



Update DIWEDDARIAD

Cymrodoriaeth Ymddeoliad Gig Cymru
Welsh NHS Retirement Fellowship Newsletter

In this issue

Critical Friends

Competitions:

Photography

Golf

Books

In Flanders Field



PLUS

News and views
from the branches



Mrs Angela Hopkins

Another first for Wales Health Board and North Wales branches to collaborate on 'Critical Friends' initiative.

The Betsi Cadwaladr University Health Board and branches in North Wales are to join forces in an exciting new initiative introduced by Mrs Angela Hopkins, Executive Director of Nursing & Midwifery.

Mrs Hopkins explains that the background to developing this initiative is due to the period of change the Health Board is undergoing and the negative press it is attracting at the present time.

Mrs Hopkins wants to focus on positive aspects of Nursing and Midwifery Care and wants to draw on the vast experience

that Critical Friends have with many years knowledge, practice and skills between them. As most retired from senior level posts in the organisation they are role models for nurses today.

Mrs Hopkins also explained the Nursing and Midwifery Celebration days which are to be held on a regular basis where recognition is given to individuals for innovative and excellent practice. Critical Friends would be invited to the Celebration Days and participate in the award ceremony.

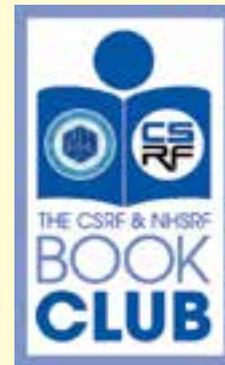
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A date for your diary

2014 Welsh National Conference
Thursday 25 September
The Metropole Hotel
Llandrindod Wells

Wales welcomes the Fellowships new Director, John Rostill

After 47 years in the NHS, latterly as Chief Executive, I was well aware of the NHS Retirement Fellowship. I was delighted to be appointed Director from 1 September 2013, and have been grateful for the reception I have received in England, Scotland and Wales. I look forward to spending many years growing the numbers and influence of the Fellowship. I am sure that the Strategy of increasing the number of branches and the number of members will be delivered.



Enjoy reading? Join the book club

Over 170 members of both CSRF and NHSRF enjoy the book club. Books are supplied free thanks to the support of both organisations and sponsorship from the Civil Service Insurance Society. Swap reviews, share book recommendations and keep up to date with other literary and culture news.

This year's book list is already underway with members reading our selected book 'The President's Hat' by Antoine Laurain. But if you're interested in registering for the book club (it's free to any CSRF and NHSRF member) then please email: bookclub@csrf.org.uk or call 020 8691 7411 and speak to David Tickner (the Book Club Co-Ordinator).



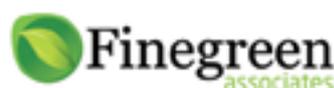
Senior Golf Tour 2014

A joint initiative by the CSRF and NHSRF, the tournament is specifically designed and development as an important membership benefit with the aim of encouraging retired men and women from both organizations, along with their friends and relatives, to come together to share a game of golf, make new friends and renew old acquaintances.

"I thoroughly enjoyed last year's event; it was excellent value for money. The course, refreshments and accommodation were first class and the golf clinic provided by the golf professional was a great idea. I'm really looking forward to the 2014 even"
John, Golf Tour Member

By popular demand, the 2014 event will return to St Pierre Hotel, Golf and Country Club in Chepstow on Thursday 11 September – Further information, entry forms etc. can be obtained from the event director: John Toman, Fellowship Officer - Wales. T: 01291 620345 M:07768 406233 E: johntoman@btconnect.com

Partners



John Brown receiving the winners championship CSiS Bowl from Dame Yvonne Moores



CSRF / NHSRF Photography Group

Photography competition Wildlife and pets

In November, Pam Melhuish was judged the NHSRF winner of the Photography competition "Wildlife and Pets" for her beautiful picture "Ballerina". Congratulations to Pam who had strong competition from 250 entries, many of which you can see online at <http://tinyurl.com/wildlifeandpets>. The judges were Jean Cooper, Chief Executive, CSRF, Adrian Best, emarketing and IT Manager from our generous sponsors, the Civil Service Insurance Society www.csis.co.uk and Vic Griffiths, Vice President NHSRF. The winner of the current competition, "Seasonal Colours", will be announced in June.

Update readers have until 30 November to take a winning picture for the next competition on the theme of "Travel". You don't have to be an experienced photographer to enter; in past competitions, winning and highly commended pictures have been entered from "happy snappers" as well as from experienced amateurs.

