

Celebrating Women in Pharmacy

NAWP Newsletter

June 2015



The President's Letter

Dear Colleagues,

Summer is on the way or so the weather forecasters tell us, let's hope it will be nice and warm. I do need a little rain though from time to time, for my allotment, overnight would be good perhaps.

This is a new format for the NAWP magazine. Those of you who were at the AGM will know that after many years, Phoenix Healthcare have decided not to sponsor the production of our old style glossy magazine. NAWP are very grateful for their sponsorship for so long and the expertise they gave us, producing such a professional publication. Without this sponsorship NAWP are unable to fund the costs of production, printing and postage of a hard copy magazine. Things move on and many professional publications are totally electronic either by email or just on a web site. We would like to hear your feedback on which way you prefer. For this first electronic edition we will be doing both email and web site and printing copies for those without access to the internet.

In April NAWP held its annual conference in Bristol, "Multicultural Healthcare – The Pharmacists Role." Although delegate numbers were disappointing and no students were able to present, the speakers, were as usual, of a very high calibre, being eminent in their respective fields. We all learnt a lot about the religious myths and problems of treating a multicultural society. Our invited guest Mohammed Hussain, member of the GPhC made sure that NAWP got a lot of Twitter coverage by tweeting throughout the day and evening. NAWP even had its first selfie taken and tweeted. A full report will follow at a later date, delegates are able to read the presentations on line. On the Friday evening we met for a delicious Indian/Nepalese meal and on the Sunday morning had a very educational conducted walk around Old Bristol.

NAWP is having discussions with the Royal Pharmaceutical Society to establish a better understanding and working relationship under our partnership agreement. We will be meeting again with Helen Gordon – Chief Executive RPS - early in June to put together a 5 year vision along with working model for the next 12 months. The Executive Committee is open to any suggestions as to the way you want your NAWP to go in the future. With dwindling membership numbers, mainly due to retirement from the register, NAWP has to continue to be a resource rather than a reservoir of information and new ideas.

The 2nd Gender Medicine Congress, that was meant to be held in Heidelberg in July, has regrettably been cancelled due to lack of delegates. This goes to show that international conferences on gender issues also have problems hosting such events

Eight NAWP members are planning to attend the 11th European Meeting of Women Pharmacists, "Getting Old Carefully," being held in The Hague in September. There is still time to join us, several husbands are accompanying the group this year. Details are available on the NAWP web site www.nawp.org.uk or contact any of the Executive Committee. Several members of NOVA - the Dutch Society of Women Pharmacists came to the Cardiff conference in 2014. It will be great to catch up with them, exchanging views and experiences on healthcare of the elderly.

Wishing you all an enjoyable summer

Anita White

NAWP Annual Report April 2015

This time last year the Conference was in Cardiff and the attendance was the best for a number of years. The topic of dementia struck a chord with many who attended, both NAWP members and non-members. One of the highlights was how to become a Dementia Friend. Such was the interest in developing this that a programme to develop Dementia Friends has been rolled out across Wales through the Welsh arm of the Royal Pharmaceutical Society.

The after dinner speaker, Elin Jones, mentioned the Risca Heritage Museum in her talk. This prompted the Cardiff Branch of NAWP to arrange a visit to the Museum in November 2014.

At the BPC Conference, in September, Christine Heading received her Fellowship of the Royal Pharmaceutical Society. Anita White and Hazel Baker attended the Conference and the Fellows' Reception after the award ceremony. This proved to be a good opportunity for networking and conversations were had with Ash Soni and Helen Gordon (the President and CEO respectively of RPS) about raising the profile of NAWP. Following on from these conversations, Helen Gordon was invited to meet with the Exec at their meeting in January and to discuss how NAWP and RPS could work more closely together. This has since been followed up with a meeting between Helen Gordon, Christine Heading and Catherine Duggan (RPS Director of Professional Development and Support) to explore a number of possibilities.

Seven members of NAWP (plus 2 accompanying husbands) attended the European Women Pharmacist's Congress in Frankfurt at the end of September. The topic was "Strong Projects – Strong women." As well as colleagues from Germany, the Netherlands, Czech Republic and Switzerland there were two speakers from the USA. As a direct result of the Symposium, NAWP have been in Contact with Kappa Epsilon, (the pharmacy organisation from America that promotes women in pharmacy, both

professionally and personally, by providing networking opportunities). This organisation has shown an interest in working with NAWP in the future and have invited members of NAWP to attend their congress in Florida in July.

