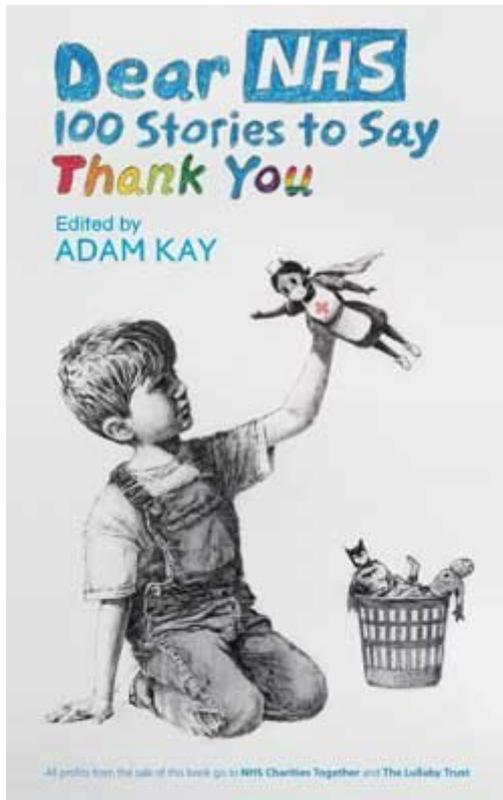


Book Reviews

Book reviews are welcomed from all members, not just those in the Reading Groups. Please email your reviews to Margaret Mason margaret@u3a-llandrindod.org.uk

These following review comes from Clive Barrett



Dear NHS: 100 Stories to Say Thank You

edited by Adam Kay

Adam is a former junior doctor, now one of the country's bestselling authors. He is a passionate supporter of, and campaigner for, the NHS and he is also a patron of The Lullaby Trust. All profits from the sale of this book go to NHS Charities Together and the Lullaby Trust.

The NHS has been there for us all since 1948. "In "Dear NHS" over one hundred well-known people come together to share their stories of how the National Health Service has been there for them personally, or a member of their family".

Contributors include: Paul McCartney, Emilia Clarke, Peter Kay, Stephen Fry, Dawn French, Sir Trevor McDonald, Graham Norton, Sir Michael Palin, Naomie Harris, Ricky Gervais and many, many more.

I really enjoyed reading these short stories of hopeful, heartfelt and hilarious memories which all combine to form love letters written individually to the NHS. The aim is to thank the 1.5 million people who go beyond the call of duty every single day - selflessly, generously, putting others before themselves - and never more so than now during the current pandemic. This book is the contributors' way of saying thank you. As Editor Adam Kay says in his introduction "the fact that so many people said 'yes' when asked to contribute, is simply testament to the love we all rightly have for the NHS. Whoever we are, however famous, we've all been touched by the health service and we all want to say thank you - now more so than ever. The short stories in this book which I found so easy to read tell of memories relived and secrets shared, the comedies and tragedies of everyday life that we all recognise. The stories are in their turn either funny, heart breaking, uplifting and moving all deeply personal and utterly heartfelt, or some or all of these emotions.

Finally, I felt most celebrity contributors had such a relaxed style, and the mainly short testimonials made it possible to enjoy reading two, three or even four stories each night. I would thoroughly recommend this newly published book to all u3a readers. I am sure nearly everyone has their own personal experiences of the NHS - I know I have, but that's another story !!!! (would that be an idea for the Creative Writing Group?)