

NHS Retirement Fellowship Gwent Branch

Newsletter - January 2018



Reg Charity No 287936
Patron: Ken Jerrold CBE

Happy New Year everyone and welcome to our January meeting. We have lots to look forward to in 2018 which promises to be a busy and interesting year for the Fellowship. As you know we have the 70th/40th Anniversary celebrations to plan and look forward to. At the moment plans are underway for a celebration garden party to be held at Bedwellty House in Tredegar during July. We will keep everyone up to date as arrangements progress. We also have some interesting speakers lined up to come and talk to us over the coming months. Delyn is busy organising some enjoyable outings for us including theatre visits and a trip to Blenheim Palace in May. As always your input, suggestions and ideas for activities are very welcome.

We would like to extend a warm welcome to our speaker today who is **Angela Mutlow, Chief Executive, Aneurin Bevan Health Board Community Health Council.**

Christmas Lunch

Our last event for 2017 was our Christmas Lunch and yes, IT SNOWED!! However the event was very well attended despite the adverse weather conditions on the day. The lunch provided a great opportunity for us to socialise with fellow members and the food provided by Greenmeadow was excellent as always. The beautiful snowy scenery outside just added to the Christmassy feel.



Ethel Armstrong, MBE

In our October newsletter we reported on the remarkable career and work of Ethel Armstrong, who is a Patron of the NHSRF and a past President. We are pleased to report that Ethel has been awarded an MBE in the New Years Honours, for services to the NHS and the NHSRF. Congratulations Ethel on receiving this well deserved award.

Garth & University South Wales Art Project for St Woolos 2018 Invitation to Afternoon Tea and share memories of working in the NHS and inspire new artworks for St Woolos Hospital

You may be aware that an art project took place in 2016 called 'Nurture' which resulted in a collection of artwork that is now on display at St Woolos Hospital. This work resulted from staff and retired staff sharing their stories and experiences with students via a short survey. We have recently received an invitation from Sarah Goodey, Arts Development Manager, Aneurin Bevan Health Board, as this year they would like to involve staff and ex staff again. Sarah would like to involve Retirement Fellowship members and has invited members to an afternoon tea on **January 23rd at 3.30pm, St Woolos Hospital Chapel** to meet students and share memories. The students are from the BA(Hons) Creative and Therapeutic Arts degree at the University of South Wales and Gwent Arts in Health (Garth). The theme this year is 'What Makes a Ward Work' and the artwork will be made for the Level 2 corridor of the Casnewydd Unit. They will also be including the NHS 70th Anniversary in the project so everyone's experiences will be welcome.

If you are unable to attend but would like to share your story via email with Sarah then she can be contacted at Sarah.Goodey@wales.nhs.uk

Trip Notices

5th April 2018 - Cinderella Ballet

Wales Millennium Centre

Cost £34 -Full payment at January meeting

3rd May 2018 - 'The Play That Goes Wrong'

New Theatre, Cardiff

Cost £26 - Own transport

Full Payment at February meeting

May 2018 - Blenheim Palace

Cost and date to be arranged but will take place in May

May 2018 - Trip to the Isle of Wight in May (14th to 18th)

We have received an invitation from Rhondda Group to join them on this holiday. Anyone interested should speak to Delyn Hunt for more details.

June/July 2018 - NHS Fellowship Anniversaries Celebrations

Details to follow when known

Next months meeting

Our next meeting will be at 2pm on Monday, 19th February 2018. Our guest speaker will be **Susan Fiander-Woodhouse** who along with her husband Gerry run the **Blaenavon Cheddar Company**.

The award winning company is famous for its specialist cheese and prides itself in the work it does for international tourism in Wales. They have exhibited at many major events & festivals, working with TV & Media worldwide. They have also starred in ITV 'Food Glorious Food' , BBC 'Country File' with Matt Baker .

We will also be having another **Cake Stall** at this meeting so would encourage everyone to bring some goodies with you.

Your Committee

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Membership Secretary	Jen Martin	Payment Officer	Caroline Pitt
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		Greeters	Val Cheeseman

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All enquiries are dealt with in the strictest confidence

