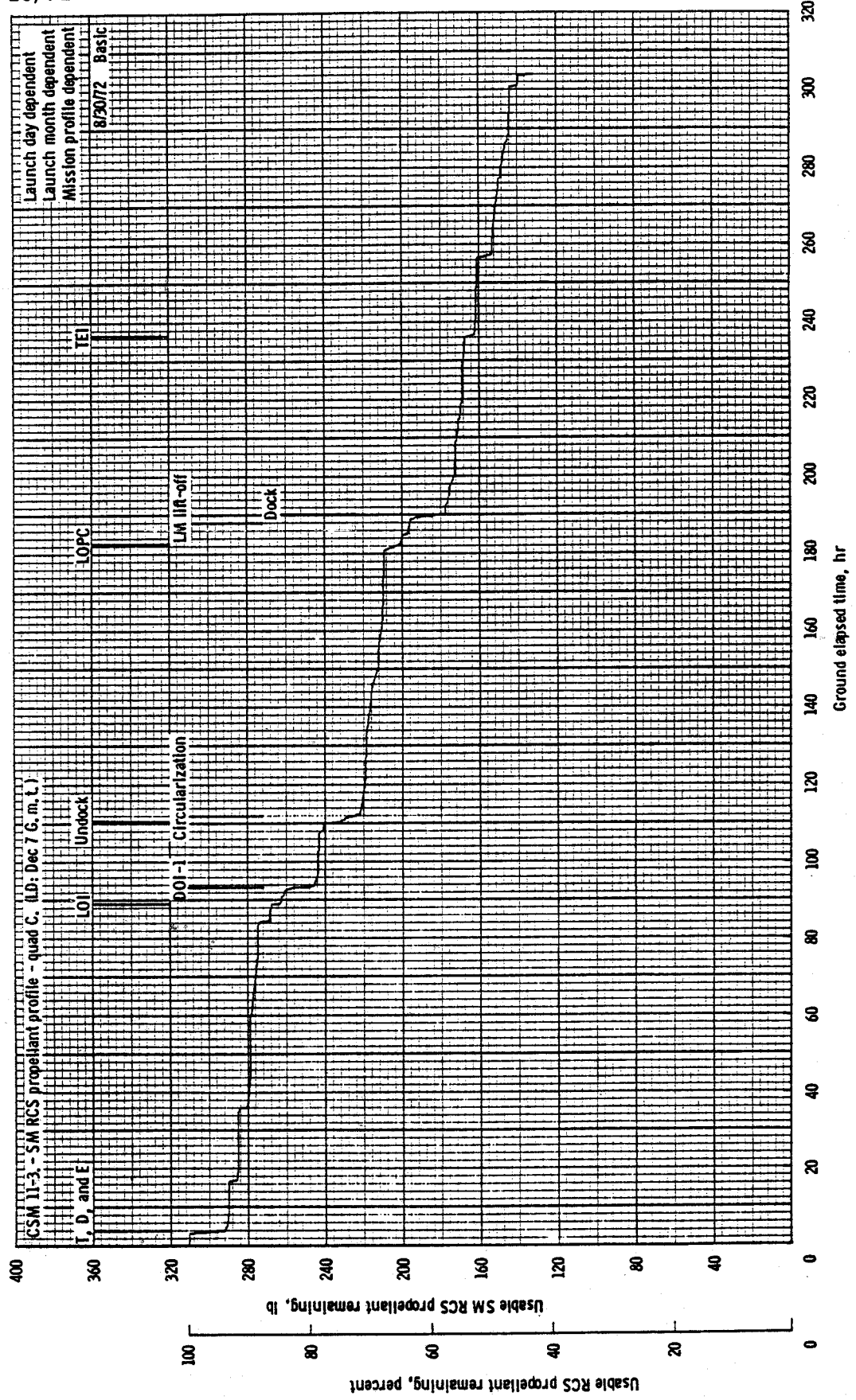


10/23/72



SM RCS propellant profile - quad C.

Covid-19 And Emotions

In a crisis, support is available from:

Samaritans - Telephone 116 123 (UK) free to call with 24-hour support or online at <https://www.samaritans.org/?nation=scotland>

Breathing Space - Telephone 0800 83 85 87

Opening hours: Weekdays: Monday -Thursday 6pm to 2am

Weekend: Friday 6pm - Monday 6am

Contact your GP, or ring NHS 24 by dialling 111 - medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

MIND - Visit <https://www.mind.org.uk/> for information and support on mental health.

Living with the lasting effects of Covid-19 can be scary, especially when your symptoms don't go away or are changing. You might need to change the way you used to do things, and the amount of things you can do because of Long Covid. This can be a difficult adjustment, and getting used to managing your symptoms can be quite lonely, isolating, and frustrating which can affect your mood.

Many people who are living with Long Covid have a 'grieving period' to process these changes, and to work through any negative emotions they may have. These negative moods and emotions are a part of the journey for some people, and like the other symptoms of Long Covid, may last a long time for some, and be short lived for others.

If you experience a low mood or negative emotions that feel out of control, or will not go away, get in touch with your GP or Healthcare professional.

There are many ways in which Covid-19 may have changed your mood. Here are some of the ways:

Stress and a feeling of worry

- Around your recovery
- Your future
- Another infection
- Work, money

Low Mood

- Not meeting your friends and family
- Feeling alone
- Not wanting to do things you used to like

Anger and Frustration

- Wanting to recover faster
- Why me?

Trauma

- Nightmares and flashbacks from the time you have been unwell

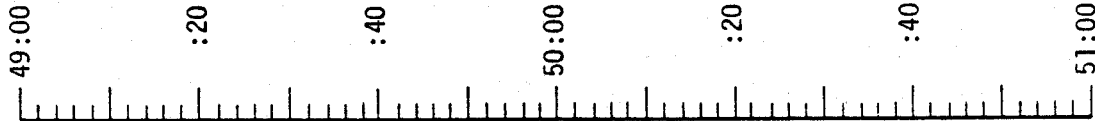
How can I help my emotions?

There are a lot of things you can do to try and help the way you feel.

- ❖ **Caring for yourself:** Sometimes you can feel angry or wish you never had Covid-19 in the first place. You may think 'I am not good enough', 'I am worthless', 'I am such a hassle' and these feelings might make you want to hide away from others. Living with Long Covid is very difficult and sometimes it takes longer to recover. This does not mean that you are not good enough. You are doing the best you can to adapt! Try not to be harsh on yourself. Remember all the things you have accomplished since you got Long Covid and allow your body to take the time it needs to recover.
- ❖ **Get the help you need:** It is important to stay in touch with other people and speak to family and friends. Often, when we feel unwell, we tend to shut down, and avoid talking to others or doing the things we like. This can make us feel very alone and stuck feeling hopeless. Spending time with your loved ones and talking to them about your difficulties can be the help you need to start feeling better.

