



THE GATHERING, WITH A LIFE ON THE OCEAN WAVE

A HUNDRED and thirty-four members attended this year's Annual Gathering in the Dewar Centre, Perth. After a sandwich lunch our first speaker was Captain Nick Bates, who had been Ship's Master of both the QE2 and the Queen Mary 2. He showed us some wonderful slides, and told many stories, including one about when the QE2 computer broke down and they found their way to New York by strictly illegal means (which of course we mustn't print!). The vote of sincere thanks was proposed by Margaret Thomson of the Edinburgh & Lothians Branch, who asked him how she could become a permanent guest on board.

After a short break, Dennis Alexander sang a selection of Scottish folk-songs, with the audience joining in for almost every line. He also told some very funny stories, and was very well received. When Sheena MacKenzie of the Dundee Branch proposed the vote of thanks, she began it in Dundonian. "That was braw" she said, and so it was.

After a short break during which members mingled with a drink, we enjoyed High Tea. There were compliments to the chef from all round the dining-room, especially for the flavour of the lamb, the tasty wee new potatoes, and the size of the chicken portions. Moira and the staff at Dewars excelled themselves once again with the standard of the meal and the friendly welcome extended to everyone. The final vote of thanks, to Dewars and to the organisers, was made by Margaret Moncrieff, Perth & Kinross Branch.



DATES FOR YOUR DIARY

29 June - 1 July 2012

Annual Holiday and Conference
Kenilworth

3 October 2012

1.00 Scottish Federation meeting
Queens Hotel, Perth

11 October 2012

Annual Seminar
Queens Hotel, Perth

17 October 2012

National Council, London

SEMINAR

THE 2012 Annual Seminar has been booked for Thursday 11 October, and as usual it will be held in the Queens Hotel in Perth. No speakers have yet been booked, but lots of useful suggestions were made at the last Federation meeting. As soon as matters are well in hand, Branch Secretaries will be contacted with details of the day's programme.



THE ABERDEEN BRANCH GOT DRENCHED

THE MAY meeting for the Aberdeen branch was a visit to the city's Duthie Park. First, members enjoyed scones and cakes in a private conservatory area of the Park's tea-room, and then the Park Manager, Alan Finlay, took everyone on a guided walk around the Park. At least, it was supposed to be everyone, but the heavens opened after the group had only walked the first hundred yards, and one by one several members scuttled back to the shelter of the Winter Gardens glass-houses! Those who stayed the course were well rewarded with a most interesting visit, and the sun reappeared just as the walk was finishing.

The Park was originally laid out in 1883, and a multi-million-pound Lottery grant has enabled an ambitious renovation plan. Members were glad to hear the Park is to be returned to its original Victorian splendour – not “modernised” – and half of the funding is to be kept back for employing more staff once the works are complete.



FROM OUR CHAIRMAN, RENEE GIBB

OUR RECENT Annual Gathering in Perth was a resounding success giving us a happy and interesting start to our 2012/13 Session. Even the weather managed to put a smile on our faces.

The Federation has been allocated a grant from the Scottish Government, allowing us to plan ahead for the next year. My thanks go to all the Branch Committee members who have played their part in ensuring we have created a budget for this grant which meets the needs of the Branches, together with our collective desire to raise the profile of the Federation by taking control of these funds in Scotland for our mutual benefit.

I represented these views to the NHS RF Honorary Officers before their last meeting and hope to report a positive result from their discussions in the very near future.

Our main aim must be to generate interest in the Federation and to encourage more people to join our Branches. Hopefully with the funds under our control we will be able to direct our spending towards this aim.

I will let you all know as soon as possible the outcome of our representations, but in the meantime look forward to working together with you all to maintain a healthy and forward looking Retirement Fellowship.

Renee

MORAY BRANCH 30TH BIRTHDAY

MORAY BRANCH recently held their Thirtieth Anniversary celebration lunch in the Mansefield Hotel, Elgin. It was a well attended and happy occasion.



Renee Gibb (chairman of the Federation of Scottish Branches) cutting the cake. Looking on are three founder members of the Moray Branch.



The top table. Bottom left going clockwise, are George Peterkin, Renee Gibb, Charles Muir (NHS Grampian), Helen Scott (Chairman), the Reverend Bob Anderson, Mary Nelson (Secretary), Bill and Cath Robertson (founder members).

NEWS FROM "ADOPT A STATION"

LAST AUTUMN we encouraged branches to join in this scheme, as a way of getting over the "I've never heard of the NHS RF" problem. Lots of local groups have now joined, and it is no longer only about a spot of gardening. Here are some ideas from around Scotland:

- Cupar Heritage Society has made a Heritage Centre in the old station-master's cottage
- A mental health charity is looking after tubs and planters on the Glasgow to Gourrock line
- A waiting-room at Kinghorn has been turned into a mini art gallery
- The Community Council are displaying historical posters at Carnoustie station
- A lone woman has adopted Mallaig station, with planting and hanging baskets

This is a real opportunity for a few members to have an enjoyable little project, whilst at the same time raising the profile of the Fellowship. Do think about what you could do for a station in your area!



