

Keeping in Touch..... Number 41

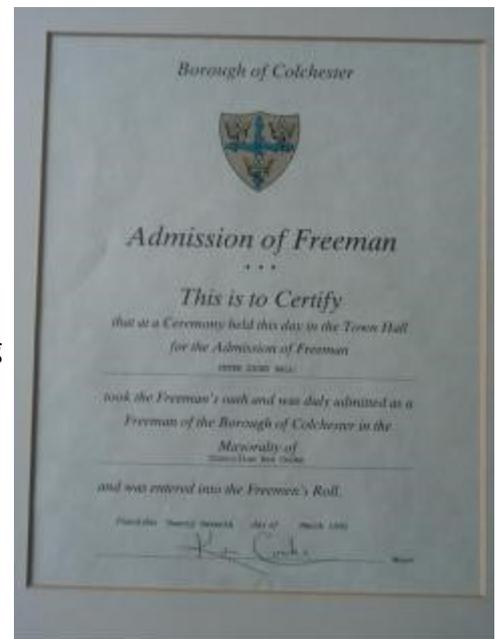
Thank you as always to those who have sent in contributions this week. Please keep sending things in. The deadline for next week is noon on Wednesday. Please send anything to c.a.curtis@ntlworld.com if you would rather just tell us something, rather than type, then please lift up the phone to Chris or Alan—01480 350787 or pop a note through the door.

Keep safe everyone!

Things you never knew about me.....

Firstly from Peter Ball.....

Something you never knew about me is that on 27th March 1991 I took the Freemans Oath and was admitted to the roll of freeman for the Borough of Colchester. This has been passed down the male line of our family since Colchester was besieged by Cromwell's Roundheads and as good Royalists my family ensured clean water reached people inside the town walls from our land. Cromwell's men were poisoning the water supply in order to bring about a surrender. It was a special day when my Dad presented me for the oath and since then I have been able to present my own son Chris for his oath swearing ceremony in the Town hall before Mayor and dignitaries in full regalia. Worth noting that we can both chase polecats down the High Street as part of our rights and perform citizens arrests without question!!!!!! It amuses me greatly that I am a protestant minister and to now be a member of a church with a huge statue of Cromwell outside. I suspect he would have my head off in a jiffy.



And from Char.....

In 1966 Mrs Ballard kindly asked my sister Lillian and I to join the church's team of Sunday school teachers.

Miss Green was then the head of junior church. In my class were Rachel Mary Bosworth, the Bryants John and Jane, sweet little Eva, and two lovely twin girls, Dulce was very chatty. I believe they lived in Green Leys. They would have been about seven at the time. I wonder how they all are now?. It was a really lovely experience.. This photo was taken in 1958.



Anyone recognise anyone else?

Eileen Forrest has a very precious document—a memoir written by her great grandmother! She has retold a section from it for us.....

From the memoirs of Margaret Church Brodie 1830—1917.

Her marriage on Thursday 23rd Decmber 1852 in the village of Barnleigh near Annan, Scotland.

Her wedding dress was of soft white Tarlatan over silk. It was tucked up half way up in small tucks headed with white satin ribbon. The low bodice was trimmed with Brussels lace and a sprig of orange blossom, and her Brussels lace veil was borrowed from a family member. Her wreath (as she calls it) was of myrtle and Liy of the Valley.

The wedding ceremony was held at home in the drawing room and taken by the local Minister. The marriage party came to dinner at 4pm numbering 20, including family members. Her sister Eleanor was bridesmaid and she and the bride dined upstairs in her room, only gong down to the marriage ceremony at 7 o'clock in the evening. The young couple departed shortly after she had changed into her travelling outfit, having hired a post-chaise and pair to take them to the Bush Hotel in Carlisle, (17 miles). Many good wishes were showered upon them, with lots of old slippers, as they left and she confesses to feeling a little tearful on parting with loved ones at home, uncertain whether she would see their dear faces again as she and William were bound for Ceylon (now Sri Lanka) and the family firm out there.

Ed. What fascinating insights into life at that time. We will look forward to the next episode– travelling to Ceylon.

Unsung heroes.....

Many of you may not know that the church sends birthday cards to all those baptised children with whom we are still in touch.

For many years these have been carefully and lovingly made by Frances Peake and they are then delivered, by hand if possible, by Mary Cox. Mary tries to chat to the parents when she can and try and reinforce the link with our church.

Well done to both of them!

Another something you never knew about me.....

Babs tells us she made her county cricket debut for Hunts and Cambs when she was 49!

Lets have more of these please!! Long or short....



Frost hanging like jewels from Babs

On the naming of snowdrops.... A suggestions of a friends of Char's called Alison Wilson who regularly reads KIT,.

