

**NHSRF GWENT BRANCH
ANNUAL GENERAL MEETING**

18th March 2024

AGENDA

1. Welcome
2. Apologies
3. Chair/Secretary's report
4. Address from Angela Johnson, Regional Development Officer for Wales
5. Treasurer's report
6. Membership Secretary's report
7. Election of new Committee members
8. Re-election of existing Committee members
9. Draw for this year's Chosen Charity
10. Vote of thanks
11. Any other business

Our Branch Fundraising

Today as is usual at our AGM, we are looking for your nominations for our **chosen charity draw** for this year. Ideally the chosen charity can be local but should support the health and wellbeing of those in our community. Looking back over past years, Branch members can take great credit for our efforts in raising money for charity. We have consistently reached our £500 target and the charities that have benefited include amongst others - the RGH Cardiology fund, Newport Women's Aid, Motor Neurone Disease Association, Cwmbran Stroke Group, The Silver Line, Red Cross Ukraine Appeal and Wales Air Ambulance.

In addition, if we have had visiting guest speakers from a number of other charities and we have also collected a considerable amount at our meetings for those.

A Branch Book Club?

You may be aware that the national NHSRF has a Book Club which you can join by e-mailing sherry.smith2@nhs.net or debbie.arnold4@nhs.net. Recommended reads are published quarterly and also posted on the NHSRF Facebook page. Some of our members have already signed up. Recommendations are usually among the Sunday Times Best sellers and the most recent were: -

The Trial by Rob Rinder, The Whalebone Theatre by Joanna Quinn and Mudlarking: Lost and Found by Lara Maiklem

We know that many of you enjoy reading as was evident by the many book reviews that we received during lockdown. If anyone is interested in us setting up a Book Club for our Branch then please come and have a chat. A list for names is available at today's meeting for those interested.

Bryn Ivor Lodge Care Home link

We have been approached by the Lead Activities Co-ordinator at Bryn Ivor Lodge Care Home in Castleton. Some of their residents are former NHS employees and are keen to forge links with our Branch of the NHSRF. Barbara Davies is currently in discussions with the co-ordinator to see how we can get involved.

Suggestion box

As discussed at our last meeting the suggestion box is available today for your ideas and feedback regarding our Branch. Please let us know your thoughts to help us plan for the year ahead.

RCN Prince of Wales Nursing Cadet Scheme

This week, local health and social care students from Coleg Gwent have been taking part in the Royal College of Nursing (RCN) Nurse Cadets programme by completing a work placement at hospitals in Gwent.

Taking place during National Careers Week (4th-9th March 2024), the students have been spending the week exploring a career in health and social care by gaining hands-on experience of working in a clinical setting as RCN Nurse Cadets.

The RCN Prince of Wales Nursing Cadet Scheme is a partnership with young learners to develop skills for life and employment in nursing and the nursing family.

Beginning their week with a welcome induction day, the Cadets received some essential training to enable them to undertake their ward placement, including learning about the Health Board's Values and Behaviours; taking part in some role play exercises to develop their communication and compassion skills; CPR training; and receiving a tour of The Grange University Hospital. The students were also able to hear from existing nurses as they discussed their career journeys throughout the Health Board, as well as meeting some of the Health Board's much-loved volunteers – the Pets as Therapy Dogs – and hearing all about the difference they make to patients.

Following their induction, the students were then assigned placements on different wards across Gwent hospitals to gain experience of working in a hospital environment.

TRAVEL UPDATE

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

BRISTOL AEROSPACE MUSEUM

THIS HAS BEEN BOOKED FOR WEDNESDAY 17TH APRIL

COST £40 WHICH INCLUDES ENTRANCE, TOUR OF CONCORDE, COACH AND DRIVERS TIP

FINAL BOOKING AND 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.

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		Barbara 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