

We would like to welcome our speaker today who is **Anne Hayward**. Anne is a long-distance walker and contemporary pilgrim. Each year she walks from her home near Abergavenny to an ancient religious site in the British Isles. In her presentation, illustrated with her own photographs, Anne will talk about her 2023 trek to Wells, Glastonbury and St Michael's Mount.

I think we all enjoyed our meeting last month with the visit from **PC Daniel Counsell** and **PC Ruth James** with their interesting talk on tackling rural crime. It certainly raised our awareness of the great work they are doing and this aspect of policing which we are not necessarily familiar with. We also had a cake sale at that meeting and we are very pleased to have raised £111.50 towards our £500 target for our chosen charity this year which is **Wales Air Ambulance**. Thanks to everyone who brought in cakes etc to make this a success.

Next month is our **Christmas Lunch** which will be at **12.30 for 1pm on Monday, 11th December 2023**. A table plan is available today for you to indicate your preferred table. Ideally there should be no more than 8 or 9 people seated per table to allow plenty of room. Please hand in your booking forms with cheque and menu choices to Lynda today. Spare booking forms are available if you have not already received one.

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Volunteers Needed

Train to become an Independent Volunteer Advocate

The following information is regarding an organisation called **HOPE** has been passed to us by Angela Johnson, NHSRF Development Officer for Wales. These are interesting volunteer opportunities for members looking to take up some voluntary work. HOPE (Helping others participate and engage) is a partnership project between: Age Cymru, Age Cymru and local partners across the whole of Wales. HOPE delivers independent advocacy for older people (50+) and carers across Wales. HOPE is funded by Welsh Government under the sustainable Social Services Grant until the end of May 2025.

HOPE is an organisation that needs your help to support people (50+) and carers in your community

You can help people to:

- Have their views, wishes and feelings listened to
- Get the right support when they need it
- Understand their options and choices

- Access services like doctors, housing and benefits
- Communicate with utilities, banks, insurance companies and professionals.

Say yes and feel the benefit:

- Get training and support to be an Independent Volunteer Advocate
- Advocacy skills are highly transferable
- Use your professional or lived experiences to help others
- See first-hand the difference you make to someone's life
- Feel pride and satisfaction when helping someone in your community
- Make connections with other like-minded people.
- To become an Independent Volunteer Advocate please e-mail **advocacy@agecymru.org.uk**

Follow us on:

facebook.com/agecymru twitter.com/agecymru

NHSRF website

A reminder for members wishing to find out what is happening at NHSRF nationally the website is www.nhsrf.org.uk The user name is **member** and the password is **nhsrf-2019**

The NHSRF also has a **Facebook** group which is interesting to see what other Branches are doing

TRAVEL UPDATE

AFTERNOON TEA AT BELLEVUE PARK TEA ROOMS

WEDNESDAY 22ND NOVEMBER

MEET AT 2PM COST £18-50 PER PERSON

PARKING £1 (CARD PAYMENT) - NAMES TODAY PLEASE

CHRISTMAS MARKET TRIP TO WINCHESTER CATHEDRAL

DATE THURSDAY 7TH DECEMBER COST £21. FINAL BOOKING AT TODAYS MEETING

PICK -UP TIMES

CWMBAN BUS STATION - 08-30 am

NEWPORT RIVERFRONT - 08-45 am

CHEPSTOW BYPASS - 09-10am (approx.)

WE AIM TO BE BACK IN NEWPORT ABOUT 6PM (approx.)

COMPANY IS JENSON'S LARGER COACH BOOKED SO PLACES AVAILABLE.

REMEMBER TO TELL DELYN YOUR PICK- UP POINT PLEASE

CHRISTMAS QUIZ AND BUFFET AT MERTHYR FRIDAY 8TH DECEMBER.

WE HAVE BEEN INVITED TO JOIN THE GROUP AT MERTHYR FOR THEIR CHRISTMAS QUIZ. THIS IS A FUN OCCASION THAT MEMBERS WHO HAVE BEEN BEFORE HAVE THOROUGHLY ENJOYED.

COST £8 FOR BUFFET

OWN TRANSPORT UNLESS THERE IS ENOUGH MEMBERS TO ARRANGE A MINI-BUS.

IF NOT WE CAN CAR SHARE

MATINEE SHOWS

THEN THERE WERE NONE – A CHRISTIE MYSTERY PLAY

DATE WEDNESDAY 20TH MARCH 2024 COST £35 20 SEATS AVAILABLE

FULL PAYMENT AT TODAYS MEETING 20 SEATS AVAILABLE

NEW THEATRE CARDIFF - MATINEE SHOW

NO PAYMENTS WILL BE TAKEN AT THE CHRISTMAS LUNCH MEETING.

PRETTY WOMAN – THE MUSICAL

WALES MILLENIUM THEATRE

DATE 2ND MAY 2024 COST £41

FULL PAYMENT DUE JANUARY MEETING 20 SEATS AVAILABLE

MATINEE SHOW - OWN TRANSPORT.

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

DOES ANYONE KNOW OF A PLACE WE CAN PLAY DARTS AND WILL ALSO DO A BUFFET FOR US?

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 OUR TRAVEL GROUP

Future meetings

Monday, 11th December 2023 - CHRISTMAS LUNCH
12.30 for 1pm

2pm, Monday 15th January 2023 - We will have a visit from Amy Brunnock and the Engagement Team from Aneurin Bevan University Health Board

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		
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