

# Update DIWEDDARIAD

Cymrodoriaeth Ymddeoliad Gig Cymru  
Welsh NHS Retirement Fellowship Newsletter

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keynote address

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## Two more firsts for Wales

and both coming from the Gwent branch:

- The unique CHAaT project
- Dr Cynthia Matthews to become National Chairman

We are all very aware that there are many changes occurring in the NHS throughout the UK.

In our Fellowship there will be big changes too, both in the structure of the Fellowship and in personnel.

As most of you already know our Director, Mike Brown is retiring after 7 years in post and a new Director is shortly to be appointed from a large field of applicants.

At the AGM in early July, provided that the membership agrees, Ethel Armstrong, our much travelled and much loved Chairman, will become President, I shall move from Vice Chairman to become Chairman, and Audrey Harris, currently a Regional

Representative will take over as Vice Chairman. I'm sure that together we will be a winning team.

In the branches, too, there have been changes, as in my own branch, Gwent, where Lynn Tanner has taken over as Chair.

One often hears comments such as "It's not like it used to be!" and "back in the days, when I was working we wouldn't have done that" but change is the essence of life in general and as long as we all try to welcome new people and ideas and promote what is good for fellowship in its broadest sense then our NHS Retirement Fellowship will flourish.

**Cynthia Matthews**

## A date for your diary

2013 Welsh National Conference  
5 September, The Metropole  
Hotel, Llandrindod Wells.



Mark Drakeford AM/AC  
Minister for Health and Social Services

## Minister to open Welsh National Conference

**Thursday 5 September 2013**  
**The Metropole Hotel, Llandrindod Wells**

Seen as a premier event in the annual activity calendar of Welsh branches, the conference, now in its 10th year, is a major membership benefit with some 250/300 delegate attending.

The theme is "Healthy Living for a Longer Life" and we are pleased to announce that the new Minister for Health and Social Services at the Welsh Government, Mark Drakeford AM/AC has confirmed that he will open the conference and deliver the keynote address.

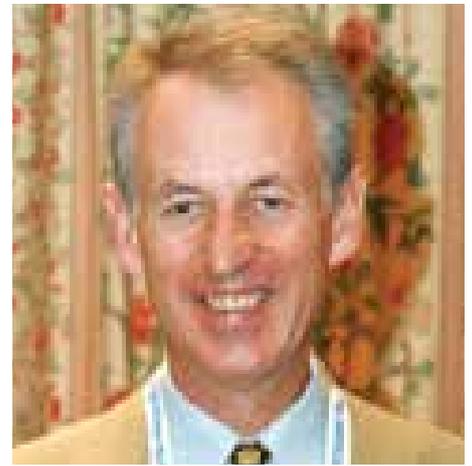
Dr. Owain Gibby, Consultant Physician specialising in Diabetes at the Royal Gwent has agreed to speak on 'Newer Treatments in Diabetes'. Additional speakers will be announced in due course.

We are also delighted that our Patron Ken Jarrold has agreed, once again, to chair the conference and by popular demand, the Aberystwyth based gypsy swing band

'Chocolate' will perform and keep us awake during that sleepy hour after lunch.

A new innovation for the conference in 2012 was the introduction of the Arts and Crafts exhibition and competition. This was in recognition of the fact that many branches throughout Wales have members who are very talented and skilled in many forms of the Arts and it was felt that an excellent shop window opportunity to display their creations is the national conference. Judging was by Ken Jarrold, Ethel Armstrong, Cynthia Matthews, Vic Griffiths and certificates were awarded. The exhibition will be repeated at this year's meeting.

