



Introduction

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Your committee thought it would be a good idea to give you a welcome break from what has become the real news and hopefully lift your spirits a little and enjoy some articles from your fellow members.

I think we are very lucky in Ellesmere with the huge sense of community in the town, which has really come to the fore over the past few weeks.

This is your Club newsletter and we will give as much local information as we can but we will need your articles so please email us with interesting and/or funny items to be included in the newsletter which we hope will be at least every two week.

Message from President Jeremy Stretton

Dear fellow Probus members,

Firstly, I hope that you are keeping well and finding enough to keep your spirits up at this challenging time for all. This is a time for reflection and hope for a safe resolution of the ‘lock-down’ position as soon as possible. Probus of course is a fellowship Club and we take pride in keeping in touch with each other for both moral and practical support. Society seems to be adapting relatively well, it is very odd to see skies with no vapor trails and hear birdsong not drowned out by traffic noise.

Many thanks to Paul for putting this our first lock-down Newsletter together. If you have any material that you would like us to include in future editions such as your short memoirs, interesting articles, cartoons, jokes etc please send it through to Paul.

Michael has suggested that we should make a donation to an Ellesmere needy cause with some of the funds we would otherwise have been paying to speakers at our meetings. As a result we are making a donation of £150.00 to Ellesmere House to help them with the provision of art and craft materials for engaging the residents. They are extremely grateful. Please stay safe, at home as much as possible, maintain social distancing when outside and help save lives.





23 April—What happened On This Day in History?

1516 The German Beer Purity Law stating beer should be brewed from only three ingredients – water, malt and hops.

1795 William Hastings acquitted in England of high treason.

1851 Canada issues its 1st postage stamps.

1900 1st known occurrence of word "hillbillie" (NY Journal)

1968 1st decimal coins issued in Britain (5 & 10 new pence, replacing shilling and two-shilling pieces).

General Knowledge Quiz

Mark the answer out of the three listed that you think is correct for each question.

1. In what year was the channel tunnel completed? - **a** 1992, **b** 1994, or **c** 1996
2. By how much is the world's population expanding each year approximately?
a 43 million, **b** 83 million or **c** 123 million
3. For what do butterflies use their proboscis? - **a** Feeding, **b** Breathing or **c** Reproduction
4. What was the first perforated UK postage stamp? **a** Penny black, **b** Twopenny blue or **c** Penny red.
5. How many arms/tentacles/limbs does a squid have? . **a** Eight, **b** Ten or **c** Twelve
6. What does a numismatist study or collect? **a** Stamps, **b** Coins or **c** Maps
7. At which town did Billy Butlin open his first holiday camp? **a** Scarborough, **b** Southend or **c** Skegness.
8. How many gallons of beer are there in a firkin? **a** 8, **b** 9 or **c** 10
9. Which animal species is believed to have been the largest that ever lived. **a** Stegasaurus, **b** Blue whale or **c** Brontosaurus
10. What is the colour of the bull of the archery target? **a** Gold, **b** White or **c** Yellow
11. Which musical featured the song 'They called the wind Mariah'? **a** Oklahoma, **b** Paint your wagon or **c** South Pacific
12. What did the 'D' in 'D-day' stand for? **a** Dwight, **b** Day or **c** Dunkirk
13. How many countries in the world begin with the letter 'Z'? **a** 2, **b** 3 or **c** 4
14. Which famous nursery rhyme is about the black death? **a** Hickory Dickory Dock, **b** Old King Cole or **c** Ring a Ring O`Roses
15. How many wives has Donald Trump had? **a** Two, **b** Three or **c** Four
16. If you were born on 29th October which star sign would you belong to? **a** Sagittarius, **b** Libra or **c** Scorpio
17. Which is the largest planet in the solar system? **a** Pluto, **b** Mars or **c** Jupiter
18. How many ribs are there in a normal human body? **a** 22, **b** 24 or **c** 26
19. Which railway station was the first one in London? **a** Marylebone, **b** Euston or **c** Kings Cross
20. What is the minimum number of games to play to win a set of tennis? **a** 5. **b** 6 or **c** 7

Answers are on page 8

Memories of VE Day 1945 by some of our members



Michael Judge's memories.

