

NORFOLK & NORWICH
UNIVERSITY HOSPITAL

NURSES LEAGUE
JOURNAL



2011

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

EXECUTIVE COMMITTEE AND TRUSTEE MEMBERS.

Charity Registration Number 290546

2010 - 2011

PRESIDENT

Mrs. Lavinia Gordon-Gray
Oaklands, 66 Colney Lane Cringleford. NR4 7RF

VICE PRESIDENTS

Mr. D. Beattie, Miss P. Cooper, Mrs. S. Rengert,
Miss B. Taylor, Rev. I. Weston. OBE.

HONORARY SECRETARY

Mrs. Ruth McNamara
9, Highlands, Old Costessey, Norwich, Norfolk, NR8 5EA

HONORARY MEMBERSHIP SECRETARY

Miss Betty Lee
119, Cambridge Street, Norwich, Norfolk, NR2 2BD

HONORARY TREASURER

Mrs. Mary Dolding
15, Greenwood Way, Sprowston, Norfolk, NR7 9HW

ARCHIVIST

Mrs Margaret Allcock
Broadlands, The Green, Freethorpe, Norwich, NR13 3NY.

COMMITTEE MEMBERS & TRUSTEES

Mrs V Aldridge, Mrs. M.N. Allcock, Mrs D Betts,
Mrs E Blaxell, Miss A Copey, Mrs M.R. Dolding, Mrs L Gordon-Gray,
Mrs W Hobbs, Miss B. Lee, Mrs. Pat LeGrice, Mrs Meayers-Norkett,
Mrs R McNamara

JOINT EDITORS

Elizabeth Blaxell,
47 Long Barrow Drive
North Walsham
NR28 9YA

Doreen Betts,
4 Hall Road,
New Costessey,
Norwich, NR5 0LU.

**THE NORFOLK AND NORWICH UNIVERSITY HOSPITAL
NURSES LEAGUE
EXECUTIVE COMMITTEE**



Back Row

Vivien Meayers-Norket. Doreen Betts. Elizabeth Blaxell.
Mary Dolding. Anne Copsey. Margeret Allcock.

Front Row

Vivien Aldridge. Pat LeGrice. Betty Lee. Wendy Hobbs.
Lavinia Gordon Gray. Ruth MacNamara.

EDITORS' REPORT

We really enjoyed putting the journal together last year. It was a real labour of love and we had a lot of feedback from members saying how much they enjoyed reading it. This year's journal, obviously, is much smaller in content, but we hope you enjoy the photos etc of the 80th Anniversary day.

Please keep sending your contributions (by email if possible and as a *Microsoft Word* attachment). This is a great help to us.

Elizabeth Blaxell
elizblaxell@hotmail.com

Doreen Betts
doreen.betts@ntlworld.com



A MESSAGE FROM THE PRESIDENT

During my three years in office it has been a privilege to get to know better and appreciate more deeply the work and commitment of everyone associated with the Norfolk and Norwich University Hospital Nurses League (NNUHNL). I am once again grateful to my fellow committee members for their continued support and good counsel.

Given that membership growth is vital to us as an organisation it is rewarding to see our numbers increasing, however we must continue to be active in our recruitment drive and not be complacent.

A glorious summer's day greeted members of the NNUHNL when they gathered at the Hospital on July 24th 2010 to celebrate the League's 80th birthday. Nearly 180 members and guests attended. The day started with a service in the Benjamin Gooch Hall. The Reverend Pat Atkinson officiated and the Right Reverend Dr. Alan Winton, Bishop of Thetford gave the address. The lesson was read by the Reverend Ivan Weston and the pianist was Annette Jude. After the service the president presented a commemorative mug to Mrs Tusting who would celebrate her 100th birthday in December. All members received a commemorative mug. A splendid buffet lunch was served, and the beautiful weather enabled many to sit outside in the sun. There was much laughter, reminiscence and renewing of friendships. The atmosphere was electric! Margaret Allcock put on a fascinating exhibition of memorabilia which members perused throughout the day. Following the AGM tea was served with a celebration cake to mark the occasion. The commemorative mugs and the refreshments were kindly provided by Hospital Charitable funds.

Since our last AGM I have had discussions with Anna Dugdale, Chief Executive, and Emma Jarvis, Hospital Arts Project Manager at the NNUH, about the management of the League's memorabilia. It seems that space can be found within the Hospital for storage providing we use specialised containers and paper. This is very costly equipment, however the Charity Commission has given authorisation for us to go ahead. Now the hard work begins! We must only select material for permanent conservation if it can preserve healthcare heritage for posterity and help to illustrate contributions and experiences from individuals as well as providing the raw material of history. If you have an interest in this sphere and would like to be involved please get in touch. You do not have to be a committee member.

Continued

Cont. A MESSAGE FROM THE PRESIDENT

One of the objects of the League is to assist any member with financial help and assistance. The fund is administered in a completely confidential manner. If you are in need yourself, or think you know of anyone who might qualify for help please complete the enclosed application form and send it to the Honorary Secretary. If you would like to discuss your request before completing the form do not hesitate to contact one of the Trustees. Contact details are at the front of the journal.

In closing this year I ask everyone in the NNUHNL for their commitment and hard work to enable us to look forward to improving and sustaining the League so that it can flourish and meet its objects.

