

NHS Retirement Fellowship

Gwent Branch

Newsletter - September 2018



Reg Charity No 287936

Welcome to our September meeting and we trust that you have all enjoyed the lovely summer we have had. Today we look forward to our afternoon tea, but before that we have our annual quiz which will be hosted as always by our expert **Quizmaster, John King**.

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NHS 70th & NHSRF 40th Celebratory Lunch at Bedwellty House - 25th July 18



Nearly 120 members from the South Wales NHSRF branches attended this unique celebratory event which certainly proved a day to remember. The weather was glorious and Bedwellty House was an excellent venue set within its beautiful gardens. The event was opened by **Cllr Haydn Thomas, Mayor of Tredegar** and this was followed by a delicious lunch of roast beef with all the trimmings and a homemade apple and berry crumble. The staff worked hard to make sure all were well looked after. Much preparation had been made by John Toman and others to ensure the event was a success and this included an exhibition of photographs and stories submitted by members. Marilyn had also worked hard and the floral centrepieces she had made for each of the 12 tables were very



much admired. Entertainment was provided by the internationally acclaimed harpist, Eleri Darkins who played a selection of music including some well known Welsh classics. The after lunch speakers included **Dr Andrew Goodall, Director General, Health & SS and CEO, NHS Wales** and **Nick Thomas-Symonds MP, Shadow Security Minister & Aneurin Bevan Biographer**. At the end of the afternoon members had the opportunity to visit the chamber where Aneurin Bevan worked and to see a short film about his life.

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Making Everyone Welcome

The importance of making everyone welcome at our meetings was discussed at our Committee meeting earlier this month. Many of us already know each other and have long standing friendships. However when members attend on their own particularly for the first time it can feel intimidating and very lonely if they have no one to talk to. It is important for all of us to make people feel welcome so please take the opportunity to get to know other members particularly those on their own. Lilwyn Griffiths is taking a lead on this making sure that Greeters are available at each meeting to identify any new members attending and make them feel welcome.

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NHSRF Welsh National Conference

Plans for this years conference on **Thursday, 27 September 2018** in Llandrindod Wells are well underway and the following message was received from **John Toman, Fellowship Officer - Wales**

“We had one speaker cancel, Nick Thomas-Symonds MP who suddenly found that he has parliamentary duties to attend to on the 27th. However, I’m delighted to confirm that **Cynthia Matthews, former NHSRF Chair and Trustee**, came to my rescue by offering to present a session entitled **The NHS at 70, How Things Have Changed**. Cynthia will be looking at medical innovations that significantly changed the way we care patients

This conference promises to be a particularly interesting one. It includes a major presentation on the history of the NHS by our own **NHSRF Patron, Ken Jarrold**, an exhibition by the 70th Anniversary Heritage Project, an opportunity to meet the first baby born in the new NHS 1948 who was a nurse and lives in Swansea and a Keynote address by **Vaughan Gething, Minister for Health & SS at the Welsh Government**, And, as this conference traditionally provides an excellent sit down lunch, there is every good reason to expect a really good turn out.”

Details of the costs and pick up times are under the ‘Trip Notices;

Christmas Lunch

We have now received details from Greenmeadow regarding this years Christmas Lunch which will take place on **Monday, 10th December 2018**. The Festive Lunch includes Christmas novelties, Three course meal, Tea or Coffee with after dinner mints and mini mince pie. The cost will be £22.50 per person which will include the £2 charity donation as we did last year. We decided that this is a simpler way of helping those less fortunate than ourselves than asking everyone to contribute to a hamper and then to buy raffle tickets to win them back. You should all receive a booking form with the menu choices.

Sale of Sound System

Delyn is trying to find a buyer for our old stage sound system which was proving too heavy to keep transporting to and from our meetings. As you know we now have the use of the one at Greenmeadow which is more convenient. Members are asked to see if they know of anyone or any organisation that might be interested. It may be suitable for a school, theatrical group, village hall, community centre etc. If you do then please let Delyn know. Together with the speakers and stands the system has two wireless microphones and a lapel microphone. The price would be in the region of £500.

Trip Notices

WELSH CONFERENCE 27TH SEPTEMBER

LLANDRINDOD WELLS

COST £25 INCLUDES LUNCH AND COACH

BALANCE AND / OR FULL PAYMENTS TODAY PLEASE

PLEASE MAKE SURE WE HAVE YOUR CORRECT PICK-UP POINT

COACH PICK-UP TIMES

NEWPORT RIVERFRONT 08-00am

CWMBRAN BUS STATION 08-15am

NEVIL HALL 08-45am APPROX

TICKETS COLLECTION FOR

“THE COMEDY ABOUT A BANK ROBBERY”

AND “WICKED”

“JERSEY BOYS” THURSDAY 24TH JANUARY 2019

WALES MILLENNIUM CENTRE

THIS IS OUR POST CHRISTMAS EVENT

COST £44 FULL PAYMENT DUE TODAY

IF THERE IS NO SUPPORT FOR THIS EVENT IT WILL BE CANCELLED AND MONEY RETURNED TO THOSE WHO HAVE ALREADY PAID

AMERICAN MUSEUM AND XMAS SHOPPING IN BATH IN DECEMBER

THIS WILL DEPEND ON NUMBERS INTERESTED. COST WILL BE ABOUT £25 EACH.

FRIENDS / FAMILY WELCOME

NAMES TODAY PLEASE IN ORDER TO ASSESS INTEREST

**AS ALWAYS, FOR ANY EVENT REQUIRING A COACH A MINIMUM OF 25
REQUIRED TO BOOK FOR THE EVENT TO GO AHEAD.
FRIENDS AND FAMILY ARE WELCOME**

Forthcoming meetings

- Our next meeting will be at 2pm on **Monday, 15th October 2018** when our guest speaker will be **Carol Smith, Regional Care Development Adviser** for the **Motor Neurone Association**. We will also be having a **Cake Stall** at this meeting so please bring you cakes and containers to take home cakes that you buy.
- In **November** our speaker will be **Sarah Goodey, Arts Development Manager** from **Gwent Arts in Health**

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
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Welfare Officer	Caroline Pitt	01633 660608	
Trip Organiser	Delyn Hunt	01633 843140	delyn46@yahoo.co.uk