



Majorca – a holiday to remember

Sixty members had a wonderful time in an atmosphere of real fellowship on the NHSRF holiday in Majorca in October, writes Fellowship President, Vic Griffiths.

“Everyone joined together to make it a holiday to remember. We had days

out and opportunities to swim or just relax with a book and all with glorious weather and an abundant supply of beverages. If you are thinking of a holiday with ‘friends’ then think no more. We did and the picture shows our satisfaction and happiness.” (For details of 2012 holidays, see page 3)

The Fellowship steps up a gear

The opportunities offered by the Fellowship to join activities beyond branch level step up a gear in 2012. In this issue we report on:

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And there’s news of new branches and 2,000 new members from the national recruitment campaign, plus all the reports and news of member activities in 2011.

Patron to chair NHS Trust

The Fellowship’s popular patron, Ken Jarrold CBE, has been appointed chair of North Staffordshire Combined Healthcare Trust which provides services for people with mental health problems and learning disabilities in Stoke, Newcastle and the Staffordshire Moorlands.

Mike Brown, Director, has congratulated Ken on behalf of the membership. “Knowing him as we do, we appreciate the many qualities that he will bring to his new role” he said. “We look forward to a continuing fruitful relationship with him as our patron.”



Ken Jarrold, Patron



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The Director's Column



Mike Brown

Widening the appeal

Following the success of our recruitment initiative we are now concentrating on making sure our new members stay with us. I know that branches will welcome the newcomers and make them feel at home, as well as trying to encourage those who have not yet attended branch meetings to do so.

Many of our resignations come from our postal members, who pay a subscription but do not belong to a branch and feel that their time with us has not come up to expectations. I always impress on them the value of joining a branch, where friendships flourish and members enjoy activities.

But there are some NHS retirees who become housebound and others who do not have a branch in easy reach. In support of these members, and for all our membership, we are planning to increase our range of benefits.

In 2012 we will run two conferences for postal members - one in the north of England, and one in the south. The first on 2 May will be at the North West Strategic Health Authority in Manchester (close to Piccadilly Station). The second on 17 May at the Royal Free Hospital, London. These events promise to be a good day out, with informative and entertaining contributions.

More member benefits

Other benefits planned for 2012 include tailored holidays both abroad and in Britain (see page 3) and we have negotiated or are planning a series of other benefits at modest discounted membership fees.

These include access to good quality/low cost accommodation and meals in the superbly located Civil Service Club in Central London, membership of the Civil Service Sports Club offering access to local sports facilities and sports events, including membership of Count Down which provides discounts from major retail outlets, and membership of the Gourmet Society (see page 8).

Managing these offers will be easiest with a Fellowship annual membership card. Subject to containing this within modest costs we will be pursuing this over the next year.

Interest groups

We are working on setting up a Golf Society, a Photographic Society (starting with a photographic competition) and a Book Club. More interest groups may follow. For those who are housebound or lonely we are planning a "phone a friend" scheme to facilitate regular phone or letter contact with another Fellowship member. Add to this our legal services, insurance, and the Fellowship lottery with a £2000 prize every week, and we are offering something for everyone.

Finally, let me wish you and your family a Happy Christmas and a healthy and active 2012 - and enjoy your membership of the NHS Retirement Fellowship!



Mike Brown, Director

Let's keep up the good work A Christmas message from Ethel Armstrong

During my first six months as your chairman I have been involved with the national recruitment drive and I am delighted to see that thanks to



Ethel Armstrong

the hard work and commitment of the National Council and our officers, it has produced such encouraging results. I would like to say a big thank you to Mike Brown and the team at Central Office, our development officers and our regional representatives for all their efforts during the year.

The hard work must now continue to keep the new members actively involved. I hope that every branch will flourish and enjoy the activities and friendship which the NHSRF has to offer. I have always been enthusiastic about the Fellowship and I remain passionate about its long term survival to become one of the best charities in the UK.

