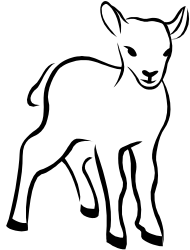


Berkshire Bugle



July 2009

British Polio Fellowship – Berkshire Branch Newsletter
<http://www.berkshirebpf.fsnet.co.uk/>



BRANCH OFFICERS 2009/2010

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RG26 4HX

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RG45 4HL

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'Larnaca'
4 Priory Copse
Peppard Common
Henley on Thames
RG9 5LH

Welfare Officer; Patricia Murden ☎ (01344) 426233

61 Glebewood
Bracknell
RG12 9SD

Eric's Message

For Sandy and I June was a month of mixed emotions. We spent 16 days on holiday in The Lot Valley area of France at a place called Cutus with a group of friends. It is a beautiful area combining all the good things about France, scenery, space, food and wine. On returning home we received the bad news that a member of our local community had been killed in a road accident, also in France, on his way to the Le Mans 24 Hour race. Our sorrow was compounded when we learnt of the deaths of two of our members, Winnie Smith and Erica Morton. Both Winnie and Erica were great supporters of The Berkshire Branch's social events and will be sadly missed by us all. However, the month ended on a high with a visit to Baughurst for Eileen and Sharon's Cream Tea. What a wonderful afternoon. This event has for some time been a highlight of the Berkshire Branch's social calendar but I feel sure that Saturday 27th June 2009 ranks among the best. Thank you to the one who ordered the beautiful weather but an even bigger thanks to Eileen, Sharon and their superb helpers. This certainly brought June to a much happier conclusion.

Eric Yarrow

Obituaries

Sadly we have recently had to say goodbye to our polio member Winnie Smith and associate member Erica Morton.

Winnie was a regular attender at our social events invariably accompanied by her dear friend of many years, Jean Haylett, sometimes making a threesome with her neighbour, friend and carer, Rose Cogbill; to both we send our sincere condolences.

Winnie retained her independence into her 89th year, and despite declining mobility she found ingenious ways of dealing with life's practical challenges. She was a good cook and enjoyed baking cakes for her friends. She loved animals and always had pets who were her companions and had a special place in her heart. She enjoyed plants and she always looked tanned as if she had spent the summer in the south of France, rather than her garden in Arborfield.

Winnie was a lovely lady whose glass was always half full, despite the limitations that her disability imposed. A day trip to the seaside, a visit to the shops, a bargain in the sales were all treats she relished. She will be greatly missed by us all.

Audrey Holmes and Pat Murden represented the Branch at the cremation at Easthampstead.

Erica had been part of the Berkshire Branch for over thirty years. She came along to our meetings as a small child with her mother, Pam ,who was a polio member and they enjoyed social meetings and holidays.

When both her parents died, Erica asked if she could continue to come along as a helper and she took on the position of Branch reporter. Many members looked forward to reading her articles in the 'Bugle'. We relied on her for our 'celebrity' features and especially the latest news about Dr Who.

Erica had learning disabilities as well as some physical challenges, but with the support of wonderful carers, maintained her independence, in her own home, after the death of her parents. Her confidence grew as did her enthusiasm for new challenges and she had an infectious zest for life and all it could offer. She recently received a special award for her services on behalf of people with disabilities.

She loved music, films and teddy bears, and had a formidable collection of all three.

Once seen, she was never forgotten, and Erica's many friends crowded into the crematorium at Easthampstead to say goodbye, shocked and saddened that her life had ended so suddenly at the age of 42. There were no dry eyes in the room as, at Erica's request, the Dr Who theme ended the warm tributes to her life. An amazing dark blue flower tardis looked ready to take her on to her next destination. Dear Erica, you will be greatly missed.

Audrey Holmes, Pat Murden, Brenda and Ray Howard and Julie Bailey represented the Branch at the service.

