

# NHS Retirement Fellowship

## Gwent Branch

### Newsletter - May 2018



Reg Charity No 287936

Welcome to our May meeting. We are pleased to welcome our guest speaker **Keiran Russell** who will be talking to us about the **Help4Wales Foundation**. Help4Wales is a non-profit, community interest company that has been set up to support the community and individuals in need.

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### Annual Darts Match



The Annual Darts Match against Rhondda and Merthyr Groups was held on the 25th April 2018. This event proved to be even more exciting than Cardiff FC getting into the Premier League as the Gwent Team won the Darts match for the first time ever !! A successful afternoon and a fabulous buffet was enjoyed by all.

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### Genetics and Geonomics for the 3rd Generation (3G) Conference 10 am to 3pm, 13th June 2018, Holiday Inn, Castle Street, Cardiff

This is a public event aimed at members of the public over 50 who would like to learn more about the fascinating field of DNA, genetics and genomics and how this effects our everyday lives. Hear expert talks on topics including:-

- Avoiding Dementia - what can be done
- The genetics of sleep: Implications for Physical and Mental Health
- Family History and Ancestry
- Genomics and Medicine

Attendance is free with refreshments and lunch provided but places must be booked in advance. This can be done via Eventbrite: <https://bit.ly/215fyka>

Further information and flyers are available at the meeting from **Carole Cunnell**

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## Don't miss the TV health awards gala

**Ethel Armstrong MBE** will join royalty and some of Britain's biggest stars as a guest of The NHS Heroes Awards, brought to you by ITV and the Daily Mirror.

The awards will honour the dedication of NHS staff, volunteers and supporters – from lifesaving doctors and nurses to tireless porters and support staff.

The landmark event to celebrate the 70th birthday of the NHS will be hosted by **Paul O'Grady** and screened on **Monday, May 21, at 8.30pm.**

Guests include **Camilla, Duchess of Cornwall**, and a host of famous faces from film, TV, sport and music.

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## New Fundraising Campaign for a new ABUHB Centre of Excellence Breast Unit

We have been contacted by **Emma Wilkins** who is the fundraising co-ordinator for Breast Services at the Aneurin Bevan University Health Board. She would like to make us aware of a new fundraising appeal.

The breast service in Aneurin Bevan is one of the busiest in Wales, seeing over 5000 patients a year with around 500 cancers being detected each year. They are at the forefront of delivering ground breaking progress in the diagnosis and treatment of Breast Cancer, and are currently building a dedicated **All Gwent Breast Unit**. To make this breast unit the best it can be they are aiming to raise funds to improve the services to breast cancer patients attending the unit. They are planning an ambitious fundraising campaign that aims to raise £200,000 towards the unit's restoration. They have already had donations totalling 20k and have plans to involve the whole community in their efforts.

They will be working with Torfaen's schools, town's businesses individuals and groups to make the ABHB Borough **Pink** on the **17th October this year**. The money raised will allow them to provide an improved holistic service for patients, and will complement the existing good work and innovation of the Breast Service team. It will help us to fund the best possible environment for local people 'through the emotional and traumatic times surrounding diagnosis and treatment of breast cancer.' And help build a centre of excellence for Torfaen patients. Further information from **Lynda Evans**

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**Theatre Visit**  
**The Play That Goes Wrong**

A group of 20 members attended the New Theatre to see this comedy play. Although not to everyone's taste most enjoyed the afternoons entertainment

The play very much reminded me of the Brian Rix Whitehall farces from the 1960s when everything that could go wrong did. The play has won several West End awards and I could see why. At times it was difficult to hear the actors because people were laughing so much. This was a very enjoyable afternoon - **Delyn Hunt**

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### **ABUHB Nursing and Midwifery Conference**

Our Branch was invited to put up a stand at the Conference to publicise the NHSRF to the Nurses and Midwives attending this event. We spoke to many of those attending and were interested to hear that there are a considerable number nearing retirement age or have colleagues considering retirement in a few years time. We gave out lots of publicity leaflets with some taking these to distribute to their colleagues in the workplace. We also had the benefit of listening in to the Conference itself which had the theme 'Believe, Lead, Achieve'. There were some interesting speakers including **Tina Donnelly CBE, Director, RCN, Eddie Butler, Journalist and Sports Commentator** and a presentation about a remarkable project which links up the pupils of **Griffithstown Primary School** with visits to the elderly patients at **County Hospital** and the considerable benefits that have resulted.

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### **National Conference - Chester - 1st & 2nd November 2018**

Marilyn will be collecting names along with £20 deposits for the National Conference in **November** so that we can make our reservations early. We don't want to end up in the overflow hotel! Cheques to be made payable to Isle of Wight tours.

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### **Welsh National Conference - Thursday, 27th September 2018**

This will be held in Llandrindod Wells and will have an anniversary theme. Guest Speakers will include **Vaughan Gething AM**, Cabinet Secretary for Health and Social Services, Welsh Government. Fellowship Patron **Ken Jarrold CBE** will be reviewing 70 years of the NHS and **Nick Thomas-Symonds MP**, Shadow Security Minister and Aneurin Bevan's

biographer will present the Life and Times of Aneurin Bevan. The Conference will close with **Ethel Armstrong MBE** who in addition to reviewing the work and future of the Fellowship will provide us with an opportunity to meet **Aneira Thomas**, who was the first baby born after midnight in the NHS in 1948.

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### **Aneira Thomas**

The following was sent to us from **John Toman, Fellowship Officer - Wales NHSRF:-**

Thought you might like to see a pic of the first baby Aneira Thomas also known as Nye, born one minute past midnight 25 July 1948. Called after Aneurin Bevan, Health Minister.



Nye will be attending our celebratory lunch at Bedwellty House **25 July** and our national conference 27 September, Llandrindod Wells.

The picture was taken at a special meeting I arranged when Nye was accompanied by her two sisters. We were joined by Jean Minchella Chair and Val Streater Secretary (pictures back row first and second on the right) of the West Glamorgan branch. Aneira lives in Swansea and has had a career in nursing as did her sisters. It is hope they will be persuaded to join the Swansea branch.

### **TRIP NOTICES**

**MONTHLY SOCIAL LUNCH MEETING - WEDNESDAY 30<sup>TH</sup> MAY**  
LUNCH FOLLOWED BY LINE DANCING LED BY BARBARA DAVIES  
MEET 1-30PM AT THE CONS CLUB NASH ROAD LISWERRY  
ALL WELCOME AND BRING FOOD TO SHARE



Speaker Secretary	Joanne Butler		Carol Cunnell
Membership Secretary	Jen Martin		Jean Nutt
Trips and outings	Delyn Hunt and John King		Kay Lusk
Welfare Officer/ Payment Officer	Caroline Pitt		Lilwyn Griffiths
			Pam E Jones

### **Contact Information\_**

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NHS Retirement Fellowship Benevolent Fund Sherry Smith, Admin Officer, Central Office. Tel 01305 361317, [www.nhsrf.org.uk](http://www.nhsrf.org.uk)

All enquiries are dealt with in the strictest confidence