To join the photography group and receive newsletters and information about the competitions, contact the Co-ordinator, Anthea Graham, Glais Bheinn, Lochcarron, Ross-shire IV54 8YB, email photography@nhsrf.org.uk or telephone 01520 722951



Judges: Jean Cooper, Adrian Best and Vic Griffiths

Pontypridd and Rhondda branch

As it is 100 years since the outbreak of World War 1 our group decided to visit Ypres in Belgium this year. We set off at 6am on Friday 25 April and arrived at our hotel in Ypres, the Flanders Lodge at 4pm.

Saturday was a very leisurely day visiting Bruges, Sluis and Ostend. On Sunday we visited some of the cemeteries in Ypres and our plan was to place a poppy wreath on the new Welsh monument. Unfortunately when we got to the site we found that only the pennant stone base had been erected and we were informed that the dragon is due to be put in place late in May or early June. As a result of this we had to make a decision where to put our poppy wreath and this was made easy when we arrived at Wood Cemetery. One of our members, Julie, has a relative, Private G. Williams, of the Welsh Regiment, who was killed on 20 September 1917 buried in this cemetery and that is where we laid the wreath. This was a very emotional experience for all present. Everyone who visited this cemetery were very impressed with the excellent way it was maintained.

From Wood Cemetery we moved on to Essex Farm Cemetery where there is a memorial to Lt. Col. John McCrae a military surgeon who set up a field dressing station on this site and also wrote the poem 'In Flanders Fields'.

We then progressed to Artillery Wood Cemetery where we visited the grave of the Welsh poet, Private E. H. Evans, who died in July 1917. He was better known as Hedd Wyn.

Our next stop was at the German Cemetery at Langemark. This was a complete contrast to the British cemeteries because instead of the upright white headstones the graves were marked by flat black granite headstones. On entering this cemetery one was moved by a mass grave for 24,917 unidentified German soldiers.

Leaving Langemark we travelled to Tyne Cott Cemetery, one of the largest of British cemeteries. Again we were impressed by the pristine condition of this cemetery.

Finally, we spent the afternoon in Ypres town where we were able to see the Flanders World War 1 Museum, the beautiful Cathedral and the Menin Gate. Again members were moved by the beautiful floral wreaths covering the steps of the Menin Gate.

After this it was back to our hotel for an early dinner so that we could return to the Menin Gate for the service at 8pm which was followed with the buglers of the local fire service playing the 'Last Post'.

The weekend was a very moving, emotional but enjoyable experience for all and I think everyone who went on this weekend thought it was all worthwhile.

My overall view of the weekend was that it brought home to me the vast number of young men that were killed in the 1914-18 war both on the British and German sides.



In Flanders Fields



News from the branches



Merthyr and Cynon branch members enjoying a visit to Weymouth including visits to Pole and Dorchester.

Aberconwy

In December Aberconwy Branch enjoyed a delicious Christmas meal at the Tyndale Hotel on the Promenade in Llandudno. In January we travelled to Patagonia with our speaker who brought his experiences into the room through his photographs and interesting insight into the Welsh in Patagonia.

February we were into the world of Suffragists and their peaceful battle to bring women's rights into our local North Wales area. In March we sang along to the music of Rogers and Hammerstein whilst being reminded by our speaker of their great talent for bringing musicals to the people.

Our committee members have been busy in organising trips, putting together an informative and entertaining programme of speakers, balancing the books and keeping our finances in order and making sure we have a welcome cup of tea and refreshments after our meetings. Thank you ladies for all your hard work.

In April we had our AGM and said farewell to our Chair of two years Mrs Bronwen Roberts who handed over the mantle to Mr David Birchley. In the year 2013-2014 five of our members sadly pass away and we welcomed five new members.

For the rest of the year we have a full programme, a trip to Blackpool and to see an Ice Show in July and a great programme of speakers to look forward to. We send our best wishes to all the other groups and if ever you are in Llandudno on the last Friday of the month call in and you will be made most welcome.

Obituaries

Aberconwy Branch sadly reports the passing

of three of their members. These ladies were members for many years and are much missed by their family and friends and members of our Branch. Mrs Doreen Richardson October 2013, Mrs Hazel Vinton January 2014 and Mrs Nancy Hansford March 2014.

Margaret Nolan, Secretary

Bangor

These are some of the Branch activities held during the last 6 months.

In October Alun Pritchard gave his annual update on his charity work supporting poor families in Africa.