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## Mike Brown to leave in August

Fellowship's popular and respected Director for the past seven years is to retire in August. Mike is leaving to spend more time with his grandchildren and his wife Liz and to travel and enjoy life. He is the first director to have seen the Fellowship increase in membership and he has been diligent in visiting branches and regional meetings at every opportunity. 'Going to so many places and meeting so many lovely people, and being welcomed wherever you go has been one of the highlights' he said. 'Everyone is very committed and passionate about the Fellowship and there's a nice atmosphere when people are in retirement mode – they are there to enjoy themselves. You get that vibe going to a branch'. 'I remain fully committed to the Fellowship until August and I shall still be involved at branch level afterwards'.





## CSRF + NHSRF SENIORS GOLF TOUR



Following the success of the inaugural tour in 2012 and based on feedback from participants, we have concentrated our efforts into one event for 2013 and carefully structured the day to ensure that we bridge the generations by meeting the needs of both discerning and fun golfers of all standards and abilities. Open to all Civil Service and NHS men and women and the larger family including wives, husbands, partners, sons, daughters, friends and those not yet retired, the package at £50 for individuals and £180 for 4 ball teams includes "Tea/Coffee. Bacon rolls. Golf Clinic by a PGA pro. Basket of balls. 18 holes

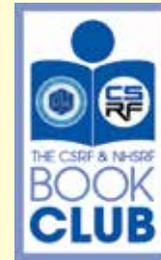
### Marriott St Pierre Golf and Country Club. Old Course. Thursday 17 September 2013

on the prestigious Old Course. Buffett supper. Sleeve of 3 logo golf ball and prizes. The Marriott hotel has offered a special B&B accommodation rate of £89 single occupancy and £99 per room sharing.

#### Requests for a brochure and all enquiries to the Tournament Director

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## Book club offers extra bonus

If you enjoy reading then why not take advantage of free membership of the National Book Club? Run by our partners at the Civil Service Retirement Fellowship the club is open to all members of both NHSRF and CSRF. An extra bonus is that the first three books on the book list are supplied at no cost, thanks to the support of The Civil Service Insurance Society.

Once you've completed each book you can share your views with other club members via the book club website. All book club members also receive a monthly e-newsletter with news and offers of interest and there are plans for some book club events later in the year.

**To register: either email [bookclub@csrf.org.uk](mailto:bookclub@csrf.org.uk) with your name, full postal address and telephone number, call 020 8691 7411 and speak to Book Club Co-ordinator David Tickner or write to: CSRF/NHSRF Book Club, The CSRF, Suite 2, 80A Blackheath Road, London. SE10 8DA.**



## Still time for 'Joy of Retirement' pictures

Now that spring has arrived, its time to get out your camera again. Pictures are coming in for the photography competition, but there is still plenty of time to send in your photographs on the theme of 'The Joy of Retirement'.

The closing date is 31 May and all the pictures will be exhibited at the national conference in Manchester on Saturday 6 July. We are grateful to the Civil Service Insurance Society for sponsoring the prizes again this year. [www.csis.co.uk](http://www.csis.co.uk)

Plans are well advanced for next year and the new season will have two competitions, the first from June till the end of November and second from December till the end of May. The themes will be publicised on the website from the end of May and members who have registered will receive all the information by email or post.

If you have not already registered, contact Anthea Graham with your details by email: [photography@nhsrf.org.uk](mailto:photography@nhsrf.org.uk) or by telephone: 01520 722951

## A partnership with a difference

Gwent NHS Retirement Fellowship and Complex Care – Aneurin Bevan Health Board have entered into an exciting new project called C.H.A.aT. – Care Homes Ask and Talk. The project involves eight members of the Gwent NHSRF and the Senior Nurses who head the Complex Care Team of Aneurin Bevan Health Board. Our aim is to provide an opportunity for older people living in care homes to talk about their experiences. We will identify those best practices which seek to personalise, individualise, respect and maintain older person's dignity in nursing homes.