In December NAWP was invited to attend a Pharmacist Support Wellbeing Workshop designed specifically for the pharmacy Press and other interested organisations. Pat Hoare attended this meeting which was held in London. Since then Anita White and Hazel Baker have attended the local workshop in Cardiff. Whilst the information may not be new these workshops certainly challenge attendees to 'think-outside-of-the-box' when dealing with the issue of stress and how to avoid being either the cause of it or experiencing too much of it.

In March, NAWP was invited to take part in two events to celebrate International Women's Day. The first was to the University of Bath, Department of Pharmacy and Pharmacology, who had recently received its Athena SWAN bronze award. Christine Heading and Virginia Watson attended an Athena SWAN Seminar and Careers afternoon, on March 4th, to celebrate the role of women in pharmacy. This was an opportunity to promote the work of NAWP. A number of expressions of interest were received as well as two applications to this Conference.

The second event was to have been in Manchester organised by Pharmacist Support in conjunction with Manchester University Pharmacy Society. Unfortunately, this event was cancelled, due to lack of interest.

As part of its celebration of International Women's Day RPS launched its latest online forum 'Women in Pharmacy' where members can post comments and/or questions, share ideas and thinking, promote events, schemes etc. Christine Heading has been invited to act as one of the forum's moderators. There are currently over 200 members but as yet, there has been negligible active forum discussion. It could prove to be a good platform to share

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ideas it just needs a few people to post something controversial to stimulate discussion.

At the AGM last year, it was reported that NAWP had started a 'Twitter' account. It has proved very successful. NAWP now has 122 followers, of whom only two are members of NAWP. The followers are a mixture of individuals and organisations, representing healthcare and women-focused groups as well as a few random ones. NAWP follows 112 other individuals/groups.

This should have been the fourth year of running the student competition, which was always intended to be a pilot project. There have been some positive outcomes from the event. The winner of the competition in Brighouse reported that taking part in the competition had helped her secure her choice of pre-registration training. Attendance at the competition here in the UK also inspired our European colleagues to run a similar competition. The sole entrant this year had to decline presenting at this Conference due to being asked to present at the UKCPA conference instead.

For more than 10 years, NAWP has been grateful to Phoenix, who have sponsored the

production and distribution of the Magazine. Unfortunately, this has now come to an end and at this stage, the future of the magazine is unknown.

This year attendance at the Conference has been lower than hoped for. Unfortunately, it's a sign of the times with too many organisations and activities competing for time and attention. It's certainly not the topic – as that has created a lot of interest. One of those not able to attend because it clashed with another event stated, "We are pretty gutted not to be able to attend your conference, as 'pharmacy' and 'multiculturalism' hardly ever appear in the same sentence.

It's not all 'doom and gloom'. NAWP has a proud heritage. Many ongoing projects and ideas in pharmacy had their inception in NAWP, the most notable of which is the mentoring scheme. There are some exciting things on the horizon and we need to make sure NAWP is part of that by modernising our image, whilst maintaining our key identity.

*Hazel Baker
Secretary*

Hope Winch, a pioneering woman pharmacist

Hope Winch transferred the School of Pharmacy from Newcastle Upon Tyne to Sunderland in 1921,. She became the Head of the Independent Department of Pharmacy in 1928 and remained in this post until her untimely death in 1944. She is remembered in the Hope Winch Society and by its annual award.

Hope Constance Monica Winch was born in 1894 in Brompton Vicarage, Northallerton(1). Her father was the Rev. George Winch, vicar of St Thomas' Church, Brompton, Northallerton. Her mother was Elizabeth Maude Winch (nee Crofton), the daughter of Thomas Buston Crofton of Brompton, Northallerton (2).



Miss Hope Winch. Hope Winch Exhibition. School of Pharmacy. Dale Building, Sunderland University.

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Hope Winch was educated at the Clergy daughters' School at Casterton near Kirkby-Longsdale, Westmoreland (2). The school was founded in 1823 by the Rev William Carus-

Wilson at Cowan Bridge, Lancashire, to educate the daughters of financially disadvantaged clergymen. The school moved to Casterton, in 1835. Four of the Bronte sisters (Maria, Elizabeth, Charlotte and Emily) attended the school at the Cowan Bridge site (3).

