

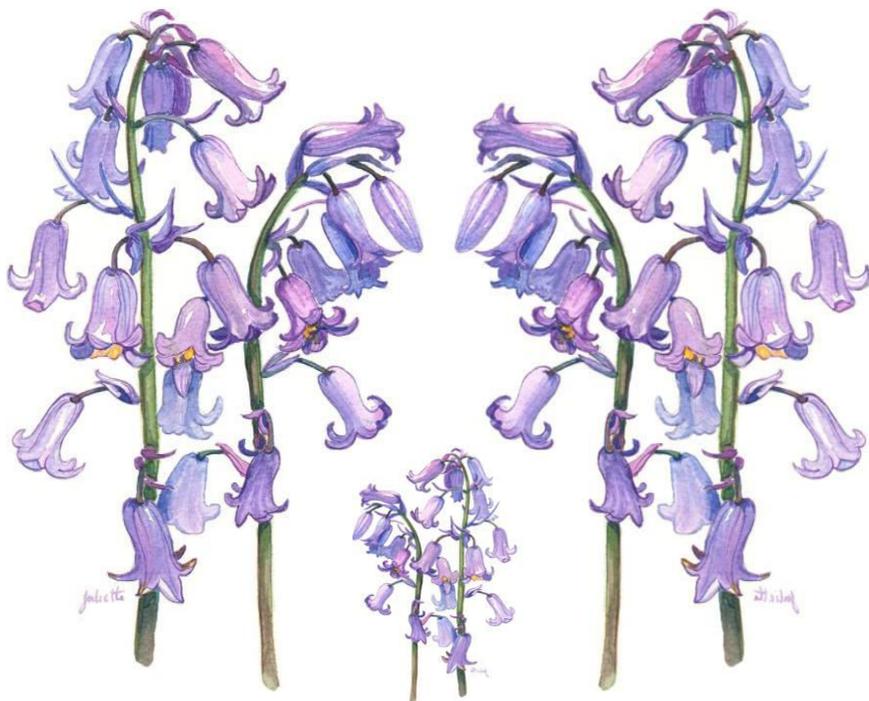
The British Polio Fellowship

Worthing & Sussex Branch

Charity No.1108335

Newsletter

March/April 2023



Dates for your diary

AGM Sat 22nd April 2023

Rural Life Centre Tilford 25th May 2023

D-Day Museum Portsmouth 15th June 2023

Editor

Barbara Stephens
Refreshments, Craft Club etc.
59 Lime Tree Avenue
Worthing BN14 0DP
Tel: 01903 877727
E mail:
bbarstephens@aol.com

Chairman Bob Stephens
59 Lime Tree Avenue
Worthing BN14 0DP
Tel: 01903 877727

Membership Secretary
Vice Chairman Terry Studd
44 Fletcher Place
North Mundham,
Chichester
PO20 1JR
Tel: 01243 530080

Raffles

Roger Brand
38 St. Itha Road
Selsey
PO20 0AA
Tel .01243 606108

Treasurer

Roger Jones
6 Elizabeth Avenue
Bognor Regis
PO21 3EL
Tel: 01243 265486

Secretary

Janet Jones
6 Elizabeth Avenue
Bognor Regis
PO21 3EL
Tel: 01243 265 486

Welfare & Outings

Gill White
3 Tozer Way
Chichester
PO19 7LG
Tel: 01243 789479



www.worthingbpf.co.uk

Mary Gillies
Flat 32, Homethorne, Oak
Road, Crawley RH11 8AE

Joan Upton
15 Carisbrook Drive
Worthing
BN13 3QT

Web Master

Robin Stephens
21 St.James Avenue
Lancing BN15 0NN
robin@plasmaball.co.uk

Members

Birthday Cards

Carole Cresdee
52 Colingwood Close
Peacehaven
BN10 8BG
Tel: 01273 586123

A message from Kripen Dhrona

Dear Worthing Branch Members

This is an excellent opportunity to update you on what is happening at the Fellowship and in particular at your central office.

I am very lucky to have an extremely proactive board who support me and guide me, to enable me and the team to do the best we can. I am also extremely fortunate to have a small team that is passionate and dedicated and go above and beyond, daily.



The new strategy which was approved at the AGM in September is key to a lot of what is being undertaken and the work has been split into four areas.

- Improving communications
- People – looking after all stakeholders in the Fellowship.
- Finance – ensuring the Fellowship remains financially viable and stable.
- Outreach and health and wellbeing (including National events).

