

FAMILY SETS SAIL TO GLOUCESTERSHIRE DAD'S FALSE LEG TO SEND HIM ON ONE FINAL ADVENTURE!

A Gloucestershire man who died from cancer asked his family to set sail to his false leg at the spot where they spread his ashes - so he could have one last adventure.

Michael Harris, from the Forest of Dean, died aged 66 in December after a short battle with lung cancer and asked his family to send his prosthetic leg on its travels.

The family 'set sail' to the limb from Lydney Docks last month after spreading some of his ashes there on the day of his wake. The leg, which had a bottle with a note inside attached to it, was washed up earlier this week at Sand Bay and found by walker Ian Lancaster.



Michael Harris

Michael, who used to live in France and worked redeveloping properties, was first diagnosed with kidney cancer 10 years ago. He had an operation to remove one kidney and part of his stomach.

He returned home to England and then four years ago was dealt the devastating blow that his left leg would have to be amputated due to complications following his surgery. Michael, who was a crew member in the Merchant Navy travelling the world before becoming a property developer, got his prosthetic leg two years ago.

Son Daniel said: "Dad loved travelling and had been all round the world in the Merchant Navy. He had brought a camper van and was looking forward to getting his freedom back."

Michael, who lived in Lydney, was diagnosed with terminal lung cancer last October. On a journey home from radiotherapy treatment with son Daniel, he started talking about his funeral arrangements.

"He accepted that due to his illness he wouldn't be able to go travelling again," said 42-year-old Daniel, also from



Michael's false leg washed up at Sand Bay, near Weston Super Mare

Lydney. "He said he wanted us to take his ashes to the docks near where he lived but for us also to send his leg off around the world so he could do his last bit of travelling."

A note was written and attached to the leg explaining that Michael was off on his last travels. It also asks anyone who finds the leg to email his family with updates and a location - and to pop it back in the water so he can continue his journey.



Message in a Bottle!

LATEST ACTIVITIES & EVENTS AT SYDENHAM HOUSE

“It’s a Mad, Mad, Mad, Mad World!”

Yes, we well-remember the 1963 comedy movie with it’s all-star cast, and February 2023 turned out to be a month deserving a share of that title!

From errant balloons to a global alien invasion, the frost-bitten genitals of a senior Royal to the IMMINENT threat of nuclear war, an upcoming Coronation to the image of a little bird whispering in the ear of King Charles III, News Headlines this month caused much mirth in the Sydenham family. We may not “get out much” but in Sydenham House we keep apace of the latest world news, and where others may fret, we tend to laugh. After all, when you’ve lived through world wars, depressions, recessions, crises, coronations and changes you can say, “...seen it all before!”

When the “Spy balloon” story broke we celebrated by playing with balloons. It gave us a bit of exercise, honed co-ordination skills and it was FUN.

Frost-bitten genitals? No problem – we’ve got a couple of keen knitters here!

Bothered by Birds? We made a nesting box, and you can see it hanging outside the conservatory!

Our residents look forward to reading the newspapers, watching the 6 o’clock TV news and sharing opinions over the dinner table. Every resident can have a TV and

radio in their own rooms and as well as the TV and DVD in the lounge we have YouTube in the conservatory, WiFi throughout the house and most importantly, Young Carers who actually understand it and who are on hand to help out. Today, our residents have their own laptops and tablets, enjoying such things as Kindle and DAB radio channels to their hearts’ content.

We keep abreast of local news in The Review and Citizen, enjoy a variety of magazines and local publications and best of all our visitors bring the News in when we can’t get out. If it’s no more than a comment about the weather or a report of the latest roadworks it’s important news to us, so don’t forget to mention it! Something as simple as sharing the view from the window together gives us something to think about.

Did YOU enjoy the sight of the planets Saturn and Venus dancing round the New Moon at 6pm one February evening? Have YOU noticed how close the magnolia is to bursting into bloom? Or seen the bulbs coming through in the garden? Talk about it when you visit!

It’s easy to become self-absorbed in the hubbub of daily life, to focus on our own aches and pains, worries and troubles. Looking outwards and upwards is a big step towards maintaining good mental health and sharing our thoughts, opinions and even troubles with others goes a long way to

organising thoughts and solving problems. “There’s nothing new under the Sun”, as they say, and in the Sydenham family you’ll find a wealth of wisdom, compassion and patience along with laughter - the best medicine.

