

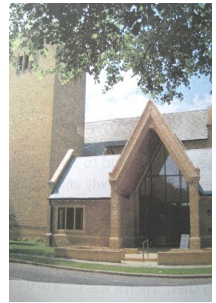
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WHAT IS THE FELLOWSHIP?

The Fellowship, a registered charity, is the organisation for NHS and social care staff and their partners, offering social, leisure, educational and welfare activities. The Fellowship has branches across England, Scotland and Wales.

NORTH BEDFORDSHIRE BRANCH

The North Bedfordshire Branch of the Fellowship was formed in March 1981 and has a membership of approximately 150. Meetings are held on the last Wednesday of each month at 2.30 pm in St Andrew's Church Hall, Kimbolton Road, Bedford. Outings and talks are arranged at other times.



EDITORS' NOTE

We hope you have all recovered from the festive season by now and are keeping those new year resolutions.

This edition really seems to highlight the range of talks and activities that the committee and especially Val, organises for members. Personally we think Highclere was a highlight last year. It certainly made watching the Downton Abbey film more interesting as we were able to say "look, we saw that or we walked through there"!

We do need to keep our membership growing to continue developing the fellowship, as sadly we have lost a few members this year. So should you bump into old friends or have received a Christmas card from people who aren't members, don't forget to tell them about the NHSRF, invite them to a meeting then introduce them to Sue, or anyone on the committee, (we also know that Mike would be keen to take their money!).

You may have noticed that the Wednesday meetings are being chaired by different committee members, this is because nobody came forward to be considered as the chair and none of the other committee members felt able to pick this up at that stage. A special thank you to Pauline who was the previous chair for all she did in this role.

We hope you will enjoy this edition of the newsletter and please keep your news and views coming in - maybe if you haven't made a resolution for the new year, writing up a meeting, sending in a story or photo for the next edition could be it. Any contributions can be sent to either Jill at jill.stephen1@btinternet.com or to Linda at hiscottlinda@gmail.com.

Linda Hiscott and Jill Stephen

CARERS IN BEDFORDSHIRE

Heather Didier & Carol Solaiman 31st July 2019



We were delighted to speak to about 80 members about support for carers, that forgotten army of unpaid relatives and friends who care for a loved one with a disability or long term condition. The presentation took the form of a conversation between Heather and Carol about the challenges of caring for a family member and the difference that support can make.

Heather is a Fellowship member, having worked in the NHS as a Midwife Teacher and Clinical Midwifery Manager and was Chairman, then President of the Bedford Branch of the Royal College of Midwives. She spoke candidly about her experiences of caring for her husband, himself a consultant, through his journey with Alzheimer's until his death 18 months ago. Her life slowly took on the role of carer without her realising. There was drama aplenty such as when he escaped, not one but three times, from Fountains Court and how he managed to turn the tables when the medics phoned saying **she** was the one making it all up – there was nothing wrong with **him....** Several knowing nods in the audience. One member shared parallels with her sister's story.

Heather's talk was interspersed with some slides which illustrated the wider picture for carers, which covers all ages and backgrounds. Members were invited to hazard a guess at how many carers there are in the UK – an astounding 7 million, with 43,000 estimated in Bedfordshire. Carol, the Volunteer Coordinator at Carers in Bedfordshire, talked about a few of the many services provided by the charity including those funded by the NHS. Heather is a volunteer on the grant panel and spoke about the impact that a £300 grant to a carer can have on their health and wellbeing. Carers in Bedfordshire also provide dementia services such as the Memory Navigation Service.

Members were given tips on how they could support a carer – just listening helps –, donate to Carers in Bedfordshire or get involved as a volunteer. We ended on some positives, because, despite everything, there are some silver linings. For Heather it was the welcoming attitude of the care home her husband moved into to the extent that her young grandson would look forward to visiting! For the young carers, the positives are the resilience they build up, the skills they develop and the opportunity to help their families that matter to them.

To find out more about Carers in Bedfordshire, to donate or enquire about volunteering, tel 0300 111 1919, email contact@carersinbeds.org.uk or visit www.carersinbeds.org.uk

Carol Solaiman

CHRISTMAS CHARITY STALLS

30th October 2019

At our 30th October meeting, we held our Annual Christmas Charity stall fair which included the RNLI and Fair Trade. Once again, the fair was well attended and members were very generous by either donating or making items to sell on our stall. Our members as usual, were most generous in buying the varied items for sale.

