



# SCOTLAND'S NHSRF NEWS

## FOR NHS AND SOCIAL CARE RETIREES

February 2016 | Volume 10 Issue 1



*Above, l-r: Grace Clarke and Win Morrison. Both ladies are NHSRF National Council representatives for Scotland. Grace is also the Scottish Secretary and Win is the Scottish Vice Chairman.*

*Below, l-r: Jeanie Sutherland, Scottish Chairman and Liz McGibbon, Scottish Treasurer.*



## A HAPPY AND HEALTHY NEW YEAR TO ALL OUR MEMBERS FROM THE SCOTTISH FEDERATION COMMITTEE

**JEANIE, WIN, GRACE AND LIZ** send good wishes to every member for health and happiness in 2016. The last 12 months have been very eventful; the Scottish Federation committee have completed their first year in office, the UK charity has adopted a new Constitution, Scotland is represented on the new Board of Trustees and there is a new National Council that has two Scottish representative members.

At the UK AGM in July 2015, members approved a new constitution that separated the roles of the Trustees from that of the members' representatives. A new Chairman and Board of Trustees were appointed and Scottish Federation Chairman, Jeanie Sutherland was elected as a trustee. Other trustees are Paul Farenden, the new Treasurer, Sir Keith Pearson, Chairman of Health Education England, Danny Mortimer, Chief Executive of NHS Employers, Clare Panniker, Chief Executive of an NHS Trust, Michael Bennett, Dr Cynthia Matthews, Mik Webb and Wendy Lindley. Audrey Harris is the charity's new Chairman and Margaret Moffatt, Vice Chairman. The Board of Trustees takes ultimate responsibility for the management of the charity and we are fortunate to have such an experienced and conscientious group of people.

The National Council comprises Fellowship members from across the UK who represent the interests of the membership and feed in information and issues of concern to the Board of Trustees. Win Morrison and Grace Clarke represent Scottish interests on the Council and report on Scottish opinion, concerns and achievements. Federation meetings are important opportunities for members to speak with their representatives and share with them branch members' concerns and issues.

## WELCOME TO NEW MEMBERS

**WITH SCOTLAND** leading the way in the integration of health and social care, the charity has now extended membership to social care retirees. Increasingly, health and social care staff are working together with patients and the Fellowship is sure that branches will welcome their social care colleagues.

2016 promises to be a busy year for the Federation; dates for your diary can be seen on the back page. Do make sure that your branch is represented and has its say at the Federation meetings in March and June and join us for the Annual Gathering and AGM at the Salutation Hotel in Perth – always an enjoyable event.

Dates of the Gathering and Federation meetings are on the back page and details will be sent to branch secretaries.



*Salutation Hotel in Perth; venue for the Annual Gathering and AGM.*



## SCOTLAND'S CHARITY AIR AMBULANCE

AT their meeting on 17<sup>th</sup> March the members of the Fife Branch welcomed Sally Cameron, Fund Raising Organiser from Scotland's Charity Air Ambulance. Sally described the range of activities the Charity Air Ambulance undertakes and its contribution to air ambulance services in Scotland. Although based at the airport near Scone the Air Ambulance service can cover a large geographical area and many counties have benefitted from the service. The members made a donation of £220 to the charity at the conclusion of the meeting.

*Pictured left to right: Bronwen MacSween, Sheena Ferguson, Sally Cameron, Dorothy Jarvis and Sheila Slaven.*

## ELSIE MITCHELL – AWAITING HER 101ST BIRTHDAY

**MISS ELSIE MITCHELL** (right), a Founder Member of the Perth & Kinross Branch, (Inaugural Meeting held 25<sup>th</sup> February 1981) and an Honorary Member, reached a milestone in her life in 2015 when she celebrated her 100<sup>th</sup> Birthday.

She arranged an open afternoon with her niece and nephew in her house at Burrelton, Perth, when members and friends could visit her. Our Branch presented her with two flower planters with spring flowers and a card.

