

Update DIWEDDARIAD

Cymrodoriaeth Ymdeoliad Gig Cymru
Welsh NHS Retirement Fellowship Newsletter

Welsh Fellowship members trek the Great Wall of China

Lorraine Moran, Llinos Yorke and Lyn Price, three of our Fellowship members from the Pontypridd & Rhondda branch were three of a thirty-seven strong group who completed a Great Wall of China trek in September to raise vital funds for the Marie Curie Hospice in Penarth, South Wales.

In the blistering heat, the trekkers, many from the South Wales valleys completed the journey to raise in excess of £133,000 for Marie Curie which allows them to

provide over 6,635 hours of nursing care to terminally ill patients in their own homes.

Of that total, Lorraine and Llinos, together with Lorraine's nephew Gary (who himself suffered a stroke two years ago at the age of 35, and was one of the trekkers) raised £15,200. Fellowship members will recall Lorraine and Llinos busy raising funds at the last two Fellowship Conferences in Llandrindod.

[Continued on page 2.](#)



Lyn Price, Liz Rees, Llinos Yorke, Lorraine Moran.



Minister to present fourth Fellowship Award

Lesley Griffiths AM/AC will present, on behalf of the Ceredigion, Pembrokeshire and Carmarthen branches, a Fellowship award to the Hywel Dda Health Board on the 15 March 2012 at the Welsh Assembly Government, Cardiff Bay. Trevor Purt, the Health Board's CEO will be present to receive the Award.

Elected to the Welsh Assembly Government in 2007 and appointed Minister of Health and Social Security in 2011, Lesley Griffiths was brought up in North East Wales where she served as a school governor and community councilor and worked at the Wrexham Maelor Hospital as a medical secretary for twenty years.

The Fellowship Award. Introduced by the Fellowship in Wales in 2006 and launched by the then Minister of Health, Dr. Brian Gibbon AC/AM, the Fellowship Award is designed to enable members in particular and the Fellowship in general to thank employing authorities where it has been found that the employer was exceptional in its support and understanding of the needs of retired members of staff.



"The Trek was gruelling but wonderful, much harder than anyone anticipated. For four days we trekked along the ancient Ming Dynasty section of the Wall along the mountain ridges high above the Gubeikou Valley. The scenery, through this remote region was breathtaking, with distant 2000m high mountains framing our walk. We had to ascend and descend very steep terrain, along narrow goatpaths on our way up to and down from the Wall. On the final day we passed through Jinshanling, a restored section of the Wall, as we made our way to Mt Simitai.

The Great Wall is truly spectacular, and we feel honoured to have walked along a section of the Wall which has been included in the UNESCO list of World Cultural Heritage sites and labelled as the 'Primitive Great Wall'.

The camp was very basic with few facilities (the toilet was something else!).

The evenings, nights and early mornings were very cold. However, needless to say, the camaraderie was excellent, there was loads of fun and banter and the Gubeikou Valley rang to choruses of My Hen Wlad Fy Nhadau, Calon Lan and Delilah after supper each evening.

It was a truly wonderful adventure for a very worthwhile cause".

Lorraine and Llinos would like to thank everyone for their support.



Obituaries

MAURA WALSH

Pontypridd and Rhondda branch members were saddened to hear of the death of Maura Walsh on 9th December. Maura commenced her nursing career at the Bristol Homeopathic Hospital, then went on to do her general nursing training at Cardiff Royal Infirmary, followed by midwifery training in the Newport Hospitals. After qualifying as a midwife she took up a position at East Glamorgan Hospital where she remained until her retirement in 1998. She was a very active member of our branch and will be sadly missed by all her friends in the Fellowship.

QUEENIE ALEXANDRA SPINKS

The members of Aberconwy branch regret to announce the death before Christmas of Miss Queenie Alexandra Spinks their oldest member at the grand old age of 102. Although she had spent the last five years in residential care, she still retained her membership of the branch and took a keen interest in all that the members were doing. On retiring as Sister Tutor at Llandudno Hospital Nursing School, she kept busy with the local RSPCA branch serving as Chairman and Council work. In 1988 she became a member of the Aberconwy branch and was a committee member and Chairman many times.

EIRA TOLCHER

Sadly the Gwent branch has to report the death of Eira Tolcher who died in September. Eira commenced her nursing career aged 16 at the Rheumatic Diseases Hospital in Bath, followed by general training at the Royal Gwent Hospital. She worked at Mount Pleasant Hospital and also St. Woolos Hospital at the Springfields Centre, which in Eira's time was an elderly care unit. As a long time member of the branch Eira will be sadly missed by her friends and ex-colleagues. News has also been received that another member, **Ruth Holmes** has also died. Our condolences to the families of both members.

