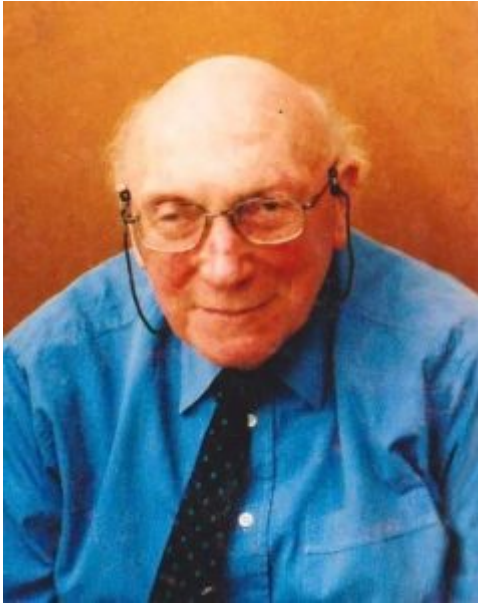


# Ron Alston Suffolk



Ron was born on the 30th September 1924, he lived in 62 Darwin Street, Elephant and Castle, a Victorian three storey tenement block. He and his parents had the top rooms and his grandmother, grandfather and four maiden aunts occupied the rest. There was a shortage of eligible men after the Great War hence the great number of single women in the household, Ron said they all had their meals together and he had been taught his table manners by the age of four by the aunts.

Ron went on to grammar school and during the blitz the school was evacuated to Weston-super-Mare, while he was there he and two other sixth formers joined the air cadets. Ron played the bugle while the other two played a large drum and cymbals, they felt very proud leading the cadets and enjoyed the applause they got from crowds lining the streets.

Ron was called up in 1942 and joined the RAF and there were many tales he told about his time there, some hilarious while others were more poignant. For some time Ron had been writing his memoirs and he was urged to have them published but he always said that this should be after his death and so the job will have to be done as if under his watchful eye.

After he was demobbed Ron joined the Civil Service, in the Department of Health. Ron and his team were responsible for the legislation of the 1948 NHS act and he talked about how proud they were when Mr Bevan the then Minister for Health, thanked them for getting the act through Parliament.

## Ron Alston In Suffolk

In 1991 Ron had heart surgery and that was how Ron Alston decided to live in Suffolk so that they could be nearer to the family. Ron pursued his interest in trains by joining the Mid-Suffolk Light Railway Club, where he met the most enthusiastic volunteers rebuilding steam engines and coaches. In [Suffolk, Ron Alston](#) took part in many of the activities and wrote about them for their magazine. Ron and Madge went to numerous railway exhibitions for many years and after joined the Stowmarket Model Railway Club.

Following Madge's liver transplant in 2000 the Addenbrookes' Liver Transplant Association encouraged her to join the Addenbrookes' Transplant Games Team and so Madge participated in the Transplant Games representing Addenbrookes. Ron went with her each time as he was so moved by the team members' sporting prowess and determination and how they filled wherever they went with fun and laughter. His greatest love seemed to be for the volley ball team and he supported every game from beginning to end, even when he was in his wheelchair.

Ron was a great family man and he loved family gatherings at Christmas or in the summer when games would be played in the garden with Ron's favourite croquet. It was once said that every party needed someone like Ron to bring it to life.