

DECEMBER 2020

# The Old Felstedian



**The Wellbeing Issue**



Old Felstedian  
Society



# Old Felstedian Society

## 2020-21 Committee members

### President

Sarah Macdiarmid (m85-87)

### Chair

Michael Yeatts (e76-81)

### Hon Secretary

Julian Scofield (d88-93)

### Hon Treasurer

James Willington (fb82-92)

For full details please visit  
[felsted.org/ofs/of-society](http://felsted.org/ofs/of-society)

Please send your OF News to:  
Selina Joslin  
[ofs@felsted.org](mailto:ofs@felsted.org)



### Front cover

This Wellbeing issue features OF Dr Olivia Chapple (m81-83) who has turned tragic loss to good, along with other Felstedians who are helping others in their search for better lives.

COVER PHOTOGRAPH © LUCY SHERGOLD



© RUSSELL SACH



## CONTENTS

- 4 Noted & Quoted
- 6 OF Society News
- 7 Births, Graduations and Weddings
- 8 Headmaster's Interview
- 10 Felsted Mission / OF Events
- 11 Faces and Places / Felsted Future
- 12 Horatio's Garden
- 14 The Sleep Scientist
- 16 Heads of School reflect on year
- 18 Relative Values
- 20 Life in Lockdown captured
- 22 Staff Profiles
- 24 Obituaries
- 27 Sport News
- 28 OF Golfer hones skills in US



### Magazine wrapper – 100% compostable

Our packaging is made of environmentally-friendly potato starch film which is compostable.

# Covid-19 has ravaged 2020 but we can look forward to 2021

**It has been the most horrible of years and there's no point in sugar coating it, the pandemic and its far-reaching impacts has affected us all.**

Some OFs will have paid the ultimate price to this horrid virus and lost their lives, some will have lost loved ones, others will have lost their livelihoods, their businesses, their jobs, their sense of self-worth and dignity. Some will have experienced bone-crushing loneliness that is so intense that it breaks the human spirit.

## Contributor



### Imogen Gander (fmm11-18)

Imogen is in her final year studying Classics at Cambridge. When not completing essays, she enjoys writing magazine articles, and has written for the *Varsity*, and *Tab* student newspapers. Most of her mornings are spent at the river rowing for her college, with evenings often occupied by FemSoc discussions or attendance at the Cambridge Union.

**Editor:** James Garner  
E: jamespetergarner@gmail.com

**Contributing Editor:** Selina Joslin  
OF Office, Felsted School, Felsted, Essex CM6 3LL  
T: 01371 822645 E: ofs@felsted.org

**Design:** Roberta Rees Telephone: 01842 814083

**Print Production:** Kingfisher Press, 6 Olding Road, Western Way, Bury St Edmunds IP33 3TA  
Telephone: 01284 748210 • kingfisher-press.com

Visit the Old Felstedian website at [felsted.org/ofs](http://felsted.org/ofs)

Undoubtedly, it will have tested us all in some way. Whether it be by preventing the touch of a loved one, unable to hug an elderly relative, home schooling one's children, isolation, despair, fear and anxiety. Many of us will have hit all-time lows as the world plunged into the grip of this unforgiving virus.

And so it is with this in mind that we decided not to devote this issue to the pandemic - it has been exhaustively covered by the media - but to wellbeing and how Felstedians are helping others in their search for better lives.

On page 12 we have the inspirational story of Dr Olivia Chapple (m81-83) who tragically lost her eldest son Horatio nine years ago to a polar bear attack. Yet she has devoted her time, energy and grief in to developing a national charity Horatio's Garden that helps patients with spinal injuries have access to beautifully created outside spaces. It is an inspirational read about how tragedy can be turned into something for the good of others.

But our wellbeing isn't only good for us in times of physical challenge or illness, it is important for us facing up to mental challenges too and one thing that has been linked to our wellbeing is getting a good night's sleep. OFs are fortunate that we have our very own sleep expert in our ranks and it was great to discuss this much loved topic on page 14 with sleep evangelist Sophie Bostock (n97-99).

We also pay tribute to former housemistress Karen Megahey, who has recently retired but has done so much at Felsted in establishing a pupil wellbeing programme.

We also launch the first in our series of generational perspectives by talking about the experiences of Felsted from relatives that span different generations. First up is Rob Brown (fd74-84), new chair of governors at the school, and his daughter Alicia (fgn15-17).

Finally, returning to the pandemic, we have an elongated interview with the Headmaster Chris Townsend as we look at how the school has dealt with its most challenging year since its evacuation to Herefordshire during World War Two.

Despite the gloom that much of this year has been lived in, there is light at the end of the tunnel. The talk of a number of effective vaccines, the developments in rapid testing and the advances in treatment all bode well.



I've heard talk of life never getting back to normal, but I for one really hope it does. I'm not a fan of life without the closeness and touch of our friends and family, the camaraderie of our colleagues and collective creativity and excitement we gain by sharing experiences with others at gatherings and events.

When we can, I believe we will rejoice in living life and be more appreciative of what we have; guard our freedoms more carefully, appreciate our love for each other and rejoice in our shared experiences of togetherness.

It won't be easy to get over the effects of Covid-19, the damage it has done to the economy and people's livelihoods will be with us for years, but the return of some of life's simple pleasures, such as the touch of a loved one or giving granny a hug at Christmas, will make the battle to return life to a new normal well worth it.

As we enter 2021, there is some reason at least to be optimistic. I for one have had the personal happiness of welcoming our second daughter into the world and what a joy that has been in the darkness of 2020.

However our Christmases shape-up this year, please enjoy them as best you can. Brighter times are on the horizon and this hope can help keep all our spirits lifted.

To close I'd like to wish all OFs a happier 2021 and best wishes for the festive period and a prosperous New Year.

**James Garner (b85-90), Editor**

# “noted & quoted” – a round up of OFs in the news

## Toby Walsh wins one of Australia’s most valuable research awards

Professor Toby Walsh (a77-82) has become the second OF to be awarded one of Australia’s most valuable research awards, the Australian Laureate Fellowship. Walsh follows Alex Haslam (d76-80), Professor of Psychology at the University of Queensland, in claiming the award. Walsh is a leading researcher in artificial intelligence and Scientia Professor of Artificial Intelligence at the University of New South Wales in Sydney. He also leads the algorithmic decision theory group at Data61. His \$3m research grant will explore how to build fairer, efficient and trustworthy AI systems which will improve business competitiveness and the delivery of health services.



## BAFTA nominated filmmaker directs award-winning short film

*Ghillie*, written and directed by filmmaker Mike Marriage (fe94-01), has won an incredible six awards at this year’s Scottish Short Film Festival, including Best Film. Based in the Scottish Highlands, an ageing Scottish ghillie conceals a dark secret from his wife, who is confined at home with dementia. It was selected for the Raindance Film Festival as one of only 12 UK films to be part of LA Shorts, one of the largest short film festivals in the US.



## International school established by Sir Dick Pantlin is voted ‘best in the world’

The British School of Brussels has been independently ranked as one of the best schools in the world by The Spear’s Schools Index in 2020. The school was established with the help of Sir Dick Pantlin CBE (fa31-36) and former Felsted headmaster Tony Eggleston OBE (68-82). Sir Dick’s son, Peter Pantlin (h64-69), who now sits on the board of trustees explained: “When I was at Felsted my late father was asked if he would take on the challenge, on a voluntary basis, to establish a British School in Brussels. Being a businessman and not an educationalist he needed some help, so I suggested that he speak to my headmaster Tony Eggleston, who had experience of a British school abroad. Eggleston was a great help and the school was officially opened in December 1970 by the Duke of Edinburgh.”



Tony Eggleston OBE

## Adventurer behind ITV’s ‘Don’t Rock the Boat’

ITV’s new reality show *Don’t Rock the Boat* was masterminded by Charlie Pitcher (b77-78), founder and director of Rannoch Adventure. The show follows 12 celebrities rowing the entire length of Britain. Pitcher, who is a professional ocean rower, coached the celebrities, pushing them to their physical and mental limits. “I am extremely proud to say all of them made it to the finish line, something we weren’t confident of when we set off,” said Pitcher. Rowing along the coast of Britain is no mean feat, as many competent and experienced rowers know, he added. “Considering the Covid situation and the short notice we had, it was an incredible achievement to get the teams from Cornwall to the northern most tip of Scotland with no serious injuries and everyone still smiling at the end.”



## Artist donates portrait to NHS worker

Lucy Coward-Whittaker (fb06-11) created a wonderful portrait of healthcare assistant Abdallah and his daughter as part of the #portraitsforNHSheroes virtual exhibition on Instagram during lockdown. Lucy is an artist based in Essex specialising in portrait illustration and produces contemporary, monochrome, ink and graphite portraits.



**The World Run challenge raises £150,000 for mental health charity**

OFs Chris Balfour (fec05-10), Henry Holme (ec05-10), Andrew Ross (fec00-10) and Conor Turner (fec05-10) raised over £150,000 for



mental health charity James' Place by running an incredible 240 miles in eight days from Liverpool to London in July. "We would not have completed the challenge without the support of each other. Teamwork, a shared passion for a cause close to our hearts and knowing that each step could contribute to saving a life, pulled us to the finish," said the team. The money raised will make a tangible difference to James' Place and help open a new centre in East London. "We look forward to working together to continue the conversation about men's mental health, specifically depression and anxiety, and being able to bring some normality to what is a difficult topic for many young men to talk about," they added.

**Surgeon cycles from John O'Groats to Lands End**

London NHS surgeon and triathlete Sarah Bolton (n03-05) successfully cycled from John O'Groats to Lands End in just nine days to help raise £4,000 for Breast Cancer UK. Bolton said: "This has been on my bucket list for a long time and it was honestly amazing. Nine days of amazing scenery with incredible views, over 1,500km cycled with 16,000m of elevation."



**OFs join Saracens rugby**

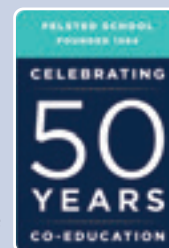
Sam Bryan (dc15-20), Tristan Smith (fnc14-20), Ollie Stonham (fec05-19) and Alex Wardell (hc15-20) are all playing for the Saracens senior academy squad this year, the highest intake from any one school. Bryan, Smith and Wardell were all part of the Felsted 1st XV as well as being part of the Saracens U18 rugby academy. They join Stonham who is in the senior squad at Saracens and will be able to support them during their first few months of professional rugby.



Left to right: Sam Bryan, Tristan Smith, Ollie Stonham and Alex Wardell

**CELEBRATING 50 YEARS OF CO-EDUCATION**

Just over half a century ago, discussions took place at Felsted which changed over 400 years of history. Headmaster Tony Eggleston announced that the school was going to admit girls into the sixth form for the first time. No doubt, some in the school community would have been concerned about this change, but Eggleston was convinced it was the right move.



In the autumn term of 1970, the first 11 lower sixth girls joined Manor house on Station Road in Felsted, under the watchful eye of Elsie Thorne, whose husband George was in charge of music. By 1983, the number of girls in the sixth form was rising, and Garnetts was expanded to enable the school to increase numbers to 60.