February News from Sydenham

We celebrated Shrove Tuesday in style with pancakes for pudding, and rather than giving up we’ve taken up new projects for Lent with new puzzles, new knitting and craft projects and looking forward to new visitors as Spring hoves into view.

Mel the music-man and Mindsong have come to entertain and inspire us as usual, and next month we’re looking forward to a new music project with Blakeney School pupils, led by Becky from the Gloucester Music Academy.

As usual, we’ve all had our hair done, manicures and pedicures, and the District Nurses have been busy with our MOTs and running repairs so we’re set to go the minute that Sun shines! We’re looking forward to Mothering Sunday (hint, hint!), Easter and then the run of Bank Holidays through to the Coronation.

In between times we’re all writing our own Life Stories, so please get in touch with Mary if you have copies of any old photos of our lives, or memorabilia which could be shared.

Lyn



About Activities:

There's always plenty to do at Sydenham House



Becky from the Music Academy



Bird/Nesting box Making



Jigsaw Fun!



Spring is Coming!

LYDNEY RFC GETS £1,000 FOR NEW KIT

Award winning house builder Crest Nicholson has made a £1,000 donation to Lydney Rugby Club to pay for new kit for the team. Clare Brimble, Director at Crest Nicholson South West, added "*Sporting teams are an integral part of the local community, encouraging interaction with our neighbours and helping everyone stay active, so we're delighted to be able to*

support Lydney Rugby Club with this donation. Wishing the team the best of luck on the pitch!"

Duncan Sleeman, Chairman, Lydney Rugby Club, said: "*Crest Nicholson's generous donation will support us in providing our players with the best-in-class kit to continue their sporting journeys, whilst staying active and building upon Lydney's values of teamwork,*

respect, enjoyment, discipline and sportsmanship."



Forest litter picking equipment made from used NHS face masks and marine plastic pollution!

Litter picking equipment made from recycled NHS face masks and plastic waste salvaged from the sea is being deployed by the district council in the Forest of Dean.

The new litter pickers are the ultimate in green environmentally friendly equipment. School children undertaking litter picks with the Forest of Dean District Council's street warden team could soon find themselves collecting rubbish with the kit, which is made from recycled NHS face masks and marine plastics, a spokesperson said.

The new equipment, funded through the Community Builders' Fund, is just one small way the District Council hopes to encourage a future that puts the environment firmly at the centre and support more items being brought back into use.

Made in the UK, the plastic components on the litter grabbers are made from 100% recycled polypropylene sourced from the NHS or through recovered ocean plastics; the litter picking hoops, used to keep litter bags open, are made wholly from fishing gear and nets recovered from the sea."

Councillor Paul Hiatt, the council's Cabinet Member for Communities and Climate Emergency, said: "Our environment is in crisis and as a society we need to step up our efforts to protect our planet and find ways

that support a cleaner, greener future where people and wildlife can co-exist safely. It's believed that each year 8 million tonnes of plastic waste will enter our oceans. These plastics can entangle marine animals or be mistaken for food, both with devastating consequences. Over time plastics will also start to break down into much smaller micro plastics, invading fragile ecosystems, and even entering our own food chain. While pollution is a massive problem, we hope by supporting a process that enables more items to be rescued, recycled and ultimately reused, we're making a positive contribution towards protecting nature."

"Investing in the litter pickers not only makes sense in terms of bringing more throwaway items back into use but the fact they've been made from face masks and ocean plastic is a fantastic way to start a conversation with the young people we talk to about litter, spark their curiosity, and show them the possibilities of what can be achieved if they recycle."



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Just for fun!
here's a little quiz - who would like to be Quiz Master?!

General Knowledge

- 1 What is the longest river in the world?
- 2 What does WHO stand for?
- 3 What 4 nations make up the United Kingdom?
- 4 Which artist painted the ceiling of the Sistine Chapel?
- 5 How many bones are there in an adult human body?

Inspirational Quote

“The way to get started is to quit talking and begin doing.”

Walt Disney 