take this opportunity to thank those members who send generous donations, they are much appreciated.

I look forward to meeting a number of you again in May.

**Ann Copsey**  
Membership Secretary  
[g.copsey@ntlworld.com](mailto:g.copsey@ntlworld.com)



# HERITAGE REPORT

## 2023 - 2024

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We are working as a team to move forward with our heritage work. It seems to get busier every year!

We continue to arrange displays to put in our cabinet near the Stock Shop in the West Atrium. The first one since our last AGM was promoting the Nurses League, followed by one depicting 75 years of the NHS. The present display, used for the Betty Lee lecture, is presently in the cabinet, as it was felt it was worthy of being seen by staff and members of the public to know what she achieved in her life time and what she gave to the hospital. We have been asked by Richard England, Consultant Paediatric Surgeon, if the Heritage committee would be able to arrange a display to celebrate 170 years of the Jenny Lind Hospital, which is due to take place on April 3rd 2024.

Our collection has grown over the years with the help of members and their families' donating memorabilia, also giving us accounts of their experiences. We are interested if any members who have a collection of journals, that they are not thrown away as these can be used with our heritage work. We have already deposited a copy of every journal we had in our collection since they were first produced and only have nine missing copies, four of them were in 1931, 1932, 1933, 1934 which we may never find. However, we have more recent dates of 1956, 1957, 1960, 1964 and 1968 which may be on somebody's bookshelf or packed away in boxes. If you do have any of the above and would be willing to part with them, please get in touch. These may contain important information we are missing and would enable us to fill the empty spaces in our special acid free folders.

Mary Dolding has an interest in the modern way of communication and has been appealing to anybody who has a uniform, or photographs taken in their uniforms to get in touch to enable us to identify when different styles were introduced. We are also looking back in records and recording events that have taken place with our heritage work.

Mary Clarke, nee Kew, a new trustee is interested in heritage work and has agreed to research the former West Norwich Hospital to preserve its history. Mary would welcome any memories or experiences you encountered whilst working at this hospital. Photographs are always a bonus but understandably some people do not want to part with them. We can always have a copy made by a professional firm we use and return the photograph/s to you.

Margaret Durrant, nee Dye, made contact with the heritage committee as one of her friends had passed a journal for her to read. She made contact with us as she was a winner of the Alice Long Medal in 1964 and has since become a League member. I arranged to visit her in her home where she showed me the Medal and Jenny Lind Hospital folders. I left her with some spare journals to read and collected them on the second visit which she thoroughly enjoyed reading in her own time.

**Margaret Allcock, Jan Beart, Elizabeth Blaxell, Mary Dolding**  
*Heritage Sub-Committee*  
November 2023

# BOOK REVIEW

by Michael Surkitt-Parr

## 'OUR STORIES'

Edited by Stephanie Snow, Professor of Health, History and Policy at the University of Manchester

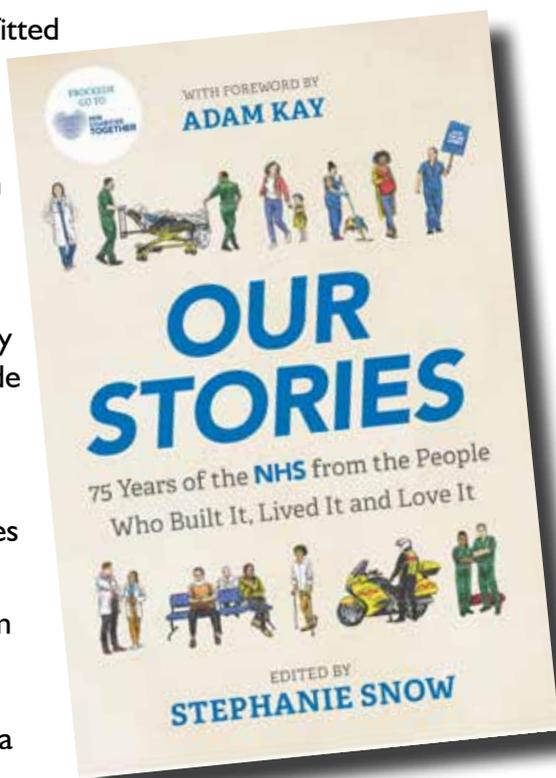
ISBN: 9781802793468

It is likely that most people reading this review will have given many years of service to the NHS, as well as some who may have worked prior to the inception of the NHS in 1948.

Similarly, we have all benefitted from the services provided throughout the life cycle, at times of happiness such as the birth of a child and through to the saddest of times when a loved one has died; in between there are so many contacts we may have made with our NHS in a variety of settings, acute hospital, community services and the myriad of other services available to us.

This book is a compendium of the stories of a range of people outlining their own lived experiences of being a member of staff, a patient,

**'Our Stories' 75 Years of the NHS from the People Who Built It, Lived It and Love It**



relative or all of these. The chapters are set out in decades from the 1930s to the 2020s and over one hundred personal stories and reflections are given; they are not arranged in any order of being from patient relative or staff member and consequently the reader is given, over 453 pages, a fascinating variety of viewpoints on a range of topics relevant to each decade.

**Key topics covered include:**

- The first total hip replacement.
- The availability of the contraceptive pill.
- Re-organisations.
- Financial issues.
- The implementation of new investigations.
- Treatments as a result of research, such as the discovery of the breast cancer susceptibility gene BRCA2 in 1995.
- Topics as diverse as racism in the NHS.
- Cybersecurity.
- The 2020s is focussed, unsurprisingly, on the Covid pandemic.

Each decade concludes with a summary and the final chapter is on reflections from some of the contributors.

This is a fascinating and humbling read about one of the best loved institutions, certainly in our country but also probably in the world.

I strongly recommend you add this book to your reading list!!

# The Norfolk and Norwich University Hospital Nurses League

## Summary of the 93rd Annual General Meeting 2023.

Minutes of 93rd Annual General Meeting held in Benjamin Gooch Hall on 13th May 2023.

Present– Mike Surkitt-Parr (President) Hilary Barker (Treasurer) Ann Copsey (Membership Secretary) Doreen Betts (seniors) Chris Parfitt (Joint Editor) Margaret Allcock (Heritage Lead) Mary Dolding. Elizabeth Blaxell. Jan Beart. Tessa Holmes (Secretary).

**Apologies for absence** – Sondra Gorick (Joint Editor) Heather Kenny.

Mike Surkitt-Parr welcomed attendees to the 93rd AGM and introduced Chaplain Joanne Parker who led the service for members. The hymns of 'Lord of the Dance', 'God be in my Head' and 'Love Divine all Loves excelling' were enjoyed and the reading this year was delivered by Hilary Powell. A collection was undertaken and the sum of £188.10 was collected and will be donated to 'Essentials' a charity led by the Chaplaincy team of NNUH for staff of the hospital who are experiencing hard times in 2023.

The AGM commenced at 14.25, Mike Surkitt-Parr welcomed this year's speaker Dr Lucy Aurora who is Associate Director of Nurses, Midwives and Health Professionals at NNUH. A very interesting and enlightening lecture entitled 'Ways into Nursing' followed which provoked interesting questions from the floor with the newly created Nursing Associate qualification, which was first validated by the NMC in 2018, this is a foundation level degree and could be likened perhaps to the old Enrolled Nurse qualification. A two-year programme which sees entrants paid at Band 3 as they are sponsored by the NNUH whilst undertaking the course through an apprenticeship grant. This also provides the nurses as Trained Nursing Associates and whilst being paid at Band 4 to undertake a further 2 years training to become Registered nurses. Dr Aurora explained that this route has seen far better staff retention, a joint training initiative between the NNUH and the UEA, University of Suffolk, also offered are 'Return to practice' and 'Supported Practice Programmes' for those nurses who are subject to a 'Conditions of Practice order' from the NMC.

The International Recruitment Programme has seen a reduction the vacancy gap in our region, the NNUH has seen 305 nurses achieve NMC Registration by this route since 2005.

Mike Surkitt-Parr thanked Dr Aurora for her most interesting lecture.

**President's address** – Mike Surkitt-Parr again welcomed members who had been unable to attend the AGM and Reunion in-person since 2019, during the time the business of the Nurses League had continued with the Trustees meeting via zoom when required. This past year has seen the League represented at the Edith Cavell Service with the wreath laid in 2022 by our retired President Mary Dolding. The Betty Lee Lecture in October 2022 was the first lecture to take place since the passing of Betty Lee and saw her family members present at the lecture and the First Presentation of the Betty Lee Award was made to the Nurse/Midwife who had submitted the best Thesis. The winner of 2022 was Keavy Wright a paediatric nurse. The League also gave Keavy Wright a gift of League membership for a year. A Time-Out day took place in November with a trained facilitator with the two key challenges for the League of Finance and Membership being examined in more detail. As an outcome of this day a new sub-committee has been formed who will lead on social media policy formation for the League, changes to the format of the Website, additions to social media and liaison with the NNUH communications team. International nurses are to be encouraged to join the League and members themselves encouraged to take on the role of Trustees.

In 2030 the League will have its centenary. Mike Surkitt-Parr thanked his fellow Trustees for their work for the League.

#### **Election of Trustees –**

Margaret Allcock and Doreen Betts were proposed to serve for a further term by Mary Clarke and seconded by Heather Powell.

**Treasurers Report** – Presented by Hilary Barker. Attached.

**Membership Secretary Report** – Presented by Ann Copsey. Attached.

**Editors Report** – Presented by Chris Parfitt on behalf of herself and her joint editor Sondra Gorick. This was the third and final report by Chris Parfitt and Sondra Gorick as they retire from the Editor post this year. A new job description has been written. Thanks also to Vince and team of S R Print & Design of North Walsham for their help and support with the Journal.

**Heritage Report** – Presented by Jan Beart on behalf of the Group. Attached.

#### **Any Other Business –**

Hilary Barker reminded those present that Raffle tickets would still be on sale during Afternoon Tea.