I do hope to see you at the AGM on May 7th 2011.

Very best wishes,
Lavinia Gordon-Gray

BECOMING A TRUSTEE

If you have thought about becoming a Trustee but are unsure of what it entails why not come to one of the Trustee meetings to find out more. We meet four times a year – dates can be found on our website. Alternatively please contact me by phone, e-mail or letter.

Contact details at front of journal.
Lavinia Gordon-Gray

PHOTOGRAPH ALBUM

Members who came to the League's 80th birthday celebrations on July 24th 2010 may recall seeing a photographer, Mark Cotter, in our midst. Mark has put together an album to commemorate the occasion. If you have access to a computer you can view and purchase the album by clicking onto:

**[http://www.blurb.com/bookstore/invited/1079591/
fded822ccb51a65fbdd2d60d288926f9](http://www.blurb.com/bookstore/invited/1079591/fded822ccb51a65fbdd2d60d288926f9)**

There will be an album for members to peruse at the AGM on May 7th 2011 and further information on how to obtain a copy.

Lavinia Gordon-Gray

Norfolk and Norwich University Hospital Nurses League

Year Ended 31 March 2010

Income and Expenditure Statement

	2009/10		2008/09	
<u>Income</u>	£	£	£	£
Annual Subscriptions	811.00		815.00	
Donations	1,845.00		708.00	
Gift Aid tax relief	336.35			
Sale of Membership Lists	6.00		14.50	
AGM Chapel Collection	265.00		276.00	
80th Anniv. - Members Mugs	1,567.50			
Grant Award - Jan.2009 leaflet			1,150.00	
Interest received gross	2.68		148.33	
Income from Investment	666.50		842.39	
		<u>5,500.03</u>		<u>3,954.22</u>
 <u>Expenditure</u>				
Christmas Benevolent	391.04		408.76	
Flowers/Gifts/Grants	88.47		129.50	
The Benjamin Foundation	265.00			
Marie Curie Nursing			276.00	
Journal	859.00		1,297.00	
Postage (journal)	95.04		266.34	
80th Anniv - Mugs, etc	2,806.00			
Grant expenses - Jan.2009 leaflet			1,155.58	
Other postage/stationery	187.38		171.82	
Archive/Heritage	27.09		72.94	
Catering	13.10		26.83	
Petrol	216.04		51.30	
Legal Fees - Name change	442.00			
		<u>5,390.16</u>		<u>3,856.07</u>
Surplus / (deficit)		<u>109.87</u>		<u>98.15</u>

BALANCE SHEET

Funds brought forward				
Barclays Community Account	2,933.03		2,083.21	
Barclays Instant Access Saver	5,163.09		5,914.76	
Unit trusts & investments	15,000.00		15,000.00	
		<u>23,096.12</u>		<u>22,997.97</u>
Surplus / (deficit)		109.87		98.15
		<u>23,205.99</u>		<u>23,096.12</u>
 Funds carried forward				
Barclays Community Account		3,040.22		2,933.03
Barclays Instant Access Saver		5,165.77		5,163.09
Unit trusts & investments		15,000.00		15,000.00
		<u>23,205.99</u>		<u>23,096.12</u>

Hon. Treasurer M.R. Dolding Date 10/05/10
 Mrs M R Dolding

Hon. Independent Examiner Ben J. Allerton Date 10 May 10
 Mr B J Allerton

Memories of the 80th Anniversary AGM

Thank you to all the Committee members and the Trustees of the League for making the 80th Anniversary of the Nurses league so special, very enjoyable, interesting and thought provoking. Thank you for all the work and organisation you have all done throughout the year to plan this event and the Journal.

The day was remarkable starting with the Exhibition and meeting friends, then the Anniversary Service with the beautifully designed Order of Service, the Bishop of Thetford, the Rev. Pauline Greasley and the Rev. Ivan Weston.

Then a splendid lunch, time to meet friends and other people. The AGM followed by the spectacular cake and then home with my commemorative mug and so many happy memories.

Anna Van Ballegooijen June 1951-1954



Thank you so much for the generous gift of the mug from the Nurses League. It is much appreciated. I would like to thank you for all the work you did to make the Reunion day so wonderful and memorable. It was truly a wonderful occasion. I shall treasure the mug.

R. Mary Jolley 1940-43



Just a little note to ask you to convey my thanks to all those who worked hard to make the meeting on Saturday so successful. It must have been such a job to manage a large number of chattering ladies. I know we all enjoyed ourselves. We remembered those who were with us in spirit.

Monica Fawcett neeDean





It was a really lovely day. I'm so glad I came. It was great reminiscing. We rather enjoyed feeling young too! Thank you for all your hard work. *Jan*





Just a note to thank you and your committee for a lovely day on Saturday. A great deal of effort had obviously gone into the preparations, but it was all highly successful. I'm sure a good time was had by all—so many thanks for your hard work on our behalf. *Betty Potter*





It was such a lovely day on Saturday and I thought I would write a small note to say “ Thank you so much” for all that you did in organising and the secretarial side of things for the reunion. It was so good to see people I hadn’t seen for years and to catch up with all the news.