A date for your diary

Welsh National Conference
Thursday 6 September 2012

The conference will continue the innovations theme and concentrate on modern approaches to treatment and care of the elderly. Early speakers confirmed include Dr. John Davies, the renowned Cardiologist who will speak on new advances in Cardiology. Mr. Steve Ford, MD of Pembroke Nursing Homes and Director of the Care Forum of Wales will look at how best standards and quality of care is achieved and maintained in a modern nursing home. I'm delighted to confirm also that Ken Jerrold CBE and Fellowship Patron has again, agreed to chair the meeting and this year the dreaded after lunch slot will feature the quartette 'Chocolat' All in all, a conference not to be missed.
Editor



Photo competition with great prizes!

The photographic competition is now underway with its theme of 'Active Ageing'. How you choose to interpret that theme is up to you (for example, you might focus on the 'active' part of the ageing process as illustrated in nature or perhaps consider combining the two parts of the theme in real life portrait or reportage style shot).

Any member of the NHSRF or CSRF can enter free.

You could win:

- a Canon 550D, DSLR, (or equivalent) for the overall winner
- a Canon PowerShot Digital Compact (or equivalent) for the runner up from the CSRF or
- a Canon PowerShot Digital Compact (or equivalent) for the runner up from the NHSRF

The closing date for entries will be 31st May 2012.

Competition winners will be announced at the NHSRF Annual Conference on 30th June 2012

Prizes kindly sponsored by the Civil Service Insurance Society(CSIS). For details of great insurance offers click on the logo or go to: www.csis.co.uk

Members can also take advantage of up to 40% discount on Photography For Beginners and Digital Photographer magazines.

For more information, competition rules, or to register an interest please contact

Mik Webb

Tel 01492535781

Mob 07912600120

E-mail: activeageing@btinternet.com



'Thank you so much for the invitation to speak to your excellent and friendly conference in Llandrindod Wells last september. It was a joy and a privilege to be there.

What impressed me - and gives hope for the future of the NHS, was the passion everyone feels for our NHS - that these people who have dedicated their livings to working in the NHS still wish to feel involved after their retirement, and that this involvement has a positive impact on policy as well. Inspiring. A true fellowship.

Sue Weston, Tai-Chi.

Is Millie the oldest member in Wales?

Millie was born in Trealaw in the Rhondda on 14 September 1918. She began her nurse training in 1941 at Llwynypia Hospital and qualified in 1945. During her training she nursed second World war wounded soldiers, some of these were casualties from the battle at Arnhem.

After qualifying she worked as a dental nurse and a district nurse before taking up a nursing post in the Ante Natal Clinic at Llwynypia Hospital where she worked until she retired at the age of 60.

Tragedy struck not long after she retired, her husband died suddenly leaving a big gap in her life. Millie returned to work as a nurse at the Tonypany Health Centre

where she worked until she was 70.

In retirement Millie leads a very active life - she regularly visits her daughter who is the Principal at Worcester Technology College, she is a keen gardener and grows and shows her own roses. A member of the National Rose Society, Chapel Zion in Tonypany and of course the Pontypridd & Rhondda Branch of the NHS Retirement Fellowship.

All in all at the age of 93, Millie is a remarkable woman and begs the question is she the oldest active member of the NHS Retirement Fellowship in Wales.



News from the branches



Aberconwy

Members of the Aberconwy Branch organize a produce and cake stall at the Llandudno Hospital League of Friends Summer Fair. The branch were able to present the league with a cheque of £350. Many of our members worked at Llandudno Hospital and have maintained strong links with staff currently working there. This year we have welcomed several new members to the branch and everyone has enjoyed the interesting programme devised for us by Marian Dingwall. Val Thomas arranged a shopping trip to Liverpool and all enjoyed a very popular Christmas lunch. Val also organizes the Llandudno Hospital Nurses reunion each October which proves a useful advert for the Fellowship.

Pauline Williams. Branch Secretary

Cardiff

Our events programme includes at least one trip per month throughout the year, but perhaps our most popular trip is the one we usually take on an annual basis – a weekend break in London. This year was no exception. The package included accommodation at the County Hall next to the London Eye and opposite the House of Commons, ideal location for exploration in the free time between arrival and the evening performance of A Comedy of Errors at the Globe Theatre, also on the South Bank with the opportunity for a pre-theatre meal at the hotel. The following day, after a full English breakfast,



the coach took us to Buckingham Palace for timed entry to the State Apartments, plus a chance to see Kate's wedding dress. Late lunch was taken at Henley-on-Thames before returning to Cardiff early evening. We will no doubt return again next year with another varied itinerary during our stay.

