

**RLHPOSA**  
*rlhposa.org.uk*



**NEWSLETTER**  
**2019**

***Happy New Year  
to everyone***

<b>DATE</b>	<b>Saturday 6<sup>th</sup> April 2019</b>	
<b>VENUE</b>	<b>Please book by Wednesday 27<sup>th</sup> April</b> The Old Library in the Medical School (corner of Turner Street and Stepney Way)	
<b>TIME</b>	11:00	coffee
	11:30	AGM
	12:00	Speaker: Karen Golanski details below.
	12:30	(approx) Lunch and social time,

**Chairman’s Message. RLHPOSA Newsletter 2019**

Greetings and best wishes to everyone for 2019. The AGM is on 6<sup>th</sup> April this year in the Old Library again. The speaker will be a physio, Karen Golanski. She will tell us about the medical history of the City of London. She comes with a warm recommendation from a committee member. Her talk is titled: **“Barts, Barber Surgeons, Bedlam and Old Dr Butler”**.

Domestic arrangements will be slightly different as self catering is no longer permitted. We will use the caterers who provide for Queen Mary University

Hospitality. At least there will be less carrying to do. The menus look interesting.

Following Dorothy Toyn's lecture last year where we learned about the influence of the First World War on Physiotherapy, the committee wondered about modern rehabilitation. Sadly Headley Court was in the process of moving so it was not possible to make contact with a potential speaker earlier this year. It has been done now so we may learn about modern rehabilitation next year.

Our annual gazette enables news to be circulated among the membership but the significance of meeting fellow Old Students face to face at one meeting per year, is really valuable. Speakers who tell us about early physiotherapy help to emphasise the uniqueness of a group from different periods in our profession. Everybody who attends has some memories to share. The AGM helps us to understand the process of how physiotherapy has developed and continues to evolve. I do hope that many members will be able to come. It makes a memorable day.

*rosalindgunning@btinternet.com*

## **Moving to the 21<sup>st</sup> Century.**

Last year our move into the 21<sup>st</sup> Century did not go quite as smoothly as planned – a digit got lost when listing the banking details – Many apologies to all who attempted on-line bank transfer payment and could not do so.

We now have all the details complete and are as follows:

### **Bank Transfer**

Barclays Bank sort code 20-57-06

Account Number 60592641

Account Name 'London Hospital Physiotherapist Old Student Association'

Reference – you need to add your name so that we can trace your payment.  
SNIPPETS – please email your snippet (and any change of address/tel/email) to *info@rlhposa.org.uk*

Payment by Cheque. As usual Cheque payable to RLHPOSA, fill in return slip with any SNIPPETS of news and post to Dorothy Toyn, 12 Warren Terrace, Bengo, Hertford, Hertfordshire, SG14 3JE.

Please reply by Wednesday March 27th at the latest – we have to use in-house QMUL catering so do not have our usual flexibility.

## Membership

It was good to report at last year's meeting that most members are managing to keep in contact, and a few are even encouraging other members of their set to come! In the past few years several sets have met up for the AGM and then gone on to see around the London/Whitechapel old haunts. Someone called it 'enjoying their annual pilgrimage'!

It is always interesting to hear of set reunions that have happened and see pictures of people you can recall from the past. Chris Barker (Sharplin) October 63-66 set sent a photo from their reunion a few months ago. (See this in colour on the website.)



We hear from quite a few members who live too far away to come to the meeting but who do keep in touch regularly and mention enjoying reading the newsletter. Please do keep sending/ emailing your SNIPPETS – it is always interesting to hear what others are doing now.

We have recently moved from London to the South Coast and do not have access to all the photocopying facilities we used to have, so I must thank Dorothy Toyn for taking on the printing this year.

*Angela McKee*

## **Summary of AGM minutes 14<sup>th</sup> April 2018**

Miss Joan Piercy, our President, welcomed everyone to the meeting in the Old Library in the Medical College.

135 members had been notified of the meeting - there were 30 attendees (a couple of members rejoining after a gap) and 53 apologies for absence. 13 members had not replied for 2 years so their names will be removed from the list.

