

NHS Retirement Fellowship Gwent Branch



Reg Charity No 287936
Patron: Ken Jerrold CBE

Newsletter - February 2018

Welcome everyone to our February meeting. We would like to extend a particularly warm welcome to our speaker today, **Susan Fiander-Woodhouse** who runs the award winning **Blaenavon Cheddar Company**. We also have our cake stall and would encourage you all to buy some goodies to take home. The last time we had a cake stall we managed to raise over £90 towards our charity donation so it would be good to see if we could achieve a similar contribution again today.

Next month will be our AGM and afternoon tea. We are pleased to say that **Judith Paget, CEO of the Aneurin Bevan University Health Board** and **John Toman, Welsh Development Officer** for the **NHSRF** will be attending as guests. It is also the time when we will be looking to make some changes to our Committee structure and to recruit some new Committee members. We are delighted that we have already received a few nominations but we would encourage anyone else who is interested to let one of the Committee members know.

SAVE THE DATE

from Marylin Beardmore.

I find it difficult to believe what I am about to write, but believe me it is true

THE NATIONAL CONFERENCE IS COMING TO WALES this year. I am sure I am correct in saying this will be the first time the conference will be held in Wales. So we are honour bound to make it the best yet, and extend a warm Welsh welcome to all our visitors.

Conference will be held in **CHESTER** on **November 1st and 2nd**. Isle of Wight Tours are organising everything again this year. I have yet to receive information on Hotel and costs etc. I will pass these on to you as and when I receive them. I just couldn't wait to share the news that finally it will be in WALES. Last year we had thirteen members attend this year I am hoping for many more. Chester is a delightful town and has much to offer to visitors.

70/40 Celebrations update

As you know planning is in progress to mark the anniversaries of the NHS and the NHSRF this year. So far arrangements are ongoing for an **All Wales Celebratory Event** to take place at **Bedwellty House and Park** in Tredegar in July. The exact date and arrangements are yet to be confirmed. We are anticipating that John Toman will have more information for us at next month's meeting.

We would also very much welcome any photos or short stories that you may have which could be used on our display stands at the event.

Would you like to share your memories of your time working in the NHS with others?

For those of you that have access to the Internet, you might be interested in a BLOG which has been set up by **Peter Sykes, Retired Surgical Consultant** and now a **Medical Novelist and Blogger**. The following is a message from him to NHSRF members:-

"I am certain that having served in the Health Service, many of you for all of your working life, you will have lots of memories of patients that you have treated. I certainly have. There will also be memorable events that you have witnessed that are probably as real to you today as they were at the time they occurred. Some of these memories will be humorous, others sad, some will relate to staff and some will involve patients. I believe that your memories, your reminiscences, will be of interest to others. Similarly their memories and stories should prove entertaining for you.

With that in mind I have started a BLOG where these memories can be recorded as short stories and shared with other members of the NHS Retirement Fellowship. The blog can be found at www.medicaltales.org To set the ball rolling I have written a couple of stories of my own. Although both relate to medical emergencies, they are strikingly different. I have entitled them Catastrophe and Cats. I hope you enjoy them.

On the blog web site you can 'sign up' to receive all future stories for free. I have plenty more stories to relate but I very much hope that this blog will develop into an 'open forum' to which everyone can contribute. So if you have a memorable story, anecdote or notable reminiscence from your career, whether as a carer or as a patient, please don't hesitate to get in touch. First contact should simply be with the gist of the story, no more than a couple of hundred words – it can be fleshed out later. Stories are welcomed from any area of healthcare but ideally should centre on patients or staff. To get in touch simply use the 'contact me' tab on the website.

Hopefully, between us, we can generate a sequence of lively tales that will bring back memories of our own and keep us all amused and entertained for many years to come.

I hope this initiative will be of interest to you
With good wishes and happy reading".

Cynthia's Special Birthday



Some of you will be aware that our fellow member **Cynthia Matthews** celebrated a very special birthday last month. To mark the occasion Cynthia was given a fabulous birthday cake made by our patron Ethel Armstrong. Here is a photo of the beautiful handmade icing decoration made by Ethel (age 87) and placed on top the cake.

Trip Notices

April 2018 - Cinderella

The tickets are now available for collection from Delyn

Thursday, 3rd May 2018 - 'The Play that Goes Wrong'

New Theatre, Cardiff

Cost £24 - Own transport

Full payment at today's meeting

20 seats available

Thursday, 24th May 2018 - Blenheim Palace

Cost £33 which includes entry to the palace and gardens and also the coach

A non returnable deposit of £10 is required to book your place. A minimum of 25 booked places required for the trip to go ahead

NB. No names will be accepted unless accompanied by the deposit

June and July 2018 - NHS and Fellowship Anniversary Celebrations

Details to follow when confirmed

Thursday, 15th November 2018 - Wicked

Wales Millennium Centre

Cost £44 - Full payment at September meeting

Thursday, 24th January 2019 - 'Jersey Boys'

Wales Millennium Centre

Cost £4 - Full payment at September meeting

Next month's meeting

Our next meeting will be on **Monday, 19th March 2018**. This will be our **AGM** and afternoon tea.

Our guest speaker at our **April** meeting is **Margaret Hall** who will be talking to us about the '**Town of Usk**'. Her talk is based on the etchings and paintings of her father.

Your Committee

	Cynthia Matthews	Sound System	Delyn Hunt
Chair	Carole Cunnell	Welfare Officer	Caroline Pitt
Vice Chair	Lynda Evans	Press Officer	Vacant
Secretary	Marylin Beardmore	Raffle Organiser	Val Cheeseman
Speaker Secretary	Joanne Butler	Prizes	Pam Jones
Treasurer	Barbara Davies Dr Martin Sage	Vote of thanks Co-ordinator	Caroline Pitt
Membership Secretary	Jen Martin	Payment Officer	Caroline Pitt
Trips and outings	Delyn Hunt & John King	Admissions	Pam Jones
		Greeters	Val Cheeseman

Contact Information_

Chair	Carole Cunnell	01495 774526	carole@cunnell.com
Vice Chair	Lynda Evans	01633 420668	lyndaevs@hotmail.co.uk
Secretary	Marilyn Beardmore	01633 661954	mabeardmore@yahoo.co.uk
Welfare Officer	Caroline Pitt	01633 660608	
Trip Organiser	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

All enquiries are dealt with in the strictest confidence