



The Cog

Newsletter of the Rotary Club of Lutterworth



Issue No. 144

Driving the wheel of fellowship

March '17 Newsletter

Programme for the next two months.

MARCH 2017

March

Speaker Finder Grace & Thanks

Monday	6th	Normal Meeting	Bridget Hunt	John Wells
Thursday	9th	Council Meeting	7-30 p.m.	
Monday	13th	Business Meeting		
Monday	20th	Normal Meeting	Philip Duncan	Martin Iliffe
Monday	27th	Normal Meeting	Bernard Duesbury	John Wilson

April

Monday	3rd	Normal Meeting	Graham Johnson	John Turner
Monday	10th	Normal Meeting	Peter Osborn	Hugh Robertson Smith
Thursday	13th	Council Meeting	7-30 p.m.	
Monday	17th	Easter Monday Bank Holiday		
Monday	24th	Business Meeting		

12th ANNIVERSARY

If you are unable to carry out your 'duty' please find a substitute and tell **David Ayres** Tel: 01455 202224 email ayres4feet@btinternet.com

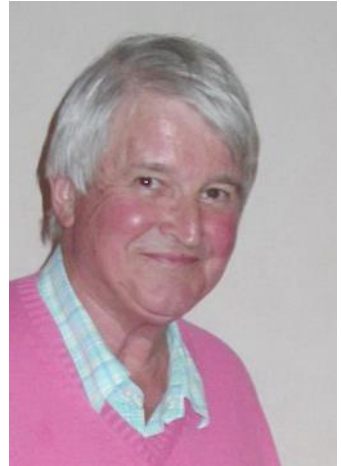
Bryan Cooper - 1939 - 2017

It is with great sorrow that we have to report the passing of Bryan Cooper a long standing member of the club on Wednesday 1st February.

Bryan will be especially remembered for the work both he and his wife Shirley put into the Rotary Disabled Sports Championship over many years.

Bryan's ill health meant John Roberson and his team then took over with continuing success.

Bryan was a great motivator in getting things done by his art of delegating jobs.



You just couldn't resist his smile and say no to any request.

He will be greatly missed by his many friends and our club.

Sally Hollis's brief encounters at Leicester's institutions.

I started work in the Welfare Office, for Leicester Council in 1966 at Hillcrest Hospital, originally the Leicester Union Workhouse from 1837 built to provide shelter for the "undeserving" poor and destitute. A famous inmate – Joseph Merrick 1880-1884 known as 'the Elephant Man' played in the film by the late John Hurt. I saw his name in the admissions book, described as "A Hawker". My job processing pension books for the 400 residents. Approximately £4.00 per week, the City paid out £3.20, the remainder being given as "comfort payments."

My memories :-

Inauguration in the Mortuary by a grinning porter.

Annie – "give us a fag". She collected her Park Drive behind her ear.

I remember the smell of cabbage and urine. Also the wax polished floor in the hall and the Superintendent's office.

William Valentine Cockshaw – with bandaged feet as he thought bats were biting his feet. He would be deloused and have his head shaved, then allowed to leave again as he preferred “The Road.”

Alfred Sponner – he used a spittoon – shock to middle class convent girl – talked of “going over the top” at the Somme.

Hillcrest Hospital was closed in 1974 and demolished 1977. Now only the gates and fence remain.

I returned to Leicester in 1970 as a Trainee Mental Welfare Officer. I was drawn to and concerned for the mentally ill as they were often neglected and feared. The Towers was another imposing Victorian building, the City Lunatic Asylum 1869 and used to 1989. Carlton Hayes served the County.

Two areas, defined in old terms as – mental illness – and the mentally subnormal.

Mentally ill - inpatient treatment for Leicester City was at the Towers, Gypsy Lane. My responsibilities were:-

- 1) care in the community when discharged.
- 2) Emergency on-call admissions.

Mental Health Act 1959.

