

# NHS Retirement Fellowship

## Gwent Branch

### Newsletter - October 2018



Reg Charity No 287936

Today we would like to extend a warm welcome to **Carole Smith, Regional Care Development Adviser for the Motor Neurone Association**. As you know at this years AGM, the Motor Neurone Association was selected as our chosen charity for 2018/19 so we look forward with interest to Carol's talk.

We also have our **Cake Stall** today and I would like to thank all of our members who have taken the time to bake and bring along their cakes and would encourage everyone to buy some goodies which will help raise funds toward our charitable donation.

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### Welsh National Conference



Twenty three of our members from Gwent attended the Welsh National Conference on the 27th September 2018. The weather on the day was beautiful and so was the venue of the Metropole Hotel in Llandrindod Wells. The conference opened with a speech by our Patron, **Ken Jarrold, CBE**, Chair of Northumberland, Tyne & Wear NHS Foundation Trust. Rather than concentrating on the organisational and management changes, he took the opportunity to consider the changes achieved by the NHS since 1948 and what matters most to patients. He spoke about the innovations and inventions which have changed the course of history in clinical care. These included the introduction of penicillin, the closure of large mental hospitals and Day Surgery to mention a few.

The morning session concluded with an excellent presentation by our own **Dr Cynthia Matthews**, former Consultant Dermatologist in Gwent and also former NHSRF Chair and Trustee. Cynthia focussed on how things have changed since the establishment of the NHS. She told how GPs were initially private and single handed individuals, the large Victorian hospitals which existed at the time and babies being born at home. Today we have large modern hospitals GP training, facilities for scanning, antibiotics and other drugs, the eradication of polio, joint replacements and keyhole and robotic surgery

We all enjoyed an excellent lunch after which the afternoon began with a fascinating session featuring **Ethel Armstrong MBE** and NHSRF Patron and special guest **Aneira Thomas** who was the first baby born in 1948. The ladies held the audience with their account of growing up in the early days of the NHS and their reminiscences and reflections of working in the Health Service which were both profound and often hilarious.

The Conference concluded with the keynote speaker **Vaughan Gething AM**, Cabinet Secretary for Health and Social Services at the Welsh Government. He spoke of the role of research and development in shaping the healthcare system today and the many changes that this generation takes for granted. He described the strategy 'A Healthier Wales' which sets out the long term future with the engagement of citizens and staff.

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### **Changes to the NHSRF website**

The NHSRF at national level is in the process of modernising and developing a new website. The website currently provides a wealth of information about the NHSRF and the benefits of membership. There are also links on there which provide basic information about the local branches with dates of meetings, contact details etc. As well as the national information the new website will have the facility for local branches to have their own webpage giving more detailed information about their activities and events. This is useful for staff coming up to retirement as well as members of NHS Trusts or Health Boards who want to know more about their local group.

An initial webpage has been submitted by our Branch and it will be important that this information is kept up to date. Hopefully this will provide good publicity for us and encourage new members to join in the future.

For those of you who have not seen the website this can be accessed at [www.nhsrf.org.uk](http://www.nhsrf.org.uk)

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### **Della Holidays**

This photograph was sent last Friday by **Marilyn Beardmore** who is enjoying a week in Spain with the NHSRF. This was taken in Gibraltar and they were obviously enjoying the lovely weather while we at home were experiencing wet and windy Storm Callum !!

### **Trip Notices**

**THURSDAY 7TH DECEMBER**

**THE AMERICAN MUSEUM AND CHRISTMAS FAIR IN BATH**

PLEASE NOTE - THE COST OF THIS TRIP HAS INCREASED AND IS BASED ON 20 PEOPLE ATTENDING ( NOT THE USUAL 25) PLUS WE HAVE TO PAY AN EXTRA COACH FEE FOR PARKING BECAUSE OF THE CHRISTMAS FAIR. THE COST WILL BE £30 WHICH WILL INCLUDE ENTRY TO THE MUSEUM AND GARDENS

WE NEED NAMES AND £10 DEPOSITS ONLY TODAY, THIS WILL GIVE US AN INDICATION OF THE NUMBERS WISHING TO ATTEND IF WE HAVE 25 OR MORE THE COSTS WILL COME DOWN - LESS THAN 20 WE WILL CANCEL THE TRIP

PLEASE INVITE FRIENDS / FAMILY BUT PLEASE REMEMBER ANYONE UNDER 60 WILL HAVE TO PAY THE NON-CONCESSIONARY GROUP PRICE FOR THE MUSEUM

FOR FURTHER DETAILS SEE DELYN HUNT

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**Forthcoming meetings**

- Our next meeting will be held at 2pm on Monday, 19th November 2018 when our speaker will be **Sarah Goodey, Arts Development Manager from Gwent Arts in Health.**
- On the **10th December 2018** we will have our **Christmas Lunch**. Please return your booking form to Ann Hyde. Please let one of the Committee members know if you have not received your form.

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**Next Committee meeting**

Committee members are reminded that the next Committee meeting will be held on **Thursday, 8th November 2018 at 2pm** in the **Boardroom, Grange House, Llanfrechfa Grange**. Other members who might be interested in becoming a Committee member in the future and would like to attend and observe are very welcome to attend

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**Your Committee**

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|----------------------------------|---|-------------------|------------------|
| 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                                      |                   |                  |
| Assistant Membership Secretary   | Pam E Jones                                     |                   |                  |
| Trips and outings                | Delyn Hunt, John King<br>Kay Lusk and Jean Nutt |                   |                  |
| Welfare Officer/ Payment Officer | Caroline Pitt                                   |                   |                  |

### Contact Information\_

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|-----------------|-------------------|--------------|--|
| Chair           | Lynda Evans       | 01633 420668 | <a href="mailto:lyndaevs@hotmail.co.uk">lyndaevs@hotmail.co.uk</a>   |
| Secretary       | Marilyn Beardmore | 01633 661954 | <a href="mailto:mabeardmore@yahoo.co.uk">mabeardmore@yahoo.co.uk</a> |
| Welfare Officer | Caroline Pitt     | 01633 660608 |  |
| Trip Organiser  | Delyn Hunt        | 01633 843140 | <a href="mailto:delyn46@yahoo.co.uk">delyn46@yahoo.co.uk</a>         |

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