FLIGHT PLAN

MCC-H 2153 CST



STDN

REST PERIOD
(8 HOURS)

PTC

NOTES

DAP LOAD STATUS
(21101)(1111)

MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	49:00 - 51:00	3/TLC	3-48

FLIGHT PLANNING BRANCH

LM FLIGHT PLAN

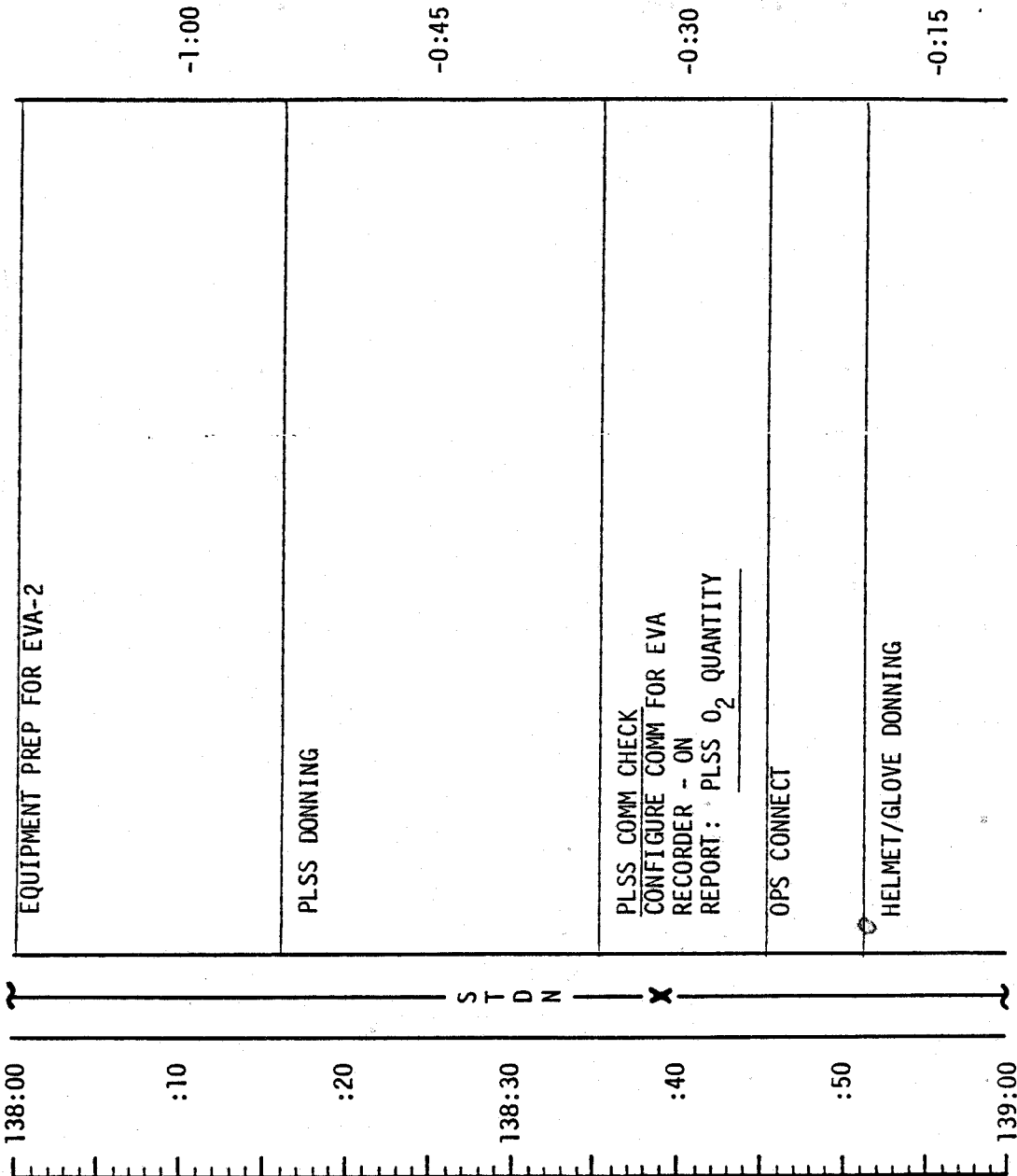
MCC-H

1453 CST

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NOTES



MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	138:00 - 139:00	7/26	3-176

FLIGHT PLANNING BRANCH

ENERGY DIARY

Week	Morning - a.m.													Afternoon / Evening - p.m.										
/ /	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

The key shows you what colours to use for each level of activity

	High Energy Activity		Low Energy Activity		Rest/Relaxation		Sleep		Crashed
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CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Scotland take care to ensure your personal information is only accessible to authorised people. Staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit www.nhsinform.scot and search for how the NHS handles your personal health information or ask a member of staff for a copy of the Data Protection Notice.

ACKNOWLEDGMENT

That National Strategic Network for Long Covid would like to acknowledge and thank NHS Lanarkshire for their permission to develop this document for NHS Scotland.

DISCLAIMER

The information within this workbook is provided 'as is' and for informational purposes only. As such, the user acknowledges that such information may be subject to change without notice.

The information presented here does not replace the advice or counsel of a doctor or health care professional.

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please speak to a member of your local team.

Pub. date:	November 2023
Review date:	November 2024



www.careopinion.org.uk

You may also find the sleep diary below useful to track your sleep and see how good it has been.

DAILY SLEEP DIARY

Complete the diary each morning (Day 1 will be your first morning). Don't worry too much about giving exact answers, an estimate will do.

Questions	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
1. At what time did you go to bed last night?								
2. After settling down how long did it take you to fall asleep?								
3. After falling asleep, about how many times did you wake up during the night?								
4. After falling asleep how long were you awake during the night in total?								
5. At what time did you finally wake up?								
6. At what time did you get up?								
7. How long did you spend in bed last night (from first getting to finally getting up)?								
8. How would you rate the quality of your sleep last night?								
1 2 3 4 5 V.Poor V.Good								





The vision

Through listening and building on what we already know, we’ve created a vision for the future of Lambeth that’s rooted in what people want. This is a vision that belongs to everyone.

Achieving this future vision of Lambeth comes down to all of us. We are all connected, and we all have a stake in Lambeth to make it the best place to live, work and visit in the UK.

From our conversations we know people agree with a group of core priorities and ambitions for the future of Lambeth. They are ready to come together and bring this vision to life, and there is also strong support in the shift towards taking a longer-term view, so that we are ready for the unforeseen challenges of the future.

Our Commitments for Lambeth

To deliver this vision requires individual and collective commitment and action. This means the Council and Lambeth’s communities and organisations coming together and standing as one to transform the ways we work.

By listening to our communities, understanding their experiences, and aligning our priorities with theirs, we can build confidence between Lambeth’s institutions, businesses, community groups and organisations, and residents, and we can ensure that the changes we make, and the partnerships we form, are all contributing to improving the lives of those who live, work, learn and visit our borough.

Our Future, Our Lambeth

Our Vision Statement

Lambeth – a borough with social and climate justice at its heart. By harnessing the power and pride of our people and partnerships, we will proactively tackle inequalities so that children and young people can have the best start in life and so everyone can feel safe and thrive in a place of opportunity.

Our Commitments for Lambeth

- 1. We get the basics right and deliver great public services that fit what people need
 - We will take a one borough approach to deliver our services consistently and well
- 2. People have a say and stake in the decisions that matter
 - We will be a listening and open borough that recognises and values our community voices
- 3. We work together in partnership, to harness what makes Lambeth special
 - We will collaborate with our people and partners to innovate and implement together
- 4. We are accessible, transparent and we stand up to challenges
 - We will focus on what our residents want and be honest about what we can and can’t do, whilst being courageous to take bold action

Our 2030 Ambitions

The Golden Thread - A Borough of Equity and Justice

- 1. Making Lambeth Neighbourhoods Fit for the Future
- 2. Making Lambeth One of the Safest Boroughs in London
- 3. Making Lambeth A Place We Can All Call Home

Mouth breathing all the time may result in symptoms, such as:

- ❖ A feeling of not being able to breathe deeply, or get a big breath in.
- ❖ Dry mouth, bad breath, and/or gum disease.
- ❖ An annoying cough.
- ❖ Frequent chest infections.
- ❖ Difficulty in swallowing, eating, and drinking.
- ❖ Snoring and/or poor sleep.

There are times when you may need to breathe through your mouth, such as:

- ❖ When your nose is blocked.
- ❖ When you are exercising.
- ❖ When you are feeling stressed or anxious.
- ❖ When the shape and size of your jaw, teeth or nose stop you from breathing through your nose.