Fair Trade received about £250 and our stall made a total of £215.70, a good increase on last year's total of £193.57.

The two charities to benefit from our efforts this year are Age UK Bedfordshire and Bosom Pals, each receiving a cheque for £107.85.

On behalf of the Committee I also would like to thank you all for your generosity.

Mike Tuffnell, Treasurer

POETRY

Heather Buxton Hall 28th August 2019



At our August meeting, Heather Buxton Hall, a freelance poet and illustrator entertained us with a talk about how she started writing poetry in 2011. She had always been “arty” and enjoyed singing and drawing and found that writing down her thoughts and feelings after a particularly difficult time in her life really helped her.

These jottings became 6 books and Heather also found that she enjoyed performing her work even after an audience member at a previous event had said “I don’t like poetry”!! Her work appeals to all ages, is both serious and amusing and changes people’s perceptions of poetry so that they often find they do like poetry after all. Heather is a resident poet for St Peter de Merton church and not only does she write, illustrate and perform poetry but she also writes hymns, anthems and carols and makes celebration cakes!

We greatly enjoyed her talk and more of her poetry can be found on her website www.throughtheeyesofanangel.com including the excerpt about Armitage Pod reproduced below:

.....He was big, he was bold and as fit as a flea,

That’s not what he looked like between you and me.

He appeared to the world as a tad overweight,

A description AP would most definitely hate.

He believed he was dapper, shapely and grand,

However this puss had got way out of hand.....



Jill Stephen

FAMOUS CONNECTIONS OF FLITTON CUM SILSOE

Margaret Butt 18th September 2019

At our September meeting we had a very interesting talk entitled Famous Connections of Flitton cum Silsoe from Margaret Butt, a church warden at St. John the Baptist church, Flitton.

We heard how Flitton used to include the hamlet of Silsoe which is how the connection with the De Grey family started. Silsoe chapel was rebuilt by the 2nd Earl de Grey in 1830-1831.

We were treated to a whistle stop tour of Anglo Saxon history and learnt that England was one of the richest countries in Europe at this time. The connection started with Lady Aethegifu who was the daughter of Alfred the Great and consort of King Eadwig. Margaret told us how Lady Aethegifu managed to hold on to her power, even though the marriage was annulled in 958 and was left land which included Wrest Park and Flitton as well as thirty sheep. Margaret then covered the history of the family through the ages, explaining the connection to the De Grey family who from the early 14th century made their home at the Wrest Park estate and lived there for over 600 years.

The family reached its greatest prominence when Edward IV made Edmund Grey his Lord Treasurer in 1463 and then 1st Earl of Kent in 1465. Edmund Grey built Flitton church between 1440 and 1489 and in 1605 Henry Grey the 6th Earl built the mausoleum which is now looked after by English Heritage.

In 1653 Elizabeth Grey, Countess of Kent (1582–1651), first published her manual of medicinal recipes, one in particular was known as “The Countess of Kent’s Powder”. It was reputed to treat a range of diseases from “Measles, Plague, Pestilence, Malignant or Scarlet Fevers, (and was) Good against Melancholy”.



St John the Baptist, Flitton

In 1782 the Estate became one of the first places in England to inoculate with live vaccine against small pox, influencing the royal family to inoculate their own children.

Margaret’s talk left us wanting to know more about the fascinating history of the De Grey family.

Linda Hiscott

VICTORIAN MEDICINE

Jean Fullerton 27th November 2019

We are, perhaps, sometimes too inclined to complain about the state of today's NHS so it was probably good for us to be reminded of how fortunate we really are in the 21st Century by our speaker, Jean Fullerton, author and Queen's Nurse, making a second visit to us by popular request. Jean traced for us an outline of the developments in healthcare delivery during the 19th Century in her entertaining style and with some interesting and graphic images.

We were taken from the early-century times of apothecaries, barber-surgeons and blood-letting, with no value placed on cleanliness or hygiene, towards what we would regard as more enlightened times. Whilst surgeons, with their tendency to showmanship and their reliance on body-snatchers for their practice material, offered little of great value, physicians such as John Snow, Joseph Lister and James Young Simpson opened up valuable insights into anaesthesia, cross-infection and the beginnings of public health medicine and epidemiology. While some were sidetracked into more dubious areas such as phrenology, quack remedies, female hysteria and various electrical devices, others made significant advances in antiseptic practice and the recognition of the importance of cleanliness and good hygiene. By the turn of the 20th Century the NHS as we now know it was just beginning to take shape.

