



The British Polio Fellowship

Charity No. 1108335

Worthing & Sussex Branch

Newsletter

Jan/Feb 2023

Dates for your diary

Get Together Sat 18th February 2023

Get Together Sat 18th March 2023

Get Together AGM Sat 22nd April 2023

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Editorial

Well here we are again, a new year, new hopes, new ambitions, just cant believe how 2022 flew by. Big Thanks to Robin for spearheading this Newsletter again and for all his articles. Both Bob and myself had the misfortune to catch “flu” just before Christmas and soon after that covid” So we were both laid low for some time. Hopefully that is all behind us now and we look forward to the New Year by seeing you all our members once again. I know the entertainments team have some good things to look forward to and don’t you just love it when the evenings start to get lighter and the days warmer. Oooooo loverlee!



I wanted to share some deep and meaningful thoughts with you all. Now that I am older here is what I have discovered:

Thank you Joan Upton for this funny

- I started out with nothing and I still have most of it.
- My wild oats are mostly enjoyed with prunes and All Bran
- I finally got my head together and now my body is falling apart
- Funny, I don’t remember being absent minded!
- If all is not lost, where the heck is it?
- It was a whole lot easier to get older than to get wiser
- Funny, I don’t remember being absent minded!
- I wish the buck really did stop here; I sure could use a few of them
- It’s hard to make a comeback when you haven’t been anywhere
- The world only beats a path to your door when you’re in the bathroom
- If God wanted me to touch my toes, he’d have put them on my knees
- Funny, I don’t remember being absent minded!
- When I’m finally holding all the right cards, everyone wants to play chess
- It’s not hard to meet expensesthey’re everywhere
- The only difference between a rut and a grave is the depth
- These days, I spend a lot of time thinking about the hereafter I go somewhere to get something and then wonder what ‘I’m here after’!
- Funny, I don’t remember being absent minded.

CHAIRMAN'S COMMENTS

Happy New Year, yet another one rolls in. I seem to have seen a lot of new years now. At the moment everyone seems to be saying "I hope 2023 will be better than 2022". But somehow with today's war and strikes, I have my doubts!

Unfortunately I had to miss the Christmas get together because, so I thought, I had a chest infection. But no, it turned out to be the dreaded Covid, which I immediately passed onto my dear wife Barbara and Lovely Daughter Karen. It hit Barbara rather worse than me, but we are now just about over it, of course thankfully we've had all our jabs. We do send our thanks to everyone who sent us Christmas cards, even though most of them were delivered after Christmas and some well into January. We know it wasn't your fault and it's the thought that counts so thank you all again. (This is the first time in 20 years I haven't left a tip for the postie.)

Just a reminder we still collect your used Christmas cards and please also the stamps cut off the envelopes. This reminds me, one day I will actually work out the money our members save by bringing their Christmas cards along to Gill Whites Post box at the Christmas get together to other members present.

I am so sorry that I now have to report the death of another of our long term members. Clive Maskell, who was for a time our branch treasurer, died shortly after a long illness. We do send our sincere condolences to his wife Rosemary.



This week I had further bad news. I was really shocked to hear from Dawn Grafetsberger that her fiancé Colin Powell had died suddenly on 2nd January 2023. Many members met Dawn and Colin at our last annual lunch at Ham Manor Golf Club and of course Colin had his picture on the front of the national bulletin.

Dawn and Colin had just become engaged and were looking forward to "Starting their lives again" with each other. I've known Dawn for many years and was so pleased for her to have found happiness again in later life. I know that everyone who met her at our annual lunch will join me in sending her sincere love and condolences.

We have been able to make several cash grants to members who were concerned for the cost of living increase and the higher fuel charges. A note to Gill White, our welfare officer, would put the wheels in motion. This Christmas our welfare committee sent out ten Christmas bunches of flowers and six Marks and Spencer's vouchers to various members.