The nose:

- ❖ Acts as a filter, trapping small particles such as pollen and dust.
- ❖ Warms and humidifies the air, preventing dryness in the airways and lungs.
- ❖ Controls the speed of your breathing and in turn makes diaphragmatic breathing easier.
- ❖ Helps with speech and voice control.
- ❖ Helps with eating and drinking.

Breathing with your Nose:

If you find closing your mouth and breathing through your nose difficult - do not worry. You may only manage 2-3 breaths through your nose at a time. The more you practice nose breathing, the easier it will become.

If you feel that you are breathing more through one nostril than the other – don't worry, this is normal. Our nose has a smart way of cleaning itself. While one nostril is going through the cleaning process, the other nostril does all the work. They swap every 90 minutes or so.

Aim to practice breathing through your nose little and often. You may want to:

- ❖ Change the position you are in when practicing nose breathing (lying down, sitting on a chair, standing).
- ❖ Set yourself targets to increase the number of breaths you can manage.
- ❖ Set yourself targets to increase the length of time you can manage to breathe through your nose.

If your nose is blocked, and has been blocked for some time, speak to your GP. Things that may help include:

- ❖ Humming a song for 1-2 minutes a day
- ❖ Nose sprays
- ❖ Sinus clearing medication
- ❖ Nasal Rinsing. You can find about more about this here: <https://www.nhsinform.scot/illnesses-and-conditions/ears-nose-and-throat/allergic-rhinitis#treating-allergic-rhinitis>



Forewords

Lambeth has long been the home of inspirational creativity and audacious innovation.

From William Blake to Olive Morris, artists and activists have pushed the boundaries of what is possible and changed our borough for the better. We are a place of energy and ambition, a destination for those who wish to make a difference. And we have long been a place of sanctuary, welcoming communities from around the globe who have come to make Lambeth their home.

We also recognise that we are not an equal borough. We have faced exceptionally challenging times - the devastating cuts to public services, austerity Britain, Brexit, the pandemic and the ongoing cost of living crisis. The impacts are not felt equally and have exacerbated the chronic stresses of poverty, racism and inequality that affect so many in our community.

We saw during the coronavirus pandemic the remarkable collective response of our borough - when the Council, businesses, voluntary and community organisations and residents came together as one and carried us through the toughest of times. Our partnership working and genuine collaboration is our core strength. And what is unique about Lambeth is our diversity which forms the bedrock of that collective power.

We are the home of Windrush. We are home to London's largest LGBTQ+ community. We are home to the largest Portuguese-speaking community in London and increasingly are welcoming more of the Latin American community who are making Lambeth their home. It is these foundations, being a place of sanctuary and possessing a deeply welcoming, collective, community spirit, an aspiring borough thirsty to achieve, which continues to see us through the challenges that are placed before us.

It is this open heart and pioneering spirit, along with our geographical connectivity, our vibrant and imaginative business community and passionate voluntary sector that places Lambeth in an unparalleled position in London.

But we cannot take our residents for granted. What came through in the hundreds of conversations, meetings, workshops and roundtables we have held in developing Our Future, Our Lambeth, is that whilst our communities are generous and tough, whilst they possess incomparable levels of humanity and resilience their strength is not boundless.

It is incumbent upon us all to make the bold decisions now, because the choices we make today will define the Lambeth we create for the next generation. It is those challenges, both the ones we are grappling with presently and the ones just around the corner, that Our Future, Our Lambeth seeks to address.

We have a wonderful opportunity to transform and reshape our neighbourhoods and equip our communities to overcome future obstacles and enable us all to thrive. So, the Lambeth that we see in 2030 is one that is healthier, safer and sustainable, and is active in tearing down deep-rooted inequalities.

Our Future, Our Lambeth is the beginning of us taking that bold action, being brave in the face of an uncertain future, and, together, creating a more just and equitable Lambeth for us all.



Councillor Claire Holland
Leader of Lambeth Council

I am truly honoured and proud to share our vision for Lambeth by 2030.

This is the product of a series of fruitful conversations about the borough – what makes Lambeth unique, what we want it to look and feel like by 2030, and what matters most to all of us who live, work, and visit the borough. That means that whilst the Council has held the pen on the Borough Plan, it really does belong to us all – residents, institutions, businesses, the voluntary and community sector – everyone who has a stake in Lambeth.

As Chief Executive of Lambeth Council, I am absolutely committed to improving the lives of every Lambeth resident – and I am determined not to leave anyone behind. Lambeth faces distinct challenges, both now and in the future – and we know the impacts of these challenges are felt differently across our diverse neighbourhoods and communities.

Collectively, we have to rise to these challenges and be courageous to overcome them – not being afraid to do things differently to deliver greater impact for ourselves, our friends, families and neighbours.

Lambeth 2030 is a vision for the best borough we can be by 2030. That is a borough with social and climate justice at its heart. A borough that is safer, fit for the future, and which everyone can have the opportunity to call home.

We know we face major challenges when it comes to making these ambitions a reality, not least the entrenched inequities that persist across Lambeth, despite good progress made to change this. That is why we are tying all our ambitions together with a determination to be a borough of equity and justice – one that is fairer for our Black, Asian and Multi-Ethnic residents, our LGBTQ+ residents, our disabled residents, for women and girls, our faith communities and those with lower socio-economic status. We will be relentless in our pursuit of more equitable outcomes in all that we do together for Lambeth.

Lambeth 2030 is a plan for everyone – it will bind us to work together, through cross-sector collaborations and brave conversations, to realise our 3 bold ambitions. We have special ingredients in Lambeth – including world leading organisations, a vibrant voluntary and community sector and passionate residents – which by working in partnership, can make a real difference.

I want to thank you – our residents and partners – for your involvement in shaping Lambeth 2030. I am continually struck by the pride people have for their local community and for Lambeth and share your passion and drive to be one of the best boroughs in London. Lambeth 2030 is the first step towards our future.

Let's do this together.



Bayo Dosunmu
Chief Executive – Lambeth Council

the *réduction* had been published (Bonnier said) in something called *Le National*, of which I had not heard, after which it was reprinted in Brussels:

den svenska öfversättningen har blifvit lagd till grund en fransysk bearbetning af boken, hvilken varit införd i följetongen till »Le National» och sedermera blifvit tvenne gånger aftryckt i Brüssel;⁶

‘The Swedish translation is based on a French adaptation of the book, which has been presented in *Le National* in *feuilletons* and printed twice since then in Brussels.’

This had come as quite a surprise to me – although in a larger sense it was no surprise at all – because the Brontë experts are unanimous in saying that the first *Jane Eyre* in French was indeed this same abridgement by ‘Old Nick’ and that it was first published not in Paris but at Brussels, in a Belgian monthly called *Revue de Paris* dated April–June 1849.⁷ Paris is not mentioned, nor *Le National*.

This account had always struck me as odd, or suspect at least. After all, the translator was a Frenchman who had spent and would

6. A. Bonnier, ‘Reklamation [Complaint]’, *Aftonbladet* (Stockholm) 29 April 1850, p. [3].

It has not been noticed previously that Bonnier’s *Jane Eyre* appeared in two distinct issues, both 1) as a weekly serial (periodical) *Europeiska följetongen: Tidskrift för utländsk roman-litteratur*, 9–23 February 1850 sold by subscription only, and also 2) as a monograph in series, in book form, on or before 13 March 1850, bound in printed boards and priced 32 *skillingar banco*. Only one copy is known of the latter, and it seems to be a considerable discovery, not only in Brontë studies but in Swedish publishing history more generally. Bonnier’s bibliographer, notably, knows of no such edition of anything published by Bonnier; and yet the lower cover of *Jane Eyre* lists thirty other titles in the same series, and there is good evidence of the series in contemporary advertisements. Gunnel Furuland *Bibliografi över svenska skönlitterära häftesserier 1833–1851* (2006) and *Romanen som vardagsvara* (2007), also Furuland to Dillon 20 December 2017 – 2 February 2018.

