



Newsletter – March 2021

Welcome to the March Newsletter!

Hi Everyone!

I do hope that you are enjoying the slightly warmer weather and the few bursts of sunshine that we are having. We are all still struggling with (or enjoying) lockdown, depending on your perspective. Personally I can't wait until we can see friends and family, pop into a pub for a drink and a sandwich or go to the cinema – those things we took for granted, but miss so much when we are denied them.

Our meeting on Tuesday 23rd February was great! Everyone was in good spirits and looking well, apart from Steve who unfortunately has earache and a sore throat picked up from his grandson. Best wishes for a swift recovery Steve! We also had apologies from Sing who had a medical appointment and Sam (our newest member) who is unable to attend during the day, as she works. So we decided that our next zoom meeting would be in the evening.

Next meeting: Tuesday 30th March (Zoom) at 7pm

Here is some news:

Erika

Erika was very well and has had her jab. She is so enjoying the weather and this morning went to Withdean Park with her granddaughter Rosie to collect frogspawn. Rosie is now 20 months old and is an absolute sponge, as she repeats everything she hears, so Grandma has to be careful what she says! Erika has been called on to do much more child care as her daughter's childminder was only recently replaced. However, she has had a worrying period as her daughter in law, who is 22 weeks pregnant, had Covid and then pneumonia. She spent two days on a trolley as a bed wasn't available. This was in Walthamstow, so Erika has been unable to see her. Fortunately, the baby (a boy) is fine.

Maria

Maria was very excited as she had some special news: she has become a grandma for the second time. Her son and daughter in law have had a son – Isaac, since our last meeting. Isaac is (of course) absolutely gorgeous and very bright!

Marilyn

Marilyn had written 50 limericks at our last meeting, and she is now up to 60. She is also working on her book which takes up considerable time as she has had to research Tasmania as part

of the work. Marilyn's friend who is in her bubble, lives in Cirencester so they haven't seen each other for some months. However, she is not lonely, having watched some superb drama on TV. She especially enjoyed Uncle Vanya. She also zooms a folk club in Islington where she can see friends, some of whom she hasn't seen for 30 years. But sitting in front of a screen and singing is not to her taste!

Kevin

Kevin looked much happier now that his wife is slowly on the mend. At its worst, she had to go into the hospital with her phlebitis every day for antibiotics, close to A & E. They saw the long line of ambulances waiting to take patients in to the hospital. Kevin says they lost 4 months before and after Christmas. For two months he suffered from back trouble, they then had a window of celebration for about 10 days over Christmas and then his wife went down with phlebitis. Let's hope now that things have improved, they remain so, Kevin!

Ernie

Ernie didn't have much to report. He was slightly preoccupied as he was waiting for the delivery of a shed which could have been left outside on the pavement if he didn't answer the door. Jane is

well and was taking advantage of this sunny weather by being out in the garden.

Jim and Margaret

Both Jim and Margaret looked well – Margaret as bonny and smiley as ever, and Jim looking thinner, having lost over 3 stone. I'm not sure of the time scale, but the weight loss must be since we last saw him face to face. His appetite is not what it was, which is a shame. Both of them have been doing the Joe Wicks exercise programme at midday for 10 minutes every day and go on regular walks when the weather permits. Their one visitor is their little granddaughter who is allowed into their house.

Don and Chris

Don and Chris had their injections at Brighton Centre and were very impressed by how slick the whole process was. You may not know that Don is an electronic music buff. He has been keeping busy by archiving 25 years of music into catalogues. They read a lot and are patiently waiting for time to pass. On the date that all covid restrictions are due to be lifted, 21st June, Don and Chris had arranged with friends to spend a self-catering holiday in a bungalow in Lincolnshire. A happy coincidence!

Virginia

Virginia had her jab at Brighton Race Course. She has avoided taking on any patients until she was vaccinated but now feels safe and is seeing patients. To liven up her life (which she said was "mundane", Virginia is doing a skydive. It will take place towards Salisbury at the end of April, or if it changes, it will happen sometime in the Summer. Brave lady!

Jackie

Jackie is well and looked great. Both she and Shaughn have had their jabs, feel lucky and are enjoying their lovely granddaughters. Jackie will go back to picking Mia (the six year old) from school from 8th March.

Moira

Moira has had her jab. She had her one year CT scan and blood test last month and, while the blood test was fine, her scan shows a "query". A second blood test has also been within the range of normal, but Moira is now waiting for a PET scan. We assured her that with 2 good blood tests it doesn't necessarily mean that the query is anything sinister. However, we all know how worrying the situation can be and wish Moira good luck.

Paul Danieletto

Paul doesn't do zoom (or answer emails!) but I rang him recently. While he is quite well, he is very lonely. Mark is out at work 4 days a week and is exhausted on his day off, so Paul doesn't see anyone much. He was delighted to receive a phone call and would love to hear from C-Side members who know him. His landline is 01273 390731 and mobile no: 07720 000714.

Stuart and Denise

Both of us are fine and we had our jabs in Hamden Park 4 weeks ago. Our attempts to keep fit have resulted in our buying an exercise bike which we use for about 20 minutes every day. We are trying to get the mileage up so that we reach John O'Groats and have so far managed to get to Milton Keynes. I have my 4-year CT scan on 9th March. If that one is clear, I won't have another until March 2022. Fingers crossed!

Discussion

a) Probiotics & Healthy Diets

Denise - I recommended the probiotic Bio-Kult which I buy on-line. It was first recommended to me in the early days of C-Side when a minibus full of members went to the Bowel Cancer UK national event in the Royal College of Surgeons. I was given a free sample to try plus a load of information about its formulation and value in promoting gut health. It has prevented Stuart from getting stomach upsets to which he is prone, when he is abroad, and when he goes anywhere that involves a change of water. There have also

been many research studies showing the link between probiotics and mood, for instance, between probiotics lowering cortisone and stress levels. We had an interesting discussion on the importance of gut health and if not probiotics, then the value of the enzymes in natural yoghurt and kefir. Bio-Kult costs about £25 for 120.

Erika recommended a book by Tim Spectre called “The Diet Myth” which deals with gut health. He has created the Zoe Project which anyone can sign up to. He particularly recommends fermented foods such as sauerkraut and kefir.

b) Venues

Steve has produced a very useful spreadsheet with a breakdown of attributes for various venues. We discussed several of them, and agreed to look some of them up for ourselves. A decision will need to be made soon.

Please send photos to Ernie to brighten up the newsletters. Remember, our next zoom meeting is: Tuesday, 30th March at 7 pm.

Finally ... a rogues gallery of “when we were very young”!



Please root out some old photos of yourselves. Scan or re-photo them and email to Steve at steve.tedman@sky.com