

## Helga and the Starlings

HELGA MARGARET STARLING was born in 1939. She spent her childhood at Eccleshall in Staffordshire where her father was a G.P. She is a keen musician and played the 'Cello in the National Youth Orchestra. Helga trained as a Nightingale at St July 28, 1962 in the Parish Church of St John, Hampstead, London; he is the son of Leslie Brownfield and Sylvia Dore. Helga and Richard separated in 1968 and were later divorced. Helga returned briefly to nursing and then trained as a teacher. She also returned to her interest in music, singing and playing the 'cello. In June 2000 She moved from Somerset where she had lived near her mother to Warwick.



**Bridesmaids with David Bath, Richard, Helga and Tommy Starling  
July 28 1962**

HELGA STARLING and RICHARD BROWNFIELD have two children:

**10. I. MARK OWEN NEWTON BROWNFIELD**, who was born in 1963 in St Mary's Hospital, Portsmouth.

**II. CATHARINE ELIZABETH BROWNFIELD** who was born in 1965 in St Mary's Hospital, Portsmouth.

Helga's mother MARGARET ELIZABETH ANDREWES was the only girl in a large family of boys and she grew up into something of a tomboy, excelling at lacrosse at school. She was the daughter of Colonel Francis Andrewes of the Royal Garrison Artillery, who had served in the Boer War and won a D.S.O. at Paschendale in the 1914-18 War. He had met his wife Margaret MALDEN in Madras, where her father, The Reverend Charles Malden, was Canon of Madras Cathedral. Both young Margaret's parents died during the Influenza pandemic of 1918/19, when she was only ten. She trained as a nurse at St Thomas' Hospital and made something of a name for herself as the owner of a Delage motorcar and in her off duty motored down to Brooklands to fly Gypsy Moth aeroplanes. Following further training as both Midwife and Health Visitor, she met EVELYN STARLING who was also training at St.Thomas' and later at The Lying In Hospital (Maternity) in York Road. After qualifying as a doctor, Evelyn Starling went into General Practice at Eccleshall in Staffordshire, where he saw in the N.H.S and as a single-handed country, G.P. served his patients with great dedication. On one occasion in deep snow, he was called out to a maternity case and while still some miles from the remote farmhouse, his car slid into a snowdrift, so he completed the journey by tractor! He suffered with high blood pressure and in 1957 entered hospital for a routine operation for gallstones, but sadly suffered a postoperative stroke and died. Following his death, his widow moved to Dorset and became involved with both the public schools in Sherborne. She frequently stepped into the breach, acting as Matron for both girls and boys school houses. Her involvement with the National Trust, Samaritans and many local community projects kept her busy until the end of her 70's. She died on 6th June 1997 in South Petherton, Somerset.

Evelyn Starling came from a medical family. His father HUBERT JOHN STARLING was a Consultant Physician at the Norfolk and Norwich Hospital with a special interest in Cardiology. He had entered Guy's Hospital Medical School in 1891. He graduated in 1897 and went as Civil Surgeon with the South African Field Force. He was invalided home with dysentery, gained a D.P.H. at Cambridge in 1901 and then settled as a General Practitioner in Norwich. In 1911, he was the first Honorary Anaesthetist to be appointed to the Norfolk and Norwich Hospital. During the 1914 – 18 War he was appointed to the Military Heart Hospital at Colchester. After the war, he returned to Norwich and was appointed Consulting Physician. Another eminent member of the family was ERNEST HENRY STARLING Hubert's elder brother who also trained at Guy's Hospital. He was Professor of Physiology at University College Hospital in London, and was the co-author of 'Baylis and Starling' a standard textbook on physiology. He also formulated 'Starling's Law' of the Heart.