I wish every member good health, happiness and fellowship for the festive season. I hope that we all have true contentment and peace in the New Year.

Benevolent Fund

Easier form

The new, simplified application form for applying for support from the Fellowship's Benevolent Fund is now available.

It draws on the best from the old form and has been compared with forms used by similar charities. A template is now held at central office. Members can get a copy in one of three ways:

- by contacting central office directly.
- through the branch secretary/welfare officer
- by downloading it from the NHSRF Website.

Branch officers are asked to destroy the old forms and use the new ones.

Chosen charity

Branches are also being asked to consider making gifts to the fund from time to time "We know that many branches make gifts to charities each year" said Ethel Armstrong, Chairman of the Benevolent Fund committee. "We would like them to consider making our own fund their chosen charity occasionally. A gift, however small, will make sure that funds are topped up".

Get together scheme aids fellowship

Cambridge branch has set up an enterprising scheme for small-scale get togethers which has given a big boost to the social aspects of the Fellowship.

It began because members had commented that there was never enough time at monthly meetings to socialise, so the committee came up with the idea of asking members to host a coffee morning or afternoon tea in their homes.

“Having about 300 members in such a diverse area certainly complicated the situation” said Hilery Bond, Membership Secretary. “What we did was to divide Cambridge into 11 manageable size groups and another 11 in nearby towns and villages. We held a meeting for members who had volunteered to be hosts, or were considering it, and talked over the possibilities.”

The frequency was up to volunteers and as well as meeting in people’s homes there were suggestions of meeting in a pub for coffee or lunch where “two for one” deals helped reduce the cost. “We hoped that in contacting members to inform



them of a social get together we would highlight members who would appreciate a visit from our welfare team” said Hilery.

All expenses could be reclaimed, or a small charge could be made to support a charity. Hilery then gave talks at monthly meetings at which she outlined the groups and described the scheme. There was a reasonable uptake at the start, but then hosts were slow to come forward, so Hilery gave further talks explaining how problems could be overcome.

Soon it was up and running and there are now 17 groups and the scheme is working well. “It’s enjoyable” said Hilery. “It really is. When I started I was worried as to how it was going to go, but it all seemed so easy. It would be even easier in a smaller branch.

“I was lucky enough to be invited to several get togethers, one of which was a lunch where members brought contributions. It was a meal fit for a prince. Another was in a member’s garden.”

Best-ever holiday choice in 2012

The Fellowship is offering its best-ever choice of holidays in 2012 with a stunning selection which includes cruises, two walking holidays, a summer week on Jersey and an autumn trip to Sardinia.

The special packages for Fellowship members are offered through our link with Roger Bristow, of Della Holidays, whose company ran the successful visit to Majorca in October.

Holidays on offer to members and their partners and friends for next year are:

APRIL: Spring bulbfields cruise: Includes coach pick up from various locations, ferry, en-suite cruise cabin with large window, cruise of Dutch bulbfields and Kinderdijk windmills plus entry to the world famous Keukenhof Gardens. On board portage. **Various departure points leaving from 1st to 16th April. Four days from £390.00 pp**

MAY: Jersey: An unspoilt island with a unique blend of British and French influences famed for its hospitality. Inclusive: fast hydrofoil ferry from Weymouth or Poole, transfers to hotel, six nights quality accommodation, (bar extra) one full day, one half day excursion, discount vouchers, walks, events and entertainment. Options: Coach to ferry with various departures. Flight to Jersey. Excursion to St Malo. **Seven days 7th May from £469.00 pp**

JUNE: Spring Walking Holiday: includes good quality centrally located hotel in Torquay, Dartmoor walks, Cornish coast path walk, boat trips, Nordic walking instruction and trial. Coach, hostess service, departures from various locations. **Five days 11th June from £284.00 pp**