Just had a thought on snowdrop name Greek/English - and of course the (Latin) name for the species of snowdrop is nivalis, which (I think) means 'of the snow' or maybe 'snowy'. So if you put them together you get Galanthus nivalis, or 'Milk flower of the snow' or 'Snowy milk flower', so then 'snowdrop'. So there you are!

Irene calling.....

RADIO GA GA

I find no fun in housework,
But I'm thorough to a 'T'
I dust and shine with vigour,
Think I'm slightly O.C.D.

I disinfect door handles
I disinfect the floor,
I anti-bac the kitchen,
But I find it such a bore!

My radio's a godsend
I listen while I work,
Half past ten it's Pop Quiz
Coffee time and a shirk.

Knee deep in the washing
Woman's Hour entertains,
Then switching quickly 4 to 2
Ken Bruce brings smiles again.

Midday it gets serious
With subjects from the News,
People ring from everywhere
To Jeremy Vine with views.

Now and then a catchy tune
Can tempt me tap my feet,
And soon I'm prancing dancing round
Bopping to the beat!

My favourite is The Archers
When I'm bushwhacked, need to rest,
Housework done 'till next time
Feet up, yes! that's the best!

cc IRENE CARTER

John Williams writes: I wrote this at the beginning of the pandemic. It has definite echoes today.

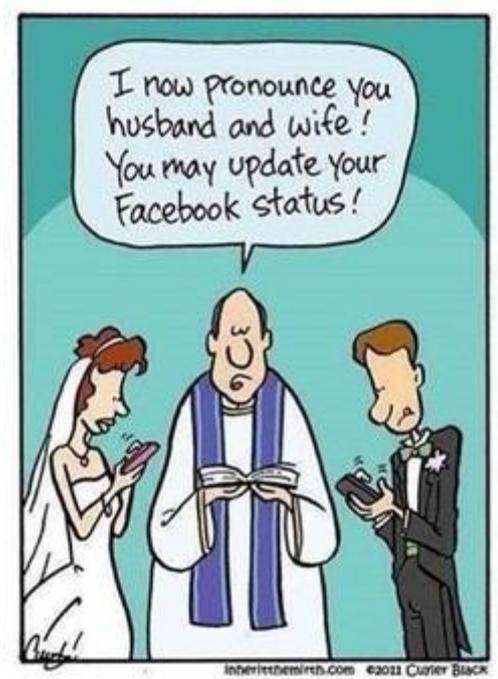
FLOOD

All that power
Swirling round the bridge
What would it take to use it
Not abuse it,
But energise every riverside place?
What a pace
It has as it rushes by
The reeds and rushes upriver.

A toe in this water
Would produce a shiver.
The Ouse isn't oozing today -
It hurries by on its way
To Earith, Welney, Denver too,
Kings Lynn at last, seaside blue
Waters of the salty sea.
No boats go through the locks, it cannot be.

So we shall just walk and sit
And watch the flood in its fit
Carry the silt away, so in Spring,
The fields have had their fertilising,
Making the grass grow
Where the sheep will go,
Munching their happy way
On a better, sunny day.

March 2020



From Philip in France.....

- Day 1: I Can Do This! I have enough food and wine to last a month! But what if lockdown lasts years!!!
- Day 2: Tried to have a meaningful chat with the fridge yesterday. It gave me the cold shoulder.
- Day 3: 8 am. I removed my Night Pyjamas and put on my Day Pyjamas. Very chic.
- Day 4: Opening my 8th bottle of wine. I fear wine supplies might not last.
- Day 5: To save money, I tried to make hand sanitizer. It came out like jelly. Now I need skin grafts.
- Day 6: I get to take the garbage out. I'm so excited! I can't decide what to wear.
- Day 7: Tried talking to the curtains. They told me to pull myself together!
- Day 8: Went to a new restaurant called THE KITCHEN. You have to gather all the ingredients and make your own meal. I have no clue how this place stays in business.
- Day 9: I put bottles in every room. Tonight, I'm getting dressed up and going on a bar-hopping pub crawl.
- Day 10: Struck up a conversation with a spider today. Seems nice. Obviously a Web Designer.
- Day 11: Isolation is hard. I swear my fridge just said, "What the hell do you want now?"
- Day 12: I realize why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.
- Day 13: Anybody else feel like they've cooked dinner about 395 times this week?
- Day 14: Tried talking to the toilet today. It looked a bit flushed.
- Day 15: If you keep a glass of wine in each hand, you can't accidentally touch your face.
- Day 16. Got very excited. Saw two starlings fighting over a worm.
- Day 17. The ironing board ignored me when I tried to start a conversation. Said it had a pressing engagement.
- Day 18. Why is my partner threatening to sell me?
- Day 19. Even the front door claimed I was unhinged. And the knob told me to "get a grip!"
- Day 20. Anyone got a recipe for making rice wine?
- Day 21. Ain't life lovely under Lockdown!