My memories of VE day were ones of great excitement. Union Jack's appeared outside of every house, neighbours talking and laughing planning a street party. Tables and chairs lined up and down the middle of the road. A piano was brought out from one house and was soon accompanying the singing of all the favourite wartime songs.

Food appeared as if by magic. In the background, as we lived quite close to the naval harbour, ships hooters were continually sounding. There was a Thanksgiving service in the local parish church which was packed out in the ruins of the nave. Later in the day two huge bonfires were lit in the middle road of the fuelled by timbers taken from the blitzed houses which had been destroyed in 1941.

I think it may have been the next day in the evening we join a huge procession as people from all over Portsmouth made their way to the square in front of the guildhall which had been destroyed by fire in the blitz. There were lots more singing and dancing, then a great cheer when someone climbed the bell tower and managed to sound the Pompey chimes, late home after a very enjoyable line dance home for about 4 miles.

A very tired but tremendously happy 12 year old with very happy memories.

Peter Roth's memories.

I was 18 years old and had been conscripted into the Royal Navy. On VE Day we were under training in navy barracks in Devonport, there was a lot of celebration going on that day, but we just had a few drinks.

We were still at war with Japan and we were destined for the Far East where the war was still going on. After training I was drafted to a mine sweeper, we got as far as the Indian Ocean when Japan surrendered. We thought we would be going back home, but we went on to clear over 100 mines around Singapore, Hong Kong and North Borneo.

During the war I lived with my parents in London, I was a Boy Scout, and used to carry messages from the Air Raid Warden back to the Air Raid Warden's post reporting bomb casualties. One thing I remember about being at school during the Blitz the teacher did the roll call, and one boy was absent, and another lad called out " I think he was bombed out last night, and was killed" the teacher did not hesitate but just carried on with the roll call that's how things were, stay put and carry on.

Tim Potter's memories

I was 10 years old, and living in a village on the Essex Coast. When the end of the war was declared, every one was happy, church bells ringing, and black outs removed.

No more going down the cellar when the air raid siren sounded, no more bombs, and listening to doodlebug engines overhead, and hoping the noise would not stop, and the flying bomb coming down.

The war for me had been quite exciting, cycling out to see crashed aircraft, collecting shrapnel and unexploded incendiary bombs, mixing with soldiers who were stationed along the beach. One soldier was billeted with us, he was in a Scottish Regiment, his name was Wee Hughie. I remember on a Sunday seeing a large number of German Bombers coming over, and Spitfires, or Hurricanes diving into them, the dog fight (aircraft engines growling and barking as their guns opened fire) lasted while the aircraft were overhead, and then they moved on.

Ken White's memories

I was 14 years old and by the last week in April and the first days of May, Nazi Germany had collapsed, and Hitler was dead and on the 8th of May our Headmaster told us that the war had ended. A public holiday was declared but I had to go to school to take my school certificate.

The weather that day was pretty awful but after my exam, in the afternoon, the sun came out the Church Bells were ringing for the first time since 1940, and the neighbours arranged a party with refreshments made out of our meagre food rations, drinks appeared out of long stored bottles. Even fireworks were produced, which must have been made before the war. When night came lights were switched on, no black outs, sleep without being disturbed by Air Raid Sirens, and flying bombs. Next day I had a Latin Exam.

Many thanks to all who contributed to these fantastic memories. If any other members have any memories of VE day I will include them in the next issue.

Local information

Urgent Care Centres at RSH and PRH relocated on Thursday 16 April

From Thursday 16 April, Urgent Care Centres (UCCs) at Princess Royal Hospital (PRH) in Telford and the Royal Shrewsbury Hospital (RSH) will temporarily relocate to the Minor Injury Units (MIUs) in Whitchurch and Bridgnorth to form two Urgent Treatment Centres (UTCs).

People with major injuries and illnesses, such as head injuries and breathing difficulties should still attend A&E. The Emergency Departments at PRH and RSH remain open and fully operational 24-hours-a-day, however, these changes will allow us to free up capacity to support those with more serious illnesses and injuries who need the level of care offered at hospital.



