

The British Polio Fellowship

Worthing & Sussex Branch

Newsletter



Charity No. 1108335

May/June 2023

Dates for your diary

Chi. Theatre tour Tues July 18th 2023

Branch Lunch Wed Sept 20th 2023

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Editorial

Bob and I recently visited the Beautiful Worthing Golf Club where we hope to have our Annual lunch. The Dining room is much bigger and nicer in every way than the Ham Manor we visited last year for our Annual Lunch. I am pleased to say that it exceeded all our expectations. Not only is it situated in the most beautiful countryside the main room suited all our needs. It has wonderful views over the lush green lawns and plenty of parking spaces. The room has recently been refurbished, and looks lovely. Much nicer than on our previous annual lunch venue I loved it all and I am sure you will too. So if you would like to join us do complete the reply slip at the back of this newsletter. As I type, we're experiencing a mini heat wave, being the hottest day of the year by far today, 11th June, I hope you all can cope in this heat, our front room is the coolest which is where I am typing this. Cheers Barbara



Emmily about to get another Ticket for texting and driving again

CHAIRMAN'S COMMENTS

Branch AGM 2023

32 members attended our recent AGM which of course reports on the events and finances of the year January to December 2022.

We were welcomed by our president Clare Colfer with a short amusing speech, before handing over to Janet Jones, our secretary, who read out the minutes of last year's AGM and as there were no "Matters arising", then back into her seat as Roger Jones, our treasurer, told us how much money we have raised and how we spent it last year. (Details in Rogers Article) . This was followed by Janet again but this time reminding us of all our activities last year. It was then my turn and I was pleased to be able to thank all our organisers and helpers who give us their time so we can all enjoy the branch activities. Here I must remind us that although there are excellent social events to be enjoyed, behind the scenes we do manage to carry out a wide reaching welfare program.

It was then time to confirm that Clare Colfer would remain as our president and to invite Sue Kett and Robin Stephens to become our vice presidents for the next two years. Our present committee have all agreed to stay on for another year.

And then, the highlight of the day? Fish and chips arrived just after 4pm.

Now on a personal note my next "hobby" these days after the BPF and family, is our garden (I can't go coarse fishing anymore!)



After a cold wet winter I have lost quite a few garden plants including my pride and joy the bottle brush tree that stands about 8 foot tall and last year had about 100 brilliant red brushes.

The pond which measures about 12 foot by 3 foot takes up a lot of time. For several years I had to put a net over it in spring before the lily leaves gave protection for the safety of the fish, mainly from Seagulls. For the last couple of years it was ok but this year they came back with vengeance. They cleared the pond of all the large goldfish and only left the black ones because they could see them in the water and now the pond has sprung a leak!!

The garden birds. For many years we have been savaged by the local squirrels so I bought a bigger and better and stronger feeder for £29.99 which actually works. The squirrels used to tear the smaller "squirrel proof" one to pieces but they've given up on this one. Unfortunately, so have the birds. We have hardly seen any small song birds recently but just a couple of weeks ago, the starlings have discovered it. They arrive on mass, about 30/40 at a time. They squabble, screech and fight each other and can clear the four fat balls and dried meal worms in one visit of about half an hour. They don't seem interested in the sunflower seeds. Any suggestions?



Sadly we have lost two members recently.

David Ebdon, a member for at least 60 years whose was living in protected accommodation in Littlehampton. My memory of him was that with Daisy Wilson they used to help Barbara assemble the costume Jewellery for the scheme she used to run for the fellowship.

Carol Turner. We last met Carol and her husband Ian at our last get together and she seemed quite well at that time, though sadly she had already developed a cancer and has now passed away.. I only knew her from meeting her at BPF meetings but I thought she was a very nice caring lady and of course was Ian's carer. We do send Ian and all his family our love and sincere condolences.

Sue Milner's Success

I have mentioned the excellent Worthing Journal before, it not only gives us snippets from years ago, but also some of the latest events happening in Worthing, all for £1 a month! In the April edition I found an article about Sue Milner, one of our excellent helpers.

