

NORFOLK & NORWICH  
UNIVERSITY HOSPITAL

NURSES LEAGUE  
JOURNAL



2012



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

**EXECUTIVE COMMITTEE AND TRUSTEE MEMBERS.**

**Charity Registration Number 290546**

2011 - 2012

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**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 do hope you find this year's journal interesting. Once again we have included some photos of members enjoying themselves at last year's reunion.

It is quite a challenging task to make your journal interesting and we thank everyone who contributed this year.

Please may we have your articles for next year by email if possible and as a Microsoft word attachment. If you do not use the computer just send by post and the nice postie from Royal Mail will give it to us!

Elizabeth Blaxell  
elizblaxell@hotmail.com

Doreen Betts  
doreen.betts@ntlworld.com

47 Long Barrow Drive  
North Walsham  
NR28 9YA

4 Hall Road,  
New Costessey,  
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## A MESSAGE FROM THE PRESIDENT

Welcome to another edition of the League Journal. I would like to thank the committee and members of the League who were present at our last AGM for giving me your trust and support to continue as president for a further, and final, three years. I will endeavour to continue to uphold the objects of the League, working closely with committee members whose commitment and hard work has again turned a demanding year into a rewarding one.



Since we last met a sub-committee has been established to look at the most appropriate way to manage our heritage and memorabilia. The committee is led by Vivien Aldridge and chaired by Maggie Flatman, an independent chairman who has no connection with the League. Research has shown that a similar committee was set up in 1994 for the purpose of safe-guarding historical nursing objects that are an important part of our professional heritage. To date I have been unable to find any reference to their findings so we are beginning from scratch!

I have met with Nick Coveney who was appointed Director of Nursing to the Norfolk and Norwich University Hospital last May. He expressed his interest in the activities of the League and has agreed to come to our next AGM to introduce himself and to talk about his role within the Trust.

Following the success of the AGMs in 2010 and 2011 it has been agreed that we will again have the Service and the AGM in the Benjamin Gooch Hall with tea served in the Deli restaurant.

I make no apologies for including the following paragraph again this year as I am acutely aware of the financial constraints some of you may be under in this present economic climate.

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 you think you know of anyone who might qualify for help, please complete an application form obtained from the Honorary

## **Cont. A MESSAGE FROM THE PRESIDENT**

Secretary and return it to her. 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.

I am writing this in January but by the time the journal reaches you, thank heaven, spring will be fast approaching and the evenings will be lengthening. A time for all of us gardening enthusiasts, of which I know there are many, to get busy with planning and planting for the summer.

This year's **AGM is on Saturday, 12th May** so I look forward to seeing you then.

Would those members who are coming to the AGM bring a pen/pencil and a small piece of paper with your name clearly written on it. Many thanks.

Very best wishes,  
*Lavinia Gordon-Gray.*

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## **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*

**Norfolk and Norwich University Hospital Nurses League**  
**Year Ended 31st March 2011**

Income and Expenditure Statement

|                          | 2010/11         | 2009/10                    |
|--------------------------|-----------------|----------------------------|
| <b>Income</b>            |                 |                            |
| Annual Subscriptions     | 925.00          | 811.00                     |
| Donations                | 1,281.85        | 1,845.00                   |
| Sale of membership Lists | 16.00           | 6.00                       |
| AGM Chapel Collection    | 517.00          | 265.00                     |
| Sale of Mugs             | 627.40          | 1,567.50 Members Mugs      |
| Interest received gross  | 2.56            | 2.68                       |
| Gift Aid tax relief      | 388.92          | 336.35                     |
| Income from Investments  | 656.94          | 666.50                     |
|                          | <b>4,415.67</b> | <b>5,500.03</b>            |
| <b>Expenditure</b>       |                 |                            |
| Christmas Benevolent     | 431.91          | 391.04                     |
| Flowers/Gifts/Grants     | 226.22          | 88.47                      |
| Wymondham Pabulum Cafe   | 517.00          | 265.00 Benjamin Foundation |
| Journal                  | 1,900.00        | 859.00                     |
| Postage (journal)        | 342.94          | 95.04                      |
| Other postage/stationery | 380.04          | 187.38                     |
| Archive/Heritage         | -               | 27.09                      |
| Catering                 | 33.02           | 13.10                      |
| Petrol                   | 88.92           | 216.04                     |
| Legal Fees Name          | -               | 442.00                     |
| 80th Expenses            | 561.93          | 2,806.00                   |
|                          | <b>4,481.98</b> | <b>5,390.16</b>            |
| Surplus/(Deficit)        | <u>(66.31)</u>  | <u>109.87</u>              |

**BALANCE SHEET**

|                               |                  |                  |
|-------------------------------|------------------|------------------|
| <b>Funds Brought forward</b>  |                  |                  |
| 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        |
|                               | <b>23,205.99</b> | <b>23,096.12</b> |
| Surplus/(Deficit)             | <u>(66.31)</u>   | <u>109.87</u>    |
|                               | <b>23,139.68</b> | <b>23,205.99</b> |
| <b>Funds Carried Forward</b>  |                  |                  |
| Barclays Community Account    | 2,971.35         | 3,040.22         |
| Barclays Instant Access saver | 5,168.33         | 5,165.77         |
| Unit Trusts & Investments     | 15,000.00        | 15,000.00        |
|                               | <b>23,139.68</b> | <b>23,205.99</b> |

Hon. Treasurer M.R. Dolding Date 22/04/11

Mrs M R Dolding

Hon. Independent Examiner Brian J Allerton Date 22 April

Mr Brian Allerton

## THE REUNION, A DAY TO REMEMBER

With a change in plans for my visit to Norwich and to attend the NNUH nurses reunion on the 7th May 2011, which I was determined to attend, I had worked it out with a very helpful ticket clerk at the Southampton Parkway railway station, all the train times and connections for my day return visit to Norwich.

With a very early start in pouring rain, I set off and was surprised to see two men wearing their Canary Norwich City Supporters football tops on the platform too. Norwich City had already gone up into the Premier League, and were playing their last game of the season in the Championship at Norwich. I also met a nurse who was most helpful once we had got to Waterloo who told me the best Underground station to change for Liverpool Street station.

Arriving at Liverpool Street in good time, I managed to catch an early train to Norwich and again sat in the same carriage as the Norwich City Football supporters from Eastleigh and also with a large group of Norwich City football supporters from London who were already celebrating and happy but were very well behaved and polite.