This partnership with a difference is in fact two differences, one being the fact that the NHSRF team consists purely of volunteers with a huge range of professions previously held by these members consisting of a Superintendent Physiotherapist, Medical Secretary, two ECG Technicians, an Ophthalmology Nurse, Neurological Rehab Nurse a CSSD Manager and a Community Macmillan Nurse. The second difference is the fact that we are working in very close partnership with the Health Board. One element we all have in common is a shared vision to give older people an opportunity to talk about their experiences with the aim of using patient feedback to improve the lives of older people living in care homes. There is a great deal of enthusiasm for this initiative.

Our need to “do something” followed the appalling happenings at Winterbourne, Bristol. Dr. Cynthia Matthews, one of our Members, wrote to the CEO of the Aneurin Bevan Health Board, the Complex Care Team came to a meeting and gave a talk on another project they had been working on and a chance remark (or was it chance!) about an idea they had regarding Nursing Homes was quickly taken up and a team evolved to work with them.

From November 2012 we have had a series of meetings, completed training e.g. POVA, Mental Capacity, Deprivation of Liberty, Whistleblowing etc. We will be under the umbrella of the Health Board regarding volunteer policies, identification

and reporting arrangements. We even have our own logo which is proudly displayed above!

It must be emphasized that it is not within our remit to inspect nursing homes, the Health Board has its own monitoring teams. Our role is to spend time talking to residents.

Following a talk given to us by Lorraine Morgan, Chair of the Advisory Group, The Open University in Wales we decided to follow the eight themes that are important to older people as outlined in “My Home Life Cymru”.

Ten nursing homes have so far offered themselves as “pilots”. The area we have to cover is very large and so the team has been split into sections in order that the same members will visit the homes thereby ensuring continuity and the need for a rapport to be made between the homes and the team.

Our “team” and by “team” I include the two Senior Nurses, Claire and Tanya not forgetting the invaluable input of Lesley's

Back row L to R Lynn Tanner. Barbara Davies. Joanne Butler. Jennifer Martin. Seated L to R, Val Cheeseman. Pam Jones. Eileen Bartlett. Margaret Went

Admin Support, have “gelled” very quickly which is obvious by the amount of work that has been achieved. However there is still much to do before our launch in July but I have the utmost confidence in our partnership which will I am sure flourish and will enhance the lives of those living in nursing homes in Gwent.

**Lynn Tanner**  
**Chair, Gwent National Health Service Retirement Fellowship.**

Claire Aston, Tanya Strange and Lesley Winterbourne, Health Board Members.



# News from the branches

## Aberconwy

Following the summer break the branch members were pleased to invite members of Clwyd branch and our 'Mother' branch Bangor to our September meeting. We were delighted to have Mrs Nancy Williams a former Chairman of Bangor who chaired our inaugural meeting twenty five years ago and got us off to a good start. We also welcomed Mik Webb who represented the North Wales Ambulance branch. The speaker was Professor Donna Mead who had travelled from Cardiff to give a presentation to Betsi Cadwaladr. Betsi spent her childhood in Bala and was the Welsh nurse who worked among the injured at Balaclava during the Crimean War. Her standards were high and she often clashed with Florence Nightingale, her contemporary. Professor Mead has been instrumental in raising funds to erect a headstone above the previously unmarked grave of Betsi Cadwaladr in London. She is remembered in North Wales by the NHS Trust which bears her name. Following the talk Aberconwy members entertained our guests to afternoon tea and cakes.

In October Mrs Val Thomas organised a coach trip to Liverpool. In November Joyce and Ken Faulkner quizzed us and then in December members enjoyed a Christmas lunch in Llandudno.

**Pauline Williams, Secretary**

## Bangor

It seems such a long time since I wrote an article for the Update magazine and I shall endeavour to encapsulate what has happened in the meantime. We managed to gain a few extra members from the recruitment drive and after a year we have lost 2 of them. We were informed that they had obtained a new dog and needed to be looked after. Other than that we have unfortunately lost a number of members through the advancement of age, including 2 of our stalwart members who have moved to Lincoln to be closer to their daughter.