Julia Barker



~ 80th Anniversary Snaps ~



~ 80th Anniversary Snaps ~



On Reflection - August 6th 2010.

Dear Doreen,

After our day at the Nurses League Birthday meeting, I felt inspired to write to you and thought if I didn't do it immediately it would not happen. So here goes, this story may amuse a few people. This is the story of how I became a nurse.

I left Grammar School with 8 O-levels and one A-level. My parents gave me 6 weeks school summer holidays to sort myself a job! I didn't want to be a nurse but they thought it would be an ideal path to follow.

I suddenly had a brainstorm that if I fixed an interview with Matron at the Norfolk and Norwich Hospital that it would make them think I was actively looking for a career. In fact I was clueless!

When I was being interviewed by Miss Cooper I told her that I didn't really want to be a Nurse but did they allow people to try it out? I thought she would immediately say no they only took dedicated students. But what I had not considered was that she would say, "YES" to me starting my training! I was flabbergasted. I was to start in Block in three weeks time!

I coped with Block as it was like school.

My first ward was Maternity Block under Sister Chittock. The environment was modern, patients were young, the bedpans were paper mache and few and far between but I coped well.

My second ward was Female Medical with Sister Leadsom who frightened me to death. This was a very different environment. It was in the "old" building and we did bedpan rounds, all gowned up. One Sunday I was on a 10 to 1 split duty. Whilst we were being given morning report, I sat there thinking I didn't want to give out bedpans for the rest of my career! So I went back to the Nurses Home and packed the contents of my room in to my little red Mini and drove to my parents, 30 minutes away. My father opened the front door and said, "What are you doing home? We are pleased to see you" I said, "I've walked out." He said "you've what!" I was back at the Nurses Home at 1 45pm.

The first person I saw was Sister Leadsom. She said "Nurse you were a silly girl, why did you do that?" I could not tell her how much she scared me.

I was on her ward again when I was in my Third year of training and she asked me to "Staff" on there when I had finished my training.

I worked in A&E when I qualified and loved it.

Sincerely,

Jane Balls (Mrs.) Nee Jane Green 1969-72

BETTY LEE 1943-1946 (Mile End London)

Betty is retiring from being the leagues membership secretary for many years and we thought it would be an opportunity to record some memories of her remarkable nursing career.



Miss Betty Lee was born in Norwich and attended the Blyth Grammar School for girls.

There is no history of anyone nursing in her family except for her paternal grandmother caring for neighbours.

Betty started her nurse training in 1943 at the Mile End hospital in London. At that time the Norfolk and Norwich hospital did not accept student nurses if they lived in Norwich. ("If you lived fairly close you might have been nipping home")

Mile End hospital was part of the Emergency Medical Service. As this was pre N H S there were two systems-Voluntary hospitals such as the N&N and Local Authority. Mile End was a Local Authority hospital run by London County Council. Conditions were very good with nurses having their own rooms in the nurse's home. After Preliminary Training Course, which was 12 weeks, some nurses stayed at Mile End and some went to other hospitals in the area including the Hammersmith. There was a system where you had to do a year at one of the Emergency hospitals. Each inner city hospital had its own hospital on the perimeter of the city in case of enemy action and the one for

Mile End was at Winchmore. This was an old mental hospital, a terrible place. So, at the beginning of 1944 all Betty's set was sent there by ambulance. These ambulances were converted Green Line Coaches. Half of the hospital was still psychiatric. There were separate blocks of four wards –two up and two down with not many staff. Betty was on Block 9. and did night duty on the TB ward. There was a lot of TB at that time; Pulmonary TB and TB of the joints. The day began at 7am with some split duties. A tutor came once a week for three weeks to give us lectures. Night duty started at 8 30pm and finished at 8am. There was nowhere for the nurses to have their meals so Betty had to take her food in a container and eat it on the ward. The living conditions were rough because the nurses lived in army huts, which were split up into cubicles. In 1945 Betty went back to Mile End and in 1946 did Part 1 of her midwifery, but as this didn't really interest her she decided not to do Part 2.

Betty stayed on at Mile End on the Orthopaedic ward, as she had liked doing orthopaedics at Winchmore where she had nursed civilians and prisoners of war. Betty took the "Nursing Standard" and saw an advert for a Staff Nurse on Orthopaedics at the N&N. She had an interview with Miss Watson and went as a junior staff nurse under Sister Woods. She was also expected to do holiday relief on Ward 2 (female orthopaedic) and Ward 7(mostly male genitourinary-urinary) Going on ward 7 for the first time the staff nurse announced that Sister Curson was on holiday and that she was then going off duty as she had a half-day. Thankfully Mr West (a trained nurse) was on duty. Betty was senior to him as Miss Watson was not very fond of male nurses.

Staff Nurse Bowles who was the senior staff nurse on Orthopaedic block got married and in those days nurses then had to leave. Betty became senior staff nurse. Then in 1953 Sister Woods left to get married and Betty applied for her job. She started as sister in March 1953 on Orthopaedic Block (which was originally built as a children's block) There were no trained male nurses, only orderlies. Mr Crossfield was the first one, but he was not allowed to eat with the female nurses in the dining room so he had to take a packed lunch and eat it in the bathroom! Soon registered, mental trained male nurses were accepted to do their general training in a shortened form of one year. Vincent Wake was the first male to complete the three years training.