Mike Surkitt-Parr then spoke about the activities of the NNUH Nurses League Heritage Group led by Margaret Allcock and their excellent work with the display cabinet at the Hospital and other displays for key events.

In recognition for her work Margaret Allcock was presented with a certificate by Rachael Cocker (Deputy Chief Nurse at NNUH) on behalf of Professor Nancy Fontaine and the NNUH. Mike Surkitt-Parr presented Margaret Allcock with a bouquet of flowers and a gift from Mr Richard England, Retired Paediatric Surgeon of the Jenny Lind.

The meeting closed and was followed by Afternoon Tea which was enjoyed by members of the Nurses League. The Anniversary cake to celebrate the 93rd Year of the League was cut by two former Presidents – Dr Douglas Beattie and Sheilah Rengert.

The Raffle made £147 for League Funds.

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# **The 94th Annual General Meeting and Reunion**

**To be held on Saturday 11th May 2024 in Benjamin Gooch Hall, Norfolk & Norwich University Hospital, at 2.30pm and will be preceded by the Annual Service at 1.45pm.**

## **AGENDA**

1. President's opening remarks.
2. Speaker - Matron Sharon Wrath, speaking about dementia and the benefits the planned dementia garden will have on patients living with dementia.
3. Matters arising from last meeting.
4. Trustee elections.
5. President's address.
6. Treasurer's report.
7. Membership secretary's report.
8. Editors report.
9. Heritage committee progress.
10. Any other business.

# 2023 AGM SNIPPETS

**Sheilah Rengert** cutting the AGM celebration cake. Alongside Douglas Beattie and Mike Surkitt-Parr





# Betty Lee Lecture

11<sup>th</sup> October 2023

This year's lecture 'My Journey to UK Nursing' was presented by Peter Olubayo (Staff Nurse at NNUH), Rochel Binas (\*OSCE) trainer and Lisa Dennis - Practice Development Nurse and International Recruitment Lead.



Peter Olubayo, Mike Surkitt-Parr - League President, Rochel Binas and Lisa Dennis

They explained that there is The Code of Practice for International Recruitment which dictates which countries can and cannot be targeted when actively recruiting health staff. The list doesn't prevent individuals from applying to work in the United Kingdom on their own accord, without being targeted by a third party - recruitment agency or employer.

International recruitment at NNUH has seen over 400 nurses move from the Green countries of Nigeria, Ghana, India, Sri Lanka and Barbados.

The United Kingdom is currently not allowed to ask the Red countries, where poverty requires their nurses to be retained for staffing their own medical facilities. Nurses from Red countries can however choose to apply

*\*OSCE - Objective Structured Clinical Examination. This is a common method of assessing clinical competence in a simulated clinical environment (as opposed to an actual clinical environment.)*

to transfer to the United Kingdom if they plan to take the extra training that is required to work in this country.

The process of enhancing their skills to the United Kingdom's standards for the majority is completed in eight to twelve months. They must complete this extra training within two years. There is a 100% pass rate of the OSCE (the exam designed to assess your ability to competently apply your professional nursing or midwifery skills and knowledge in the United Kingdom) at Leeds.

Nurses often arrive unaccompanied to the United Kingdom so Pastoral Care is offered to help their adaptation to British life.

Forty more nurses will arrive this December. This will be the first time that recruits will come straight to NNUH. Previously they arrived at James Paget Hospital in Gorleston. Some nurses from abroad initially decide to work in Care Homes for a year, before pursuing further training with OSCE.

A number of recommendations were put forward for the future by those leading the presentation:

- 1) Shorter duration of extra tuition with OSCE.
- 2) Improvements in providing accommodation.
- 3) Continue to enhance buddy network with the aim of encouraging foreign nurses to stay after qualification, as they have often experienced hardship where they were born.

# Article from Jessica Hartland

## Winner of

# The Betty Lee Award' 2023

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I am Jessica Hartland, a 21-year-old Pre-Reg Nurse working within the Norfolk and Norwich University Hospital on Easton ward. I studied Adult Nursing at the University of East Anglia and graduated in July 2023. Part of our degree entailed conducting a literature review on an aspect within the NHS we think could be improved, and then developing a service improvement plan to reflect the established results.

My chosen topic was 'whether early discharge influences the rate of hospital readmissions in patients aged 60 or over'. I had chosen this topic as within 2022 my grandfather had been admitted to the NNUH, discharged and then readmitted shortly afterwards, presenting with the same condition upon readmission. During this literature review I expected to find that early discharge would in fact increase the rate of readmission, however, this was not the case.

### **The results instead highlighted that:**

- Readmission rates were lower for patients being discharged early.
- Older age decreases chance of being discharged early.
- The prevalence of early discharge is increasing.
- A longer length of stay increases risk of readmissions.

Thus, I established a service improvement plan for the NHS based upon the Discharge to Assess guide developed by NHS England. The aim is to improve staff satisfaction of the discharge process through education and empowerment, breaking barriers such as ingrained practice that

may prevent early discharge and implementing a higher standard of inter-collaborative working with multiple sectors of healthcare.

The 'Home for Lunch' plan was implemented within the NNUH in October, the same month in which I submitted my literature review in the hopes of winning the Betty Lee Award. Due to the relevance



of my literature review to the current need for patient flow I was lucky enough to win the Betty Lee Award for 2023. It was such an honour to meet the many wonderful healthcare professionals who now form the Norfolk and Norwich Nurses League, and the chief nurse Professor Nancy Fontaine.

When conducting this literature review for my final university piece I had never imagined this would have been achievable.

Prof Nancy Fontaine - Chief Nurse NNUH,  
Jessica Hartland, Mike Surkitt-Parr, League President

Thank you to everyone who took the time to read my literature review, and who decided it was worthy enough to win the award.

Thank you to Betty Lee for her excellent example of nursing to look up to, and her family for allowing us previous student nurses to have a voice for improvement within the NHS.

Finally, thank you to everyone at the NNUH Nurses League for presenting the award and making this possible.



# The Role of **President** for the **Norfolk & Norwich Nurses League**

Prior to becoming President in May 2021, I had served as a Trustee for number of years, although I held no formal role. This time was invaluable in becoming acquainted with the League and its functions and duties. As a charity we are governed by the Charity Commission for England and Wales, and we must ensure we adhere to our governing document, and it is important to note that all Trustees have an equal obligation here and it is not solely the responsibility of the President.

Furthermore, we must always work towards achieving and maintaining our charitable objects; these include raising awareness of the history and practice of hospital nursing in the Norfolk and Norwich area, and in so doing we have created a significant collection of heritage objects, many of which can be seen at the various displays we put together to accompany our events. We also have a benevolent function for members who may be in need.

I consider one of my key roles is to support the very hard working and committed Trustees in carrying out their duties and I am very keen that the roles they hold, and the tasks entailed do not become too onerous – after all we are all volunteers!! I also liaise with the Chief Nurse and members of her team who are always incredibly supportive of the League.

I feel immensely proud to be President of such a forward-looking group and I have the privilege of introducing many of our annual events, the AGM and annual reunion, the Betty Lee Lecture and for the past three years I had the privilege of laying the Nurses League wreath at the annual Edith Cavell service in the grounds of Norwich Cathedral.

# YOUR LEAGUE TRUSTEES IN PROFILE

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## Margaret Allcock

My role as a trustee of the NNUH Nurses League is to investigate and document the history and heritage of the Norfolk and Norwich Hospital and nursing.

I joined the Nurses League in 1990 and in 1999 became a member of the heritage sub-committee.

My interest has always been in history both in family and nursing by collecting memorabilia and artefacts throughout my life.

The Norfolk and Norwich hospital was opened in 1771 on the St Stephens site and closed in 2003 when it moved to the Colney site. Much of the history is documented by Sir Peter Eade for the period 1770 to 1900 and Arthur J Cleveland 1900 to the end of 1946.

Our heritage collection started in 2001 when Betty Lee's collection of memorabilia, which she stored beneath her bed, outgrew the space. I offered to store this collection in a spare room at my home.

Vivien Aldridge and I worked together sorting and cataloguing items. Acid free folders and sleeves were purchased for the process to begin.

At the present time our sub-committee, consists of Mary Dolding, Elizabeth Blaxell, Jan Beart and myself. We continue to work to catalogue and preserve our nursing heritage, with the aim to archive our history for nurses in the future.

We have a display cabinet in the NNUH where we produce and show our displays to support events the Nurses League are involved in.

Photos: Margaret Allcock, Jan Beart, Liz Blaxell, Chris Parfitt - by Sarah Kingston



## Jan Beart

As a member and on the committee of the Nurses League part of my role is to meet and introduce the newly qualified nurses of the Norfolk and Norwich University Hospital to the Nurses League.

I have a power point presentation and I explain the historical changes in training and education, from when I trained in the 1960s when it was an apprenticeship training on the wards to the present day University degree course.

The history and the purpose of the Nurses League is discussed and nurses are invited to join.

To make the session more fun we take and display heritage artefacts for example a nelsons inhaler, metal and glass syringes, an original asthma inhaler, a rubber tubing enema set complete with a bar of soap. These items generate lots of interest and it highlights how important nursing heritage is. I am accompanied by Mary Dolding and Chris Parfitt who field the many questions the students have.

The last 12 years of my nursing career was spent at the UEA teaching pre and post registration nurses, so I feel comfortable in this role and enjoy the sessions with the newly qualified nurses who are the future of nursing.

I also work with the Heritage group alongside Margaret Allcock, Mary Dolding and Elizabeth Blaxell.

Recently a media sub-committee has been formed with Mary Dolding, Tessa Holmes, Chris Parfitt, and myself.



## Hilary Barker

As treasurer I have the responsibility for keeping records of the financial side of the League. I have to show the accounts at our committee meetings and at the end of the financial year in March in readiness for the AGM in May get the accounts audited by an accredited Financial Advisor.