Discharge Support by Sally Runham

Support for another person leaving hospital can increase their speed of recovery, reduce likelihood of being readmitted to hospital and improve their chance of staying in their own home rather than feeling panicked into moving into sheltered accommodation or a care home. The NHS website provides details of the discharge process and support available. Sometimes, all that someone needs is a friend willing to stay over, or who can help understand discharge notes. This happened when my dear friend Julia (not her real name), now in her nineties, called me on 28th December, I sensed she needed a physical presence there and then, so packed my bags for an overnight stay, grabbed masks, gloves, sanitiser and said goodbye to my bubble. As I belted along the new A14, admiring the engineering, impressed with the many access bridges, and looking forward to the newly planted wintering trees flourishing during spring and summer, I noted the warning overhead, "Tier 4, Go Home!"

I had no way of validating my journey had I been stopped. But Julia's face when I arrived was worth all risks. Her bed at the hospital was desperately needed, and the paramedics were working to a tight schedule, so Julia was dropped off with her walking frame just outside her own home and went in to cope alone. Kind neighbours had been warned and the heating was on, the house had been thoroughly cleaned during her hospital stay and food had been provided. This included a Christmas Lunch saved for her by her local church. So how did I help Julia? By just being there. I did nothing other than watch her look after herself in the usual way. I was very patient and did not intervene at any time. Even leaving her to bend down and feed the cat. But all the time, I asked her such basics as, "Is this too high for you to reach? – she could not stretch having had a pacemaker fitted, or "Have you taken the pills?" and "What are you going to eat for lunch?"

I read the discharge information to Julia as she is almost blind and watched her pop new tablets into an easy dispenser, thankful they were huge. I stayed with her overnight but left in the morning and the neighbours continued to help during each day. Julia was brilliant at coordinating the support needed, for each of the needs identified. She knew she did not need a care agency but could manage with a paid cleaner who would also change her bed linen. I offered to shower her, which is something I never could have done for my own mum, when she was stricken with cancer over twenty years ago; I think my dad must have done this. In fact, Julia managed to wash herself adequately.

After two overnights, I could tell she was much improved and was able to move around the bungalow during the night if needed. On the morning after the third night, I could tell she wanted her home back to herself. What a change, from a patient lacking confidence and likely to need to be readmitted to one in charge of her support network and moving all the players like a game of chess. She just needs the wonderful volunteer readers from Camsight back again. See this extract from our local Healthwatch:

www.healthwatchcambspboro.co.uk

"Our new report, Leaving hospital during Covid-19, is published today. And it calls on local hospitals, health and care services to work with patients and their families to improve information, communication and support around the hospital discharge system.

This report highlights the experiences of 35 patients leaving Addenbrooke's Hospital in Cambridge, Peterborough City Hospital and Hinchingsbrooke Hospital in Huntingdon between June and August 2020. And it reveals that some local people did not have the support, equipment and essential information they needed when they got home..."

If anyone wants to discuss, please feel free to get in touch with me at sallyrunham@aol.com or phone the landline in the first instance on 01480 461985. Sometimes, just a second person to read the information from the doctor or hospital is all that is needed. Sometimes just someone to stay overnight to boost confidence and be sure that the recovering patient can get out of bed and walk unaided to the bathroom. It is important to know just how far to go, and to make sure the professionals are called in if needed. But with the usually thorough discharge process severely challenged during this pandemic, a friend sometimes has to step in.

A response to my article on Extraordinary times.....

Against a backdrop of Covid , recession and government cutbacks you may have heard of the

Red Tape Challenge, a campaign to reduce bureaucracy . When this was first announced ten or so years ago, ministers asked the public to name the laws they would like to see scrapped.

I was worried,so much wildlife habitat has already been lost, it seems a very bad idea to make it even easier to destroy what's left. So it has been very heartening to see so many people support the things we are trying to achieve. Almost all the posts on the environment side of the website www.redtapechallenge.cabinetoffice.gov.uk/environment

are calling for stronger regulation and better protection for the countryside .

Now the world has been turned upside-down is it possible that our politicians may start to listen to us ?.

And such glad tidings from America, their new president acknowledging climate change, they must feel bruised but will be full of hope and positivity.

We send them our best love. Char.

Phrases we'd never used.....

It is strange that these words and phrases have become so much part of our lives in just a year.....

Pandemic

R number

Lockdown

Social distancing

Zooming

Unmute yourself!!

My daily exercise

Don't forget your mask!

Home schooling

Perhaps you can add to the list?

Man the barricades—the revolution cometh! Or perhaps it's just the Gas men in Redwell Close!



Answers to the Gardening quiz from last week.....

1. Flowers
2. Rosemary
3. Quakers
4. Leatherjackets
5. Used as book marks in Bibles
6. It screamed if uprooted
7. Six inches
- 8 Stinging nettles
9. There is no such thing
10. Laurustinus