The first committee meeting of 2023 was held on the 11th January at our usual venue, the Heene Community centre in Worthing, just two members couldn't make it, making eight attendees. Roger Jones, Treasurer, presented our last financial statement of the year 2022, details next time, but initially it seems we may have had a working deficit of about £5800. Although we do not know the actual figures, it is quite likely that we have also made a loss on our deposit account (loan units) which are part of the fellowships investments in the stock market. However our reserves are still quite good and we shall be transferring part of our savings into our current account. One interesting thing happened to start our financial year with a bang. Keith Lacey from Angmering, who died in JUNE 2013 left us, with many other organisations, £1000 in his will. After years of family squabbles and arguments the executors were at last able (I would imagine to their relief) to pay out the £1000 to our bank account, plus nine and a half years interest. I'm sure Keith would have been suprised at the interest, nine and a half years of £1000 equalled £18.44p. How do they work that out, but still thankfully received.

Annual Membership

It's that time of year again already. Your membership of the BPF is now due for the year 2023, to central office. The standard fee is £30 per person or £45 for a family in one household. But you don't have to pay anything at all if you don't wish to, but central office must have your details and email address if you still want to be a member, however if you do send anything more than £5 you will receive the four copies of the national bulletin as well as the bi-monthly updates email. This of course doesn't affect your membership of the branch, and you will still be on our newsletter mailing list whether registered with central office or not. The membership renewal form is on page 7, of this newsletter or just phone me and I will include you in our block renewal. The address of the BPF central office is "British polio fellowship, CP house, Otterspool way, Watford, WD25 8HR." If you prefer to pay by bank transfer the banking address is: sort code 60-18-05 Account number 1502 3257, put your postcode and name as the reference.

Cost of Living from Members update 2023

The support services team at central office, Zahida and Biji have been working hard to collate information that could help members cope with the cost of living crisis. In the winter edition of the bulletin they list ten different types of support that already exist and offer savings. Anyone who doesn't have access to the internet should call social services at central office. They will talk you through the options and access websites on your behalf, the suggestions they've made cover;

1. Benefits you could be owed.
2. Speaking to your energy supplier.
3. Signing up to store and loyalty cards and reward schemes
4. Visiting a food bank
5. Checking your broadband package is value for money
6. Getting free transport.
7. Applying for health with NHS prescriptions and other costs.
8. Contacting your local authority.
9. Getting in touch with the fellowship.
10. Letting us know your tips.

Annual Subscription form 2023

Dear Member,

The policy of BPF is that the payment of membership fees is now voluntary. This applies to both company and associate members. When applying for membership, applicants are requested to pay £30 (or £45 for families), or any other amount of their choosing, including a zero contribution. In recent years, BPF has faced various pressures which have significantly impacted its finances. The Board has reviewed the charity's situation and concluded that these pressures have sufficiently reduced to move to a voluntary membership fee. The Board will continue to keep the charity's financial position under close review, and revisit the membership fee from time to time in the light of this.

The suggested membership fees have been set at an affordable level to encourage people to become and remain members. In order to remain in membership regardless of contribution it is vital that you either complete and return this form or contact our Central Office on 0800 043 1935 or 01923 889 501 to renew your yearly membership. Please note our membership cycle runs from 1 January – 31 December with renewal due by 30 June in order to continue being a member of the British Polio Fellowship. If you know someone whose membership has lapsed who wishes to re-join, please ask them to contact Central Office.

Yours in Fellowship

Kripen Dhrona

Operations Director

A reminder of what is included in your membership.

- Quarterly BPF Magazine, *The Bulletin*, our main form of communication to members.
(Please note that contributions under £5 will only be able to receive a PDF copy via email).
- Access to our Freephone Telephone advice line – 0800 043 1935.
Assistance with financial support for Welfare/Mobility, Holidays and Heating. From time to time we introduce short term financial support schemes, such as the resistance band scheme and the Webcam scheme.
- Access to our Branch and Regional network.
- Being able to participate in events such as the Indoor Games.

