



Update DIWEDDARIAD

Cymrodoriaeth Ymddeoliad Gig Cymru
Welsh NHS Retirement Fellowship Newsletter

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new secretary

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awarded

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Gwent chair Delyn Hunt leading from the front

Plus news and views
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A date for your diary

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



Minister presents plaque to Trevor Purt

Minister presents fourth Fellowship Award

The fourth Fellowship Award was presented, on behalf of the Ceredigion, Carmarthen and Pembrokeshire branches, by Lesley Griffiths AC/AM, Minister for Health and Social Services to Trevor Purt, CEO of the Hywel Dda Health Board on the 15 March 2012 at the Welsh Assembly Government in Cardiff.

Introduced by the Fellowship in Wales in 2006 and launched by the then Minister for Health, Dr. Brian Gibbons 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 vote of thanks was given, in the presence of Mike Brown, Fellowship Director, Cynthia Matthews, Fellowship Vice Chair and 36 members from the length and breadth of Wales, by Ethel Armstrong Fellowship Chair. Ethel also took the opportunity to present the Minister with a Fellowship Life Time Membership Award.



Minister receives Life Time Membership Award from Ethel Armstrong

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



Ministers message to conference

Message to Fellowship members and Conference
from Lesley Griffiths AM
Minister for Health and Social Services

I am sorry that neither myself nor the Deputy Minister for Children & Social Services are able to attend this year's conference but like to thank the Retirement Fellowship for giving me the opportunity to acknowledge the work they do in supporting former employees of the NHS.

Retirement from work should not mean a retirement from active and enjoyable citizenship. Associations which bring together people of similar backgrounds and shared experiences are an important factor in supporting the well-being, both mental and physical of older people. In a sense they can bring an added purpose to life when the need to get up in the morning for work is no longer there. In addition they can offer opportunities for individuals to learn new skills or rediscover ones they may have thought forgotten. In this way the Retirement Fellowship plays an important role in enabling people to maintain contact with their former work colleagues and provide an opportunity to make new friends.

However, it is not simply once an individual has retired that the Fellowship's role becomes important. It is a recognized fact people need to plan for their retirement in order to enjoy the benefits of a healthy older age. Good employers acknowledge the role they can play in ensuring happy retirees. Many, both in the private and public sector have arrangements whereby information both on practical matters, such as financial planning, and other diverse topics such as leisure pursuits or volunteering opportunities are shared. The Fellowship plays its part in this important area too.

I look forward to receiving your next newsletter with a report on this year's Conference and wish the Fellowship continued success in its drive to provide a bridge between life in the NHS and retirement.

I hope your members enjoy the day.

Role play at the conference

Stephen Ford demonstrates the right and wrong way to approach a patient.



The winning team at the Warwickshire.
L to R. Dame Yvonne Moores, Mik Webb, Bill Toman, Sheila Gavin and Noel Gavin.



The winners at Studley Wood.
L to R. Bob Nicholls, Champion. John Barker, Captain CSRFB and Mike Schofield, Captain NHSRF and runner up.



Prize winners and company



Winners at Llandrindod Wells.
L to R. Viv Helyar, John Lloyd, Keith Oliver and Dave Kennedy.

Welsh prize winners and company.



Seniors Golf Tour 2012



Tournament participants at the Warwickshire

The Civil Service Retirement Fellowship (CSRF) and the National Health Service Retirement Fellowship (NHSRF) joined forces to bring to both new and existing members an unique UK wide golf tournament, the Seniors Golf tour.

Specifically designed and developed for the benefit of all retired Civil Service and NHS men and women, their wives, husbands, partners and friends, this was another first for both Fellowships with golf tournaments taking place at the Llandrindod Wells Golf Club, in Powys, Studley Wood Golf Club in Oxford with a final event at the prestigious Warwickshire Golf Club.

When presenting trophies to the winners at the final event at the Warwickshire, Dame

Yvonne Moores said 'I would like to formally welcome you all to this inaugural golf event and to thank the Fellowships for giving me the opportunity to acknowledge the work they do in supporting former employees of both the NHS and Civil Service. Associations which bring together people of similar backgrounds and shared experiences are an important factor in supporting the well-being of retired staff and this event is one good example of how this can be achieved.'