We have our own Financial Advisor Chris Rengert who monitors our investments. These give us a good yearly return.

Once yearly I have to inform the Charity Commission of our financial situation. Our main expenditure during the year goes on the printing and distribution of the Journal, the Christmas Benevolent Fund and our important Heritage Group.



## Doreen Betts

I have been a member of the League for many years.

I eventually joined the team of trustees and soon afterwards became joint editor of the League Journal with Elizabeth Blaxell which we co produced for 11 years.

Three years ago, I took on the co-ordination of the Seniors' Christmas gifts. The senior members are contacted by a Trustee to have a chat and are offered a gift voucher from various outlets reporting back to me so that I can purchase the vouchers and send with Christmas card to the

members. We extend the list annually by adding the next sets. The next group will include 1957/60.

I feel very proud to have trained at the Norfolk and Norwich Hospital and have made good friends through being a member of the Nurses League.



## Elizabeth Blaxell

I have been a member of the League for over fifty years and a Trustee for twelve years.

I enjoy researching and writing articles for the Journal of which I was joint editor for eleven years.

I am on the Heritage sub-committee and am passionate about collating and preserving items relating to nursing at the Norfolk and Norwich University Hospital. I think this is an important role aimed at safeguarding our heritage.



## Mary Clarke

I trained at the N&N between January 1975 & January 1978 as a SRN. 1979 - SCM.

My post-registration year in 1978 was very satisfying on Alington Ward as it was Elective Orthopaedics, as most patients returned home after a successful operation.

I then worked at the Maternity Unit for 21 years from 1980 and then took the "Return to Practice" course, leading to working as a trained nurse on the General Wards at NNUH, followed by seven years at the James Pages Hospital at Gorleston, before managing to work out in the Community for the final decade 2009 - 2019 when I retired.

A broader summary of my "Nursing Memoirs" can be found in the Nurses League Journal Part 1 - 2022, Part 2 - 2023.

A humorous overview of a career that spanned almost forty five years, whilst my memory remained sufficiently intact.

I hope I am able to make a positive contribution as a Trustee of the League.



## Ann Copsey

I am one of the trustees of the Norfolk & Norwich University Hospital Nurses' League. I took on the role of Membership Secretary in 2011.

My role includes processing the application forms of new members and sending them a Journal. I then enter their details onto a Data Base. The Data Base enables me to print labels for envelopes in readiness for the yearly postage of Journals, which takes place in March. It also enables quick access to members preferences.

At the beginning of the year, I produce booklets of names and addresses of all members aided by my Publishing Programme for each trustee. We have four trustee meetings every year, at these meetings I give trustees a change list of members details, from which they in turn update their booklets.

Following the sending of the Journal in March members then submit their payments to me which I in turn log noting whether they wish to gift aid, I then pass to Hilary the treasurer. At the same time, I am recording whether members are attending the AGM to enable the ordering of sufficient teas.

Various requests from the Web Site come to me during the year which I endeavour to deal with to the best of my ability. Sometimes these include trying to trace people from the past, I do hold some brief records from the initial setting up of the League but sometimes I have to disappoint them. Sometimes people are seeking historical information or giving me historical information which I can then pass on to the appropriate trustee.

On a yearly basis I send obituaries to Paddy who runs the Web Site. I also liaise with him when difficulties arise with access.

As a charity we are able to claim Gift Aid from the Government on subscriptions and donations this I do on a yearly basis. I maintain a separate file for members forms agreeing for their subscription/donation to be gift aided.



## Mary Dolding

As well as a Trustee of the NNUH Nurses League I am also a member of the heritage group and undertake work related to our heritage collections and displays.

I also support at the Newly Qualified Sessions where we try to raise the profile of the League and its history and share interesting items from our heritage collections.

I love to attend and support the annual service at the Norwich Cathedral to celebrate the life of Edith Cavell. Each year the tradition of laying a wreath continues from the NNUH Nurses League.

My main responsibility this year has been to chair the newly formed sub-committee for Social Media, where we have currently been making plans for the way forward for the League using this platform.

I have been a member and Trustee of the League for many years and have been a past President and Treasurer. I am honoured to be a Vice President.



## Sondra Gorick

I qualified at the Norfolk & Norwich Hospital in 1985. During my 43 years of nursing I have always worked in Medicine. These areas included Filby Ward with Sister Lockheart and the Acute and Chronic Renal Units at the Norfolk & Norwich and West Norwich Hospitals, with the wonderful Dr Jack Pryor.

My last 33 years were spent within Endocrinology, where I was the senior nurse for the Clinical Investigation Unit. I co-ordinated the performance of all dynamic function endocrine tests as well as attending clinic to see patients with complex endocrine disorders.

I joined the nurses League in 2011 and more latterly joined the Trustees, initially I co-produced the League journal with Chris Parfitt for 3 years. I have not been quite so active within the Trustee group during the last year due to personal health issues and a recent, close bereavement.



## Tessa Holmes

Secretary to Nurses League and member of the Media sub-group.

I trained at the Norfolk and Norwich in 1977 and was part of the February RGN set. After qualifying in 1980 I staffed on Eccles ward (male Genito-urinary). I then moved out into the community and worked out of the Gurney Court practice as a Junior Sister. In 1983 I attended Norwich City College and completed my Certificate in National District Nursing after which I worked in North

Walsham and then returned to my old patch before leaving Norfolk in May 1984 to marry and return to my Suffolk roots.

The Macmillan Nursing Service was just starting in Ipswich and I got as far as the final 4 candidates. There were at that time no District Nursing Posts but a vacancy arose in the Community Liaison service based at the Ipswich Hospital. Having received my patient referrals in Norwich by telephone from Norfolk Tower (our headquarters and very often a scant message on an answer-phone), I found this job an exciting opportunity to get to the roots in the acute sector and promote what District Nursing was all about. In order to maintain my hands on skills I became a Marie Curie nurse and worked with both the Twilight and overnight nursing services.

I joined the Norfolk and Norwich Nurses League in 2021 and undertook the role of secretary which I enjoy very much. It is wonderful to return to my old training hospital and to be part of this group of keen and inspiring nurses.

I am also a member of the Social Media Group which was formed in May of this year and am enjoying working alongside Mary Dolding, Jan Beart and Chris Parfitt . We are looking at Social Media and policies and this year co-ordinating the Annual Journal in the absence of an editor.



## Chris Parfitt

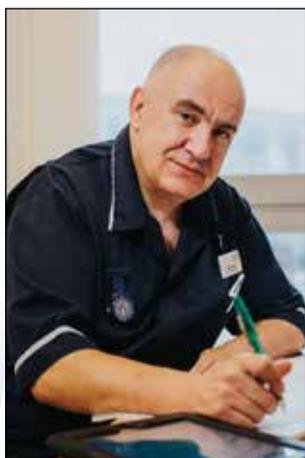
I am a member of the newly formed Social Media sub-committee. We meet quarterly and have the primary objective of raising the profile and promoting the benefits of becoming a member of the Nurses League.

I also support both Jan Beart and Mary Dolding when meeting with groups of newly qualified nurses at the NNUH.

My nursing career of 37 years was spent in Respiratory Medicine, retiring as Matron in 2017.

Since then, I have also joined the local NHS Retirement Fellowship, Norwich and District Branch, of which I am Chair. I also volunteer one day a week at the NNUH.

This gives me ample time to enjoy travelling, gardening, walking and eating out with friends.



## Gavin Shiers

I am currently Deputy Charge Nurse on Dunston Ward at the NNUH, and recently been appointed as a Trustee of the NNUH Nurses league.

By a being a Trustee, I feel it's a rewarding way to help the League to gain new members and promote the League to current nurses within the Trust.

It will also offer me the opportunity to learn new skills and I hope it will be an invigorating and dynamic role which will put me at the heart of the charity and its work, liaising with a team of

like minded Trustees. I hope to offer my full support and willingness of skills, expertise and networking.

NNUH



# NURSES LEAGUE

Charity Registration Number 290546 • Founded in 1930

***Come & Join Us...***

Unite with past and present  
nursing colleagues

Collaborate and share experiences

Develop new friendships

Celebrate our nursing heritage



Scan the QR code or visit:  
**[nnuhnursesleague.co.uk](http://nnuhnursesleague.co.uk)**



# The Norfolk & Norwich University Hospital Nurses League

Charity no. 290546

## Charities supported by the NNUH Nurses League at their annual Service before the AGM

- 1996 Safe Houses for children in Sierra Leone
- 1997 Norfolk Osteoporosis Society
- 1998 The Magdalen Group - helps rehabilitation for prostitutes
- 1999 Norwich Hospital Radio
- 2000 NNUH Arts - co-ordinator Emma Jarvis
- 2001 Families Homes - for families with problems
- 2002 Cooper Atkinson Charity Trust - street children in India
- 2003 Cooper Atkinson Charity Trust - street children in India
- 2004 East Anglian Air Ambulance
- 2005 The Open Door - NNUH cancer support & information centre
- 2006 Norfolk branch of CLAP A - cleft palate
- 2007 Wheel of Life Memorial Window NNUH
- 2008 Marie Curie Nursing
- 2009 Benjamin Foundation
- 2010 Wymondham Pabulum Cafe
- 2011 Nelson's Journey
- 2012 Elsing Ward NNUH-dementia
- 2013 NNUH Chapel
- 2014 NNUH Paediatric Diabetes
- 2015 NNUH Dermatology
- 2016 Central Norfolk Stroke Services
- 2017 Patient's Slippers c/o NNUH Hospital Chaplains
- 2018 NNUH Eye Department
- 2019 Norwich & District Osteoporosis
- 2020/21 No service Zoom meeting
- 2022 Service online – trustees only present for AGM.
- 2023 'Essentials' charity for staff members of NNUH managed by the Chaplaincy team
- 2024 Collection for Dementia Garden - 'Peaceful Outdoor Space'

# BOOK REVIEW

by Jan Beart

## 'SISTERS IN ARMS'

An incredible, powerful, highly readable account of the QAs history during WW2.