On reaching Norwich the sun was out and it was a warm day. Norwich had a lovely feel about it and people seemed relaxed and happy and asking the bus numbers I was very politely informed which ones to take.

On the way to the hospital, I had very memorable views especially of the old N&N hospital and memories flooded back of my visit, again by train from Ely and bus with my mother for my interview with Miss Watson, the Matron in 1949 and after my successful interview my long career in nursing began.

Matron Watson had arranged for me to undertake a post as a pre-nursing student at the War Memorial Hospital in Beccles for one year and seven months. I started my training at the N&N in April 1951. I am forever very grateful and appreciative of this beginning to Matron Watson and to all the Sisters and Staff nurses and nursing friends who helped to make this possible for my eventual long and successful career in nursing.

After I trained I worked as a Staff Nurse in main theatre with Sister Griffiths and Sister Ranson and then on Ward 8 with Sister Freeman. I then went to Liverpool Oxland Street Maternity Hospital to undertake Parts 1 & 2 midwifery training. I then worked as a Staff Midwife at Mill Road Maternity Hospital in Cambridge.

*Continued...*

## **CONTINUED - THE REUNION, A DAY TO REMEMBER**

In 1960, with nursing friends, we travelled around the world all by ship and overland working in Toronto, in Calgary, Canada and then onto New Zealand working in Auckland and also working in Melbourne, Australia. A highlight was meeting again Ruth Nook, an N & N nurse and friend who married Mr. Jim Morley, a surgeon, who had worked at the N& N and they now have four children. Their twins were born whilst I was in Australia.

We travelled and saw so much of each country we worked in over those two and a half years.

On return, I worked at the Radcliffe Infirmary, Oxford as a Staff nurse. I then undertook a post-registration course in children's nursing at Great Ormond Street Hospital in London.

I then obtained a Sisters post on the surgical children's ward at the Radcliffe Infirmary for five years.

Then I went on to work in India as a nurse for four years with VSO working in Bihar and Maharashta. When I returned, I held posts as a Ward Sister at Sheffield Children's Hospital. My last post was at Southampton General Hospital 1978-1992 on the Paediatric Unit as a Nursing Officer and then Childs Health Services Manager.) (this is when I bought my first house and have remained ever since).

On the bus, I spoke to two ladies who were also travelling to the NNUH who were visiting their husbands. They both said that they wished the hospital was still on Newmarket Road. I explained the necessity of the move to a bigger site and was pleased when they both said that the care given to their husbands was excellent and the nurses were very kind and helpful and the wards very comfortable, light and spacious.

The reunion again was a big success and I appreciate very much the work the President, Lavinia Gordon-Gray and the Committee do throughout the year to make the event possible, and a very interesting day.

The talk given on Nelson's journey by Sophie Berry was very interesting and of great importance to parents and children and all those people who are involved with children. I couldn't help but reflect with the early death of our father and the effect this had on my mother, sister, two brothers and myself.

The reunion over again I travelled back to the railway station on the bus (with

*Continued...*

## CONTINUED - THE REUNION, A DAY TO REMEMBER

my supper in a paper bag, food left over from our tea) to catch the train back to Liverpool Street. Incredible as it might seem I again sat in the same carriage with the football supporters that I had travelled up with before. They were so happy and celebrating their win and going up into the Premier League. Halfway through the journey, one of the older supporters from London came over to speak to me. He said that he hoped they hadn't spoilt my journey. "No", I said, I'm also a Norwich City Supporter and have just attended my hospital nurses reunion in Norwich. He suggested that I travel with them on the Underground as they were also going to Waterloo Station and it will be very busy and I would be safer with them. I was looked after very well by them in their canary yellow shirts and, with their help, I even managed to catch an earlier train. Rushing down the platform, I looked back and there were my new friends waving me off.

Again a good journey with the two supporters I travelled to London with in the morning and after a very sunny and fine day in Norwich, it was still raining in Eastleigh.

Footnote: - if anybody reading this article is connected to NCFC I would appreciate it if my thanks could be passed on to the supporters from London who looked after me and were so supportive for my well-being whilst travelling from Liverpool Street to Waterloo Station.

*Annie van Ballegooijen (1951 – 1955)*

## SALE!

Commemorative Mugs.

80th Birthday Commemorative mugs reduced to £2:00 plus postage and package. Orders to the president, details at front of journal.

They will also be available to purchase at the AGM on May 12th.



*How can you resist  
such a bargain?*

## HERITAGE COLLECTION.

Many members of the League will be aware of the “Heritage collection”, some of which have formed small exhibitions at our meetings. The collection is quite large; it ranges from uniforms dating back to the 1920’s, to badges and medals. There are several albums of photographs showing the original Norfolk and Norwich Hospital celebrating events such as royal visits and weddings of the nurses. There are press cuttings regarding pertinent events, exam papers, text books and various items, some of which have yet to be accurately identified!

During 2011 it was decided that a small sub group should be convened to look at the collection and try to sort out a suitable future for it. Much of the collection is nostalgic and it was felt necessary to invite someone, not a nurse, to oversee the process to ensure that hearts did not rule heads but that the collection was a true reflection of the nursing history of the Norfolk and Norwich Hospital and also a credit to the league.

Maggie Flatman, a former retinal photographer, kindly agreed to help; she has experience of working in a clinical environment and also of being a patient. The other members of the group are Margaret Allcock, Liz Blaxell, Mary Dolding, Betty Lee and myself.

We have started work on the collection. It has been quite a learning curve for all of us.

We have learnt how to store old fabrics and books to prevent deterioration. We are cataloguing the collection and have obtained a computer based programme. We have also started photographing and describing items and hope to have a professional catalogue of the heritage collection that will be easily accessed by members through the website.

We will regularly update members through the Journal but if anyone wishes for more information please contact me through the website.

Vivien Aldridge

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### LONG DISTANCE DELIVERY

Vivienne Maeyers- Norkett delivering an 80th Anniversary mug during her trip to New Zealand.



*Was this the furthest  
away hand delivery?*



## COLLECTION OF MEDICAL EQUIPMENT.

Since our last A.G.M. the Nurses' League has been fortunate enough to be given a collection of medical equipment by Anne Alger nee Fouracre.