For information regarding the 2013 event and to register an interest, please contact:

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President: Dame Yvonne Moores DBE

**Captains: Prof. Michael Schofield
CBE NHSRF**

John Barker CBE CSRF



Venue & Date	Individual Champion	Runner Up	Team Champions	Runner Up Team	Longest Drive	Nearest Pin	Hole-in-One
Studley Wood 7 June	Bob Nicholls (36 Points)	Mike Schofield (31 points)	Bill Toman. John Toman. Geoff Balderson. Barry Muir (77 points)	Mike Schofield. Brian Edwards. Brian Elmes. John Brown (76 points)	Bill Toman	John Toman	Not Awarded
Llandrindod Wells 20 June	John Lloyd (37 points)	Bill Toman (33 points)	Viv Halyer John Lloyd Keith Oliver Dave Kennedy (84 points)	Not Awarded	Noel Gavin	Not Awarded	Not Awarded
The Warwickshire 29 June	Mike Schofield (33 points)	Mik Webb (33 points)	Sheila Gavin Noel Gavin Mik Webb Bill Toman (77 points)	Peter Holt Alan Bramhall John Brown Chris Ward (75 points)	6th Fairway Noel Gavin 18th Fairway John Parkes	8th Green Geoff Balderson 13th Green Viv Helyar	11th Hole George Boulton

Annual Conference 2012 – Pictorial round



Merthyr and Cynon Valley branch



Speakers.
Stephen Ford, Claire Aston and Tanya Strange



North East Wales branch



Gwent branch



Dr John Davies



North Wales Ambulance



Judging the Arts and Crafts
exhibition



Ken Jarrold



West Glamorgan branch



Carmarthen branch

nd up



Arts and Crafts Winners.
Lto R. Delyn Hunt, Margaret Smith
and Heulwen Roberts



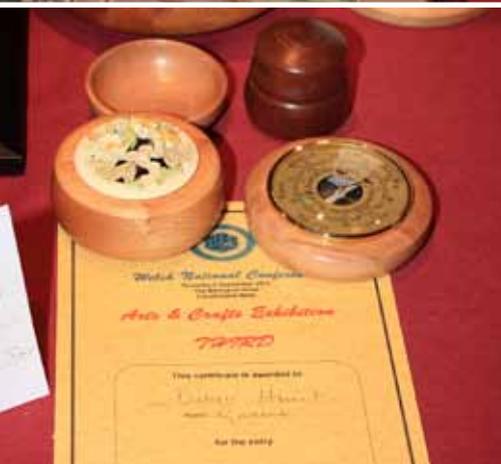
Pontypridd and Rhondda branch



Cardiff branch



Ceredigion branch



Vic Griffiths,
NHSRF President



Chocolat

News from the branches



Aberconwy

Aberconwy branch got off to a fascinating start this year with a series of interesting local speakers. There was a speaker from the Rhyll Corps on the history and work of the Salvation Army, a warden from the Snowdonia National Park, a speaker on the development of the RSBP Conwy Nature Reserve after the building of the Conwy tunnel, and one on the history and recent development of Bodnant Gardens. We have been lucky enough to find a volunteer, Mrs Margaret Nolan, to produce a quarterly newsletter containing members' news and stories. It also keeps members up to date with recent meetings and outings, and features one or two profiles of members. It was originally intended to help keep in contact with members who were unable to attend our meetings but has proved so popular that it is currently being given to every member. Below is a picture, taken for our first newsletter and showing members on a recent trip.

Margaret Macaulay

Ceredigion

How significant these days are the "Ides of March", I wonder? 'Twas on the 15th March around 60 NHSRF members, mainly from Ceredigion, Carmarthen and Pembroke with a fair sprinkling from further north of the Principality, attended the old Assembly Building in Cardiff for the presentation of a plaque to the Hywel Dda Trust. Our John Toman introduced the C.E.O. of Hywel Dda, Mr Trevor Purt, who graciously received the plaque. Our National Chairman Ethel Armstrong replied on behalf of the Fellowship as did Mike Brown; and Lesley Griffiths the Welsh Minister of Health was presented with life-membership of the NHSRF. Chatting with her at the buffet afterwards, she said she'd like to come to our conference! We mentioned that we were from the Bronglais Hospital catchment area and that how worried we were about its future. She had already noted the large demonstration at the W.A.G. building.

