

We would like to welcome our guest speaker today who is **Gareth Thomas** from South Wales Police. Gareth was a Gwent Police Officer for 30 years and retired in January 2024. He then worked at the Regional Organised Crime Unit for 14 months as a Fraud Protect Officer before moving back to Gwent Police as a Cyber Prevent and Protect Officer. Gareth's current role is to try and help people to stay safe online and to give information and education around cyber crime and fraud. We look very much to his talk today.

At today's meeting we would encourage members to support for our **Cake and Produce Sale**. The money received will be collected towards our target of £500 for our chosen charity which this year is the **RNLI Wales**.

Trip to the Malvern Autumn Show



Last month 29 members and friends had a very enjoyable day with a visit to the Malvern Autumn Show. We were lucky with the weather which was warm and sunny and the show had something for everyone. There were gardening and cooking presentations from celebrities such as Adam Frost renowned for his many successes with his show gardens at the Chelsea Flower show. There were floral and vegetable displays, animals, arts and crafts and of course lots of shopping opportunities. It was a lovely day out and many thanks to Delyn for organising.

Special raffle

Carole and Jen are assembling a special **Christmas Hamper** to raise money for our Charity Fund. Tickets are on sale today, **£1 per ticket or £5 per strip**. You will be able to see the Hamper at our November meeting and it will be presented at our Christmas Lunch.

All Wales Federation Zoom meeting

You should all have received an email from Lesley Evans regarding an All Wales Zoom meeting which was due to take place on the 9th September. This meeting will now take place at **11am on Monday, 25th November 2025**.

The purpose of this meeting is to provide valuable insights into what's happening across the Fellowship in Wales, discover what your fellow members are up to and have a chance to meet the team including Chief Executive Mike Seaton, Lucia Hiden, Head of Communications and Rod How, Chief Operating Officer.

Everyone is warmly invited. You will need a link to join. Please let me know if you would like to take part so that I can provide a list with email addresses to Angela and she will send you the link. **Lynda**

Christmas Lunch 2025

Our Christmas Lunch this year will be held on **Monday, 8th December**. Booking forms are available today. The cost for 3 courses will be £35 and £32.50 for 2 courses. This includes a £2.05 donation toward our chosen charity. Booking forms are available today and should be returned at the next meeting or sent to **Ann Hyde**. Table seating lists will be available at the next meeting.

Better support and information for retiring NHS staff

Many staff currently working in the NHS are unaware of the NHS Retirement Fellowship. A number of initiatives have taken place to address this. Firstly as many of you will know information about the Fellowship is sent out with P60s each year to those who have already retired. The latest initiative was launched on the 2 October 2025 and this is a partnership between the **NHS Retirement Fellowship, Wales** and the **NHS Wales Shared Services Partnership** which aims to support the wellbeing of retiring and retired NHS staff through membership of the Fellowship and the development of branches throughout Wales.

NHS staff in Wales will now be able to find out about the NHS Retirement Fellowship via the **Electronic Staff Records** portal.

[TRAVEL UPDATE FOR OCTOBER 2025](#)

[CHRISTMAS MARKET 2025.](#)

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