7. e.g. Emile Langlois, ‘Early Critics and Translators of *Jane Eyre* in France’, Brontë Society *Transactions*, vol. 16, no. 1 (1971), pp. 11–18, at p. 13; Inga-Stina Ewbank, ‘Reading the Brontës abroad: A study in the transmission of Victorian novels in continental Europe’, in Maureen Bell et al, eds, *Re-constructing the Book: Literary Texts in Transmission* (2001, 2018) pp. [84]–98, at p. 87; Christine Alexander, *The Oxford Companion to the Brontës* (2003, 2018) p. 511; Christopher Heywood, ‘Vigny’s Kitty Bell, Eugène Sue’s *Mathilde*, and “Kitty Bell”’, *Brontë Studies*, vol. 35, no. 1 (2010), pp. 40–56, at p. 51; Helen MacEwan, *Through Belgian Eyes: Charlotte Brontë’s Troubled Brussels Legacy* (Sussex Academic Press, 2017), p. 243.

FLIGHT PLAN

MCC-H 2353 CST



STDN

REST PERIOD
(8 HOURS)

PTC

NOTES
DAP LOAD STATUS
(21101)(1111)

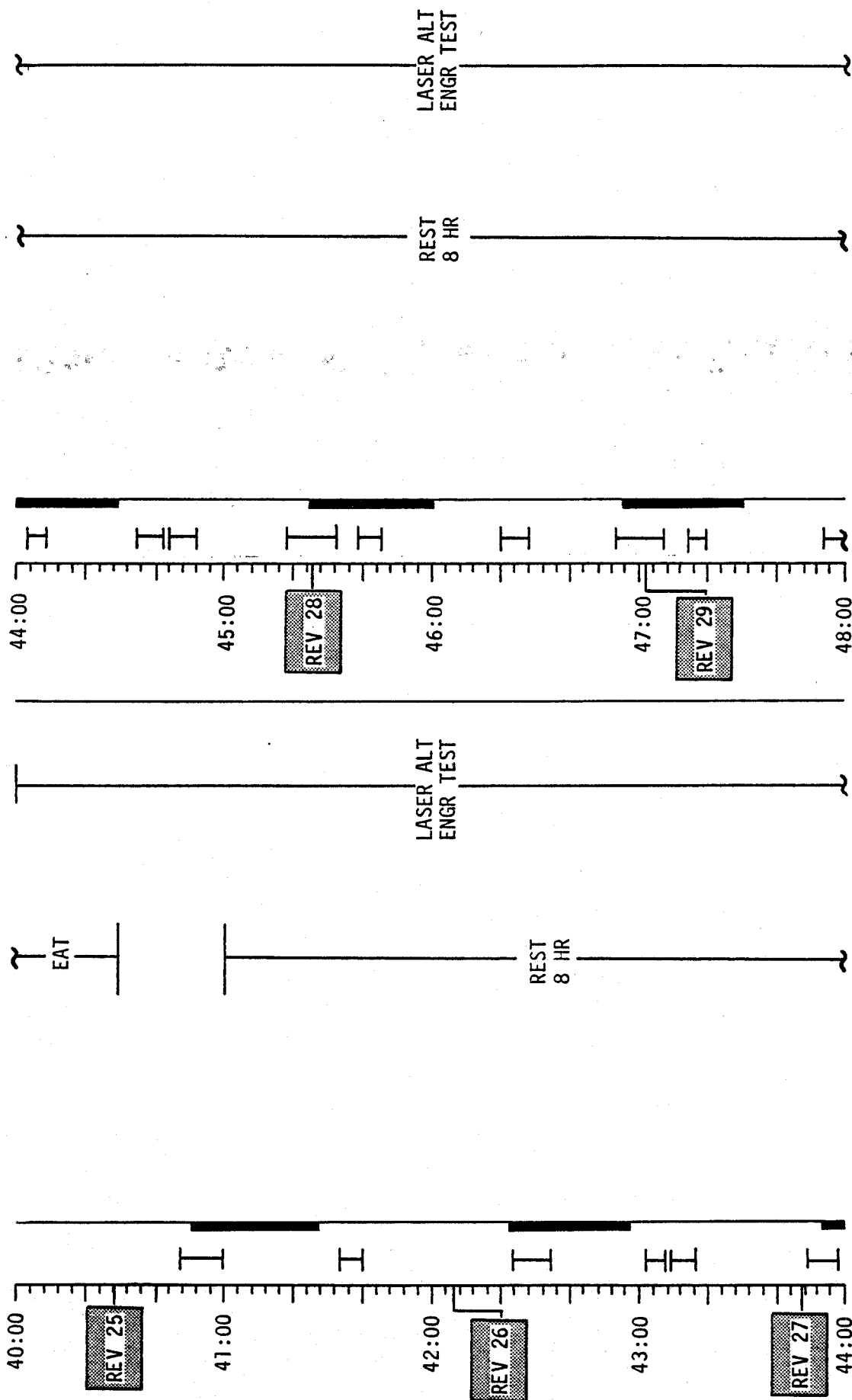
MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	27:00 - 29:00	2/TLC	3-27

FLIGHT PLAN STATUS SECTION

FLIGHT PLAN

EARTH ALTERNATE

1253 CST



MISSION	EDITION	DATE	TIME	DAY / REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	40:00 - 48:00	2/25-29	6-8

FLIGHT PLANNING BRANCH

qualifications. First up, on 22 November, was The John Golden Library: Book Illustration in the Age of Scientific Discovery. Just six of the fifty lots offered were unsold, although most of the books were hammered below estimate. Judging from the impressive provenances recorded in the online catalogue, Golden seems to have acquired most of his collection during the frothy period when the trade and London houses were goading Sh. Saud into pushing natural history into the stratosphere. Five works reached six figures (all prices are given, according to *The Book Collector's* policy, without buyer's premium): a fine set, with the usually lacking text, of Audubon's *Viviparous Quadrupeds of North America* at \$230,000; the Doheny copy of Thornton's *Temple of Flora* at \$120,000; *Harmonia Macrocosmica* by Cellarius at \$110,000; a very nice second edition of Catesby's *Natural History of Carolina &c.* at just \$100,000, the same price it achieved when last in the rooms in the Pflaumer sale, 1997, and well below the pre-sale estimate of \$180,000–\$250,000; and, inexplicably, \$110,000 for an unpleasant copy of the Wied-Neuwied/Bodmer *Reise in das innere Nord-America*, commendably described by Sotheby's as 'a later compiled set'.

The next sale on Sotheby's schedule closed on 9 December. Marketed as the 'Age of Wonder' this online auction presented a group of diverse properties, evidently from a number of different consignors, under a thematic umbrella seemingly intended to mimic the aura of a single-owner sale. While only half of the forty-four lots offered were sold, one of those was a heavily promoted holograph leaf by Charles Darwin summarising his theory of natural selection that made \$700,000, about half the total of the sale and an auction record for the naturalist. It is worth noting that two days before the closing of Age of Wonder, Christie's New York closed an online sale of Fine Books and Manuscripts. The Christie's sale offered 200 more lots than Age of Wonder and sold 166 more lots than the Sotheby's auction, but achieved a total hammer price of only about \$100,000 more – call it an extra \$600 for every additional lot sold. Which was the more successful sale? Or are they like unhappy families: each successful (or unsuccessful) in its own way?