Left: Manor House, 1974

Right: Garnetts House, 1988



Below: Follyfield House, 1996



A further 10 years later in 1993, Stocks's changed to become a girls' house, under the leadership of Jenny Burrett, as Headmaster Edward Gould introduced full co-education for the school. In 1995, Follyfield followed Stocks's in becoming a girls' house, with Mr and Mrs Grierson Rickford overseeing the transition, and with Thorne house joining the fold in 2010, the balance of five boys and five girls houses was complete.

There are now nearly 500 girls aged 4-18 years old being educated at Felsted, and it is hard to imagine a school that has been anything other than co-educational.

# Macdiarmid becomes first female president of Society

**Sarah Macdiarmid (née Rowledge, m85-87) talks to James Garner about what she hopes to achieve during her term**

Sarah Macdiarmid is the first female to become president of the Old Felstedian Society. She took over the role from Brian Lott OBE (a56-62) whose three-year term at the helm of the Society finished earlier this year.

It is an important landmark for the Society and the significance is not lost on her: “The first female OF president adds another dimension. I know my father, Peter Rowledge who was an OF, will be looking down at me with some intrigue as to the legacy I wish to leave during my tenure.”

She added one of her focuses during her tenure will be the girls. “The obvious answer, and one that I will spend time on, is bringing the representation of the girls higher up the agenda and to increase their presence throughout the Society.

“I also want to spend time in the school talking to the current pupils with the aim of introducing the OF Society and how it can support them after school whilst they are in the sixth form. It’s about increasing the links to the Society and building these relationships.”

She said that her appointment does feel “surreal”. “My gut reaction has always been that ‘this is a position held by a gentleman of a certain age, who had achieved a certain position in his career’ so to say that I am honoured is an understatement with the reality check of knowing that I am perhaps of that certain age.”



Macdiarmid said she was keen to build on her predecessor’s work: “I would like to continue Brian’s work, especially with OF Society ambassadors to support and represent OFs as they enter university or wish to pursue their favourite sports or interests beyond school.”

She said the role of the Society is perhaps more complicated than it at first seems but essentially is there to foster opportunities for alumni to remain in contact with each other and the school,

whether that’s by generating funds for future projects, pupils for the next generation of Felstedians or bums on seats at events.”

Macdiarmid has served on the committee before as social secretary in the 1990s. She remarked that when she attended the last committee meeting before the pandemic broke in January: “It was all remarkably familiar and had a comforting feeling that nothing had changed since I stood down from being the social secretary.

“It is the outcomes of these meetings that reflects the progression of the Society - vibrant dinners, impressive attendance at sporting events and tight communications between school and the Society.

“But there’s also now a much more diverse availability of support to pupils transitioning out of the school environment, such as the support of recent leavers heading to those universities with OF ambassadors.

“Having Selina Joslin on site at the school and co-ordinating the OF Society is a huge indication of the progress made and I am excited to come back on board at this stage.”



Sarah Macdiarmid, Manor House 1987 (seated second from right)

## AMBASSADOR PROGRAMME HAS PROMISING START DESPITE PANDEMIC

by James Garner

**The OF Society’s ambassador programme that launched last year has made an excellent start despite the challenges of not being able to hold events to promote the scheme.**

So far over 40 ambassadors have been appointed across five different categories including sports, social and universities. “We are pretty pleased that we have been able to do this much from a standing start, especially during a time when meeting in person has been so difficult,” said OF Society chairman Michael Yeatts (e76-81).



“We plan further expansion and encourage OFs to come forward with their ideas,” he added.

He said the programme would help the Society remain current to as many of its 5,000-plus members as possible. “The idea behind ambassadors is to create an informal link between the committee and the members it serves.

“Many OFs have graciously stepped forward to lead various areas of interest and by doing so they have encouraged engagement by OFs across a wider age spectrum than we have ever seen before.

“The Society is armed with some nifty software (and people) to help each ambassador organise, advertise and expand their area. In time we hope that we will have an ambassador in so many areas of interest that every OF can find something for them.”

One area that has met with a good uptake is the recruitment of ambassadors at universities to help “fresher OFs” settle into their new environment.

University ambassadors are in their second or third years and so are well placed to help and mentor freshers, said Yeatts. So far, the Society has recruited 18 university ambassadors across 10 universities.

Yeatts said that aside from providing the immediate benefits of mentoring and friendship for younger OFs, he hopes the scheme will create stronger ties between younger OFs and the Society and for them then to benefit from the enormous network of older OFs.

“That network can help with careers just when it is needed, but also give great pleasure socially and widen friendship groups,” he added.

## Births

Alie (fg93-05) and Chris Adams welcomed their son Tobias Charles Edwin on 12 August 2020. Big brother Joshua is thrilled with the latest addition to the family.



James (b85-90) and Aimee Garner's baby daughter Hattie Sara was born on 4 November, a beautiful little sister to Olive and Jack.



## Weddings

Rebecca Dennert (n06-08) married Patrick Stodt on 19 July 2019 at the Nienstedtner Kirche in Hamburg followed by a reception in the garden of her parents' home. The wedding party took place at the Süllberg Hotel with views overlooking the river Elbe.



Philip Goodman (fac02-09) married Megan Stookey on Saturday 23 November 2019 at Luss Church followed by a reception at Loch Lomond Golf Club in Scotland. Family and Felsted friends helped to celebrate the special occasion including brother James Cotterill, best men Andrew Triggs and Alex McKenzie-Grieve, bridesmaids Vicki Hiatt and Samantha Robertson, groomsmen Alex Prior, master of ceremonies Max Shadbolt and special guests David and Marta Smith.

Megan Goddard (bn06-11) married Ben Staples on 3 December 2019 at The Little White Wedding Chapel in Las Vegas. The couple met at university.



Edward Hutley (fd97-06) married Olivia Al-Adwani on 22 August 2020 at Felsted Church surrounded by their closest family. The best man was Edward Davies (fa99-06).

## Graduations



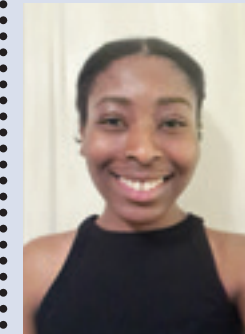
Michael Barton (fec03-17) graduated from University of Nottingham with first class honours in Psychology and is now studying a MSc in Countering Organised Crime and Terrorism at University College London.

Grace Carroll (tn15-17) graduated with first class honours in Management from University of Nottingham.



Paige Butler (mn13-16) graduated with first class honours in International Hospitality and Events Management from Cardiff Metropolitan University.

Matthew Gilham (fhc10-17) graduated with first class honours in Architecture from University of Liverpool and was awarded with the John Rankin Prize for his final semester design project.



Tomisin Ojuri (tn15-17) graduated with first class honours in Pharmacology from Newcastle University and is working towards a career in medicine.



# Coronavirus caused the most challenging year in school's post war history

*The coronavirus pandemic has been a huge upheaval for us all, but just imagine the challenge facing Felsted School when Boris Johnson announced on 23 March that the UK was to lockdown to halt the spread of the Covid-19. James Garner discusses the most unusual of school years with Headmaster Chris Townsend*

The last six months have undoubtedly been one of the toughest periods in Felsted School's 450-year-old history.

"I think it has been the most challenging time since moving the whole school to Herefordshire during World War II," said Chris Townsend, adding that without modern communications that would have been the most extraordinary and difficult thing to do.

He said that the challenges from a logistical point of view have been the hardest that he has faced. "Trying to balance care for pupils, staff welfare, being closed, reopening and of course finances as well. The school is all about education, but if we can't make the finances work, it can't operate."

It is a stark warning, but reflects the challenges felt throughout society. The upheaval in our daily lives has been huge, but there's little doubt that education has been in the spotlight with children missing a large chunk of learning, the bungled release of exam results and disastrous lockdown scenes in some universities this autumn.

It has had clear impacts on children and young adults, but it has also illuminated the relationship that school and education have on freeing parents to be part of the workforce. Many parents still have the scars from days of home learning, even with the help of a sophisticated and well-resourced operation such as Felsted.

The move to get children back into school full time in September was welcomed by Townsend, but he warned there were some serious problems with testing. "There's just not a quick turnaround in symptom test results which will quickly cripple schools if that situation is not improved," he added.

"It is frustrating for schools that this was not really considered, and Public Health England is steering people away from tests where possible unless you have a specific plan for how you will deal with positive tests.

"I think the answer is to be a little less sensitive about schools. Schools are running their own track and trace, so I think we should trust them to identify those children impacted and their contacts."

*"There's elements of normality and it's good to see social interaction between students..."*

When I interviewed the Headmaster, the school was in its second full week of re-opening, although they had been partially open since 21 August for overseas students who needed to self-isolate before term started.

Overwhelmingly it has been a welcome return, he said. "The feeling of staff and pupils is that they are glad to be back." He added it has been a long time away from school particularly for the younger children, when it feels like a lifetime.

"There's elements of normality and it's good to see social interaction between students. Luckily, the weather was good when term started so we were able to get sports underway and that was a great relief.

"The first week back the school limited the number of boarders, so we could check protocols and cleaning to make sure we were a Covid-safe environment.

"We are cleaning communal areas three times as often, but in return the pupils' personal space is being cleaned less and we are asking them to do more of this themselves, for example at the end of lessons, pupils are sanitising their own space.

"So far this is going well," he said although policing all these things is increasing the burden on the Common Room. "It is one of the things making it harder for staff. All the time we are thinking should that child be with that child, are they allowed into this room? Classes, activities and meals are organised by year group and it's quite complicated trying to ensure the pupils aren't mixing too much."

Lunchtime is an operation. The pupils must socially distance in the queue and wash their hands. There are elements of getting into good habits early on, but everything is taking a bit more work, he added.



The restrictions have had an impact on sport being played in school. "It's only within year groups for now and there are no fixtures with other schools.

There are lots of reasons for this, but getting a group of people together on a bus does not seem a sensible thing to do."







Matches and competitions are being organised internally within year groups. And with the good early September weather, cricket and tennis have been able to be played well into the autumn, with the girls' and boys' cricket 1st XIs playing matches against the MCC.

"We hope to be able to get back fixtures sooner rather than later. If we cannot we need to work out how to increase competition within the school, so the boys and girls have something to work towards."

Overall having pupils in the school makes it a vastly different place, he added, and it is a far cry from the end of March. Casting his mind back six months, Townsend explained the school's fast reaction to having to close.

"We closed on Friday 20 March and by the Monday we were teaching online," he added.

The school adopted slightly different approaches for age groups. "It's not appropriate for the young children to be online all the time, so they would have more work sheets, whereas senior pupils could effectively follow an online timetable.

"In most part, the students did well with that, showed real independence and resilience. For some it was quite hard work, yet for others it worked well and for most it was as good as it could have been," said Townsend.

Felsted uses the Google platform for its online resources, which he said has developed further during the pandemic. "We realised early on that teachers delivering a live lesson to camera wasn't the best way of doing it, so many would set a piece of work and then hold live question and answer sessions towards the end of each lesson."

He said the adoption of online learning accelerated during lockdown. "They say development happens most during a crisis and I certainly think that was the case here. The teaching profession has been pretty good at talking a good game when it comes to adopting technology, but actually everyone had to make

a step change in the last few months and I think some of that will continue to have a positive impact."

He explained that in the future if a student misses some lessons through sickness, then it could be much easier for them to revisit and catch up if those resources are online. Likewise, it helps with revision and if a teacher is away at a conference, their lessons can be set remotely so students do not lose out.