Informal admissions

Compulsory orders - Section 25 – 28 days in hospital 2 signatures needed one a doctor and counter signed by a trained MWO

Section 29 – emergency one signature – 72 hours
(Still in place but now added Place of Safety Order)

Treatment at the time depended upon the Psychiatrist assigned to the patient, and their diagnosis. Neurosis, Psychosis and Psychopathic.

I remember Dr Newman believed in ECT as a treatment for most patients. I witnessed this somewhat barbaric treatment with convulsions, patient being strapped down with gum and tongue shield. But in many cases it seemed to help with depression for both neurotic and psychotic. However there were complaints of memory loss from patients. No one seemed to know how it worked!

Another doctor believed in medication which certainly diminished the patient’s antisocial behaviour and allowed them to

live with their condition – so long as they continued to take the medication!

My favourite psychiatrist preferred to follow the YUNG theory and was more a psychologist. However his treatment took time with regular consuming sessions including hypnosis and it was not suitable for all patients.

Once a trained MWO I would be On Call. Usually once a fortnight for out of hours and weekends contact by radio control with the ambulance station. Also often called by the police who didn't know what to do! I was only 24 years old.

Most scary moments at the Towers:-

- At midnight a patient refused admission by a psychiatrist sang all the way in my car "*I'm Going to be warm tonight – tiddly plomb,*" occasionally grabbing the steering wheel of my mini. An escort could be provided into hospital – but NOT OUT. I knew accommodation was available in London Rd – with an equally mad lady. Rumour had it she could be seen playing the piano naked on her balcony. But always took people in though, bless her.
- My favourite coat was red. A young man was having a psychotic episode, smashing up his bedroom. He called from the window "*I want that one in the red coat*". The doctor on call broke into the room – thankfully- and administered a large dose of largactal
- Most emotional moment was a young girl with acute eating disorder. I had to prise her from her mother, who could not be in collusion with us, even knowing treatment was vital. She was only 4 stone at 14 years old, and admitted under Section 25. Treatment was rough. Stripped of all comforts until she ate. However she put on weight and returned home.
- A very pretty girl who was self harming. She was stripped on admission – then found to have a razor blade in her mouth!
- Mary – was an aggressive girl and was 8 months pregnant. Brought in from Abbey Lane she was living in an old water tank and survived with money from prostitution. In court she refused to acknowledge her condition and was considered a psychopath. Mary was sent to Rampton high security hospital.

Glenfrith – Groby Rd Leicester was an Institution for "Imbeciles and mental defectives" in 1923. Very grim. children and adults

rocking back & forth. Large numbers in one room with varying ages and degrees of handicap. Often no visitors and abandoned by their families.

In 1972 – A directive was issued to clear out institutions into purpose built small Community Homes which was a problem for those who had been there for years as they were institutionalised and Glenfrith had provided security. My job was to secure accommodation for the more able patients in flats and houses in the community. Sadly this usually was only available in poor disreputable districts of Leicester.

One girl – June – (can't remember real name), was border line SN. We got accommodation in a new area of Charnwood. which was close to a community of former terraced houses.

Glenfrith was demolished and Glenfield Hospital was built on the old site.

At the same time the different departments merged from Child-care/Mental Health and Geriatric Care. As a result I became a Geriatric Social Worker. Sadly the mentally ill took a back seat as more of my time was spent dealing with Childcare Orders from court or critical cases involving the elderly. I then had to find accommodation in Children's Homes or foster parents and for the elderly a suitable Residential Home. In 1973 I was pregnant and waiting to leave and was called by the police to see Elsa Munday in Eyres Monsell. She had been stabbed 7 times having been woken in the night by a burglar. All that was missing was a cheap carriage clock and money for the milkman. A boy was later arrested aged 16.