Sue was presented with a good Service Brooch at the World Thinking Day celebrations on Worthing promenade; this is a nationally recognised award for excellent service to Girl Guiding. Sue has volunteered with Rainbows, Brownies and Guides and participated in countless camps, holidays and adventures. She willingly shares her knowledge to support leaders and the girl guiding organization and they can't thank her enough.

Sue said "My guiding started in 1947 when I became a brownie with the Christ church unit. We met in a Nissan hut where Worthing Library now stands. I have enjoyed my journey with the guides, which has left me with so many wonderful memories."

Electric Scooter

We have mentioned the new life given to that massive electric wheelchair by sending it to the Ukraine, well now we have been donated an electric scooter GOGO . If any polio member needs a run about please contact me.

We have now been told that we will be given a single size electric bed in the next few weeks. Again if any member is interested, both of these items are of course free, please contact me.

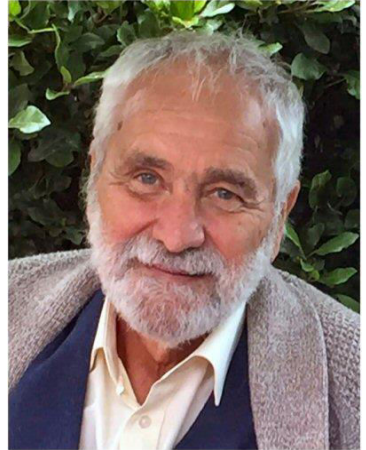


Bob Stephens

AGM Report By Roger Jones

For those of you who were fortunate enough to be unable to attend our AGM this month here is a brief summary of how our finances fared in 2022.

Our total income came to £4,726.47, this included £891.47 in members payments towards the annual lunch, refreshments for six get togethers and the trip to Sheffield Park. Donations £535 consisted of several anonymous donations but also £80 from donations at Pam Gavans funeral and £35 from Sue Carters, I think some donations may have been sent directly to H O by the funeral directors. Terry Studd manned 3 flag day collections with the help from Roger B, Sue Kett and Joan Upton and collected £1005.25. At the get togethers Terry and Roger raised £1092 .05 all the prizes being donated,,,, some several times. The card makers in the handicraft group Barbara, Betty, Marion and Janet raised £667. The train collection that was donated just before covid raised a further £571 at sales at various fairs.



Our expenditure a considerable sum of £10,566.62 breaks down like this.

We were asked to provide one holiday grant of £500, 2 television license grants totalling £318, and several telephone grants paid every 3 months at £50 totalling £800. General grants totalling £3408.96 for heating, cost of living, mobility vehicle repair and batteries. The committee, last year decided to put aside a kitty for heating and cost of living and there is still money some left in it, if any of you are interested please contact Gill. Welfare visits cost £56.29 and socials and outings cost £3,122.99, this was for the annual lunch and refreshments for our six get together meetings and the Sheffield Park visit. The coach for that alone cost £560. Over the year the news letter and web site have

come to £942.42. With more people being conscious of the cost of travel we have received more requests for travel expenses so our expenditure has somewhat risen to the sum of £583.30.

Room hire for our GTGs and committee meetings has come to £933. Flag day expenses of £52.90 and general fund raising £24.50.

On paper the handicraft cost us nothing this year but because of the postal strike over the Christmas period the bill for their expenses did not reach me till January. Expect a large amount next year.

Admin of £36.64, not much but with the cost of postage I am expecting a much bigger sum next year, and with the bank charges of £59.62 that was our expenditure.

So expenditure	£10,566.62
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Minus income	£4,726.47
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Deficit for 2022 was	£5,840.15
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H.O. have informed me of the performance of our loan units last year and the good news is that in the last two years our loan unit account has risen by some £800but if you remember that 2021 our account rose by £17300 that means that this year deficit of £16414 almost wiped that out.

At the start of this year our loan units stood at £126,547.

I had a note from Terry Blackman the national treasurer explaining about covid and Ukraine reducing our holdings by 11.725%. he explained that investing funds at any time there is always a risk and that the Trustees at H.O. are currently reviewing the best options for future investment of the charities funds and he will report to members in due course.

He also reported that in the first months of this year there has already been a profit of over £2000 but this isn't expected to be continued.