We were once again grateful to Jean for keeping us informed, entertained and at times quite horrified.

David Brownridge



CHRISTMAS LUNCH AT THE SHARNBROOK HOTEL

4th December 2019

69 members attended the Christmas lunch at the Sharnbrook Hotel on the 4th December 2019, which was a very lively and enjoyable affair. The restaurant as usual looked beautiful and the food and service were excellent. A special thank you to Rosemary for making the beautiful table decorations, Veronica for organising the raffle and to everyone for coming and making the Christmas lunch so special.

Val Hemmings



ETHEL STEELE

Ethel, an NHS Retirement Fellowship North Bedfordshire member, attended our meeting on 31st July 2019. Below is an article about her, reproduced with kind permission of the Beds Times and Citizen 11th July 2019 edition.

A pensioner who was abandoned as a baby on a London bus before being adopted by a Wootton couple has shared her fascinating life story. Ethel Steele, a resident of Oakway House in Bedford is now 91 years old and has lived in and around Bedford for nearly all of her life. A life that began in March 1928 on a bus in London, where, at just a few hours old, she was found in a carrier bag as the bus crossed Westminster Bridge. She was taken to the nearby Lambeth Hospital and named after two streets opposite the building – Ethel Street and Stead Street and Ethel Stead was officially born.

Her mother was never traced and she was placed in a children's home in West Norwood, London. She says this was a happy time and she was looked after there until she was five years old by a Nurse Lewiston, who she adored.



At five years old Ethel was presented, along with three other girls to a couple from Bedfordshire who were looking to adopt a child. She said: "I remember that we were told to walk into the room and say good afternoon to these people and leave. The other girls didn't open their mouths but I said good afternoon and they chose me."

After that she was taken to St Pancras Station and handed over to her new parents and went to live in Wootton with her new name Ethel Moore. She

said: "I went to school in Wootton until I was 14 years old. I very much wanted to train as a nurse but my mother would not allow that so I left school and went to work in offices at Cryselco in Kempston and then Peacocks Auction House before I eventually got a job as a dental nurse in Bedford."

In her teens she met her future husband Terry Steele, he was also adopted and came from London but had been brought up in Bedfordshire. They married at the Bunyan Meeting Church in Kempston on Boxing Day 1949.

Terry had a greengrocer's shop in Kempston and went on to run his own car spares business in Great Barford. They had six children of their own, adopted two more boys and later fostered another girl. From having no families of their own Ethel and Terry provided nine children with a happy, stable home life and upbringing. Terry died in 2005 but Ethel has children living in Bedfordshire, other parts of the country and Australia and has 18 grandchildren and 11 great grandchildren.

At the age of 44 Ethel got a job at Bedford Hospital as a phlebotomist where she worked for 39 years, not retiring until she was 83. She continued to work as a Red Cross volunteer until recently when she lost her sight. Marie Taylor, Chief Executive of Bedford Charter Housing Association said: "She is an inspiration".

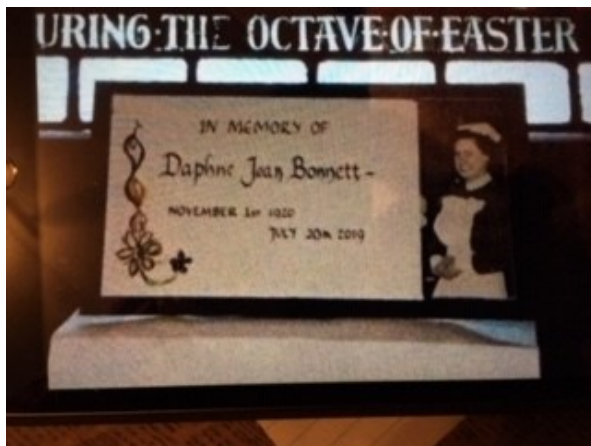


HARVEST FESTIVAL WINDOW

29th September 2019

The NHSRF were invited, once again, to decorate the three stained-glass windows in St. Andrews Church to celebrate the feast of the Harvest Festival. The windows were part of the original chapel at South Wing and transferred to St. Andrews Church in 1978 by the Bedford General Hospital Nurses League, when the chapel was demolished.