This year we reduced the frequency of officer meetings to bimonthly for 2 reasons. Firstly we felt that the cost of monthly meetings was not warranted and also the fact that we tended to repeat what had taken place the previous month.

For the members we arranged a varied itinerary which included our 2 main dinners at Christmas and St. Davids Day. For the Christmas dinner we went out to a local hotel and for the St Davids day dinner we went to the local College. Needless to say

the members enjoyed themselves. On two occasions we arranged a coach trip and a visit to local places of interest. It is difficult to find suitable places to please every member as we cover such a large area. The coach trip took the members to the Copper Kingdom at Amlwch where they could see the mining of copper which had taken place there. Those visiting the area nowadays are amazed at the deep hole in the mountain from which the ore was extracted and the varied hues from the waste. At one time Amlwch was a big exporter of copper ore. The second visit was by individual cars to the Slate museum at Llanberis where our chairman had succeeded to get the hospital museum open for the members. At this museum there are still the artefacts reminiscent of the time when the quarry was in full production and it made a striking impression to see the equipment being used, a far cry from the modern day equipment in our hospitals.

On the remaining months we held our Tea and Chat and our chairman had managed to obtain a variety of speakers. One person raised funds for when he went to Africa. He took the money with him and purchased local goods to build and furnish houses as well as constructing clean water facilities and purchasing shoes for the children. He supplied us with the costs of purchasing the materials including for the first time mattresses for the people to sleep on. A small sum of money made a huge difference to them. Another speaker outlined how the magistrate courts dealt with cases. At Christmas we had a small party.

We have sent out notice of our forthcoming AGM and are currently in the process of producing the 2013/14 diary of events.

Yes we are still going but as always we need active new younger members to take on board some of the workload as a number of current officers are getting on in years. It is difficult to know what the future holds for the Fellowship with the working life extension above 65. At the moment a small band of officers will try and keep the branch going.

**Bill Thomas, Treasurer**



## Bill Thomas – a tribute

The appointment of Arthur Pritchard allows Bill Thomas, branch Treasurer and membership Secretary since the early 90's to stand down as branch Secretary. If ever there was a good example of a man successfully 'multi tasking' it's Bill. Over the years, every time a branch secretary retired, Bill would assumed the role in addition to his very busy job as Treasurer and it would often take years to find a replacement. With the appointment of Arthur, Bill can at last relinquish his secretarial duties.

We are grateful to Bill for maintaining his input which keeps the branch functioning. In a message to Bill, our national Director, Mike Brown said 'You have been an absolute stalwart of our organization and the Fellowship owes you their thanks' and here, Mike speaks for the entire Fellowship. Best wishes Bill and thank you.

**Editor**



## Bangor's new branch secretary – Arthur Pritchard

I was born in Wrexham and moved to Bangor in 1985, I have two children and 3 grand children. My employment background was one of an administrative nature working with various councils and water companies. I worked for the Patientline television and phone service in Ysbyty Gwynedd Bangor from 2002 to 2010. I am now enjoying my retirement.

My main interests are walking, dancing, and golf.

# News from the branches

## Cardiff & District

To receive 3rd prize in the Annual competition for highest number of new members in 2011 – 2012 was a pleasant surprise. Maintaining the level of membership was a concern but successfully achieved. The consequence of increased membership warranted a search for a larger meeting place, this was achieved this year and we moved into our new “home” this April.

The branch continues to offer a varied speaker programme and well attended monthly day trips. The trip last August by boat (51 seats) from Bristol Harbourside to Hanham Lock & Weir was perhaps our most enjoyable day – the “watering hole” at mid way through the day could have been responsible!

