

ANNUAL HOLIDAY AND CONFERENCE AT HARROGATE

FORTY members from Scotland attended this year's Holiday and Conference at the Majestic Hotel in Harrogate. Some of us were based in the Holiday Inn as the Majestic overflowed with Fellowship members, but all the events took place at the Majestic. The weather was glorious, and each day we watched as a huge marquee ("The size of my local LIDL", said one delegate!) was slowly erected in the grounds for a Garden Show the following week.

After a drinks reception on the first evening we enjoyed a dinner, where the most interesting item was the vegetarian option. The so-called "Root Vegetable Pie" consisted of semi-raw carrot wrapped in dry pastry and baked. All the veggies agreed it was quite the most audacious dish they had ever had from a professional kitchen.

Unlike last year when Scotland swept the board with the Sefton Cup and Silver Cup, the best we could manage this year was a £25 raffle win by May Turfus of the Dundee branch, but at least we did not come away empty-handed.

Everyone seemed to agree that the best speaker of the weekend was Ian Philp CBE, who enthralled, amused and encouraged with his tales of working with successive UK Governments to raise care of the elderly up the NHS agenda. He harked back to his early years in Scotland, mentioning wards and departments that were familiar to several Scottish delegates. The Scots did not attend the workshop session with Age UK, aware that it was to focus on the NHS South of the border, but instead enjoyed an extra couple of hours in Harrogate's wonderful shops, and particularly in Betty's Tearoom.

An amusing speaker was Sir Thomas Ingilby, 6th Baronet of Ripley, who described the trials and tribulations of turning a stately home into a paying business. Renee Gibb proposed the vote of thanks for his lovely anecdotes. The final drama took place on Sunday morning, as coaches were leaving for a tour of the Yorkshire Dales. One bus engine blew up and the company had no substitute. Central Office staff came to the rescue and some lucky delegates did the tour in taxis.

DATES FOR YOUR DIARY

26 October 2011

National Council, London

8 February 2012

1.00 Scottish Federation meeting
Queens Hotel, Perth

9 May 2012

1.00 Scottish Federation meeting
Queens Hotel, Perth

23 May 2012

Annual Gathering, Perth (tbc)



*Delegates from Tayside (above)
and Dumfries (below)*





SEMINAR

THE ANNUAL Scottish Seminar was held in Perth in October. We were delighted to welcome Mike Brown the Director of the Fellowship, who joined eighty-five members for the day. Our first speaker was Sonia Cottom from the Pain Association Scotland who gave a fascinating insight into current thinking on the management of chronic pain. Sonia answered many questions and members were still queuing to talk to her over the lunch break.

Lunch was soup and a finger buffet, and it seemed that everyone enjoyed it. The mini-quiches were especially more-ish.

After lunch we heard from Audrey McAnaw, a Community Pharmacist, who described the new services a modern pharmacy offers. Many of these were fresh to members, especially the services to help people manage long-term conditions and minor ailments. Audrey also gained a queue of people seeking “personal consultations”! After tea, coffee and the Queens Hotel’s famous homemade shortbread, our final speaker was Douglas Macnaughtan of Age Scotland who kept up the high standard of the day’s speakers with a wide-ranging overview of the work and the projects of the charity. At four o’clock as everyone dispersed for the trip home, there was general agreement that it had been a very interesting, enjoyable – and useful - day.

CHANGE OF TREASURER FOR THE FEDERATION

RANKINE MACKIE stood down at the October Federation meeting. Rankine has had many years experience both in Greater Glasgow and Forth Valley and with the NHS Retirement Fellowship. In 1982 at Forth Valley he was Board Liaison Officer for the local branch of the Fellowship. In 1986 when he retired he joined it, and attended early meetings of the Federation at Perth Royal Infirmary. In 1986 representatives of Scottish branches suggested a social event and Rankine was appointed Chairman of the steering committee for our first Scottish Gathering. Over 200 members attended. In 1992 he was appointed Secretary/ Treasurer of the Federation until in 2007 he stood down as Secretary but agreed to carry on as Treasurer. His total involvement with the Retirement Fellowship is 25 years. During these years he held the post of Secretary and Treasurer for 11 years.

The new Treasurer is Gloria Dunn, a member and current Treasurer of Clyde & Lomond branch. Gloria also has Treasurer experience with her local PTA and with the Scouts.

We are very grateful to Rankine for his years of service and we look forward to working with Gloria in the future.



Federation delegates watch Rankine prepare to cut the cake



EHIC-PLUS

AT THE recent Federation meeting, talk turned to travel insurance. It can be wildly expensive for older people! If you are travelling within Europe however, and have an EHIC card (European Health Insurance card), then it is worth looking at www.ehicplus.com An EHIC card allows you to use the NHS of other European countries, so the EHIC-Plus insurance deal only covers the “other” parts of a normal policy, such as lost bags, cancellations etc. It means the cost is a lot lower.

CLYDE AND LOMOND CELEBRATION

CLYDE & LOMOND Branch recently marked their twenty-fifth Anniversary with a celebratory lunch at the Watermill Hotel in Paisley. Eighty-four members were joined by Andrew O Robertson, OBE, LLB, the Chairman of NHS Greater Glasgow & Clyde, and also by John C. Hamilton, the Head of Board Administration at NHS GGC. Renee Gibb, Chairman of the Federation of Scottish Branches also attended the luncheon.

