

NHS Retirement Fellowship Gwent Branch



Newsletter - February 2019

Reg Charity No 287936
Patron: Ken Jerrold CBE

Welcome everyone to our February meeting. We have a change of speakers today as our planned speaker, Sally Prewett King is unable to attend due to unforeseen circumstances.

Hopefully she will be able to come and talk to us later in the year. Instead we are pleased to welcome **Roger Foster** who was due to talk to us at our July meeting but has kindly stepped in at short notice. Roger will be giving us a **Humorous Police Talk**.

Normally we would have a **cake stall** at our February meeting but unfortunately we didn't remind members at our last meeting. Instead the next **cake stall** will be at our meeting in **April**.

As members are aware our **Welsh Development Officer, John Toman** is retiring at the end of March. A **collection is being made** from all members in Wales. A dish is here on the table for anyone wishing to make a contribution. The presentation will take place at the Wales National Conference in September, giving everyone an opportunity to see the presentation.

Our next meeting in March will be our **AGM** followed by **afternoon tea**. As usual we are asking any members who would like to join the Committee to let us know beforehand. The Committee meets just four times a year and the work of the Committee is crucial to the smooth running of the Branch. Ideas and input from new Committee members are always welcome.

Charity Donation

Our **2018** charity donation has now been made to the **Motor Neurone Disease Association, South East Wales Branch** and we have received the following acknowledgement from **Deborah Gwilym, MNDA**.

"Thank you so much for thinking of us. When we receive donations we have the option to ring fence the money so that it is used locally. The majority of our money is used locally. With just a small amount given each year for research. I will ensure that your money is put to good use in the South East Wales area".

At the AGM next month we will be asking for nominations for our charity for 2019. We agreed last year that a successful charity would not be considered again for the following year.

Lunch Club

Many of you have expressed an interest in having a regular Lunch Club which will provide the opportunity to socialise and enjoy good food. Marilyn is therefore arranging the following:-

The first meeting will be at **The Gate Restaurant, Llanfrechfa** on **Friday, 1st March 2019, St Davids Day**, meeting at 12.30pm for 1pm. The cost is £11.95 for 2 courses.

The second meeting will be at **Morel's Restaurant, Crosskeys College** on **Tuesday, 9th April 2019** meeting at 12 noon. The cost is £9.95 for 3 courses

All members are welcome and lists are available today for both lunches and a £5 deposit is required to confirm the numbers with the restaurants.

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Tea at Cynthia's

Dr Cynthia Matthews has kindly offered to host the annual tea for members on **Friday, 23rd May 2019** at her lovely garden at **Park House at Itton near Chepstow**. It is approximately a one acre garden with large vegetable areas and many mature trees, rhododendrons, azaleas, camellias in a woodland setting. Bordering on Chepstow Park Wood, there are magnificent views over open country. **See details under trip notices.**

The garden is also open for the **National Garden Scheme** on **Saturday 4th May** and the £6 entrance fee gives access to two gardens , the second of which serves tea and cakes. The proceeds benefit **Macmillan, Marie Curie. and Parkinson's**, to name but a few of the charities.

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PLANNED TRIPS PROGRAMME FOR 2019

Thursday, 28th March 2019 - 2.30pm matinee at the New Theatre, Cardiff
Agatha Christie Play **'The Mirror Cracked'** - **Fully booked** - tickets can be collected today.

Thursday, 9th May 2019

RHS Spring Flower Show, Malvern. Please note change of day. Names and deposits please by March meeting to confirm coach numbers. Final payment in April.

Friday, 17th May 2019 - 5.30pm at the New Theatre Cardiff

The musical **'Menopause'**. Late matinee performance. Deposits today please and final payment in March.

Friday, 23rd May 2019 - 3pm - 5pm

Tea at Cynthia Matthews lovely garden when some of the Cardiff members may be joining us. A list for cake contributions will be sent out nearer the time.

1st July 2019 - Mystery Trip (100 mile round trip) organised by John King. Cost £27.

Wednesday, 24th July 2019 - The Royal Welsh Show. List available.

Tuesday, 10th September 2019 - Trip to **Chavenage House**, Tetbury, Glos. Times and costs to follow but we intend to arrive in Tetbury at around 11am for coffee and some retail therapy before going to Chavenage House for lunch followed by a tour of the house. (You can take your own wine if you wish as they will supply the glasses) Names required please. List available today.

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		Delyn Hunt
Trips and outings	John King Kay Lusk and Jean Nutt		
Welfare Officer/ Payment Officer	Caroline Pitt		

Contact Information_

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Welfare Officer	Caroline Pitt	01633 660608	
Trips & outings	Kay Lusk Jean Nutt John King	01291 673566	kaylusk@hotmail.co.uk

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