Townsend does not see the switch to online learning being permanent, even though an independent school launched in August that was only online learning. "I think the feeling increasingly is that pupils really value being in school. Despite the initial drift towards technology and IT being used more effectively, the importance of the personal side of education has been recognised more."

.....  
*"The majority of Felsted leavers got into their first or insurance choice of university.."*  
 .....

Education has hardly been out of the headlines this summer with the other big issue being exam results and Townsend was scathing about how it was conducted: "It could not have been handled worse. It wasn't the final decision, but it was the timing of it that was so appalling," he added.

"One or two of our pupils were hard done by and might have done better if they had taken exams," he said.

The results, he said were as rigorous and fair as could be and overall, it was a good year group that got a good set of results and the majority of Felsted leavers got into their first or insurance choice of university.

"I think the big difference this year was that normally when students didn't get the grades they were hoping for, they have to look within themselves and come to terms with the reasons. This year to be told for an exam you did not take that you weren't good enough to get into your university of choice is tough emotionally and extremely hard to take."

He added that by the time the grades were moved up on the Monday when the Government announced it was reverting to teacher-predicted grades rather than its algorithm, the universities had almost no flexibility. "In most years if you miss your grades, there's still a fair chance of you getting an offer through clearing. This year many universities did not have the capacity for clearing, so near misses were misses and students had to look for alternatives.

"In the past I've always tried to encourage A level and IB students to recognise that even if they don't get into their first choice they will end up somewhere good and they will probably look back at it as the best thing that happened."

It has been tough for this year's final year students. The school reacted quickly when they received the news that it had to close hastily organising a leavers' dinner on the Thursday night and a leavers' service before the school locked down.

"I feel for this year group. That last term can be that moment when lifetime friendships are formed, and they have missed other shared experiences such as sitting final exams together."

The school is trying to hold the leavers' ball, which it was hoping to reschedule for December, however the recent spike in cases throughout the country has caused plans to change with it being pushed back to April.

It has been an extremely challenging year, so what has the Headmaster learned from the experience? "We know more about our ability to deal with a really challenging situation and the community within school has really been strengthened through this.

"Communication with parents and within the school has been really strong and I am hopeful we come out of this in a positive mindset. The school performed well and despite the pandemic we have 574 pupils this September, which is 15 more than last year. The overseas market has held up and our reputation grew further through the online summer school this year, which was a real winner too.

"I think we can take a lot from the fact that we have seen the enjoyment of being in school, pupils wanting to be in school and parents wanting children to be in school. The hard thing is we don't know how things will unfold this winter."

# FELSTED MISSION SUPPORTS FOOD BANK THIS CHRISTMAS

by Selina Joslin



**The Felsted Mission has set up a food bank to help support those most in need in the Custom House area in response to the Covid-19 pandemic.**

This Christmas the mission will be helping provide food parcels for families in East London via the Ascension Community Trust (ACT) food bank.

The food bank first opened its doors in March when the service was providing food up to six days a week and helped produce emergency food parcels on Saturdays. Since then the food bank has distributed food parcels to over 1,000 people and it has no plans to stop thanks to donations from the Felsted Mission and other charitable organisations.

Hannah Tulloch, chief executive of ACT, explained: "The demand for the service has remained high since March. It's hard to pinpoint a time when we realised that the food bank needed to stay open but it just kept getting busier and we knew we couldn't stop. However, it became clear that we couldn't continue at such a high capacity, so we gradually cut down the service and now open one day a week and provide collection only. Although we don't advertise it, there are a small number of vulnerable residents who live locally that one of our volunteers continues to deliver food parcels to their doorsteps".

"We did offer a larger delivery service earlier in the year and had 10 drivers on our list at one point, but almost all of the volunteers were on furlough and they have now returned to work," said Tulloch.

Families using the food bank receive a box of essentials each week for a maximum of six weeks, which is the average time it takes for Universal Credit payments to filter through. The box of essentials costs £12 for a small family and includes tinned produce, dried food and toiletries. This is then topped-up with donations from supermarkets of fresh goods such as vegetables, fruit and bread organised via FareShare, a national network of charitable food redistributors.

**"It's clear that more families struggling to pay bills and put food on the table due to redundancies, are being forced to turn to the foodbank for help..."**

Hard-up families can also speak to an advisor from ACT's advice and advocacy service to help them tackle some of the underlying issues behind the poverty that they are facing.

As winter approaches and the effects of coronavirus continue to be felt across the UK, the Trussell Trust predicts that food banks will give out a staggering six emergency food parcels every minute this winter. Over 50% of people using the food banks at the start of the pandemic had never needed one before.


In recent weeks, ACT has seen an average of 15 food parcels collected a week, equating to roughly 35 people needing food. "It's clear that more families are struggling to pay their bills and put food on the table due to redundancies and are being forced to turn to the food bank for help," says Tulloch.

ACT is working collaboratively with the Trussell Trust and Newham Council so that it can have the biggest impact and reach those most in need over Christmas.

"We're so grateful for the support of our community this year," said Tulloch. "We have four committed volunteers who have supported us from the beginning and we could not have launched our food bank without them.

"During lockdown we welcomed up to 25 volunteers a week as local residents offered their time to us during the furlough scheme. The support of our community and the Felsted Mission means the world to us."



  @MissionFelsted  
ascensioncommunitytrust.org

## Louise's story

Louise\* came to us 35 weeks pregnant after fleeing domestic violence. Unable to find any work for several months, she was days away from being homeless. We gave her a food parcel for herself and supplies for her baby. Then we booked her an appointment with one of our qualified advisors. We advocated for Louise, helped her find a place to live and to move in the same day. She is now in safe housing with the support she needs. Louise says this has transformed her own situation and will give her child the best start in life.

\*Louise's name has been changed to protect her privacy.

## OF EVENTS CALENDAR 2021

### FEBRUARY

3 OF Lodge meeting, Freemasons Hall, London

27 OF Golf - Spring meeting at Aldeburgh Golf Club, Suffolk. Match manager: Tim Hedin

### APRIL

7 OF Lodge meeting, Freemasons Hall, London

8-11 OF Golf - Halford Hewitt, Royal Cinque Ports Golf Club. Match managers: Phil Graham & Charlie Wilcox

17 Leavers' Ball for Class of 2020, Felsted School

29 Cambridge Network Spring Lunch, Jesus College, University of Cambridge

### JUNE

1 OF Golf - Putting Competition at Royal Wimbledon Golf Club. Match manager: Charlie Wilcox

2 OF Golf - Summer meeting at West Sussex Golf Club. Match manager: Oliver Stocken

12 Annual OF Lodge meeting and lunch, Felsted School

13 Cricketer Cup 1st Round, Felsted Robins v Old Cranleighans (A)

### JULY

8 Cambridge Network Summer Drinks Party, The Fellows' Garden, Jesus College, University of Cambridge

### SEPTEMBER

25 OF Netball Tournament, Felsted School

26 OF Golf - Matthews Cup Foursomes Scratch Competition at Thorndon Park Golf Club. Match manager: Phil Graham

### OCTOBER

3 OF Golf - Grafton Morrish Finals at Hunstanton and Royal West Norfolk Golf Club. Match manager: Phil Graham

20 OF Lodge meeting, Freemasons Hall, London

### NOVEMBER

25 Cambridge Network Winter Lunch, The Park Brasserie, Cambridge Regional College

Dates correct at time of going to press. Further events will be announced in 2021 and details sent out nearer to each event. You can visit [felsted.org/ofs/events](https://felsted.org/ofs/events) for up-to-date information.

OF Lodge Meetings: please contact [ofs@felsted.org](mailto:ofs@felsted.org) for information.



# FACES AND PLACES

## OF SOCIETY DINNER CELEBRATES 50TH ANNIVERSARY OF CO-EDUCATION

The 117th Old Felstedian Society Dinner took place at the Grand Connaught Rooms in Covent Garden, London on 13 March. The evening celebrated the 50th Anniversary of Co-Education at Felsted and was attended by OFs from across the generations, with many friends gathering together from the '70s and '80s. OF Society president Brian Lott OBE (a56-62), welcomed guests and announced Sarah Macdiarmid (m85-87) as the next president. Guest of Honour, Jenny Burrett (83-16), spoke fondly of her memories when she joined Felsted in 1983 as a modern languages teacher and her experience of teaching and running a girls' boarding house, before her appointment as the headmistress of Felsted prep school in 2004.



## VIRTUAL SPEECH DAY 2020

Felsted's Virtual Speech Day helped to celebrate the end of term on 4 July. Chair of governors Rob Brown (fd74-84) provided a welcome address, along with a traditional farewell from the Heads of School Oliver Butler (fhc10-20) and Annabel Hills (gn15-20).



## OF SOCIETY WELCOMES JOHN DAVIES AS HONORARY LIFE MEMBER

The Old Felstedian Society elected John Davies OBE as an Honorary Life Member in March. John was chair of governors at the school from 2007-2019 and stepped down in November 2019. He sits on the House and Finance, Education and Nominations Committees and remains a member of the board. His three sons, Edward (fb85-92), Simon (fe90-01) and William (fba85-95), were all educated at Felsted.



## FORMER US PRESIDENTIAL CANDIDATE HOSTS LUNCH IN WASHINGTON

OF Howard Dean (g66-67), former governor of Vermont and 2004 US presidential candidate, hosted a special lunch for Felsted pupils as part of a politics trip to Washington in December 2019.



## OF CRICKETERS PLAY IN MCC FIXTURE

Felsted School cricketers kick-started their late season in style with the boys' and girls' 1st teams playing the MCC in September. Six OFs made up the MCC side playing against the boys, including MCC Head of Cricket John Stephenson (fa74-83). The MCC elected to bat first and declared on 203 for 3 and secured a win over the school team, who were bowled out for 166. Director of Felsted Cricket Jason Gallian commented: "In these exceptional circumstances it was great to have a game of this quality and I am grateful to everyone who helped make it possible."



## FELSTED FUTURE

### Marshall Centre

The construction of the Marshall Centre for Learning re-commenced in early December, with an opening date of early 2022. The centre is being named in honour of Frederick Marshall (c43-47) to celebrate his extraordinary legacy to the school.

For more information please visit [felsted.org/future/projects](http://felsted.org/future/projects).



# Horatio's Garden is tale of triumph over adversity



*An unspeakable tragedy tore the heart out of Olivia Chapple and her family nearly a decade ago, but in that time the family has channelled their grief and heartache into the launch and development of an amazing charity. Imogen Gander finds out more*



Horatio Chapple

*“It was Horatio’s observation, while volunteering with spinal injury patients near their home in Salisbury, that patients with spinal injuries often couldn’t go outside....”*

“Each garden takes about three years to build and we make sure to plan them thoroughly with excellent designers.” The gardens are perfect for spinal patients and can be accessed by wheelchair or hospital bed, with space for family members or carers to participate in events and activities with patients.

Chapple describes the summer internship programme that the charity runs each year with Oxford University interns who interview patients, staff and visitors. The ensuing report demonstrates not only the staggering impact of the gardens - between 90% and 100% of respondents report improved mental health and engagement with physical rehabilitation.

It also suggests possible modifications that can be incorporated into the next gardens. “We

learnt that tea and cake are always needed, so we added an accessible kitchen area to each garden,” laughs Chapple.