Copies of the Income and Expenditure Account for 1<sup>st</sup> January 2017 to 31<sup>st</sup> December 2017 were available. The Treasurer, Dorothy Toyn, explained some of the items. Cost of hiring the venue and difficulty in finding any alternative was again discussed. It was agreed to raise the cost for attending the meeting to £20 in 2019. There was further discussion on encouraging more people to attend.

Dorothy Toyn was re-elected as Treasurer.

Next meeting to be held on Saturday 6<sup>th</sup> April 2019 in the Old Library if available.

As there was no other business the AGM was closed and Dorothy Toyn was welcomed to talk about the CSP Members Benevolent Fund – “From Flanders to the Mall”. A copy of her talk is included (see page ###).

**#### INSERT Meeting costs Here (from Dorothy)**

### **“From Flanders to The Mall”**

#### **A History of the CSP Members Benevolent Fund: 1917 - 2017**

In 1894 four nurses, Lucy Robinson, Rosalind Paget, Elizabeth Manley and Margaret Palmer started the “Society of Trained Masseuses” after seeing stories in the Press

warning young nurses and the public of unscrupulous people offering massage as a euphemism for other services

At the time the population class structure was in place, healthcare had to be paid for, although there were some free hospitals and a few medical schemes. There were no State benefits - if a person could not support themselves and family, the Work House was the final provision.

In 1914 War broke out... The Royal Army Medical Corp (RAMC) was responsible for maintaining the health and fighting strength of forces in the field. Sick or wounded men were treated or evacuated as quickly as possible through the Regimental First Aid Post, to the Advanced Dressing station to the Casualty Clearing Station - a basic hospital close to the front. This was the nearest to the front that female nurses were allowed to serve.

Remember...No antibiotics, Clean water supplies were often restricted, mud and manure from horses, meant infections were common and wounds could become gangrenous. Leg amputations were performed for compound leg fractures, Trench foot occurred from standing in water for long periods and was frequent. Infectious diseases would spread rapidly and mental breakdown occurred due to the constant bombardments and noise together with the continuing loss of comrades to injury and death.

Almeric Paget was a very wealthy man married to a wealthy American socialite Pauline Whitney Paget. At the outbreak of the war he offered to supply and run a corps of 50 trained masseuses to the British War Office. 50 women were placed in military hospitals in Britain together with those who had volunteered their services.

In 1917 members were allowed to work overseas – 56 members were working in Italy and France by the end of 1917. By the end of the war over 2000 masseuses and masseurs were at work and 3,400 Society members were engaged by the Corps at some time.

Post war 'The Almeric Paget Corps' was decommissioned and 'The Military Massage Service was formed under the auspices of the Army and Pensions Massage Association.

## **The Members' Fund**

In January 1917 'The Members' Fund' was initiated by Sarah Grafton (Chair of the Incorporated Society of Trained Masseuses 1916-18) in response to the needs of Society members no longer able to support themselves or their families as a result of the Great War.



Members lost fathers, brothers, fiancés and friends. The masseuses were single and those who had volunteered had no paid income from their work. Some lost allowances from their families as well their loved ones. These members were struggling to survive and reliant on the goodwill of colleagues and other

friends, and some were injured during their work.

An article was printed in the 'Incorporated Society of Trained Masseuses' magazine article in March 1917 *"We make no apology for emphasising the need to take some thought for the morrow and common sense tells us we ought to be preparing to meet it. It was with the object of providing some means of assistance for members who may thus find themselves in difficulties as a result of misfortunes which they cannot prevent that our Members' Fund was started last March, and we wish we could bring home to those who read these words the fact that its power to help will be just in proportion to the amount which is contributed to it by them"*

## **Mid War Years**

In 1927 The 'Eagle Star and British Dominions Insurance Company' provided insurance for members and the commission was donated to the Members Fund. The number of War Veterans needing treatment had declined to a trickle, but a general lack of funds forced hospitals to reduce staff, and doctors gave up their Massage Assistants. Private Practitioners were hard pushed to meet bills and at

worst they “were suffering from insufficiency of food” Sick and elderly members fared badly and in 1935 The MBF Committee used part of the £224 available to provide:

- “A tricycle for crippled former member of the Almeric Paget Massage Corps.
- A room near her oculist then a place at the Royal Hospital for Incurables in Putney for an elderly lady almost blind and with an artificial leg.
- A journey to Switzerland for an asthmatic member with drugs purchased for her.
- A sum of money for a masseur who found it impossible to keep up a decent appearance on his pension of £120 per year and 12/6d earned from one regular patient.”