SEPTEMBER: Autumn walking holiday in the Lake District: hills, lakes and a good quality hotel. **Five days. Contact Della Holidays for details.**

AUTUMN: The beautiful island of **Sardinia** is the chosen location for your October holiday. Flying from various airports for a seven day holiday in a high quality all inclusive hotel. Includes guide, excursions, events, walks and entertainment. **Contact Della Holidays for details.**

NOVEMBER OR DECEMBER: Cruise: Christmas markets of France, Belgium and Germany. Inclusive regional coach departures, ferry crossings, well fitted cruise vessel with en-suite cabins. **Four days from £330.00 pp**

For further details on all the holidays see the NHSRF website www.nhsrf.org.uk or contact Della Holidays on Freephone **0800 216182** or email enquiries@dellaholidays.co.uk

Branch secretaries are also welcome to contact Della Holidays for a wide range of good value holidays and short breaks for members and friends.

Thank you, Eve



A sumptuous tea aboard the Hispaniola

Redbridge and Waltham Forest committee members swapped the boardroom at Whipps Cross Hospital for the salon on board the R. S. Hispaniola, moored on the Thames, when they held a thank you party for Eve Andrews, their long serving secretary.

Eve was branch secretary and regional representative for a number of years until she gave up both roles this year.

“We thought it would be nice to take her out to tea” said branch chairman Joyce Kitchener. “It was a very nice late spring day and we sat on deck until we were asked to go down to the salon for a sumptuous tea. We sat chatting to one another and were joined by Eve’s replacement, Monica Dowden. It was nice for us all to meet in such a lovely venue instead of round the table in the boardroom.”

Kingston success



17 members of the fast growing Kingston branch at the Olympic Park

Membership of the Kingston branch which was re-launched in July 2010 has almost doubled in the past year from 23 to 41 and is still on the increase.

They have even, to their surprise, appeared on BBC London News when the cameras caught them in the background on a visit to the Olympic Park at Stratford.

Members regularly go on walks linked with meals and this time their destination was the new stadium after a most informative guided walk. Next stop was a chinese restaurant for a well-earned buffet lunch.

Strawberry paradise

Rotherham members held a strawberry tea in June and donated the proceeds to Rotherham Hospice.



Oxford's busy summer

Oxford branch members concluded a busy summer of outings with a visit to the National Maritime Museum and Royal Observatory at Greenwich in September.

Our picture shows members Alice Bull, Lorna Megaw and Bobbie Rowe in front of Prince Frederick’s barge – one of the largest exhibits in the museum which was built for the Prince of Wales in 1732 and used by a succession of monarchs until 1849.

Other outings enjoyed by Oxford members this year have included a riverboat journey from Oxford to Abingdon, a seaside visit to Brighton and a day at Highclere Castle which is the location for the TV series Downton Abbey.

Derby help save chapel window



Derby members hand over the cheque towards saving the chapel window

Derby branch members have raised £1,000 towards the cost of moving a stained glass window from the chapel at Derbyshire Royal Infirmary to a new home in St Peter’s, the parish church of the hospital.

The infirmary chapel was due for demolition and it was feared that the window – which had been paid for from money raised by nursing staff in the 1960s – would be put into storage, or possibly lost.

The window shows Jesus surrounded by famous Derby people and places. Images also include Florence Nightingale, a nurse in 1950s uniform, injured servicemen, the hospital buildings and patients in beds and wheelchairs.

A campaign was launched by Derby Nurses League to save the window and pay for its installation. The cheque from the branch was presented to members of the church by Margaret and Rex Tweedie, President and Vice President, at the meeting in March and in October many nurses old and new were present when the window was dedicated by the Bishop of Derby.

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Members meet Cyril



South Manchester members headed to Norfolk for their branch holiday this year – including a visit to the Queen’s house at Sandringham where they made friends with “Cyril” the redwood squirrel.

