GWENT BRANCH NEWSLETTER

NOVEMBER 2026

Our speaker for today's meeting provides a completely new experience for us. We certainly like variety!! We are delighted to welcome **Lesley Mills** with her presentation **'Fascinating Flamenco'.** Lesley has been dancing since she was 3! She studied Flamenco and Spanish dance in London, and has appeared on stage and film as a dancer. Since moving to Wales, she has enjoyed sharing her passion for this dramatic and colourful art form with many local groups and societies. ***Lesley has asked if members could bring along any Spanish style fans that they may have.***

Aneurin Bevan University Health Board - Gwent 35 Strategy

Last month we heard an excellent presentation from **Clare Nelson, Deputy Director of Strategy, Planning and Partnership, ABUHB.** In particular, Clare discussed with us the **Gwent 35 Strategy** which is a10 year strategy developed following feedback from nearly 7,000 residents, staff and partners, locally and focusing on 3 core pillars - Better Health, Better Care and Better Lives. A copy of the full plan can be accessed via the ABUHB website but Clare has kindly given us some leaflets which are available today.

Last month's cake sales

A big thank you to everyone who supported our cake sale last month. The event raised £69.85 on the day and an additional £30 was added by Delyn who made and sold some cakes privately so a very big thank you to her for this kind donation. All proceeds will go to charity.

NHSRF National Conference 2026 - Award Ceremony

For the first time last month the NHSRF held an Award Ceremony as part of the AGM. We were delighted that Gwent Branch was nominated and were successful as **runners up** in two categories. Firstly in the the **Branch/Committee of the Year** category which is an acknowledgement of the contribution of all our members and in particular the hard work contributed by our Committee members in organising the running of the Branch and its Branch activities. The second runner up award was Lynda Evans in the **Communications of the Year** Category.

NHSRF - ONLINE EVENT

Dear Member

I am writing to invite you to a special online event hosted by the NHS Retirement Fellowship on Thursday 26 November at 1pm.

We are pleased to welcome Alison Wall, who will be giving a presentation on the history of medical beliefs, particularly those about the plague.

She tells us: "I discuss the Galenic theory, theory of signatures, alchemy and Paracelsus. I describe the Plague houses, commonly known as pest/Pestilence Houses. The houses still standing are illustrated, along with many that have sadly been demolished. Their role in public health protection is stressed. I end the presentation with a comparison between how we managed Covid 19 in 2020, with the management of plague in 1665."

All members of the Fellowship are invited to take part in this online event - please register at comms@nhsrf.org.uk and we will send the link out in due course.

This session is expected to last about one hour including questions on Alison's presentation. We may open up a short window for any general questions relating to the Fellowship as well.

If you have any further queries regarding this event, please email comms@nhsrf.org.uk

Best wishes

Lucia

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TRAVEL NEWS NOVEMBER 2026

CHRISTMAS FAYRE STRATFORD

DATE 29TH. NOVEMBER

COST – FREE TO MEMBERS

£1 TO BOOK PLACE

NON – MEMBERS £19

COACH PICK-UP TIMES

CWMBRAN BUS STATION 08-00hrs

NEWPORT RIVER FRONT 08-15hrs

PLEASE CONFIRM BOOKING AND PICK-UP POINT TODAY

CHRISTMAS LUNCH

12.30 pm for 1pm - MONDAY 14TH DECEMBER

COLDRA COURT HOTEL, NEWPORT

COST – 2 COURSES -£32.50

3 COURSES £38

Please could you let Ann Hyde have your booking forms and payment as soon as possible. The table plan is available again today for you to indicate your preferred seating. Family or friends are welcome to join us.

ADULT FAMILY AND FRIENDS WELCOME ON ALL OF OUR TRIPS

SUGGESTIONS FOR TRIPS ALWAYS WELCOME.

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Forthcoming meetings

Monday, 14th December 2026 - 12,30pm for 1pm - Christmas Lunch - Severn Suite, Coldra Court Hotel

Monday, 18th January 2027 - Louise Jones Williams with a talk entitled the History of Llantarnum Grange Arts Centre

YOUR COMMITTEE

Chair	Lynda Evans	**Vice Chair**	_
Secretary	_	**Treasurer**	Denise Coldrick
Assistant Treasurer	Lilwyn Griffiths	**Speaker Secretary**	Joanne Butler
Membership Secretary	Ann Hyde	**Trips/Activity Organiser**	Delyn Hunt
Welfare Officer	Megan Williams	**Vote of Thanks Coordinator**	Barbara Davies
Raffle Organiser	Jen Martin	**Books/Sales**	Kay Davies
Greeters/Meeting Support	Cynthia Matthews Barbara Davies Carole Cunnell		

Branch Contact Information

Chair	Lynda Evans	07495 669805 01633 420668	**lyndaevs@hotmail.co.uk**
Secretary			
Welfare Officer	Megan Williams	01633 420932	megan.williams52@aol.co.uk
Trips and outings	Delyn Hunt	01633 843140	delyn46@yahoo.co.uk

NHSRF Contact information

The Freephone number for all national

Fellowship enquiries - 0800 9151455