Patricia Murden

Messing About OnThe River

On Sunday 24th May at 10 am 28 of our members met up at the River & Rowing Museum in Henley on Thames for a jolly day on and around the river Thames. It was clear from the start that the Lord had provided us with a hot and sunny day and this was to set the trend for what was to come. The day comprised a trip on the river to include the internationally famous Henley Regatta rowing course, entrance to the River & Rowing Museum and lunch in The Terrace Café at the museum. The boat called "Rivertime" operated by the River Time Boat Trust was recently purpose built to provide disabled people with an enjoyable time on the Thames. The facilities include a hydraulic ramp for ease of access for people with wheelchairs, a well equipped toilet compartment adapted for people with disabilities and a skilled and caring crew who made everyone's trip truly memorable. The Rivertime is frequently operated and was in our case from it's own jetty adjacent to the museum making wheelchair access from the museum onto the boat a simple and trouble free operation. As the "Rivertime" has a capacity of 10, our merry band was split into 3 groups and whilst one group was on the boat the other 2 groups were free to visit the attractions of the museum or take a stroll along the riverside.

The River & Rowing Museum in its beautiful riverside location has four main galleries dedicated to the River Thames, the sport of rowing, the Town of Henley and the magical story of the Wind in the Willows. Our members found it a great venue and it is worth noting that your entrance ticket is valid for a whole year.

Lunch in The Terrace Café was enjoyed by all with the majority taking the opportunity to eat outside on this sunny May day.

Our day on and around the River Thames proved to be an enjoyable and memorable event for all those who were lucky enough to take part.

Eric Yarrow

Keith & Margaret Osgood's Thoughts

The River Trip In Verse

We had a trip to Henley,
it was warm and such good weather.
We had lots of laughs,
it was nice to be together.

I liked the organisation,
it was smooth and it was fun.
As we gathered at the boat,
now the day really had begun.

What a smooth operation,
the crew so organised.
As another hoist went down,
before our unbelieving eyes.

The trip was so professional,
what more can I say.
We enjoyed it so much,
we'd go again some sunny day.

But the day wasn't over,
there was the lunch of course.
I was hungry from our trip,
I could have eaten a horse.

The meal was lovely,
and a drink we had to choose.
If I had been at home it would,
have been followed by a snooze.

Steve Redgrave showing his medals,
with Olympic trophies in the air.
Allowing folk to take a snap,
for all to see and share.

We were so proud of him,
so pleased he came that day.
Safely in our memories,

there to keep and stay.

To top it all the museum was at hand,
the world of water was there to understand.
And finally Toad and Ratty,
invited us to stay.
But sadly we had to leave,
and wend along our way.

Keith Osgood

The Cream Tea

It was my intention to report on the excellent Cream Tea organised by Eileen, Sharon and their band of helpers but Keith has sent me another poem that says it all. So please read on.

Down Baughurst Way.

We've found a national treasure,
down in Baughurst Way.
And I'd like it to stay forever,
that is where I hope they stay.

They are a group of people,
one day, I hope, they should.
Get some sort of medal,
for doing so much good.

They cut up lots of sarnies,
and cake made by the score.
I was quite slim when I got there,
now I can't get through the door.

So while your sitting out there,
drinking tea or fizz.
Don't let your brain get addled,
try and do the quiz.

Then appeared a contraption,
made from wood and wire.
Drop a pea down into a bottles neck,
impossible. Be a trier.

The first to go a lady,
name of dead eye Pat.
Scored 5 out of 5,
so I said, well that was that.

**And finally the raffle prizes,
collected from Reading to Devizes.
Oh wasn't it a pity,
they all went to the committee.**

**Some were shouting fiddle,
but it remains a riddle.
And just before you speak,
this is tongue in cheek.**

**So put your hands together,
its been the best bun fight yet,
A day to remember,
one I never will forget**

Keith Osgood

Berkshire Branch Sponsor & Support Pain Conference

The West Berkshire Neurological Alliance have become nationally recognised by health professionals and carers alike for their bi-annual conferences on topics relating to neurological diseases. This year the conference was on managing pain for the professional and the patient and was called Brains Pains & Gains. It was held at Arlington Arts Centre near Newbury on Thursday 9th July.