Last November the Branch had a very enjoyable visit to Nantwich and then on to Bridgemere Garden World which turned out to be a great success. In December we had an excellent Christmas Dinner at the Split Willow in Llanfairfechan. A quiz was organised for January which was well supported followed by tea and chat. We held our St. David's Day Lunch at the Celtic Royal Hotel, Caernarfon again which was very well supported.

In June we are planning a trip to Chester and in September we hope to organise an outing to the Anderton Boat Lift and river trip in Northwich.

Congratulations to Mrs. Nancy Williams our branch president who celebrated her 90th Birthday on 14th April 2014. Nancy is one of the oldest serving members of the Bangor Branch. Following our AGM in April a surprise tea for Nancy will be held.

Arthur Pritchard, Secretary

Cardiff

The Cardiff & District Branch of the NHS Retirement Fellowship formed in 2006 with an initial membership of six has, with limited marketing, increased to a membership level in excess of 160.

Monthly meetings now regularly attract in excess of 80 members, necessitating two moves to more spacious premises.

Feedback from the current membership identified that an improved sound / video system used at our monthly meetings would improve their "experience" particularly those with audio / visual impairment.

Without the necessary funds to fulfil the stated aims, an application, not without difficulty, was made to Awards for All Wales, Big Lottery Fund.

We were delighted when confirmation of an Award for All Grant was finally received.

We have implemented most of our stated aims, the final stage will be the production of marketing material, particularly for use in the community and potential members of the Branch.



The launch of our own branch web-site this year will further increase our marketing potential.

Norman Bishop, Chairman

Ceredigion

Our last newsletter ended by saying that we were looking forward to the New Year's lunch in January. Well, we are still looking forward to it! You must have seen our preferred venue, the Richmond Hotel, being battered by the storms on national TV – it featured almost as much as the washed-away rail track in Dawlish. Weather records broken all round! However, as I write this in late April "The spring has sprung, The grass is riz and I know where the birdies is" as I can hear them all over. (Grateful thanks to Audio Dept, Bronglais Hospital for Siemens Digital Aids.)

Our local county archivist Helen Palmer always comes up with an interesting talk. This one was "Starting your Family Tree" in November. I've no computer but apparently

the census is now online from 1841 to 1911! County archives and parish records are also useful sources. My own tip to all us oldies out there – put names and a date on the back of all photos, a great help to future family historians.

December's meeting started with a minutes's silence in memory of Dr Gareth Hughes who died the previous month. He had been our local geriatrician. For many years he was our president and a very kindly empathetic friend who would invite the whole group up to his lovely house and garden for a strawberry tea. He will be remembered with great respect and affection and be much missed. Then we handed over to Martyn Whiteside, one of our retired laboratory techs, who is and expert quizmaster and setter. For this meeting he had devised one most suitable for our lot. The winners were the dream team of Jane Smyth, Christine Suthern and Beryl Thomas. I'd back them against BBC Two's Eggheads who at the time of writing have lost the last four games on the trot, and are undergoing counselling... We finished off with tea and mince pies, a very happy meeting.

Unfortunately I missed John Bradshaw's talk in March. I well remember his last talk when he motorcycled solo through Europe and the Middle East and then via Mongolia to China! This time he and a friend undertook the 2011 Rickshaw Challenge (1000 miles in 14 days of monsoon rain and from Mumbai to Chennai, driving a tuk-tuk – the name is onomatopoeic.) They broke down regularly but the local population was very helpful and friendly. His companion's name was and is Dylan Raw Rees (before and after the journey.)

April's meeting as usual was the AGM and it passed without any blows or bloodshed. I didn't catch it all due to faulty aids but I'll list the officers in the next newsletter. I did catch that Helen Hughes our very efficient Secretary is staying on and I'm very grateful to her for the link to her archives in compiling the newsletters.

John P Evans (Liaison Officer)

Clwyd

Clwyd say farewell to Brenda Sykes and welcome to May Williams, new Branch Secretary.

Brenda Sykes has stepped down from office after serving for 18 years, firstly as Treasurer and then as Secretary of the Clwyd Branch of the NHSRF. She has done

a magnificent job, and her dedication is second to none. Branch members would also like to acknowledge the support given by her husband Alan.



At the April meeting she was presented with a cheque for £50 as a token of our appreciation and thanks for all her hard work. We hope it will go towards the expenses when she and Alan, go away on a "dancing holiday".

