

# NHS Retirement Fellowship

## Gwent Branch

### Newsletter - December 2018



Reg Charity No 287936



# MERRY CHRISTMAS

Welcome to our Christmas Lunch which promises to be an enjoyable and festive event. It is always the highlight of the year for us and the occasion that most members get together and we have 69 members attending today.

As part of our membership we take the opportunity to give to those less fortunate than ourselves and as you know £2 of the charge for our lunch today goes towards our chosen charity which this year is the **Motor Neurone Association**. As a Branch we have done very well with our fund raising efforts this year through raffles, scarf stalls, books, cake stalls etc and it will be interesting to see how much we have managed to raise by AGM in March.

We are pleased to have a couple of guests today and would like to extend a warm welcome to **John Toman, NHSRF Fellowship Officer for Wales** who as you know will be retiring from his post next March. We are grateful to him for all his hard work over the past years and in particular for his support for our Branch.

We also welcome again **Ann Hyde, Improvement Manager, HR, Aneurin Bevan University Health Board**. Ann provides our Branch with lots of administrative support throughout the year and in particular coordinating the arrangements for our Christmas Lunch today which is no mean feat when trying to gather payments and menu choices for such a large number. We should not underestimate the amount of work Ann does which would be difficult for us to manage without her efforts.

Also, I am sure that we would all like to thank the staff at Greenmeadow who look after us so well at our meetings each month. I am sure you will agree that they are always friendly and helpful which ensures the smooth running of events.

Finally I would like to take this opportunity to wish you all a very Merry Christmas and a healthy and happy 2019.

Best wishes , **Lynda Evans**

## Gwent Arts in Health

These are some photos from our meeting last month when our speakers were **Heloise Godfrey-Talbot from the University of South Wales and Sarah Goodey from GARTH**. I think we were all impressed with the work produced by the Art Students taking part in the Project and how this is so beneficial to the students themselves but also to improving the hospital environment for patients with their artwork. As members we were asked for our ideas which were pasted onto a balloon to form a 'wish list' which will be used by the students in designing future artwork for the new hospital at Llanfrechfa Grange



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### Forthcoming trips

A plan for trips and outings for next year is currently being put together by our new Trips sub Committee who are **John King, Kay Lusk and Jean Nutt**. At the moment plans are in place to arrange the following:-

**Thursday, 28th March 2018** at 2.30pm at the New Theatre, Cardiff - **Agatha Christie's 'The Mirror Cracked'**

16 seats have been put on hold so first come first served. A list is available today to book your place

**Saturday, 18th May 2018** at 4.30pm at the New Theatre, Cardiff is the musical - **'Menopause'**. We would like the names of those interested please.

**The Malvern Spring Show** is always popular and next year it will be held from Thursday 9th - 12th May 2018. It is suggested that **Friday, 10th May 2018** might be the best day to go.

**Partners, friends and family are welcome to join us on our outings where there are places available.**

**Forthcoming meetings**

- In **January** our guest speaker will be **Lorraine Morgan, Programme Manager, Clinical Futures Team, Aneurin Bevan University Health Board** who will be talking to us about the Specialist Critical Care Centre (The Grange University Hospital) being built at Llanfrechfa.
- In **February** we have **Sally Prewett King** from her business '**The Goat Lady**' which is based in Abersychan and produces a variety of skin care products made from goats milk.

**Your Committee**

Chair	Lynda Evans	Admissions/Prizes	Pam Jones
Secretary	Marilyn Beardmore	Raffle Organiser	Val Cheeseman
Treasurer	Barbara Davies	Greeters	Lilwyn Griffiths
Assistant Treasurer	Lilwyn Griffiths		Cynthia Matthews
Speaker Secretary	Joanne Butler		Carol Cunnell
Membership Secretary	Jen Martin		Martin Sage
Assistant Membership Secretary	Pam E Jones		
Trips and outings	Delyn Hunt, John King Kay Lusk and Jean Nutt		
Welfare Officer/ Payment Officer	Caroline Pitt		

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