Meanwhile Mr McKee had been developing an artificial hip joint in the late 1940's/early 50's. He patented it and began operating in the mid 1950's. He started operating on private patients only because he had to fund himself. The NHS did not give him any funds until 1964.

Miss Cooper who succeeded Miss Watson, sent for Betty out of the blue and asked her to start a school of nursing for SEN. "Marjory will help you (Miss Hale). Think about it and don't take too long". Mr McKee was angry "Your

place is here. Ridiculous teaching nurses”. Betty said “If somebody doesn’t, you won’t have anyone to look after your patients.”

The school was started in January 1967 with ten pupils. The hours were a lot better, but Betty still worked Saturday mornings. She taught in the old Alexandra hall and later in the new Introductory Block. Betty had no teaching qualifications at first but did a course at Ipswich a year later.

The new course for S E N’s was for two years with ten weeks in Introductory Block and then ½ day study a week. The ward sisters did not like the nurses being off the wards each week so it was changed to one day a fortnight. There were three ward based assessments, a written exam part essay and part multiple choice. Betty also had study sessions at the W N H. Betty enjoyed orthopaedics and teaching in equal measure. After the teaching course she became part of a team and taught students as well as pupils, mainly on the practical side. Betty said that the people that they had lost would have survived today with better equipment.

T B recovery was miraculous with the new drugs after the war. Streptomycin, Isoniazid and Para-amino Salicylic Acid. The system was to rest the affected joint, inter-vertebral, hip or knee. If it was T B of the spine the patients were in a plaster bed. These were made in the operating theatre. There was a pail of plaster of Paris cream, which was rubbed into layers of plaster muslin. This was left for half an hour, lifted off and sent to the boiler house to dry. When it was dry the cast would be trimmed and mounted on a wooden affair on wheels. The nurses padded it with gamgee with stockingnet over it and sewn top and bottom and round the hole in the middle. Then the patient was settled onto it and a turning case was made for the front so the patient could be turned every week to ten days. This required four porters to turn them over. They were transferred onto an empty bed to enable the nurse to look at their backs and if necessary to reline the plaster case. If it was a hip they had a double hip spica. The affected side was bandaged to the toe and the unaffected side was bandaged to the knee with a bar in between. And that was how the patients were turned. The patients used to go home on them.

The N&N had a very large catchment area as there was no Orthopaedic unit at Kings Lynn or Great Yarmouth. Miss Wyer was an orthopaedic nurse who worked in the community She used to go to the patient’s home and turn them on her own.

MOMENTS Betty found amusing

Mr Taylor, one of the Orthopaedic consultants, was doing a ward round and one of his patients was sitting in a chair with a blanket round him and he wanted him on the bed. Betty tried to lift the man's leg but he did not move. Mr Taylor said, "Excuse me Sister, but that's my leg you've got hold of!"

There were two side rooms on O B and one particular time there was a patient, an elderly gentleman with Parkinson's disease, in one of them. Betty had a part time staff nurse Ann Hewitt who wore swept up diamanté spectacles. She was always laying them down and forgetting where she had put them. This patient was Mr Taylor's and he went into the side room and saw his patient reading the paper with the diamanté spectacles. Mr Taylor said, "I don't think they are his spectacles are they?" Betty said "No, but I know whose they are"

Betty has given much of her time to the League. She was secretary of the League for many years until she took up teaching. Then she helped Janet Hardingham for several years and then was on her own for about twenty five years.

I think that we all owe a great debt of gratitude to Betty for her sterling work on our behalf.

Elizabeth Blaxell

Nell Tusting Celebrated her 100th Birthday on December 16th 2010.



100th Birthday



Another tale from Dorothy Coleman

Reading the latest journal I was reminded of an incident that I had almost forgotten. Mrs Frost's account of night duty at the Jenny Lind and having visits from the local police made me wonder if they began after a happening during my spell of day duty in 1936.

At odd times tales were told of a prowler in the grounds at night but no evidence backed up the stories. However one night Sister Harrison Taylor and the night nurse were tending to a little boy when he said, "Who is that man at the window?" The man had vanished before the nurses saw him but his footprints were under the window and fresh shavings had been cut from the wooden windowsill. The police were informed. From time to time the police watched at night but never saw him although the nurses saw him on several occasions. It was felt he had inside information re the police and the nurses.

Night sister and a nurse were returning from Pym House when they saw a man dodge into the shadows of the porch. Sister Harrison Taylor bravely challenged him. He said he was a plain clothed policeman and had been sent to see if any thing happened if he came unannounced.

When sister asked for identification he had none as he said he had left it at the station. He was taken to sister's office where it was confirmed that his story was true. There was a sequel to the story, which is almost an unbelievable coincidence but is really true.

One of the night nurses was riding her bike with no lights back to the hospital. A policeman stopped her and got out his notebook to take her name and address. When she said she lived at the Jenny Lind he said, "Oh no! Come with me and I will lend you some lights and I never want to hear the name Jenny Lind again." It was the same policeman who had been caught by night sister!