In 1912 Hope Winch commenced training as a pharmacy dispenser at the Royal Victoria Infirmary, Newcastle Upon Tyne, for a year. Hope Winch passed the Apothecaries Hall Assistants examination in July 1913 and then acted as a dispenser for Dr C R Graham, Surgeon for the next three years in Wigan (4).

Female Apothecary's assistants were young women drawn exclusively from the middle classes, often daughters of less wealthy professional men, who were less able to set their daughters up for life. Females who had an interest in science and had had a secondary education could train to be an Apothecary's assistant. Training was for six months in order to pass the Apothecary Hall exam. Female Apothecary's assistants could not be promoted to pharmacists or Chemist and Druggists as they were not adequately qualified. Female Apothecary's assistants would probably marry and leave the profession. A male pharmacist could be in charge of a number of apothecary's assistants. The Apothecary's assistants played a major role in dispensing medicines between 1850 and 1920. They worked in Voluntary Hospitals, Poor Law Infirmarys or as dispensers in doctors' surgeries. The career of the Apothecary's assistant fell into decline with the National Insurance Act of 1911. Dispensing of prescriptions moved from doctors' surgeries to chemist shops and this took away the work of the Apothecary's assistant. Chemist and Druggists were well established shopkeepers in 1911. They controlled the sale of poisons since 1868 Poisons Act. However there was in fact an increase in the number of women candidates

for Apothecary's assistants after the NI Act of 1911 as men went to the First World War. The number of women qualifying as Apothecary's assistants rose to 424 in 1917. The length of the course to train as an Apothecary's assistant increased from six months to nine months in 1917. No annual register of Apothecary Assistants was maintained by the Apothecaries Hall (5).

Miss Hope Winch attended the School of Pharmacy in London. She registered as a Chemist and Druggist 30th June 1917. Her registration number was 3624 (6). She won a Bronze medal for Botany, a Certificate of Honour for Chemistry and a Certificate of Honour for Materia Medica in her Minor Examinations (7). From these excellent results she was awarded the Hewlett Exhibition (8). This was an annual award, set up in the memory of Mr C J Hewlett, a wholesale and export druggist. Its aim was to provide a stimulus for students to continue their studies, through the advanced course, in preparation for the major examination. The award was presented on the advice of the professors, to a student-associate of the society, who was not a Bell scholar, as they were already provided for. The student-associate who excelled in the Prize examinations held at the end of each session of the elementary class was the winner. The exhibition was conditional on the winner attending the next ensuing advanced course in the Pharmaceutical Society's School (9). The amount of the exhibition was £15 (10).

Hope Winch passed her major examination (11) and registered as a Pharmaceutical Chemist 5th April 1918 (6).

The Pharmaceutical Society of Great Britain awarded three medals to pharmaceutical chemists who had passed the Major examination during the year. The competitive examination was in Material Medica, Botany and Chemistry. It was held shortly after the Major examination in April. The Registrar informed each person entitled to compete. The first prize was the Pereira Silver Medal and five

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pounds worth of books. Hope Winch won this for being the best student in her year (8). She was the fifth woman student to be the Pereira Medallist. This prize was given by Mr Jonathon Pereira, a founder member of the Pharmaceutical Society School of Pharmacy and the professor of Materia Medica in 1843 (12).

Hope Winch was awarded the Redwood Scholarship (8). This was a prize of about £60 in cash awarded every second year to a pharmaceutical chemist to pursue work in the Society's research laboratory (13). Mr Theophilus Redwood, was a founding member of the Pharmaceutical Society School of Pharmacy. He pioneered the establishment of a laboratory for teaching practical chemistry in 1844 (12). Hope Winch spent two years as a Redwood Scholar in the Research laboratories at the Rutherford College of Technology in Newcastle upon Tyne(14). In 1920 she became an Associate of the Institute of Chemistry (8). She was unhappy with conditions there. She preferred the resources at Sunderland Technical College which had been established in the Galen Building in Green Terrace in 1901 (15). She transferred to Sunderland Technical College as the first full-time pharmacy lecturer in 1921 (16). The Pharmaceutical Society approved the transfer of all pharmacy teaching to Sunderland from Newcastle.

