



Pro-Biz



Web site - <http://www.probus-teddington-hampton.org.uk>

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The Anglesey angle on LIFE AS A COUNTRY GP

The Welsh counterpart of Dr. Finlay came in the shape of **DOCTOR HUW JONES**, welcomed by Chairman Martin Hart as guest speaker at the Club's November Luncheon Meeting. Brother-in-law to that peerless Probian, Hywel Thomas, Huw was educated at The Mall and St. Paul's Schools prior to taking degree courses at Cambridge and Manchester Universities. Huw gave his reflections, nostalgic and at times hilarious, on 20 years' practice in Llangefni and Llanerchymedd on the Isle of Anglesey. He brought vividly to mind a time when the pace of life was less frenetic, where the doctor/patient relationship might span two or three generations, with the lingua franca still strongly Welsh and home visits a regular feature of the doctor's daily round. Huw's consultations were informed by the guiding principles of Observation, Palpation, Percussion and Auscultation. He firmly believed that a patient's body language, mood, touch and even smell, coupled with his own expertise and the patient's previous medical history had an important bearing on arriving at a correct diagnosis and prescribing the best and most holistic treatment. The talk was enlivened by a number of droll anecdotes, and Huw provided a couple more, which he didn't have time to fit in: one concerned an eager young nurse, who, tasked with brushing the dentures of her geriatric patients, threw them all together into the sink on the ward, causing complete chaos! The second relates to Mari Evans who was told before having a lung removed, that she would be driving within six weeks. Her response: "*You lot are absolutely incredible. I'd never bloody driven a car till I came into hospital!*"

Huw having fielded some interesting questions, Mike Fraser did the honours in proposing a vote of thanks. Members' duly expressed their appreciation of a most entertaining talk delivered by a highly professional and caring GP.

(Jim Woodford)

Huw was the final guest of the Peter Turner era as Speakers' Secretary. Congratulations once more to Peter on his marathon stint and a warm welcome to his successor, the affable and highly able Brian Brignall.



WALK FROM THE PELICAN, ADDLESTONE,

3rd DECEMBER

A bright and cheery morning met our walking group, as the frost was just beginning to go off and the towpath was drying out after the recent rain storms. 14 walkers set off with the addition of Pepper the dog, who seems to take a great deal of interest in any waterway, be it the mighty Thames or any odd ditch that may be available. The first part of the towpath took us past the modern but empty office buildings of the Addlestone Trading Estate, why so many buildings, though looking fairly new, remain empty is a bit of a mystery.



We were soon able to cross the canal at the bridge close to Weybridge, and then worked our way back past Addlestone Mill and off into the countryside between the canal and the River Wey. We skirted through a small development of lodges, which you seem to find popping up all over the country, not quite sure if they require planning permission as they seem to be built on the flood plain, any more rain than we have had recently would have resulted in some of these buildings floating away. From this little hamlet it was then up and over an uncontrolled pedestrian railway crossing, a little unusual in this day and age, but we all managed to scamble across unscathed. Once clear of the railway it was a very pleasant arcing stroll back to the Wey and Arun Canal, with a slight detour for Pepper being in and out of the drink double quick. We were then back over to visit Addlestone Mill, which has now been converted into very posh looking apartments. Once more crossing the railway, this time by a much safer footbridge, we were soon back at The Pelican where we were joined by 10 diners. The pub itself is a bit of a wysiwyg (what you see is what you get), being attached to an industrial estate it therefore has no pretensions and serves, what can be best described as - an adequate meal.

(Keith McArthur)

PROBUS VISIT TO THE CLINK

On the wet Tuesday morning of November 26th, 22 members, wives and friends of the Club enjoyed the pleasure of being guests at Her Majesty's Prison at High Down, Sutton. We were there to sample the Christmas menu offered by The Clink restaurant, which is situated within the prison. High Down is a category B prison with about 1,200 inmates, fewer than 40 of whom are considered suitable for the training to work in a restaurant.

The Clink in Sutton was established 10 years ago and was the first such prison-run restaurant. There are now 3 others in England and Wales and are run as a charity, which helps offenders break the cycle of crime by nurturing self-belief, workplace skills and the chance of a nationally recognised qualification. On release, having successfully completed the course, there are job opportunities and the prison has seen a 50% reduction in reoffending by those entering this programme.

We were made welcome on arrival at this very pleasant airy room by the front of house staff. The tables were well laid and we even had Christmas crackers but noticed the plastic cutlery! The selection of food which was chosen from an extensive menu, proved delicious. Our waiting staff were most courteous and anxious to please. One young lad spoke of his time in High Down and his appreciation at having been selected to work in the restaurant. It meant that for 5 days a week he was out of his cell.

For us all, it had been an insight into another world. We had undergone a strict security check on entering but then had a sense of freedom on being released.....feeling for those left behind.

(Hywel Thomas)

FUTURE EVENTS:

Tuesday 7 Jan: Pub Lunch and Walk –The Hampton Ale House, Hampton. Organiser Keith McArthur

Tuesday 21 Jan: Club Luncheon – Ladies' Lunch - No Speaker **(Please make sure your applications for lunch are completed and returned to Bruce Dawson-Moray by Friday 3 January 2020)**