A lot of work is already underway in various areas, and we will continue to keep membership informed of these through our communications channels. – You can read the strategy document on the following link https://www.britishpolio.org.uk/files/ugd/149bdd_e83568e6cf6b44769ab031c3342823a3.pdf

We also are very aware that the cost-of-living crisis and high inflation is having a deep impact to our community. We set up a working group to see how we can help members more. Information has been published in The Bulletin and on our website, detailing the help members can get during this crisis. However, we have also introduced a temporary Cost of Living grant to help those still struggling. Contact Support Services for more information (info@birthspolio.org.uk / 0800 043 1935).

Another major project is the development of the Optimal Clinical Health Care Pathway for People affected by Polio. This is an aspirational pathway that will hopefully give the medical profession across the UK a tool to help diagnose, manage and treat people who have a history of polio.

There are many other things I could talk about here (AGM, Zoom Café etc) but will sign off now. Can I thank Bob Stephens for inviting me to write this article. Wishing you all the very best. Yours in Fellowship
Kripen Dhrona

CHAIRMAN'S COMMENTS

Our latest get together was in February and was held at our usual venue, the Durrington community Centre, in the main Tesco car park. Our speaker was a return visit by Jonathan Cann who last time told us about the history of Punch and Judy which was surprisingly very good and interesting, though I admit it reached another level by the presence and innocent participation of great granddaughter Ava.



This time Jonathan spoke about his life as a walk on extra in various films and tv shows. He started off by explaining that it wasn't a good occupation due to the hours of waiting sometimes from 5.30am till 4pm and then on set for just twenty minutes or so. However he did get paid the same fee for waiting as appearing, some £166 for the day, less commission for his agent! Taking a good book to work was a necessity and after putting us off trying out a new job, he produced lots of pictures of himself as anything from a vicar to a one man band. He did manage to drop in a few famous names as well as his very good friend Bruce Forsyth.

Unfortunately we only had about 25 members attending, but I know that they all (except the veggies) enjoyed the hot bacon butties cooked and served up by Roger Jones and Terry Studd. This was supported by sandwiches and cakes by Barbara's team of Betty F, Sue M, Joan U, and Sue K. The general chat was finished by an excellent raffle raising £95 by Roger Brand and Terry Studd.

I noticed a small article in this month's "Worthing Journal" referring to a local firm that rented out radios for 9d (4.5p) a week back in the 1950's. This reminded me of a service our branch used to offer when we paid to rent TV sets for our members (I've know idea for how much) from a local firm Hamilton and Cole. Surprisingly this firm still exists with a shop in Pulborough, near the station.

The Worthing journal is a super little magazine of a 100 or so pages published every month costing £1 (not the free one posted through your door) it contains pages of snippets from the 1820's to now which does give us a good view of life in the "Good old days" and longer articles about Worthing today, I really do recommend it.

I am sorry to report that two of our members have recently died, Pat Stinchcombe who in earlier years was mayor of Bognor and had recently moved to Rustington. Also sadly our good friend Madeleine Henry, who was chairman and leader until recently of the Southampton branch. Many of our members will remember her joining us for our annual lunches and branch holidays. Nationally she was a trustee and for some time the national treasurer. We do send to her niece Wendy our sincere condolences.

Barbara sends all her love and best wishes to all members of the branch. Cheers Barbara xxxx

A Mans best Friend

A man sees a sign outside a house - 'Talking Dog For Sale'. He rings the bell, the owner appears and tells him the dog can be viewed in the back garden. The man sees a very nice looking Labrador



Retriever sitting there. "Do you really talk?" he asks the dog. "Yes," the Labrador replies. After recovering from the shock of hearing the dog talk, the man asks, "So, tell me your story." The Labrador looks up and says, "Well, I discovered that I could talk when I was pretty young. I wanted to help the government, so I told MI6. In no time at all they had me jetting from country to country, sitting in rooms with spies and world leaders because no one imagined that a dog would be eavesdropping. I was one of



their most valuable spies for eight years. But the jetting around really tired me out, and I knew I wasn't getting any younger so I decided to settle down. I signed up for a job at Heathrow to do some undercover security work, wandering near suspicious characters and listening in. I uncovered some incredible dealings and was awarded several medals. I got married, had a few puppies, and now I've just retired." The man is amazed. He goes back into the house and asks the owner how much he wants for the dog. "Ten quid," the owner says. "Ten !!? But this dog is absolutely amazing! Why on earth are you selling him so cheaply?" "Because he's a liar. He's never been out of the garden." !!!!!



Wheelchair

I still have this amazing wheelchair available for any polio member. It is quite large and heavy and the seat goes up and down. It really isn't suitable for indoors but excellent for going to the local shops. It has just been serviced and fitted with brand new batteries.