From the outset Sunderland Technical College had much in common with today's university. Sunderland was the first college to introduce "sandwich courses". At the time Sunderland Technical College was mainly for engineering and ship-building students. The Pharmacy Department in Sunderland began with three fee-paying students and twenty-five ex-servicemen who received government grants. The department had one double-sided bench in the Chemistry School (16). There was one shared staff-room and a small storeroom. Miss Winch's ambition was to set up the finest pharmacy department in the North East of England. Miss Winch taught the whole course. She was the first full-time lecturer in pharmacy. Botany and Pharmacognosy were her favourite

subjects. She enjoyed studying flowers growing in situ. Her growing reputation saw the arrival of two new lecturers in 1926. In this same year a purpose built dispensary became the first room dedicated to the pharmacy course.

In 1928 a laboratory for the large-scale preparations of drug solutions became the second laboratory dedicated to pharmacy. She was appointed as Head of a new independent Department of Pharmacy in 1928. The photograph below shows her name plate, from her office door in the Galen building.



In 1930 the quality of the Pharmacy Department was reflected by an affiliation to Durham University. That same year, Sunderland Technical College School of Pharmacy was recognised by London University for teaching the external BSc degree (15). The total number of students was now 80. Through the war years there were difficulties with supplies yet there was a rise in the number of students seeking a place at Sunderland.

Hope Winch was the Secretary of the Local Branch of the Pharmaceutical Society for over 20 years (1). She was Chairman of the Local Branch of the Pharmaceutical Society at the time of her death. There is a report in the C & D July 8, 1933 (17) of the summer outing for the Members of the Sunderland and District Branch of the Pharmaceutical Society for their annual picnic on July 2nd 1933. The party, which numbered forty-nine, assembled for lunch in a wood near Egton Bridge. After lunch members did as they pleased until 4.15pm., when the party left for Whitby, where tea was served. The

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evening was spent listening to the spa band and boating, etc. The weather was perfect and members agreed that the picnic had been an exceptionally enjoyable one.

Hope Winch died 8th April 1944 (18). She fell from Scafell in a climbing accident. She was spending the Easter holiday at Burnthwaite at the head of Wastwater. An Inquest was held at Wasdale Head. The inquest on her death suggested that Miss Winch may have suffered a temporary black-out. She had recently had scarlet fever and had suffered a black-out while driving, a short while before. A verdict of "Accidental death" was recorded. Deep Ghyll Buttress where Miss Winch was killed is a chasm on Scafell. Her companion on the climb was Walter Johan de Cort aged 14, a Belgian refugee of Slaithwaite, near Huddersfield. He told the Coroner that he had no previous experience in climbing. After several climbs on Scafell, Miss Winch decided to climb Deep Ghyll, said de Cort. She told him the climb was a strenuous one and she was not fond of strenuous climbs. At an awkward corner, while he was belayed on the rope and Miss Winch was about ten feet above him, she seemed to let go and bounced out from the rock. She fell about 140 feet and de Cort said he attracted the attention of other climbers, who went to the rescue. Miss Winch did not cry out, nor did he pull on the rope. Miss Winch's body was found by a stretcher party. The rescuers "had to make the difficult climb in moonlight carrying torches." She had a broken neck and severe head injuries. She was a member of the Rocks and Fells Climbing Club and had a wide experience of climbing and a knowledge of the Alps. "Almost every holiday in recent years she had spent climbing in the Lake District. She often acted as leader of climbing parties and last Christmas she led a successful search party which went into the mountains to look for a climber who was lost" (19). Hope Winch's funeral was held at Newcastle upon Tyne Crematorium. Her ashes were scattered on Great Gable (2).

To commemorate the memory of Miss H. C.M. Winch, a scholarship fund known as the Hope C

M Winch Memorial Fund was founded on 28th April 1944, by a representative committee of Sunderland Pharmaceutical Society, Sunderland Technical College staff and old students (20). It was hoped to raise enough money to create a sinking fund on which to found a perpetual scholarship in pharmacy tenable at the Technical College. The fund would be open for contributions from the public as well as those connected with the pharmaceutical profession.

Hope Winch is still remembered through a society for former students, which bears her name and the awarding of the Hope Winch memorial prize to the most outstanding student in the first two years of the course (1). The prize consists of a solid sculptured glass weighing 1.5Kg with the winners named on it. The award is presented at the annual Hope Winch Lecture, an award ceremony with a lecture from an eminent pharmacist. Last year's lecture was given on 16th October 2014 by Professor Alison Beaney.