NURSES DURING WORLD WAR I



THE NATIONAL ARCHIVES, based in Kew, London, have published more than 15,000 First World War nursing service records online, providing a glimpse into the life stories of the heroic women who dedicated their lives to their profession. The records date from 1902 to 1922 and hold an unusually high level of detail, rarely seen in service records. You can read them, free of charge, at <http://nationalarchives.gov.uk/news/635.htm>

Files chart the nurses' full service history, including date and place of birth, training prior to and during the war, references to their suitability as military nurses, hospitals, field ambulances, casualty clearing stations and other medical units they served in, and even the confidential reports containing their superiors' assessment of their performance.

William Spencer, Principal Military Records Specialist at The National Archives, said: 'These First World War records represent one of the largest and most significant collections of women's records to date. Rich in detail, they will serve as a valuable resource for historians and researchers interested in the changing role of women in the military, during times of war, in the workplace, and society in general. By making this vast collection accessible online, more people than ever before can learn about these unsung heroines of the Great War or even discover military nursing ancestors.'

NORTHERN IRELAND THE GIANTS CAUSEWAY AND STRANGFORD LOUGH

We have arranged a holiday to Northern Ireland for the NHSRF Scotland with coach pick ups from Dundee, Edinburgh and Glasgow. The short ferry crossing via Cairnryan near Stranraer takes your coach to Belfast and from there your hotel in Carrickfergus a town on the shores of Belfast Lough.

Carrickfergus is one of the oldest settlements in Northern Ireland, based around the Norman Castle which survives today, and St Nicolas' Norman Church, both completed in the 12th Century. Also ripe for exploration in the town are the Marina, harbour, and the remains of the Medieval Walls which once circled the Town. Much of the town can be explored on foot from the Hotel which is centrally located.

INCLUSIVE

Full coach services throughout your holiday with excursions along the beautiful Antrim coast, Giants Causeway, Mountains of Antrim, Belfast and Strangford Lough. Optional tour of the famous Bushmills Whiskey distillery.

Friday 14th September to Tuesday 18th September

Half board accommodation in the 3 star Clarion Hotel with welcome tea or coffee 3 course dinner and full portorage.
Holiday Insurance

Price per person £359.50 sharing twin or double room.

First 6 single rooms with no supplement extra single rooms at £54.00

OTHER DESTINATIONS IN NORTHERN IRELAND AVAILABLE PLUS

LAKE DISTRICT FOR GROUPS AND FLIGHT BASED HOLIDAYS FOR GROUPS SMALL PARTIES OR EVEN INDIVIDUALS DEPARTING FROM ABERDEEN AND GLASGOW

WE ARE ABLE TO ORGANISE HOLIDAYS FOR INDIVIDUAL NHSRF GROUPS
Please contact us for details



DELLA HOLIDAYS LIMITED FREE PHONE 0800 216182
mail enquiries@dellaholidays.co.uk Web dellaholidays.co.uk



HEALTH CARE IN AUSTRALIA

JIM MURPHY, previously a member of Ayrshire & Arran branch, has sent an article on the Health Services in Australia. Here is what he tells us...

Funding of health care services is shared between the Federal Government and the State Government. Federal Government funds Medical and Pharmaceutical services, Medical Research and training of Health Care Professionals. State Governments fund hospital and community services.

“Medicare” is the government agency for paying benefits for approved services; the aim is to provide free or low cost care. A complex formula includes means-testing, a tax levy and also a “safety net” to ensure patients do not incur significant out-of-pocket expenses.

As “general patients”, we pay a subsidised price for “approved” medicines. Once we have jointly paid \$1363.30 for prescriptions in the year, we receive these medicines free for the rest of the year. For medicines that are not on the approved list, the full price is paid.

Australian Citizens and Residents are encouraged to take out Private Health Insurance. About 50% of the population have health insurance. The cost of private health insurance is partly subsidised by the government.

Private hospitals provide about one third of all hospital beds. Our local hospital is a private hospital providing private in-patient care in one block and public care in another block. A private patient can expect a bill for in-patient care. Medicare and health insurance do not cover the total cost of in-hospital care.

Another branch of health care is the Royal Flying Doctor Service which is unique to Australia. It provides a 24/7 aeromedical emergency service to outback areas. The service is funded by the Federal Government, businesses and public donations. We are pleased to be supporters of this organisation.

British visitors to Australia qualify for Medicare assistance for “medically necessary treatment”, but travel Insurance is still recommended.

On a lighter note, our local Chemist lays on a Christmas Party for loyal customers. It is held in the shop with lots of food, drink and music. Each guest receives a party bag of goodies and there is a free raffle with lots of prizes. A great idea to pass on to your local Chemist!!



This is a koala bear – not Jim Murphy!



The Flying Doctor service

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.



The NHS Retirement Fellowship in Scotland

Development Officer
Maggie Havergal
143/2 Constitution Street
Leith EH6 7AD

Phone: 0131 553 1383
Mobile: 07776 147786
Email: mcuddihy117@btinternet.com

Never heard of the NHS Retirement Fellowship?

Like to know more?

Contact Maggie (as above) to arrange an invitation from your nearest Branch.