This book relates the true story of the Queen Alexandra's nurses and their role during WW2. The QAs served across the world close to the front line, nursing in military hospitals and hospital ships. They nursed in conflicts in the Far East, North Africa, Mediterranean, Europe, India and Burma.

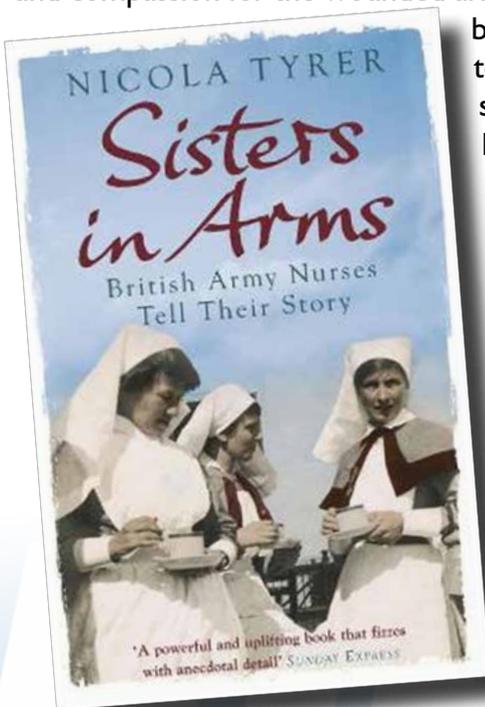
These were ordinary women who displayed extraordinary bravery and compassion for the wounded armies on land and sea, while facing

bombings on hospitals and torpedoed by U-boats on hospital ships. 232 QAs paid with their lives.

They remained selfless in the face of privation and suffering, while helping the injured onto hospital ships while under attack from the Luftwaffe. On Christmas day when the Japanese invaded Hong Kong, doctors and patients were massacred, nurses were raped and murdered; many were taken prisoner and died of starvation and illness.

They were also the first women to enter the liberated Nazi

death camps. The depth of research by the Author of unpublished diaries and letters has resulted in raw anecdotal detail.



# A SHORT HISTORY OF THE NNUH NURSES LEAGUE



This is an edited version of a talk given by Michael Surkitt-Parr, League President, at the Norfolk and Norwich University Hospital on 12th May 2023 as part of the celebration of International Nurses Day.

The Norfolk and Norwich Old Nurses League was formed in 1930, by Mrs Edith Jackson, who was appointed Matron at the Norfolk and Norwich (N&N) Hospital from 1926. Her ambition for the League was to provide a means by which colleagues could keep in touch with one another through an annual publication and reunion, and indeed this ambition remains the cornerstone today.

Miss Florence Cann, who was appointed Lady Superintendent of the hospital in 1904, with the title changing to Matron in 1906, was appointed ex officio President. She retired as Matron in 1926.

Thomas William Coke, 3rd Earl of Leicester of Holkham, was President of the Hospital for around 60 years, and his wife, Alice Emily Coke, Countess of Leicester was the League's patron.

I think we would all agree that this was a very high profile and impressive what we may call today 'top team' and I feel sure that this gave our league a very strong start.

The aims, objectives and byelaws of the League were determined at the inaugural meeting on 27th February 1930 and on 24th July that year the first Annual reunion took place at the Norfolk and Norwich Hospital, St Stephens Road with 130 members present. That evening the Revd. Canon Huxley conducted a special Evensong and gave a short address in the hospital Chapel, followed by a tea provided by the Board of Management. The first Journal was submitted and approved at a meeting in June 1931.

The League was formed during the inter-war period, and a time of worldwide economic depression. During the second world war years the League continued, which I think reflects the importance that was placed upon it, and only once, in 1941, was the annual reunion not held. There were also concerns about paper shortages and it was questioned whether the journal could continue to be published, but in fact only one issue was missed.

In 1945 the committee had to amend the Laws of the League to add in the Benevolent Fund of the league as this had not been included before.

In 1947 a special meeting was called to receive a financial position of the League as the balance in the bank was insufficient to meet the expenses. The League was also in debt to the tune of £20 borrowed from the Hospital to pay for the 1946 Journal. Salvation was found in a good old favourite – the Bring and Buy Stall! The cost of producing the Journal and posting it out to members remains a cost pressure for us today; however, as this is such a much-loved publication it remains a priority for us to retain this.

Mrs Jackson remained President until 1954, when she sadly died suddenly at the age of 61 years. For four years after this the League did not have a President until Miss Watson, who became Matron in 1947, was appointed President in 1959.

At the Annual General Meeting (AGM) in 1966 the League changed its name from 'Old Nurses League' to 'The United Norwich Hospital Nurses League'.

The 1970s and 1980s saw many changes at the Norwich Hospitals. A new hospital on the Newmarket Road site and the development of the new Teaching Centre where the former casualty and Out-Patient department was sited. In 1984 the League became a registered charity with the objects of helping members, their spouses, and other dependents that are in a condition of need.

We still exercise care towards our more senior members, several of whom are now unable to attend the annual reunion, by contacting them at Christmas time and having a chat with them; it is clear to all of us who have made these calls that it is really valued by these members. We also send a card and gift voucher to them.

Doreen Betts, one of our Trustees and a former joint editor of the journal, co-ordinates this contact and arranges the purchase and sending of the cards and vouchers; this is a significant task and one that, as President of the League, I am very grateful to Doreen for. Doreen took over this role from our former secretary Ruth Macnamara who undertook this role for many years.

In 1991 Marylin Fellingham became the first President to be elected who had not held a Matrons post and having been the Editor of the Journal for several years.

In 1994 the Trustees of the League became concerned about the vulnerability of historical records and other objects, which led to the development of a new sub-committee called the Professional Heritage Committee with a remit to safeguard the physical and written elements of our Heritage. This remains a core and indeed increasingly important element of our work today. Each change in nursing policy, practice, uniform and working conditions has impacted on us or our forebears and will impact on future generations of nurses. I believe, very strongly, that we all have a duty to preserve this past and that is

why we are all very proud of the work undertaken by our Heritage group, led by Chief Archivist Margaret Allcock, supported by Jan Beart, Mary Dolding and Elizabeth Blaxell, and until a few years ago a former Trustee Vivian Aldridge.

If we didn't capture this, we would lose so much of our current history and focus on our past. We have a Heritage advisor Mr Richard England



– an incredibly enthusiastic Consultant Paediatric Surgeon and we have worked closely with him on a some of the recent Jenny Lind and Jenny Lind Hospital anniversary events. Our first Heritage advisor was Mr N Alan Green, a former Consultant Urologist at the N&N who sadly died in 2015.

In 2008 our title was changed to 'Norfolk and Norwich University Hospital Nurses League', approval for which was needed from the Charity Commission.

In 2009 in an endeavour to make ourselves more accessible to more people, a League website was set up with an e-mail address, designed

and maintained at the outset by the late Dr Anthony Gordon Gray, a former Consultant Anaesthetist and husband of former President Mrs Lavinia Gordon Gray.

A newly formed Social Media Group continues to develop the website together with other social media to strengthen our 'visibility' and hopefully improve recruitment.

We have immense support from the hospital's Chief Nurse and Team, as well as the Communications team, Chaplaincy, and fundraising department. This is very much a complementary issue as we



endeavour to support various events at the Trust. The Chief Nurse Professor Nancy Fontaine actively engages with the League, and the League President is involved in joint judging for some Cavell awards with the Chief Nurse. I think this symbiotic relationship is very healthy.

As Trustees we have a responsibility to ensure that we continue to monitor our progress in achieving our aims

and agreeing where we want to be in the future and of course, how do we get there!! Our key success factors remain very much as they did at the outset of the League – keeping the sense of community of Norwich hospitals nurses alive, through:

- The Journal which is now also available on our website.
- Social interaction for our members at the AGM and reunion and the wonderful buzz of conversation about how members feel about the content and implication of our speaker's topic which is always one of relevance and current interest at the hospital and this of

course sets off trains of conversation about the members memories of things 'in their days'. We attract approximately 1/3 of our membership to the reunion.

- The Christmas benevolent fund and maintaining relationships that develop through contacting senior members at Christmas time.
- Collaborative celebrations to celebrate nursing, for example, the International Nurses Day and in October each year the League join a major celebration of the life of Edith Cavell and lay a wreath at her grave at Norwich Cathedral.

In 2018 we held the first Annual Betty Lee Lecture to recognise, on an ongoing basis, the phenomenal contribution of Betty Lee, nurse, ward sister and clinical teacher to nursing, teaching and indeed the League over many years. We have now held six of these annual lectures; and the lecture of 2022 was a particularly poignant event as, sadly, Betty passed away in April 2022. Another example of our collaboration with the hospital is that following Betty's death the Chief Nurse announced that an award will be made, in Betty's name, to the student nurse who is judged to have submitted the best final dissertation of their course. This has now been awarded twice at the annual Betty Lee Lecture.

Of course, as with every other League, we face the issue of an ageing and diminishing membership; the challenge being, of course, how we can keep this group actively involved in the league activities and capturing their memories and input and continuing to make them feel an integral part of the League 'family'; equally, we want to continue to grow our membership, and part of that is to ensure we meet the needs of the younger nursing generation.

As we now have University trained nurses there are different feelings of 'attachment' towards their training / base hospital. However, it remains apparent to me that those who have an attachment to the Norwich Hospitals, retain this and indeed cherish it. I moved way from Norwich 6 years after completing my training and happened

upon the League by chance on the internet. Since joining and reconnecting I have met numerous people I worked with over the years and enjoy and treasure some of the rekindled memories.

I have tried to take us on a whistle-stop tour of the events from the 1930s onwards and I hope to have shown that the League can and does provide a 'constant' throughout some socially and professionally turbulent times.