2023 ANNUAL MEMBERSHIP SUBSCRIPTION

NAME: _____ DATE OF BIRTH: ____ / ____ / ____

ADDRESS: _____

POSTCODE: _____

TELEPHONE No: _____ EMAIL ADDRESS: _____

ETHNICITY (OPTIONAL): _____

YEAR CONTRACTED POLIO: _____ NON POLIO ☐

Please Tick if necessary

TYPE OF VOLUNTARY MEMBERSHIP AND SUGGESTED COST
Please Tick

INDIVIDUAL ☐ OTHER AMOUNT £ _____

Suggested £30.00 Per Annum

FAMILY ☐ OTHER AMOUNT £ _____

Suggested £45.00 Per Annum

Please state here name/(s) of additional family member/(s)

☐ I would like to receive *The Bulletin* via email

NEXT OF KIN DETAILS

NAME: _____

RELATION: _____

EMAIL ADDRESS: _____

TELEPHONE No: _____

I am a UK taxpayer, I would like to Gift Aid all donations and payments I have made for the past four years to The British Polio Fellowship and any I make in the future, until I notify you otherwise. Please tick ☐

(To qualify for Gift Aid, what you pay in income or Capital Gains Tax must at least equal the amount we will claim in the tax year).

Christmas Draw 2022

Held on Saturday the 10th December, 41 lucky members of the British Polio Fellowship joined in for the 2022 annual Christmas draw and party at our get together venue in Durrington. The room looked very festive indeed with tables full of gifts, Prizes and another full of Christmas food. Pictures can be seen in the centre pages.



Pictures by Clare Colfer

Gill White brought along her Christmas post wall, this is for the members to send and receive Christmas cards to each other without using the Post Office and with a separate pocket for each guest, our dedicated team of posties soon sorted the cards into the appropriate pockets on the post wall and delivered them to the guests. This saves members many hundreds of pounds in postage with stamps costing from 68p each.



Very soon Terry and Roger, raffle books in hand, were busy selling tickets for the grand draw, and didn't they do well? Selling a fantastic £275 of tickets. Soon after the tickets were sold the grand draw began and while the draw was in full swing, Barbara, Karen and their merry band of helpers prepared and served the festive Christmas food to the guests who were soon tucking into some of the old Christmas favourites. My favourite Christmas fare has always been Mums (Barbaras) Chocolate crumb cake, a concoction of melted chocolate, treacle and digestive biscuits, a recipe from her 1955 book of family



favourite recipes. yummy yum yum. What's yours?

We also had four very excited young children at the party, their main job was to run around screaming but were asked to hand out the Christmas gifts to all the guests, which they loved doing, especially as there was a Christmas present for each of them too. Thanks to 8 year old Priya 7yo Ava, and 4yo Jacob and Noah. Priya and Ava also helped set the tables.

All too soon the party was over, people said their good byes with hugs and kisses and wished each other a happy Christmas and new year. A very pleasant afternoon indeed, although I didn't win anything in the grand draw this year.

Unfortunately our super Chairman Bob Stephens was unable to join us for the Christmas get together, first time ever, as he was not feeling too well, which after PCR test turned out to be the dreaded Covid. Barbara and Karen Z were also infected a few days later, but luckily it was all over by Christmas day. Fortunately Robin and his wife Karen S escaped the bugs, err so far. A big thanks to all helpers, but especially Bob and Barbara's daughter Karen Ziaie who bought and wrapped all the Christmas presents as well as buying preparing and sorting out the magnificent Christmas food table and serving it to the guests.

Anyway, I hope you had a lovely Christmas and hope 2023 will be good for you, despite the fuel, food, NHS, train travel, posties, teachers and nurse's crisis/Chaos. Ho hum. Cheers Robin and Karen Stephens xxx





Christmas 2022





NEW YEAR GREETINGS

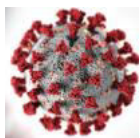
Christmas and New Year holidays are over once again and we can relax a little before it all begins again. We put so much pressure on ourselves and swear we are going to do things differently next year. Our intentions are good but our memory goes into shut down!!!!