After Training Days

It was about 1950- I was married (having met my husband on Orthopaedic Block) and living in Sutton on Hull, N. Yorks. Out with the pram round the village and I came face to face with Miller, whose name was then Duffil, pushing a pram! We recognised each other immediately. She had very striking blue eyes and she remembered my funny legs! She had married a fighter pilot. Then she told me that another of our nurses was living within half a mile of us (Mary Comyn; married to a Custom's officer) So we had many a happy meeting, swapping tales of the N&N. Later Miller remarried and moved away and Comyn went to Dover Court. But what a coincidence! I bet we were the only N&N nurses living in Yorkshire within a stones throw of each other. I remained in Yorkshire, but I still hanker for the Norfolk air!

E.L. Silvester nee Larter

“I remember, I remember.....

First meeting, new uniform with starchy collars.....(chaffing necks)

Miss Varney and PTS! And I sinnedI sat the dummy on a rubber sheet to demonstrate catheterisationMiss Hales blood pressure soaredhow guilty did I feel (Not a lot !)

Bedpans, bottles (not beer) and the sluice, glorious sluice to hide when Matron prowled! First ward and Oh, that hateful phone and supercilious housemen and haughty staff nurses (were we like that ?)

Night duty and tiredness, morning meetings for coffee, gossip and music.

“I remember, I remember.....

Jazz clubs and jazz band balls, bottles of beer, parties, climbing through windows praying that night sister was tucked up in her office.....(grateful thanks to all lovely policemen who would give us a “leg up”). Days hitching to London, Cambridge and anywhere that took our fancy.

No money but life was sweet.....

“I remember, I remember.....

An Xmas on Gannon ward when Anglia Television came to make a programme. Days of great activity, cable, cameras and passable men! A great distraction for children and nurses!

Being called back to the ward during a 2-5 break with instructions to wear a clean apron.....soon all was revealedI was to be the student nurse interviewed for the programme!no time for stage fright!

PS. Never did see the programme as television was way down on social priorities. Could it still be lurking in the archives?.....

“I remember, I remember.....

Exams, yes we actually passed exams! It then all came to an end, we had our black belts and frilly caps and suddenly we were those haughty or not , Staff Nurses who could flirt or not with housemen and registrars and did not have to sign ourselves in or out on an evening.

Sadly, we all went our separate ways, but many years later Norfolk beckoned. With wedding ring and children and much of life to tell, met up again with old friends and the dear Nurses League.....

Jill Greengrass (Cook)

MARY ANNE CLARKE - (nee' Kew) S.R.N. S.C.M. - 1975 - 2003

My era at the Norfolk & Norwich Hospital witnessed the transition from the old to the new, but it will always be the N & N to me.

In December 1974 at the age of eighteen, I decided that my first choice of occupation as a Hotel Receptionist was not the direction I was destined to pursue, so I made the bold decision to apply for Nursing.

My interview was held in the Teaching Centre on the far right side -later to be the Radiotherapy Dept. I came with my parents, from my home town of Hunstanton. I remember going upstairs to a room on the first floor, where their main concern seemed to be my dermatitis rather than how academically qualified I was. I was accepted by passing the entrance exam, as my two O levels and six Certificates of Secondary Education were not sufficient then. They certainly wouldn't be now. I began my General Training on Ward 4 - Male Surgical in January 1975. We wore the original uniforms with starched aprons and caps, different colour belts for each year and the beautiful nurses buckles. These were soon replaced (to our dismay) by the J Cloths with "hot" disposable aprons, not as smart, but easier to wash and iron. Nightingale wards with stainless steel bedpans, which were kept in the sluice at the end of the ward (right corner). There was no day room. The only single rooms were near the entrance, where patients were transferred if they became poorly. The reasons were so Sister could keep a closer eye on their condition as her office was close by and for an unobtrusive exit if they were unfortunate enough not to recover. The Nurses Station was in the centre of the ward, so you could observe all other patients easily and have fresh flowers as a homely touch (before Infection Control regulations).

We used to sit outside the Nurses Home near the fishpond whenever we could and socialise in our dayroom at the entrance of the Alexander Nurses Home. The Warden's office in the Leicester Home was reached by a very brief walk outside. I lived in the Alexandra Home on the ground floor, which had wooden blocks on the window to stop intruders gaining access. Boyfriends were not allowed but did manage to sneak in at night, woe betide us, if we overslept.

My future husband and I used to eat at the Chinese restaurant in the multi-storey car park at the top of St. Stephen's road (still there). He slept in his car (near the Milk Marketing Board on Ipswich road), in all weathers on his days off, because we thought it too risky for him to stay with me. We had a small kitchen on each corridor of about twenty single rooms - all smaller than my two sons rooms at University in recent years.

We used to go to the Doctor's "Reviews" amateur dramatic productions which were hilarious, held in the Teaching Centre. Miss Tungate was our practical tutor where we learned hospital corners and how to "blanket bath" a patient in bed. These sessions were held at the back of the Nurses home, which later became

Occupational Health. For my second placement, we first years were moved to the West Norwich Hospital, whilst the “New” General Block was being opened in mid 1975.

We were allocated to each ward for eight weeks, followed by four weeks theory in “School”. Lectures were in the Teaching Centre classrooms. Real skeletons were used to teach Anatomy & Physiology. No power point presentations or multiple choice questions. Dissitations were known as essays or projects. No computers either!

