



Cymdeithas Ymddeoliad GIG
National Health Service
Retirement Fellowship



Update

WELSH NHS RETIREMENT
FELLOWSHIP NEWSLETTER

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YMDDEOLIAD GIG CYMRU

May 2018
Issue 23

40
1972
2018



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to celebrate NHS & Fellowship anniversaries

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...and a special congratulations to DAVID MANNING Cardiff
& District Branch for designing the 40th Anniversary logo
which will be used in all correspondence, publications and
conferences during the anniversary Year.

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

Dates for your diary...

11 July 2018

The Oriol Hotel. St Asaph
North Wales NHS 70th / NHSRF 40th
Anniversary Celebratory Luncheon
Full details from the editor

25 July 2018

Bedwellty House. Tredegar
South Wales NHS 70th / NHSRF 40th
Anniversary Celebratory Luncheon
Full details from the editor

13 September 2018

Fellowship Golf Classic
Marriott St Pierre. Chepstow
For full details & an entry form visit
nhsrf-cymru.co.uk
or contact the editor

27 September 2018

Welsh National Conference
Full details from the editor

2 – 4 November 2018

UK Fellowship Conference and AGM
Full details from Sherry Smith
T: 01305 361317
E: sherry.smith2@nhs.net
or visit the Fellowship website
www.nhsrf.org.uk

Celebrating NHS 70 years and 40 years of Fellowship

Welcome to a very special 23rd edition of UPDATE. 2018 is a year in which we celebrate the 70th Anniversary of the NHS and 40 years of providing a service and support through the excellent work of branches for NHS retirees, I'm delighted to outline in this edition, the many and varied planned activities specifically designed for the benefit of our members throughout Wales.

The northern event, at the Oriol Hotel, St Asaph, on 11 July will include a heritage exhibition and lunch for members representing North East Wales, Clwyd, Aberconwy, Bangor, Ceredigion and North Wales Ambulance branches. Invited guests will include Ken Jarrold CBE Fellowship Patron and Dr Peter Higson, Chairman, Besti Cadwaladr UHB.

In the South the Fellowship steps back into history by staging a lunch and exhibition on 25 July in Bedwellty House, Tredegar, where Aneurin Bevan spent many hours of his early political career in the council chamber before becoming an MP and then brought about the inception of the NHS.



Dr Andrew Goodall

Dr Andrew Goodall, Director General
Health and Social Services/Chief Executive

of NHS Wales will be attending to open the event. Nick Thomas – Symonds MP, Shadow Security Minister will also be in attendance and it is hoped that Aneira Thomas who was the first baby born after midnight in the NHS in 1948 will also be present.

Antony Tiernan, Director of Engagement and Communications NHS 70 will also be in attendance together with John Rostill OBE, CEO, NHS Retirement Fellowship and Adrian Rees, Deputy Chairman, CSIS.



Nick Thomas - Symonds MP

Later in the year, on Thursday 27 September, the annual Welsh conference in Llandrindod Wells will have an anniversary theme and promises to be the premier event of the year.

The conference, which will have a heritage exhibition, will open with a key note address by Vaughan Gething AM, Cabinet Secretary for Health and SS, Welsh Government. Fellowship patron Ken Jarrold CBE will be reviewing 70 years of the NHS and Nick Thomas-Symonds MP, Shadow Security Minister and Aneurin Bevan's biographer will present the Life and Times of Aneurin Bevan. The conference will close with a session by Ethel Armstrong MBE who in addition to reviewing the work and future of the Fellowship, will provide us with an



The NHS at 70

opportunity to meet Aneira Thomas.

Headed up by Bob Middleton 70-40 Project Officer, the Fellowship has successfully gained a Heritage Lottery Fund Grant of £10,000 to deliver the project which will operate throughout England, Wales and Scotland from 1st April to 31st December and will work closely with both the NHS 70th Anniversary on the 5 July and the NHS Retirement Fellowship's 40th Anniversary in 2018.

A heritage exhibition of artefacts, photographs and memories that present a time-line from 1948 to 2018 depicting NHS staff members that were in the NHS in 1948 and who are now members of the NHS Retirement Fellowship will feature at each event.



Bob Middleton

See centre pages for more on the project and illustrated timeline on health care developments from 1815 to the present.

A prelude by Ken Jarrold CBE, a key presenter at the forthcoming Welsh conference 27 September 2018

In 2005 I had the privilege of delivering the Sally Irvine Lecture with the title, The NHS – Past, Present and Future. 13 years later I have been asked to update it.