A little later, the theme of our monthly meeting was "The Future of Bronglais Hospital" by Jack Evershed who chairs a committee fighting the efficiency savings (or cuts, to you and I). In the last 40 years we have been reduced from 197 beds to 152!

Another talk was by the ever-popular Mrs Delyth Morris-Jones on "My Mother's Nursing Days". More harrowing tales of a district nurse/midwife with just a stout pair of shoes and a bicycle to cover a huge rural area. Some of our older members could empathise with her.

Mr Tony Morgan (a retired architect) gave our most recent talk about the famous architect John Nash. Famed of course for his crescents in London and Bath - he rose to be King's Architect - but he designed a surprising number of buildings in Ceredigion, e.g. Llanerchaeron, to name but one. It's always surprising today's architect builds "way-out" and "ultra-modern" houses for his clients yet more often than not lives in a Georgian one!

In one of the wettest summers on record we felt blessed on returning home in brilliant sunshine and a luxury Mercedes coach from the Welsh Conference. This year we had a record number of delegates from Ceredigion and it was reckoned to be one of the best, having enjoyed all of the speakers, the toe-tapping band and the Metropole's catering. However, for a conference entitled "Innovations 2" we enjoyed the innovative photo competition and the arts and crafts exhibition, although some grumbles were heard that it could be fairer and easier to judge if the handicrafts were in different sections. We'll see, as the blind man said.

For the Summer Trip we stayed fairly local. Not for us Cardis the bright lights of London, the Hilton Hotels of Basingstoke and the bulbfields of Holland. Even less, the blistering heat of the Great Wall of China! No, we toddled off to a delightful lunch at the Lakeside Gold Club at Montgomery and then on to purse-bursting Coed-y-Dinas (alternatively called "Cheap Charlie's Garden Centre") - Newtown's largest emporium, by far. Unfortunately your correspondent was previously rushed into hospital for surgery (a success, thanks) so he could not personally comment on the outing or quality of the catering, which by all accounts was enjoyed by all, and grateful thanks to the organiser Margaret Joshi.

In our constant search for carbon saving we are currently investigating if our next outing - to Chester for Christmas shopping

- could be completed by train. It would at least save a tip to the driver!

John P Evans (Liaison Officer)

Clwyd

On 18th April 2012, a cold, windy, wet and wintry day, members of Clwyd NHSRF visited the Guide Dog Training Centre at Atherton. We were told about puppy walking, saw guide dogs being trained, the kennels and a tour of the outside facilities, all very interesting.



Afterwards we went to The Talbot for a pub lunch and then to Ena Mill, a Grade II listed building converted to a shopping area and cafe.

Brenda Sykes

Gwent

It has been another good year for the branch with the numbers attending our meetings increasing month on month. Our guest speakers have been varied, some serious and some highly amusing. Topics have included improving nursing home care; plans for the new critical care hospital in Gwent and the Community Health Council (CHC). Following the visit by the CHC representative, several members have become volunteers on the council. We also heard about 'Child trafficking' and the work Barnardo's are doing to help these children.

On a lighter note we heard about the rescue of the former Aust ferry 'The Severn Princess'; listened to humorous poetry and were entertained with childhood tales which brought back memories, fond and not so fond. For the membership, we have also learnt about the life of a miner in the pits and roman Christmas celebrations.

Our excursion programme has included visits to the theatre, the Spring Garden and Autumn shows at Malvern. We have taken a trip around Cardiff Bay on the Aquabus, followed by lunch in Penarth. There has also been a visit to the whiskey distillery in Penderyn, with afternoon tea at a nearby hotel and the group has also enjoyed a little retail therapy following a visit to the Bishops Palace in Wells, Somerset.