In 1983 and two children later I working with my husband in our business when a fire was reported by a dog walker one Sunday morning at our offices in Clarendon Park Road. My husband had employed a bright young man of 25 to help demonstrate and sell our Commodore Pets. Police were called to investigate the fire and we were advised that our employee had trained on computers when in a Remand Home for young offenders. He had killed an old lady called Elsa Munday from Eyres Monsell when he was 16 years old.

I have great sympathy with Social Workers who remain under paid, in a stressful job and often young and inexperienced in life – like me.

100 Club February Winners

1st prize Clare Robertson Smith £25
2nd prize Marie Tansley £15
3rd prize John Turner £10

Wolvey Skittles 9th February

May I on behalf of the club thank David Toone and his team for running such a successful evening again in raising funds for the eradication of Polio. This will be his 8th year organising the event during which he has raised a staggering £6,358. Despite the fact that many of his regulars were not able to make it this year as they were on holiday, he mustered 59 contestants - well done David and thank you.

Enterprise Centre

It was felt that the newly run Enterprise Centre needed a safe enclosed area for students to relax and chill out or stretch their legs in their break time, so Bernard has constructed two wooden fences to complete this area along with Hugh who has provided decking where student produced tables and benches could be used.

In having strong ties with The Sir Frank Whittle Studio School and Yvette of the Engineering Dept. an expertly laser etched teak sign was produced in recognition of Rotary's contribution to the Enterprise centre.



Rob Surman's Talk on Milk 20th February

Our speaker |Rob Surman gave us a fascinating and informative talk on Dairy Cow Nutrition and Farm Management which he has specialised in for the last 20 years. He quoted a lot of statistics about the industry which I thought would interest members. Apart from the milk that most of us drink on a daily basis many other products use milk such as 'ready meals', cakes, pastry, biscuits, sweets and many more.

Rob said there are around 199 million milk producing cows across the world made up of -
Over 23 million the European Union
17.5 million North America
32.6 million South America
6 million Australia & New Zealand
Over 15 million China
47 million India (these are not all dairy)

Cow numbers worldwide have increased over the past 40—50 years but in the UK the numbers have fallen in recent times. Here with reduced consumption the price has taken a downward trend. The purchasing power of the retail trade and with no help to dairy farmers from the Government this has created many bankruptcies both here and in the USA. An added problem is that milk is a perishable commodity that cannot be stored so needs collecting from the farms every 1—2 days. In the UK we have about 1.9 million cows producing around 15 billion litres of milk per year from just under 10,000 dairy farms. We were told that dairy farming is the single largest agricultural sector in the UK accounting for 17% of all agricultural production by value.

In the UK a cow usually has a calf each year and gives 7,850 litres (13,800 pints) of milk producing 4% butter, 3.25% protein, 4.25% lactose and many micro nutrients such as calcium, magnesium, phosphorus, potassium, selenium and zinc. Milk helps build strong bones and teeth encourages a regular heart beat and can prevent colds and flu. It is also rich in vitamins B2 B12 and C and contains 9 essential amino acids not produced in the body assisting in muscle regeneration.



Rob then gave us 3 examples of the price per litre of other products on supermarket shelves—

Bottled water **72p**

Bottled beer **£4-20p**

Milk **71p**

Demonstrating the plight of the milk industry.

When **RDI** of fat for a man 95gms and for a woman 70gms;

Of interest to us all standardised UK values per pint of milk

WHOLE MILK

SEMI-SKIMMED

SKIMMED

How much fat?

How much fat?

How much fat?

3·8% = **21gms**

2% = **10·5gms**

0·3% = **1·5gms**

Minor Sports Evening

An enjoyable evening was had by both teams at the 1070

Minor Sports evening at the Red Lion pub in Huncote.

We were playing Leicester Rotary Club at Long Ally Skittles.

Unfortunately we lost 2 games to 1 (122 - 118) but it was a wonderful evening with very good food.

Future Events

Santa Fun Run Cheque Presentation

7pm for 7-30 pm on Wednesday 22nd March at the One

Stop Shop, Gilmorton Road, Lutterworth.