

NEWS

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CELEBRATION:
Ethel Hancock with
(from left)
granddaughter
Joanna Hancock,
friend Gobind
Bhavanani,
daughter-in-law
Ros Hancock and
grandson Steven
Hancock

Photo by
Shane Dempsey
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Swearing by her daily dose of oil

SOUTH RUISLIP: A long life of helping others

by **James Cracknell**
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ONE teaspoonful of cod liver oil every morning is a habit for 100-year-old Ethel Hancock for as long as she can remember.

"I swear by it," she told the Gazette at her birthday party on Friday.

"I never suffer from an ache or a pain."

Mrs Hancock is in such good shape she does not even know who her doctor is. She only moved out of her home in July last year, and still gets about without a walking stick.

Now living at Brackenbridge

Care Home in South Ruislip, the centenarian is described by her family as 'remarkable' and it is hard to disagree.

Although she has lived in Middlesex for the best part of 70 years, Mrs Hancock still retains a Welsh accent from her time growing up in Penarth, near Cardiff.

After marrying, she and her husband, Bill, moved to Harrow, and for a long time lived in Vaughan Road, near West Harrow station.

Mrs Hancock, a cleaner by trade, became a valuable part of the community. She was the longest-serving volunteer at The Grange, opposite South Harrow police station, where

she served meals every week for 29 years.

She was also a member of the St Peter's Mothers Union for 25 years, and served teas at Harrow St Mary's Cricket Club for 20 years.

Sadly, Mrs Hancock's life has been beset by tragedy recently, as both her sons, Tony and Terry, died last year from cancer, an illness that also claimed her husband 49 years ago.

"My dear husband died quite young. We had two wonderful sons," she said.

But Mrs Hancock is well looked after by daughter-in-law Rosalind and grandchildren Joanna and Steven.