She adds that there are many more garden rooms and pods to allow the spaces to be usable all year round. Not only do Horatio’s Gardens allow for socialising with family and friends, but sessions such as garden therapy and wheelchair skills are used to help patients recover, whilst music and craft sessions help social cohesion, something that is

so important for patients with long-term injuries.

Chapple stresses how important all of these aspects of the gardens are, reminding us that recent lockdowns in the UK have shown just how important access to the outside is for mental wellbeing, not only for patients but hospital staff as well.

The charity commits to maintaining each garden once it is open and employs professional staff in each project who work in collaboration with the hospital staff and lead a committed team of volunteers. Fundraising is vital to cover the running costs of each project and the charity is seeking people who may like to become Friends of their local garden.

Chapple says: “Becoming a Friend of Horatio’s Garden and donating a small amount each month helps us make a huge difference to the lives of patients every day.”

Horatio Chapple was dragged from his tent and killed by a polar bear while on an expedition in 2011.

Horatio, aged just 17, was the eldest son of OF Dr Olivia Chapple (m81-83) and was on a science expedition in Svalbard, Norway with the British Schools Exploring Society. Acting true to his character and with unfaltering courage he lost his life while biding time for his friends to escape.

So much potential was lost in that moment and the family was dealt a vicious blow that many families wouldn’t recover from. Yet the Chapple family has turned the unspeakable in to good, starting a charity in the name of Horatio that continues to flourish.

Horatio’s Garden creates specially designed gardens in spinal trauma rehabilitation centres across the country, and since her son’s death, Olivia Chapple has worked as a full-time volunteer, leading the charity in just eight years from its local roots into a full blown UK wide organisation.

She said the charity is making a real difference to the the lives of young people facing life changing injuries and long stays in hospital.

“Spinal cord injury is devastating, not only for the patient but their family - hopes and dreams are shattered and everyone has to come to terms with a new future. Its hard to do this in a busy hospital ward - the gardens bring a sanctuary for reflection, contemplation, laughter and tears. They are vital to rehabilitation.”

It was Horatio’s observation, while volunteering with spinal injury patients near



© OLIVIA CHAPPLE

their home in Salisbury, that patients with spinal injuries often couldn’t go outside. Horatio initially conducted surveys with patients and their carers, which led to the ideas that developed into Horatio’s Garden. Describing Horatio’s passion for helping others, Chapple remarks that he showed just how much of an impact volunteering as a young person can have.

“He demonstrated the value of a new perspective and constant questioning.”

After creating its first garden in Salisbury, the charity has now been able to bring Horatio’s Gardens to five out of the 11 spinal injury centres in the UK, with plans to expand even further.

The gardens themselves are large ongoing projects, requiring the cooperation of many organisations and individuals and are often designed by world-leading garden designers.

There is a bigger picture, she adds. “We want to be part of the dialogue for change. The tide is turning as people realise what a real difference gardens and green spaces make to all of our physical and mental health.”

She wants to encourage designers of new buildings to consider how green spaces can be incorporated.

The charity has been so successful that it is constantly approached by projects both in the UK and abroad that want to learn from its example and introduce the benefits of gardening on mental health to patients.

“If anything, Covid-19 has magnified interest in Horatio’s Garden as wellbeing has become even more of a hot topic that fascinates people. It’s amazing to be part of this change and to empower others to do the same.”

Undoubtedly, it is Chapple and her family’s personal strength to build such a wonderful initiative out of a dreadful tragedy that makes this such an inspirational story.

“We started the charity as a legacy to Horatio and it has taken on its own amazing momentum with terrific drive and energy,” she says.

Speaking of the healing process after her son’s tragic death, Chapple remarks on how wonderful it has been to do things with a purpose that Horatio would have been pleased about, and to make a difference on his behalf.

“His life is changing others’ lives everyday, and our other sons are involved, as are many of Horatio’s friends too giving them a focus and a way to keep his memory alive.”

Like any charity, Chapple and the Horatio’s Garden team eagerly welcome volunteers wishing to get involved with projects, whether by giving their time or by undertaking a fundraising challenge, and would especially love OFs to join the cause.

Horatio’s Garden has touched the hearts and lives of so many people so far and in recognition received the royal patronage of Princess Eugenie of York in 2019.

The charity’s vision is to have a Horatio’s Garden in all 11 NHS spinal injury centres in the UK. In September this year the charity’s fifth garden opened in London and the South East designed by eight times Chelsea gold medal winner Tom Stuart-Smith.

Chapple may have been the driving force of the charity but the family has strong links with the spinal injury community. Her husband David is a spinal surgeon. The couple met at St Thomas’s while she was pursuing a medical degree and married in 1991 before having three children, Horatio, Titus and Magnus.

While at Felsted, Chapple also became friendly with Andrew Widdowson, who joined the school as a maths teacher having spent many months in Stoke Mandeville hospital after

“It’s wonderful to make a difference on Horatio’s behalf..”

sustaining a spinal cord injury playing rugby at Oxford.

Encouraged by the Headmaster Tony Eggleston, Chapple sought to help Widdowson settle into life at Felsted as a wheelchair user, and the two have remained friends since.

Widdowson has now taken up a position as a charity ambassador, aiming to promote the initiative in his local area.

The success of Horatio’s Garden is a marvellous, heartwarming story that shows the tremendous courage and virtue of the Chapple family in overcoming the tragic loss of their son Horatio. It also demonstrates the importance of green spaces and gardens in helping our mental health and wellbeing, something we have increasingly become aware of during the coronavirus pandemic.

[horatiosgarden.org.uk](http://horatiosgarden.org.uk)



© RUSSELL SACH



© CRAIG COLVILLE



Left: Dr Olivia Chapple  
Above: Andrew Widdowson



“The vision is to have a Horatio’s Garden in all 11 NHS spinal injury centres in the UK...”



© OLIVIA CHAPPLE

# Sleep Scientist explains the mysteries of sleep and how to get better at it

*Sophie Bostock is a sleep scientist – a passionate and knowledgeable advocate for the power of sleep and the positive impact that sleeping well can have on your career, relationships, and mental health. James Garner writes*

Sophie Bostock (n97-99) is the OF you most want to meet if you are struggling with your sleep. The simple facts are that most of us will experience sleep problems at some point in our lives.

“There’s a huge swathe of the population, more than 50 percent, that at one time or another have difficulties sleeping. Most don’t need a clinical solution but some trusted advice that few people learn in school.

“There’s a gap in knowledge and sometimes in motivation – there’s a lot of education to do around sleep,” explains Bostock.

And this educational role is largely what she does now. She describes herself as a Sleep Evangelist. This means sharing sleep science and advice across a diverse range of settings and mediums. It can be answering frequently asked topics on her blog, giving TED talks, delivering training courses and advice to organisations, or appearing on TV shows like ITV’s *This Morning*.



**“My role is helping people get the right amount of something they want, that makes them feel good, perform better, improves their health and is completely free”**

Over the last year Bostock has worked with organisations such as Google, the Royal Marines and the Premier League, as well as countless individuals, to help promote the sleep and how to optimise it.

“I feel incredibly lucky – I have a fascinating job. My role is helping people get the right amount of something they want, that makes them feel good, perform better, improves their health and is completely free.”

Her career is a classic example of following your passion to where it leads and she implores young OFs not to discount the benefits of following such a route. “I didn’t have a clue what I wanted to do when I was at school. I started studying medicine at university, but I wasn’t sure I wanted to be a doctor.

“I never had a career plan – and still don’t – but have always followed what I was interested in,” she says. “After three years studying medicine, I knew I didn’t want to spend my career working in hospitals. I opted for a one-year masters in entrepreneurship. It was really a stop gap, but it turned into this amazing one-year introduction into business. It made me realise that business is not so mysterious and the idea of creating your own path came from that.”



After several years in consulting, Sophie completed a PhD in Health Psychology at University College London investigating why happiness protects against heart disease and how to improve wellbeing at work.

“I set up a trial with two big companies to investigate how mindfulness meditation can impact sleep using the Headspace app. People would come back after six weeks of learning to meditate and say, well I’m not sure I’ve learned how to meditate but I’m sleeping much better and I’m feeling pretty good.

“I realised there was a powerful relationship between sleeping, mental wellbeing and physical health.”

Bostock spent five years working on Sleepio, Big Health’s award-winning digital sleep improvement programme, first as a research scientist and then as the UK Innovation Lead. It was during this time that Bostock realised how much she enjoyed giving talks, and delivering training, and so the move to being an independent Sleep Evangelist perhaps wasn’t so daunting.

Turning to sleep technique, is it possible for human beings to survive on just a few hours sleep, such as the famous four hours a night that Margaret Thatcher decreed was enough?

Bostock says most of us can survive for months or even years on just a few hours of sleep a night, but the impact of this sleep debt builds up over time. “If I talk to someone who is struggling to find time for sleep, I’ll always try and find out what it is that is most important in their life.

“Deliberately cutting back on sleep is usually counterproductive. Kidding yourself that you can adapt to less sleep simply won’t work. What you are usually doing is adapting to performing at a lower – sleep deprived – level of performance. You find it harder to remember things, to focus, to empathise or to be creative.

“New parents know this only too well. It is not that you cannot survive. It is just that you’re not on your “A” game. If you give yourself the gift of good sleep, then you are giving yourself the opportunity to be the best version of you, more of the time.”

Over time, research shows that getting fewer than seven hours of sleep is linked to greater risks of ill health, such as infections, depression, anxiety, weight gain, diabetes, stroke and cognitive decline.



Advising Stacey Solomon on sleep strategies

If you are facing a sleep challenge, such as big deadline, or exam season, Bostock's advice is that you will find it easier to cope if you are well rested before you start. "Sports people often use 'sleep banking', where you try and get extra rest for at least a week leading up to a big event."

*"Sleep is intrinsically linked to our mental health..."*

Losing sleep for a while isn't necessarily harmful, Bostock adds, but the important thing is not to let poor sleep continue indefinitely. "There's no evidence that parents have a lower life expectancy, despite all their broken nights of sleep," she says.

One piece of advice for new parents is to take it in turns. "It's really important you try and look after each other as well as the baby. Couples who are both sleep deprived are more likely to argue, and less likely to be able to resolve those arguments amicably."

Mental health has a close relationship with sleep. "Sleep is intrinsically linked to our mental health. When you're stressed, your brain's response is to assume that you're in danger, and so you don't sleep as deeply.

"There have been lots of complaints about that since the Covid-19 pandemic started, with people sleeping the same amount of time, but just not feeling refreshed."

If you are stressed, and let's face it most of us have had higher stress level than normal over the last nine months, there are a few things you can do to get your sleep back on track, adds Bostock.

"Make time to tackle your worries during the day - ideally several hours before bed." Some people find it helpful to schedule daily 'worry time' in their diary.

They use this time to write a list of what they are worried about, and then separate the list into those they can control, and those they can't.

"If you can't influence or change it, then practice simply acknowledging it as a worry, and letting it go."

For the things that you can influence, get some plans in place. "Focus on one action a day that you can take that helps you to deal with things that are bothering you."

She also believes in mindfulness meditation.

"There is strong evidence that it's helpful for coping with stress, and it's what got me interested in sleep.

"But there is a hitch - the less sleep you've had, the harder you'll find it to meditate."

If you've been living your day at 300mph, you need to put the brakes on gently, or your mind will struggle to switch off, says Bostock.

"Try going for a short walk to wind down at the end of the day. If meditation is not for you, try reading a book, listening to music or having a warm bath or shower. Protect the last hour of the day for a gradual journey towards sleep."