Anne commenced her General Nurse Training at St. George's Hospital, Hyde Park Corner, Tooting and Atkinson Morley Hospital, Wimbledon from January 1960 ~ March 1963. In 1971, Anne started her Part 1 Midwifery course at the Norfolk and Norwich Hospital Maternity Block, situated on the corner of Union St. and Wessex St. She went on to take her Part 11 at Northgate Maternity Unit, Great Yarmouth, qualifying as a midwife in September 1972. Whilst Anne's three children were very young, she reduced her hours, working part time at the unit for 10 years. In 1992, Anne's career brought her closer to home where she became a Community Midwife at Carlton Colville, Suffolk, retiring in 1996.



I trained in the early sixties and do not recognize some of the items of this lovely collection which Anne has bought or been given as presents over a number of years. There may be members attending this years A.G.M. that would be able to name some of these items or inform us of the decade in which they were used.

Prior to our meeting in May, I plan to research some of these items that I recognize, which Anne has kindly donated. However, we would welcome any information on this equipment.

The items will be displayed outside the Benjamin Gooch Hall prior to the Chapel Service where you can view them from 12.30 pm onwards and if possible add more information. Anne has been invited to the A.G.M as a guest but is away on holiday so she had to decline the invitation.

Our newly formed Heritage Sub Committee led by Vivien Aldridge, have begun the long process of cataloging the items the League has collected over the past eighty years. Later this year, we intend to photograph and catalogue the items

*Continued...*



of uniform we have stored at present. Our intentions are to dress a manikin in some of the uniform. Apart from the shoes we have a complete 1920's uniform donated by Mr and Mrs Howell. The League has most of the uniform worn in the 1960's but we are missing a grey dress worn at the time,

in order to dress a manikin of that era. Can anybody loan or donate a grey dress please?

It would help us with cataloging if any information could be given if you were the first or last sets of nurses to wear the different changes of uniform worn over the years. Stripes for each year of training were issued which were sown on the sleeve of the uniform. Does anybody recall when these were replaced by the different coloured belts?



We have an Alice Long Silver Memorial Medal in our collection. In 1919, consultant physician Dr Sydney Long gave a sum of money as a memorial to his late sister Miss Alice Long. It was given to the nurse who was most proficient

during training and in their hospital final examination. In 1936, a bronze medal for proficiency was given by consultant surgeon Mr Carruthers in memory of his son Jock. Both medals were awarded at the annual prize ~ giving presentations. A newspaper cutting dated 1961, shows two of our members who were presented with these badges. It is thought that they were abolished in the late 1960's or early 1970's. If you were awarded one of these medals and can give us the date, it would help us to make our cataloging more accurate.

If you are unable to attend the meeting but can pass on any information, please send it with your subscription.

Thank you for any help you can contribute.  
*Margaret Allcock nee Zipfel. 1962~1966.*



## STORY OF NELSON'S JOURNEY

*A presentation by Sophie Berry the 2011 AGM.*

Back in 1986, Katie (4) & Hannah (2) Greensmith woke up one morning to find their mother dead in bed. Sadly they were alone in the house as their father was away at the time. They had been alone for several hours until their father, Chris, phoned. He soon realised something was wrong as Katie did not usually answer the phone as it was high on the wall. She had dragged a chair across the room and by climbing on to it was able to reach the telephone. It was because of these children's experience of losing a parent, with the consequent anger, confusion and distress that Nelson's Journey exists today.

Chris married again in 1988 and his new wife Kim, a qualified social worker, adopted the girls in 1990. In the mid 1990's she attended a local training course and learnt about Winston's Wish, a charity supporting bereaved children in Gloucestershire. Several people attending felt that a similar service should exist in Norfolk – so Nelson's Journey was born. The name chosen was to have a connection with Norfolk as this was where the service would be offered. As Lord Nelson was born in Norfolk it was thought to be a good starting point and it was only later that they discovered that he too was a bereaved child his mother died when he was 9 years old making the name even more appropriate.

Katie & Hannah were among the children to attend the first therapeutic weekend camp in May 1997. Today Kim is the charity's Chief Executive while Chris, Katie and Hannah, now in their 20's, are volunteers. The charity supports children and young people up to the age of 17 years.

The charity's mission is to increase the self-esteem and self belief of bereaved children in Norfolk, by enabling families to talk openly about death and bereavement and helping children to express and understand emotions. Their service also helps to provide education about causes of death, the events surrounding the funeral and provide children with opportunities to remember the person who has died. During 2010 they supported 200 bereaved children.

Child bereavement training is given to professionals who may find themselves having to give children support e.g., teachers, youth workers and Family Liaison Officers. 1:1 work is done for children with learning difficulties/behavioural problems or complex bereavement needs. They offer therapeutic residential weekends in Sheringham for groups aged 6-13years and 14-17years. These breaks cost about £1,000 per child. On these weekends they accommodate up to 18 children supported by around 19 volunteers and 2-3 staff members. The children arrive on

## CONTINUED - STORY OF NELSON'S JOURNEY

Saturday morning with their parent/carer clutching a photograph of the person/s they are remembering. They are split into three groups according to their age to be shown their bedroom and later to decorate their photograph, which is then stuck to the Memory Wall to join other photos brought in by the volunteers and staff. Meanwhile their parent/carer is invited to join the Parents and Carers Group where they will hear what the children will be doing over their weekend stay.

Outside activities are planned to build up their self esteem and so they can get to know each other. A glass Memory Jar is filled with salt and coloured chalk e.g. blue for eyes, happy yellow etc. giving them memories to take away of their special person. One activity which brings tears to everyone's eyes is the Candlelight ceremony. While sitting in a circle in a darkened room everyone, volunteers included, lights their candle for the person that has died and then each person blows out their light and says goodbye. Tears and hugs are shared and for some it may be the first time they have cried. A bonfire and Night Walk immediately follow the candlelight ceremony to bring the mood on camp up again.

Sunday has other activities which includes a Doctor's Question Time when a Consultant Child Psychiatrist answers the children's questions regarding all elements of death such as 'What is a brain tumour?' 'Can I catch cancer?' 'Where has my Daddy gone?' Many questions they have been unable to ask before for fear of upsetting people. Often the bereavement worker asks if they could invite the child's parent/carer into the room to talk about what the child has said. Opening up communication within a family is an important part of the charity's work. Each child is given a grey 'hoody' jacket and leaves with a small teddy bear. The families are contacted about a week after each camp by the charity to monitor progress.

