

197  
2018



Reg Charity No 287936

# Fellowship EXTRA

Did you know we do all this?

Being a member of the Fellowship is a rewarding experience in itself. Belonging to a branch is one of the pleasures of retirement. But there's more to the Fellowship than branches. We are part of a national organisation with more than 10,000 members who share the same values and enjoy similar pastimes.

There's lots going on. This supplement features holidays, golf and photography and lists the many other opportunities available to NHSRF members. Please keep it safe.



The NHS RF Photography Group is for any member who enjoys taking photographs. You may be an experienced photographer or a novice, you may have expensive camera equipment or you may use your mobile phone. Everyone is welcome to join in with group activities.

The group organise photography events during the year in different locations when members can enjoy meeting together, exchanging photography tips and having a good day. A regular and popular feature of each year is the two photography competitions; the theme for the competition closing on Friday 29th March 2019 is 'In the City'.

Della Holidays, based in Devon, have been arranging successful group holidays for the Fellowship for a number of years.

HOLIDAYS TO SELECTED DESTINATIONS FOR YOUR BRANCH OR BRANCHES IN YOUR AREA

DELLA HOLIDAYS

TELEPHONE: 01934 420318

email: [enquiries@dellaholidays.co.uk](mailto:enquiries@dellaholidays.co.uk)

Website: [www.dellaholidays.co.uk](http://www.dellaholidays.co.uk)

Cottages.com and Hoseasons give members a 10% discount on UK breaks. Secluded hideaways, coastal cottages and larger properties for family gatherings. To book visit [www.chooseacottage.co.uk/NHR](http://www.chooseacottage.co.uk/NHR) or call 0345 268 1595 and quote PART10

Photograph – 'Lucy' Nigel Gardner, Peterborough branch



More information about the group can be found on the website, [www.nhsrf.org.uk](http://www.nhsrf.org.uk) or, contact the Group Coordinator, Anthea Zell, tel: 01520 722951 or email: [photography@nhsrf.org.uk](mailto:photography@nhsrf.org.uk).

Photography Group Sponsors



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## Worldwide Annual Travel Insurance

Designed specifically for NHSRF Members...

- Full Worldwide Cover
- No Medical Screening requirement\*
- 24 Hour Emergency Support
- No limit on the number of trips
- Competitive Prices/Low Policy Excess

Full details are available at our dedicated website:

[www.NHSRFTravelInsurance.org.uk](http://www.NHSRFTravelInsurance.org.uk)

or Call the Travel Team on 01622 766 960

\*Eligibility: You must be an NHSRF member and an age limit of 79 years applies at time of joining (though once joined no upper age limit will apply). Subject to terms and conditions.

Prices from  
**£235**

Policies underwritten by Acasta European Insurance Company Limited.

NHSRFTravelInsurance is a trading name of Butcher Robinson & Staples International Limited (a registered Lloyd's of London insurance broker), authorised and regulated by the Financial Conduct Authority.

# Your membership also brings you:

## COMMUNICATION

Members receive the Fellowship newsletter by email or by post. Information about events and activities is available from the website: [www.nhsrf.org.uk](http://www.nhsrf.org.uk). Branch secretaries, postal and international members get regular updates from the director.

## THE CIVIL SERVICE CLUB

Fellowship members can become a member of the Civil Service Club in Whitehall, London. The Club offers overnight accommodation, a bar with bar menus and more formal dining area.

Contact the Club on 020 7930 4881 or by email: [membership@civilserviceclub.org.uk](mailto:membership@civilserviceclub.org.uk) and quote 'NHS Retirement Fellowship'

## BENEVOLENT FUND

The Fellowship has a benevolent fund which provides grants to members in need. Members are eligible to apply after a year of membership. Download an application form from the website or contact central office for information. All applications are treated in confidence.

## INSURANCE

The Civil Service Insurance Society is a not-for-profit organisation providing home, motor and travel insurance to members and their partners. CSIS donates its profits to civil and public service charities and has supported various NHSRF initiatives. Visit [www.csis.co.uk](http://www.csis.co.uk) or call 0845 6077444.