**Norman Bishop, Chairman**

## Ceredigion

Our photo's show some of our members who donned hard hats and hi-viz jackets for a conducted visit to the soon to be opened 'new build' at Bronglais Hospital. A charming clerk of works showed us brand new receiving bays, clinical decision units and state of the art hyperbaric operating theatres ie., they work like smarties to keep the dirt out. It has now been open a couple of weeks and having managed not to fall

over since, I cannot report as a patient however. Later this year we expect a new maternity facility and day surgery units. It all looks good so far but the news in today's paper says that our Trust needs 20% of beds to be cut! I expect large savings are made to keeping patients in ambulances and on casualty beds rather than admitting them to non-existent hospital beds, staffed by far fewer and fewer nurses.

Some of our older members remembered T.E. Nicholas 'Niclas y Glais' the subject of July's talk. A bard and pioneer socialist (friend of Kier Hardy) he joined the Communist Party in 1920, stood for parliament and, after becoming disillusioned with his profession of non-conformist ministry, settled in Aberystwyth where he and his wife practiced dentistry! He was never idle and even serving time in prison on sedition charges, he wrote over 150 sonnets in Welsh. He was a cultured, knowledgeable and gifted firebrand.

October's meeting saw Sue Jones-Davies talk about and display the history and practice of Yoga. She put us through various breathing exercises which ended in total relaxation and complete silence in the room. Some of us had great difficulty in waking up afterwards! In November, however, nobody slept through our local vet, Philip Thomas's illustrated talk on 'Animal Diseases and their

links to Humans'. Did you know that of the 1,415 (and still counting) pathogens known to infect humans, 61% are from animals and their diseases range from mild to fatal? Later in November we had a brand new Mercedes coach for our Christmas shopping trip to Chester. On viewing the variety of shopping bags toted on the return to the coach, one would think the recession was over.

December's talk was something a bit different. Owen Williams is a founder of the Woodcock Network. This shy bird (the woodcock, not Owen) overwinters here and migrates from Russia. He captures the birds at dead of night and weighs, measures and rings them, sometimes with satellite tags. This shows they often return to the very same patch of field on their return from Russia! The main drift of his visit, however, was a water colour demonstration. Members gathered round as he produced a beautiful sunset scene using 'wash on wash technique. This was donated and won by a delighted Anne Jones.

After Christmas, members got together for their annual New Years lunch at Llety Parc, where we enjoyed an excellent meal. Your correspondent is an expectant grandfather (for the first time) and happened to have in his pocket some amusing sayings by children that he shared



with the other diners.

February's talk was by one of our own retired physicians, Dr Alan Axford, 'Reminiscences of 45 years in the NHS'. He was the son of a coal miner and had always wanted to be a doctor. His first posting to UCH London was a culture shock but his rugby prowess helped him settle. After various moves he arrived at Aberystwyth as a consultant in respiratory medicine and ended his career as Clinical Director of Medicine to the Trust. His tales of characters he had known and influences at work were very amusing.

The March meetings talk was given by Mrs Annmarie Butlin (no relation) Director of Age Cymru. She explained that Age Cymru was a merger of Age Concern and Help the Aged and told of the services they provide such as home cleaning, nail-cutting, computer classes, lunch clubs and outings. They employ 60 staff, have 3 offices and have 200 volunteers! Our members were of course of the age concerned and listened and asked questions very carefully. My grateful thanks to Helen Hughes, our very efficient secretary, who, as well as organizing the list of speakers, provided the monthly notes to jog my failing memory.

In April, surprisingly our AGM was well attended and unusually successful – jobs like treasurer, secretary, chairman having assistants and deputies. The Presidents post has been put in abeyance due to the continuing ill health of Dr Gareth Hughes. We wish him a speedy recovery.

We have booked our favourite Mercedes coach for our summer outing. It turns out that two of our committee are volunteer guides at Powis Castle and we have decided to go there in June.

**John P Evans , (Liaison Officer)**

### Clwyd

**Is Mary Davies the oldest member in Wales?** Mary was born on 18th June 1915 on a farm up in the hills in the village



Mary Davies



of Tremeirchion, North Wales. Mary was a nursing auxiliary at HM Stanley hospital for 15 years. During this time and afterwards Mary was a keen gardener winning many competitions.