The whole event was set up and managed by 8 volunteers from the various bodies that make up the WBNA. The BPF Berkshire Branch had a major involvement by providing financial support in the form of sponsorship, manpower at all stages of planning and of course fulfilling various roles on the day. This work was carried out by Sandy & Eric Yarrow on behalf of the Berkshire Branch. Sandy & Eric would like to thank Margaret Roffe from the BPF Central Office for the backup she provided in preparation for the conference and her support in attending on the day.

The aims of the conference were to:

- Present the latest information concerning the nature and management of pain.**
- Evaluate current provision of pain services for people in Berkshire West.**
- Help WBNA develop a policy on Pain Management**

Dr Stephen Allen who set up the Pain Unit at the Royal Berks Hospital and Professor Christine Collin Senior Consultant and Head of Rehabilitation Medicine also at the RBH were active in the programme development and both made superb presentations on the day ably supported by:

Dr Mark Richie – Management of pain in primary care with emphasis on non-pharmacological approaches.

Dr Nadine Hobro – Working with the person not just the pain

Lindsey Middlemiss – The patient perspective on pain and pain management

Dr Henrietta Ellis – Pain following spinal cord injury

Prof Ralph Gregory – Parkinson’s disease and pain.

Penny Lilley – Spasticity and pain.

During the lunch break delegates were invited to join any two of three 20 minute “taster sessions”:

- **Myofascial release techniques**
- **Hypnotherapy and Relaxation**
- **Tai Chi Chuan**

The conference attracted 130 delegates and feedback on the day was extremely positive this was evidenced by the proliferation of questions following each presentation.

Sandy and Eric are happy that their efforts and the Berkshire Branch’s sponsorship have been rewarded by a raising of the profile of British Polio and awareness of PPS amongst the health care professionals that took part and attended the conference. This was achieved by:

- **BPF logo displayed on the screen in the main auditorium during breaks between lectures**
- **A BPF “pop up” in a prominent position on the stage throughout the conference**
- **BPF name mentioned in press releases sent out to local media**
- **BPF promotional material included in each of the conference delegate packs**
- **BPF name listed on the programme that was handed to each of the conference delegates**
- **BPF promotional material available for delegates to take from the information centre**

The Berkshire Branch committee gave this venture their full support as part of their 70th Anniversary programme to celebrate and promote the British Polio Fellowship in general and PPS in particular.

More information on the conference is available web: www.wbna.org.uk

Sandy & Eric Yarrow

Keith & Margaret Recommend Reading Buggy Outlet

If you are looking for a buggy or require some maintenance on the one you already have give this one a go:

**Sun Mobility,
Asda Mall,
Chalfont Way,
Lower Earley,
Reading,
RG6 5TT,**

Tel: 0118 931 4999

Fax: 0118 987 2345

WWW:SUNMOBILITY.CO.UK

Keith Osgood

Our Local Orthotist

Mr Nick Gallogly B Eng BScHons MBAPO

I am the newly appointed Orthotist at the Royal Berkshire Hospital since October 2008. I work alongside Mrs Clare West who is my senior. As well as having a qualification as an Orthotist I also have an Honours Degree in Medical Mechanical Engineering. This allows me to understand the materials that are used with all orthoses I prescribe and also with understanding of the mechanics of walking. I also work at the Berkshire Independent Hospital and work alongside a specialist company in Manchester that provides specialist clinics for those with polio. My aim in writing to you is to become a point of reference and a name to contact when it comes to requiring the need for an orthotist.

Contacts RBH 01189 322 7552

Mobile 07737577990

Nick Gallogly

News From The Trustees

The Trustees met on the 16th May in Leicester as part of their regular by-monthly meetings. One of the first items on the Agenda was the result for the appointment of the National Vice Chairman. It was announced that Bridget Flint had received the most votes and she duly took up her appointment as National Vice Chairman.