**PLEASE CONTINUE TO KEEP AN EYE OUT FOR YOUR
NEIGHBOURS**

Key contact details: Ellesmere Covid-19 Community Support Group: 01691 596290 / 622689
www.ellesmerecovidsupportgroups.org.uk

Shropshire Council Helpline: 0345 678 9028

For people living in the Welshampton or Lyneal area - please contact the Parish Council on 01948 710672 or go on their website <https://www.welshamptonandlyneal-pc.gov.uk/> where you will find information about their local Community Support group.

Covid 19 Scam awareness.

Here are 3 useful websites to help with Covid 19 Scam awareness.

<https://www.nationalcrimeagency.gov.uk/news/fraud-scams-covid19>

<https://takefive-stopfraud.org.uk/>

https://www.friendsagainstscams.org.uk/article/505/beware_of_covid_19_scams



Pastoral Support from the Churches in Ellesmere

Rev'd Pat Hawkins St Mary's Church

[01691622571](tel:01691622571) email revpat.hawkins@gmail.com.

St Mary's Ellesmere: follow Church of England

Services are streamed online <https://www.churchofengland.org/>

Pastor Phil Wright 'The Cellar Church'.

[07711 986694](tel:07711986694) email: pastor.phil@me.com

The Cellar Church online every Sunday 10am and Wednesday 6pm

Follow the link Directly on our Youtube channel: <https://www.youtube.com/channel/UCmxif6AT5w7IJH4Yxkbi6tQ>

On the cellar church website: <https://www.cellarchurch.co.uk/audio-video/>

Rev Julia Skitt Ellesmere Methodist Church

[01691 657349](tel:01691657349) email: rev.julia@mail.com

Ellesmere Methodist Church Services can be streamed from:

Wesley's Chapel in London - on Wednesdays 12.45, Thursdays 12.45 and Sundays 9.45 and 11.00am



<https://www.wesleyschapel.org.uk/livestreaming/>

Methodist Central Hall, Westminster - Sundays at 11.00am

https://www.youtube.com/user/MCHWevents?utm_source=Methodist+Church+House&utm_medium=email&utm_campaign=11417259_Update

Ellesmere Catholic Convent Chapel

The Chapel is open, the building on the left as you drive in. 8:30am - 6pm. If you have anything that you'd like to ask the sister to pray for you: [01691 622 283](tel:01691622283)

Local Businesses providing Services

these services can change weekly.

Ellesmere Businesses - Food Shops.	Opening Hours	Home Delivery
(in alphabetical order)	Updated 20 April 2020 (Subject to change)	
Co-op	Open every day. 8.00am - 8.00pm	
Co-op Home Delivery is no longer available due to staff shortages.		
Vulnerable workers, NHS & key workers	8.00am - 9.00am (Sunday 10.00am - 11.00am)	
Ellesmere Newsagents Tel 01691 622498	Monday - Friday 5.00am - 5.30pm	
Delivery of newspapers and provisions inc bread, alcohol, frozen, frozen & chilled food, pet food, tea, coffee, biscuits, toiletries and cleaning products.	Saturday 5.00am - 5.00pm	YES
These ordering for delivery of provisions who are not current customers must pay by cheque or cash, left in a container outside the door at delivery time.	Sunday 6.00am - 11.00am	
Hawkins Butchers Tel 0691 622329	RE-OPENS Tuesday 21 April	
	Monday - Saturday 8.00am - 3.30pm.	YES
Moolah - Local Food Tel 01691 623532	Open every day. 9.30am - 6.00pm	
Homemade ready meals - mains & puddings (inc freezer-ready). Savoury and sweet delights. Fresh veg, meat and dairy. Pizzas. Teas & coffees.		YES
Tesco	Monday - Saturday 7.00am - 10.00pm.	ONLINE ORDERS
Elderly and Vulnerable Priority time:	Monday, Wednesday & Friday 9.00am - 10.00am	
NHS Workers Priority Time	Sunday, Tuesday, Thursday 9.00am - 10.00am	
Vermeulens Tel 01691 622521	Monday - Saturday 7.00am - 4.00pm.	
Bakery (bread, baps, rolls etc), cakes, hampers, cold meats and speciality pies. Delicatessen. Sandwiches.	Orders delivered 10.00am - 12 noon to those self-isolating. Order anytime.	YES
Pet Shop including pet/animal feed		
Pets Pantry Tel 01691 624492	Monday - Saturday 9.00am - 3.00pm.	YES