All enquiries for further information on branch activities, please e-mail norman.bishop@sky.com or telephone 029 2075 2237.

Carmarthen

The Carmarthenshire Branch has had a successful year with the membership now totalling thirty.

The highlight of the year was a visit to Aberglasney House and Gardens, where members enjoyed a very interesting and informative talk on the history of the House and Gardens. This was followed by a tour of

interesting talks and speakers and she will be a hard act to follow. Helen Hughes has taken over the task with some help from the committee.

The talks since May have ranged from an extinct local railway (the Aeron Valley) to an extinct Port (Derwenlas) which to the surprise of our members had once been thriving. It exported timber, lead, pig iron and slate and brought in spirits, malt, hops and grains; sounds like a good swap! Also, over 40 ships were built there! Today, little remains, but Barbara Walker's talk lives on in the memory and one cannot pass through Derwenlas without wondering at the busy industry once carried on there.

One of our newest local incumbents had recently moved from the Isles of Scilly. He showed some beautiful slides and reminded us of the recent TV series set in those beautiful islands.

Mrs Delyth Morris Jones has lived all her life on a remote hill farm in Ponterwyd, only fairly



the Gardens and a buffet lunch.

The photograph includes the youngest recruit – just for the day – the Secretary's Grandson Rhys!

An exciting and interesting programme has already been planned for 2012, which includes a Theatre Visit, Social Evening, another Summer Outing, as well as some very interesting speakers.

Eleanor Corcoran. Secretary.

Ceredigion

First of all our grateful thanks to Sue Langrick who has for many years arranged our speaker schedules. We have had some marvellous and

recently connected to the National Grid. She brought a range of paraffin and candle lamps from every room and barn in the farm with a story on each. She also read some harrowing extracts from her father's diary. The whole gave us a vivid picture of what life was like for a hill farmer even in comparatively recent times.

As a complete change, last month we heard a history of "Magistrates in the Community". None of us realised that magistrates have been around for 600 years and the process of becoming one and serving the community. All our members, unfortunately, were too old to apply!

Age and infirmity or perhaps a degree of apathy led to the cancellation of our usual

winter shopping trip, but this will not stop a goodly number attending our post-Christmas lunch. Happy New Year to all our readers.

John Evans. Secretary.

Clwyd

Members of the Clwyd branch on a day out to Oswestry in September 2011 which included a cruise on the Pontcysllte Aqueduct.



Gwent

We are fast approaching the end of another active year for the branch. At our monthly meetings at Greenmeadow Golf Club we continue to attract more than 60 people with new members joining on a regular basis.

We have had a variety of guest speakers who have entertained us on subjects as diverse as a history of our local newspaper 'The South Wales Argus' to 'Caring for birds in our gardens'. While in September we had our annual quiz and afternoon tea to welcome members back after the summer break.

This autumn the group has enjoyed 'The Sound of Music', 'Dreamboats and Petticoats', resulting in members dancing in their seats to the music of their youth. In November we attended the wonderful 'Shelter Cymru' 30th anniversary concert, where we were entertained by Bryn Terfil, Rebecca Evans, Cery Matthews, the three Welsh tenors and



North East Wales

Branch members enjoying a visit to Abbey Cwm Hir.



'Only Men Aloud'. In September the group also visited Bath for the annual Jane Austen costume parade and retail therapy. The branch ended a busy 2011 with its annual Christmas lunch at Greenmeadow Golf Club.

As expected, a large contingent from the branch attended the Welsh conference. We send our congratulations to John Toman and his team for arranging such a good day.

Our excursion and speaker program for 2012 has now been planned and will include a visit to Painswick Rococo Gardens in February to see the snowdrops in bloom, with a visit to Cheltenham afterwards for shopping. Also planned for 2012 is a visit to a vineyard and distillery, a mystery trip and theatre visits. In May there will be an excursion to the Spring Garden Show at Worcester. To celebrate the Queen's Jubilee in June, plans are being made to hold a charity fund raising garden party. If you would like further information on the full programme please contact the group Chair on 01633 843140 or email delyn46@yahoo.co.uk

Delyn Hunt. Chair.

Pontypridd & Rhondda

Since the last edition of Update our branch has continued with its active programme. We have had a number of interesting talks including 'The Life of Dr. William Price and

'Island Farm (the German POW Camp in Bridgend).