However far we advance as individual nurses and as a profession and with all the changes, the constant will remain our history and those who have gone before us to allow our profession to develop and flourish. I remain confident that the enthusiasm and commitment of the League Trustees will keep our history and progress alive, because today's practise is tomorrow's history.





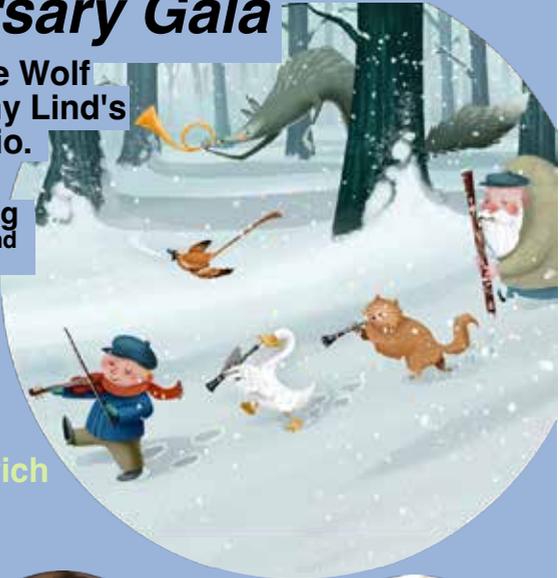
Conductor: Tadzik Kaznowski

# Jenny Lind Children's Hospital 170th Anniversary Gala

**Prokofiev: Peter and the Wolf**  
with a selection of Jenny Lind's  
Opera Arias and Oratorio.

**Narrator: Emma Laird Craig**  
(as seen in Netflix's *The Crown* and  
direct descendent of Jenny Lind)

**Sopranos: Ella de Jongh**  
and **Rebecca Kaznowski**



**6th April 2024 - 7:30pm**  
**St Peter Mancroft, Norwich**



**Saturday 6th April 2024 - 7:30pm - St Peter Mancroft, Norwich**

Tickets Available: [www.ticketsource.co.uk/norwich-sinfonietta](http://www.ticketsource.co.uk/norwich-sinfonietta)

Prices: £15 Adult, £10 Concession, £32 Family



Norfolk and Norwich Hospitals registered charity no: 1048170



# 170 YEAR ANNIVERSARY OF THE JENNY LIND HOSPITAL

**By Mr Richard England FRCS (PaedSurg)**

Consultant Paediatric Surgeon

Honorary Secretary of Norwich Medico-Chirurgical Society

Heritage Advisor to the Norfolk & Norwich Nurses League

Member of the Swedish Jenny Lind Society

**On April 3rd 1854** the doors opened to a premises on Pottergate in Norwich that would have a lasting influence on medical



care for children in the city. Mrs Stannard, the first matron, together with a team of nurses and supported by the eminent physician Dr Copeman and the surgeons Mr Dalrymple and Mr Crosse began to look after the first few patients. Backing them were the management committee and the visiting Ladies who kept an interested eye on the care the children were given. City folk began to hold the little hospital close to their hearts – offering

whatever they could to ensure its needs were met. Subscribers began to enjoy the prestige of a mention in the annual reports or their name attached to ‘their’ cot in the inpatient ward.

## **Fast-forward now 170 years.**

The steady flow of young children enter the West end of a colossal teaching hospital on the outskirts of Norwich. They head for either the large outpatient area, the day ward where their tests are carried out, or Coltishall ward in preparation for their surgical procedure that day. Some are feeling ill and are given a bed either on the assessment unit or the main inpatient Buxton ward. For the surgery patients nearly 90% will go home later the same day after a quick visit to the brand new paediatric operating theatres. Upstairs the premature babies move quickly from delivery suite to neonatal unit. Their stay is usually longer, occasionally weeks or months until they are strong enough to go home. The care is provided in a different way, through the NHS, but the hospital charity still plays a huge part in funding the needs unmet by government funding.

Throughout its history we have celebrated the major milestones of the hospital, chance to make a splash in the media, allow the VIPs in and to reinvigorate the supportive charitable nature of the local population. So now this year we again have reason to celebrate.



The combination of our 170th Birthday and the opening of our new 'state of the art' Paediatric Theatres is an opportunity not to be missed. So a

staff Birthday committee have been working on the following events to help celebrate over April and throughout 2024.

# Jenny Lind Hospital

## Events during April and throughout 2024

- 1) **April 3rd Celebration event.** The Gooch lecture theatre is booked – we hope to have a string of talks throughout the day, music and stands showcasing our work.
- 2) **Paediatric Theatre Opening** – April 3rd. VIP ribbon cutting and celebration.
- 3) **Commemorative Celebration Brochure.** Ensure you get a copy of our brochure packed with history as well as showcasing the work we do today.
- 4) **Story time:** Amanda Smith from Read for Good will be coming along and sharing the Jenny Lind story to our patients.
- 5) **Walking tour through Norwich:** Do you want to follow in the footsteps of Jenny Lind and the first nurses and doctors that worked at our Children's Hospitals? Join expert Norwich historian Paul Dickson on a fascinating tour of Norwich from the Bishop's Palace and St Andrews Hall to the old Pottergate hospital and the Jenny Lind Playground. Initial Dates are:

Wed 3rd April 2pm

Sat 4th May 10am

Sat 27th July 10am

Friday 9th August 10am.

**Booking details will be advertised soon**

All walks will be fundraising or accepting donations.

- 6) **Sporting events:** We're encouraging people to challenge themselves and others in various sporting events and raise money for the Jenny Lind at the same time.

**Please come and Support the Sporty!**

- A Park Run take over on April 6th,
- London Landmarks half Marathon on April 7th
- Norwich Triathlon on June 23rd

- 7) **A celebratory concert:** Aimed at both children and adults and will take place at St Peter Mancroft Church opposite the Forum on April 6th at 7.30pm. Peter and the Wolf - the Prokofiev classic that introduces kids to the wonders of the orchestra – a story where no-one dies! I've checked!! Followed by more sublime classical pieces and operatic duets from Soprano Rebecca Kaznowski and Ella De Jongh.

- 8) **Forum Exhibition:** Like the 250th N&N celebration we are planning our own Jenny Lind children's hospital exhibition. We have quite a bit of memorabilia and treasures that can be displayed and the forum have agreed to hold an exhibition around the time of the anniversary. Look out for more details.

- 9) **Oral History and Memories project:** Catherine Tranter is collating stories and memories from staff and patients. Serious/funny, old or recent and from any of the hospitals. Catherine just needs you to complete the story on a form so she can edit and use it with your permission. Email her at [jlchbirthday@nnuh.nhs.uk](mailto:jlchbirthday@nnuh.nhs.uk) for more details.

This is just a summary of some of the events and projects happening. There will also be music events around the hospital, artwork, new signage, articles in social media and local magazines as well as a Jenny Lind presence at the yearly Open Day and Bishops Garden events. We hope this will really spread the word about our historic Children's Hospital and raise some charity money in the process.

# Alice Long Memorial Medal

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Awarded to  
Margaret G Durrant (nee Dye) 1961 to 1964



## Memories and Reflections...

From the Pen of a Medal Winner.

During the war my parents' home in Gorleston was bombed and they had to live in temporary accommodation. I was born in this place of refuge. There was no NHS and my mother was assisted by a local woman from the community who helped in birth and death situations. Unfortunately, while attending my birth she had a heart attack and died. My mother described it as "awful."

My earliest memory was at the age of four when my mother's friend died following childbirth leaving a very tiny, sick baby. The child's father was distraught and asked my mother to care for this little one until she was thriving. I watched and tried to help my mother caring for this tiny baby as best I could. She was nursed to health.

When I was 15 my mother became seriously ill and eventually had pioneering surgery, spending almost a year in two NHS hospitals. This had a big impact on my life. I had to look after my young sister and a grandmother with dementia while studying for GCE O levels at school, and visiting my mother in hospital as often as possible. It was here that I observed wonderful medical and nursing care that saved her life, and I knew I wanted to become a nurse.

I decided initially to leave school and, when I saw a 'Job Vacancy' notice in the window of Boots the Chemist, I went into the shop without hesitation and was given an interview and offered the job. I worked behind the drug counter, receiving prescriptions from customers, passing them through the hatch to the pharmacist. When dispensed, mostly in bottles, I would wrap them in special strong white paper, sealing each end with red sealing wax which was melted on a type of bunsen burner behind the counter. My parents took me to the headmistress to inform her I had a job and would not be going back to school as I wanted to become a nurse. She was very cross, stating that, having a job in a shop and without retaking my failed O level exams, I would never become a nurse. How wrong she was!

When the time was right, I applied to the Norfolk and Norwich Hospital for nursing training. I didn't have the required O levels and was informed that I would need to take an entrance examination. I received an invitation to be interviewed by Matron Watson. I was trembling as I entered the main hospital entrance and sat on the seat outside the door marked MATRON. In her strong Scottish accent Matron called me into her office and then said "Tell me why you want to be a nurse." I told her my story. Matron accepted me for nurse training without an entrance examination and immediately arranged for me to be measured for my uniform. I would begin in the next set, just before my 18th birthday. I was amazed!

The day came to begin my training. I arrived promptly at the Preliminary Training School House in Brunswick Road, together with my friend John who had brought me in his car with my luggage. The door opened and we were greeted by Home Sister. Directing her remarks to John, she said, "This will be the first and last time you will be allowed over the step of the nurses home." He promptly left. I was shown to my single room where my uniform was laid out neatly on the bed. Brownie, our house maid, was warm and kind, showing me how to make up my cap, attach the starched collar with collar studs and put my crisp white apron on over my long grey dress

(regulation 12 inches from the floor). The long navy cape was lined with red. I was introduced to my set of 19 potential nurses. We were quickly inducted into the very strict rules and discipline, then shown around the Preliminary Training School (PTS) building and informed how our training would unfold. It felt daunting but exciting.