Eaton Ward was also surgical, but women for a change - no mixed wards. Sister Jude ruled. I spent most of my time there on night duty. On days, we were expected to know the diagnosis of every patient by heart. Then, I went across the road to Mancroft ward for medical experience. The building stood detached, more like a convalescent area, with a piano and flowers. It was originally part of the Isolation Hospital. The Staff Canteen served a delicious homemade curry. We lived in the WNH Nurses Home from where my engagement ring was stolen.

On return to the “new” General at the N & N, I moved from Gannon (Children’s Surgical) to A & E (where one of the GP’s at our village surgery was then a Medical Student - Dr. Harleston - I later worked with his wife in Midwifery - Benny Muter).

Orthopaedic ward (Acle) & theatre, Brooke, Alington & Hethersett wards - all named after Norfolk villages.

I liked Elective Orthopaedics, as we were able to see patients recover and go home. So I worked on Barford for my Post-Registration year which in retrospect, I might have been quite content pursuing!..

My original plan though was to become a Community Midwife caring for families in the countryside. With my maternal streak (I had twenty dolls) I felt drawn towards Midwifery. In those days, midwifery was a help to gain promotion and to be “dually qualified”. Maybe it was meant to be, as I remained there for the next twenty one years.

Doreen Oates was my Midwifery Tutor who guided us in a comforting, motherly manner. It was great to meet her again at the “Archive Day” (different surname now).

Jo Pearson was my other main tutor. After qualifying I rotated for four years - 1980 - 1984 as was expected then - 6 months Ante-natal clinic, 6 months ante-natal ward, a year on delivery then six months on the post-natal ward - of which there were two, Ranworth & Surlingham. Ante-Natal was Salhouse - all named after Broadland villages.

John Carron-Brown was the Senior Consultant, Rick Warren was a newly qualified Doctor. We used to call Mr. Simon Crocker - "Crock-pot" (after Slo-cookers).

Sister Larter was in charge of Delivery Floor nine, Ann Ingram - DF8 Days. Shirley Daynes & Val Wong worked alternate weeks of night duty. Sister Dennis was in charge of Rockland & lived in the Nurses Home. Sister Jane Grimmer was on Hickling. These were the two Gynae wards. Marie Cranna was Sister on Salhouse - the Ante-Natal ward - she is friends with one of the people I care for now. Marie retired to Scotland & enjoys gardening. Linda Greenacre & Carol Mutton went out to the Community. Carol is now at the helm of the James Paget's Maternity unit. Mrs. Thompson (Mrs. T) and Dawn Kingston followed in Miss Le Messurier footsteps as Nursing Officers in charge of the unit at night.

Delivery was over two floors - DF9 (on the 9th floor at the top) was open twenty four hours but DF8 below only had mothers whose labour was to be induced for potentially straight forward reasons -like postmaturity. (Term + 10 days). Their membranes would be artificially ruptured with an amnihook (like a large crochet hook). If after two hours of mobilisation labour had not established, a syntocinon hormone infusion would be commenced which often led to an epidural. Contractions were more painful than natural ones which the babies sometimes did not like either.

DF8 closed in the afternoon till the next morning due to reduced staffing levels. This meant that when we moved mothers in labour, they often needed to be moved on the heavy obstetric beds.

The post-natal wards were my favourite - before the days of "Rooming-In" We could bottle feed & settle babies to sleep at the Nurses station. Also as it was not as busy, we had time to individualise care.

My first son, Adam, was delivered by Peggy Archer as a Domino - Sister Larter sutured my episiotomy. Oliver was six weeks prem - delivered by Judy Roper & Eve Franklin.

Whilst Adam & Oliver were children, I worked two nights a week. We were a great family of colleagues all working opposite each other to fit in with our husband's work patterns.

When my husband was made redundant I returned to day duty to increase my salary. Full time days seemed more demanding than a decade before. The next "new" N&N had finally been completed towards the end of my time in the Mat Block. Moving Day was certainly one I can't forget I sometimes wish that I could. I was working on Delivery at the "old site".

We had a mother in labour with twins & Pre-eclampsia who eventually safely became post-natal by Caesarian in the afternoon. The removal men were blocking the corridor of DF9 with items to move (awaiting transport). We, as midwives just kept thinking what if the mother or babies condition suddenly deteriorated. How could we rush her to theatre? It reminded me of a night when we had been quiet (Shirley had been knitting an elaborately patterned jumper) and Val was curled up dozing in her armchair in the corner (it must have been “change-over” night). Suddenly a pregnant women walked in with the umbilical cord between her legs. We, of course all teamed together and a healthy baby was delivered by Caesarian soon afterwards.

Anyway, the other significant point about leaving what had been our workplace for the last twenty years or more for some, was that we wrote on the walls (as it was about to be demolished) “This is only bricks & mortar, it is the people that make the place”. BUT I’m not actually sure that completely followed thru’ - quite a few of us left the “new site” as the atmosphere seemed to change in it’s vastness and formality, accompanied by the increase in technology and number of deliveries.

I got to within three weeks of “going out” as a Community Midwife but we had to stay in to keep staff numbers up on Delivery instead.