Bromley tour the lakes



Twenty two Bromley members, pictured here relaxing in their hotel in Morecambe, enjoyed a holiday in the Lake District in September with excursions to Keswick, Ulverston, Windermere, Coniston and Blackpool. The branch has recorded its congratulations to Elizabeth Roberts (president) and Patricia Elkington (secretary) who celebrated their 90th birthdays this year, and thanked them for many years of dedication to the Fellowship.

Towed by horse



North West Surrey members have enjoyed a canal trip on the Wey Navigation at Godalming on the Iona, the only working horse-drawn vessel operating along the river Wey.

The barge was towed seemingly effortlessly by a single horse called Buddy, through picturesque countryside and the equally picturesque Catteshall lock. There is no sound from a horse-drawn boat, so the only sound was from members enjoying themselves. A cream tea and cakes for two members who celebrated their 80th birthdays completed the pleasure.

Warm gifts



Huntingdon branch held a harvest festival service in the hospital chapel at Hinchingsbrook in September, but instead of traditional produce members gave knitted items such as hats scarves and mittens. They were given to ‘Jimmies Night Shelter’ in Cambridge and presented to Jane Mann, who gave a talk on the work, care, and rehabilitation undertaken there.

Midlands membership boost

Sandwell and West Birmingham branch welcomed several new members in September, many of whom had come through the national recruitment campaign.

Meetings in the second half of the year will include a talk “East meets West”, a session on gentle exercises for the retired, and a Christmas lunch.



Sandwell and West Birmingham members - enjoying a growing branch.

Brent go rural



Forty four members of Brent branch took their annual holiday in Herefordshire this year, which included visits to Hereford Cathedral, a cider museum, Hampton Court Castle and gardens and a boat trip down the Wye at Symonds Yat.

Food gifts celebrate birthday



Dorchester members hit on a new idea when they celebrated the eighth birthday of the branch in July.

The speaker for the meeting was from Dorchester Food Bank which supplies emergency food parcels for people who do not have money to feed themselves

and their families. So instead of giving themselves a birthday present everybody brought some food for the bank.

It made some members feel a little guilty later as they enjoyed chocolate gateau and strawberry cheesecake for the birthday tea.



“Phone a friend” project aims to link members

A new project which aims to link members who are not attached to a branch (postal members) or who are unable to attend meetings is due to be piloted in the next few months.

The idea is to offer to put a series of two people in touch with each other so that they can either phone or write to each other on a regular basis. For example people who are housebound or are carers and can't get to meetings who would appreciate contact with someone in the same situation.

“We are calling it ‘Phone a Friend’ because the aim is to enable members

to gain another new friend”, said Chris Iremonger, Development Officer South of England. “We will be providing guidelines about areas of conversation – obviously we would not want members to be giving financial, health or other advice – but we do want members to be able to listen to someone in the same position, and to talk about themselves.”

The guidelines are now being prepared, but once they are complete the Fellowship will be looking for 30 postal members who would like to take part and also to work with a branch that has elderly members who are unable to come to meetings which would like to

extend its excellent welfare system to offer a phone or letter service.

Members (or a branch) who would like to become part of the project are asked to contact Chris Iremonger, on 01209 831636 or write to Penhale Farmhouse, 17 Penhale Road, Carnhell Green, Cornwall TR14 0LT. It does not matter where you live – people from all over the UK are invited to apply.

“At this stage we can only offer Phone a Friend to one branch and to 30 postal members” said Chris, “but we hope that members who are not invited to take part in the pilot project can join it later.”

Emotive day at memorial

Derby branch members shared an emotive day at the National Memorial Arboretum at Alrewas, Staffordshire.

The arboretum commemorates servicemen and women from both world wars and beyond. Members greatly appreciated the way volunteers at the arboretum brought the history alive and showed understanding of the emotions experienced.

Many had personal reasons to be there, but none more so than 101 year-old Nell Jarrett, who is one of the grand ladies of the Queen Alexandra Nursing Corps. Nell was nursing during the second world war and served in France and Belgium, and later spent some of her career in North Africa.

