

NHS Retirement Fellowship

Gwent Branch

Newsletter - November 2018



Reg Charity No 287936

Today we would like to extend a warm welcome to our guest speaker who is **Sarah Goodey, Arts Development Manager** from **Gwent Arts in Health**.

You will remember that at our last meeting in October we held a very successful **Cake Stall** and we are pleased to report that this raised **£85** which will be put towards the donation to our chosen charity, the **Motor Neurone Association**.

Our Branch has also been awarded **£40** of the **Heritage Lottery Funding** granted to the NHSRF for the 70/40 celebrations. This was in acknowledgement of the Branch's participation in the celebratory event at Bedwellty House. **Marilyn Beardmore** in particular worked hard with the organisation, making flower decorations for the tables, gathering photos and memorabilia from members, laminating them so that these could be displayed as part of the exhibition.

As you know our next meeting will be our **Christmas Lunch** which is on Monday, **10th December 2018**. If you haven't already done so please return your booking form today to **Ann Hyde** who will be here at the end of the meeting. Please let one of the Committee members know if you have not received your form.

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National Conference in Chester

Fourteen members attended the AGM and Conference at the Queen's Hotel in Chester. Five members stayed for the two nights, while nine remained for the three nights.

The AGM was concerned with recruitment. It is hoped following all the publicity the Fellowship has received this year with the celebrations for the 70/40 anniversaries that numbers will increase. The keynote speech was given by Rachel Power, CEO The Patient Association and the afternoon saw the return of the popular Question time session hosted by Ken Jarrold CBE.

The hotel was very comfortable and the staff very friendly and attentive. Our meals were delicious and served hot, which was quite an achievement when serving 250 members. On all three evenings we had live entertainment. Gwent members were at the forefront in the dancing , and on the last evening I think we were the last to leave!

Some visited the Port Sunlight Village and Liverpool on the Saturday while some visited Chester city centre and the cathedral.

Everyone was of the opinion this was one of the best conferences we have attended. Next year's Conference will be held on November 1st 2019 in Coventry. Look out for more details next Spring. It would be great if we could increase our numbers to 20 plus!

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John Toman - retirement

John Toman, NHSRF Fellowship Officer for Wales has recently announced his intention to retire at the end of March 2019. John has been in post for 16 years and will be greatly missed. He will however be joining us for our Christmas Lunch next month. The post will be advertised during November/December with interviews taking place early January 2019.

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Publicity - a request for help

At our Committee meeting earlier this month, we discussed the need to improve publicity about the NHSRF and in particular our Branch in order to attract new members. Currently information is sent to employees who are about to retire and there is also information on the Health Board's website. We have also submitted information about our Branch to be included on our own web page which people will be able to access via the new NHSRF national website. However it is evident that there is a lot more that we can do locally as a Branch. We would like some help with this and if any members are interested in helping out then please let **Lynda Evans** know.

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Worldwide Annual Travel Insurance

You may be aware that the NHSRF has negotiated an annual travel scheme designed for Fellowship members with no requirement for Medical Screening. It also covers stays in the UK if over 2 nights. The cost is £235 for single membership and £315 for a couple which is excellent value for money. The age limit is between 50 and 74 upon joining however once joined no upper age limit will apply. Full details are on the website at: **www.NHSRFTravelInsurance.org.uk**

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Della Holidays

The following letter was sent to John Rostill, CEO, NHSRF

"After much deliberation Robbie and I have decided to call it a day and retire. We shall not therefore be offering any future holidays to the Fellowship or any other clients. We may however, at some time in the future, invite members who have been on holidays with us to join us for a reunion party.

I should like to thank you and the staff at the Fellowship for giving us the opportunity to offer holidays for Fellowship members. We have greatly enjoyed the experience of taking members to various holiday destinations. Many of these members we now count as our valued friends and we shall keep in touch with them. We know from the many positive comments we have received through the years that members have enjoyed and appreciated the services we have provided, some trusting us to venture with us on holiday alone for the first time. We feel honoured to have been instrumental in giving them the confidence to travel on their own.

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

Contact Information_

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