To aid funding most donations are from individuals, groups and businesses. The charity launched a regular giving campaign in August 2008 hoping to encourage individuals to make a donation of £2/month. During 2010 Nelson's Journey received an income of £185,000 – the most they have ever raised in one year but it cost £192,000 to run the service with no statutory funding available.

They currently employ 4 full-time and one part-time person which includes 2 bereavement workers who cover all of Norfolk

In 2010 the charity launched a 'Smiles Appeal' to purchase new accommodation, to be called 'Smiles House', on the termination of the free lease they had enjoyed for several years. Here they hope to expand their services to include a drop in service and a pre-bereavement service. Their target is to raise £350,000.

## FAQ's



### **Are the children allowed to pray?**

*The charity provides support to bereaved children regardless of their religious beliefs e.g. Christian, Hindu or no beliefs. Children are not asked to pray, if they wish to do this that is fine.*

### **Can they attend more than one therapeutic weekend?**

*It is rare for this to happen as they aim to provide children with the skills to cope with future bereavements.*

### **How many volunteers do you have?**

*There are currently between 35-40 with the majority helping on the therapeutic weekends. Others help at events or give talks to local groups.*

### **Are you allowed to give children and young people 'cuddles' on camp as they must get very upset?**

*Before attending camp, volunteers attend a two day training course during which they are informed of how to support children. It is recognised that children do get upset and so safe hugs can be given e.g. putting an arm around the child to comfort them in that way.*

### **How do you cope with children and young people from different cultures?**

*While recognising Norfolk is continuing to become a multi cultural society most of the children the charity supports are White British however they have supported others from ethnic minorities. All children are treated the same as at the end of the day they are bereaved and all require the same level of support.*

### **How does the charity look after the volunteers as they must get very emotional?**

*The support network is excellent and following a weekend volunteers are encouraged to swap telephone numbers in case they wish to speak to someone. The training they are given helps to prepare the volunteers as much as possible for what they will experience on the weekend and all is done to support volunteers following this.*

### **Why do you have a cat as your logo?**

*Nelson's Journey wanted to have a mascot for children the charity is named after the Norfolk hero Nelson and he had a cat on his ship.*

Nelson's Journey, Trafalgar House, 4 Meridian Way, Norwich, NR7 0TA  
(Charity number 1065775)

[www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk)

## **VOLUNTEERING AND WORKING PERMANENTLY WITH NELSONS JOURNEY.**

From volunteering to working in a permanent position as Child Bereavement Service Manager For Nelson's Journey gave me the opportunity to contribute to a service that I had long thought of as very much the "poor relation" within services for children.

Child psychiatrist Richard Lansdowne wrote in 1985 "If we understand what they know, we may be able to communicate with them at an appropriate level." It was not sufficient for those at Nelson's Journey to have an understanding of the effects and consequences of bereavement for children.

Networking with professionals and agencies who work with the children on a daily or on a regular basis, it was apparent that their knowledge was limited. With this in mind I set up a training programme which included looking at the child's understanding of death, the mental and emotional needs and how and why it is important to support these children and their families.

A residential weekend could be classed as an "emotional roller coaster" for the children and the volunteers a like. Laughter, tears, hugs. Making new friends, physical prowess, Thespians in the making, doctors question time, the incredible sadness of the candle lit ceremony, toasted marshmallows and the night walk, incredibly hilly at the end of a long day!

So much to cram in but an incredible reward for all the hard work in the smiles hugs and waves as the children said goodbye.

It is important to remember,

We cannot prevent children from experiencing sadness, but our help can mean that they are supported rather than being alone. It is important for us to remember that children do survive trauma of loss and discover that life will continue and can be fun, but we do need to be there for them to achieve this.

*Jill Greengrass. 1958-61*

# Thanks!



## Nelson's Journey

A fundraising programme for children in Norfolk  
Trustee House, 6 Meridian Way, Norwich, NR7 2TA.  
enquiries@nelsonsjourney.org.uk Tel: 01603 441780

20 May 2011

Ruth McFadden  
Secretary Secretary  
The Norfolk and Norwich University Hospital Nurses League  
4 Highlands  
Old Cemetery  
Norwich  
Norfolk  
NR4 7EA

Dear Ruth,

Thank you for the generous donation of £263.80 collected during your annual meeting celebrating 41 years and at your AGM. We would like to thank you and all at the Norfolk and Norwich University Hospital Nurses League for supporting Nelson's Journey in this way. Your donation is extremely valuable as without such generosity we would not be able to provide our service.

We're delighted that you and your members found the talk delivered by Sophie Berry informative and interesting. Thank you for providing us with the opportunity to let you know a bit more about how we support vulnerable children living in Norfolk.

Yours sincerely,

Vellis

Yvonne Ellis  
Nelson's Journey



Norfolk and Norwich University Hospitals **NHS**  
NNUH Foundation Trust

23 June 2011

Lavinia Gordon-Gray  
President - NNUH Nurses League  
Oaklands  
66 Colney Lane  
Cringleford  
Norwich  
NR4 7RF

Fundraising Manager  
Trust Management  
Norfolk and Norwich University Hospital  
Wood Street, Level 6  
Colney Lane  
Norwich  
NR4 7YF

Direct Mail: 01603 281717

Dear Lavinia,

### Norfolk and Norwich University Hospital Fete

On behalf of the summer fete committee I would like to thank the NNUH Nurses League for their support at our summer Fete. Over 6,000 people attended on the day raising nearly £24,000.

The fete was held to support the expansion of our Neonatal Intensive Care Unit (NICU) for critically ill and premature babies. The aim of the appeal is to increase the number of cots in the unit rather than to send babies to other Intensive Care Units across the country when we reach full capacity. The demand for specialist care is rising, with NICU currently caring for over 850 premature and critically ill babies in a year.

Your kind support for these newborns and their families will help make a real difference in the care we can provide.

Yours faithfully

Beth Coley  
Fundraising Manager

## Hospital Fete and Open Day 18th June 2011

The Norfolk & Norwich University Hospital Trust celebrated it's first ten years at the Colney site with an open day and fete. The Norfolk & Norwich University Hospital Nurses League supported this event and helped to raise money for the "Cots for Tots appeal". Five Trustees attended on behalf of the League and used a small promotional display and raised £190.00 with two games (guess how many sweets in a jar and guess the name of the nurse doll). It also gave us a great opportunity to raise awareness of the League and meet some key people at the Trust who were really grateful for the support. It was hard work but a good day despite the bad weather. Those of us who helped look forward to doing it again!

