

NHS Retirement Fellowship

Gwent Branch

Newsletter - March 2019



Annual General Meeting

Welcome everyone to our 2019 AGM. Today we have a few special guests joining us who are **Lorraine Tanner, Fellowship Officer - Wales** who is replacing John Toman following his retirement. Also we have **Geraint Evans, Director of Workforce and Organisational Development, Aneurin Bevan University Health Board** and of course **Ann Hyde, Improvement Manager- HR Client Services, ABUHB**.

A copy of the agenda for today's meeting is attached and our cream tea will follow at around 3pm.

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Lunch Club



First lunch of the new lunch club held at **The Gate, Llanfrechfa** on St David's Day . Thirteen, for some might be unlucky, but that was definitely not the case for us. We had a super lunch, wonderful choice on the two course menu. I won't mention those who managed to enjoy three courses! Service was excellent, and of course company second to none. Needless to say we all enjoyed it, and are looking forward to the next lunch at **Morel's Restaurant in Crosskeys College** on Tuesday **April 9th at 12 pm**. Please put your name down, along with telephone numbers. John King will have the list today ,as unfortunately I am unable to be with you today.

Marilyn

Benevolent Fund

You may have noticed that we always provide the contact details for the NHSRF Benevolent Fund at the end of every newsletter. The aims and objectives of the fund are to provide help to Fellowship members in cases of need, hardship or distress, through monetary grants. All members of the NHS Retirement Fellowship are eligible to apply for a grant, after one full year of membership. Applications for grants must be made on the official Benevolent Fund application form to the Central Office. Application forms can be downloaded from the NHS Retirement Fellowship national website or obtained from the Central Office of the Fellowship. Confidentiality concerning the identity of any applicant will be maintained by committee members and any staff members processing the application form.

Our Branch also has a Welfare Officer who is **Caroline Pitt** who can also be approached in complete confidence by members regarding this.

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New NHSRF Website

The new NHSRF website is currently in the process of development. The need to modernise and future proof the organisation in order to attract new members and retain existing ones is recognised and work on this together with a communications strategy will be completed in May. The new website will have the facility for local branches to include information about themselves and their programme of activities.

The Homepage is:- nhsrf.org.uk

Members area - username is member
 password is nhsrf - 2019

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2018/19 Photography Competition

Just a reminder that the closing date for the photography competition is **Friday, 29th March 2019**. The theme this year is **'IN THE CITY'**. The prize is £100 plus two £50 runner up prizes. Details and entry forms are on the website (www.nhsrf.org.uk) or contact Photography Group Co-ordinator, **Anthea Zell**. Email: photography@nhsrf.org.uk.
Tel: 01520 722951

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Cake Stall in April

We will be holding a Cake Stall at next month's meeting so please bring along your lovely cakes and also containers for any purchases. The funds raised will go toward our annual donation of £500 to our chosen charity. We need to raise another £120 to achieve our target.

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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.

Friday, 10th May 2019

RHS Spring Flower Show, Malvern. Only three seats left. Cost £34. Names and £10 deposit today please to confirm coach numbers. Final payment of £24 in April.

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

The musical 'Menopause'. Late matinee performance. **Final payment today please.**

Thursday, 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. **This will also be the Lunch Club outing for May.**

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. Deposits please. Final payment in April.

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.

Thursday, 26th September 2019

NHSRF Welsh Conference. **The coach for this event will be provided free of charge**

1st and 2nd November 2019

NHSRF National Conference. This year being held in Coventry

November 2019

Trip to **Christmas Market** - we are looking at Gloucester Quays this year

December 2019

Les Miserables is on at the Millennium Theatre. The date will be the 31st December 2019, matinee performance). Cost £60. If people are concerned about transport we can look at getting a coach. List for names on table today.

Monday, 9th December 2019 - Christmas Lunch at Greenmeadow Golf & Country Club

Please note: Members are kindly requested to pay by cheque for all payments for trips and outings. This is to avoid Barbara having to handle lots of cash when paying in funds at the bank. Please include the name of the trip on the back of the cheque.

Membership Subscriptions

It is that time of year again and membership renewal forms are available at today's meeting. **Ann Hyde** is prepared to take your payments today or if you wish these can be made at next month's meeting. Cheques only please.

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Art Event at St Woolos Hospital

Further to the presentation last year by Gwent Arts in Health (GARTH) members are invited to attend an art exhibition on Tuesday, 7th May 2019 at St Woolos Hospital. Work of the art students will be on display. Further details to follow.

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Name Badges

This was discussed at the Committee meeting last week and it was suggested that members might like to wear name badges at our Branch meetings which could be worn with a lanyard similar to those worn at Conferences. This would be helpful in getting to know (and remember) other members by name. If you would like a name badge made then please let **Lilwyn** or other Committee member know and this will be arranged.

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Forthcoming Meetings

- Our next meeting will be at 2pm on **Monday, 15th April 2019**. Our guest speaker will be **Jon Williams** who will be talking to us about **Senior Driving**. We will also be holding a **Cake Stall** at this meeting.
- In **May**, **Roger Foster** will be making a return visit to us to give a talk on **Monmouthshire churches**.

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		Delyn Hunt
Trips and outings	John King Kay Lusk and Jean Nutt		
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	
Trips & outings	Kay Lusk Jean Nutt John King	01291 673566	kaylusk@hotmail.co.uk

NHS Retirement Fellowship Benevolent Fund Sherry Smith, Admin Officer, Central Office. Tel 01305 361317, www.nhsrf.org.uk