A week later came Sotheby's online auction of Fine Books and Manuscripts, 191 lots with a sell-through rate of 70%, which contributed some \$2,342,000 to its three-sale total of more than \$5,536,000. The sale was buoyed by a decade of colour-plate works, chiefly by John Gould, from the Carnegie Museum of Natural History. Mostly offered as guar-

Lambeth 2030

OUR FUTURE, OUR LAMBETH



Activity

This section of the workbook will look at activity and Long Covid and will recommend various tools which can be used to assess how much activity and exercise you can handle and gives examples of exercises to get you started. This is often called 'pacing'.

Pacing can be difficult. Learning to recognise how much energy you have, where your limits are, and if you can push these limits, can be confusing. Gentle activity is a good place to start, and you can increase your activity in line with how your body feels and set realistic goals. These goals can be large or small and should be manageable for you.

An example of this is walking to visit your neighbour, sitting in the garden, or following an at-home yoga tutorial online. Whilst some of these examples will be achievable for some people living with Long Covid, they will not be for others. Make sure to tailor your activity to your own capabilities.

Before you exercise, you must make sure that you are safe to exercise. If you are not sure, speak to your GP or another healthcare professional.

Make sure that you are resting before you reach your limit, and make time to rest every day, not only on your 'bad days'.

What is exercise tolerance?

Exercise tolerance is how much you can exercise before you have to stop. This will help you manage your daily activities. The things that will make you stop are: feeling breathless, fatigue (extreme tiredness) and/or pain. We want you to stop **before** you are feeling breathless or fatigued. Poor exercise tolerance will happen if you have not been moving about for a long time or if you have been unwell. This means that you are not able to do as much as you used to be able to.

Problems with your heart, lungs, nerves, bones or muscles can stop you from being able to exercise. This can make you feel breathless when you are walking, or going up and down stairs. You may also be weaker than you were before and feel more tired during or after activity.

Safe rehabilitation can make you fitter and stronger.

A good way to start exercising is a walking (or stepping) program. The starting level will vary between people. Things that can make you less fit are:

- ❖ Older age
- ❖ Other illnesses
- ❖ Obesity
- ❖ Bad diet
- ❖ Long Covid symptoms
- ❖ Smoking

Our
2030
ambition

3 - Making Lambeth A Place
We Can All Call Home



By 2030, Lambeth will be a lifelong borough, with the best conditions to grow up and age well, where everyone can contribute to an inclusive economy, and have a place to call home.

Lambeth – forever radical, always welcoming and constantly creative. This is the reputation we have built together throughout our history and is the foundation of our ambition to make Lambeth the best place for children and young people to develop and for older people to enjoy their later years. It is also the spirit that will enable us to ensure that for life in between, everyone is able to access the many opportunities that exist in Lambeth, as well as fundamental basic rights – good quality education, employment, housing, and access to healthcare.

Across the borough, we have distinct places with their own unique identities, communities, and assets. We are home to world class institutions and cultural clusters, with historic venues and green spaces adding to the Lambeth offer. We have thriving businesses and great potential for future growth, and a vibrant community sector with local expertise. Yet we know there is more to do to ensure that everyone can benefit from the strengths Lambeth has to offer in order to build and sustain the best life possible.

Making Lambeth the best place to grow up

We are committed to making Lambeth the best place to grow up and Lambeth being the place where families want to send their children to school. This recognises that the best start in life is crucial to support lifelong prosperity, allowing each individual to

thrive. To deliver this, we are committed to becoming an accredited UNICEF Child Friendly borough – a place where children’s rights and voices are at the heart of everything we do and have worked with over 1,500 children and young people and community groups across the borough to listen to their priorities and concerns.

We will take a rights-based approach underpinned by equity and inclusion, making sure that all children and young people, regardless of their background, culture, ability or anything else, feel welcome in Lambeth, have the right opportunities to grow, learn, explore and have fun, and are protected from discrimination and harm. This includes addressing the needs of all children and young people with special educational needs and/or disabilities. By continuing to invest in local specialist provision, we aim to offer a mixed economy of inclusive mainstream schools, specialist resource bases, special schools and specialist colleges within Lambeth. This will support us to ensure that, as far as possible, all our children and young people can be educated within their local community. We will also continue work with all partners working together in the Lambeth local area to make sure our schools and neighbourhoods are fully inclusive and supportive for children with SEND and their families. Alongside this is our continued drive to further improve educational settings, options and standards so that all children and young people benefit from high quality and inclusive access to education.

lations' of Forgues's work into Spanish and Swedish as we know, and into Polish as well, in 1865.²⁷ Thus, Forgues was responsible for spreading *Jane Eyre* from La Paz in Bolivia to Warsaw in Poland.

Moreover, *Le National* heralds a positive fashion in publishing *Jane Eyre* not in book form as we know it, but in daily or weekly newspapers *en feuilleton* in instalments: *Le National* was the first, and it was followed quickly by Danish 1850,²⁸ Spanish 1850–51,²⁹ Polish 1865 and 1880–81,³⁰ and then in Spanish again, complete, in 1882–83.³¹ No doubt there are others; there's some good sleuthing ahead.

A final note may be in order here on the rarity of *Jane Eyre* in *Le National*. By consulting the relevant union catalogues, and by corresponding with the libraries whose holdings include *Le National* April–June 1849, I was able to find five other sets of Forgues's *Jane Eyre en feuilleton*. All of these are in France, and all are in permanent collections. At the moment mine seems to be the only one in private hands.

Reader, can you find me another?

27. 'Joanna Eyre: Powieść Panny Bronte [sic] (Currer Bell), z angielskiego', *Dodatek do nru 9[–34] Tygodnika Mód* (Warsaw), 20 March – 26 August 1865. The translator was Marya Faleńska. Spanish and Swedish as above.

28. *Morgenposten* (Copenhagen), 1 February – 13 June 1850.

29. *Diario de la Marina* (Havana), 29 December 1850 – 11 February 1851. *La Época* (La Paz) 1851.

30. 'Janina: Powieść z angielskiego przez Currer Bell, przekład E. Dobrzańskiej', *Tydzień* (Piotrków Trybunalski) *Dodatek* (supplement) 19 September 1880 – 28 August 1881.

31. 'Juana Eyre; ó, Memorias de una institutriz: Novela inglesa', *El Globo* (Madrid), 9 September 1882 – 7 February 1883.

two copies of volume 9, one of them interleaved with a blank page for each printed one. His copy of volume 10 has similar blank pages, making it as thick as the second copy of volume 9. The interleaved pages are not the thick, creamy stock Yale used for the printed leaves, but they still swell the volumes. The regular-sized volume 9 is $1\frac{7}{8}$ inches thick; interleaved, it is $2\frac{3}{4}$ inches. The spine of my volume 10 is $3\frac{1}{4}$ inches across. Presumably the intention was to allow Brown, as assistant on both these volumes, to make annotations and corrections for a possible revised edition. The interleaved pages are clean, however. There is one newspaper clipping inserted in volume 20, a 1961 *TLS* review of the three Walpole volumes published in the previous year, but no other little surprises.

I began reading my new purchase soon after it landed, usually alternating between Walpole and something unrelated. The volumes are not strictly chronological, the Yale editors having determined that it made more sense to organise them by correspondent (or groups of correspondents): antiquaries, Eton friends, Walpole's architectural committee, society ladies and the Walpole family, for example. Walpole compartmentalised the content of his letters according to the person he was writing to, so this arrangement gives a better picture of the range of his interests and the nature of his relations with individual recipients. Early on, Walpole realised he was in a unique position to document the public and private history of his times, and he routinely asked to get his letters back from their recipients, so he could preserve, edit, annotate and sometimes suppress them.