With the postal strikes last December, many cards and gifts went astray. Some arrived weeks after posting but we are thankful we received them. I love hearing from people and each card we receive we know that the person was thinking of us. I love that.

Our Christmas cards are then recycled and given to Barbara, Betty, and Janet to make cards for our Branch to sell for next Christmas. They do a splendid job and make lots of money for our Branch.

Here in the nursing home the Health Authority restrictions have been lifted. Care homes have lots of restrictions that the general public don't have, or even know about. After two years of wearing a face mask nonstop, staff no longer have to wear face masks on duty. It's very strange seeing a full face instead of just their eyes. When they are not in uniform I don't recognise many of them. Visitors also don't have to wear a mask, but then they were only restricted for short while.



We've had the whole of October closed as many staff and few residents had covid. Residents were tested weekly with PCR and LFT tests. Staff had to test before they started work. The testing went on all year but it's stopped at moment. As soon as we get another covid case then it starts all over again. We are covid free at moment but many staff are off sick with flu and other bugs. It will be great when we are covid and bug free.

I know that life is very tough for most of our members, and the daily challenges we face can be overwhelming. My wish is for everyone to receive enormous strength to lift you up and fill you with gentle peace

and love. Please remember that the Branch Committee are always there to listen and assist where possible. Sometimes just sharing with others outside the family, and know something of what you are going through, can lighten your troubles.

Here's an Irish Blessing for you.

May love and laughter light your days, and warm your heart and home.

May good and faithful friends be yours, wherever you may roam.

May peace and plenty bless our world with joy that long endures.

May all life's passing's seasons bring the best to you and yours.

Clare Colfer

We have been left a Invacare Power wheelchair TDX SP. It is quite large, heavy and has numerous facilities, rising seat etc . We have had it serviced and fitted new batteries so it should now be in first class order. If any polio member is interested and thinks that it would be a help to them, please contact me.

Bob Stephens 01903 877727



I would like to thank all those members who so kindly helped clear all the Tea Paraphernalia at the January get together as bob and I had to leave early owing to a previous family commitment. But I won't leave without wishing you all a very happy and healthy new year, stay warm, Love Barbara xx

You'll love this from Sue Brown (from 2014)

Potatoes

A Girl Potato and Boy Potato had eyes for each other, and finally they got married, and had a little sweet potato, which they called 'Yam'.

Of course, they wanted the best for Yam so when it was time, they told her about the facts of life. They warned her about going out and getting half-baked, so she wouldn't get accidentally mashed, and get a bad name for herself like 'Hot Potato'.

Yam said not to worry, no Spud would get her into the sack and make a rotten potato out of her!

But on the other hand she wouldn't stay home and become a Couch Potato either.

She would eat properly so as not to be skinny like her Shoestring Cousins. When she went off to Europe, Mr. And Mrs. Potato told Yam to watch out for those hard-boiled guys from Ireland and the greasy guys from France called the French Fries, and when she went out West, she must watch out for the Indians so she wouldn't get scalloped.

They sent Yam to Idaho P.U. (that's Potato University). So that when she graduated she'd really be "in the Chips".

But in spite of all they did for her, one-day Yam came home and announced she was going to marry Gary Lineker.

"Gary Lineker!!!!", they cried.

They were very upset and told Yam "You can't *possibly* marry Gary Lineker because he's just

just.....

he's.....

Are you ready for this? Are you sure?

*

OK! You asked for it: Here it is!