In 2005 I did my best to answer three questions.

How did the NHS do in the first 49 years up to 1997? I identified 10 negative and 2 positive characteristics.

How was the NHS after eight years of Labour Government? I identified 9 positive and 7 negative features.

What are the prospects for the NHS in the 21st century? In answering this question, I believed that there was good reason to believe that the positive points would endure, and that the future of the NHS depended on dealing with the negative features.

As I review the NHS at 70 it is the sad reality that many of the positive characteristics no longer apply or are under

severe threat and that many of the negative characteristics remain.

The NHS at 70 is still loved and useful however, it is not healthy. It only survives for three reasons – the resources provided from 1997 to 2010, the amazing skill and dedication of the frontline staff and the support of the people.

The Prime Minister, Theresa May, has announced a review of the NHS in England to produce a sustainable long term plan. The outcome will have significant implications for the whole of the United Kingdom.

A prelude by Nick Thomas-Symonds MP, a key presenter at the forthcoming Welsh conference 27 September 2018

The Life and Times of Aneurin Bevan: Nick will trace the life of Nye Bevan from his birth in 1897. He will discuss the profound influence of Nye's childhood and time in Tredegar, from the work of the Medical Aid Society to Nye's time as a Councillor on the Tredegar Urban District Council and Monmouthshire County Council. He will consider Nye's entry into Parliament for the Ebbw Vale division in 1929, his work highlighting the economic consequences of the Great Depression in the 1930s, his speeches during the Second World War, and his appointment to the Labour Cabinet as Minister for Health and Housing in 1945. Nick will focus on Nye's strategy to create the National Health Service, which came into being on 5 July 1948, his record on house-building and his resignation from the Labour Government in 1951. The lecture will finish by considering Bevan's record as a politician in the 1950s, including his tilt at the Labour leadership in 1955, and consider his lasting legacy.



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Grant Whiskin of Lloyds of London

Photography group competitions

The winner of the competition on the theme 'portrait' was Nigel Gardner from the Peterborough branch who submitted a marvellous picture 'Old Man of Callender'. Well done to Nigel for his second win in the group competitions. Jill Evans from the Cardiff branch was runner up with her cheerful picture 'Guatemalan Lady'. Jill won a Highly Commended award in the previous competition – is she heading for a winners prize in the current competition? The competition attracted some amazing photographs – thanks for the support and well done everyone.

Anthea Zell





Reg Charity No 287936

2018 / 2019 PHOTOGRAPHY GROUP COMPETITIONS



The Summer 2018 competition is on the theme 'SEEN BETTER DAYS'

Perhaps old and a bit tatty, or falling into disrepair. The theme gives members a wide choice of subjects from whatever is nearing or past its sell-by date

The Autumn / Winter 2018 competition is on the theme 'IN THE CITY'



Buildings, people, history, traffic, markets, entertainment – so much to see and photograph

The closing date for the 'Seen Better Days' summer competition is Friday 28 September 2018 and the closing date for 'In the City' is Friday 29 March 2019

The prizes for both competitions are £100 for the winner and two £50 runner-up prizes, thanks to the generous sponsorship of the Civil Service Insurance Society (www.csis.co.uk)

Further details and entry forms are on the website (www.nhsrf.org.uk) or contact the Photography Group Coordinator, Anthea Zell
Email: photography@nhsrf.org.uk Tel: 01520 722951



NHS Retirement Fellowship 70-40 Heritage Project

The Fellowship has successfully gained a Heritage Lottery Fund (HLF) Grant of £10,000 to deliver the above project.

Overview

The project will operate throughout England, Wales and Scotland from 1st April 2018 to 31st December 2018 to work closely with both the NHS 70th Anniversary on 5th July 2018 and the NHS Retirement Fellowship's 40th Anniversary in 2018.

The project will work collaboratively with the NHS locally and nationally, NHSE in sharing PR initiatives to maximise the impact and collaborative working across the NHS,

Social Care and NHS RF network of regions and branches.

The project is to be known as the NHS Retirement Fellowship 70/40 Heritage Project and will also work in conjunction with a myriad of associated NHS commemorations so as to add benefit to the Project's outcomes.

The project will structure the celebration, recognition and communication to a range of stakeholders and the relationship between the NHS (and its 70th Anniversary on 5th July) and the NHS Retirement Fellowship (and its 40th Anniversary in 2018).