WOMEN WHO KNOW THEIR PLACE

Barbara Walters, of Television's 20/20, did a story on gender roles in Kabul, Afghanistan several years before the Afghan conflict. She noted that women customarily walked five paces behind their husbands.

She recently returned to Kabul and observed that women still walk behind their husbands. From Ms . Walters' vantage point, despite the overthrow of the oppressive Taliban regime, the women now seem to walk even further back

behind their husbands, and are happy to maintain the old custom.

Ms . Walters approached one of the Afghani women and asked, 'Why do you now seem happy with an old custom that you once tried so desperately to change?' The woman looked Miss Walters straight in the eyes, and without hesitation said, 'Land Mines.'

So sorry to hear that Mary Gilles is presently in hospital and had to miss her favourite event, the national games in Leicester. We wish he well and hope for a speedy recovery.

Our speaker for our March get together was supposed to be Janet Pennington telling us about the “History of small shops through the ages”. But at the last moment she rang to say that all close family were going down with Covid so she had to cancel..She suggested that she would ask Dr Geoffrey Mead to take her place. Strongly enough this also happened the last time we booked her some 3 or 4 years ago! That time she caught flu and had to cancel and Geoffrey came in her place!! I am sure it wasn't anything personal it just happens!

Sussex Literary Landscapes

18th March 2023, Speaker Geoffrey Mead report by Sue Milner.

Geoffrey had taken pictures and writings by other Authors dating back to the fifteen hundreds, showing different landscapes to what we have today. Trading ships from all parts used to come to London and the Sussex coast. Camber (known to us as Camber Sands) was a waterway that ships used back in those days.

A picture of Upper Rise and Lower Rise two hills in Lewes that folk used to put their cattle on, to keep them off of flooded land.

Knapp Castle grounds looked very different to how it is today. The land which is huge was mostly clay and boulders, today the land is being regenerated and wildlife introduced. Ashdown Forest was in the same state back then but termed uninteresting, today of course an area of special interest.. Rye had a lot of shipping and fishing as did Shoreham. Harbour known as Coppers Gate was re named Portslade canal in the eighteen hundreds and had great timber stacks, much like it has today. We saw a nice picture of Battle Abbey,





and we were told " Elder Wood " was very good for burning to make charcoal, around that time. 1875 , another slide showed the Level in Brighton was covered in glass houses, presumably to feed the nation (hard to imagine these days) HMS Victory, now in Portsmouth, was originally built in Chatham and the wood was transported by oxen pulling it through narrow muddy lanes from the woods where it had been felled. In 1936 Sussex

produced the best of the show " Bulls" hence a lot of livestock traders came to Sussex from London and afar .

Between the fourteen and eighteen hundreds the fields were very large, no hedges to separate them, the corn fields were vast and sheep grazed in the beautiful landscape.

Geoffrey said there are still lots of beautiful beaches and countryside in Sussex regardless of how many Tesco stores and large buildings have been built. Sue Milner



Last Call

My last reminder to send off your membership form to central office, with or without a £30 donation. If you don't want to send your £30 you can just phone me and we can do it over the phone. Central office needs your name address and if you have one your email to keep you as a member of the fellowship. If you don't do this they will not know that you still exist and if you do send your email they will send you an update on BPF news free.

The English Bluebell

My favourite flower has always been the humble English Bluebell. The English bluebell is also known as the common bluebell, is a stunning wildflower that blooms in woodlands, meadows, and hedgerows across the United Kingdom. With its deep blue-violet hue and sweet fragrance, it is a beloved symbol of springtime in the country.



The scent of the English bluebell is sweet and subtle, with hints of honey and vanilla, produced by a chemical called linalool, which is also found in lavender and many other plants. When bluebells bloom en masse, they create a stunning carpet of blue in the woods. The English bluebell is a protected species, and it is illegal to dig them up or disturb their habitat. They are highly adapted to life in the woodland, thriving in even the dimmest of conditions. They emerge before the trees have fully leafed out, taking advantage of the extra light that reaches the forest floor. So the next time you find yourself in a bluebell wood, take a moment to appreciate these remarkable flowers. Their aroma and beauty are a testament to the power and resilience of the natural world. Karen

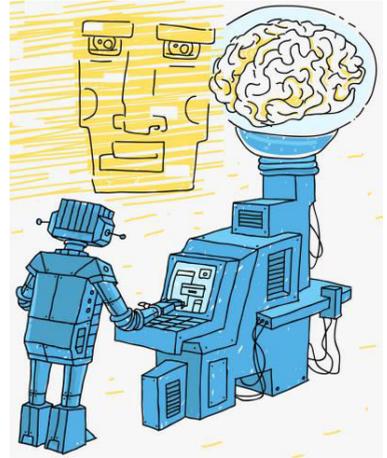


What is chatGBT

There's has been quite a bit of hype recently about a new artificial intelligence language model called ChatGBT,, but what is it?