"Parents know you can't take an overactive toddler and put them to bed and expect them to go to sleep straight away. As adults, we tend to forget about this.

"If you're lying in bed getting frustrated that you can't sleep, don't panic. The harder you try and sleep, the more unlikely it becomes."

Bostock says if you're awake for 15 or 20 minutes, get out of bed, and read a book until your eyelids start to feel heavy.

**"If you give yourself the gift of good sleep, then you are giving yourself the opportunity to be the best version of you..."**

"Only then get back into bed. If you only get into bed when you're feeling sleepy, sleep will almost certainly follow," she says.

Bostock says sleep is a skill, particularly for those who have lost touch with their natural sleep patterns. "It can take time and practice to re-train your sleep patterns.

"When you do sleep well, and have a restorative sleep, everything the next day just gets easier.

"The well slept brain is more rational and strategic, and your self-control is much better. In fact, there's little that can't be improved with a good night's sleep."

I think we would all agree with that.

**Bostock's Sleep Tips**

- 1. My personal favourite is waking up the same time of day every day** including weekends - one thing you can do to get the body ready for sleep is to go to bed at the same time every day
- 2. Set an alarm on your phone** to remind you to have an hour of wind down time, then switch off your phone
- 3. Enlist your partner or family** to have some shared goals for sleep. It is quite hard to do something related with sleep without getting your household on board

## FELSTED HEAD BOY AND GIRL REMAIN UPBEAT DESPITE CHALLENGING LAST TERM

**Heads of school Annabel Hills (gn15-20) and Oliver Butler (fnc10-20) reflect on their truncated final year at Felsted and how lockdown affected their roles. Imogen Gander reports**

### Annabel Hills

Our last year at school was always going to be a rollercoaster. Preparing for university, working towards our final exams and taking part in a myriad of events. Although, it was cut short, I still have a bundle of memories that will last me a lifetime.

The start of lockdown came with many uncertainties for the Upper Sixth, especially following the cancellation of exams. However, like many members of my year I managed to use this time productively.

I made sure to exercise frequently, a bittersweet activity as the summer term is usually packed with sports fixtures, and I was sad to miss out on my final season as cricket captain.

I also learnt many new recipes in anticipation of my move to university, something that I don't think I would have had time for otherwise. Towards the end of lockdown, I managed to find a job in a hotel in which I experienced a different side of hospitality that incorporated new rules to protect staff and guests.

I think that Felsted was superb in encouraging us to stay in contact with each other, and I think it is safe to say that everyone was thankful for Zoom and FaceTime that allowed some form of socialising.

The Felsted 2.6 Challenge (see box opposite) was also a great way for students and teachers to communicate from home and allowed us to remain connected to the school whilst also raising money for our local Churches Homeless Emergency Support Scheme (CHESS) charity.

As head girl, I was tasked with encouraging other pupils to take part in this challenge, and was amazed and impressed that we managed to raise £2,500, especially as I know that many students found it difficult to adapt to online learning and staying motivated

due to the lack of routine that came with lockdown.

Personally, I also used my time at home to help the community by volunteering as an NHS responder and assisting two of my elderly relatives with shopping and other tasks.

Undeniably, every Felsted pupil looks forward to their final speech day and Leavers' Ball, and it was devastating to find out that we wouldn't be able to enjoy these events and celebrate everything that we have achieved as a year group.



I was looking forward to presenting my final speech on the last day of term, but believe that Felsted's Virtual Speech Day was the best way to try and have some normality during these difficult times.



I am grateful that the school is still trying to rearrange the Leavers' Ball as I do think that it is something every Felstedian should have the honour of experiencing, although I appreciate how difficult this is with the regulations constantly changing.

I have no regrets about my time at school, but I think that this whole experience has really taught me to make the most of the time that we have as we can't predict the future.

It is important to remember that lockdown, and the cancellation of exams, brought its own challenges for our year group. After the initial sense of relief, we were faced with uncertainty over how exams would be assessed, and the stress that this brought was compounded by knowing that we wouldn't have the great sense of accomplishment that comes after a tough exam period.

Fortunately, I was pleased with my results, and am excited to be heading to Exeter University to study Liberal Arts, majoring in International Relations and Politics. It is a slight change of plans as I had intended to go travelling and work during my gap year, but I hope that by completing a degree with employment experience and taking time out afterwards, I can still enjoy these things in the future.

I am both optimistic and anxious about the world that will emerge after this pandemic. As we came out of lockdown, it was initially difficult to try to return to normal life, with masks, social distancing and other guidance carrying us further from the social norms that we were used to.

However, as we become accustomed to these new rules, and scientific research keeps developing, I am optimistic that we will move forward beyond this pandemic whilst also being as safe as possible.



## Oliver Butler

**My final year at Felsted was no less enjoyable than all my years before. The unexpected and abrupt end to school was a shock, and it is a shame that we could not experience our final term together, but thankfully I don't feel as though lockdown tainted any of my memories.**

It feels like a long time since I was at school, but fortunately the memories are as vivid as they have always been.

The summer term this year had an element of unpredictability. I think this actually made me take advantage of my final weeks and months at school, and I tried to continue to make the most of everything, as I had done my whole time at Felsted.

Had I known that school would have ended earlier than expected, I think I would have cherished my last year even more than I did, but I am glad that I remained active and connected.

Along with Annabel and others, I took a lead role in promoting the Felsted 2.6 Challenge, which was a lot of fun, and coming into school to record our Speech Day speech was an unusual, but certainly memorable experience.

### The Felsted 2.6 Challenge

Based on the number '26' (the marathon distance), a number of challenges for all ages and abilities, such as run/swim/cycle 2.6k, bake 26 cakes, complete a 26 minute yoga session, or be creative and 'design your own challenge', were undertaken in aid of the charity CHES.

The rest of my lockdown was productive too; whilst I didn't take up any hobbies, I occupied my time by keeping fit, working on various projects around the house, reading and cooking. Even though I used lockdown well, there are certain things that I look back on and wish could have happened.

As a keen rugby player, I wish the Roslyn Park sevens could have gone ahead - this was always a highlight for me, and of course the Leavers' Ball is one that we hope can be recreated later.

I would've loved to be able to experience the end of year house competitions, or to have had a final day at school, but the fact that we didn't have them is all part of what's happened in the last year, so we must come to accept that and move on.

Surprisingly, I was even quite disappointed that our exams didn't go ahead as I know that I, along with the rest of my year group, put so much effort into attaining the results that we wanted.

I was pleased with my results but realise this was not the same for everyone.

Fortunately, Covid-19 hasn't changed my plans, as I was always intending on going to university, which is still great despite the restrictions.

I do believe that graduating into a world after Covid-19 will make our generation's future more challenging, but luckily everyone is in the same boat.

I'm optimistic as there is still plenty of time for me to work out what line of work I want to go into once I graduate, but coronavirus has changed my perception of what my choices are and it has helped me broaden my horizons.

Despite the uncertainty that we face over the next few years, I am positive about what the rest of my life will be like.



The 'class of 2020' in March

# Generation games – The Browns

In this new series we take two related Old Felstedians who attended the school at different times and let them reflect on their time at Felsted and the impact it has had on their lives. Imogen Gander chats to Chair of Governors Rob Brown (fd74-84) and his daughter Alicia (fqn15-17)



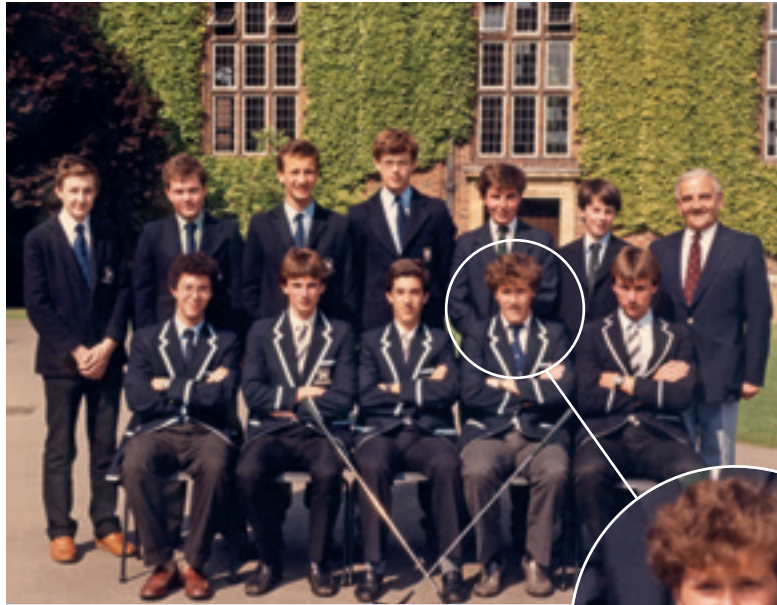
**Felsted undoubtedly shaped the person that I have become and the life that I have led since. Despite being born in New Zealand and spending my childhood in Hong Kong, I went all the way through Felsted as a boarder. I subsequently met my wife at an OF ball as her father and brothers also went to the school.**

Looking back my experience at the school was very different to what it would be today, as there is so much broader attention and focus on the pastoral and holistic aspects of living at the school, although I can't complain because Felsted served me well.

I remember being shocked by the sheer scale of the school when I arrived. The vast playing fields seemed a world away from the tiny island of Hong Kong, and the students towered over me, although that might be because we accidentally pulled up to Elwyn's instead of the prep school.

Perhaps my awestruck younger self was too overwhelmed to do so at the time, but I wish that I had taken a deep, reassuring breath and lived more in the moment, seizing even more of the opportunities that Felsted afforded me.

It's a cliché but I didn't appreciate the opportunities that going to Felsted provides you. I took for granted the abundance and breadth of experiences that I had during my time there.



Rob with fellow golfers in 1984.

*“Felsted instilled in me an enduring desire to continue learning...”*

Perhaps I should at the time have been more curious about my education and more diligent in my studies and that may have led me towards university, although I am grateful that Felsted helped me to get my first job straight out of school which became the launchpad for my career.

I've now spent 36 years in the insurance sector, taking on a multitude of management and leadership roles, which have prepared me for my current positions as group chief executive of Charles Taylor and chair of governors at Felsted. I was given my first taste of leadership by the teacher who made the biggest impact on me. As housemaster of Mont's, Nicholas Hinde was a supporting and encouraging figure whilst my family lived overseas. It was his decision to appoint me to head of house that made me realise leadership is both a privilege and a serious responsibility and commitment to others - a value and maxim that I have abided by ever since.

I believe that this experience, and my time at Felsted as a whole, enabled me to become

“rounded and grounded”. I learned to work backwards from the outcome that I want to achieve, always striving towards the end goal.

Another focus of my life since leaving Felsted has been to create defining memories and trying to achieve this firstly with my family and friends but also in my work with my colleagues. My demanding workload has meant that I haven't spent as much time with my loved ones as I would have liked, but I hope that they know how much I cherish the time that we do spend together - making the memories that have always been so important to me.

I am pleased that my daughter, Alicia, was also able to go to Felsted, as it undoubtedly helped shape her into a confident, articulate and thoughtful person from whom I can now learn so much.

As well as instilling in me an enduring desire to continue learning, being at Felsted allowed me to form lifelong friendships. I am so thrilled to still be close with those I went to school with - my best friend from Felsted was my best man, and I, his.