May Williams takes up the reins as Branch Secretary. May did her nurse training in Queen Alexandra's Royal Army Nursing Corps and her part 1 Midwifery at HM Standley Hospital, St Asaph. Health Visitor training followed at Liverpool University. She worked as a Health Visitor in Flintshire for 2 years before joining the Soldiers, Sailors and Airmen's Family Association as a Nursing Officer in Germany. After 7 years, she returned to Wales and worked as a HV in Flintshire/Clwyd for 26 years. During that time, she trained as a Field Teacher and also gained an MSc in information Systems and Services for Healthcare.

Hobbies include reading, gardening, working out in the gym and playing with her cat Lettie. May is also treasurer of the Good Companions of her local Community Hospital and helps to run and stock the tea bar. She is also constantly involved in various funding raising activities.

May Williams. Secretary

South East Wales AMubulance

Olga McKellar, a founder member of the branch has retired. Olga made a significant contribution to the development of the branch over the years and much of its success is due, in no small way, to the Olga's dedication and hard work. Thank you Olga.

Vivien Watkins has been elected as the branches new secretary. Vivien has spent the whole of her working life working in administration in local government and the health service. After commencing work as a shorthand typist with Monmouthshire



County Council in 1956, Vivien moved to the Gwent Health Authority in 1969. From 1969-1989 she worked as a medical secretary for a large GP practice in Caldicot, Monmouthshire. In 1989 Vivien moved to the Gwent Ambulance headquarters in Caerleon where she worked as a secretary until her retirement in 1998.

Editor

Pontypridd and Rhondda

Since the last issue of Update our group has been extremely active. We had a weekend in Rochester for the Dicken's Christmas Market in November which was very enjoyable. Our Christmas Dinner was very enjoyable and well supported. In March we had our St.David's Day Buffet and were joined by John Toman, Alyson Williams our CEO and members of the Merthyr Branch. Following the buffet entertainment was supplied by Mr.Hank Harman.

Over the last six months we have had some very interesting talks on a variety of topics. A number of us have just returned from our 4 day weekend to Ypres which was an enjoyable an emotional experience.

We are all looking forward to our day trip to Gloucester Quays and the Cotswolds in June and our Turkey and Tinsel weekend in Chester in November.

With all our activities we are attracting new younger members and it was nice to see a number of these on our recent trip to Ypres.

Rhodri Powell. Chair

West Glamorgan

We had a disappointing start to the New Year as we had to cancel the February meeting due to severe gales and storms in Swansea. In March we were able to celebrate one of our members' 90th birthday Vi Hastings and had a talk and slides on South Dakota. This was followed by a very helpful talk "Your legal questions answered" given by a local solicitor. We have also enjoyed an Easter afternoon tea party in a local hotel in Mumbles. In May we will be holding our 33rd Annual General meeting and Jean Minchella our Chairman will have been in post for 8 years. We are encouraged that we have had a few new members joining recently.

Val Streater. secretary



The area's in which Critical Friends would be invited to contribute include the following:-

- Views regarding an ideal nursing and midwifery structure.
- Involvement in Editorial Board for nursing and midwifery newsletter.
- Contribute to the development of a philosophy, vision and values.
- Describe a perfect shift.
- Contribute to observations of care.
- Contribute to unannounced local inspections.
- Gain views of patients.
- Ask staff what they used to do that they can't do now and why.
- Attend and contribute to future celebration events.
- Act as role models.
- Talk to leadership groups about clinical leadership and management.

Other area's that were discussed as being possible points for Critical Friends to discuss and make comments on were:-

- Dayrooms
- 12 hour shifts
- Changing facilities
- Local Leadership
- Professionalism
- Caring for each other
- Re-defining roles with the emphasis on nursing, clinical work
- How can we re-focus back to our business – patient care
- Empower nurses to take control
- Site management and 'matron' role
- Improving the environments
- Succession planning-making senior posts attractive and competitive
- Re-balance between business and care
- Need to promote clinical leadership
- Data collection – is it all used?
- Flexibility
- Rotation

Critical Friends could also contribute to philosophies and values and although BCUHB has these in place they perhaps are not embedded by all staff, the 7 C's were discussed and whether these could be the foundation for a series of nursing and midwifery values.

The 7 C's, which are the values Angela expects all nurses, midwives and health care support workers to apply each day are Caring, Compassion, Commitment, Confidence, Competence, Communication and Comportment.

Another area for investigation has been suggested that Critical friends may be able to play a role in identifying responses from nurses and midwives to the question 'What are the things that make a difference'

Margater Arkinstall. Branch Secretary.
North East Wales

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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