Elsie trained at Glasgow Royal as a General Nurse and Midwife. She then went to China as a nursing Missionary when the Second World War broke out. She was sent to India as a Midwife but due to ill health, she returned home and retrained as a Dietician, and worked in Perth Royal Infirmary, until her retirement. Elsie was an active member of the Fellowship, and still takes an interest in all we do, although no longer able to attend the meetings.



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### WELCOME TO THE WORLD OF DELLA HOLIDAYS

For many years we have been organising very successful holidays in the UK and Europe for members throughout the country. Our holidays offer the opportunity to meet other members for companion-ship, fun and enjoyment whilst on great holidays organised exclusively for Fellowship members, their family and friends.

**ITALY AND THE AMALFI COAST** Come and join us on this holiday to one of the worlds most beautiful areas. Our base will be the lovely seaside town of Maiori. We shall be staying in the best hotel in town located on the flat level sea front and looking out over the rugged Amalfi coast. Guide escorted in the resort with lots of fun and evening entertainment. Singles, couples and groups. Excursions to:

**NAPLES, POMPEII, VESUVIUS, CAPRI, RAVELLO AND AMALFI**  
**FLIGHTS FROM EDINBURGH**  
**11<sup>th</sup>-18<sup>th</sup> OCTOBER**

**RIVER CRUISES. HOLLAND, DANUBE AND RHINE** We are now able to offer a range of high quality cruises for singles, couples and groups on selected European rivers cruises with ferries from Newcastle.

**COACH DEPARTURES FROM MANY AREAS OF SCOTLAND**

**NATIONAL FELLOWSHIP HOLIDAY TO SCARBOROUGH** Staying at an hotel close to the North Shore. Excursions to Whitby, York and Castle Howard. Lots of evening entertainment. Guide escorted and pick up from resort coach and rail stations **9<sup>th</sup>-13<sup>th</sup> MAY**

**DOES YOUR BRANCH HAVE AN IDEA FOR A HOLIDAY?**

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Above, l-r: Felicity Shand, Jeanie Sutherland and Eileen Alexander and seated is Chairman, Kenny Cormack.

**MEMBERS** of Highland Branch NHSRF with their display at the Health Sciences Building at Raigmore Hospital, Inverness in September. Highland branch members attend the Affinity pre-retirement courses to display an NHSRF stand offering information, leaflets and activities that NHSRF offer to their members.



**ABERDEEN** Branch of the NHSRF held their annual Burns lunch on Monday the 25<sup>th</sup> January, Burns actual birthday.

53 members attended and the majority wore 'A Touch of Tartan'.

The lunch was presided over by one of our longest standing members, Charles Beaton who said the Selkirk Grace followed by the *Address to the Haggis*. After the traditional Burns lunch he recited *Tam o' Shanter*. A great time was had by all.



Above: Members of the Fife Branch of the NHSRF at a Festive lunch on 8 December at the Victoria Hotel, Kirkcaldy. 33 members of the Branch attended the celebration and we had a most enjoyable and lighthearted afternoon.



**ABERDEEN BRANCH**, the oldest Branch in Scotland, marked its 35<sup>th</sup> Anniversary with a celebratory lunch at Aberdeenshire Cricket Club on 26<sup>th</sup> October, 2015. Loreen Smith, Chairman of the Aberdeen Branch welcomed 42 members and two guests: Renee Gibb, Honorary President of the Federation of Scottish Branches and Jeanie Sutherland from Inverness, Chairman of the Federation of Scottish Branches. Both addressed the members and wished them all many more happy years.

Everyone enjoyed a welcome drink followed by a lovely three-course lunch. The birthday cake was cut by the Aberdeen Chairman Loreen Smith and enjoyed by all.

Above: Aberdeen branch members present as the Chairman cuts the cake.

Below: (left to right) Renee Gibb, the Honorary President of the Federation of Scottish Branches, Loreen Smith, Aberdeen Branch Chairman and Jeanie Sutherland, Chairman of the Federation of Scottish Branches.





Clockwise from left:

Peter Elkington's winning photograph, "The Old Ways".

"The Queen's Lifeguard - Changing the Guard at Buckingham Palace" by Andrew Veal.