Despite problems with her sight and hearing, Nell is not deterred from enjoying life to the full. The branch is proud that she has accepted its invitation to become an honorary member.



Nell Jarrett, in her wheelchair, with members of Derby branch next to the Queen Alexandra Nursing Memorial at the National Arboretum

Northern conference

The next Northern Regional Conference is to be held at the Park Hotel, Tynemouth on Monday 23 April 2012.

Joyce to the rescue at Leeds

Leeds members have expressed their appreciation to Joyce Holdsworth who has stepped in as treasurer and rescued the branch from closure.

At the branch AGM in May the two ladies who had taken on being treasurer stood down and there were no volunteers to take it on. So in July there was an extraordinary meeting with a view to closing the branch – which was when Joyce, who had previously been treasurer for 12 years, once again took over the reins.

The message from Leeds is: no matter how many members you have, the branch is vulnerable to closure if nobody is prepared to get involved in the work of running it. It is no good leaving it to two or three willing people.

Holiday get together

Basildon and Thurrock members on holiday in Herefordshire met members of the Forest of Dean Branch at Warners in Hereford, for tea.

Forest of Dean branch secretary, Sheila Jones is seated left, treasurer, Joyce Coates, centre, and chairman, Diana Phelps, right. Vic Griffiths, Basildon Thurrock chairman (third from right) is standing with fellow members.



North Beds reach 30

A hundred and twenty members of North Beds branch celebrated their 30th birthday as a thriving branch in June.

Started just three years after the Fellowship was launched nationally the North Bedfordshire branch developed because of a band of dedicated and hardworking members, one of whom, Mrs Margaret Allan, was presented with a bouquet at the celebration tea. Miss Daphne Bonnett, a founder member unable to attend, was also sent flowers.

The celebrations were made possible by the generous legacy of Monica Folwell, a highly respected Sister at South Wing

Hospital, and it was a pleasure to welcome Mr John Folwell to the party. Other special guests included Lorraine Taylor, our regional representative and Isabelle Dodds, chair of South Beds branch.

Following the branch AGM members were entertained by Saxaphrenia and treated to tea at the Sharnbrook Hotel. The retiring chair, Pam Waker and Margaret Allan cut the cake.



Scots share useful seminar

Fellowship Director Mike Brown joined 85 members at the annual Scottish Seminar in Perth in October where they shared a very interesting, enjoyable – and useful – day, writes Maggie Havergal, Development Officer.

Sonia Cottom from the Pain Association Scotland gave a fascinating insight into current thinking on the management of chronic pain. She answered many questions and members were still queuing to talk to her over the lunch break.

After lunch Audrey McAnaw, a community pharmacist, described the services a modern pharmacy offers. Many of these were fresh to members, especially the services to help people manage long-term conditions and minor ailments. Audrey also gained a queue of people seeking personal consultations.

The final speaker was Douglas Macnaughtan of Age Scotland who kept up the high standard with an overview of the work and the projects of the charity.

Wisbech holiday tinged with sadness



Happy days: Wisbech members on holiday in Eastbourne

This picture of Wisbech members on their holiday in Eastbourne in May is clouded with sadness.

The holiday included visits to Rye, Brighton and Sissinghurst Castle but

New branches open in the south

Three new branches have opened in the south of England after some energetic support work by Chris Iremonger, the Development Officer and regional representatives.

Since last summer branches have opened: Brighton and Hove, where Joan Dew and Tom Owen played a big part in helping to get it going, Cornwall West, centred on St Michael's Hospital in Hayle, and Plymouth and District.

"They are not very large branches at the moment" said Chris, "but they have had

Guests share Lancaster celebrations

Lancaster branch celebrated its twenty fifth anniversary with a buffet meal attended by guests from throughout the region.

