

### **Celebration Tea Party to mark NHS75 and NHSRF45**

Welcome to our meeting today which has been organised for us as a Branch to celebrate 75 years of the NHS and also 45 years of the NHS Retirement Fellowship. We do hope that you will enjoy the afternoon with the opportunity to socialise with fellow members, take part in an entertaining quiz hosted by **Pam Cocchiara**, followed by a **Greenmeadow Cream Tea**.

### **October Cake Stall**

It is that time again and the opportunity for us at our next meeting to bake, bring and buy cakes to raise funds for our nominated charity. Our cake stalls always do well so lets see if we can make this a good one

### **Skittles match report from Delyn**



For several years we have competed in a skittles match against former Rhondda and Merthyr NHS Retirement Fellowship Groups. Although they are no longer members of the national NHS Retirement Fellowship, our Branch has continued to keep in touch and participate in the skittles match in September and competing in the Christmas Quiz at Merthyr in December.

This year the skittles match was held on Friday, 1st September at the Sports Centre in Church Village. Before the match we were treated to a lovely buffet lunch followed by a raffle which several of our team were successful in winning prizes. Following lunch we had a fun afternoon competing against each team. For the first time ever our Gwent Branch Team won the match and brought the trophy home to have our names added to the shield.

It was a pity that so few of our members participated as it is always a fun afternoon and we are always made very welcome. Please try and join us on the 8th December at Merthyr for another afternoon of fun.

We will be arranging a darts match next spring against Merthyr and Rhondda if we can find a venue. So if anyone knows of a suitable venue to play darts and who are able to cater a buffet then please let me know.

### **TRAVEL UPDATE**

#### **THREE THEATRE TRIPS HAVE BEEN BOOKED**

#### **ALL MATINEE SHOWS**

**THE CROWN JEWELS** – A COMEDY AT THE NEW THEATRE  
DATE 4<sup>TH</sup> OCTOBER COST £34 TWO SEATS AVAILABLE  
PLEASE COLLECT YOUR TICKETS TODAY IF YOU HAVE BOOKED

**THEN THERE WERE NONE** – A CHRISTIE MYSTERY PLAY  
DATE WEDNESDAY 20<sup>TH</sup> MARCH 2024 COST £35 20 SEATS AVAILABLE  
FULL PAYMENT BY NOVEMBER MEETING 20 SEATS AVAILABLE  
**NO PAYMENTS WILL BE TAKEN AT THE CHRISTMAS LUNCH MEETING.**

**PRETTY WOMAN** – THE MUSICAL  
WALES MILLENIUM CENTRE  
DATE 2<sup>ND</sup> MAY 2024 COST £41  
FULL PAYMENT DUE JANUARY MEETING 20 SEATS AVAILABLE

**CHRISTMAS MARKET TRIP THIS YEAR WILL BE TO WINCHESTER CATHEDRAL**  
COST £21 DATE THURSDAY 7<sup>TH</sup> DECEMBER  
FINAL BOOKING BY NOVEMBER MEETING

**CHRISTMAS QUIZ AND BUFFET AT MERTHYR FRIDAY 8<sup>TH</sup> DECEMBER.**  
WE HAVE BEEN INVITED TO JOIN THE GROUP AT MERTHYR FOR THEIR CHRISTMAS QUIZ.  
THIS IS A FUN OCCASION WHICH MEMBERS WHO HAVE BEEN BEFORE HAVE THOROUGHLY  
ENJOYED THE AFTERNOON.  
OWN TRANSPORT UNLESS THERE IS ENOUGH MEMBERS TO ARRANGE A MINI-BUS.  
IF NOT WE CAN CAR SHARE.

**SUGGESTIONS PLEASE FOR VENUES TO ARRANGE LUNCHEES OR AFTERNOON TEA FOR THE  
GROUP WHICH WE COULD HAVE EVERY OTHER MONTH OR WHEN WE DON'T HAVE AN  
OUTING ARRANGED**

**COACH TRIPS.** REMEMBER TO LET DELYN KNOW YOUR PICK-UP POINT PLEASE

**ADULT FAMILY AND FRIENDS WELCOME ON MOST TRIPS EXCEPT WHEN NUMBERS RESTRICTED.  
MEMBERS WILL HAVE PRIORITY BOOKING**

## Forthcoming meetings

● **2pm Monday, 16th October 2023** - Our speaker is Daniel Counsell who will be talking to us about Tackling Rural Crime

● **2pm Monday, 20th November 2023** - The speaker is Anne Hayward with a talk about the Pilgrimage from Monmouth to St Michaels Mount

**Monday, 11th December 2023 - CHRISTMAS LUNCH**

## Your Committee

Chair	Lynda Evans	Raffle Organisers	Jen Martin
Vice Chair	<i>Vacancy</i>	Greeters	Cynthia Matthews
Secretary	<i>Vacancy</i>		Lilwyn Griffiths
Treasurer	Denise Coldrick		Carol Cunnell
Assistant Treasurer	Lilwyn Griffiths		Megan Williams
Speaker Secretary	Joanne Butler		
Membership Secretary	Ann Hyde		
Books and sales	Pam E Jones		
Trips and outings	Delyn Hunt		
Welfare Officers	Caroline Pitt and Megan Williams		

## Contact Information\_

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Secretary			
Welfare Officers	Caroline Pitt Megan Williams	01633 660608 01633 420932	
Trips & outings	Delyn Hunt	01633 843140	<a href="mailto:delyn46@yahoo.co.uk">delyn46@yahoo.co.uk</a>

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