In December Christmas cheques were sent to 10 sick or elderly members some of whom had dependents to support. Special gifts were given to commemorate a coronation or other event,

Early Fundraising consisted of tea parties, sales of work and donations. Money was collected at memorial services. Members were encouraged to take items / small gifts (Toiletries, Nylons, Sewing essentials etc) to Congress annually and these were distributed to the Beneficiaries (This practice ceased in 1939.) Local concerts helped raise funds and fundraising continued within the Boards & Branches e.g. Dances held

By the end of the 20th Century the Fund was blessed with amazing legacies, which are still ongoing. The decision was made to invest all legacies to form an Investment Portfolio that is now at £2.8 million + and this provides over 60% of the annual income. The CSP currently kindly gives £42,000 per year

In 2000 the average applicants per year was around 10 with around 40 people receiving assistance during any year. The recession of 2008 increased the applications and currently we have over 25 applications per year, with around 50 receiving assistance over the year

The new Centenary Fund (£6.5K) provides the new preventative programme – Financial education, Retirement preparation etc.

In December 1925 - The Members Fund gained Charitable Status as a 'Trust' when the first governing Trust Deed was issued with the latest effective from 2015 with a "Charity Scheme" (WHO the MBF assists) & a "Charity Schedule" (HOW the MBF is run). More external governance requirements have occurred in the last 10 years than the previous 90!

**WHO do we Assist?** The MBF provides support for members who are experiencing hardship / financial difficulties through misfortune - accidents, illness or other unexpected events. Specifically Fellows, members (past & present), current Associates and Students.

We are unable to assist a shortfall in income over expenditure due to consumer debts such as credit cards or loans including student loans and debts; savings over £16000; items which should be covered by the State; residential or nursing home fees; private healthcare or education; support of other family members either in the UK or abroad or physiotherapy education / CPD.

**HOW do we Assist?** Financial assistance through illness / rehabilitation. Special equipment to aid independent living; household repairs; short-term emergency childcare; unexpected costs for incidents such as flooding or a car accident a single grant; regular monthly financial assistance; CSP subscriptions Free Preventative / Educational Workshops – 'Personal Finance Management' & 'Retirement Preparation'

**Working with Auriga Services.** In 2018 the MBF began to work with 'Auriga Services' for 2 major reasons.

Firstly, for the first 100 years the MBF trustees did all the work, with backup admin support from the CSP. Changes in the benefits system, charity law and increasing complexities of cases urged the trustees to find a partner organisation with the

knowledge and experience to review the cases and assist these people appropriately in the 21<sup>st</sup> Century. The MBF is too small to employ an individual for this work, but 'Auriga' do similar work for several organisations and this change has enabled Trustees to concentrate on future strategy, rather than the day to day work. Auriga have provided an excellent cost effective and objective service during the first year, while the Trustees still make the decisions on Auriga's recommendation, and maintain contact with each beneficiary.

Secondly the CSP ceased to provide the MBF with all administrative support to the MBF other than some assistance from the Finance Department, in 2018.

The profile of the current applicants is very different to those helped originally. The majority are in their 30's and 40's with less than 10% above 60 years of age. Around 15 years ago we were assisting more retired members and fewer who were working.

The most common causes of needing assistance are illness & accidents, family breakdown for whatever reason, Poor financial management & lack of planning and various unforeseen incidents. The financial climate of the last 10 years makes it hard for people to think about saving for a rainy day, so when things go wrong there is no financial flexibility to cope.