Well ChatGPT is an artificial intelligence language model developed by a company called Open AI. It has been trained on a massive dataset of text from the internet, allowing it to understand and generate human-like language.

I asked it to write me an article for a newsletter about our recent speak Jonathan Cann, ChatGPT it then scoured the internet to find out what it could about the chap, and gave me exactly what I'd asked for, rather too much details to be honest, so I ask it to limit the response to just 200 words, and in the style of a teenager, which again it did without a delay, then I asked it all sorts of things and included in this newsletter is a quiz entirely created by ChatGBT, I asked it for 25 questions with answers suitable for over 50's, have a go at the quiz, page 14,the answers are shown below. Cheers Robin



- 14 Mars
- 15 Ludwig van Beethoven
- 16 Albert Einstein
- 17 Blue whale
- 18 Vincent van Gogh
- 19 Nile
- 20 Ottawa
- 21 Alexander Graham Bell
- 22 Sahara
- 23 Gabriel Garcia Marquez
- 24 Vatican City
- 25 Wolfgang Amadeus Mozart

- 1 Neil Armstrong
- 2 France
- 3 Harper Lee
- 4 Netherlands
- 5 T.S. Eliot
- 6 1989
- 7 Tuberculosis
- 8 Marie Curie
- 9 Brazil
- 10 Steven Spielberg
- 11 J.K. Rowling
- 12 Pisa
- 13 Sidney Poitier

News from Gill White

Dear friends, the committee and I have been busy deciding venues for us to visit this year. Now it's left to me to organise these for you.

Rural Life Centre at Tilford near Farnham.

Thurs 25th May. We have paid 2 visits in the past, in 1993, and 1999. The centre is now cared for by a trust, it has a restaurant and a more up to date, accessible toilet :-)



The coach will pick up at 10am in Heene Road, Worthing, and again in Chichester 11am at Tozer Way.

Coach will leave Tilford by 3:30pm. The cost of the trip is 10 pounds, please use reply slip if you want to come.

D-Day Museum, Portsmouth

Thurs 15th June 12 noon. Last year we had to postpone our visit because of extreme heat in July. By popular request, I am rebooking this event. We will have a cold buffet lunch in a private room at 1pm, most of us will drive ourselves to Portsmouth, however, if you are unable to drive yourself, we intend to hire a minibus if enough of you are interested. If you would like more information, give me a ring on 01243 789479. Parking is at the rear of the museum or along the seafront. Gill x



Who to marry, by kids: This'll make you smile



No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. -- Kristen, age 10

WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know the person FOREVER by then. -- Camille, age 10

HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids. -- Derrick, age 8

WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both don't want any more kids. -- Lori, age 8

WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. Lynnette, age 8 (isn't she a treasure)

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. -- Martin, age 10

WHAT WOULD YOU DO ON A FIRST DATE THAT WAS TURNING SOUR?

I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. -Craig, age 9

WHEN IS IT OKAY TO KISS SOMEONE?

When they're rich. -- Pam, age 7



The law says you have to be eighteen, so I wouldn't want to mess with that. -- Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. -- Howard, age 8

IS IT BETTER TO BE SINGLE OR MARRIED?

It's better for girls to be single but not for boys. Boys need someone to clean up after them. -- Anita, age 9 (bless you child)

HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T MARRY?

There sure would be a lot of kids to explain, wouldn't there? -- Kelvin, age 8

HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a truck.

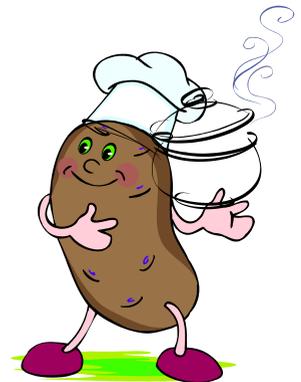
- Ricky, age 10

Thank you for sending that humorous selection of children's observations. Dear little souls???

SUPER SOUP RECIPE FROM DAUGHTER KAREN ZIAIE

1lb Sweet Potatoes, peeled and diced
 1 Onion chopped finely
 1 garlic clove chopped
 1 tablespoon medium curry powder
 1 and 1/2 pints vegetable stock
 2 ozs dried split red lentils salt and pepper

1. Place everything in saucepan and bring to boil
2. Reduce heat, cover and simmer gently for 30 minutes, stirring from time to time
3. Transfer the soup to a food processor or liquidiser in batches and blend until smooth
4. Return soup to a clean saucepan and heat through
5. Season to taste



This is really delicious - try it!