The key relationship between the NHS's 70th Anniversary and NHS Retirement Fellowship's 40th Anniversary will sit at the heart of the project, so that as a consistent theme the two anniversaries will relate to each other.

The May edition of the NHS RF Newsletter will provide full details of the project and also press releases will be targeted to national and local/regional agreed media.



1855

Besti Cadwaladr 1789 - 1860. A Welsh nurse who served in the Crimea War with Florence Nightingale. The Besti Cadwaladr University Health Board, the biggest health authority in Wales, is so called in her honour.



1860

Florence Nightingale. 1850-1910. Established School of Nursing. St Thomas' Hospital.

1878

Louis Pasteur. Published Germ Theory of Disease.

1815

Apothecaries Act. First regulations for Surgery and Midwifery.

1847

Ether and Chloroform introduced by Sir James Young Simpson as an anesthetic.



1888

Joseph Lister introduced antiseptics and sterile surgery.

1895

Wilhelm Conrad Roentgen. Discovered X-rays.

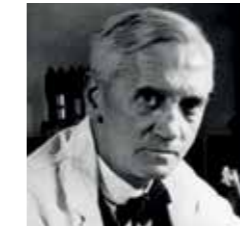
1898

Marie and Pierre Curie. Discovered Radium.



1915

Edith Cavell. Executed by the Germans helping British, French and Belgian soldiers escape.



1928

Sir Alexander Fleming. Discovered penicillin.

1946

National Insurance Act was passed.



1948

Aneurin Bevan MP. Forms NHS. Quote by Aneurin Bevan shortly before the start of the NHS
"If a hospital bedpan is dropped in a hospital in Tredegar, the reverberations should echo around Whitehall."

1959

Mental Health Act passed.

1965

Dr Seamus Lynch. Breakthrough in Endocrinology.



1967

First heart transplant by Christiaan Barnard in South Africa.

1978

Irene James OBE. Forms the NHS Retirement Fellowship.

1980's

General Management introduced and replaced Hospital Management Committees.

1983

Mental Health Act - Amended 1959 Act.

1984

The Brighton Bomb. Nurses from Royal Sussex County Hospital respond.

1990's

Schools of Nursing closed in favour of Degree Courses at university. NHS Trusts introduced and replaced Area Health Authorities.

1999

Following the pre-legislative Welsh referendum in 1997 and following Royal Assent in 1998, the National Assembly for Wales was created to which overall responsibility for NHS Wales was devolved.

2007

Mental Health Act - Amended 1983 Act.



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You will have noticed a new advert in this edition of your newsletter, carrying our special 40th Anniversary logo. We certainly are celebrating this Key Member Benefit, proven by the many hundreds of our members who have already enrolled in the scheme. There are some unique features which includes the approach of being 'Fit to Travel' meaning there is no requirement to declare pre-existing medical conditions, defined as:

- If you had contacted your medical practitioner and/or between booking and departure any and all pre-existing medical conditions must be stable and well-controlled both as to the individual condition and treatment(s) thereof and/or there exists no known likelihood of any medical tests, investigations or major variation of treatment or medication between booking travel and the date of departure or whilst travelling
- Travel is not for the purpose of obtaining medical treatment
- You have not been given a terminal prognosis

Aside from the above, you need only be a current member, a UK Resident and aged 79 years (or younger) at time of policy purchase.

Grant Whiskin of Lloyd's of London insurance broker and our scheme provider comments; 'The demand from NHS Retirement Fellowship has been strong and we have already helped many members recover their claim costs.' He goes on to say, 'We are proud to be associated with an organisation that has done so much for those at time of need, accessing services delivered by staff across the National Health Service.'

So why not consider us for your Travel Insurance needs in the future...

Ethel Armstrong MBE

I have great pleasure in reporting that our very own Ethel Armstrong, 87, has received an MBE from HRH The Prince of Wales. Ethel was recognised in the Queen's New Year Honours for her seven decades of dedicated service to the NHS workforce and for her involvement in the NHS Retirement Fellowship.

Ethel was working as a nurse cadet on the day the NHS was established in July 1948. She went on to work in various parts of the country, mainly in radiography and radiotherapy roles, including for the Breast Screening Service in Liverpool ahead of her retirement in 1987.

After retirement, Ethel joined the Durham branch of the NHS Retirement Fellowship and quickly became an integral part of the branch. She served as welfare officer in 1992 before becoming Chairman in 1994, a position she still holds. In 2005, Ethel was elected as the regional representative for North East and became part of the NC. She was elected vice-Chairman in 2009, Chairman in 2011 and President in 2013 and from 2015 is a life Patron.

