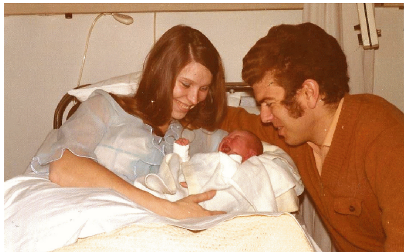


Click on pictures to enlarge or play a video. More here soon, appearing on [Robin's YouTube Channel](#) first. e.g. that lovely meeting in the churchyard, with local pensioners.

from Robin Lovelock in Sunnghill: I'm just setting up this new page, based on my page: [Frimley Park \(Military\) Hospital](#) - near Camberley and the Sandhurst Military Academy. This was renamed "Frimley Health", after being merged with Wexham Park, near Slough. Frimley Park was probably the best NHS Hospital in the UK, and Wexham Park was probably the worst. But the subject of that page is not politics: for that, see my [NHSCare.info](#)



and [Grumpy](#) pages. This page is about Sunninghill being the birthplace of NATO - it's a good thing that I have friends in 150 countries, including Russia ;-)



I am reasonably fit, for someone born in 1947, but I was a lot fitter when I was younger: checkout my rescue of that antelope, published on Sunday 1st April, exactly a week before our visit to Frimley Park Accident & Emergency.



Please forgive the warped humour here: it will be familiar to many of you, whatever your shared suffering: be it sharing the same slit-trench, trying to care for a loved one, grieving for someone recently lost, or fighting on with your own health battle, perhaps for the sake of loved ones.

I am regularly reminded, each day, of the value of sharing inimate details of one's health with trusted friends, if not the whole World. Openess rather than Secrecy can be a powerful tool, as I learnt in the 1970s within [NATO](#) . But this page is also not a lesson on security, for public, police and others. The Military, in all countries, know the basics - but it isn't easy. I've known, and still know, many guys who have served in other countries armies, including those who fought against the British (e.g. Suez and dear Egyptian Major General Samir Yousrey) and others who I will not name here. How sad it is that we fight these "Proxy Wars" :-(-



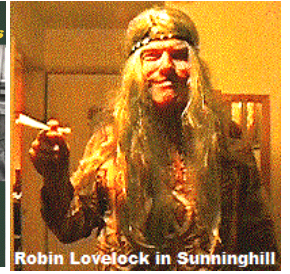
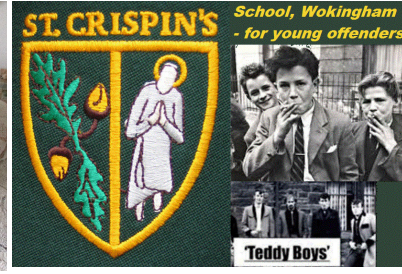
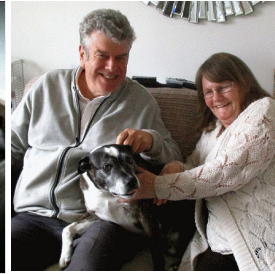
It was on Saturday 7th April that I received a posted letter from a dear old ex-army friend, who can easily be found on my [Geocaching](#) page. How can one respond to sad or worrying news from a friend ? Perhaps by sharing your own problems, or encouraging examples from other's experiences ? It is less than two years ago that my dear Father-in-Law [Jack Ponsford](#) passed away, in Frimley Park Hospital, aged near 98. He remained as "bright as a button" until his last day, reading the newspapers. I have almost countless A&E visits by Jack to Frimley Park, logged on a hidden page that I will now reveal [here](#) .



I've had the pleasure of Frimley Park A&E myself in recent years. Before this April 2018 visit, I had a recurring nose bleed in 2017. The nosebleeds first started on my birthday, at a garden open for the "Combat Stress" charity. There was some banter about the blood triggering PTS. The lovely Philipino guy at A&E cauterised my left nostril with the modern equivalent of a red hot poker. He reminded me of my old ex-Philipino Marine friend Rex, who

assisted my dealing with that old "Manilla Scam" last year, and other things since. Let me plug in here an extract from last year's [2017 Christmas Newsletter](#) below ...