The Hope Winch exhibition at the School of Pharmacy, Sunderland University is a small exhibition at the entrance to the Dale Building (1). It is a testament to this pioneering woman. In 1964 Sunderland was one of the first colleges nationwide to receive approval from the Council for National Academic Standards to award its own degrees in pharmacy. In the years up to 1996 there had been heavy investment in pharmacy at Sunderland, which included a Health Services Complex with a purpose built laboratory (21).

The Sunderland Echo, printed an article in 1996, to celebrate 75 years of the School of Pharmacy, at Sunderland (21). The article was titled "Hope's teaching legacy in medicine is Wearside's pride". Worthy praise for this pioneering pharmacist.

Norma Cox

This topic was presented as a poster at the BSHP conference in Sunderland in March. Special thanks to BSHP for granting permission for this to be published elsewhere

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NAWP Conference

A Sunday morning walking tour of Bristol

Arriving home to my bungalow from the weekend conference I found it all '*Ship shape and Bristol fashion*'-as I had left it. I now know the derivation of this saying.

We left our hotel at the busy modern Cabot Circus with our guide, Liz, to start our walking tour. First stop was a quiet modernised square with ground fountain and a small church. Quakers Friars. Here William Penn, who founded Pennsylvania, married his second wife Hannah Callowhill in 1697.

On to Castle Park, only a few stones of the castle remain. We had our first view of the River Avon; the level is kept constant by sluice gates for navigation of small boats. The modern lead shot tower was pointed out. From the original tower molten lead was dropped into the river, the spherical drops cooled in the cold water to be used as lead shot.

The old warehouses along the river bank were built when Sugar, Cocoa and Tobacco were imported and from which Fry's and Wills famous brands of Chocolate and Cigarettes were produced. Many of the buildings are modernised into apartments.

The famous bridge.-from which the city get its name – Brigstowe, a Saxon word meaning the 'The

place of the bridge'. It has gone from a wooden structure to a stone improvement, the supporting columns were disguised with a classical Georgian design.

St Peter's church stands as a ruin since World War 2 as a memorial to civic loss in the city.

St Nicholas Markets was our next stop. A glass roofed building lined with small wooden booths which sell a variety of foods from all over the world. There is an old pub which was the first Berni Inn.



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Next stop was outside the Corn Exchange, with a decorative exterior. Here Liz pointed out the 'Nails' about 4 feet high, brass round, flat topped pedestals, the edge being raised to prevent the coins rolling off, hence the saying '***paying on the nail***', when a deal was struck between merchant and purchaser. This included the buying of 'slaves'.

Above the door was a large clock with 3 hands. Two minute hands about 10 minutes apart. This was the difference between the time in London, Greenwich Mean Time and Bristol time, when the railways began to run.

After crossing the river we walked on cobblestones along Welsh Back, an area where coastal trade brought cargoes of stone, timber and coal from Wales down the River Wye on flat bottomed boats known as Trows. When the tide went out, to keep them stable on the mud, they were lashed together, hence the saying ***Ship shape and Bristol fashion***. In nearby Kings Street there is pub 'The Llandoger Trow' from Llandogo, a Welsh village on the River Wye. The pub sign was a picture of a trow.



On the opposite side of the street was the Bristol Old Vic Theatre

The area around here is often used for period filming.

Down to the large open grassed park, Queen Square. This area was originally built as a fashionable residential area. In the middle is an equestrian statue of William 111.

We ended the tour at the river, East Mud Dock where the Thekla, an old cargo ship, is moored and is at the heart of the Bristol music festival.



We were ready then to find a warm hostelry for some refreshments.



Although I have visited Bristol many times I learnt more about the history of the city.

Rosemary Waters

Celebrating Women in Pharmacy

Forthcoming Events

*11th European Meeting of Women
Pharmacists*

4-6 September 2015
The Hague, Netherlands

This year the annual meeting is being hosted
by NOVA, the Dutch Society of Women
Pharmacists.

For more information see www.nawp.org.uk

2nd Gender Medicine Congress

Please note that this meeting that was
scheduled to be held in Heidelberg, Germany
10-12 July has been cancelled

On behalf of the Executive Committee of NAWP, I would like to thank PHOENIX very much for the support that has been given to our organisation over the last 12 years and for producing both an attractive and professional publication which we have been proud to distribute .

The Editor

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