Among them were members from Blackpool, Preston and Chorley branches; Jennifer Broderick, North West regional Representative and her husband Fred, and Roger Wilson, Director of Human Resources for University Hospitals of Morecambe Bay. The anniversary cake was baked and decorated by Freda Addison, the branch secretary.



Lancaster committee members with the celebration cake: l to r Edith Farrar (treasurer), Irene Taylor, Freda Addison (secretary) Janet Yare, Mavis Liddy (chairman) Jennifer Broderick and Florence Smith

only a month after they returned from a happy week with glorious weather, good food, and excellent company, members learned of the death of Bernie Allen, 75, who with his wife Margaret, the branch chairman, had organised their last four holidays. "He will be sadly missed" writes branch secretary Jenny Sirett.



Happy memories: The late Bernie Allen, who helped to organise the trip

several meetings and numbers are going up."

All three branches are busy setting up a programme for next year and one plan being talked about is to run a coach trip from Cornwall to the Chelsea Flower Show in May, including an overnight stop in London, which may be able to pick up members from other branches, or postal members, on the way.

"We also hope to open a branch in Mid Cornwall in the next few months" said Chris. "If you are a postal member and live near any of these areas, please do consider joining the branch – you will be made very welcome." Further details can be found on the Fellowship website, www.nhsrf.org.uk, or phone Central Office on 01305 361317.

Obituaries

Ted Shaw

Redbridge and Waltham Forest branch members report with great sadness that their president, Ted Shaw, died at the end of September.



Ted and his wife Jean joined the Fellowship when Jean retired from the NHS and from the start he played an active part. In the days when meetings were held at Wanstead library, Ted would do a round trip picking up members who had difficulty getting to meetings. As the number of passengers grew Ted managed to borrow a larger vehicle through his involvement with The Marjory Collins Centre - where he worked as a volunteer driver.

Ted supported the club in many ways – organising the printing of the newsletter and joining in activities from coffee mornings to our monthly walks, and on more than one occasion along with Jean, organising and leading a walk. He was delighted to be asked to be President a role he carried out with great commitment.

A great number of members attended Ted's funeral where we heard about the life he shared with Jean to whom he was married for 49 years. Ted was at his happiest when he was either 'making things, repairing things or doing things for other people'.

He was a special man who will be greatly missed by all who knew him especially by all of us at Redbridge & Waltham Forest branch.

Gladys Hurst

Gladys Hurst, who was still chairman of Kidderminster branch at the age of 86 when she died at the end of September, is remembered as a wonderful committed person who loved people.



As well as attending all the Fellowship meetings, she was active in local charities including Riding for the Disabled, Meals on Wheels, Age UK and was also a member of the Sugar Craft Guild.

Gladys was born in the north east. Her mother contracted meningitis, which was the spur for Gladys to enter nursing. She qualified as SRN and was soon a ward sister at Cameron Hospital, West Hartlepool here she met her husband. They later settled in Kidderminster.

Gladys was a school nurse and a district nurse and when she retired she joined the joint Bromsgrove/Redditch and Kidderminster branch of the Fellowship, serving as chairman of both for many years.

Kitty Duncan

Medway branch are very sorry to report the death, aged 89, of Kitty Duncan, (formerly Kitty Simpson) a very enthusiastic and loyal member who was respected and well loved by all. Kitty was a former ward sister at Milton Regis Hospital, Sittingbourne for 23 years and a founder member of the branch 23 years ago.

Bridie Walsh

Brent branch report with deep regret the death of their member Bridie Walsh who was killed in a car accident in Ireland while visiting relatives. "She was a very lively and happy person who was an active member" said branch secretary Theresa Harvey. "She will be greatly missed."

Golf tour dates and venues



The dates and venues have now been confirmed for the Seniors Golf Tour which the Fellowship is running jointly with the Civil Service Retirement Fellowship.