This was followed by a presentation from Heike Kleuver-Littlewood, the Director of Operations and Services on her role and work at central office. The Trustees were most impressed with the amount and variety of work being undertaken in areas such as our support services and information department and in ensuring that we have sufficient people at central office to respond to

member's phone calls, e-mails and information requirements. At the end of the presentation Heike answered many questions and it was also agreed that because of the demand from members we would increase the number of days when we have a Benefits Information Officer available to members from one day to three days to try and cut down on the length of time that people have to wait for individual help.

The Trustees Report for the 2008 accounting period was then discussed and trustees were very pleased with the initial report and the amount of work that has been undertaken and completed.

Following a request from the Welsh Region, the possibility of adding an emblem such as the Welsh dragon or the Scottish flag of St Andrews on to regional headed paper was discussed. Following discussion, the Trustees did agree that provided the emblem was on the left hand side of the paper and not as big as our own national logo, then these should be allowed so all regions could have an appropriate emblem on their headed paper.

The Trustees were then given the evaluation and feedback from the Super Forum held in Coventry in May. The evaluation was really excellent with three features that member's really liked and enjoyed. These were the talk by Professor Carolyn Young, the climbing wall and the wonderful opportunity to meet people in a very friendly environment.

After deliberation, Trustees were very pleased to award a grant of £5,000 to the Care Unit called Refresh near Southampton, which offers respite care for people with Polio with severe respiratory problems.

Trustees then debated the issue of communication at the Fellowship and were able to highlight many areas that have been improved over the recent years together with others that need further improvement. A skills audit of the present board had been carried out and it was agreed that the Chairman, Vice Chairman and Chief Exec would look at how gaps in the skills available to the board could be filled.

The Trustees then heard a report on Finance and reports from the Chief Executive and from the Director of Finance, Fund Raising and Development.

After several items of any other Business the meeting adjourned late in the afternoon. Trustees next meeting is on 18th July at the Premier Inn in Leicester.

SOCIAL DIARY

Saturday 26th September 2009 Social with Basingstoke Circle

The Basingstoke Circle has once again invited us to join them at Cliddesden Millenium Village Hall, Church Lane, Cliddesden, Hampshire, RG25 2JQ. No charge.

Start 3pm

I/We wish to attend Yes/No

I/We require transport Yes/No

Saturday 10th October 2009 Lunch in Worthing

The Worthing Branch have invited us to join them for their 70th Anniversary Celebration Lunch. Details of venue to be provided. A small charge of £10 per head to be paid on the day.

Start 11.30am in Worthing

I/We wish to attend Yes/No

I/We require transport Yes/No

Saturday 12th December 70th Anniversary Christmas Lunch

The Christmas Lunch has now been booked at the Blue Mountain Golf & Conference Centre, Wood Lane, Binfield, Berkshire RG42 4EX.

Start 12 noon

There will be a nominal charge of £5 per head.

I/We wish to attend Yes/No

I/We require transport Yes/No

**Remember this is your copy of the social events to keep.
Please complete and return the following copy.**

SOCIAL DIARY

**Please return this copy immediately to
Eric Yarrow or phone if preferred.**

**IF YOU HAVE ALREADY BOOKED TO ATTEND
BASINGTOKE CIRCLE AND LUNCH IN WORTHING
THERE IS NO NEED TO DO SO AGAIN, HOWEVER,
PLEASE BOOK OR CONFIRM BOOKING FOR THE 70TH
ANNIVERSARY CHRISTMAS LUNCH**

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Your reply should be sent by return to; Eric Yarrow
4 Priory Copse
Peppard Common
Henley on Thames
RG9 5lh
Tel: (0118) 9724450

Your Name(s)

Telephone number

If you are interested in any of the above events it is important that you respond promptly to enable the appropriate bookings to be made !!!!