This year, Marjorie Stephenson, Janet Wilkins and I volunteered to decorate the windows, we decided to use the central window to commemorate the memory of Daphne Bonnett who died last July aged 97yrs. Marjorie designed and used her artistry and calligraphy skills to produce the card and attached photograph of Miss Bonnett who was instrumental in the original relocation of the windows from South Wing to St. Andrews Church.



Miss Bonnett completed her general nurse training at Bedford County Hospital and then moved to Leicestershire to undertake her midwifery training. She held several posts at Bedford General Hospital, including Ward Sister on Richard Wells Ward. She was seconded to the Kings Fund Centre for a year to undertake a management course. On her return she rose to Deputy Matron managing Bedford Hospital both North and South Wings and the satellite hospitals. With the advent of the Salmon report and the reorganisation of the NHS she became the Divisional Nursing Officer until her retirement in 1980.

For many years since her retirement she was a regular attendee at NHSRF meetings and also enjoyed many of the trips and outings.



We decorated the two side windows with a variety of flowers, fresh fruit, dried and tinned foods. St. Andrews distributed the foodstuff, this year via the Food Bank, after the Harvest Festival weekend. As always, we were warmly welcomed, cared for and provided with tea and coffee by St. Andrews parishioners. It was lovely to renew again our links with the other window decorators.

Teresa Treacy

TRAINING TO BE A NURSE IN BEDFORD

The following nurse training brochure produced by Bedford General Hospital when Miss Bonnett trained was given out at Miss Bonnett's funeral.



(Photograph by: Bedfordshire Times)

Training to be a Nurse in Bedford

The Bedfordshire Education Committee, in collaboration with the Bedford Group Hospital Management Committee, operates a three year scheme of Pre-Nursing education for girls between the ages of 15 and 18 years.

FIRST YEAR

The first year comprises a full-time preliminary nursing course at Mander College, Bedford. Applicants for admission should normally be between 15 and 16 years of age and it is expected that the majority of entrants will be girls leaving Secondary Modern Schools. Application for admission should be addressed to the Head of Department of Science at the College. The curriculum for this preparatory year includes English, Biology, Physics and Chemistry, Arithmetic, Domestic Science, Mime and Music and is designed to give the students an educational and cultural background which will be helpful to them in their subsequent studies and

Before the completion of the course the girls are encouraged to take Part I of the Preliminary Examination of the General Nursing Council. Experience during the past few years has shown that the majority of the girls are successful in passing this examination.

Rates of pay for the students are as follows :—

Age 15 years	14s. 4d. per day
Age 16 years	15s. 0d. per day
Age 17 years	15s. 8d. per day

Training for the State Examination in General Nursing (S.R.N.) and also for Mental Deficiency Nursing (R.N.M.D.) is by a three years course.

Training at Bedford General Hospital

When accepted for full-time training students spend twelve weeks in the Preliminary Training School which is part of the teaching department, in the Hospital grounds. At the end of the twelve weeks the student proceeds to a hospital ward where she/he has already spent one morning or one afternoon each week.

At the conclusion of training and the successful passing of the State Final Examination, the nurses trained at the Bedford General Hospital are presented with a hospital badge and certificate.

Uniform is provided and laundered.

The nurses' home is in the grounds of the hospital.

The training allowances are: 1st Year £299, 2nd Year £315 and 3rd Year £336, with a deduction of £128 per year for board, lodging, uniform and laundry.

Training at Bromham Hospital

There is an urgent need today for men and women who wish to be of service to those who are seriously handicapped. These patients require special help and understanding. One way of giving this help is by training and by gaining experience in a hospital for the mentally retarded.

Bromham Hospital, near Bedford, is a Training School for this type of nurse. As with General Training the period of training is of three years duration. More particulars are given in the leaflet 'Helping the Mentally Handicapped'.

careers. As an integral part of the course, visits to hospitals, public works undertakings, factories, etc., in the locality are arranged to take place each week.

Students do not receive a salary during the first year, but no tuition fees are charged and travelling expenses are paid where the travelling distance is more than three miles. In addition, students are eligible to make application to the Director of Education for Maintenance Grants, which are available subject to parental income scales approved by the Local Education Authority.