*Mary Dolding.*



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## WYMONDHAM DEMENTIA SUPPORT GROUP (PABULAM CAFÉ)

Following a suggestion from Douglas Beattie the collection from the Chapel service in 2010 was to the Pablum Cafe at Wymondham which led to an invitation to join in their 2011 Christmas celebration was received by the League.

I attended as a guest with June Eke on behalf of the League.

We were very warmly welcomed and enjoyed an excellent Buffet. We chatted at length with the Staff and Carers and Douglas Beattie thanked us for coming.

We do hope that the Cafe will continue to be successful and ensure the future of the Support Group.

*Wendy Hobbs and June Eke*

## Hospital Badges



Following the report in the 80th Anniversary Journal 2010 we are pleased to report that we have found several owners of the 'lost' Norfolk & Norwich Hospital badges. There are six United Norwich Hospital badges and one Norfolk & Norwich Hospital 'certificated nurse' badge unclaimed. The Trustees have been asked many times in the past if there are any hospital badges being recast for sale. This has not been possible but the committee has agreed that the unclaimed badges, with names and date erased, should be offered to

Members using a sealed bid with a donation to the Norfolk & Norwich University Hospital Nurses League funds.

To place a sealed bid for one of the remaining hospital badges the cheque with your donation including postage should be sent to:

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

**With your full name, present address and dates of training please.**

The highest bidders will be sent the relevant Hospital badge and the unsuccessful Members will have their cheque destroyed unless requested otherwise.

**Strict closing date is April 28th, 2012**

*Ruth McNamara.*

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## IT'S A MYSTERY! CAN YOU SOLVE IT?

We have a framed painting of a nurse but have no clue as to where it came from.

Does anyone know who this is?  
Where it may have come from?  
Does anyone want it?

Please get in touch if you have any clues because without details it will not be kept in the archives.



Elizabeth Blaxell  
elizblaxell@hotmail.com

Doreen Betts  
doreen.betts@ntlworld.com

## **A BRIEF HISTORY OF DIABETES SPECIALIST NURSING.**

Diabetes has been recognised as an “ailment” since the times of the ancient Egyptians and I am sure that all nurses in training soon realise that people with diabetes get admitted to speciality wards that are not necessary diabetes wards, and that these patients often have special needs.

The first diabetes specialist nurses were appointed in America at the Joslin Diabetes Centre in Boston Massachusetts. Dr Elliott Joslin had an aunt who had diabetes and was one of the first patients to receive insulin therapy. He realised that education regarding diet, exercise and insulin was paramount to a better longer life for his patients. After the discovery of insulin in 1923 Dr. Joslin appointed “wandering nurses”, their role was to support and educate people with diabetes. These nurses must have had exciting lives, they worked all over New England and often stayed with families until things settled down and life for their patients returned to some form of normality. At this time insulin was fairly impure, needles for injection were large, used over and over again and injection abscesses were quite common. The nurse had to teach her patients to deal with all this, syringes had to be sterilised with surgical spirit. Urine testing was in its infancy. Hypoglycaemia was feared; life must have been hard.

The first diabetes nurses in the UK were appointed in the late 1960’s in Leicester, they worked with a physician who had a particular interest in diabetes and were given the role of educating people who had been diagnosed with type 1, then called juvenile onset diabetes. All of the these nurses appointed were trained health visitors as it was felt that the role was particularly around education and health promotion and health visitor training was a good starting point. Again the role was around insulin management, diet, urine testing and exercise. Glass syringes were still in use, insulin extracted from animals was the only available treatment and it came in three strengths 20, 40 or 80 units per ml. and the syringes were all printed as 20 units so maths was certainly needed to inject the correct dose. People with diabetes needed to learn how to store not only the insulin but also the equipment needed, the syringes, needles and urine testing kits. They were also given balance scales which were intended to be used to measure carbohydrate at each meal and snack so that the prescribed amount of carbohydrate was taken throughout the day, hopefully balanced against the prescribed insulin dose. Diabetes management was much prescribed, patients were not expected to change their insulin dose or deviate from the prescribed amount of carbohydrate.

## **CONT. A BRIEF HISTORY OF DIABETES SPECIALIST NURSING.**

In the mid 1980s there was a huge change in the management of diabetes, it was realised that people with diabetes needed more individualised management, more freedom to eat what they wanted. Insulin became more pure, “human” insulin became available, insulin strength was standardised at 100 units per ml. and pen devices appeared. With these advances basal bolus treatment became practical; this meant injecting quick acting insulin just before meals with long acting insulin taken at bedtime. This all made life more normal, dosing this way meant four injections a day but the pen injector was discreet, meal times were more flexible and life became far more normal. Education became even more important, eating regular amounts of carbohydrate was no more difficult but calculating insulin doses against carbohydrate intake and energy expenditure had to be considered.

Education for people with diabetes needs to be ongoing, if you have Type 1 diabetes that is insulin treated diabetes, you have to manage your diet, exercise and insulin dosing yourself. You also have to inform the DVLA of your condition and will only have a restricted driving licence; you must also inform your driving insurance provider. Certain professions are also not an option, the police and armed forces do not recruit people with Type 1 diabetes. The off shore oil/gas industry also has this policy. Until recently deep sea diving was also a no go area. Regular clinic attendance is required, retinal photographs are taken annually; feet are checked annually. Prevention of complications is the ultimate goal but with a good quality of life very important too. Diabetes does cause psychological problems for many people, it is impossible to have a “day off” from diabetes.

Specialist nurses mostly had contact with Type 1 diabetes but with the explosion of Type 2 diabetes over the past ten years and the younger age of onset much of the work of the diabetes nurses is now involved with Type 2 diabetes. Young people with Type 2 are being seen in adolescent clinics and have special needs. Type 2 diabetes needs blood glucose control but also weight management and blood pressure management to prevent some of the long term complications. Also young women need much education and support around family planning; this was not an issue in the past as Type 2 did not usually appear before the age of forty. All women with diabetes need education and support around family planning and pregnancy, these are high risk pregnancies.