Branch Treasurer **Roger Jones**

News from Gill White

Dear friends, our July outing is to the Chichester festival theatre for a back stage tour which lasts one hour on tues 18th July at 11am. This will be followed by lunch at the bell inn at 12.20pm. The Bell is just a few minutes' walk from the theatre.

There is no charge for the tour but you will need to buy your own lunch. Please ring me if you would like more information about this trip..With best wishes Gill 01243 789479

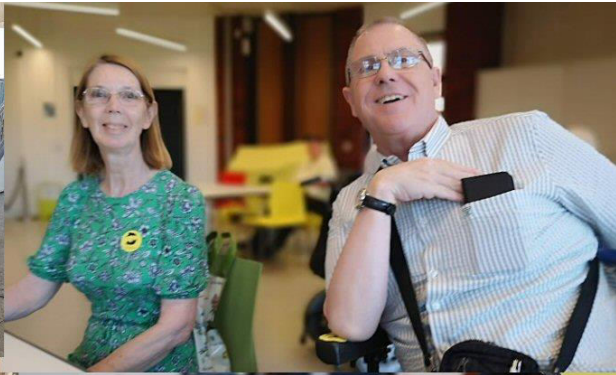


Our Branch Annual Lunch

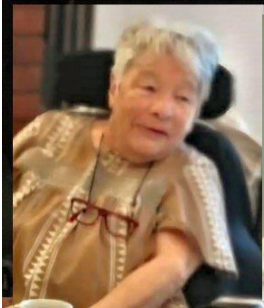
Our lunch this year will be held on Wednesday 20th September 2023 and our guest of honour will be the Chief executive of the fellowship Kripen Dhrona. The venue this year is to be at the Worthing golf Club (NOT Hillbarn) which is situated on the A27, Warren Road all details will be published nearer the time. At our recent recce Bob and I were very pleased with the large room with massive windows offering a splendid view of the course. Barbara

A poem from Anon

Another year has passed and we're all a little older
Last summer felt much hotter and winter seems much colder.
There was a time not long ago when life was quite a blast.
Now I fully understand about 'Living in the Past'.
We used to go to weddings, football games and lunches.
Now we go to funeral homes and after-funeral brunches.
We used to go out dining and couldn't get our fill.
Now we ask for doggie bags, come home and take a pill.
We often used to travel to places near and far.
Now we get sore asses from riding in the car.
We used to go to nightclubs and drink a little booze.
Now we stay home at night and watch the evening news.
That my, friend, is how life is and now my tale is told.
So, enjoy each day and live it up
Before you're too damned old! Anon



D-Day Museum





Afternoon Tea



Royal Coronation tea Party

My son Mike and I were invited to a local royal coronation tea yesterday and so we set off in good time in my bath chair (I'm stretching the truth a bit today) well it was my wheelchair actually, but as we opened the door to sit the Hills royal bum on my chair, the dam cat shot out!

Not worried at first we started up the path, but Persia stayed put!

Ah well we thought she have to stay out .. but she started following us, Mike kept leaving me on the path to see if he could persuade her royal highness Persia to go back inside.

We set off again but unfortunately she followed us past our car park and on to the road ... so my caring carer!!! left moi on the pavement.. parked up on my own, alone, while he made sure Persia had gone back to our bungalow!

I was sitting there for what seemed like ages looking like a old person with a rug over my legs!

Eventually he returned and we set off at a steady pace to our friends.

Then we hit another problem as the car was in front of the gate and we couldn't get by, so I had a brilliant idea of pushing me up the next door drive and I'd get out by the gate and Bobs yer Uncle!

It was so worthwhile all the hiccups getting there as we had a wonderful time with lovely company and delicious food, AND a quiz and three games of ROYAL Bingo and Mike bless him won a lovely prize for me.

Carol Gatford



Elvis Presley and the Polio Vaccine

While surfing the net recently I came across an article about Elvis Presley on the website “Reddit”. The article said that Elvis was in large part responsible for the success of the polio vaccination campaign in the United States of America and was the public face of the movement and he even got vaccinated on camera. Elvis had many (many) issues, but he was a genuine, caring and warm guy, who loved interacting with those who approached him and doing good when he could and I don't remember seeing or hearing anything bad about him and it was said that he was very affectionate

towards his fans. The picture is Elvis meeting a couple of 14 year old girls that had been affected by polio, Elvis was in Hollywood at the time filming Jail house Rock.