My training was delivered by Sister Hale, Sister Varney, Sister Wordingham and Mr Chapallaz. Theory was underpinned with practise

which continued after PTS in blocks and

lectures in off-duty time. We used

textbooks and made handwritten

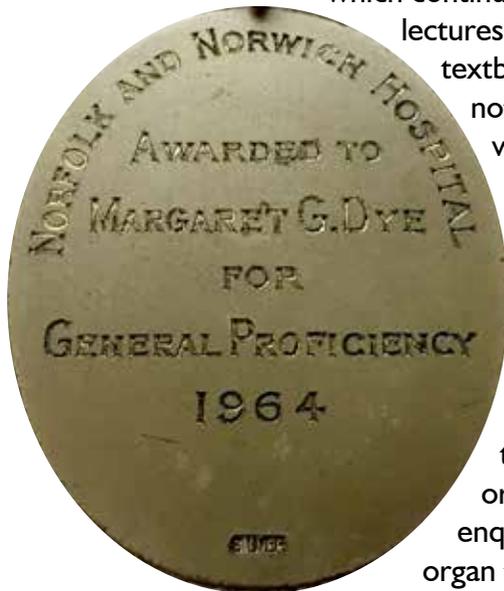
notes. We took a record book

with us to every ward, which was

signed off by the sister when we

were competent in the relevant

nursing skills.



Sister Varney took our set

to the lovely little chapel

for evening prayers. "Is

there anyone able to play the

organ so that we can sing?" she

enquired. I had played piano and

organ to accompany congregational

singing from the age of 14 and I happily

volunteered. Music brings me such joy and I felt privileged to play the

chapel organ. On request, I frequently accompanied patients to Sunday

evening prayers, thus meeting their spiritual needs.

My work on the wards began on ENT and continued with

Gynaecology, Surgical, Eye Ward and Theatre, Medical wards, the

Men's Orthopaedic block (under the watchful eye of Sister Betty Lee)

and the main Operating Theatre. I also went to the West Norwich

Hospital and the Jenny Lind Hospital for Children. All placements were

memorable for very different reasons and no doubt influenced my long-

term nursing career. We worked long shifts, both day and night, with one day off a week. Out of my three years training I spent almost a year on night duty, which I found most challenging, and at one time worked 20 nights without a break. We were provided with good food and accommodation in various nurses' homes. I remember receiving about £9 a month to pay for everything else.

## **MAIN OPERATING THEATRE**

As a junior nurse on a surgical ward my duty was to prepare the patient for the operating theatre, accompany them to the anaesthetic room and, after surgery, escort them back to the ward and oversee their recovery. On one occasion the theatre sister approached me and asked if I could stay in the theatre to scrub up and hold a retractor. I had never been in the theatre before. It was scary! I was carefully shown how to dress and scrub up. I stepped up to the operating table to hold the retractor... I was totally enthralled by what I witnessed! The human body is so amazing and surgery enables health and healing in a remarkable way.

Later, as a senior student nurse, I really enjoyed my three months training in the main theatre with Sister Griffiths, Sister Ransome and Staff Nurse Ann Church, together with many gifted surgeons, who inspired me. It was a privilege to be part of the theatre team. The only task that phased me was cleaning and preparing radium. I had to go down to the radium storage room via the basement corridor which was lined with large gurgling pipes. The radium was both cleaned and prepared behind a lead screen. The radium had to be stitched into a grey rubber cover and coloured beads attached to match the colour code on the radium. It was then placed in a lead lined box and taken back to the theatre.

I returned to work again on nights covering emergencies. In that time I assisted in the maternity block for Caesarean sections. Such a joy and relief to see babies safely delivered.

## **WEST NORWICH HOSPITAL**

I recall spending a few days on day duty on the Medical Ward being initiated by Sister Rusted (affectionately known as Rusty) before commencing three months on night duty as a senior student nurse. There was a long-curved corridor with bays off one side, men at one end and women at the other. It was very busy, with so many differing medical conditions. There were always IV drips and blood transfusions to watch, together with regular observations for cardiac patients, and so much more. I must have travelled miles up and down the corridor. On one memorable night I heard such a commotion with bells ringing and shouting from the men's end. I was on my own as my student nurse colleague was on her break. One of the men had become delirious with violent intentions. I ran to the office to phone for help. The patient followed me into the office and shut the door threatening to kill me. Fortunately, night sister and a doctor came to my rescue and an injection was swiftly administered to the patient. The next night the patient apologised to me as his fellow patients had told him about the incident, but he had no recollection and was so sorry.



## **JENNY LIND CHILDREN'S HOSPITAL**

The 'Jenny' is a place I hold with great affection. A few days on day duty to familiarise myself with the hospital was followed by three months of nights on baby block as a senior student nurse. I remember the long glass corridor from the main building to the baby block. There were small cubicles surrounded by a glass corridor which was lit up at night. A policeman checked every night to make sure we were safe and always enjoyed a cup of coffee with us.

The nights were very busy, changing and feeding the babies. No parents were allowed to stay with their babies in those days. It was a privilege for me to care for these babies with so many needs and I was very conscious that they needed to be cuddled, sung to and felt loved.

We had a few very basic incubators for the tiny premature babies that were admitted but there was no technology to support us. I was well supported by Sister Peek, night sister for the hospital. I would describe her as a larger-than-life character, unique even, but she had a heart of gold and loved the children.

Sadly, one tiny baby died while I was there. With great dignity Sister showed me how to prepare the little one, dressing her in a tiny gown and putting a flower in her clasped hands. With a torch in my hand I accompanied Sister in the darkness to the little Chapel in preparation for the parents to come. I knew then, that, because of my experience here, one day I would work with children if the opportunity arose.

## **PRIZES**

During my training I was awarded several prizes. I felt that I had been a failure at school so was always surprised when I received a prize, as I never felt worthy of it. However, I was greatly encouraged by the recognition, which increased my confidence to give of my best even in the most difficult times, and never give up.

I received prizes for the Preliminary Training School, Surgery, Paediatrics, General Proficiency and Dietetics. However, the dietetics prize didn't surprise me so much. We were examined on the theory then given a scenario to prepare a suitable meal of our choice. For me this included a baked egg custard cooked in a bain-marie. I really looked forward to eating the meal after the exam. Sister Tutor sampled all the food. She tasted the egg custard and said "That is delicious and I will be having it for my supper!"

## **MY FUTURE DECISIONS**

Student nurses were not allowed to marry during training without special permission from Matron. John was my great support and encourager throughout my training. Communication was difficult as there was only one busy telephone box in the nurses' home and he had to phone me from a box 20 miles away. He travelled to see me if

I had free time and he wasn't at work. We communicated by writing letters to each other. We eventually became engaged and planned to get married as soon as I had taken my final exams, without knowing the results. This meant moving from Norwich to Lowestoft where John worked. I was sad to leave the N&N but I had gained a strong foundation on which to build my career. I have always been proud to say that I trained at the N&N.

## THE MEDAL

Just newly married, I picked up a small buff envelope that had dropped on the door mat of my new home. It was a letter from Matron Watson informing me that I had been awarded The Alice Long Medal for General Proficiency. I was so overwhelmed and shaking that I had



to sit down on the nearest chair, just as I did three years previously outside Matron's office waiting for an interview.

I was given the date of the Prize Giving followed by a strawberry tea to which John and my parents were invited. (I recalled what Home Sister had said to John on my arrival at the PTS house!) A new staff nurse's uniform was being prepared for me, together with a navy belt, so I could wear the silver buckle that my parents had given me on passing all my final exams and qualifying as an SRN. I was expected to make a speech and give a vote of thanks at the prize giving. (That was another shock. What would I say? I still don't remember what I said!)

It was a very proud day for John and my parents as they had believed in me, and yet the medal was so unexpected as I had left the hospital and got married. My mother wrote a letter to my old headmistress informing her of my achievements and telling her how wrong she had been in saying I would never become a nurse. Becoming an SRN and being a medal winner gave me confidence to knock on the door of another matron, but this time at Lowestoft Hospital. At first, I worked as a staff nurse and very soon I became a Sister in the Operating Theatre. A wish fulfilled! I continued developing my nursing career in the NHS until I retired. I feel proud and privileged to have been a nurse for so many years...but that is another story.

As I write this, next year, 2024, will be 60 years since I was awarded the medal and, for John and I, it will be 60 years of marriage, celebrating our Diamond Wedding Anniversary.

I send my very best wishes to all the nurses of today. I feel so proud of what you do and achieve in the ever changing and evolving world of the NHS.

**Margaret G Durrant**

# 'The Jenny Lind Hospital'

## A Norwich Visitor (1890)

### Exact copy of text from 'The Nursing Record' Archive

DURING a recent visit to the beautiful old city of Norwich I had the good fortune to obtain an introduction to a lady who had the proud satisfaction of calling it her birthplace; and as we sat at a window overlooking the market-place, and listened to the deep swelling harmony pealed out by the bells of St. Peter Mancroft, and watched the lights springing up under the pretty flower-stalls and in the shops surrounding, my new friend kindly offered to show me the town lions, and learning that I was interested in hospitals promised to show me the Norfolk and Norwich Hospital, and also the Hospital for Children, named after the sweet singer who so electrified the musical world in the past. "My father was passionately fond of children," said my friend, and it was during a visit made to us by Madame Goldschmidd, that he told her of a long-cherished idea of building a Hospital for children, and then he asked her if she would come and sing for them. To this she consented, and when the concert was given, notwithstanding the tickets had been set at a high figure, there were many who could not obtain admittance, and thus a goodly sum was raised; and though the world famed Madame Patti followed suit in this beneficent work, Madame Goldschmidd was looked upon as its foundress, and the Hospital bears her professional name."

*Apropos* of Jenny Lind. My memory does not permit me to give the name of the author of a "Biography of Women," who records that Jenny Lind was never known to make any meritorious comments on her musical abilities, or even to acknowledge the wonderful power she possessed; but once when it was told her that, notwithstanding the prices were doubled all over the house, the carriages of those who could not gain admittance lined the street, she replied, "Ah! it is nice to be able to sing so well" The concert was given in aid of some Hospital, probably the one of which I am writing.