"Ferry Cross the Mersey, 'Cause this Land's the Place I Love" by Michael Turner.

## NHSRF PHOTOGRAPHY GROUP

**PETER ELKINGTON** from the Cardiff & District branch was judged the winner of the "History & Heritage" competition in December with his picture "The Old Ways". Runners up were Michael Turner and Andrew Veal – congratulations to Peter, Michael and Andrew. Judging was no easy task as there were many marvellous prints.

The current competition is a special one with a short closing date of Monday 29<sup>th</sup> February 2016 and the theme is "CHRISTMAS". Details have been sent to group members and can be viewed on the website.

The Photography Group is open to all members of the NHSRF; we hold competitions on specific themes, for example "Seasonal Colours", "Wildlife and Pets" and "Travel". We are organising another visit to the Wildlife Photographer of the Year exhibition in London on March 11<sup>th</sup> and the first 20 members to register will get free entry. We will also be sharing useful tips on how to get the best out of our cameras.

The group welcomes new members who may be experienced amateurs or those of us who simply enjoy taking pictures for their own and family pleasure; you will receive regular newsletters with details of competitions and events.

Details of the current competition and activities, and links to a site displaying recent competition entries, can be found on the NHSRF website or you can contact the Group Coordinator, Anthea Graham, by telephone: 01520 722951 or by email: photography@nhsrf.org.uk

DATES FOR YOUR DIARY	
<b>2<sup>nd</sup> March</b>	Federation meeting, Queens Hotel, Perth
<b>4<sup>th</sup> May</b>	AGM and Annual Gathering, Salutation Hotel, Perth
<b>15<sup>th</sup> June</b>	Federation meeting, Queens Hotel, Perth



### The NHS Retirement Fellowship in Scotland

Contact:  
**Jeanie Sutherland**  
NHSRF Scotland Chairman  
Email: jsclan@sky.com

Never heard of the NHS Retirement Fellowship?

Like to know more?

Contact Jeanie to arrange an invitation from your nearest Branch.

Copies of Scotland's NHSRF News are posted individually to every member, using the list held by Central Office in Dorset. This means contact details must be up to date for everyone, so please ensure Central Office has an accurate list.

## MEMBER BENEFITS SCHEME WITH FRED. OLSEN

Fred. Olsen's new cruise programme is bursting with unique cruise holidays, offering adventure, exploration, relaxation, sunshine, culture and 'once-in-a-lifetime' experiences in abundance. The NHS Retirement Fellowship have teamed up with Fred. Olsen Cruise Lines to give you a huge 10% discount over and above offers currently in the market.



If you haven't cruised with Fred Olsen before, now is the time to discover the world with us. We're so confident that a holiday on board one of our ships will be a great experience that we'll offer you our Enjoyment Promise. Where we promise to arrange and pay for your flight back to the UK and repay the cost of your cruise if you find it's not for you. (You must read the full terms and conditions before booking).




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\*These terms and conditions are in addition to Fred. Olsen's standard Terms and Conditions which are available on our website, www.fredolsencruises.com and on request. Both must be read before booking. All offers may be withdrawn or amended at any time without prior notice and are subject to availability. FOCU may, from time to time, run special offers which cannot be combined with this "member discount". All prices quoted under this "member discount" offer are exclusively available to qualifying readers and their travelling companions. This offer must not be extended to any unrelated third party. All guests booked under this scheme are requested to refrain from disclosing the fare they have paid to any other persons on board. You must quote your Discount Code at time of booking and discount will not be applied retrospectively. Bookings can only be made direct with Fred. Olsen Cruise Lines. Single supplement is 100%. Child supplement is 100%. Cruise price includes cruise, meals, entertainment, port charges & all taxes. Travel insurance, gratuities & personal expenses are not included. Currently, this offer can be combined with the Ocean member's discounts but this may be reviewed in the future. All bookings are bound by the full Terms & Conditions shown in the current Fred. Olsen Cruises Worldwide brochure and are subject to change and availability. E&OE. 