I therefore did the Return to Practise General Nursing refresher in September 2002. I worked as a Staff Nurse until I made another bold decision and drew out my pension two years early at the age of fifty three. I am now coasting towards retirement FINALLY IN THE COMMUNITY - caring for folks in their own homes.

MAC - April 2010

Changes to Membership.

New Members.

Mrs J.M. Barker nee Cann 1958-61
Mrs. A. F. Coles nee Richardson 1961- 64
Mrs. D. Collins nee Stopper 1986-89
Mrs C. Edwards nee Broughton. Service.
Mrs M Goodwin nee Davidson 1972-75
Mrs. S Gorick nee Scarfe 1982-85
Miss J. T. Grimmer 1968-71
Mrs G. R. Haney nee Ezekiel. Service
Mrs. J.K. Harman nee Bradley 1971-74
Mrs S. Harmer nee Houlston 1967-70
Mrs. G Houston nee Fare 1968-71
Mrs K. P. Johnson nee Rose 1976-79
Mrs J. M. Keeler nee ?? 1997-200
Mrs. J. M. Kitchener nee Adam 1970-73
Mrs. G Parfitt nee Bramble. Service
Mrs M. R. Perry nee Shaw 1968-72
Mrs P. A. Reynolds nee?? 1961-64
Mrs. M.J. Simmonds nee Buck 1961-64
Mrs. S.M. Unwin nee Mann 1968-71
Mrs. S. A. Wild nee Harrison 1957-60
Mrs. E. Wyatt nee Pearson 1967-70

Changes of Name.

Mrs. L. E. King, formerly Gibb nee Prentice
Mrs. V.F. Rowsell, formerly Russell nee Rowsell.

Deceased Members.

Mrs. B.A. Capocci nee Cooper 1957-61
Mrs S. A. Cook nee Moy 1945-48
Mrs. G. Foulger nee Pert 1939-41
Miss A, Hayward O.B.E. A.R.R.C. T.D. 1935-38
Mrs. J. Ives nee Darby 1936-39
Mrs E. T. Jamieson nee Archer 1935-38
Miss D. King 1942-45 (Addenbrookes Hospital.)
Miss Murray 1936-39
Mrs J. Ryder nee Maykins 1945-48
Mrs.I. P. Syperek nee Turner 1943-47
Mrs K. Hunton nee Boardman 1953-57

Information please re change of address for Mrs. J. A. Rivett nee Andrews 1967

Please would members inform the me of any change of details to enable the Membership list to be updated.

A revised list will be available from the membership secretary after the AGM at a cost of £2. Cheques made payable to The Norfolk and Norwich University Hospital Nurses League. Thank you. Betty Lee. Membership Secretary.

Obituaries

Joyce Ryder Nee Makins 1945-1948

It is with sadness that I write to tell you of the death of my mother Joyce Ellen Ryder nee Makins on February 2nd 2009.

Mum trained at the Norfolk and Norwich Hospital as an SRN in January 1945 to 1948. She won the Jack Caruthers medal for General Proficiency in 1948.

She had trained at the Thorpe Hospital as a Registered Mental Nurse in May 1944. Mum went on to train as a Midwife in Plaistow, London and returned to work at the West Norwich Hospital. After this she went to the Cromer Hospital and left when she married in 1954. Mum completed her nursing career as a midwife at St Leonard's Hospital Sudbury Suffolk in 1978.

Mum enjoyed the Nurses League annual meetings and seeing her friends and colleagues. I noticed in your Anniversary Journal an obituary to Beulah Gray who was a friend of my mother and followed her to Plaistow. Mum also kept in touch with Pat Dyer in Australia.

Mum leaves her husband Peter, two sons, six grandchildren and myself. The caring tradition is continued by myself a RGN and Occupational Health Nurse and my daughter as a Chartered Physiotherapist.

Patricia (Trish) Whittle RGN, OHN

Stella Cook Nee MOY 1945-1948

Some members will remember Stella as a staff nurse on Ward 7 of the old Hospital Following her marriage she later returned to work at the Surgical Clinic in St Stephens Road Out Patients Department.

On retirement Stella travelled widely visiting Australia and India on several occasions. A number of members joined her many friends at the funeral service held at Colney Woodland Burial Park.

B.L.Lee

Dorothy King 1942-1945 (Addenbrookes Hospital)

On returning to Norwich Dorothy worked as a Staff Nurse in the St Stephens Road Casualty Department from 1947 to 1970 until she became Sister in charge of Mousehold Ward for the Elderly at the West Norwich Hospital.

Dorothy had many interests including helping the well known family firm with repairing, cleaning and restoring stained glass.

For years she arranged the flowers for the Leagues annual services and meetings also acting as hostess, together with Miss Janet Hardingham for morning coffee.

Several Trustees and members joined Dorothy's surviving sisters Marjorie and Hilda, other relatives and her many friends at the funeral and Thanksgiving Service at St Trinity Church, Norwich.

B.L. Lee and J. Hardingham

Obituaries

Audrey Hayward O.B.E. A.R.R.C. T.D.1935-1938

A very long time League Member Audrey knew both Miss Jackson and Miss Stolworthy as Matrons. The latter encouraged her to join the Territorial Army Nursing Service resulting in over seas postings during the 2nd World War. She continued in the T.A. Until 1972 retiring as a Lieutenant Colonel.