Robin's 70th Birthday Party was in the Cordes Hall Sunninghill on 26th May, and was very shambolic due to his poor delegation of things - but he thoroughly enjoyed where he'd put effort in the weeks before it: contacting members of his massive extended Sharp family. Also seeing old friends again. Good that we did not have that police raid, half expected :-)



[Pam Coughlan](#) is a lady close to me, who could not make it up from Exeter to my party. However, we stay in touch by email and 'phone, and work behind the scenes with our www.NHSCare.info activity. Few know about it, but one new friend is set to receive £1.4 million from the Government, using the Law Firm that we gave legal advice to all those years ago. I am reminded of my dear ex-EASAMS friend [Trevor Saunders](#) and fond memories. On a much lighter note, a fraudster in [Manilla](#) made the mistake this year of trying to use that old scam of being stuck in a hotel without money to pay his bills and get a flight home. I had a conversation for about a week with them, not pretending that I knew it was a scam. He'd done me a favour by revealing that I had two new "clients" this year with exactly the same name and northern accents.



They were let in on my little joke that follows ... I contacted my banks, and an old overseas ex-marine chum. The fraudster must have been delighted on receiving a personal delivery of a pack of sandwiches, 2.55 GBP, and a note from Robin: "I hope this is enough for now" :-)

Several years earlier, I had pain from a suspected kidney stone, and had the expected professional handling at Lightwater Surgery and Frimley Park A&E.

Click on pictures to expand or play - if you dare ! This first video is a warning about content. Medications hint at what my health problem was: On discharge, I was supplied with MOVICOL Laxative, at 1 to 2 sachets, up to 4 times a day. When I collected the prescription for GLYCERYL TINIRATE Rectal Ointment 1.5mg (2.5cm), our Sunninghill Pharmacy explained that the doctor's "BD" was Latin for Bi-Daily, or Twice Daily, rather than Before Defecation. The [photo](#) that June took with her smartphone, in A&E Room "Major 22", was useful to the doctor. This was clearer that that taken for me to see, during the 111 call a few hours earlier. Despite my concerns, I must confess being amused, when June said it looked like a finger pointing back out at her :-)





from Robin's "Missing" page, with minor redactions ... (REMOVED)



Robin Lovelock
www.GPSS.co.uk

Sunninghill Systems GPS Software,
 family news, and Robin's hobby projects :-)

NHSCare.info - Robin's charity

"Your right to free nursing care from the NHS
 Under UK Law and the Coughlan Case"

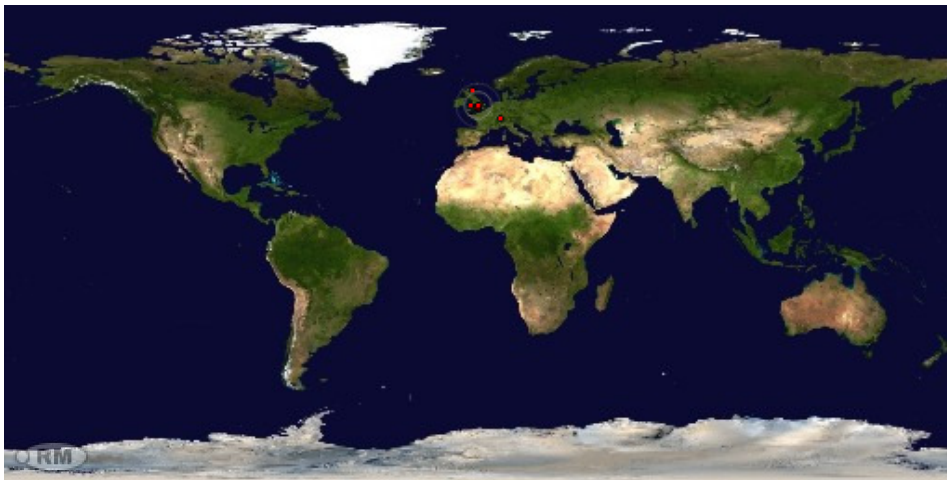
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Retired ! Too busy for paid work !



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🇬🇧 Hayes, England



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