

NHS Retirement Fellowship

Gwent Branch

Newsletter - July 2018



Reg Charity No 287936

Welcome to our July meeting and trust that you have all been enjoying the lovely summer weather. We are pleased to welcome our speaker today who is **John Brewer** and the title of his talk is '**Who do you think I am**'.

Lunch at Bedwellty House 25th July 2018

I am delighted to say that all the arrangements for our lunch are nearly complete, and we are looking forward to an enjoyable afternoon. The table-plan is complete, we have taken much time and consideration over this, to ensure that everyone is sitting by someone they would like to sit with, if not everyone they would wish to sit with. Please adhere to the table plan as there will be 120 people in the dining room and if members start changing places it will lead to chaos. There will be a copy of the table plan on the table today if you would like a preview.

I do also advise everyone to use the coach for transport, as there will be no parking in Bedwellty Park, and Tredegar is not renowned for its car parks and it could involve a fair walk.

I would like to thank those who contributed photographs etc I am only sorry that more members were unable to help. I am afraid that Cardiff will have surpassed us by a fair amount. I hope you all enjoy looking at the exhibition. I hope the weather remains fair but that is something we can't control. Nevertheless I am sure that we will all have a memorable day. **Marilyn**

Increased Costs

Earlier this year we received a letter from GreenMeadow regarding the costs associated with the hire of our room and also the amount we are charged for tea and coffee. The cost of the room hire is normally £175 for half a day but GreenMeadow have kindly agreed to let us have this for £150. This cost at the moment is funded by Aneurin Bevan University Health Board so this does not come out of the Fellowship funds.

With effect from 1st May 2018, GreenMeadow have also increased the cost of tea and coffee by 20 pence to £1.70 per cup. How we cover the additional cost was discussed at the last Committee meeting and it was decided that the best way of doing this would be to increase the cost of our entrance raffle ticket from £1 to £2 and that members could have 2 raffle tickets instead of one. I am sure you will agree that this is still very reasonable compared to the charges elsewhere.

Christmas Lunch - a date for your diary

Our Christmas Lunch this year will be on **Monday, 10th December 2018**. We do not have the costs yet but will let you know at our next meeting

NHS70 National Theatre of Wales Plays

Over a year ago, National Theatre Wales asked the people of the UK to share their stories and memories of the NHS. Gathered from across Wales and the NHS they have woven these individual threads into an immersive and engaging theatrical production that will take place on the **21st and 22nd July 2018** in the **Outpatient Department of the Royal Gwent Hospital** in Newport featuring specially composed music and interactive elements.

Taking us behind the scenes '**As Long as the Heart Beats**' journeys back through the first 70 years of the NHS and looks ahead to the next seven decades.

There are just ten opportunities to see this life affirming show which has care and compassion at its heart, performed in the heart of a living, working hospital. Tickets can be purchased online at nationaltheatrewales.org or telephone **02920371689**

Scarf Stall

The scarf stall that we had last month proved to be very popular with members who brought in lots of scarves. We are pleased to say that £27.50 was raised and will go toward our chosen charity donation. As we still have lots of scarves left over it was agreed to hold another scarf stall at our meeting in September.

National Conference Updates

Payments are due to be paid by September 6th at the latest. You can either give me your cheque today and I will keep them all until I post them on September 4th, or you can send them to me by September 4th. The choice is yours but I will be sending the cheques that I have in my possession on September 4th and I will not be chasing them up.

ALL CHEQUES MUST BE MADE PAYABLE TO IOW TOURS LTD

The amounts due are as follows:-

Those members sharing a twin/double room for TWO NIGHTS ONLY balance due is £179 each

Those members sharing a twin room for THREE NIGHTS ONLY the balance due is £239 each

The member staying in a single room for TWO NIGHTS ONLY the balance due is £249 each

The member staying in a single room for THREE NIGHTS ONLY the balance is £314 each

Train journey is approx 2hours 42 minutes from Newport to Chester

There is a train departing Newport at 11:36 arriving Chester at 14:19 no changes on 1/11/2018

Return train departs Chester 12:38 arriving Newport at 15:10, no changes on Sun 4/11/2018

Full fare is in the region of £74 **ADVANCED TICKETS ARE AVAILABLE** 12 weeks before travel and are in the region of £24 each way

Please let me know today when you will let me have your cheque. Thank you,
Marilyn

Trip Notices

NHS AND FELLOWSHIP ANNIVERSARY CELEBRATIONS

WEDNESDAY 25TH JULY CELEBRATION LUNCH

BEDWELTY HOUSE, TREDEGAR

THIS EVENT IS NOW FULLY BOOKED

PLEASE MAKE SURE WE HAVE YOUR PICK-UP POINT FOR THE COACH

PICK-UP TIMES

NEWPORT RIVERFRONT 11-00 am

CWMBRAN BUS STATION 11-15am

PONTYPOOL LEISURE CENTRE 11-30am

REMEMBER ANYONE DRIVING TO THIS EVENT WILL NOT BE ABLE TO PARK OUTSIDE THE VENUE BUT WILL HAVE TO PARK IN THE TOWN. THERE ARE STILL SEATS AVAILABLE ON THE COACH.

WELSH CONFERENCE 27TH SEPTEMBER

LLANDRINDOD WELLS

COST £25 INCLUDES LUNCH AND COACH

I NEED CONFIRMATION TODAY AS WELL AS A £10 DEPOSIT FROM THOSE WISHING TO ATTEND. THE BALANCE TO BE PAID AT SEPTEMBER MEETING

“THE COMEDY ABOUT A BANK ROBBERY”

10TH OCTOBER 2018

MATINEE SHOW COST £21

NAMES AND FULL PAYMENT AT TODAY'S MEETING PLEASE

“JERSEY BOYS” THURSDAY 24TH JANUARY 2019

WALES MILLENNIUM CENTRE

COST £44 FULL PAYMENT DUE AT SEPTEMBER MEETING

SKITTLES MATCH WITH RHONDDA AND MERTHYR GROUPS

FRIDAY 7TH SEPTEMBER COST £6

NAMES TODAY PLEASE

AMERICAN MUSEUM AND XMAS SHOPPING IN BATH IN DECEMBER

THIS WILL DEPEND ON NUMBERS INTERESTED.

CHATSWORTH HOUSE GARDEN SHOW 2019

IT HAS BEEN PROPOSED THAT WE ORGANISE A TWO OR THREE DAY VISIT TO THE PEAK DISTRICT NEXT SUMMER TO VISIT THE FLOWER SHOW AT CHATSWORTH HOUSE. PLEASE PUT YOUR NAME DOWN TO SHOW YOUR INTEREST. IF THERE IS ENOUGH INTEREST WE WILL INVESTIGATE ARRANGING THE VISIT.

AS ALWAYS, FOR ANY EVENT REQUIRING A COACH A MINIMUM OF 25 BOOKING REQUIRED FOR THE EVENT TO GO AHEAD

Next Committee meeting

Our next Committee Meeting will be held at 2pm on Wednesday, **5th September 2018** in the Boardroom, Grange House, Llanfrechfa Grange.

Forthcoming Meetings

- There will be no meeting next month so our next meeting will be on **Monday, 17th September 2018** and this will be our **Quiz and Afternoon Tea**. There are table plans available at today's meeting if you would like to put your name down for a place on one of the tables.
- In October we have a speaker from the **Motor Neurone Association** which as you know is our chosen charity this year. This will be **Carole Smith**.

Your Committee

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

Contact Information_

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