In summary diabetes nursing as a speciality starting developing in the UK in the early 1980s, most of the specialist nurse’s work was involved with Type 1 diabetes. Now the work has become even more specialised. There are approximately

## **CONT. A BRIEF HISTORY OF DIABETES SPECIALIST NURSING.**

twenty diabetes nurse consultants in England and they have a variety of special interests. There are also diabetes nurse facilitators working mostly in primary care helping to run clinics and educate both patients and staff. Most diabetes specialist nurses have a particular area of interest and are producing research and information to drive forward diabetes care. Some of these areas include, diabetes in-patient care; ante natal care; paediatrics; foot care; young people; pump therapy; diabetic retinopathy; pathways and education (for patients and professionals); erectile dysfunction. I hope this gives an insight into how one area of nursing has over thirty or so years changed dramatically to improve the life of people with diabetes and also to increase the expertise of nursing.

*Vivien Aldridge*

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### **JANET WOOD 1941-44**

Janet was born in 1921 in Horningtoft, Norfolk. Her father had a building firm and later on became an antique dealer. He was also a churchwarden at Morston with Stifkey and knew the notorious Vicar of Stifkey, the Rev Davidson. She attended the local school and then at 11 years of age, went to school at Wells. She was nearly 16 when she left school and went to train as a nanny in a convalescent home for babies aged six months to three years, all from the East End of London. She stayed there for 18 months to two years and gained a Diploma of Nursery Nursing. She then went to the Friends School at Saffron Walden and worked in the sanatorium. Janet remembers one unusual parent whose child had constipation. She mother went outside and cut the grass with a pair of scissors and gave it to the nurses to give to her child. Her sister, who trained in London, visited Janet there and said, "This is a dead end job". Janet said she liked it because there was a good social life.

Janet was twenty years old when she started her training at the N&N under Matron Stolworthy, who was strict but very fair. This was during the war. Janet and her friend Betty Larter used to bath together to save water, as there was a 5 inch water allowance during the war. They took turns at the tap end. A nurse heard about it and said "If Matron knew you will be expelled" and they had no idea what she was talking about as they were both very unworldly.

Janet once went out with an American radiologist who took her to the theatre and she was very late in; past the curfew. Sister Buckton saw her and chased her and Janet hid in a laundry basket. They often used to skip supper to go out and would

## Cont. JANET WOOD 1941-44

drink two or three gin and oranges on empty stomachs and would get back late through the bottom window of the Nurses Home. She would not dare return by the corridor to her room so would often sleep head to toe in Betty's bed. The Forces would send out "passion wagons" to fetch the nurses to their dances on the camps.

When Janet was three months into her training on Ward 8 Sister told her to clean the ambulance so she proudly walked through Out-Patients with her brush and dustpan, and saw the ambulance outside. She opened the door and thought it was lovely and clean but gave it another polish. When she arrived back on the ward, Sister said, "Where have you been?" Janet said, "I have been cleaning the ambulance". But the "ambulance" was the blood transfusion trolley!



Sister Battey was in charge of the Eye ward and she had a cat called Sir Peter. Janet was a junior nurse and Sister told her to set the tea trays and one for Sir Peter. Janet thought she was joking, but she wasn't!

After training she went to the Emergency Medical Service at Black Notley then on to Coventry to be near her fiancé, Leslie, whom she later married. After her marriage Janet worked in a large nursing home in the theatre for two years. Leslie worked for Herbert's of Coventry and in 1953 they moved to South Africa where he was as a sales manager for seventeen years. They had two children, Tim and Sarah who was born in South Africa. Leslie became very ill with asthma and emphysema so they decided to return home and bought a bungalow in North Walsham. Leslie sadly died in 1977.

Although Janet has macular degeneration and is registered blind, she still lives alone. She has recently celebrated her 90th birthday and I was pleased to be asked to her party. She is a remarkable lady with a wonderful sense of humour, enjoys life and always looks extremely smart.

*Elizabeth Blaxell*

## *An Important Occasion*

As a vintage member of the Norfolk and Norwich Nurses League and now a “Saint Dunstaner,” I was amazed to receive an invitation to attend the Queens Garden Party at Buckingham Palace on July 12th, 2011.

As a true royalist and supporter of our Monarchy I was surprised, delighted and excited to receive it.



On the day I dolled myself up in my borrowed finery including a hat bought at our local charity shop and set off to Sherborne Station for Waterloo and thence by St Dunstan transport to Buckingham Palace.

In the grounds of the Palace the Queen, plus her vast entourage including the Duke of Edinburgh (a fellow nonagenarian) and the Duke of Kent, moved among her guests.

Having been informed that we were permitted to stroll round the gardens we did so and I particularly enjoyed the Rose Garden with its beautiful aroma.

Although unable to see I sensed the nearness of Her Majesty, long may she reign. It was a wonderful day and I felt it was my moment of glory!

*Jane Roberts (nee Burton) 1940-43.*

## ALDERFORD BELL - A WELCOME PORT IN A STORM

Looking through the October edition of "Lets Talk" I was delighted to see a photograph of Alderford Bell – now a private house. Lets Talk were asking if anyone was still alive today who used to drink there. I did but not as a regular.

During the war possibly in 1942 I had a half day off duty and cycled to Reepham to see my mother who had a drapers and confectioners shop on Towns End Corner. I intended to stock up on sweets, have a cuppa with my aunts and uncles, the Gibbs family and in the evening cycle back to the N&N where I had to be in by 10pm.

Nurses had to live in those days and strict rules had to be observed. If you were late and knew no one on the ground floor who would open the sash window and let you in you were in trouble and had to report to Matron's office in the morning.

As I left Reepham it began to drizzle and by the time I got to Alderford the heavens opened and I still had a long way to go.

In the distance search lights were scanning the sky and I could see the trace of the Ack Ack guns and a large red glow over Norwich, Norwich was being targeted again.

So I hopped off my bike and wheeled it into the porch of the Alderford Bell cautiously opened the door leading into the bar and asked if I could



shelter in the porch until the rain eased off.

What a surprise for the regulars, as young girls were not allowed unaccompanied into a public house. However one elderly gent said " come in my beauty and have drink on us" and I greatly appreciated a wee drop of I don't know what, being a proper novice! Eventually I got on my bike and pedalled "hell for leather" back to the N&N. I just made it, the Home Sister keys in hand was just about to lock up.