Elvis Presley Meeting the two 14 year old girls affected by polio on May 17th 1957

Sue Carters Chair by Janet Jones

As you might remember, in the Jan/Feb Newsletter there was an Invacare power chair on offer to anyone who was in need of one. The chair had belonged to our member Sue Carter, who sadly died in the November. Roger and myself collected it from Sue's flat and delivered it to Bobs garage. We called on the services of Mobility and Comfort in Bognor Regis who collected it, took it to their work shop where it was given a full service including new heavy-duty batteries and a new joystick and was in first class order. Sadly, there were no takers...



When I worked for Tesco, I made friends with a lovely lady from the Ukraine. That was over 25yrs ago, and we are still good friends to this day. As we all know there is a terrible War going on in her country. Back in March Mariya told me, through floods of tears of the plight of a dear school friend of hers. His name is Oleg and while fighting on the front line, stepped on a mine. His injuries were life changing, losing both of his legs above the knee. After a number of operations his life was saved, but he was in such a bad way and things were so bad for him, that he gave his wedding ring to a friend for it to be passed on to his wife if the inevitable happened. In late April Mariya showed me a short video of Oleg getting out of the hospital bed onto a manual wheelchair. It was then that I thought of Sue's chair idling away in Bobs shed not being used. I put my thoughts to Bob, and we both agreed that's what Sue would want.



Since the war started, Mariya has done a lot to help her country, including driving all across Europe with clothes, toiletries, first aid etc. When I told her about the chair, and asked if her friend would like it, she was over the moon, and straightway got in touch with someone with a van who could take it to him. Mobility and Comfort even lent them the ramps needed for the transportation. I have seen a video of Oleg using the chair, I assume it's outside the hospital, and the look of untold joy on his face says it all. I have also been told that his wife Natalia put his wedding ring back on his finger.

I will keep you up to date on any more news I hear. Janet Jones.

AFTERNOON TEA PARTY

Hello everybody. Just thought I would write a few words about our lovely May outing organised by Gill.

A quite large group of us arrived at Haskins Garden Centre just outside of Worthing yesterday the 25th May all looking very hungry. We were warmly welcomed by Gill and Clare at the entrance who were twisting our arms to sign up to July's outing to Chichester Festival Theatre for a backstage tour followed by a pub lunch. Anything that involves food – count me in!



Anyway, back to yesterday. We had exclusive use of a side room which was already laid out for us and looking very decorative with a beautiful orchid on every table. Every plate had an extremely large scone served with butter, clotted cream and 2 little pots of jam. Also three more cakes and as much tea as we could drink. The staff were very accommodating and helpful and offered doggy bags for any uneaten cakes. Apparently there were some greedy-guts who managed to eat everything, but I'm mentioning no names 🐝 🕷️ 🐝!!!

By 4.30 pm the garden centre seemed to be emptying so it seemed the right time for us to leave too and hopefully get home before the 5 o'clock rush. It was definitely a lovely way to spend an afternoon, so thank you again Gill. Joan Upton



Me and My 50cc Garelli Moped

My Journey to London and Back on My 50cc Garelli Moped. When I was 16 years old, my dad bought me a 50cc Garelli moped, the year was 1973. I was thrilled to have my own mode of powered transportation and I quickly became obsessed with the freedom it provided me. I rode it everywhere, but my biggest adventure came when I decided to ride it to London and back in one day. I set out early in the morning, with a full tank of petrol and a spare can of fuel tied to the rear of my seat (not very safe I know!!). The

journey was long and tiring, but I was determined to make it. I followed the old A23 through the countryside, passing many fields of bright yellow rape seed and passing Gatwick and Croydon airports. As I approached London, the traffic began to get a lot busier and I had to navigate through the busy streets to get to my destination. I drove over the River Thames, taking in the spectacular views of the city skyline. Back then the Post office tower was the tallest building in the UK. I then drove around Trafalgar Square then up to Buckingham Palace, I'd made it, now feeling like a true adventurer in my little moped. After spending some time exploring the city, it was time to head back home. I filled up my petrol tank and began the journey back. Again I took the old A23, which was the main route back then before the motorway was built. The road was long and monotonous and at max speed of 30mph



and my bum was sore from sitting on it all day. But I was determined to make it back home before dark. Finally, after a long day of riding, I arrived back home exhausted but exhilarated, and I knew that this journey would be one that I would remember for the rest of my life. Cheers Robin Stephens