Our guest speaker at our annual general meeting (AGM) was Ruth Treharne, Assistant Director for Planning and Service Development at Anuerin Bevan Health Board. Committee members received and accepted an invitation from Ms Treharne to visit and tour the new hospitals at Ystrad Mynach and Ebbw Vale. The committee was impressed with the single room occupancy for patients and we thank them for their invitation.

To celebrate the Queens Diamond Jubilee in June, a garden party attended by 40 members was held at the home of Cynthia Matthews. We raised £200 towards the purchase of group equipment. The garden party is fast becoming an annual fund raising event for the group.

The National Conference at Kenilworth was attended by nine members from the group, plus a one day delegate who arrived for the AGM. An enjoyable weekend was had by everyone. In September a large contingent from the branch attended the Welsh conference.

At our AGM in March 2013, I will be stepping down as Chair of the Gwent Branch. May I take this opportunity to thank the members, especially the committee, for all their help and support during my three years of office. I wish our new Chair every success in the role.

Delyn Hunt

North East Wales

The members agreed to make Joyce Dudley an honorary member to the fellowship in recognition of her contribution to the fellowship and her age which does not stop her from partaking in discussions at meetings. She is also the branch

representative along with Margaret Miller at AVOW meetings in Wrexham and reports back to the branch.

Joyce is 94 years young and has been a founder member of the North East Wales branch.

Margaret Arkininstall



Pembrokeshire

At a recent outing the group went on a trip to the West Wales Museum of Childhood, Pen-ffynnon, Llangeler; we had a wonderful day out and the place evoked many memories of toys we had all played with in our childhood. The place is packed with toys and memorabilia from the last century and even quite a number of items from the century before that, so no one will be able to say that their era was not covered, and they can see nothing that they played with in the past!



This is the group sporting samples of the many and various "much loved" teddy bears on display in the tearooms.

We had a wonderful day, including lunch at the museum followed by a visit to Cenarth Falls, which were in fine form after the recent heavy rain; should anyone want to join the group, we meet monthly at the Snowdrop Bar, Snowdrop Lane, Haverfordwest at 6.30pm on the 3rd Tuesday of each month, and everyone in the group has some sort of past or present connection to the NHS; this can be anyone who is working or has worked in the NHS or have been married to an NHS employee, or be the child or sibling of someone who worked in the health service and we'd be delighted if you joined us - just turn up and you will be very welcome.

Shan Bartlett

Pontypridd and Rhondda

The branch continues to be very active and also attract new members. We have had some very good speakers on various interesting topics. Our St. David's Day Buffet, which was followed by a recital by a local harpist, was very enjoyable. In May we spent a five day weekend in Holland where the highlight was the visit to the bulbfields. Following the enjoyable day at the Welsh Conference on the Friday members from Gwent, Merthyr and our branch were embroiled in a skittle match which I am pleased to say P & R team won by a small margin.



It was a very enjoyable afternoon and the three branches intend to repeat this event next September. In November 55 members are off on a long weekend to Newquay, Cornwall. Originally we were booked into the Falmouth Beach Hotel but as you know it was badly damaged by fire hence the change of venue.



Pontypridd and Rhondda

Next year is our 10th anniversary and we have a very busy programme planned. We are going on a long weekend to Scotland in May and the coach is already fully booked for our long weekend in November to the Rochester Christmas Market.

Rhodri Powell



John Toman presents Skittle Award to Tony Evans

West Glamorgan

After two years without a Secretary we are pleased to welcome Val Streater as our Hon. Secretary.

Our Chairman Jean Minchella and members of the Executive have valiantly carried on bridging the gap. The Membership stands at 41 currently. Several new members have joined but others can no longer attend meetings due to health problems. We organised a special tea party to celebrate the Queen's Jubilee year at the Celtic Manor Resort and Hotel in Newport, which was a great success and the sun shone! Other trips have been arranged to

Aberystwyth and Tenby. The programme for the monthly meetings has been very interesting and well attended. Recent talks have encouraged us to create a wild flower garden, informed us about Swansea prison, Osborne House and Queen Victoria. We have also learnt about a local initiative with a team from Singleton Hospital going out to Gambia to provide Eye Care.



Val Streater

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.



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Pontypridd & Rhondda	Mrs. Pat Helyer	01443 202362
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