Mary retired in 1976, she joined the NHSRF in 1980 and is still an active member of Clwyd Branch.

Mary was Treasurer of the branch for 3 years and Chairperson for 9 years until 2005. Mary is still giving various historical talks to local organisations and has attended a number of courses during recent years and at present is attending art classes.

At the age of 98 in June, Mary is quite an incredible person. Is Mary the oldest active member of the NHSRF in Wales or for that matter in the UK?

**Brenda Sykes, Secretary**

### North East Wales

The church bells of Gresford Church, Wrexham, are classified as one of the seven wonders of Wales. Some church members have formed a hand bell ringers group. The group entertained us at our December meeting, playing Christmas carols and songs and were invited to sing along with them.

A Christmas buffet was provided by all members. Thankfully there was more than enough to feed the 14 bell ringers as well. A lovely evening.

**Heulwen Roberts, Chairman**

### Pontypridd & Rhondda

Our branch has continued to lead a very active existence over the past six months.

We had a long weekend booked in the Falmouth Bay Hotel last November but as you know it was destroyed by a fire. Fortunately we were redirected to the Esplanade Hotel on Pentire Headland in Cornwall where we had an excellent four day stay.

Our Christmas lunch was a very enjoyable event and the members were pleased to welcome John Toman as our guest. St. David's Day was marked with an enjoyable buffet lunch which was attended

by Alyson Williams, our local LHB Chief Executive, John Toman and eleven members of the Merthyr Branch.

In April our members have our Easter Bonnet competition. Also in April we are going for a long weekend in Paighton. Members are looking forward to another enjoyable four days. We have also booked a four day visit to the Dicken's Market in Rochester in November and are currently planning a four day visit to Ypres in April next year.

This year is a special occasion for our branch for in August we celebrate our 10th anniversary and plan to have a buffet lunch with some entertainment. As well as all our social events we have had an excellent program of speakers and continue to attract and recruit new members.

**Rhodri Powell, Chairman**



### West Glamorgan

As usual our Christmas Dinner in December was an enjoyable occasion with 25 members attending followed by a special raffle when all received a Christmas gift. It was held at Manor Park Hotel where the staff are so friendly and the food excellent.

Although the winter weather has been dreadful and long lasting we have had encouraging and interesting meetings this year. We have had talks from our local Swansea Community Farm and a wonderful tour of the Grand Canyon presented by an American friend.

Already this year we have had three new members join and enquiries from several others wanting to join our branch.

**Val Streater, Secretary**

# OBITUARY: Janice Jones

Janice undertook nurse and midwifery training in the 1960's following which she chose women and childrens services as her long term career.

Janice, a committed Christian, married Evan Jones, a local vicar, and both were very active and well loved members of their local church in the Rhondda Valley.

Janice was a valued member of staff at East Glamorgan, Porth, Llwynypia and Royal Glamorgan Hospitals, all of which were part of the same Health Authority. Janice moved from midwifery to antenatal care and finally developed the womens health service for the area which was greatly appreciated by service managers and women from Pontypridd and the Rhondda. Janice, with her team, developed and moved services to

meet local needs which were highly valued and also won quality initiatives and praise from the local community.

Janice was a respected Sister who was diplomatic and fair but always strong in her quest for quality care for women and their families.

Lately Janice suffered severe ill health which she managed quietly and with strong resolve. The ill health forced Janice's early retirement, however she retained her strength to attend our retirement fellowship meetings.

Sadly Janice died in December 2012. She will be remembered as a caring, compassionate nurse and midwife who endeavoured to put women at the forefront when it came to maternity care. She will

also be sadly missed by all her friends in the Pontypridd and Rhondda NHS Retirement Fellowship.



## The NHS Retirement Fellowship in Wales

There are now 14 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. 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.



**John Toman**

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