I enjoyed the snarky comments about the Society of Antiquaries in the letters to and from the Revd. William Cole. The six volumes of the mostly one-sided correspondence with the marquise du Deffand were good for my French, but made for slower progress. (Walpole had almost of his letters to madame du Deffand destroyed after his death, for reasons that are unclear: he may have thought that a friendship with a blind lady twenty years his senior might expose him to ridicule, been embarrassed by his French (which was actually quite good, judging by what does survive) or worried he had been unkind – even cruel – to his friend.) The Chatterton volume places Walpole in a largely unflattering light:

connection with John Ruskin, who to a large extent got Proust started. It is said, correctly, in the catalogue that no other exhibition had previously mined this rich seam. In our own way, bibliophilically, we will soon be travelling the same route with an article on the books that form such an important part of the novels of Dostoievsky.



You'd have to have been quick to catch this exhibition at Suffolk Archives at The Hold, Ipswich, IP4 1LR, which lasted only until the beginning of January this year. **W. S. COWELL** started as a general printing house but reinvented itself as a progressive art printer in the 1930s. It specialised in colour-plate lithography and pioneered an acetate-sheet-based process called Plasticowell. This enabled Cowells to play a significant role in the history of printing in Ipswich and of children's books in Britain and beyond. The firm was instrumental in launching Puffin Picture Books at the outbreak of World War II, and worked with illustrators and artists such as Kathleen Hale (Orlando the Marmalade Cat), Edward Ardizzone, Hilary Stebbing, Pablo Picasso, Eric Ravilious and David Gentleman. The exhibition focused on the colour children's book and contained, we're told, some really beautiful exhibits.



We gladly report a couple of significant appointments. **MOLLY SCHWARTZBURG** has moved to Harvard and was named Philip Hofer Curator of Printing and Graphic Arts at the Houghton Library in October 2022. She was formerly curator of special collections at the University of Virginia. **JAMIE CUMBY**, *Book Collector* contributor and former assistant curator of rare books and manuscripts at Linda Hall Library, Kansas City, will take up the position of Librarian of the Grolier Club in spring 2023. We send congratulations and good wishes to them both.



We heard the very sad news of the death of **JOHN CRITCHLEY** in December 2022. John was a much liked and respected secretary of the Antiquarian Booksellers' Association for many years and more recently the secretary of the Friends of Lambeth Palace Library. A former RN submariner, he remained reassuringly unruffled at even the most lively committee meetings and we learn he had recently been researching a forthcoming Lambeth Friends trip to Strasbourg, Sélestat and Colmar, in characteristic and meticulous detail – library by library, restaurant by restaurant. Such cheerful attention to detail was John's style, to the great benefit of so many

LM FLIGHT PLAN

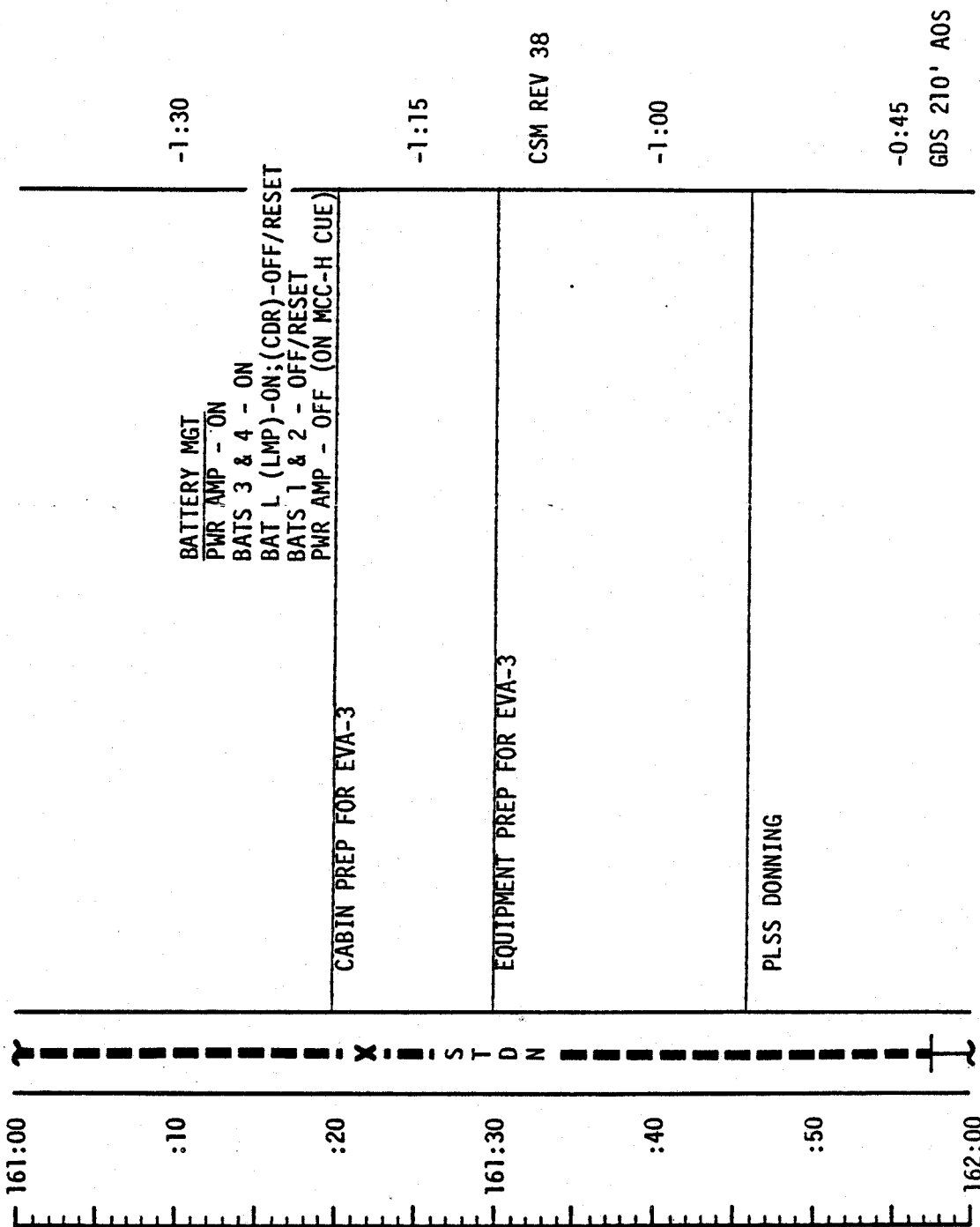
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NOTES



MISSION	EDITION	DATE	TIME	DAY/REV	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	161:00 - 162:00	8/37-38	3-222

FLIGHT PLANNING BRANCH

GDS 210' AOS

LM TOUCHDOWN (113:02)

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P52 IMU REALIGN
N71:  _ _ _ _ _
N05:  _ _ _ _ _
N93:  _ _ _ _ _
X     _ _ _ _ _
Y     _ _ _ _ _
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GET   _ _ _ _ _

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CUE: HGA AUTO
CMDS: DSE DUMP

CONFIRM STAY/NO STAY FOR T2

CSM G&C CHECKLIST

P20 OPT 5 (+X FWD SIM ATT)(113:35)

P20 OF 13 (XK FWD SID)
N78 (+090.00)
(+052.25)
(+180.00)
N79 (+000.50)
HGA P -24, Y 173

RNDZ XPNDR - OFF

EXT LIGHTS RUN/EVA - OFF

CMDS:
PCM BIT RATE - HIGH

PURPOSE		T3 ABORT PAD	
GET1	HRS	+	0
T3	MIN	+	0
	SEC	+	0

PURPOSE		NO PDI+12ABORT	
GETI N33	HRS	+	0 0
	MIN	+	0 0 0
	SEC	+	0
N84 LOCAL VERT	ΔVX		
	ΔVY		
	ΔVZ		
GETI CSI N11	HRS	+	0 0
	MIN	+	0 0 0
	SEC	+	0
GETI TPI N37	HRS	+	0 0
	MIN	+	0 0 0
	SEC	+	0

Our Previous Borough Plan

About the Borough Plan 2018–22

Our previous Borough Plan was formed around five pillars:

- 1. Enable sustainable growth and development
- 2. Increase community resilience
- 3. Promote care and independence by reforming services
- 4. Make Lambeth a place where people want to live, work and invest
- 5. A further fifth pillar was consulted on and agreed in 2020 articulating our vision in terms of EDI: be passionate about equality, strengthening diversity and delivering inclusion.