**So Where Does 'The Mall' come into this...?** The Patron of the CSP is Her Majesty The Queen, and in 2016 she celebrated her 90<sup>th</sup> Birthday with 'The Patron's Party'. Every Organisation she is Patron of, was given tickets for this event in the Mall, and the CSP chose the Chair & Vice Chair of Council, and the Chairs of their 2 Charities – 'The Charitable Trust' and the 'Members Benevolent Fund' so I had the privilege to go to the Party on behalf of the MBF!



**The MBF Centenary – 2017.** 'Project 100' was set up to research & record the history of the MBF, to update the Governance fit for a modern Charity of the 21<sup>st</sup> Century,

and to start a 'Preventative Programme' to assist members before they get to the point of needing financial assistance

The Centenary Fund raised money for the preventative Programme and raised £6.5k in 2017. The Governance has been updated and the Auriga partnership started in Jan 2018.

**2019 Post Script:** The CSP decided that in 2019 it would no longer give donations to either the MBF or the educational 'Charitable Trust' – this was worth £42,000 to the MBF. However, the years that the CSP did give this money, enabled the MBF to build up its investment portfolio and with this at £3 million it gives us a regular income of over £60,000, but we will have to take great care as to how the money is used.

If individuals would like to contribute a cheque can be sent to the MBF c/o Finance Dept, CSP, 14 Bedford Row, London WC1R 4ED. Or donate via 'Virgin Money Giving' at [www.virginmoneygiving.com](http://www.virginmoneygiving.com) & search CSP MBF – Charity Number 219568.

*Dorothy Toyn*

## **2018 SNIPPETS FROM THOSE WHO COULD NOT ATTEND**

### **Sue Anastasiadis (Atkinson 61-64)**

I am still seeing patients for Acupuncture, but have retired as a physio (finally!) We now have 5 grandchildren, and love it when we are all together in our Greek Island home.

### **Christine Barker (Sharplin 63-66)**

Sorry not to be with you all. We have moved to Cheddar, which is good – more walking and cycling and less car, and the grandsons can call in on their way home from school. The singing and ringing both keep me occupied, our new garden though small is full of plants, and we can go walking up Cheddar Gorge and onto the Mendips from home.

**Bernice Brown (Flanigan/Northcott 73-76)**

I am unable to attend the meeting (2018) in April as I am currently undergoing chemotherapy for breast cancer. I hope to attend next year.

**Jill Burt (Dench 58-61)**

So sorry that I will be unable to attend the AGM – I do hope it is a successful meeting. In April I am meeting up with Janet Baker (Pope) and Ann Henderson (Penney) from the April '58 set for our annual “mini-reunion”.

**Pam Chew (Hodgson 44-57)**

Thank you to all who give time to arranging the meetings. It is much appreciated.

**Maureen Eason (Stacey 55-61)**

Sorry I am unable to come on 14<sup>th</sup> April – we will be on our way back from Finland – hope to come next year. We had a set reunion in September (2017) with less numbers this time. There have been 2 more broken hips since then, Frances Hollington (Seaton) and Jean Barnard (Watts). We enjoyed our lunch and tea together. I think driving may be the problem this time.

**Pam Phillips (Cassell 68-71)**

I am sorry not to be able to attend this year's meeting as I will be kayaking in the north of Scotland! I still love paddling and feel very fortunate to be able to enjoy such a wonderful sport. My family of 7 grandchildren keep us busy, and together with holidays at home and abroad and U3A involvement, we are truly enjoying our retirement. I hope the meeting goes well and look forward to be able to attend next year.

### **Wendy Goodwin (50-53)**

I'm still relatively fit and enjoying life with gardening, photography and walking my greyhound. Also in touch with Pam Dagwell who lives in Canterbury. Last year we lost Jennifer Klement (Golds) and, by chance on the internet, found Priscilla Davies(Leakey) had died in 2012.

### **Caroline Gordon (78-82)**

Just about to claim my pension and thinking of volunteering as physio helper at local hospice. Been too long out of practice to do proper physio.