Over the years, Ethel became a stunt supporter of the Welsh Fellowship attending our national conference and this year is no exception.

I'm delighted to report that Ethel has agreed to join us for our Conference in Llandrindod Wells on the 27th September to speak to the assembled company and introduce Aneira Thomas, the first baby born immediately after midnight on the first day of the new NHS in July 1948.

Editor



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News from the branches

Aberconwy

Our branch had a very interesting diverse year. We had speakers telling us of 'Medical Detection Dogs, Wales Air Ambulance, and a member of staff from the Older People's Commissioner for Wales. We also had a light hearted afternoon with two parrots and their owner telling us of her work with 'Parrot Rescue'.

In May we had a very nice trip to Portmerion. In October a Mystery shopping trip and a visit to a lovely garden centre. We had a Strawberry tea in July and in November our Annual Quiz set by one of our members Mr Ken Faulkener. Christmas lunch brought last year to a very fitting end.

We have a full programme set for this year. In July we are having a joint celebration of anniversaries. 70 years of NHS, 40 years of the fellowship and 30 years of our Branch with a buffet and memories, photos and memorabilia from our members.



This is Mrs Beryl Shields she is 93 years old. Beryl was working as a nurse in a Fever Hospital in Llandudno when the NHS began. In 1947 Beryl worked on the children's ward in Llandudno General Hospital. In 1952 she left to have her family returning in 1966 working in Theatre until 1984 when she retired. In 1988 our branch was formed and Beryl was a founder member.

Obituary: Mrs Mary Gregory 13th September 2017 RIP

Mary was 94, she was born in Dublin and started her life as a nurse in the Midlands, later going into the admin side of things. Fellowship wise she joined our Aberconwy branch in the early 1990's. She was Chairman and then Programme Secretary for many years and there was never a dull moment with her on the Committee, she was always full of fun with a twinkle in her eye. She is sadly missed by our members.

We are having a triple celebration in July, 70 years NHS, 40 years the Fellowship and 30 years the Aberconwy branch. We are organising a buffet and hopefully members will bring memorabilia and photos and stories.

Margaret Nolan, Secretary

Bangor

The Bangor branch has again had a very busy

2017 with many interesting and diverse talks and events. The year started with a talk by Mrs G.J. Jones on the life and times of her late mother, how she struggled in an old quarry cottage and ended up writing poems and singing. In March we had our usual St. David's day lunch held at the Split Willow Hotel in Llanfairfechan. Also at the end of March we had a very interesting talk by John Shorney on the National Grid.

In April we had our AGM which again was well supported. In May John Shorney returned to give the branch a talk on the Air Ambulance Service. Our outing in June was to the Ellesmere Port Boat Museum followed by a stop at Cheshire Oaks Shopping complex on the way home. Despite the weather everyone who came enjoyed the day. Our July speaker cancelled at the last minute so we organised a quiz followed by a cream tea.

Our September event was a cream tea at the Te Bach tea rooms, Rhosboeth, Anglesey, which was well supported on a lovely day. In October Alun Pritchard gave the group his annual update on his charity work supporting poor families in Africa. In November we had our festive tea, chat and quiz. The year culminated with our Christmas Lunch at the Split Willow Hotel, which also was very well attended.

Obituary: Anne (Nancy) Williams

It is with heavy heart that we have to report the loss in October last year of Mrs Anne Williams, one of our most faithful and longest serving members. Nancy as she was affectionately known was a member from the beginning of the Bangor Branch, and for many years was a committee member and held several posts during this time, chairman, vice chairman, welfare officer, and during the last few years was our branch president. Nancy also helped to arrange holidays and outings with her fellow members, and in the early days, with her fellow members, arranged cake stalls and craft fairs to raise money to help fund the fellowship. Nancy will be sorely missed by us all at the Bangor Branch.

Arthur Pritchard, Secretary

Cardiff

Reflecting back on the year it has been a successful one for our members. In the National "Landscape" Photography Competition highly Commended Awards were given to Jill Evans & Maureen Salmon and Honourable Mention Certificates were awarded to Peter Elkington & Maureen Salmon.

David Manning designed the logo to be used during this the Fellowship's 40th Anniversary year.

An addition to this year's monthly events programme was a weekend break in Dorset.