... just a **COMMONTATER!**"



London Curiosities and Oddities

Sadly there were only about 20 of us at the Get Together on January 21st. Our speaker was Sally Botwright, a London Tourist Guide, on the subject of "London Curiosities and Oddities" Most of these are historical. Firstly we visited Hyde Park where tucked away is a Pet Cemetery. In the 1880's a lady whose beloved dog had died was allowed to bury it in a corner of the park. This led to many other people burying their pets there. It is mainly dogs and cats but it is said that there is at least one monkey. If you see anywhere called a Mews it would once have been the stables of a big house nearby. Most have now been turned in to private accommodation but there is one that remains as a Riding School. Those able to ride can use Rotten Row in Hyde Park. How it got its name is a mystery. Near to Hyde Park is Kensington Gardens which contains the Albert Memorial. A tribute to Queen Victoria's husband. It is in this area because Albert was prominent in organising the Great Exhibition on a nearby site and profit



from this was used to build the memorial. It is very intricate, there are angels on two levels near the top. Some are reaching down to receive Albert's soul and some reaching upwards to help it on its way to heaven. At each corner is a reminder of areas of the world, Europe, Asia, Africa and America. Not a mention of Australia!! There are 169 life-size statues of famous people of the time, only one woman among them. There are many statues of famous people all over London. One in Fleet Street is of Samuel Johnson, the first dictionary compiler. If you are a fan of Blackadder you will remember he was played by Robbie Coltrane. After the talk we enjoyed an excellent tea. Ours thanks to all who

provided food and helped. Special thanks to Betty who worked hard in the kitchen to keep us all supplied with tea. Sally told us about too many places to mention here but it seems that when we are out and about we should do more looking around. However, Health and Safety Warning, remain still when you do this as we don't accidents happening!! Cheers Sue Kett

National grid Prepare for possible power cuts this winter

From time to time power cuts happen for reasons beyond the control of your electrical supplier. This can be a worry if you rely on electricity for medical equipment, if you are elderly, very ill or have a disability. This is why nationalgrid have a free PRIORITY SERVICES REGISTER should you or someone in your family require extra support in a power cut .

CONTACT <https://www.nationalgrid.co.uk/customers-andcommunity/priority-services/priority-services-register>

Benefits of being on the national grid PRIORITY SERVICES REGISTER

By registering for the Priority Service Register, you'll get extra support during a power cut if you need it. The Priority Service Register is suitable for elderly, very ill or disabled people, or those who rely on power for medical equipment. If you're self-isolating, we can provide priority support even if you're not on our register. You'll need to call us or email us and explain your situation, and we'll do our best to help during a power cut. Call 0800 917 7953 If you join our FREE Priority Services Register, we can: Provide a dedicated and direct number you can call during a power cut to get straight through to us. Agree on a password with you before we visit, so you know you can trust the person at the door. Provide special help through the British Red Cross if you need it. Keep you up-to-date on any planned interruptions to your power supply. Stay in touch with you during an unplanned power cut, including advice on how long it will last.

WHAT TO DO IN A POWER CUT

Turn off and unplug any electrical appliances that get hot, as you may forget they are switched on when the power returns. Turn off and unplug any appliances that you are not using and any sensitive equipment such as computers or TVs. Keep your freezer shut – depending on the type of freezer you have, the contents can stay frozen for up to 12 hours. You may be able to claim for spoilt freezer contents on your Home Insurance. If you have a mains operated stair lift, check if there is a manual release handle that can be used to return the stair lift safely to ground level if it stops working. Many stair lifts have battery back up. Keep wind-up/battery/solar powered torches ready. Don't use candles or paraffin heaters If you or a member of your family has a serious health problem, ensure you have plans in place for a long power cut. Make sure any medical equipment has a battery back-up.

Grandma's Apron

I don't think kids nowadays know what an apron is. The principle use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a pot holder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came, those aprons were ideal hiding places for shy kids.. And when the weather was cold, Grandma wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the autumn, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much



furniture that old apron could dust in a matter of seconds. When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner. It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes. Grandma used to put her hot baked apple pies on the window sill to cool. Her granddaughters would put theirs on the window sill to thaw. They would go crazy now trying to figure out how many germs were on that apron. I don't think I ever caught anything from an apron - but love ♥ from Karen Stephens and face book.