Each pillar was underpinned by a total of 20 goals to enable the delivery of the ambitions. The Council’s administration over the four years of the Borough Plan set itself four guiding principles that underpinned decision-making, policy implementation, prioritisation and allocation of expenditure and delivery of services.

These were:

- 1. Value for money
- 2. Tackling inequality
- 3. Transparency
- 4. Collaboration

It is important to acknowledge the unprecedented and significant global events that occurred during this time, as we collectively sought to deliver on these goals.

The global covid-19 pandemic required unpredictable action and unparalleled levels of partnership working to protect the most vulnerable and support businesses and jobs. The pandemic brought our local government, public health team, local NHS and the VCS sector closer together to deliver comprehensive support and care – and we should be collectively proud that our efforts stand Lambeth in good stead as we continue to emerge from the crisis.

The murders of George Floyd and Sarah Everard were appalling crimes that caused deep repercussions in our borough, inflicting trauma on our communities that needs to be healed and calls to action for institutions that need to be heeded.

The Council sought to work with communities on the changes that were needed to make Lambeth safer and more equal. Through pioneering work on diversity in the public realm which engaged younger people and residents in a debate on the Lambeth of today, and through the publication and launch of our preventing violence among women and girls, we have placed Lambeth in a leadership position to make a real and lasting difference and to reduce the scourge of attacks on women and girls, calling on men to change their own behaviours.

Against the backdrop of these local and global challenges, we began the process to design this new “Our Future, Our Lambeth” Borough Plan. In doing so, we reflected on what the Council and its borough partners had achieved over the last four years, what we haven’t got right and what we must build on and must remain central to our ambitions as we look forward to 2030.



of Nicholas de Lyra, now in the Thomas Fisher Library, Toronto University.² In 2012, Peter Kidd identified a further important fragment. Los Angeles Public Library holds one quire of eight leaves, with sewing thread still intact, one partial quire of six leaves, and twelve individual leaves, some of them consecutive, others isolated, from a 13th-century miscellany associated with the Priory. The fragments survive with a portion of their original binding, and the front and rear pastedowns.³

It is difficult to say anything with certainty about the creation, housing and use of monastic books at Nostell, as so little contextual evidence survives, either locally or nationally. Only ten book lists from Augustinian foundations in England are known, and with the exception of Llanthony Secunda Priory in Gloucester, where some 140 books are recorded, only ten Augustinian houses have more than ten volumes surviving from their libraries.⁴ The Priory of Merton, for example, was one of the largest in England and its *Registrum* lists more than 230 titles, yet today only twenty-nine volumes survive, while Leicester Abbey owned more than 1,000 volumes, of which fewer than twenty are known.⁵

The Augustinian rule was not prescriptive in its approach to the conduct of religious life, leading to variation in approaches to the chapter of the rule concerned with reading and writing. In England

2. Desiderius Erasmus, *De ratione studii ac legendi* (Col: Argentorati: apud Iohannem Heruagium, 1524), *Purgatio aduersus epistolam non sobriam Martini Luteri* (Parisiis: apud Ioannem Roigny, 1534), *De puritate ecclesiae Christianae* (Parisiis: ex officina Christiani Wecheli, 1536), and *De sarcienda ecclesiae concordia* (Parisiis: excudebat Christianus Wechelus, 1533). University of Wales Trinity Saint David, Roderic Bowen Library and Archives; Founders Library, ODS 02691, inscribed: 'Pertinet ad dominum Sancti Oswaldi de Nostell'. *Biblia latina* (Nuremberg: Anton Koberger, [1486–]87 – ISTC ib00614000), Toronto University Library, RB 9689, inscribed: 'Restat Monasterio sancti Oswaldi de Nostell'. Both are recorded in N. R. Ker, *Medieval Libraries of Great Britain: A List of Surviving Books. Supplement to the Second Edition*, edited by Andrew G. Watson (London: Royal Historical Society, 1987), p. 51.

3. Los Angeles Public Library. The manuscript is currently uncatalogued, so does not have a shelf mark. The author is extremely grateful to Peter Kidd for generously sharing his research notes on the Los Angeles Miscellany, see: <https://mssprovenance.blogspot.com/2012/12/an-unknown-ms-from-nostell-priory.html>

4. T. Webber and A. G. Watson, eds, *The libraries of the Augustinian Canons*, Corpus of British medieval library catalogues, vol. 6, pp. xxii–xxiii.

5. *The libraries of the Augustinian Canons*, p. xxvii.

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MISSION	EDITION	DATE	PAGE
APOLLO 17	FINAL (12/6)	10/23/72	3-304

How can I help my dysautonomia or POTS symptoms?

- ❖ Having a good sleeping habit (see 'managing sleeping difficulties' section, page 59)
- ❖ Pace yourself throughout the day. Try not to fit too much in – there will always be another day. Take your time and avoid rushing.
- ❖ If you have something more difficult to do: plan your activity, rest well before and leave time after to recover.
- ❖ Over time you will figure out when you can push yourself, and when you need to rest. Know that it is OK to rest when you feel that your body needs it.
- ❖ Avoid stress if possible. The autonomic nervous system is the body's fight/flight system and is triggered during periods of stress.

Here are the standard self-treatment tips for POTS:

- ❖ Increase your salt and fluid intake once your doctor has approved this (aim for 3L of fluids and 8 grams of salt per day)
- ❖ Try an abdominal binder or full length medical compression stockings - this will help reduce blood pooling in your lower abdominal area and legs, which can reduce POTS symptoms
- ❖ Eat smaller meals throughout the day
- ❖ Avoid excessive carbohydrates/refined sugars
- ❖ Avoid hot showers, consider using a shower chair or taking your showers before bed so you have time to lay down after the shower.

If you have a diagnosis of POTS or you want to find out more, please visit these websites for more information and advice:

<https://www.potsuk.org/>

<http://www.dysautonomiainternational.org/page.php?ID=95>

Nichols could provide useful materials for his work. In February 1780 he asked to borrow the last edition of Hughes's Letters; and hoped Nichols would get 'Dennis upon Blackmore, and upon Cato, and anything of the same writer against Pope'.³⁶ In May he asked for the *Oxford and Cambridge Miscellany Poems* edited by Elijah Fenton and Sir Richard Blackmore's *Essays upon Several Subjects*³⁷ and later the same year, impressed by Nichols's ability to track down rare books, Johnson asked him to find an edition of Prior's works published in 1740.³⁸ Other borrowers included Joseph Banks, who borrowed *The Craftsman* in 1795³⁹ and Joseph Warton, who borrowed William Bowyer's copy of the works of Alexander Pope in ten volumes in 1797.⁴⁰ But some books were not for loan: in 1805, when Samuel Pipe Wolferstan, a key helper in Nichols's *History of Leicestershire*, asked to borrow Thomas Hearne's 1774 edition of the *Black Book of the Exchequer*, he was told that it was interleaved with notes and too valuable to lend, but that he was welcome to consult it when next in London.⁴¹

Nichols was wise to be wary because not everything was safely returned. In 1797 John Baker Holroyd, 1st Earl of Sheffield, returned William Lambarde's *Perambulation of Kent* and Thomas Philpot's *Villari Cantianum* which Nichols had lent to Edward Gibbon in 1793 but which were found at Sheffield Park after Gibbon's death in 1794. In 1817 Francis Astley, rector of Manningford Abbots, Wiltshire, offered to recompense Nichols for injury done to a volume of the *Antiquarian Repertory* which had lost its cover having fallen to

36. *Gentleman's Magazine* 1785, p. 10, NAD8975, Samuel Johnson to John Nichols, February 1780.