We found the Hospital centrally situated, though in a narrow by-street. It has no architectural or ornamental beauty, being simply two houses made into one. We were received by a lady, whose sweet grave face looked somewhat delicate in contrast with her black gown and white lawn cap. The wooden staircase was so highly polished that we had to mount with care; so also were the boards of the floor, which shone like satin. We visited three rooms or small Wards, all

of which were decorated with plants and fresh flowers, amongst which the sunflowers were the most conspicuous. I know not which most delighted the eye: the refined faces of the Nursing Sisters, with their black gowns and linen of snow-white; the pretty brass cots, with bed-linen spotlessly clean, and the little occupants looking contented and happy-yes, even to the little boy whose face was so swollen one could not form an idea of what he really looked like. Carefully as we had timed our visit, the little ones were about to have dinner. One tiny toddling sat at a chair-table, lowered almost to the ground, wielding her spoon with great dexterity. One little maiden lay white and silent, not caring at all about visitors or the golden custard pudding, which Nurse would be tempting her with presently. In a cradle, sheltered close by a screen, lay a month-old baby, just been operated upon for hare lip. While I knelt admiring the face, so lovely in its innocence and sweet repose, and thinking that even at this early age human nature had power to endure, my ear caught the wailing cry of an infant, and I turned to comfort the little one. Never shall I forget how that sight appealed to my heart. The blue eyes, wide open, looked sightless.

The face was turned away, but slowly, slowly the head of the helpless wee one turned right round on its pillow, as if in search of the comforter.

Presently the comforter appeared in the shape of Nurse with a bottle. In reply to my query, I found this babe was three months old. If, as the Lady Superintendent intimated, ".The sins of the father had been visited upon the child," I could not help thinking God and Nature had also blessed it with an unusual amount of intelligence. The cot given by my friend's mother, the late Mrs. Fitch, was empty, the child being convalescent, and we found the Institution in need of another cot to make up the usual number. Each cot bears the name of the donor, and every donor might see his or her face in the brass work if only they had an opportunity of looking. We returned once more to the board-room, to which I omitted to say we had been ushered on admittance. Here were the portraits of the foundress and Madame Patti, together with numerous framed testimonials on the merits of the Hospital by visitors of high degree.

My friend, Mrs. Radford Pymm, was of opinion that the picture of Jenny Lind (an engraving) was somewhat at fault, "though it may be," she said, "that the fault lies in my memory, as I was but six years old when she took me on her knee and talked to me, but still I think the portrait is somewhat flattering. She was not quite so good-looking as she is there represented." After entering our

names in the visitor's books with a few well-deserved notes of praise as to the general air of cleanliness and order that prevailed everywhere, we took our departure.

Having heard that Miss Wainwright was a recently-appointed Lady Superintendent, I inquired if she were happy in her new position, to which she replied in the affirmative, adding that though she had many callers, she had not much time for making friends, but had already begun to love the old city.

My time being unexpectedly shortened, I could only get a passing view of the Norfolk and Norwich Hospital, which is a fine, large, handsome building, in red brick, situated in one of the main roads.

Any church-loving Nurse who likes old towns and country walks would be glad to live in Norwich, where she might enjoy the quietude of the Cathedral cloisters, the beauty of the suburban roads, richly lined with trees and studded with lamps, which is quite panoramic in its effect by night.

#### **A NORWICH VISITOR (1890)**



#### **Excerpt taken from the previous passage.**

*My friend, Mrs. Radford Pymm, was of opinion that the picture of Jenny Lind (an engraving) was somewhat at fault, "though it may be," she said, "that the fault lies in my memory, as I was but six years old when she took me on her knee and talked to me, but still I think the portrait is somewhat flattering. She was not quite so good-looking as she is there represented."*



A Norwich Visitor (1890) 'The Jenny Lind Hospital', The Nursing Record, 4(95), pp. 43–44. Available at:



# Remembrance Service

Saturday 14th October 2023 11.00 am  
at Norwich Cathedral

Several members of the NNUH Nurses League joined the congregation gathered in the autumn sunshine at the grave side of Nurse Edith Cavell.

The Revd. Dr. Peter Doll, Vice Dean and Canon Librarian lead the service,





paying tribute to Edith's life and work.

He reflected on the war and conflict happening around the world today and thanked those whose vocation is to support the health,



healing and wellbeing of others, most especially those who are nurses in our surgeries, hospitals, care homes and serving in our armed forces.

Our President, Michael Surkitt-Parr laid a wreath alongside Professor Nancy Fountain on behalf of the Nurses League and Nurses at the Norfolk and Norwich University Hospital Trust.



*Edith Cavell*

1865 - 1915

# The Edith Cavell Award 2023

**for outstanding leadership.**

**This year's award goes to**

**Cherry King, Imaging Matron**

Cherry is an inspirational, cheerful, compassionate leader who strives to support staff to develop to their full potential and support the development of the Interventional Radiology (IR) Unit as a national centre. Cherry is



passionate about training and supporting staff development and developing our services. Cherry demonstrates resilience and compassion in her work every day, putting the patient at the heart of decision-making, demonstrating great professionalism at all times to provide high quality care.

# Edith Cavell's connection to Peterborough

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Edith's father, Reverend Frederick Cavell, was the vicar of Swardeston, but he also served as the vicar of St. John the Baptist Church in Peterborough from 1885 to 1910. This familial link connects Cavell to the heart of Peterborough, where her father's pastoral service left an enduring impression.

The legacy of Edith Cavell is commemorated at St. John the Baptist Church. A memorial plaque honours both Reverend Frederick Cavell and



his daughter Edith, recognising their contributions to the community and their unwavering commitment to humanitarian values.

Edith Cavell is also commemorated at Laurel Court in Peterborough Cathedrals' Cloisters. Between approximately 1884 and 1886 Edith Cavell received some of her education, both as a pupil and as a student/teacher at Laurel Court. This memorial, dedicated to her memory, serves as a testament to her courage and the sacrifices made during wartime.

To ensure that Edith Cavell's legacy endures, Laurel Court hosts educational initiatives. These programmes aim to inform visitors about Cavell's life, her contributions to nursing, and the historical context of World War I. The court becomes a place where school groups, tourists, and locals alike can learn about the importance of compassion, courage, and humanitarianism.





# NHS Retirement Fellowship

Making your retirement work for you.

## Norwich & District Branch.

### **About the NHS Retirement Fellowship**

The NHS Retirement Fellowship is the national charity supporting retiring and retired NHS staff throughout England, Scotland and Wales. This is done via a number of national benefits for members (including an excellent travel insurance deal) and through a network of local branches. These groups run semi autonomously from the main charity and organise visits, outings, speakers, events and a whole host of other social engagements - there are usually lots of tea and biscuits involved.

Membership is open to anyone who worked or volunteered in the NHS or social care, their friends and family. Membership brings an added bonus to retirement and connects you to your former colleagues and local Trust and forges new friendships.

The busy Norwich and District branch meets at Chapelfield Church Hall, Chapelfield Road, Norwich NR2 1SD, every third Thursday of the month from 10am until midday.

**To express an interest in joining this friendly and welcoming group, please email:  
NHSRFNorwich@gmail.com**



## Changes to Membership 2023

### New Members

Ms Daniela Ayre 2022 • Miss Rochel Binias  
Mrs Janet Cox (nee Legood) 1973 • Miss Coral Drane 2011-14  
Mrs Margaret Durrant (nee Dye) 1961-64 • Mr Ian Gosling 1980  
Mrs Rebecca Easter (nee Whayman) 1979-82  
Mrs Claire Fare (nee Ward) 1991 • Miss Jessica Hartland 2020-23  
Mrs Jane Harvey (nee Wood) 1973-76 • Mr Gavin Shiers  
Mrs Sarah Homewood (nee Mills) 2011-14 • Mrs Mary Clarke (nee Kew)  
Mrs Catherine Kirk (nee Webb) 1974-77 • Miss Joanna Mullineaux 1983  
Mrs Shirley Neave-Corbyn (nee Bale) 1989-92  
Mrs Julie Noble (nee Hayward) 1979 • Miss Suzanne Nurse 1997  
Mrs Amy Ore (nee Ellis) 1992 • Mr Gbemiga Olubayo 2019  
Mrs B Head (nee Drysdale) 1966-68 • Miss S Eatwell 1974-1977

### Deceased

Mrs Olive Alexander (nee Fairman) 1938-41  
Mrs Patricia George (nee Norton) 1956-60  
Mrs Patricia Legrice (nee Millar) 1957-60  
Mrs Margaret Pearson (nee Manwaring) 1952-55  
Mrs Dorothy Pummell (nee Circuit) 1949-52 • Miss Adeline Sands 1947-50  
Mrs Molly Snelling (nee Johnson) 1950 • Miss Betty Tester 1957-61  
Mrs Sheilah Rengert (nee Cherry) 1954-57. Past President to league.

### Resigned

Mrs Sara Bland (nee Snowden) 1969-73  
Mrs Barbara Bowden (nee Soppitt) 1956-59  
Mrs Carole Monaghan (nee Stride) 1968-71  
Mrs Elizabeth Potter (nee Young) 1953-56

# ✝ *Obituary*



## **Pat George nee Norton (1956-1960)**

Pat was born in Morley St. Peter and then lived at Frettenham where her father had a farm. Her mother died on Christmas day when Pat was eight. She had three brothers and a sister and was educated at Norwich High School. After O Levels Pat attended Norwich City College to do a pre- nursing course. This took three months off the PTS training which she began in November 1956. At that time nurse training was for three years and three months.

When Pat qualified she worked as a Staff Nurse in Theatres with Sister Griffiths and Sister Ransom.