### **Mary Gregory-Smith (Tresidder 62-65)**

Just returned from a wonderful Christmas 2017 and New Year 2018 in Australia (Melbourne) where my daughter lives with our 3 grandchildren. Great to buy them their first bodyboards and show them how it should be done – and of course being 38 degrees for me going in without a wetsuit!

We often go away in the caravan and enjoy walking. I also do a lot of gardening.

Sorry not to make the AGM this year. We are away celebrating my husband's 70<sup>th</sup> - in Sherwood Forest with family from Wales and Stamford.

### **Janet Hankinson (Johnson 63-66)**

Sorry, this year ( of many minibreaks) I will not be able to make the AGM. Hopefully if our set meet in October I will be down for that. It is a "good tonic" to meet up whilst we are still able.

### **Janet Hofmeyr (Ford 74-77)**

We had a fantastic **40 year** reunion this year (2017). Everyone looked the same!! I'm still working part-time in a private hospital in Reading. Sadly unable to attend this year as I have a previous engagement, hopefully see everyone next year.

**Andrea Holder (Van Emden 73-76)**

We have now been living in a little village in Gloucestershire for over a year and life in a village is a much slower way of life! We are enjoying making new friends and getting involved in village affairs.

We still enjoy our travelling, particularly cruising, and we are very fortunate to have visited many wonderful places and made some great friends all over the world. We have 3 more large trips planned over the next couple of years – which will see us visit some familiar places as well as discovering new places and cultures.

Unfortunately I shall not be able to attend this year's meeting, but wish everyone a successful and happy day. As always I would love to hear from anyone who remembers me and hope to be able to attend next year!  
(andreaholder@hotmail.com)

**Diana Hurrell (Lindsay 63-66)**

As always, thanks for continuing the work. Our family will be here from France so cannot come to the meeting.

**Fiona Jackson (Enright 73-76)**

Really sorry I won't be with you. We will be enjoying Disney Florida with two of our five grandchildren. Best wishes to all.

**Jane Laidlaw (Linn 68-71)**

Apologies for not attending the AGM. Continue to practice in my private practice, but reducing my workload as my daughter takes over the practice. Continuing to "wind" down – I no longer am a Council member and have left all committees. Now able to do more gardening and hobby farming.

**Jill Light (How 74-84)**

Retired in 2016 and now living near the Carmarthenshire / Ceredigion border (Wales). I am still in contact with Faith (Hopper) and Sally (Turner) by email. My

regards to all those students who endured those terrible shortwave CARBS (double knee coils!!)

**Jill Mantle (Forsdyke 50-53)**

Greetings and good wishes to everyone. I hope you have an enjoyable meeting.

I have had quite a good year with no major emergencies. Mobility is my major problem but on a good day I can still do a substantial Sainsbury's shop leaning on a trolley! Mercifully my husband is still fit to garden and drive so we manage pretty well and don't often need family help.

Our eldest granddaughter, on a gap year, is au pairing four children in New Zealand and catching up with some of our friends made out there in 1975/6.

**Janet Shoebridge (Bourne 77-80)**

Sorry I cannot make the meeting this year. I am singing in a concert in Bath Abbey but hope you have a good meeting. I enjoy reading the news in the Newsletter.

**Margaret Stevens (Young 63-66)**

Sorry not to be at the reunion this year. April has filled up with house guests and rehearsals with the Dorset Guild of Singers. A performance of Elgar's Dream of Gerontius is to be given at Poole's "Lighthouse" – home to the BSO. Still enjoying holidays and frequent family visits. Hope to see you in 2019!

**Hazel White (Cannon 77-82).**

Still working at White Lodge Centre in Chertsey in Paediatric Neurology. In my spare time I play tennis, swim, walk the dog and my husband and I recently started ballroom dancing lessons which provide great amusement primarily to our teacher. Eldest son is now married and youngest son only has one and a half years left at school. Middle two children are independent and live locally.

**Brenda Williams (63-66)**

So sorry to miss this year's meeting due to a clash of dates caused by poor diary management! Still keeping busy and in good health. Very sorry to miss Dorothy's talk.