In civilian life Audrey eventually became Chief Nursing officer for the Croyden District.

The honours awarded to her her were in recognition of her distinguished service to the nursing profession in war and peace.

B.L.Lee. (from information supplied by Miss Haywards nephew.)

Mrs Isobel Syperek nee Turner 1943-47

My sister married a Polish fighter pilot on leaving the N&N hospital and went to live in Canada where they had a family of four children.

She returned to nursing as soon as she was able and worked mainly with the patients of her own Doctor.

She died after a long illness on January 3rd 2005.

Clare Cakebread

Barbara Capocci nee Cooper 1957-61

Barbara was born in Wells –next-the –sea and attended Fakenham Grammer School. Her nursing days started in 1958-1961. Once qualified Barbara did further nursing in Orpington, Kent, Canada and Bermuda.

She came back to Norfolk and found work at Debenhams Department store as an industrial nurse. Then she became an Occupational Community Health Sister, which she really enjoyed. I, Wendy, being a Community nurse in Wells, met her several times for our health checks!!

Due to ill health Barbara retired in the mid nineties. Her love of jazz became her new way of life (as her husband Mike is a jazz musician).

Barbara had a wonderful send off at Colney Wood burial ground, followed by a jazz evening (which she had arranged) at the Green Man, Rackheath Rest in peace Barbara.

With our love and great affection.

Joan nee Randell. Yvonne nee Morse. Monica nee Clarke. Frances nee Barnes.

Pat nee Millar. Wendy nee Seely

And many others whose lives she touched.

80th BIRTHDAY COMMEMORATIVE MUGS

Members who were unable to attend our meeting on July 24th 2010 should have received a commemorative mug either by post or personal delivery. Please get in touch if we missed you out.

Lavinia Gordon-Gray

Thanks for my mug!

Janet Steele kindly brought me my lovely commemorative mug today. I am thrilled with it and it will take pride of place next to my 200th anniversary N & N.

Adeline Sands 1947-50

Thank you all so much for the beautiful mug. What a long time -1941- since our set arrived to be greeted by Sister Taylor for her the first experience of an N&N intake.

Dorothy Piper nee Sweet 1941-45

Today I had such a lovely surprise in the mail – A N&N League mug. I was very touched and wept a little weep filled with nostalgia and fond memories of the old N&N. I am as old as the League this year and some things you never forget. Thank you and God bless you all.

Margeret Dunlop 1949-52 Ontario, Canada.

Would you please convey my thanks to the League Committee for the lovely mug which arrived last week. Seeing the mug illustrated in the Journal my first thought was “how do I get one” It now has pride of place in front of my journals dating back to 1949. May I also thank the editors for the very interesting 80th issue. Patricia Dyer 1945-48. Victoria, Australia.

Thank you so much for the delightful N&N mug which arrived safely and intact. Needless to say I was delighted to receive it and even more surprised that it survived the hazards of travelling by modern mail services. I also appreciate the annual magazine it is always of interest.

Carrie White 1949-52

What a surprise when I returned home from the Doctors. A parcel on the doorstep containing the lovely Nurses League mug. I was very pleased to receive it. Sorry I was not at home.

Dot Pummell 1949-52

This is a small sample of the many letters we received about the mugs.

A Little Word that Means A Lot

Lovers of the English language might enjoy this—How do non-natives ever learn all the nuances of English??

There is a two letter word that perhaps has more meanings than any other and that is the meaning of UP!

It's easy to understand “ UP” meaning towards the sky or at the top of the list, but when we awaken in the morning, why do we wake UP??

At a meeting, why does the topic come UP? Why do we speak UP and why are the officers UP for election and why is Up to the secretary to write UP a report??

We call UP our friends and we use it to brighten UP a room ‘polish UP the silver, we warm UP the leftovers and clean UP the kitchen. We lock UP the house and some guys fix Up the old car!

At other times the word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite and think UP excuses!

To be dressed is one thing, but to be dressed UP is something special, and this UP is confusing.

A drain must be opened UP because it is blocked UP.

We open UP a store in the morning and close it UP at night .We seem to be pretty mixed Up about UP!!

To be knowledgeable about the proper use of UP, look the word UP in the dictionary.

In a desk size dictionary it takes UP almost 1/4 of the page and can UP! If you are UP to it, you might try building UP a list of the many ways UP is used .It will take UP a lot of your time but don't give UP, you may wind UP with 100 more!!

When it threatens to rain we say it's clouding UP and when the sun comes out it's clearing UP. When it rains it wets UP the earth! When it doesn't rain for a while, things dry UP.

One could go on and on, but I'll wrap it UP for now my time's UP so time to shut UP—Oh—one more thing!!

What is the first thing you do in the morning and the last thing you do at night??
U P.

Betty Silvester

The image shows the exterior of a large, multi-story brick building, likely a university. The name "Norfolk and Norwich Un" is visible on the upper part of the facade. In the foreground, there is a modern, glass-enclosed entrance canopy supported by metal pillars. A person is walking towards the entrance, and other people are visible near the glass doors. The sky is blue with some light clouds.

orfolk and Norwich Un