Based in Poole, we were able to visit Brownsea Island, Purbeck & Weymouth. The break was considered a success by all that participated and a repeat outing will be held in July this year centred around Glastonbury, Somerset.

Norman Bishop, Chairman.

Gwent

The Gwent Branch held their 2018 AGM last month. There was a good turnout despite the downfall of snow and extremely cold weather. We were delighted to have the company of Judith Paget, CEO of the Aneurin Bevan University Health Board, at our AGM and so glad to hear her warm words of encouragement and reassurance of continued funding for our meeting room at Greenmeadow.

Carole Cunnell has now stepped down as Branch Chair and everyone acknowledged her support and hard work. She was presented with a lovely camellia plant as a token of our appreciation. Lynda Evans was elected as the new Chair and we were very happy to welcome four new committee members, Lilwyn Griffiths, Pam E. Jones, Jean Nutt and Kay Lusk.

The annual draw took place at the AGM to decide on our 2018 Charity donation. Following the successful cake stall event that took place in February we reached our target of £500 to donate to our chosen charity. Members were asked to nominate local charities into the draw and the successful charity is the Motor Neurone Disease Association.

On Thursday 5th April a party of us went to the Millennium Centre in Cardiff to a performance of Matthew Bourne's Cinderella. While this ballet is danced to Prokofiev's beautiful music, the story is re-imagined in London at the time of the Blitz. The production, sets and scenery were spectacular. The performance was very much enjoyed by one and all. Many thanks to Delyn for making all the arrangements.

A special invitation

I was thrilled and delighted to be one of just two members to receive an invitation to represent Wales at a Royal Garden Party in May. Mik Webb, one of our Trustees will be representing North Wales, and I will be representing South Wales. I hope the two of us will be a credit to the fellowship in Wales.

As my guest I am taking my daughter Clare. Since my husband, Malcolm died two years ago, Clare has been busy fund raising for Velindre Cancer centre. Velindre was so supportive, giving care and encouragement when we needed it most. In February Clare handed a cheque to Velindre for £22,026-00 thanks to the generosity of the friends and neighbours in her community. It has now given me great pleasure in rewarding her for all her

hard work, with an invitation to accompany me to a Royal Garden Party. The invitations have arrived. It is beginning to feel real. We can't wait for May to come. Now what to wear!



This is the ABUHB Nursing and Midwifery Conference which was held Friday 20 April 2018 in Newport with the theme 'Believe, Lead and Achieve' said Lynda Evans. She added 'We gave out lots of leaflets as it seems that there are many nurses looking to retire in the next few years'



Lynda Evans Chair

North Wales Ambulance

Mik and Lesley Webb of the North Wales Ambulance Branch have been invited, through the NHSRF to attend a Royal Garden Party on 15th May. Mik is Treasurer of the Branch and a Trustee of the NHSRF. Mik said that he and Lesley were thrilled and honoured to be chosen and invited to the Royal Garden Party on behalf of the NHSRF and Wales and very much looking forward to the event. New outfits and hat are apparently the order of the day!

The North Wales Ambulance branch has just completed another very successful year. The branch had a varied programme throughout the year including talks from the Llandudno RNLI, the Medical Dogs Trust, RAF valley and a fascinating and entertaining evening from a recently retired Army nurse. The highlight of the year was the evening with the Blind Veterans and the inspirational Billy Baxter. Billy lost his sight whilst serving in Bosnia. With the help of Blind Veterans he has achieved much including setting the world land speed record on a motorbike and appeared on Top Gear 'star in a reasonably priced car'. He is currently a trainer at the Blind Veterans, Llandudno, and is also the Town Crier. An evening not to be forgotten.

The Branch meets generally on the first

Monday of the month at the Colwyn Bay Cricket Club, Rhos on Sea. The programme for this year is under development but will include sessions from Wales Air Ambulance, Plas Newydd (National Trust), the North Wales Wildlife Trust and much more. For more details contact Mik on 01492 535781 or Chris Evans (Chair) on 01492 517526



Mik Webb. Secretary

West Glamorgan Anniversary reflections Brenda Love

I was 16 yrs old when I started work as office junior in September 1945 in the Pathology Laboratory, Preston Royal Infirmary, Manchester Regional Hospital Board. Moved to Swansea in January 1955 after marriage and worked as Medical Secretary in Swansea General Hospital. Left to raise a family in 1961 and returned to Singleton Hospital, Swansea as Medical Secretary in 1972. I retired on medical grounds in October 1987.