One of her duties was to wash the rubber gloves, wrap them in linen and then place in the autoclave to sterilise them. Unfortunately, one time on night duty, she forgot about them and they were burnt to a cinder. Another duty was packing radium needles (for treating carcinoma of the cervix) five into a box. One was somehow lost down the drain and a Geiger counter had to be used to retrieve it.

Pat used to quake in her shoes when Mr Birt was performing one of his heart operations in case she handed him the wrong instrument. Once, to lighten the mood in theatre, Mr Birt told Pat that when he had a bath he always washed his shirts at the same time!

One Christmas Day Pat and some other nurses had a 2-5 duty and being rather fed up as there was nothing to do, they walked down to Bethel Street Police Station and were made very welcome with cups of tea by the policemen. (The police themselves were quite often found having a cup of tea on Baby Block at the Jenny Lind hospital when they were on night duty.)

In November 1961 Pat married Derek George. In January 1962 she went to the old Gt. Yarmouth General Hospital in Theatres and worked there until she had her daughter, Christine, in 1964. When Christine was six months old they moved to Abbey farm, Thurne and lived on £10 a week until the first harvest. After having her son Leslie, she took a year off and then went back to theatres. In 1968 she went to the maternity ward as they were desperately short of midwives. As Pat was not a trained midwife she assisted the midwives weighing babies and staying with the mothers whilst they were in labour. She then moved to the Special Care Baby Unit at Northgate which later transferred to the James Paget hospital at Gorleston.



Pat took a day release course at Reading hospital in Special baby care. Pat was then given the post of Sister in the Unit and stayed there for nearly forty years retiring in 2003 when her husband died. She then returned to work on the bank until she was seventy.

Pat was very highly thought of and felt privileged to be asked to open the refurbished and updated Baby Unit with Mr & Mrs Albert Jones on July 21st 2004.

Pat will be sadly missed.

**Elizabeth Blaxell**

# † *Obituary*

## **Obituary Pat LeGrice 1957-1960**



Pat was born at Manor Farm, Lessingham in 1938, the third of four girls.

She was educated at the local school, then from the age of ten she boarded at All Hallows, Ditchingham, moving on to Thorpe House in Norwich.

Pat wanted to follow in her aunt's footsteps and become a nurse, rather than a teacher like her mother and sisters. She enrolled at City College, Norwich and completed a number of courses including Home Economics where she learnt her great cooking and baking skills. On reaching eighteen, Pat began her nurse training at the Norfolk and

Norwich hospital, then moved to Taunton to complete her midwifery course where she met her lifelong friend, Eileen.

Pat and Eileen went to Addenbrookes Hospital where Pat became Sister in Charge of the A & E department.

Pat also loved to travel with her friends, which showed her sense of adventure and spent time travelling to various countries across Europe.



Pat met Jim at Scarborough Hill hotel and they married on Easter Monday 1969 and bought a home in North Walsham. They had two children, Vicky and Isobel.

Nursing was so important to Pat. She was a member and sometime Trustee of the Norfolk & Norwich

University Hospital Nurses League. Pat worked hard in her career becoming Patient Care Manager at St Michael's and North Walsham Cottage Hospital.

In later years Pat suffered ill health and had to go into a Care Home. She had a fall and was admitted to hospital where she sadly died. The end of a good life of dedication, fun and love.

# † *Obituary*

## **Margaret Pearson nee Manwaring 1952-1955**

Our dear Mother, Margaret Pearson, was a student nurse at the Norfolk and Norwich Hospital, the Jenny Lind Hospital and the West Norwich Hospital in the 1950s.

Matron Watson was rather doubtful about accepting Mum for training, as she was asthmatic and prone to chest infections. However, in the warm and coal-dust free environment of the hospitals her health improved. She did not have to go out in bad weather, which helped. Apart from catching Chicken Pox from a child at Jenny Lind she did very well and completed her training.

The Norfolk and Norwich Hospital was like home from home for her, as her mother Mary Manwaring was a Sister Anaesthetist and had friends among the Sisters. At Christmas as a young child, they would visit the Sisters' offices.

The Sisters would make a fuss of her and give her sweets. This was a real treat in wartime with rationing.

After her training, she worked for two years at her mother's nursing home, St Clements in Norwich, as it was difficult to find trained staff at that time. It was a busy but enjoyable time with a lot of heavy lifting.

She married our father, a captain in the Royal Army Ordinance Corp, in 1957. He served in Nigeria where her son was born. Then Cyprus, where two of her daughters were born. Her youngest daughter was born in Longacre Maternity Home in West Runton.

In the 1970s, Mum worked part time at Cromer Hospital as a Phlebotomist. After many years, she decided to return to nursing. She worked as a Sister at the Beverley Nursing Home in Cromer until she took early retirement to care



for her Mother. Our Grandma had been living with us for several years and with declining health needed Mum to nurse her.

One of her daughters also went into a health profession, training as an Occupational Therapist in the 1980s. She worked in the NHS for many years. Her other children went into the teaching profession.

Mum had lived in Cromer since 1969, first in our family home where we have many happy memories, then moved to her flat in Ashdown Court in Cromer in 2004. Mum loved living in the flat and made many friends.

She died peacefully at the Norfolk and Norwich Hospital in September 2023. She died knowing she was dearly loved by all her family. She will be deeply missed.

### **Margaret's loving Daughter**

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I am blessed to have had Margaret as my dear friend for 71 years since we started training together at the old Norfolk and Norwich Hospital in March 1952.

Margaret was the daughter of Sister Anaesthetist at the N&N so nursing was truly in her blood.

We started our training as a group of fourteen girls and our set met regularly ever since.

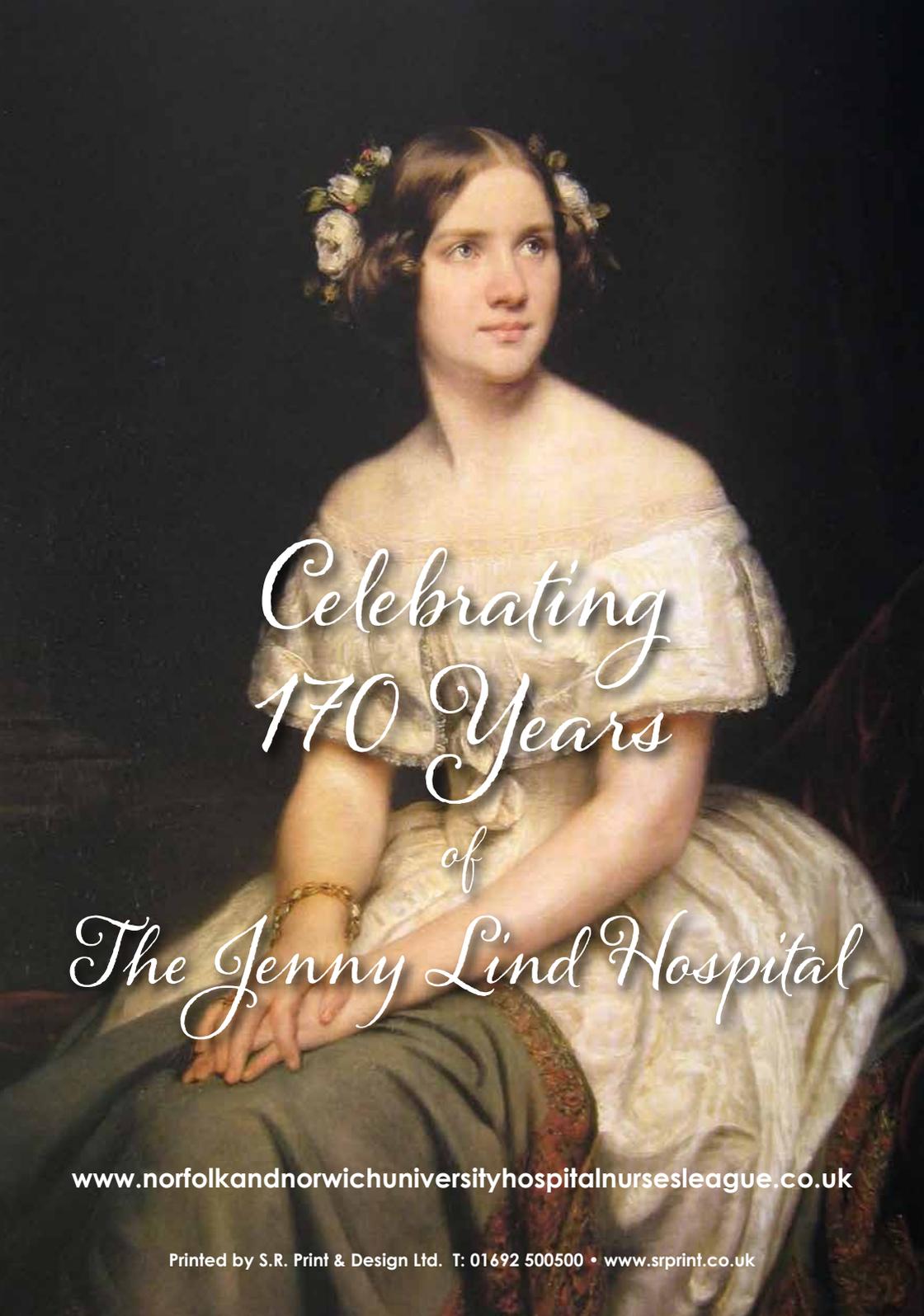
While working as a senior student nurse on the men's surgical ward the west Norwich Hospital Margaret met and nursed her future husband Peter, an Army Captain, and they were married in 1957. They had four children John, Susan, Julie and Anne born in Nigeria, Cyprus and Norfolk.

Margaret became a path lab Phlebotomist at Cromer hospital in 1976 and worked there for several years before working as a nurse at the Beverly Nursing Home.

Even in retirement Margaret was never idle. She was active in the W I, the Liberal Democrats and the Church.

She was my truest friend and is sorely missed.

### **Margaret Fox nee Bowden**



*Celebrating  
170 Years  
of  
The Jenny Lind Hospital*

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