## LEGAL SERVICES

Thompsons solicitors is the most experienced personal injury firm in the UK and has been retained by the Fellowship to offer legal services to members. Legal services cover members for road accidents, slips and trips, diseases contracted from previous employment – in fact any accident caused by someone else's negligence, and where it is possible to prove that negligence. More information is available from the NHSRF website or by phone to 0800 3283331.

## TAX VOLUNTEERS

Tax volunteers provides free, independent and expert help and advice for older people on lower incomes who cannot afford to pay for professional tax advice. With over 450 volunteers and a national call centre,

it doesn't matter where you live. Contact via the website [www.taxvol.org.uk](http://www.taxvol.org.uk) or by phone 01308 488066 or 0845 6013321.

## THE GOURMET SOCIETY

Members can join a restaurant discount scheme at less than half the normal subscription. Follow the link on the NHSRF website or phone 0845 257 4477 quoting NHS FELLOWSHIP

## SHOPPING DISCOUNTS

Health Services Discounts are available to NHSRF members as well as current NHS staff. Money saving shopping, printable vouchers and dedicated staff helpline services are on offer. [www.healthservicesdiscounts.com](http://www.healthservicesdiscounts.com) (online service only).

Sherry Smith

Administrator

NHS Retirement Fellowship

T: 01305 361317 | E: [sherry.smith2@nhs.net](mailto:sherry.smith2@nhs.net)

## NHSRF Golf Classic 2018



St Pierre Golf & Country Club  
Thursday 13 September

Open to all NHS retired men and women, their families and friends and those not yet retired, this Golf Classic is exclusive to the NHS Retirement Fellowship and represents an unique opportunity to play the iconic OLD COURSE at the internationally renowned Marriott St Pierre Golf & Country Club, near Chepstow.

Special B&B accommodation rates has been secured at this 4 star Marriott resort and the package for the day includes:

### The package covers

- 18 hole round of golf on the iconic championship OLD COURSE
- Bacon Roll, Tea/Coffee on arrival
- Golf Clinic
- Special reduced green fees secured for additional rounds of golf
- Dinner
- Prizes: Individual & Team competitions for NHS, Non NHS, Sponsors & Guests

For full details and an entry form, contact:  
**01291 620345 / 07768 406233**  
[john\\_toman@btconnect.com](mailto:john_toman@btconnect.com)

## MEDS2DOOR



### To Your Door...

- Free Pharmacy Advice • Free NHS Prescriptions

**Immediate FREE registration:**  
**NHSRF 'Freephone' 0800 276 1135**

Meds2Door Limited is an agent of RXLive Limited (an NHS Registered Pharmacy) 3-4 Chalice Close, Wallington, Surrey SM6 9RU



Fred. Olsen Cruise Lines

## Cruise with Fred. Olsen

Award-winning Fred. Olsen Cruise Lines to give you a very tempting 10% membership discount\* on your first sailing with them – and that's on top of any current offers. Existing Fred. Olsen customers can save 5%, in addition to their 5% Loyalty Club discount.

\*All bookings are subject to Fred. Olsen's (FOCL) standard terms & conditions, available on our website & on request. All prices quoted under the NHSRF members discount offer are exclusive to qualifying members & their travelling companions only, members must quote their discount code at time of booking. Membership discounts cannot be applied retrospectively. Bookings must be made via the booking hotline number 0800 0355 108. Proof of membership will be required at the time of booking. Offers cannot be extended to any unrelated third party, are subject to availability & may be withdrawn or amended at any time without prior notice. From time to time FOCL may run special offers which cannot be combined with this discount, including selected group travel deals. All guests booked under this scheme are requested to refrain from disclosing the fare paid whilst on board. Offer is for first-time cruisers with Fred. Olsen only. Fred. Olsen Oceans members are entitled to a 5% NHSRF discount subject to the same terms & conditions, to be applied after the standard Oceans discount, where applicable. In this instance, Oceans Terms & Conditions apply.

Expiry date 31st Dec 2018. E&OE.