In 1946 I worked 9-5.30 with 1hr 30 mins for lunch no hospital canteen so went home for lunch Monday – Friday and Saturday 9-12.30. 12 days paid holiday plus 6 Bank holidays.

I would happily do it all again, although it did get rather stressful towards the end.

NHS bill was signed in 1946, two years before coming into being on 5th July 1948.

Max and Pam Cadmore

At 18 Max received his National Service call-up papers and joined the RAF in 1951. After just a few months he was sent to the St. Athens base, near Cardiff, to work in the RAF hospital. When he came towards the end of his time there, the ward sister asked him what he intended doing when he was demobbed. He replied that he had no idea to which she said that he should consider nursing.

Max decided that nursing was the career for him and applied to Morryston Hospital to do his training. Pam has always said they met over a bed and that as she had started her training 8 months earlier than Max it was the only time she was able to tell him what to do. Since relationships between 2 students was frowned upon they had to keep the courtship a secret. When their final exam results were

published Max had been awarded the Gold Medal.

Pam went to nurse in London for a year during which time she and Max became engaged, marrying 6 months after her return, on 7th March 1959.

Max decided to start working in Operating Theatres, a speciality he enjoyed and excelled at. Soon after marrying, Max and Pam moved to Alton, Hampshire, where they both worked at the Orthopaedic Hospital. However Max soon got itchy feet and started working in Barry as a Nurse Manager of the Chest Theatre in Sully Hospital.

As Max was so busy his health was affected, so Pam checked through the Nursing Times looking for something different. A brand new sterile Supply Department was opening at the Princess Alexandra Hospital in Harlow, Essex, and Max became the first manager. Max really enjoyed this job but they both wanted to move back to Swansea.

Max was offered the Managers post in Wales' first Central Sterile Supply Department, or CSSD, in the newly built Singleton Hospital. This meant they came back to Swansea. Max worked in Singleton for exactly 30 years and on his 50th Birthday opened a similar department in Morryston, know as HSDU.

During this time Max gave talks regarding sterile supply in various parts of the country. He also twice gave talks in America, in Singapore and Hong Kong.

Max officially retired on 31st March 1996 though helped in Morryston Hospital before they opened the Cardiac Unit.

November that year Max was shocked when he opened a letter to read that his name had been recommended to receive an MBE. So Max was proud to be awarded his MBE from Prince Charles in Cardiff Castle in early 1997, accompanied by Pam, his wife, Helen and Andrew.

During his retirement Max joined the NHS Retirement Fellowship and became the Secretary, also, the Sketty and Killay Patient Forum and was often found selling raffle tickets in Singleton for the league of Friends.

After the death of Max in 2015, Pam continued to be a member of West Glamorgan NHS Retirement Fellowship branch and her daughter Helen, who recently retired from nursing, has also joined the branch.





Fellowship Golf Classic 2018

Tuesday 13 September 2018
Marriott St Pierre Golf & Country Club.
Chepstow.

Partners



Now in its 8th year, the tournament goes from 'strength to strength' was the view expressed by Dame Yvonne Moores, tournament Patron. She added 'seldom have I enjoyed such a marvellous day. The golf and the social side was just right and exceptional good value for money.

Unique to the NHS and the Retirement Fellowship in its 40th year, the tournament is now well established as the 'friendly games' and in blazing sunshine and a cloudless sky, the 2017 event saw 80 enthusiastic golfers from across the UK of which 21 were new members, compete for the coveted CSIS trophy.

A very special reduced rate package has been secured for the Fellowship to play again the iconic and world renowned Old Course at St Pierre and at £50.00 the day includes...

- 18 holes on the championship Old Course
- Breakfast on arrival
- Sleeve of three golf balls
- Golf Clinic (subject to demand)
- Dinner
- Prizes
- Practice round at special reduced green fees
- 5 star B&B accommodation at special reduced rates

ALL ARE WELCOME. Open to men and women who have retired from the NHS (and

those not yet retired) including relatives and friends. The event is carefully structured such that it meets the needs of golfers off all abilities.

For a 2018 brochure, entry form and further information, please contact
John Toman
 Tournament Director
 T: 01666 505266
 M: 07768 406233
 E: johntoman@btconnect.com
 www.nhsrf-cymru.org.uk

Richard Keating 2017
 Champion receiving CSIS trophy from Dame Yvonne Moores



The NHS Retirement Fellowship in Wales

There are now 10 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 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, Editor, Fellowship Officer for Wales.



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