**Josephine Wood (Cosens 61-64)**

Jebby has come back to live in England after over 40 years in South Africa, lovely to be together again. I have been quite ill with multiple pulmonary emboli caused by my blood disease, but better now. Keep busy with my five grandchildren. Still meet up once a year with my Set.

## **2018 SNIPPETS FROM THOSE WHO DID ATTEND**

**Jennifer Fellas (Young 68-72)**

Some members of our original set of 68-71 have been attending the last few AGM's and it has proved to be a great opportunity to catch up with our old set members. The 80 year celebration was a very special year for our set as one of our colleagues came from Canada and another from France. It was the first time many of us had seen each other for over 40 years. The celebrations continued on well after the AGM!! We now continue to make this a special annual event. We look forward to this wonderful event and to catching up and reminiscing with old friends.

**Margaret Holland (Andrews 62-65)**

Greetings to October '62 set! Robert and I celebrate our 50<sup>th</sup> Wedding Anniversary this year(2018). We are still visiting family in California and closer to home in Norfolk. Robert had a left THR in October 2017 – I've made sure he does his exercises! How treatment has changed over the years.

**Hilary Impey (Clark 63-66)**

Life is good; family, friends, volunteering, walking, gardening, reading, theatre. Recently taken up German classes with U3A trying to rekindle school-day skills. Is this what is meant by second childhood I wonder?

### **Liz Laverick-Quinlan (Addy 78-81)**

My daughter Tamsin (29 years) had her second baby Penelope on 26<sup>th</sup> February 2018 and her son Harley was only born on the 1<sup>st</sup> October 2016! So I'm helping out a lot and as she lives 2 hours away it's a good job I'm semi-retired!

My son Daniel lives in Cheam and has his own Playball franchise in Epsom and Cheam (teaching ball skills and sports to 2 – 9 year olds).

I split from Barrie in 2002. I met Martin on 2007 and moved from Motspur Park to Belmont in 2011 and we got married in 2014. I went into semi-retirement on 30th Sept 2016 the day Tamsin went into labour! I started in 2005 and I have stayed on the bank for HCA at The Portland Hospital for Women and Children and now only work on the women's health wards when required. We moved to Cheam in December 2017.

### **Sarah Marshall (Macdowall 61-64)**

I am thoroughly enjoying living in Carterton (next to RAF Brize Norton). I have nearly got rid of builders and have started decorating the whole house. I'd forgotten what hard work it is!

### **Gwyneth Page (Walters 63-66)**

I have enjoyed a walking holiday in Austria with Sheila, and recently (2018) in Tromso Norway to see the Northern Lights with my son Chris and a friend. My life continues to revolve around my Church, Mothers' Union and my family. My eldest

grandchildren, who live nearby, are now into their GCSE's. My second daughter Jo, with children and Matthew, come home from China for good in June 2018 and will live in Stevenage.

### **Barbara Sears (Stow 62-65)**

Keeping busy and enjoying spending time with family, old friends and new friends. Involved with helping to organise an Art Appreciation Group for the U3A in West Bridgford. I also help John with his Finding Out About Music Group. Holidays are important to us both, and this year (2018) we plan to visit Austria in the summer and take a river cruise on the Seine.

## **OBITUARY**

### **Pam Lacey (Millard 55-58)**

Pamela Ann Lacey (nee Millard) died peacefully at home on 25.04.2018 after a long illness. She trained at The London from 1955 to 1958 and then stayed on the staff for a while. She worked in Norway and Broomfield Hospital, Chelmsford for a long time.

(Information received from Maureen Eason (Stacey55-61) and at the request of Pam's family).

"The Memorial Service was held on 1<sup>st</sup> June 2018, followed by the interment of her ashes and those of her husband Paddy (who had died in 2014) in Purleigh, Essex.

There were several London Hospital trained physios from Broomfield at the service – Judy Heffer (Williams) and Angela Doel (Sharplin) from our set were there. Pam came to most of our annual set reunions – the last time in 2016. We have many happy memories of Pam.

She was able to get to Amalfi in June 2017 for a holiday with Catherine, her very caring stepdaughter. She enjoyed it very much.

The Church was full with lovely music and a get-together afterwards!”