SECOND YEAR

Prior to the commencement of the second year course the students are interviewed by the Matron of the Bedford General Hospital. The successful candidates are engaged for part-time employment in the Hospital on four days a week for which they receive payment, particulars of which are set out overleaf. On the remaining two days students attend the College. No tuition fees are charged and travelling expenses are paid. The curriculum includes professional subjects, such as Anatomy and Physiology, Hygiene and General Science, as well as English Language and Literature, Needlework and Domestic Science. Some of the lectures in professional subjects are given by one of the Sister Tutors from Bedford General Hospital.

There are normally several vacancies in the second year course for girls between 16 and 17 years of age who have remained at their Secondary Schools in order to take external examinations and who have been appointed to the Hospital in a part-time capacity.

THIRD YEAR

In the third year, students usually apply for appointment as Student Nurses and it is naturally hoped that most of them will apply to the Bedford General Hospital or Bromham Hospital where an excellent training is provided.

On 'hospital days' the students are employed as receptionists in the casualty and out-patient departments and in general duties in the auxiliary departments, i.e., radiological, pathological and physiotherapy departments, pharmacy, assisting in the records and appointments departments and also in the hospital secretariat. Six to eight weeks are spent in each department at the conclusion of which the head of the department makes a confidential report to the Matron.

VISIT TO SEE WITNESS FOR THE PROSECUTION

10th October 2019

I can't say too much for fear of ruining the end. As with all Agatha Christie's work *Witness for the Prosecution* leads you down the garden path with many twists and turns, keeping you guessing right up until the end. The play takes place in the octagonal Council Chamber which sits in the centre of London's County Hall. This amazing space provides a fantastic, atmospheric setting for Christie's play. Even some of the audience are addressed as the jury in this incredibly enjoyable production.

Imagine you have been summoned for jury service. Leonard Vole is on trial for murdering an older woman who has left everything to him in her will. Needless to say he professes his innocence, but all rests on the testimony of his German wife, Romaine.

If you love the theatre, this play is worth the trip to London, the unique setting of London's County Hall adds to the joy of this production. Yet again Val arranged a brilliant day out for NHS Retirement Fellowship. Thank you.

Hilary Ashley



BEDFORDSHIRE CCG: UPDATE ON LOCAL HEALTH SERVICES

Stay well this winter

Winter conditions can be seriously bad for our health, especially for people aged 65 or older, and people with long-term conditions such as heart or kidney disease, COPD, bronchitis, emphysema, asthma or diabetes.

Being cold can raise the risk of increased blood pressure, heart attacks and strokes. But there are lots of things you can do to stay well this winter.

Feeling unwell? Don't wait - get advice from your nearest pharmacist

At the first sign of a winter illness, even if it's just a cough or cold, get advice from your pharmacist, before it gets more serious. Act quickly. The sooner you get advice from a pharmacist the better. Pharmacists are fully qualified to advise you on the best course of action.

This can be the best and quickest way to help you recover and get back to normal. If you can't get to a pharmacist yourself, ask someone to go for you or call your local pharmacy.

Keep warm

It is important to keep warm in winter – both inside and outdoors. Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to at least 18°C (65°F) You might prefer your main living room to be slightly warmer.

Keep your bedroom window closed on winter nights Breathing cold air can be bad for your health as it increases the risk of chest infections.

Keep active when you're indoors Try not to sit still for more than an hour or so.

Wear several layers of light clothes Several layers trap warm air better than one bulky layer.

Make sure you're receiving all the help that you're entitled to Learn how to make your home more energy efficient, improve your heating and keep up with your energy bills at www.gov.uk/phe/keep-warm

And check your heating and cooking appliances are safe Contact a Gas Safe registered engineer to make sure they're operating properly.

Visit www.gassaferegister.co.uk

COMMITTEE MEMBERS

Acting Chairperson Pauline Panter

Acting Chairperson Rita Beaumont

Vice Chairperson Vacant

Treasurer Mike Tuffnell

Newsletter co-editor Linda Hiscott

Newsletter co-editor Jill Stephen

Programme
Secretary Pat & Trevor Gibson

Membership Secretary	Sue Coble
Social Secretary	Val Hemmings
Group Secretary	Pam Day
Tea Rota	Teresa Treacy
Welfare Secretary	Janet Wilkins
Database	Lesley Hutchings

As Pauline has completed her term of office and a further year as chair person, and unfortunately no one has come forward to take office, it was decided that for the next six months the executive will take turns in leading meetings etc. We urgently need volunteers to step forward and take office. In the mean time both Rita and Pauline will lead the executive meetings supported by the other members of the committee.