Ellesmere Businesses - CONTACT by telephone, email or Facebook ONLY	
(in alphabetical order)	Updated 20 April 2020 (Subject to change)
A Mere Cycle Hire and Sales	Working mobile until further notice.
Tel 07988 842038	Monday - Saturday 9.30am - 5.00pm
Email amercycle@gmail.com	
Gough-Thomas & Scott, Solicitors	GTS are still open for business however to protect both staff and clients they are not allowing visitors to the office. GTS can still be contacted by telephone or email.
Tel 01691 622413	
Email ellesmere@gtssolicitors.co.uk	
J A Milton Upholstery Supplies	Online and telephone orders
www.jamilton.com	Open Monday - Friday 9.00am - 5.00pm
Lily the Pink, Florist	
Contact via Facebook	Contact to place an order. Delivery only.
Morris Cook, Chartered Accountant	Open most weekdays
Tel 01691 622098	Email or telephone if you need to bring anything into the office.
Email megan@morriscook.co.uk	Letter box on Watergate Street.
Ortho-Bionomy UK	Open Monday - Friday 9.30am - 4.30pm
Tel 07377 315865	Self-care packages tailored to cover your individual pain requirements.
Email dr.anna.hayes@outlook.com	Contact Anna by email or telephone.
www.ortho-bionomy-uk.com or via Facebook	
Pure Beauty	
www.tropicakincare.com/helenhale	Shop online for Tropic products.
Susan Haskey, Chiroprapist	
Tel 07974 091983	Open as usual, Mondays and Fridays
Sweetmere Sweet Shop	
Tel 07896 881242 or Facebook	Contact to place an order. Delivery only.

Ellesmere Takeaways	Opening Hours	Home Delivery
(in alphabetical order)	Updated 20 April 2020 (Subject to change)	
Asian Spices Tel 01691 623689	Friday & Saturday 5.00pm- 10.30pm	YES
Delivery 6.00pm - 9.00pm every day (except Monday).	Tues, Wed, Thurs & Sunday 5.00pm - 10.00pm.	
After 9.00pm collection only.	Closed Monday.	
Comrades Club	Order Sunday Lunch by Friday.	
Tel 01691 622419 & 07871 733375	Ring any day between 9.00am & 5.00pm	YES
Ellesmere Kebab House	Friday & Saturday 5.00pm - 10.45pm	
Tel 01691 624638	Sunday - Thursday 5.00pm - 10.30pm	YES
Meze Greek Restaurant	Thursday, Friday, Saturday & Sunday	
Tel 01691 622660 & Facebook	Order by phone 9.00am - 8.30pm. Collect 4.30pm - 8.30pm.	YES
NEW!! Thai Gate Restaurant	Tuesday - Saturday 12 noon - 9.00pm	
Tel 01691 239478	Sunday 12 noon - 8.00pm	Delivery
5 High Street, Ellesmere	Closed Monday.	coming
www.thaigate.co.uk/order-online	Takeaway available. Collection only.	soon
The Red Lion Coaching Inn	Thursday, Friday, Saturday.	
Tel 01691 622632	Order by phone 4.30pm - 8.00pm.	
& 07854 191238	Sunday orders 11.30am - 3.00pm	YES
Pete's Meals on Wheels on temporary loan to The Red Lion		
Tel 01691 622632	Order: Mon - Fri 10.00am - 12 noon	
Ring with any queries regarding meals and to place your order.	Orders delivered to your door 11.30 - 12.30 Monday to Friday.	YES