I loved playing sports and the dedication of the coaching staff helped make my time at school as rewarding and enriching as it could be, encouraging us players to develop the leadership and teamwork skills that have carried me throughout my career.

I took over as chair of governors at Felsted last year, having been a member of the board since 2014. I didn't expect to be giving the 2020 Speech Day address to an empty Barbara Karan Auditorium, but this year's challenges have allowed us to think creatively to find a way to ensure that Felsted continues to thrive and that students can flourish as safely as possible.

As a father and former pupil, I have witnessed firsthand the resilience that Felsted develops in its students, and I hope that we can continue to foster the skills that will carry Felstedians towards future success.

Alicia



**I had a far more unconventional route through Felsted than my father, as I left at the end of Year 2, only to return as a weekly boarder in Follyfield for sixth form. I am so glad that I made the decision to go back to Felsted, and I too believe that it is the opportunities that Felsted offers which make it such an incredible place to go to school.**

Like my dad I met friends that I still cherish, and with them I was able to celebrate winning the house shout in upper sixth, which is undoubtedly one of my favourite memories of my time at Felsted.

I was nervous to return to Felsted, having come from a small all-girls secondary school, but my fears were quickly assuaged as I was welcomed with open arms, and I found that instead of being the scary experience I expected, boarding made this transition easier. Felsted's scale was immediately less daunting as soon as I began to live there and thought of the site as home.

My time at Felsted has helped to shape the decisions, and path, I have taken since. An incredible biology field trip to Bali that involved scuba diving and wildlife observation inspired me to begin an Earth and Ocean Science degree at Brighton University after my gap year.

I am certain that I wouldn't have chosen this path if it hadn't been for that trip, as since then I have broadened my horizons and become far more environmentally conscious. I believe that I have combined what I have learned from my dad's leadership style with Felsted's encouragement to respect myself and others in a non-judgemental way, to educate those around me about conservation issues that are close to my heart.

I try to provide others with knowledge to make their own decisions rather than pushing my beliefs on them, as through my time at school,

I developed a strong sense of independence, and would hate to deprive others of this freedom of thought.

As well as intellectual independence, Felsted, and my boarding experience, provided me with the self-reliance I needed to pursue an incredible gap year travelling through places such as South Africa, Thailand and Australia.

Spending weeknights away from home, supported, especially during an upper sixth fraught with personal challenges, by Mrs Barrett and her team in Garnetts, was an important stepping stone to spending a whole year abroad and then moving to university.

My family have commented more than once on the confidence that I have displayed since leaving school. I am eager to engage in debates and share my eagerness to learn with those around me.

I second my dad's desire to be able to speak to my pre-Felsted self and I'd urge her to make the most of being at school, to slow down and take in her surroundings without worrying about the future, because the time will fly by. I would have liked to have spent more than five years at Felsted, as I know that I would have taken up even more of the opportunities offered to me, but I am grateful that I was there long enough to learn how to respect myself and to define my own success.

Belonging to the third generation of my family to go to Felsted has shown me that the lessons I have learned will carry me through university and into my future career.

I look forward to seeing where the skills that I learnt at school will take me, and hope to be able to cherish the school memories I share with my father for many years to come.



**“Felsted, and my boarding experience, provided me with the self-reliance I needed...”**

## PHOTOGRAPHER CAPTURES LIFE IN LOCKDOWN

Professional photographer Tom Soper (b87-92) has compiled a book of images taken of his neighbours during national lockdown.



Tom and his family – son Sam using the remote release to take the shot

**Tom Soper took more than 30 photographs of his neighbours on their doorsteps in Victoria Street, Bury St Edmunds, Suffolk during lockdown for his book *Lockdown Doorstep Portraits* in the early summer.**

He wanted to try and capture the fantastic sense of community spirit through his lens. “Photography has always been used to record and remember important times and I felt that this was an opportunity to add to the local record.

“I hoped that my photos, alongside the reflections of the residents photographed, would form a small, interesting archive of this incredibly unusual time,” added Soper.

“One of the real positives to come out of the lockdown was the increased sense of community. Ironically, although I had hardly been out of the house, I felt like I knew my neighbours better than I did before the crisis began. My main impression was how very friendly everyone was who had their photo taken.”

One family stood out for Soper. “I felt really sorry for one couple whose middle-aged son had a triple heart bypass just as lockdown started. They were really worried about him and his wife and children hadn’t been able to visit him in the hospital due to lockdown.”

The project also pushed him in new creative ways. “I didn’t want all the photos to look the same, so I had to be inventive to ensure there was some variety. The project has also led to some other work with families commissioning me for shoots which was great.”

Soper added he was hugely grateful to all those who agreed to be photographed. “Hopefully this collection of photos will be something they can look back on in easier times in the future.”





Proceeds from  
*Lockdown Doorstep Portraits*  
 are being donated to the NHS.  
 The book retails at £5 and you  
 can purchase a copy via:  
[tomsoperphotography.com/  
 doorstep/booklet](https://tomsoperphotography.com/doorstep/booklet)



• VICTORIA STREET •



## STAFF PROFILE

# MEGAHEY'S PASSION FOR WELLBEING LEAVES A LASTING LEGACY AT FELSTED

*Felsted Common Room stalwart Karen Megahey has hung up her teaching cloak to retire to Dorset. Imogen Gander caught up with her to reflect on her 26 years' teaching at the school*



Jenny Burrett with Karen Megahey in 1995

### **What inspired you to become a teacher and how did you end up at Felsted?**

I have no idea why I became a teacher, but I felt compelled to do it. After my PGCE, I began teaching at a comprehensive in Chelmsford. When my husband Chris (81-16) got a job at Felsted and my children started at the school, I began teaching there on a part-time basis in the late 1980s. Felsted was unique for writing my timetable around my childcare arrangements, and after that, I was too spoilt to ever move anywhere else.

### **What have been the highlights of your 26-year career at Felsted and how has the school changed?**

I started full-time in 1994, and really wanted to be a housemistress and although there were only a few girls at the school, I was thrilled to be able to lead Stocks's for six years. My last three years at Felsted were the most fulfilling and happy, though, as I was able to introduce the Wellbeing Centre (later to be named after her) and begin onsite counselling.

The school has focused more on its duty of care towards pupils, but the biggest change was when the lower school accepted girls in 1994. Before this time, old-fashioned and paternalistic attitudes ran rampant. The introduction of female students helped to improve the school because they certainly challenged the boys, a real change from the obscurity and lack of recognition that surrounded the sixth form girls. It wasn't all smooth sailing as many members of the common room were surprised that young girls could be just as naughty as their male counterparts.

### **How was it to experience being a teacher and parent at Felsted at the same time?**

I didn't really think anything of it when my children were at the prep school, but I was housemistress when my son Steven came to the senior school and it was strange having children in the boarding house too. He took it in his stride, but my daughter Sammy kept her distance in another house. A downside of teaching at my children's school was that they never told me any gossip, although the girls in the boarding house compensated for this.



Karen with her two children Sammy and Steven in 1989

### **You were housemistress of Stocks's for six years. How was that and did you enjoy the experience?**

It was so good - most of the girls were happy, which I came to appreciate later during my wellbeing role. However, it was an incredibly exhausting job, as teenage girls needed far less sleep than I did.

### **Who was a guiding influence for you in the Common Room at school?**

I had many great friends in the Common Room, such as Béatrice Lemoine-Chicoine and Jenny Burrett. I would have to single out Moira Grierson Rickford, and her husband Alastair, who I worked for in Garnetts. This was my first experience of a girls' house and their influence was pivotal in my becoming an housemistress.

### **Felsted has placed more importance on student wellbeing recently, your role was concerned with this. Please tell us more and why you think it's important for students in 2020**

As soon as I started teaching I saw that how a pupil was feeling affected their classroom performance. When I first took over as housemistress for Stocks's, some girls had serious mental health issues, and I found there was nothing to help them. I researched and took them to their appointments and was impressed by how much of a difference counselling made, so decided to organise training for housemasters and housemistresses about possible student mental health problems.

It's so important that students are conscious of their mental health and that the stigma around this topic is broken down - schools are great places in which to do this. A struggling pupil wouldn't think twice about asking for maths help, so why shouldn't they treat their own wellbeing in the same way?

### **What role does "Wellbeing" have in a modern education establishment and what if anything could Felsted be doing better?**

It would be good for Felsted to expand the peer counselling programme and take it into other schools to spread expertise - I really enjoyed interacting with students whilst training them.

I also think that having a specific space, like the Wellbeing Centre, shows how important this topic is to the school. My year nine classes loved having PSHE lessons in there as it made this a unique subject, and I didn't even mind when the Windsor's boys used the centre as a shortcut as it normalised its place within the school.

### **You've retired to Sherborne, Dorset... why there? What are you looking forward to doing most?**

I've always wanted to retire to the West Country and my husband wanted to go somewhere with a nice landscape. Sherborne is a lovely place with lots of shops, restaurants and societies. I am currently doing some part-time counselling, mostly by Zoom or telephone, but I would love my own room in which to work.

### **What will you least miss about school life? What will you miss most about Felsted?**

I certainly won't miss waking up early in the morning - it's nice to lie in and start the day slowly. However, I will miss the contact with young people and my friends, especially as I know that how they're working at the moment is different to normal. It has been a real privilege to teach and counsel at Felsted. My whole family has taught there and I couldn't have wished for a better career.

■ *As The Old Felstedian was going to print, we heard the very sad news that Karen's husband and former Felsted teacher Chris Megahey died peacefully at home. An obituary will appear in next year's magazine.*



# Allen retires after 40 years teaching Classics

by Imogen Gander

## What or who inspired you to become a teacher and how did you end up at Felsted?

It was luck really. I had just left school when my uncle rang one evening in urgent need of a Latin teacher and I suddenly found myself teaching his year eight scholarship class. Whilst at Oxford I was invited back to work each summer and found teaching so fun that I put aside my plans to convert to law, deciding that this was the career for me.

My first encounter with Felsted came whilst covering a sabbatical term. I was staying with a friend in the village when a position as a classics teacher at the prep school came up. I began the next term on a two-term contract and left nearly 15 years later. During my time at Felsted, I was also appointed registrar and moved across the road to be head of classics at the senior school. I certainly had a lot to balance.

## Who was a guiding influence for you in the Common Room at school?

I worked with some fantastic people and couldn't have hoped for a more cohesive or supportive group of colleagues in the classics department. My love of sport and umpiring allowed me to interact with some exceptional coaches and savour Felsted life outside the classroom. Both Frances Marshall and Nick Spring were great friends with whom I still have frequent conversations. That's one of the strengths of Felsted - the collegiality that comes from maintaining good relationships with colleagues.

## You taught classics - why do you love this subject and why is it relevant for today's world? Why is it valuable for students?

Classics is the root of our modern world in this country, whether it be in language, politics, architecture or law, classics provides the basis of our existence whilst also giving us the opportunity to look beyond ourselves at civilisation. I agree with Thucydides that history is a possession for all time, and the fact that today's world is in some ways a replication of the past - modern presidential demagoguery has prototypes in both Rome and Athens - proves that we are slow to learn from our mistakes, making the study of classics all the more vital.

