

Today we are delighted to welcome our guest speaker, **Christobel Hutchings** who will be talking to us about the **history of Newport Museum and Art Gallery**. Christobel is the Chair of Friends of Newport Museum and Art Gallery. She has taught history at Croesyceiliog and then at Coleg Gwent. Since retiring she has written articles and published two books and spends her time on committees that foster the work of Museums and Art Galleries.

This is a contrast to last month's meeting when our speakers were **Amy Brunnock and Karen Newman** from the Health Board's **Communication and Engagement Team**. They described how the team go out into the local community to gain their views on health services in the area but also provide lots of information on how the general public can access appropriate services. This was a lively session which prompted many questions from members. The team meets with the Health Board's Chief Executive on a weekly basis to provide feedback. Just as a reminder, the online **Gwent Healthcare Guide** can be accessed through:- abuhb.nhs.wales/gwent-healthcare-guide

The Committee met recently to discuss plans for the forthcoming year and a **feedback form** has been attached to the back of this newsletter. We feel that it is so important to have your views about the running of the Branch, where we could improve and also what events and activities you would like included in our programme for this year.

Next month will be our AGM followed by tea and scones. We have had confirmation that **Angela Johnson, Development Officer for Wales** will be attending and we also hoping that an officer from the Health Board will also be able to attend. We will also have the draw for our chosen charity for this year. Ideally the nominated charities can be local but should support the health and well being of our community. We pleased that we are on target to meet our goal of £500 by next month through your donations, Christmas lunch, cake stalls etc. You will remember that last year the chosen charity was **Wales Air Ambulance**.

Risk Assessments

We are required by Head Office to undertake a Risk Assessment each year to determine if there are any health and safety risks to members. This was discussed at the Committee meeting and fortunately for our Branch we have not identified too many risks. Risks could include any heavy lifting which should not be necessary for us. Overcrowding could be an issue so we would ask members to ensure that walkways are not blocked and to minimise

risks of trips and slips. One area that we did identify was the need to have an emergency contact number for members particularly for those going on trips.

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New Breast Care Unit has opened

The brand new Breast Care Unit in Ysbyty Ystrad Fawr opened its doors to patients for the very first time at the beginning of the month.

Following an £11m investment from Welsh Government, the new unit has brought together clinical teams from Nevill Hall and the Royal Gwent Hospitals to provide an enhanced, more resilient and more effective breast service to better meet the needs of the Gwent population. The incredible fundraising efforts of local communities have also secured more than £260,000 in additional funding to ensure the unit has a less clinical, more homely feel. The funds raised have enabled the teams to purchase decorative items to improve the unit's environment, including artwork, furniture and feature lighting.

To read more: <https://bit.ly/3OB4w7d>

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Hope 4U

We thought that it would be worth mentioning this charity as you may have friends or family members that might benefit from this scheme. The charity provides financial advice and support in pregnancy and for new parents. Recently, Hope 4U were delighted to be funded by National Grid to provide much needed support to expectant and new parents within the Aneurin Bevan University Health Board catchment area. As budgets are stretched further, more individuals are finding it harder to keep warm, buy food and pay their bills.

National Grid generously supplied 'Warm Packs' to distribute to people in the hospital who are struggling and vulnerable. The packs included essentials such as hat, gloves, flask, socks, wind up torch and important literature clearly explaining what to do in an emergency and the Priority Services Register.

The service is to continue supporting expectant and new parents, working alongside NHS staff who are incredibly supportive of the service. Aneurin Bevan University Health Board are the first hospital in Wales to be supporting this very important initiative. More information can be found at:- www.hope4u.co.uk

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TRAVEL UPDATE FOR FEBRUARY 2024

MATINEE SHOWS - THEATRE TICKETS – READY FOR COLLECTION TODAY.

DARTS MATCH WITH RHONDDA AND MERTHYR GROUPS

WE ARE RE- INTRODUCING THE DARTS MATCH ON WEDNESDAY 22ND MAY. THE VENUE WILL BE AT THE INDOOR BOWLS AND SPORTS CENTRE AT THE GLEBELANDS, NEWPORT. A BUFFET WILL BE ARRANGED AND A BAR WILL BE AVAILABLE TOO.

COST WILL BE ABOUT £9- £10 PER PERSON. PLENTY OF PARKING TOO.