37. British Library Add. MS. 5159 fo. 21 NAD513, Samuel Johnson to John Nichols, 24 May 1780; Add. MS. 5159 fo. 15, Samuel Johnson to John Nichols, May 1780 NAD8930.

38. British Library Add. MS. 5159 fo. 10 NAD8926, Samuel Johnson to John Nichols, 1780.

39. *Literary Illustrations*, vol. 4, p. 698, NAD11010, Sir Joseph Banks to John Nichols, 19 July 1795.

40. *Literary Anecdotes*, vol. 6, p. 174, NAD9216, Joseph Warton to John Nichols, 13 September 1797.

41. Leicestershire Record Office, DE6308/28, NAD8043, John Nichols to Samuel Pipe Wolferstan, 11 September 1805.



In Lambeth, we are taking a long-term, Public Health approach to making Lambeth one of the safest boroughs in London. This means we will intervene early and focus on prevention so that we reduce the vulnerability to either experiencing or committing acts of violence. We will also be trauma informed, recognising the generational impact this has had across families and communities in Lambeth.

This requires a collective effort. Our approach will be collaborative, driven by the **Safer Lambeth Partnership** – Lambeth’s primary vehicle for reducing and preventing crime. To deliver and embed a long-term partnership approach, the Safer Lambeth Partnership brings together the Council, Police, Fire and Rescue, Probation and Health to shape a multi-agency effort to tackle crime. Working in partnership we will ensure we safeguard and promote the welfare of children and adults at risk. We will also continue to work with schools, colleges, local employers, charities, faith-based organisations and, crucially, our residents and community groups, who are the fabric of our fantastic borough, to help make Lambeth a safer place for everyone.

Violence affecting young people

Making Lambeth one of the safest boroughs in London is about every individual and community that lives, works, and visits the borough. This means tackling the violence affecting young people with an anti-racist and equity-based ethos, so that children, teenagers, and young adults are safe at home, school and in public spaces.

We cannot allow violence, the fear of harm or the longstanding and deep-rooted social and economic challenges to continue to hinder the conditions young people need to thrive. As a borough we will work collaboratively to stop the exploitation of our

children and young people, and create inclusive, nurturing learning environments both in school and community settings.

To achieve long-term change and meet our bold ambition, we will develop a whole systems approach to preventing youth violence and improving the life chances of our young people. Building on the priorities and learnings in the **Lambeth Made Safer for Young People Strategy**, we will work with our children, their families, and the networks of influence in our communities to look holistically at violence in all its forms – to provide dynamic, cross-cutting solutions to permanently stopping violence in Lambeth.

Violence against women and girls

We want to create a Lambeth where all women and girls can be safe from harm and violence – both in feeling and experience. Too often, violence against women and girls remains hidden and under-reported, with forms of structural inequality impacting on both access to support and experiences within services.

Since 2011, we have made noticeable progress; developing one of the first **Violence Against Women and Girls strategies** in the UK and creating the pioneering Gaia Centre, offering a single point of access for anyone experiencing any form of gender-based violence in Lambeth. However, we know just how much further there is to go to realise our vision of Lambeth as a borough where everyone is safe. At the heart of our approach for the future, is a commitment to work with experts by experience – those best placed to advise on the solutions, support and services that will allow us to realise our ambition. All women and girls in Lambeth have the right to participate in, contribute to and benefit from a thriving Lambeth – including across education, employment, and our local inclusive economy.

We will also be intersectional in our approach, recognising the nuanced needs of Black, Asian and Multi-Ethnic communities, LGBTQ+ communities, those with disabilities, as well as those experiencing multiple disadvantages.

Recognising the importance of engaging with men and boys to end violence against women and girls, Lambeth Council has become a White Ribbon accredited employer. This will support us to lead the way in developing and delivering the cultural transformation required to end men’s violence against women and girls. This will be a whole organisational approach, with political leadership, focusing on shifting the societal attitudes and beliefs that prevent gender equality and creating safe environments free from harassment, abuse and violence. To make a real and lasting difference in our borough, we will support other employers across Lambeth to do the same.

As a borough, we will continue to ‘Look Out for Lambeth’ and take practical steps to create safer streets and public spaces for women and girls. This includes working with our neighbouring boroughs to improve safety and partnership working along our borders, targeting hotspots of harassment, and creating Safe Havens where women can access safety and support.

Hate crime, discrimination and anti-social behaviour

Lambeth is rightly proud of its historic and present-day diversity, which brings with it a vibrancy and cultural identity like no other part of London. We believe everyone, regardless of their background, nationality, religion, sex, gender and/or sexual identity, or disability has the right to live safe and fulfilling lives in their home and in their neighbourhood.

Together, we will create a borough that everyone is able to safely live and move around in without

the fear or experience of hate crime and anti-social harassment. This means standing with women across Lambeth to take a hate crime approach to tackling misogyny, ensuring our children and young people are educated appropriately on consent. It means standing with our significant LGBTQ+ community, fighting homophobic and transphobic hate crime and harassment. We will stand with our disabled residents and faith groups to stamp out ableism and anti-religious sentiment. And we will stand with our Black, Asian and Multi-Ethnic communities to eradicate racism in all its forms.

There is no place for hate in Lambeth. We are committed to building resilience and inclusion within and across our many diverse communities, ensuring that everyone is able to safely contribute to and benefit from the great opportunity in our borough. We will be relentless in our effort to tackle anti-social behaviour in our neighbourhoods and will inspire efforts to ensure that our venues and public realm is accessible and secure for every resident.



Our 2030 ambitions

This is a significant moment in time for us all. As we continue to adapt to the post-covid landscape, we face the harsh realities of the cost-of-living crisis within the context of sustained uncertainty of the future of public sector finance. London’s housing crisis continues to threaten our diverse communities and we know that the very real challenges and impacts of the climate emergency are rapidly changing how we live.

As we look towards the future – one that allows each of us to thrive – we must take a focussed approach and positive action to build a stronger borough that delivers for everyone. We have identified three ambitions for Lambeth, around which we will harness the great energy and spirit of our residents and partners.

Inequality is at the heart of the challenges we face, and we are determined to tackle these head-on. To support us to do exactly that, we have developed the Lambeth Golden Thread – Equity and Justice – to run through the centre of all our ambitions for the future.

Our ambitions are bold – and they are intentionally tied together by a relentless commitment to tackle inequality at the root cause, focusing on what matters most to our residents.

We cannot do this alone. Lambeth belongs to all of us, and we all have a role to play in solving the persistent, deep-rooted challenges we face to improve the quality of life of everyone who calls Lambeth home.

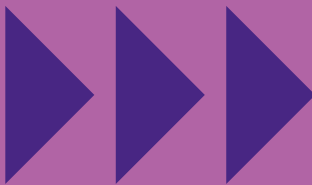
It is going to take unrelenting, radical effort to make the impact required to make Lambeth the place we want it to be.

This plan is not just a blueprint for the future – it is a collective call to action owned by all of us who play a role in Lambeth.

1 Making Lambeth Neighbourhoods Fit for the Future



2 Making Lambeth One of The Safest Boroughs in London



3 Making Lambeth A Place We Can All Call Home