PROGRAMME JANUARY 2020 TO MAY 2020

Date	Time	Activity	Speaker
29 th January 2020	14.30	My Trip to China	Rita Beaumont
26 th February 2020	14.30	You've Got To Be In By 10pm!	Pam Garner
25 th March 2020	14.30	Mercy Ships	Jill Pearce
29 th April 2020	14.30	Afternoon Tea	
27 th May 2020	14.30	Midshires Search and Rescue (MSAR)	Elaine Murphy

NEW BANK REGULATIONS

Members may or may not be aware of new banking regulations in respect of having the correct name on cheques when paying into a bank account.

I have had a discussion with Lloyds Bank Relationship Department and have agreed the definitive wording for cheques being deposited into our bank account.

The precise wording must be NHSRF North Beds Branch. Any variation to this will mean the cheque will be rejected by the bank and thus will require a rewrite with the correct wording.

I would appreciate members noting this new requirement with immediate effect.

On behalf of the Committee I would like to thank you all for your understanding in this matter.

Mike Tuffnell, Treasurer

A TALE OF TWO RABBITS

At 7.20 on a Saturday morning, a neighbour rang my doorbell. I poked my head out of the bedroom window. She informed me that there was a white rabbit in the road.....



Getting my eyes into focus, I could see that there was not one rabbit, but two and that they weren't white at all, but buff-coloured! However, my neighbour continued to refer to them as white!

I decided that I should get dressed and see what I could do to help. On exiting the front door, my neighbour said rather lamely that she had to go to London. So what to do with these two rabbits. The only thing I could think of on the spur of the moment was to put them in my back garden, where they would be secure. Although these were obviously domestic rabbits, they didn't take too kindly to being caught and kept hiding under parked cars!

Eventually we managed to grab them and deposited them in the garden. Turning to go to London, my neighbour said that I should phone the RSPCA.

The number for the RSPCA wasn't in the phone book. I don't do digital; the only place I can access Google is in the library and it wasn't open at that time of the morning. It then occurred to me to ring the police in case anyone had reported two missing rabbits. I dialled 101 but no, no such report had been received. However, they were able to give me the number for the RSPCA, although they warned me that if the animals weren't ill or neglected, they probably wouldn't be interested.

By now it was 8a.m. Suddenly I recalled having seen an out of hours number for one of the veterinary practices in Bedford. Sure enough, there was such a number in the phone book. I dialled it and was quite surprised to be answered by a receptionist; they must open early on Saturdays. She asked if I could bring the rabbits to the surgery; they had no facilities for collecting them. I replied that I could put them in the back of the car. She suggested I find a cardboard box to put them in. This I duly did.

I was then faced with the problem of catching the rabbits again! The smaller

of the two wasn't too much of a problem but the bigger one gave me quite a run for my money! Deposited in the box, I drove them to the surgery. The receptionist explained that they would be scanned to see if they were microchipped, in which case they would contact the owners. Failing that, they would be obliged to keep them for a week, before placing them in a rehoming centre.



I put a notice in my window, saying that they had been found. However, there were no enquiries, neither did I hear any more from the vets. Had their cage door been left open deliberately? I wonder.

Stephanie Wilson

WELFARE

If you require help, know of a member who is ill, admitted to hospital or requiring help in any way please inform Mrs Janet Wilkins, the Welfare Secretary, on 01234 360895.

**Retiring
from the NHS?**

Keep in touch with friends and colleagues by joining

THE NHS RETIREMENT FELLOWSHIP

North Bedfordshire Branch

Registered Charity 287936

We meet at



**St Andrew's Church Hall
Kimbolton Road, Bedford
on the**

last Wednesday
of each month at 2.30 pm

Just Turn Up

We look forward to seeing you

NHS RETIREMENT FELLOWSHIP

BENEFITS and ACTIVITIES for MEMBERS

Full details are available from

www.nhsrf.org.uk

However the main benefits of our branch are:

Meeting and keeping contact with friends

and ex colleagues

Outings that are well organised and affordable

Listening to interesting topics and speakers

Helping with charity through our annual charity stall

The book stall

Prizes to be won at the raffle

And many more so come and enjoy!!

www.nhsrfnorthbeds.btck.co.uk