(Continued from Sept/Oct 2022 Newsletter.)

Thus I began collecting "pretty" rocks and pebbles from beaches, forty years ago. They come with me, wherever I live. Now I look at them every time I go to the bathroom now, as they lie in a large wicker basket near the door. And as I pick one up, I find myself showering love onto it and onto all of them lying there. They are each so beautiful. A geologist would say in a scientist's voice, "They are geological specimens, and that one is", reeling off its name, "not just *pretty* things !" This also especially applies to the little mineral specimens !!



I know when one is missing, and I go delving deep into the pile to find it, like a shepherd looking for one lost sheep. Every Summer I give all my rocks and pebbles a bath, out in the sunshine, and lay them out in the fresh air to dry. As soon as they lie in the water, their magic appears, their colours come alive, and I pick them up and gaze at their sheer beauty. How blessed we are, to have these things to bring us so much joy. Moments like this are priceless. And this is what an artist will try to transfer onto the canvas, or a photographer will try to capture, in 2D, particularly when it's flowers, with their more vibrant colours and amazing shapes.

I see the beauty, the wonders of the natural world. These have a value and a quality, way beyond "pounds, shillings and pence" ! Being in the moment, appreciating little things like this, can lift the mood and brighten up the day, make us feel glad to be alive.

Marianne Griffin 7th August 2022

My respite Holiday in Mexico

5 a.m. we set off from Gatwick Airport, with my daughter and three grandsons (knowing Keith was ok with our granddaughter) cold and wet we were greeted by glistening Christmas trees in the airport to cheer up the weary traveller.

Then it was onto the plane for a 12 hour flight which was ok as we had TVs built into the backs of the seats in front of us. We were fed and watered so time flew (excuse pun).

We landed on Cancun where the heat smacked you in the face, it felt lovely. Then it was on a coach for our final destination Hotel, Playa Del Carmen. We were greeted warmly like the weather, a beautiful reception area all shining and bright.



There were pineapple trees and a small forest in the middle of a complex. Complete with monkeys, who stayed in their territories? Tabby cats roaming around, but outside only, we learnt they were fed and looked after, same as the monkeys even the wild birds had fresh

fruit put out daily. I think there must have been a proud smirking tabby cat as we saw no other colour.lol.

Our room had a balcony overlooking the palm trees, very peaceful. There were two swimming pools and a lovely beach. Everything was so lovely, until 2 days on I climbed out of the swimming pool and slipped! ending up in the room for two days funny enough although I hurt my leg and was in pain, I came here for a rest and a rest I got.

I just sat on the balcony watching the wildlife, the monkeys with the babies on their backs swinging through the trees. The only bummer was that I couldn't join the dancing in the evenings and there was a rock night so I had to sit up leg up and sing-along. Not all bad got waited on hand and foot.

Then all of a sudden 10 days had passed and it was back to reality. Soon we were on the plane home; it only took 8 hours due to the winds. Back at Gatwick we were greeted by cold and rain and Mexico turned into a lovely dream that became a reality for me.

Carole Wyath



Reply slip for AGM And Fish & Chip Supper

22nd April 2023 2.30PM

Please reply to:- *Barbara Stephens*

59 Lime Tree Avenue, Worthing, BN14 0DP

I/We would like to join you for AGM & F&C supper

Name/s...

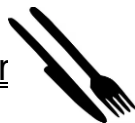
Tel. No...

Don't forget your knife and for

Please tick preference:-

Fish & Chips ☐ —

Chicken & Chips ☐ —



No Charge

Do you remember the Beach Hotel

In this week local paper, also in Sussex World, there is a two page spread about the closing and the contents auction of the beach hotel in 2011. I have not worked out why it is being highlighted now, eleven years later, but it brought back good memories of the many annual lunches and other events we held there.

Picture of John Farnes, owner of the beach Hotel.