Ellesmere Businesses	Opening Hours
(in alphabetical order)	Updated 20 April 2020. (Subject to change)
Mere Motors	Open every day. 8.00am - 8.00pm
Tel 01691 622343	Petrol Station includes a mini supermarket selling milk, eggs, newspapers, food and alcohol.
Post Office	Monday - Saturday 9.00am - 3.00pm
	If possible please post any items before midday.
Rightways	Mon, Tues and Fri 10.30am - 4.00pm
	Saturday 9.30pm - 5.00pm.
	Closed lunchtime 1.00pm - 1.30pm. Closed Wed & Sun.
The Ellesmere Pharmacy	Monday - Friday 9.00am - 6.00pm
Tel 01691 623118	Saturday 9.00am - 5.00pm. Closed Sunday
The Washing Well Launderette	Open every day. 7.00am - 9.00pm
TSB Bank	Monday - Friday 10.00am - 12.30pm. 1.30pm - 4.00pm
	Closed Saturday and Sunday.
	TSB Customers: If you have no mobile phone or internet banking please call the branch on 01691 594999 and the TSB will make a one-off payment for you.
	TSB Customers can be issued with a cheque book if required. Also: any TSB customer who is self isolating and needs to withdraw money please contact the TSB on 01691 594999.

Gas and Electricity Cards

The Ellesmere Newsagents (01691 622498) can top-up cards - they will take a cheque or, if you have an account with them, they will add the amount to your account.

Mandy @ the Co-op (07971 250311) sell top-up cards.

The Ellesmere Post Office sell Gas & Electricity cards over the counter.

Mere Motors 01691 622343 Offers all Paypoint facilities - Gas, Electric, Bill Payments, Phone Top Ups, Parcel Point (NB not British Gas)

“YOU CAN'T BUY
HAPPINESS
BUT YOU CAN BUY
LOCAL
AND THAT'S KIND OF
THE SAME”

- unknown

For up to date information please check the Ellesmere Covid 19 website

www.ellesmerecovid19supportgroups.org.uk

Lockdown Exercises



Face The Wall Press-up

Stand about a foot away from a wall, with your feet hip-width apart. Place your hands flat against the wall and lean forward until your forehead is

nearly touching the wall, then push back to your starting position. Repeat this move 12-15 times (or until you begin to feel as though you can't do another repetition).

Keep Yourself Fit

You can still go for a walk or walk the dog, preferably only once a day and keeping your distance from other walkers.

There is plenty you can do in the house and garden.
You can follow exercise routines on YouTube, dance to your favourite music or try the simple chair exercise below.

Here are some simple chair exercise everyone can do at home.

Sit on an upright chair.

Point your right foot on the floor in front of you, and bring it back.

Do the same with the left foot.

Dig your right heel in front of you, and bring it back.

Do the same with your left heel.

Tighten up your abdominal muscles and lift your right leg with the knee bent, and put it down.

Do the same with your left leg.

Take your right leg straight out and put it down.

Do the same with your left leg.

You can do this 4 times through then work the arms instead.

Point your right arm in front and bring it back. Same with the left arm.

Push your right arm out in front and bring it back. Same with the left arm.

Flex your right arm from the elbow and lower it, same with the left arm.

Take your right arm up past your ear towards the ceiling and bring back down. Do the same with your left arm.

Repeat 4 times.

Find more simple exercises, like the one below, to do at home, at the Saga Website

www.saga.co.uk/membership/articles/workouts-and-exercises-to-do-at-home

This is something that you can do while in
Lockdown. Have a go its for a good cause.



Friends
At the heart of RJAH

THE LEAGUE OF FRIENDS

**Spring
Photo
Competition**

Spring has sprung lets have some fun with the League of Friends Photo Competition!

£3 per entry paid via our JustGiving account

Choose a category (multiple entries accepted)

Category 1: Best Pet Photo

Category 2: Best Quarantine View (Amusing/Genuine)

Category 3: Best League of Friends Calendar Pose

PRIZES!

Overall competition winner - £50 Amazon Voucher

Individual category winners - £15 Amazon Voucher

Email entries to rjah.leagueoffriends@nhs.net

Closing Date: Friday 1st May

Q: Mary is Jane’s daughter’s aunt’s husband’s daughter’s sister.

What is the relationship between Mary and Jane?

Quiz answers.

The relationship between Mary and Jane is—Mary is Jane’s niece

1-b, 2-b, 3-a, 4-c, 5-b, 6-b, 7-c, 8-b, 9-b, 10-a, 11-b, 12-b, 13-a, 14-c, 15-b, 16-c, 17-c, 18-b, 19-b, 20-b