## You were famous for your trips... tell us about your favourite and why?

Despite the cliché, it's fair to say that every trip has been a favourite - over my 40 year teaching career, I have taken over 50 sports and classics groups abroad. I have loved the classics trips, although they were incredibly hard work to run and organise. It doesn't even get easier each time as the amount of paperwork required only increases. If I had to choose, I'd say that Rome was my favourite destination, as after 10 visits, my familiarity with the city made organisation fairly straightforward, although I always discovered new things to do.



## What will you be doing now you've retired?

I had planned to travel, but as lockdown has postponed that, my focus has been on maintaining my Italian learning streak on Duolingo. I am certainly going to carry on umpiring both cricket and hockey whenever I can, whilst also continuing to work with the PGCE programme at Cambridge.

## What will you miss the most about the school now you've left?

The pupils and the joy of being in a classroom. I loved the sense of community provided by Chapel and other activities and I think I'm unusual, as I will miss being on duty in Garnetts.



# Cockett – a true Felsted legend passes aged 92

by James Garner

**John Ashley Cockett was born on 23 December 1927 and served as a teacher at Felsted School from 1951 to 1989, the better part of 38 years.**



**Above:** Housemaster of Deacon's, 1961

**Right:** John in 1975

**Below:** Attending the Robins' 50th Anniversary Dinner in 2017.



In an interview with the OF Magazine in 2014 he was really very grateful of the life he had lived and his long association with the school. "Yes, I've had a marvellous life, which I've shared with lots of terrific people. They really were just very good years," he added.

His lasting impression on many OFs cannot be underestimated. As a person he was understated, unassuming, grateful and charming in equal measure, but with a steely edge and a mischievous twinkle in his eye.

He joined Felsted in 1951 after graduating from Cambridge University during Henry Reekie's reign as headmaster. "Things were so different back then" he told the OF Magazine before adding wryly "even amateurish."

Without formal teaching qualifications, he was asked to teach all manner of subjects when he started, including Divinity, Biology and Geography. Given he studied Science at Cambridge University, which he explained was a "mix of Maths, Physics and Geology," Divinity proved quite a stretch.

In 1960 he was appointed housemaster of Deacon's, a post he held for 20 years. Initially, it was a "waiting house" serving to accommodate the overflow of other established houses but in 1964 it became a full house.

He felt that housemasters today have a tough life with emails flying around. "Everything is so immediate. That's the trouble these days, people react and don't have time to think things through."

But Cockett wasn't only a housemaster, he was also a natural coach at cricket or hockey.

arrival at Felsted the offer was withdrawn, so as not to offend the incumbent master in charge, and Cockett was asked to run cricket instead.

Although he was undoubtedly a good cricketer, he won a blue in cricket at Cambridge University and scored a first-class century against Sussex at Worthing, he was an even finer hockey player.

He participated in two Summer Olympics for Great Britain, the first was in 1952 in Helsinki, where the team claimed a bronze medal, by defeating Pakistan 2-1, the second followed four years later, when John captained the side in the 1956 games in Melbourne. As well as hockey, Cockett played cricket for many years for Buckinghamshire and represented the Minor Counties against the Australian touring side, although he didn't trouble the scorers in either innings.

He recalled that the match was played at Stoke on a dreadful wicket that was described by Lyndsay Habit as nothing better than "a cabbage patch".

As master-in-charge of cricket at Felsted, he oversaw the development of some truly fabulous OF cricketers, including of course England players Derek Pringle and John Stephenson.

He was also instrumental in the Felsted Robins taking part in The Cricketer Cup competition.

He was married to Heather and they had three children, Anthony, Gill and Robin.

## TRIBUTE TO JOHN COCKETT

by Derek Pringle (e74-77)

**I'm sure there are hundreds of Felstedians grateful to John Cockett for their proficiency in Mathematics. But they are outnumbered by the cricket and hockey players from the school who benefited even more from his sure, guiding hand. For them there will only ever be one master in charge – JAC.**

His running of the First XIs in those two sports, over generations of school-goers, was the personification of duty and one he discharged with enthusiasm and elan. If he tired of it, it never showed despite his dodgy hips and I for one can vouch for the enthusiasm with which we all looked forward to afternoon practice.

My view is an unapologetically glossy one as I never felt the wrath of JAC the housemaster or had a forelock tugged after flunking a maths test (I was in another set). I did, though, experience the double ignominy of being struck for six over School House, by Essex's Keith Pont, and then being told by JAC to go and look for the ball. It was a salutary lesson which I carried into my professional career as a cricketer – don't bowl it in the slogger's arc.

His partnership with Gordon Barker, Felsted's cricket coach in the 1970s and 80s, was one of those perfect couplings, especially when it came to shaping the minds of eager, young players. They made playing fun but focused and while Barks used to stress that winning was by far the best outcome, JAC was there to put a wider perspective on it so the pursuit of victory did not become all-consuming. Still, we managed to despatch most opponents who came wielding sticks or bats.

It has become something of a cliché, which unfortunately devalues the sentiment, for people to recall the teachers whose advice, deeds and encouragement at school helped them navigate later life. If there were 'nuggets' dispensed by John I cannot recall them. What I do know, is that after 50 years of playing cricket and covering it as a journalist my time in the Felsted XI was the greatest fun of all – that and playing for Essex. As the man in charge John Cockett must take much of the credit for that.

It is the human condition to believe that golden eras only ever exist outside the present one, but Felsted will be truly blessed if they ever see his like again.



## Famous wildlife photographer dies aged 82

**Peter Hill Beard (g56-57), was born in Manhattan, New York on 22 January, 1938.**

Beard was an ESU Scholar spending a year at Felsted in Follyfield where he was a head prefect and learnt to box. After Felsted, he returned to the United States with a place at Yale University where he majored in Art History.

Beard was famous both for his hedonistic presence in the New York party scene and his serious photographic and artistic work. His work from Hog Ranch, a 45-acre property in Kenya he purchased after falling in love with Africa, rose to fame during the '60s and '70s.

He published his first book *The End of the Game* in 1965 examining big game elephant poachers who changed the face of Africa, featuring beautiful but heart-rending images that laid bare the fate of thousands of starving elephants, rhinos and hippos in Tsavo national Park in Kenya.

His photographs of Africa, African animals and the accompanying journals have been widely published since then.

With his film-star looks and party lifestyle, Beard collaborated with many legendary artists including



Francis Bacon, Karen Blixen, Truman Capote, Richard Lindner and Salvador Dali.

As well as African wildlife, he also photographed well-known celebrities, such as Mick Jagger, Jackie Kennedy, Pablo Picasso and Andy Warhol.

Beard had brief marriages to socialite Minnie Cushing and fashion model Cheryl Tiegs, before marrying his wife Nejma Khanum in 1986. A few years later the couple welcomed their daughter Zara, for whom his

book *Zara's Tales* was written.

It was recently reported that he had dementia. On 31 March, 2020 he went missing from the family home and was found dead in a nearby wooded area in Long Island almost three weeks after he disappeared.

In a statement his family said: "Peter was an extraordinary man who led an exceptional life. He lived life to the fullest; he squeezed every drop out of every day... He died where he lived: in nature."

## Felsted's first female student

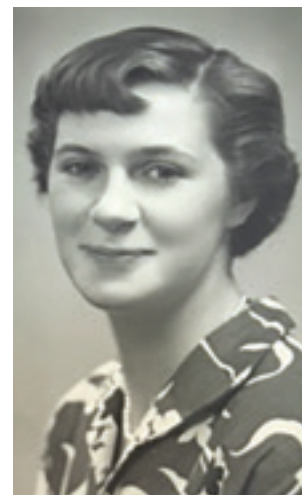
**Anne Wilson (née Telfer), the first girl to attend Felsted between 1940-41, has died. She was the daughter of Rev Andrew Cecil Telfer, former headmaster at Felsted prep school (33-45).**

Wilson joined the prep school when it was evacuated during WWII to Canon Ffrome Court in Herefordshire in 1940, along with her sister Mary Smalman-Smith (née Telfer, f43-46).

Wilson's first husband was Edward Lys Bentley Turner (c44-49) who was head of school and they had two children

together, Anna and Jonathan (c72-77). Turner sadly passed away in 1976 and Anne went on to marry Charles Wilson.

She died at home in Wiltshire on 20 June.



## Stage, television and film actor dies

**Actor Philip Latham (fe39-47) sadly died on 20 June at the age of 91.**

Latham was at the height of his television fame in the 1970s when playing Plantagenet Palliser in one of the most popular TV dramas *The Pallisers*, based on Anthony Trollope's novels about a Victorian arranged marriage.

Many will recognise Latham from *Doctor Who's* 20th-anniversary special *The Five Doctors* when he appeared as the fourth incarnation of Borusa, the president of the Time Lords whose wish for immortality sees him turn to evil. He also played Klove in the 1965 horror film *Dracula: Prince of Darkness* alongside Sir Christopher Lee.

Charles Philip Latham was born on 17 January 1929 in Leigh-on-Sea, Essex. At Felsted, Latham was a prefect, member of the Andrew Society, acted on the stage, and played cricket, hockey, rugby and tennis. His identical twin, William John Latham (fe39-47) and older brother Arthur Barrow (Barry) Latham (e39-44) were also in Elwyn's and keen sportsmen.

Latham completed National Service in the Royal Artillery after leaving Felsted. He graduated from the Royal Academy of Dramatic Arts in 1951 and went into repertory theatre in Farnham, Surrey. His West End debut came as the Dook in the Alex Coppell play *The Gazebo* at the Savoy Theatre in 1960. In his early career he appeared on TV in



BBC children's programmes, in parts such as Nicodemus in *Jesus of Nazareth*, before taking on roles in peak-time dramas.

Latham married Eve Pitt-Payne, who died in 2010. He is survived by their two children, Andrew (e78-83) and Amanda.



School production of 'Hamlet', March 1947 – Philip Latham seated (centre)

## OBITUARIES

# VAL JANE CHATER, NÉE MYSON

by Caroline Cecil (m71-73)

**Val Myson (m71-73) was one of Felsted's second intake of girls. Her star shone. She was beautiful, smart and kind. Her laugh was distinctive – there was a pause then an eruption of giggles.**

It was no surprise that she made a big impression at the school including in Follyfield, the boys' house she was allocated to, as well as at the Manor House.

At the OF dinner in March this year, which marked the 50th anniversary of girls at Felsted, one of the highlights was seeing the photographs of the play *Black Comedy* performed in 1971 with Myson in the cast.



After school, she went to the modelling agency Lucy Clayton and was chosen to model for the hairdresser Vidal Sassoon on the gameshow *The Generation Game*.

She married Ian Chater (b67-72) in 1975 and taught art and geography at Felsted prep school from 1978 to 1982 while living in Little Dunmow.

She and Ian rebuilt Kyson Hoo in Woodbridge overlooking the River Deben, which was to be home to their five children: Sam, Clare, Charles, Bella and George. She was so welcoming that many considered the house their second home and one of the children's friends stayed for almost a year thinking he would go unnoticed.

Myson became a successful healer, focusing on a range of therapies and travelling widely to understand the religions of the world.

She died of cancer in September at the age of 65.