*Branch Chairperson, Jean Christie, and founder member John Dow MBE, cutting the Anniversary cake.
(Courtesy of Paisley Daily Express)*



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Telephone 01305 361317 or email sherry.smith@dhuft.nhs.uk



☼ THE LAKE DISTRICT, MOUNTAINS AND LAKES

Explore the beauty of the Lake District from this peaceful hotel located in a small hamlet near Ullswater in the heart of the Lakes. Included in this holiday is a visit to the Wordsworth museum and Rydal Mount and Gardens which has spectacular views towards Lake Windermere and Rydal Water. Enjoy the fantastic scenery whilst cruising on Lake Windermere and from your coach whilst touring the area.

■ APRIL TO SEPTEMBER 4, 5 AND 6 NIGHTS HALF BOARD FROM £269.00 PP

☼ NORTHUMBRIA AND SCOTTISH BORDERS

Explore this magical area from a 17th century coaching inn located on the edge of the Northumbrian National Park. This hotel has received some very good reviews from past guests for the standard of its accommodation and food. Excursions included to Holy Island and entry into Lindisfarne Priory and Alnwick Castle and Gardens.

■ APRIL TO OCTOBER HALF BOARD 4 AND 5 NIGHTS FROM £275.00 PP

☼ ANTRIM COAST AND INISHOWEN PENINSULA

Enjoy the spectacular scenery of the Antrim coast and the Glenveagh National park from your hotel based on the banks of Lough Foyle. This holiday includes ferries from Stranraer and across Lough Foyle, excursions to the world famous Giants Causeway plus the unspoilt beaches and countryside of county Donegal and the Inishowen Peninsula. Superior hotel with good facilities including leisure centre and spa.

■ APRIL TO OCTOBER 4 DAYS HALF BOARD FROM £285.75

☼ WALKING HOLIDAYS

We are offering a series of walking holidays to members in Devon and Cornwall, in The Lake District and to Jersey in the Channel Islands, full details on request.

NHS FELLOWSHIP SCOTLAND HOLIDAY OFFERS

We have pleasure in offering a selection of holidays arranged just for NHS Fellowship members.

Our holidays include holiday insurance (no age limits or extra premiums) local pick ups, good numbers of single rooms and holiday information packs. Individual mini brochures for each holiday can be supplied on request. River cruise holidays including coach transport with pick ups throughout Scotland. Holidays marked * may be booked by groups, couples or singles

☼ AMSTERDAM AND THE DELIGHTS OF HOLLAND

Visiting Amsterdam, Volendam, Hoorn and Schoonhoven and including a candlelit canal cruise on board one of Amsterdam's famous glass topped boats whilst enjoying wine and locally produced cheese. A lovely cruise around Amsterdam and the Dutch countryside.

■ MARCH 3 AND 4 DAYS FULL BOARD FROM £235.00 PP *

☼ HOLLAND: BULB FIELDS AND KEUKENHOF GARDENS

A very special cruise to view the fantastic Dutch bulb fields and to visit the world famous Keukenhof Gardens. Your cruise will pass the windmills at Kinderdijk, a UNESCO world heritage site and the beautiful medieval town of Dordrecht, Holland's oldest town. Entry into Keukenhof Gardens is included.

■ APRIL 4 DAYS FULL BOARD FROM £389.98 PP *



Cruise details. Your cruise boat has well fitted cabins with air conditioning, TV and dressing table. The vessel has a plush piano lounge and the friendly crew are always ready to take care of you. Your luggage will be taken to your cabin on arrival at the cruise boat.

☼ HOLIDAYS ABROAD

We are able to offer a wide range of carefully selected coach and flight based holidays to many destinations including cruises.

AUSTRIA Mountains and lakes

CANARY ISLANDS Sunshine Islands

FLORIDA Beaches and sunshine

ITALY Lakes and mountains

CANADA Cities and tours

FRANCE Paris and cities, vineyards and countryside

HOLLAND Flowers and cruises

SPAIN Mainland and the islands



DUNDEE CELEBRATES 30 YEARS

(Above) Members enjoy their lunch.

(Above left) Jean cuts the cake while Sheena McKenzie, chairman, looks on.

THE BRANCH recently celebrated their thirtieth anniversary with a lunch party. One of the founder members, Jean Sturrock cut a birthday cake and members were entertained by Andrew Clegg.

TEAMWORK IN PRACTICE

DUMFRIES branch writes ... What does the Dumfries branch have that other branches possibly do not? The answer is two secretaries. Why? Two years ago when the secretary stepped down nobody relished the responsibility, but sharing it was an innovative and acceptable proposal. In stepped friends Marian and Linda, a dutiful and delightful duo.

Marian McBurnie organises communications, print-outs, agendas, and minutes. Arranging a monthly lunch club adds to Marian's share, but as compensation, she and her buddy enjoy tripping round eateries testing and tasting prior to booking.



Linda Duff's complement comprises searching for and booking guest speakers, whose topics have to be vetted by the committee. Next, preparation and printing of the annual syllabus, arranging social outings and quizzes, sales, and entertainment as necessary for meetings.

Their success is due to the great camaraderie they share and the patience of their husbands.

They might sometimes disagree; but "two heads are better than one!"



The NHS Retirement Fellowship in Scotland

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Never heard of the NHS Retirement Fellowship?

Like to know more?

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