



GWENT BRANCH NEWSLETTER

APRIL 2024

We are pleased to welcome our speaker today who is **Sarah Robinson**. Sarah is the Founder and Chairperson of **Hope GB**, which is a charity set up following her son's diagnosis of autism at age 4. Based in Cwmbran the charity serves Torfaen and surrounding local authorities and aims to "enrich lives affected by autism" by signposting, providing practical support, training and fun.

.....

Our AGM

Last month was our AGM and we were pleased to welcome our **Regional Development Officer for Wales, Angela Johnson**. Angela was able to fill us in on what is happening nationally. She reported that the NHSRF now has 7,500 members but obviously this is only a small proportion of the 1.6 million NHS retirees in the UK. Often it is because people do not know about the Fellowship. Following the P60 campaign last year, they are continuing to work with NHS Pensions to secure inclusion in their annual newsletter. The new Chief Executive, Mike Seaton has successfully obtained funding from NHS England plus further funding from NHS Shared Services Partnership to support the NHSRF. Angela stressed the importance of us telling people about the Fellowship so that others have the opportunity to join.

Angela told us about the staffing restructuring at Head Office and the fact that last year had been a transition year. There are currently six branches in Wales, three in the North and three in the South, with a total of 350 members

Our Branch members raised the fact that they missed having a Wales Conference and that there was little, if any communication with other Branches. Angela said that a member representative was needed for Wales if anyone would like to do this. It was commented that there was no longer an All-Wales Liaison Committee therefore the opportunity to feedback to Head Office and to engage with other Wales Branches has been lost.

Denise Coldrick, Treasurer provided a financial report which was presented by **Lilwyn Griffiths, Assistant Treasurer**. This showed that at the start of the year we had £4,878.25 inclusive of membership fees for 2023. Once these were deducted the balance stood at £2,569.43 on the 29th February 2024. Our fundraising had gone well and we are on track for our target of £500 for our chosen charity. Denise asked us to remind members that they can sign up to **Gift Aid** if they are a tax payer as this can make a difference to Branch funds.

Ann Hyde, Membership Secretary forwarded a report that as a Branch at the end of 22/23 we had 79 members. Ten members which included eight who joined this year together with some visitors decided not to rejoin or join. There was also the death of one member which totalled 11. Most of the new members who did not renew their membership had not attended any meetings in that year. This left 68 members who renewed their membership at the beginning of the year. However, since March we had a further 11 new members who joined.

Committee membership - Members voted for existing members of the Committee to continue. We were also delighted to announce that we have two new Committee members. They are **Jill Coggins** and **Kay Davies**. We very much look forward to working with them.

.....

Our Chosen Charity 2024

A draw was held at the AGM from nominations for our charity fund raising this year. The successful charity is **Sight Cymru** (formerly Sight Support) whose Head Office is based in Pontypool. Sight Cymru is the largest entirely Welsh sight loss agency providing services throughout Wales. The **Sight Cymru, Supporting People Team** aims to help people with sight loss to overcome difficulties they have so that they can live independent lives. This is a home-based service and provides information, advice and practical support.

.....

Special Fundraising Raffle

Angela Johnson on her visit to our AGM brought us a **Samsung Galaxy Tablet A7** from Head Office that the Branch can use as a prize to help raise our charity funds. A raffle will be held, separate from the £3 tea/coffee/raffle payable at the door. The draw take place at our next meeting in **May**. Tickets are available from **Jen Martin** at a cost of £5 per strip. Please support and let's see if we can boost our charity funds.

.....

Fellowship holiday

Some of you may be interested in the annual Fellowship holiday which this year will take place from September 11 – 18 in **Lake Garda, Italy**. The cost will be £1,300 from Gatwick (departure at other airports will be available with a slight variation on the cost). All excursions are included in this price. Anyone wanting to reserve a place or find out more details should contact Lorraine Taylor at lorrynetaylor321@btinternet.com

.....

TRIPS AND OUTINGS

WHEN BOOKING FOR ANY EVENT, PLEASE ADD ALL NAMES AND PICK-UP POINTS FOR EVERYONE INTENDING TO JOIN THE EVENT.

BRISTOL AEROSPACE MUSEUM - WEDNESDAY 17TH APRIL 2024

FINAL PAYMENT (BALANCE AND Full) TODAY PLEASE.

WE WILL BE USING ANSLOW COACHES AGAIN ON THIS OCCASION.

COACH PICK-UP TIMES ARE

CWMBRAN BUS STATION 09-15 HRS

NEWPORT RIVERSIDE 09-30HRS

CHEPSTOW DUEL CARRIAGEWAY 09-40 HRS APPROX

WE WILL BE LEAVING BRISTOL AT 16-00 HRS

DARTS MATCH - WEDNESDAY 22ND MAY

NEWPORT INDOOR BOWLS AND SPORT CENTRE - TIME – 12-00 HRS

BUFFET AND BAR COST £10 PAY APRIL MEETING

PARTNERS WELCOME ESPECIALLY IF THEY PLAY - NAMES TODAY PLEASE.

ANNUAL MYSTERY TRIP

THIS WILL BE THURSDAY 20TH JUNE. COST £20

FINAL PAYMENT MAY MEETING PLEASE

DETAILS TO FOLLOW.

£10 – 00 NON-RETURN DEPOSIT REQUIRED WHEN ADDING YOUR NAME/S

ABERGLASNEY GARDENS

THERE IS A FOOD AND MUSIC FESTIVAL IN SEPTEMBER.

STILL NO DETAILS AVAILABLE AS YET

CHRISTMAS OUTING - SWANSEA

CHOSEN BY MEMBERS

THIS HAS BEEN BOOKED FOR THURSDAY 5TH DECEMBER

PUT IT IN YOUR DIARIES DETAILS TO FOLLOW

THEATRE TRIPS

IN FUTURE A NON-RETURN DEPOSIT OF £5 WILL BE REQUIRED WHEN BOOKING THEATRE TICKETS

HOT OFF THE PRESS

TINA TURNER THE MUSICAL IS COMING TO CARDIFF MILLENNIUM IN FEBRUARY 2025

20 TICKET WILL BE RESERVED

TOUR OF WALES MILLENIUM CENTRE IN JULY

ANYONE INTERESTED NAMES TODAY PLEASE

DATE FRIDAY 5TH JULY AT 1PM.

COST £12 BUT DISCOUNT WILL BE AVAILABLE DEPENDING ON NUMBERS. LASTS ABOUT AN HOUR.

Your Committee

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

Contact Information

Chair	Lynda Evans	01633 420668	lyndaevs@hotmail.co.uk
Secretary			
Welfare Officers	Caroline Pitt Megan Williams	01633 660608 01633 420932	
Trips & outings	Delyn Hunt	01633 843140	delyn46@yahoo.co.uk

NHS Retirement Fellowship Benevolent Fund Sherry Smith, Admin Officer, Central Office. Tel 01305 361317, www.nhsrf.org.uk

NHS RETIREMENT FELLOWSHIP - GWENT BRANCH

FEEDBACK FORM

The Committee are keen to receive feedback from members regarding their experience of our local Branch. Your views are valuable in order for us to make improvements and also to plan ahead for trips, activities and speakers that are of interest to you. Please take a few moments to complete this questionnaire and return the form to the suggestion box which is available today and at the next meeting.

Do you enjoy the Branch meetings? If so what is good about them?

What aspects are not so good?

What changes/improvements can we make?

Do you feel welcome at the meetings?

Do you enjoy the trips and activities programme organised by the Branch?

Are there any trips and activities that you would like to see included?

Any other comments