In November 56 members set off for a four day weekend in Winchester and Bath staying at the Hilton Hotel in Basingstoke. Everyone thoroughly enjoyed this weekend and the Christmas Markets.

On 9 December we had our Christmas Lunch which was supported by 65 of our members and our guests Mr John Toman and Alyson Williams, the Chief Executive of our Local Health Board.

Next year is already fully booked up with speakers, St David's Day lunch, a five day trip to the bulbfields in Holland in April and a four day 'Turkey & Tinsel' weekend at the Falmouth Bay Hotel in November. I am pleased to say that both of these trips are already fully booked.

As well as all our activities we continue to attract and welcome new members who quickly merge into the pleasant and friendly atmosphere of our meetings.

We meet on the first Friday of the month at 2pm at Llantwit Fadre Sports Club. If you are interested in joining our group which will enable you to meet up with retired NHS colleagues on a regular basis, please turn up at one of these meetings. If you require further information please contact either: Rhodri Powell on 01443 230382 or Pat Helyar Secretary on 01443 202362.

Rhodri Powell. Chair.



The Welsh National Conference



Gwent branch



Ken Jerrold CBE
Conference Chair and
Fellowship Patron



Ethel Armstrong
Chair NHSRF



North Wales Ambulance



Bangor branch



Pontypridd & Rhondda branch



Delegates visit the
Marie Curie stand



Cardiff & District branch



Keith Tayton
Consultant
Orthopaedic
Surgeon

2011 – Pictorial Round Up



Sue Weston. Talking Tai-Chi



Tai-Chi in action



North East Wales branch



Ceredigion branch



Raffle Winners



Denise Richards
Welsh Assembly



Registration team: Sherry Smith (L) & Kay Robinson with
Chair Ethel Armstrong (Centre)



West Glamorgan branch



The Retirement Fellowships of the Civil Service and The NHS have joined forces to bring to its members a golf Society which will facilitate golf days organised in 5 regional locations i.e., North and South England, Scotland, Northern Ireland and Wales culminating in a grand national final at which winners of the regional events will be invited to participate. The national final tournament will be held in conjunction with either the Civil Service or NHS Fellowships annual national conferences.

Tour Structure

Open to both gentlemen and ladies of all golfing abilities, competitions will be based on the Stableford format (full allowance) with a range of prizes for individuals and 3/4 ball teams. Prize giving at the final event will take place at conference.

Regional events will be staged during April, May and June each year with a final tournament in July or August acting as a curtain raiser event to the Fellowships national conference.

It is hoped that regional events will, in relative terms, reduce the travel burden and enable golf members, located in different parts of the UK to participate.

Confirmation of regional golf venues with associated arrangements will be published in September/October 2011

Once registered, a member will be eligible to play in one or all events.

For more information and/or to express an interest, please contact

John Toman. Tournament Director

E: johntoman@btconnect.com

T: 01291 620345

M: 07768 406233

www.nhsrf.org.uk



The NHS Retirement Fellowship in Wales

There are now 15 thriving branches in Wales and if you are interested in obtaining information on joining your local branch you should contact your nearest representative from the list.



John Toman

fellowship officer – wales

T: 01291 620345

M: 07768 406233

M: johntoman@btconnect.com

The Welsh Retirement Fellowship is actively supported by the Welsh Assembly Government, Health Board Chairs, Chief Executives and Directors of HR and OD and the Welsh NHS Confederation. Anyone interested in membership or assisting with running a branch should contact John Toman Fellowship Officer for Wales.

Aberconwy	Mrs. Pauline Williams	01690 710569
Bangor	Mrs Lynette Brockis	01248 712779
Bridgend & District	John Toman	01291 620345
Cardiff & District	Mr. Bob Holbrook	029 2074 4132
Carmarthenshire	Mrs. Eleanor Corcoran	01267 221724
Ceredigion	Mr. John Evans	01970 623638
Clwyd	Mrs. Brenda Sykes	01745 853463
Gwent	Mrs. Marilyn Beardmore	01633 661954
Merthyr & Cynon Valley	Mr. Keith Gould	01685 385647
North East Wales	Mrs. Margaret Arkininstall	01978 356234
North Wales Ambulance	Mrs. Sandra Stamper	01352 757484
Pembrokeshire	Mrs. Shan Bartlett	01646 601641
Pontypridd & Rhondda	Mrs. Pat Helyer	01443 202362
South East Ambulance	Mrs. Olga McKellar	01495 762951
West Glamorgan	Miss Joan Minchella	01792 201639

Visit our website www.nhsrf-cymru.co.uk