Thank you for bringing back such a happy memory.

*Anne Dickinson. Sheringham.*

*This was written in response to an article in the Lets Talk magazine and was published in the November edition. Anne thought we would like to share her memory in the Journal. Many thanks Anne these are just the kind of contribution we like. Anne describes herself as a league senior and trained 1942-45.*

*Alderford Bell Circa 1960.*

# I MAY HAVE A WHAT?

## (A Patient's Perspective)

Towards the end of 1990, at the age of 56, I began to experience the usual symptoms associated with prostate problems. (we men have a lot to put up with!). “Not surprising in view of your age” said my GP after his examination.

I was referred to a Urologist and a few days later found myself being examined by Mr. X. After no more than one minute, he announced that my problem was far more interesting than prostate. “You may have a schwannoma” he announced. “You will need a MRI scan and we then can see what has to be done”.



I did some research and discovered that a schwannoma is a rare, slow growing benign nerve sheath tumour composed of schwann cells which normally produce the insulating myelin sheath which covers peripheral nerves.

Not long afterwards I went for a scan and was a bit concerned when I walked past an enormous trailer in the car park, which seemed to be vibrating and from which I could hear a sound a something like a pneumatic drill. This was a mobile MRI scanner.

I was invited to lie on a trolley, which moved slowly into a tube which was just about big enough for me to fit into; or so it seemed! I was handed a pair of headphones and asked what kind of music I preferred. Also a panic button, and reassured that I would be taken out from the tube quickly if I had an attack of claustrophobia, and advised not to open my eyes. The operator kept me informed of progress through the headphones. Then the vibration and a loud drill-like noise began. This stopped from time to time for the operator to reassure me that all was well and it wouldn't take much longer. About forty minutes later it was over and the bed and I emerged from the tube.

Another visit to my consultant confirmed that it was indeed a very large schwannoma in the lower abdomen, about the size of a melon, which had probably been growing for 25 years or so and had squashed everything in it's path, including my bladder. The MRI pictures were very clear and showed the

tumour looking like a speech bubble, emanating from nerves at the base of the spine, passing through the sacrum and growing into the abdomen. It had eroded some bone during its journey. An operation was necessary and this was planned for January 1991 in the N & N.

Christmas 1990 was not my best, and later, Mr.X told me that the forthcoming operation had dominated his thoughts during the festivities. (probably because it was only the second such challenge in his career) He said that he was not sure what to expect and had arranged for another surgeon to be present to assist in case a bone graft was considered advisable.

The operation took several hours and, after 17 pints of blood had been transfused, it was decided that that was as far as they could go at that time. The “melon” had been reduced to a “grapefruit”. Two further operations were needed; one to untangle my intestines and a second to drain a large abscess which had formed in my chest.

A long period of recuperation followed. I still have my “grapefruit”, which is scanned periodically, but has not grown during the past twenty two years and gives me no obvious trouble.

My GP tells me that he is still reminded by his colleagues of the time he failed to spot the melon-sized lump in my abdomen!

*John Keeble.*

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## **Not Forgetting - News about Mrs Margaret Hayles 1944-47**

November 2011

Dear Mrs. McNamara,

My Aunt has dementia following a stroke she had some years ago. Aunt Mary will be 92 next month. She sometimes talks about her time at the Norfolk and Norwich. She will tell of a time when they lost a little boy from his bed and long and anxious search of the hospital and grounds was undertaken involving the police. Eventually he was discovered asleep in bed with his older brother. They were both in hospital together to have their tonsils removed.

It is a clear memory for my Aunt in spite of her dementia.

*Yours sincerely, Dawn Butler.*

(This was received following contact re Christmas Gift from the league.)

These were the rules of 60yrs. ago. How do they compare with today. Sometimes we would sneak out before night duty but if we got caught it was up before Matron in the morning. *Mollie Snelling 1950*

Norfolk & Norwich Hospital, Norwich.

**TIME TABLE FOR NURSES AND PROBATIONERS.**

| <b>Breakfast.</b> | <b>Wards.</b> | <b>Lunch.</b> | <b>Dinner.</b>        | <b>Tea.</b> | <b>Supper.</b> | <b>Bed.</b> |
|-------------------|---------------|---------------|-----------------------|-------------|----------------|-------------|
| 6.30 p.m.         | 7.00 a.m      | 20 mins.      | Half hour<br>(midday) | Half hour   | 8.30 p.m       | 10.30 p.m.  |

\*Nurses and probationers re expected to make their beds and tidy their rooms at this time.

**OFF DUTY.**

Two days per month. Half day per week. Three hours daily.

**TIME TABLE FOR NURSES & PROBATIONERS ON NIGHT DUTY.**

| <b>Breakfast.</b>     | <b>Wards.</b> | <b>During night.</b>         | <b>Off duty.</b> | <b>Dinner.</b> | <b>Bed.</b> |
|-----------------------|---------------|------------------------------|------------------|----------------|-------------|
| <b>Junior Nurses.</b> |               |                              |                  |                |             |
| 8.00 p.m.             | 8.30 p.m.     | Two half hours<br>for meals. | 7.30 a.m.        | 7.30. p.m.     | 12.30 p.m.  |
| <b>Senior Nurses.</b> |               |                              |                  |                |             |
| 9.00 p.m.             | 9.30 p.m.     | Two half hours<br>for meals. | 8.30 a.m.        | 8.30. p.m.     | 1.30 p.m.   |

**OFF DUTY.**

Four nights per month.

4.30 p.m. – 9.00 p.m. Sundays. 4.30 p.m. – 8.30 p.m. Wednesday.

Junior Nurses –8.00 a.m. –12 noon. Other days of the week.

Senior Nurses. – 9.00.a.m. - 1.00 p.m. Other days of the week.

Sundays and Wednesdays Nurses must be in bed by 10.00 a.m.

**CALL BELLS.**

Day and Night nurses are not to rise before Call Bells are rung, without special permission from the Matron or Home Sister.

Night Nurses due to attend evening lectures must be in bed by 10.00 a.m.

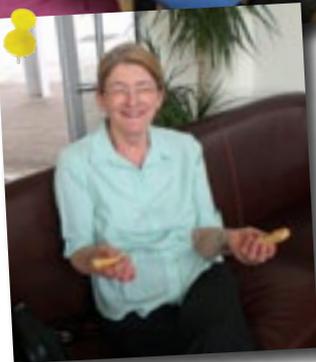
Four weeks holiday is granted each year as the Matron may be able to arrange.