### We sadly report the following deaths notified to us in 2020

- ADIE, Anthony Granville (g38-41)
- ALEXANDER, Graham Hugh (e40-45)
- ALSTON, Michael John (b38-42)
- BAKER, John Harold (fg47-54)
- BALL, Group Captain Benjamin Wakely OBE (b53-57)
- BARGATE, William Nicholas (dc14-16)
- BEARD, Peter Hill (g56-57)
- BEHARRELL, John Colin (fe33-40)
- BING, Peter John OBE (d40-43)
- BOUSTRED, Richard Ernest (e37-41)
- BOWEN, David James (fc71-81)
- CARDER, John Reginald (fe35-43)
- CHATER (née Myson), Valerie Jane (m71-73)
- CHETWOOD, Stephen (a65-70)
- DEW, Lawrence Alan Russell (fd40-47)
- EASTWOOD, Martin Eric (fg57-65)
- ELLIS, Geoffrey David (g50-55)
- ESCOLME, Nigel Irving (b51-55)
- FOX, Ian Shoobred (fg43-50)
- HADLEY, Squadron Leader Trevor George (fa43-51)
- HEATHCOTE, Anthony Kilner (e45-48)
- HYDE PARKER, Sophie Antonia (g06-09)
- HYDER, Henry Richard McKenzie (b42-47)
- JONES, Roger Cardain (g53-55)
- LATHAM, Charles Philip (fe39-47)
- LIDSTONE, Derek James (b55-59)
- LINFOOT, John Maurice Higham (fg38-46)
- LOVEDAY, Anthony Hubert (e45-49)
- MAHNE, Claus Peter (d46-49)
- MCVIE, Alexander (d50-54)
- MILLER, Nicholas John Scott (fa54-62)
- MOFFATT, Stephen Robin (d60-64)
- NEALE, Bishop John Robert Geoffrey (d40-44)
- PRICE, Malcolm Barry George (c49-54)
- REDMOND-LYON, Jonathan Hugh (c47-51)
- RIDLEY, Christopher William (fe42-50)
- ROBSON, Patrick Tom (a49-54)
- SMITH, Peter Morris (g61-65)
- SPOUSE, William Reynolds (fe48-56)
- SUDBURY, Geoffrey Walden (f35-38)
- WILSON (née Telfer), Anne (f40-41)
- WILSON, Warwick Arthur Vernon (h65-66)
- WORDSWORTH, Revd Jeremy Nathaniel (eg44-48) [staff 59-63]
- WYLIE, Ian Richmond (b38-41)

### Former common room

- COCKETT, John Ashley (51-89)
- GREGORY, Shirley (Prep School 58-59)
- MEGAHEY, Chris (81-16)
- RAWES, Dr James Charteris Lea (76-79)
- SPOONER, Allan (91-15)

Please visit [felsted.org/ofs/obituaries](http://felsted.org/ofs/obituaries) for more information.

## Leading computer expert has died

**Geoffrey David Ellis (g50-55) died on 2 October 2019 at the age of 82. He won a scholarship to Felsted from Westcliff High School for boys and was head prefect and a sergeant in the Combined Cadet Force.**

Ellis completed National Service in the Royal Artillery after Felsted and was subsequently offered officer training but chose to enrol at Nottingham University to follow his interest in Theology.

He then achieved a Postgraduate Certificate in Industrial Management at Strathclyde University.

Ellis was described by his sister as "a cross between a member of Bletchley Park and Q from James Bond".

He started his career at a cement making factory in Dartford where he was responsible for maintaining its IT systems.

He later became a consultant in the technology industry, wrote a book titled *Mashinations* and was a member of the Chartered Institute for IT.



## Golf Society review

by Stuart Mott (h69-74), president  
of the Old Felstedian Golf Society

**Unsurprisingly this was a year in which little happened on the society golf front.**

None of the major team events took place and we were only able to complete four fixtures.

Just prior to the first lockdown in early March we were fortunate to be able to provide 20 OFGS members and guests with a great day out at Aldeburgh, Suffolk.

The weather was cold but dry and the course and catering were in fine order.

OFGS captain Phil Graham retained the scratch trophy with a great score of 31 points on a countback from Tim Hedin.

Hedin won the handicap trophy with a fine 36 points with Chris Pugh in second place. The guest prize was won by James Smith with 36 points.

OFs present were Messrs Church, Doe, Graham, Griggs, Hedin, Meyer, Mott, Olley, Palmer, Phillips, Platts, Pugh, Salmon, Tudor and Wilkes. It was good to see Ollie Salmon making his society debut.

The second event was not until 9 September and was a friendly match against Brentwood at Thorndon Park, Essex.

The society was represented by match manager Chris Olley and Messrs Church, Freeman, Graham, Mott, Pugh, Palmer and debutant Benedict Gibbon. The result was a 3-1 loss with the Church/Graham combo providing our only point. The day concluded with an excellent curry in Brentwood.

### OFGS Hintlesham Match

Left to right: Chris Pugh, Peter Burleigh, Dick Tunbridge, Dudley Simpson, Ted Noble, Kevin Palmer, Mick Burleigh, Cosmo Pain, Steve Church, Will McMillan



Howard Machin kindly organised the autumn meeting at Beaconsfield Golf Club, Hertfordshire on 22 September. The event was played in glorious sunshine. Tom Simpson retained the trophy with 32 points on countback from Chris Olley. The attendees were Messrs Machin, McCrea, Olley, Pain, D Simpson, T Simpson and Weatherill.

The final event of the year was on 28 September at Hintlesham Hall, organised by Dudley Simpson, our tireless fixture co-ordinator. The weather was fine and dry, the course was in good condition and there were some extremely good scores.

Kevin Palmer was victorious with 39 points on a countback from Steve Church, Chris Pugh got 38 points and Cosmo Pain 37 points. Other attendees were Messrs M Burleigh, P Burleigh, McMillan, Noble, Simpson and Tunbridge.

An unusual year, hopefully never to be repeated. I wish all OF golfers the best of health and look forward to a more action-packed schedule in 2021.

Our fixtures are extremely enjoyable and if you play golf and would like to participate please get in touch via [ofs@felsted.org](mailto:ofs@felsted.org).

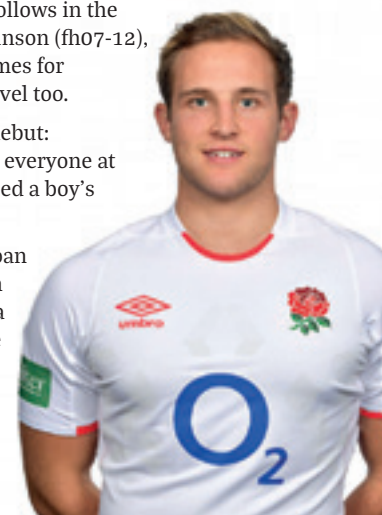
## MALINS MAKES ENGLAND RUGBY DEBUT

OF Max Malins (fhc02-15) made his England rugby international debut in the inaugural Autumn Nations Cup against Georgia at Twickenham on 15 November.

Malins is the first Felstedian to play rugby for the full England senior side having also played at England U18 and U20 level. He follows in the footsteps of Rory Hutchinson (fh07-12), who has played three times for Scotland at the senior level too.

He said of his England debut: "A massive thank you to everyone at Felsted School who helped a boy's dream come true."

Malins is currently on loan to the Bristol Bears from Saracens and is having a great 2020 season at the Bears, helping them to secure a European title after scoring a try during the Challenge Cup final.



## Felsted Robins enjoy 2020 games

by Ed Hutley (fd97-06) Felsted Robins cricket club secretary

**Like many other things planned for 2020, the Robins were forced to cancel and postpone all their fixtures planned for the season.**

The Cricketer Cup first round against Shrewsbury Saracens and fixtures against the school and MCC were cancelled.

The Robins' postponed fixtures were played in August and in an unusual first the club were the first side to play or train on The Front in 2020.

Fixtures were shortened to 20 overs a side and this proved to be a winning formula amongst players and supporters.

Robins' week commenced with an emphatic 67-run victory against High Roding cricket club and secured wins against Stebbing and Ploughboys.

Jack Hebron and Luke Chapman were the stand-out performers, each recording two unbeaten scores over 50.

Another worthy mention is Charlie Douglas-Hughes, who rolled back the years with a direct hit from the boundary for a run out.

Sunday fixtures were also played against Refreshers and away at The Mount, which were enjoyable competitive matches.

The club would like to thank all players, officials, supporters and match managers for their support this year.

It has been a difficult year for many, but in the few summer weeks when cricket was possible, the Robins showed tremendous spirit.



The Cricketer Cup draw for the 2021 season has just been completed with the Robins being pitched away against Old Cranleighans on Sunday 13 June.

# Earl's dream of pro golf grows on the other side of the Atlantic

Rebecca Earl (fbn09-18) is a prodigious golf talent who is honing her skills in the United States at Wofford College. Here she tells James Garner how she is finding it



© Wofford College

**How's life at Wofford College in South Carolina? Are you back playing golf and studying? Did you have a coronavirus lockdown over there?**

It's been strange, we have a mix of online, hybrid classes and in person classes. We are socially distanced in classes and wear masks always around campus unless we're with our roommates. It's been very busy since being back; we have a lot of class work to do and a full practice schedule including workouts four times a week. When I arrived back we just had to be tested but didn't have to quarantine. There aren't really any restrictions in South Carolina so I try to not go off campus too much.

**How's this season's golf going? I guess it's been different and has that made life a bit tricky?**

Our golf season was actually cancelled this semester but we've been allowed to have our home tournament near the end of October and had an individual tournament at the start of November. It's definitely been hard having to get to practice but our home course is 10 minutes away, so we are able to go to practice there. We've also had a new indoor golf facility built on campus this year with simulators, nets and a putting green so it's been really good to practice there in my spare time too.

**Is it a three-year degree in Psychology that you are taking? Why Psychology?**

I'm in my third year at Wofford and typically it's a four-year course but because of Covid-19, athletes have been given an extra year of eligibility which I've been offered and am going to take at Wofford for my fifth year. As I'm taking an extra year I'm going to double major in both Psychology and Sociology. I find Psychology interesting to learn, particularly the Sports Psychology side of it. Wofford is a liberal arts college so I take a variety of subjects from music to history as some of my general education credits and I take more advanced classes in Psychology and Sociology as they are for my major.

**How are you finding life in the States? You started your college career at Wofford in 2018? Why did you decide to go there and has it been a good decision?**

I went Wofford in August 2018. There was an initial culture shock when I first started and I had to learn to be much more independent, but I think I settled in quickly. Wofford is a small college with roughly



© Wofford College

2,000 students, so I like how you know many people on campus and the smaller classes. I get on well with my coach and teammates and I really enjoy it.

**Do you think your golf game has improved by playing on the US College golf circuit? Why is that?**

Definitely. We get to practice every day and the weather is typically a lot nicer to play in. We're pretty much playing all year and have around eight tournaments in the year, so it prepares me well for tournaments at home in the summer.

**Do you miss England and our English golf courses? What's your home course?**

I miss my family and friends a lot but I'm so busy with work and golf that I don't have too much time to think about it. The American golf courses are very different from English courses, so I like them both in different ways. My home course is Bishop's Stortford Golf Club and I'm also a member at Braintree Golf Club.

**What are your hopes and aims in golf? Turn pro and make a living on the Women's golf tour?**

My aim is to turn professional after I've graduated and either get onto the American or European women's golf tours.

**Outside of golf and Psychology what do you like doing and what's your favourite hobby?**

Hanging out with my family and friends or going shopping.

**Tell us one thing you love about the US that you don't get in the UK?**

There are more food options and better shops.

Thank you to all those who have contributed pictures to this edition of *The Old Felstedian*