I have also made it, its really good, Robin

Quiz of the month



- 1 Who was the first person to walk on the moon?
- 2 Which country gifted the Statue of Liberty to the United States?
- 3 Who wrote the novel "To Kill a Mockingbird"?
- 4 Which European country is known for its tulips and windmills?
- 5 Who wrote the poem "The Waste Land"?
- 6 In what year did the Berlin Wall fall?
- 7 Which disease, also known as consumption, was a major cause of death in the 19th century?
- 8 Who was the first woman to win a Nobel Prize?
- 9 Which country has the world's largest rainforest?
- 10 Who directed the movie "Jaws"?
- 11 Who is the author of the Harry Potter series?
- 12 Which European city is home to the famous Leaning Tower?
- 13 Who was the first African American to win an Academy Award for Best Actor?
- 14 Which planet in our solar system is known as the Red Planet?
- 15 Who composed the famous classical piece "Für Elise"?
- 16 Which famous physicist developed the theory of relativity?
- 17 What is the largest animal on Earth?
- 18 Who painted "The Starry Night"?
- 19 Which river flows through Egypt?
- 20 What is the capital of Canada?
- 21 Who invented the telephone?
- 22 What is the largest desert in the world?
- 23 Who wrote the novel "One Hundred Years of Solitude"?
- 24 What is the smallest country in the world by land area?
- 25 Who composed the opera "The Marriage of Figaro"?



Answers on page 10



Wheelchair Friendly walks in West Sussex

West Sussex is home to some of the most beautiful landscapes in the United Kingdom, and what better way to explore them than through a wheelchair walk?

Whether you're a local or a visitor, these accessible walks are a great way to enjoy the fresh air and stunning scenery of West Sussex. One of the most popular wheelchair walks in West Sussex is the Petworth Park walk. This walk is approximately 1.5 miles long and takes you through the stunning Petworth House and Park. The route is mostly flat and surfaced,



making it accessible for wheelchairs and pushchairs alike. You'll pass through the landscaped parkland, with its magnificent trees and lakes, and might even spot some of the park's resident deer.

Another great wheelchair walk is the Arundel Wetland Centre walk. This route is approximately 1 mile long and takes you through the beautiful wetland nature reserve. The walk is flat and well-maintained, making it perfect for wheelchair users. Along the way, you'll be able to spot a variety of bird species, as well as other wildlife. The centre also has a range of accessible facilities, including toilets and a café.

If you're looking for a slightly longer wheelchair walk, then the West Dean Gardens walk might be just what you're after. This walk is approximately 2 miles long and takes you through the stunning gardens and parkland of West Dean Estate. The route is mostly flat and well-surfaced, making it suitable for wheelchairs. You'll be able to explore the beautiful gardens, including the walled kitchen garden and the award-winning sunken garden.

Finally, if you're looking for a wheelchair walk that's a little more off the beaten track, then the Kingley Vale walk might be for you. This walk is approximately 2.5 miles long and takes you through the stunning Kingley Vale nature reserve, which is known for its ancient yew trees and stunning views over the South Downs. The route is mostly flat and well-maintained, with some sections of gravel and uneven ground. However, it's still accessible for most wheelchair users with some assistance. Along the way, you'll be able to see some of the oldest yew trees in the country, as well as other wildlife such as butterflies and birds.

Overall, West Sussex has plenty of wheelchair-friendly walks to explore, with stunning landscapes and accessible facilities. Whether you're looking for a short stroll or a longer adventure, there's something for everyone to enjoy. It's always a good idea to check the accessibility of the route before you go and to take the necessary precautions to stay safe and comfortable during your walk.

Reply Slips

Please return all reply slips to
Gill White, 3 Tozer Way, Chichester, PO19 7LG
phone 01243 789479

Tilford Rural Life Centre, Nr Farham, Surrey.

Thursday 25th May 2023. Cost £10

Pickups at Heene Road 10am, and Tozer Way Chichester 11am

Name.

Tel no.

Address.

Will you be using the coach? Yes/No

Will you be using the restaurant? Yes/No

Will you be bringing a scooter? Yes/No

The D-Day Museum, Portsmouth. Cost free

Thursday 15th June 2023. 12 noon at Portsmouth.

Name.

Tel no.

Address.

Will you drive yourself Yes/No

Do you need transport Yes/No

Are you able to offer a lift to another member Yes/No