**BY THE ORDER OF THE BOARD OF MANAGEMENT.**

# 2011 AGM Look Back



# 2011 AGM Look Back



This article was published in the NNUH magazine Pulse in the summer of 2011. Lavinia Gordon-Gray gained the permission of Anna Dugdale to reproduce the article to give members an insight into the activities of the Hospital.

## **“Our staff are our strength”**



Chief Executive Anna Dugdale looks back on a challenging year and pays tribute to the many staff who go far beyond the call of duty.

During the year ending March 2011 we saw and treated more patients than ever before at our two hospitals.

We have increased the number of nursing and other clinical staff to enable us to improve the quality of care we provide. Our drive to continually improve the quality of care and the experience of our patients is central to all that we do.

We have taken further steps to realise our vision “To provide every patient with the care we want for those we love the most.” Our quality report sets out this improvement across a number of quality indicators, including our hospital standardised mortality rate. We have invested in staff development and we are particularly proud of our innovative development programme based on leading improvement theory.

The results of the NHS national surveys are encouraging – for the third year running the responses show that our patient care is improving and staff motivation puts our Trust among the top 20 per cent in the NHS.

We have continued to reduce infections acquired in our hospitals, with seven cases of MRSA bacteraemias and 87 cases of clostridium difficile. We will continue to be relentless in our efforts to reduce both these and other preventable infections.

We have reduced our costs by £30 million whilst continuing to invest in frontline clinical staff. We have reduced our management and administration costs and engaged our staff to implement a number of projects across the Trust to improve efficiency, reduce costs and improve the quality of service and care we deliver. The success of these projects has enabled us to achieve all our financial targets.

## Cont. “Our staff are our strength”

The financial challenge we face over the next four years is unprecedented and this will require radical change, along with better shared responsibility for patients across the whole health system.

During the year we have installed additional diagnostic equipment and facilities both at NNUH and Cromer. We have also begun the process of rebuilding Cromer Hospital so we can better serve the needs of our patients in North Norfolk.

Our business is challenging, physically, emotionally and psychologically. Our staff have been exceptional in rising to that challenge. I receive many letters from patients and their relatives thanking our staff for demonstrating skill, kindness and compassion well beyond the normal call of duty.

I should like to take this opportunity to thank every member of the Norfolk and Norwich team for the extraordinary work they do every day and through the night for our patients and their families. Our staff are the core of our strength.



**NURSING** and midwifery students at the University of East Anglia have been issued with new UEA branded uniforms for their NHS placements this year.

### Letter from Betty Lee

Dear League members and Trustees.

This is to thank you all for the kind letters and cards sent on my retirement as Membership secretary. Also for the lovely rose bush and container. All very much appreciated.

It has been a great pleasure and privilege to serve the League through the years and as a Trustee I hope to continue to do so.

Kind regards and best wishes to all.

# *Changes to Membership*

## **New Members**

Amanda Bargewell nee Bracey 1981-84

Mrs Angela D Lowe (nee Matthews) 1963-66

Mrs Angela McGonnell (nee Plummer) 1969-72

Mr Michael Surkitt-Parr 1975-78

Margaret Crawford 1970-72

## **Change of Name**

Mrs Lorna A Hunton, formerly Pointer nee Howard

## **Deceased Members**

Miss J M (Mary) Ayton 1944- 47

Mrs Maureen A Carter (nee Miller) 1975-77

Miss D M Cripps 1947

Mrs Marian Dunsford (nee Perry) 1941-44

Mrs Honor M Kupicha (nee Lewin) 1937-40

Mrs Sarah A C Potts (nee Gates) 1963-66

Mrs Ellen A Tusting (nee Garvey) 1930-34

# Obituaries

## **MARIAN DUNSFORD, (nee Perry.) 1941-44**

It is with sadness that I write to inform you of my mother's death following a fall. Mother trained and qualified at the Norfolk and Norwich Hospital during the war and also nursed at Stoke Mandeville Hospital.

It was one of the happiest times of her life and she had many memories of her nursing career. T Dunsford (Son)

## **MARILYN FELLINGHAM. (nee Flowerday) 1962-65**

April 2nd 1944 – November 18th 2011.

Marilyn Fellingham (nee Flowerday), affectionately known as 'Flower', trained as a general nurse at the Norfolk and Norwich Hospital from 1962-1965. She had many set backs in her life, but when the going got tough Marilyn always had the ability to pick herself up, dust herself down and move on!

Having spent some years as a clinical nurse at the Norfolk and Norwich, Ipswich and Wayland Hospitals Marilyn moved into Nurse Education. This was followed by a short spell managing Care Homes at Ashwellthorpe, Dereham and Swanton Abbott. The challenge of these roles gave an insight into the way care was delivered to patients when money was a major motivator for the Home owners so Marilyn then decided that she wanted to work for the Care Quality Commission, and she spent the last eight years of her working life as an inspector in this field. She was married twice, first to Brian Clifford with whom she had two daughters, Fleur, (another Marilyn!) and Nicola (deceased). This marriage ended in divorce. Her second husband, John Fellingham, died in May 2003. Marilyn is survived by her partner, Keith Morris, who cared for her unstintingly during her terminal illness.

## **NELL TUSTING, (nee Garvey) 1930 –34**

From a letter sent by Nell's daughter Tricia Andrews to Elizabeth Blaxell & Doreen Betts  
Thank you so much for coming to Mother's funeral, she would have been very touched that you did so and I was very pleased to see you both too.

Also very many thanks for your kindness to Mother previously, she so enjoyed and appreciated all you did in relation to the 80th anniversary of the League and of course her 100th birthday. She was so lucky to have had those two great events at the end of her life – her nursing days and connections were very important to her.

## **SALLY POTTS (Nee Gates) 1963-66 Died 30th October 2011**

I met and worked with Sally as an S E N at St. Michaels Hospital, Aylsham in the early 70's. She later completed the conversion course to become an R G N and she then joined the Nurses League. Sally was a well respected nurse and friend to many. She was buried at Blakeney Church next to her parents after a very well attended church service.

R I P Sally. From Wendy Hobbs and her friends.







