

## Hello Everyone

We've all been vaccinated and summer is on the horizon, so freedom is looming! As Nelson Mandela said, "For to be free is not merely to cast off ones chains but to live in a way that respects and enhances the freedom of others"

So many changes have happened in one short year—the death of His Royal Highness the Duke of Edinburgh has been a poignant moment and the end of an era. He has been there as a key member of the royal family for all our lives. Our sympathy is with The Queen in her time of grieving.

So in the words of Nat King Cole and Cliff Richard, let's all enjoy "those lazy, crazy, hazy days of summer" and if we're really lucky, "We're all going on a summer holiday" ....well, maybe a staycation!

Best wishes to you all,

Kim



### SUMMER BOAT TRIP

We have kept our booking from last year's cancelled boat trip along the Thames, and very much hope that it will take place this summer instead.

The proposed date is **FRIDAY 16th JULY**.

It is rather early to start taking reservations from members, but we will send out details once we can confirm with the boat company that it can take place.....obviously we want all our members to feel completely safe and comfortable.

So please put the date in your diaries and we will confirm details a little nearer the time.

### COFFEE MORNING

It is such a shame that we have been able to offer our members so little during this last year, but at last there is a glimmer of light at the end of the tunnel. All being well with the lifting of the Covid restrictions, we would love to see you for coffee at the Crowne Plaza on **Thursday 27th May, 10.30pm**. It is an airy, well-ventilated venue with outdoor seating as well, so should be a comfortable venue for all.



### WELCOME

A warm welcome to new member Norma Taylor, and to Helen Bilton, who has re-joined after an absence of several years. We hope it won't be too long before we can meet Norma and Helen in person at one of our events.



### Dead Sea Salt Therapy Pool at Nirvana

The pool opened again on April 12th and our members can book in for a session at a cost of £10. This is not a group activity as in previous hydrotherapy classes at the RBH; it is for individuals or couples to do their own exercises in the warm salt water. There are video screens around the edge of the pool showing exercises at different levels of difficulty for hips, knees, shoulders etc which people can use if they wish.

Please contact **Hilary** if you wish to receive the information pack and be added to the list.

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**Member Ellen Godden has turned to poetry to express her thoughts about the current hairdressing situation!**

### Headcase!



You're often in my thoughts and never far away  
A glass of prosecco and watching TV as I meander through  
the day.  
I should be walking instead of lounging in my home  
collecting dust;  
Instead I fantasize about my locks as your scissors gather  
rust!  
It's not that I'm desperate but I have tried everything;  
A top-knot, a pony tail, even plaits tied on with string!

So when lockdown is lifted, and I step back from the brink  
My body bears a tattoo as a reminder in red ink!  
A trim won't do the job, a thorough prune is more  
important;  
Maybe first send me a quote so that I can pay you by  
instalment.  
Please give me a date - when you ring, there's no rush;  
Just get the hell round here and bring a stiff brush!

Ellen Godden  
March 2021

Inspired by my lovely friend who just happens to be a  
hairdresser.

### TAI CHI UPDATE

Tai chi classes have been continuing on Zoom, but hopefully the end  
is in sight as we hope to resume our Southcote class on **MONDAY  
MAY 17th 2pm** at St Matthew's Church Hall. There will obviously be  
some Covid precautions to consider, but we will let you know about  
these nearer the time.

*All good wishes to Kim for her forthcoming hip  
operation at the Nuffield Orthopaedic Hospital in  
Oxford. Hopefully it won't be too long before she's  
back in the fold and getting out and about again.*

**BEWARE!** This happened yesterday and is an  
important lesson for our friends and family in the  
older age group. A friend had his second dose of the vaccine  
at the surgery. Afterwards, on the way home, he began to  
have blurred vision. When he got home he called the surgery  
for advice and to ask if he should see a doctor. He was told  
**NOT** to go to a doctor or a hospital, but just return  
to the surgery and pick up his glasses!



### New Hydrotherapy Campaign

We were all disappointed with the recent  
decisions by the CCG that hydro will not be  
continuing for the foreseeable future at the  
RBH. The pool area at the RBH is currently  
looking more like a building site, as building  
work is being carried out all along the West  
drive and disabled car parking area.

However, we will still keep trying as we know  
how much our members value it.

We are joining a new campaign being  
spearheaded by the National Axial  
Spondyloarthritis Society, Aquatic Therapy  
Association of Chartered Physiotherapists,  
and The Chartered Society of Physiotherapy  
to promote access to hydrotherapy, halt pool  
closures, ensure the service is included in  
local and national guidelines, support  
research into the cost-benefits and identify  
opportunities for generating income to make  
them increasingly self-funding.

These were issues that we encountered  
during our previous negotiations with the  
RBH, and are delighted to be part of this  
very valuable campaign, which has its first  
(zoom) meeting on 26 May. We hope that  
with this national backing we may  
eventually be successful, both nationally and  
especially locally.

### Contact us:

**Chairman:** Kim Seabrook 0118 9776172

**Secretary:** Arlene Riley 0118 9545182

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