A Pot Hole Poem

Potholes on the road ahead,
A bumpy ride that fills with dread.
They lurk in wait, unseen and sly,
Ready to wreck your car and tyre.
Craters deep, black as night,
Swallow tyres with pure delight.
They jolt you out of your seat,
Leaving you shaken and offbeat.



Oh, potholes, why must you exist?
A menace to drivers, never missed.
You are the thorn in our side,
A constant frustration we can't abide.
But still, we endure your presence,
Braving the holes with hesitant essence.
For on the other side of this route,
Lies a journey worth travelling about.
So we press on, through dips and bumps,
Trying to dodge your rocky lumps.
Though you may slow us down,
We won't let you keep us bound.
Potholes, we curse your name,
But still, we play your dangerous game.

For we know that on this road of life,
You are but a mere annoying strife.

Well I hope you enjoyed that,
I did, err a bit, thanks to
Colin from accounts for the email.



Sale Day

Just before Covid, residents in the Road leading to where we live, decided to have a table top sale. This was a way to raise funds for two local charities, which were St. Wilfred's Hospice and the Snowdrop appeal.



Everyone taking part paid a £5 fee which enabled them to participate. Nothing was allowed to encroach onto the public pathway, everything for sale had to stay inside the property line. That year, Roger and myself went for a stroll, (me on my buggy) to see if we could get a bargain. There was bric-a-brac, clothes, plant pots, plants to name but a few. I found a lovely large heavy cut glass vase for £2 and Roger got himself a stereo CD, tape and radio player for £5 and it is still going strong in the conservatory.

This year our Avenue and the Close were asked if we would like to take part, and a few of us did. On our stall we put out all the cars we had left from the legacy, and also an assortment of craft items from Sue Carter. We managed to sell all the cars and some of the craft bits, in total we made £55.50. and have some more space in the loft. All the cars from that legacy have now been sold and in total we made was about £1,847.00 The sum of nearly £900 was made for the hospice and the children's charity.

Janet Jones

D-Day Museum 15th June 2023

Sat nav set we headed off for Southsea, the sat nav took us on a most interesting route, but we did get there in plenty of time to meet everybody, 18 of us, by the entrance. Since 2018, when the museum was extensively refurbished with a £5 million Heritage Lottery grant, it is now called the D-Day Story and the story it



tells is of operation Overlord and the Normandy D-Day Landings . So after a cup of tea Me(Robin) Karen and Bob headed off for the 272 foot Overlord Embroidery that tells the story of the D-Day landings, it is housed in a circular building that looks like it was specially built for the display and its was quite fascinating. Karen was especially interested as she does a little bit of embroidery herself.

Following that we had the Lunch provided, sandwiches sausage rolls and a piece of cake and plenty of drinks. It was a hot day 26-27c so drinks were very welcome. The second part of the museum were the displays of the wartime equipment used, vehicles, ration books, short wave radios, small arms and a number of short informative films that explained the story.

Other major exhibits include a Sherman tank and a Churchill tank, both displayed on the tank deck of the newly restored D-Day landing craft, the last one surviving. Other vehicles in the collection are a Sherman Beach armoured recovery vehicle (BARV) and a DUKW also known as the Duck, an amphibious vehicle. In addition there was a replica infantry landing craft as part of an audio-visual display. A very interesting day indeed and many thanks to Gill for organising.

Cheers Robin and Karen



Reply Slips

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

Chichester Festival Theatre

Tuesday 18th July 2023. 11am Cost Free

Name.

Tel no.

Address.

Will you require transport?

Yes/No

Will you be bringing a scooter?

Yes/No

Will you be lunching at the Bell?

Yes/No

Branch Annual Lunch.

Wednesday 20th September 2023. Worthing golf Club (NOT Hillbarn)

Cost £15 per head, pay on the day.

Name.

Tel no.

Address.

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