MORE INFORMATION NEARER THE DATE.

THIS IS ALWAYS A FUN OCCASION. HUSBANDS / PARTNERS WELCOME ESPECIALLY IF THEY PLAY. WE WILL TRY TO ORGANISE A PRACTICE SESSION BEFORE THE GAME. **YOU DON'T**

NECESSARILY HAVE TO PLAY DARTS JUST COME ALONG, ENJOY THE LUNCH, THE COMPANY AND SUPPORT YOUR TEAM.

ANNUAL MYSTERY TRIP

THIS WILL BE 20th JUNE. COST £20

DETAILS TO FOLLOW.

£10 – 00 NON-RETURN DEPOSIT REQUIRED WHEN ADDING YOUR NAME/S

BRISTOL AEROSPACE MUSEUM

THIS WILL BE IN APRIL. IT WILL INCLUDE TOUR OF CONCORDE

COST WILL BE £21 PLUS COACH (ABOUT £20). IF THERE IS A SMALL NUMBER WE CAN HIRE A MINIBUS OR USE OUR OWN TRANSPORT.

NAMES AND DEPOSIT TO CONFIRM BOOKING TODAY PLEASE.

ABERGLASNEY GARDENS

THERE IS A FOOD AND MUSIC FESTIVAL IN SEPTEMBER.

NO DETAILS AVAILABLE AS YET

THEATRE TRIPS

IN FUTURE A NON-RETURN DEPOSIT OF £5 WILL BE REQUIRED WHEN BOOKING THEATRE TICKETS.

SUGGESTIONS PLEASE FOR VENUES TO ARRANGE LUNCHEES OR AFTERNOON TEA FOR THE GROUP WHICH WE COULD HAVE EVERY OTHER MONTH OR WHEN WE DON'T HAVE AN OUTING ARRANGED

ADULT FAMILY AND FRIENDS WELCOME ON MOST TRIPS EXCEPT WHEN NUMBERS RESTRICTED. MEMBERS WILL HAVE PRIORITY BOOKING ON THESE OCCASIONS

FOR OUTINGS TO CONTINUE PLEASE SUPPORT YOUR TRAVEL GROUP

Future meetings

- **2pm, Monday, 18th March 2024** - Annual General Meeting followed by tea and scones
- **2pm, Monday, 15th April 2024** - Sarah Robinson from Hope GB which is a voluntary support group which provides practical help and encouragement for people affected by autism, in Torfaen and further afield. **We will also have a cake stall at our April meeting**

Your Committee

Chair	Lynda Evans	Raffle Organisers	Jen Martin
Vice Chair	<i>Vacancy</i>	Greeters	Cynthia Matthews
Secretary	<i>Vacancy</i>		Lilwyn Griffiths
Treasurer	Denise Coldrick		Carol Cunnell
Assistant Treasurer	Lilwyn Griffiths		Megan Williams
Speaker Secretary	Joanne Butler		Barbara Davies
Membership Secretary	Ann Hyde		
Books and sales	Pam E Jones		
Trips and outings	Delyn Hunt		
Welfare Officers	Caroline Pitt and Megan Williams		

Contact Information

Chair	Lynda Evans	01633 420668	lyndaevs@hotmail.co.uk
Secretary			
Welfare Officers	Caroline Pitt Megan Williams	01633 660608 01633 420932	
Trips & outings	Delyn Hunt	01633 843140	delyn46@yahoo.co.uk

NHS Retirement Fellowship Benevolent Fund Sherry Smith, Admin Officer, Central Office. Tel 01305 361317,
www.nhsrf.org.uk

NHS RETIREMENT FELLOWSHIP - GWENT BRANCH

FEEDBACK FORM

The Committee are keen to receive feedback from members regarding their experience of our local Branch. Your views are valuable in order for us to make improvements and also to plan ahead for trips, activities and speakers that are of interest to you. Please take a few moments to complete this questionnaire and return the form to the suggestion box which is available today and at the next meeting.

Do you enjoy the Branch meetings? If so what is good about them?

What aspects are not so good?

What changes/improvements can we make?

Do you feel welcome at the meetings?

Do you enjoy the trips and activities programme organised by the Branch?

Are there any trips and activities that you would like to see included?

Any other comments