The Northern Ireland day will be at Moyola Golf Club on 22 May, Scotland at Uphill Golf Club on 24 May, England north at Matlock Golf Club on 31 May, England south at Studley Wood Golf Club on 7 June, Wales at Llandrindod Wells on 20 June and the final at the Warwickshire Golf Club on Friday 29 June.

The event has been especially designed for the NHS and Civil Service Fellowships and is open to all NHS and Civil Service retired staff, their wives, husbands and partners. "The rules of golf will prevail" said John Toman, NHSRF Welsh Development Officer, who is the tournament director, "but the overall emphasis is one of fun. It offers an opportunity to meet old mates and colleagues coupled with the enjoyment of playing a round with new friends. The structure will suit men and women of all levels of ability."

There's an annual subscription of £25 (£35 for new members to include membership of either Fellowship) and there may be a charge for individual golf days (up to £30 or £35) depending on the level of sponsorship and donations. The competitions are Stapleford format, with full handicap allowance and there are individual and team prizes. The package includes green fees and meals including a buffet supper and presentation of prizes.

Entry forms and further details are available from John Toman, Oak Cottage, Stoulgrove Lane, Woodcroft, Chepstow NP16 7QE. **01291 620345** or email johnptoman@btconnect.com

Top hotel for 2012 conference

The Fellowship has chosen Chesford Grange, a lovely hotel midway between Kenilworth and Leamington Spa for the annual conference from 29 June to 2 July next year.

Our Patron, Ken Jarrold CBE will open the conference and we will have some excellent speakers. There will be entertainment on Friday night and a good band for dancing on Saturday.



Members of the Fellowship will be the only residents in the hotel. There is ample free parking and for those coming by public transport there will be coach pick ups from Birmingham. There will also be a trip to Warwick Castle and a coach tour.

The cost per person in single room is £280 and £240 in a shared room. The day delegate rate is £30. Branch members are asked to book through branch secretaries. Postal members will have a form sent direct.

For details on the hotel please go to: www.qhotels.co.uk/hotels/chesford-grange-near-warwick.aspx

NEW OFFER TO FELLOWSHIP MEMBERS

Restaurant deal offers big savings

The Fellowship has teamed up with The Gourmet Society to offer members the chance to join a restaurant discount scheme at less than half the normal subscription.

Membership of the Gourmet Society allows Fellowship members to enjoy up to 50% off at thousands of restaurants throughout the UK and Ireland. Using the handy Gourmet Society dining card members can get one of these fantastic deals at participating restaurants:

- 2 for 1 meals
- 50% off food
- 25% off food AND drinks!

There's a huge selection to choose from, including national chains like Prezzo,

Loch Fyne and The Living Room, to fine-dining establishments and family-friendly venues, plus plenty of local favourites. You can check out restaurants near you at www.gourmetsociety.co.uk.

Price: You can enjoy a year's worth of restaurant savings for just £29.95 (RRP £69.95). Each member receives a handy dining card and 300 page printed restaurant directory.

Visit www.gourmetsociety.co.uk select Join Now and enter promo code **NHSFELLOWSHIP** or telephone **0845 257 4477** quoting **NHSFELLOWSHIP**.



Great camera prizes in photo contest

The joint photo competition with the Civil Service Retirement Fellowship has received a massive boost thanks to the Civil Service Insurance Society (CSIS) which has agreed to sponsor prizes.

The Active Ageing Photo competition, announced in our last newsletter, is open until mid 2012 and three great prizes are offered. The overall winner will receive a Canon EOS 550D Digital SLR camera worth about £600. There will be runner up prizes for the best NHSRF and CSRF entrants of a digital compact camera worth about £200 such as the Canon PowerShot SX220.

Kevin Holliday, Chief Executive of the CSIS, said he was pleased to be able to support this new venture and hoped that the prizes would encourage members to enter.

Further details of how to enter will be available soon and will be posted on the website. In the interim please contact Mik Webb (Regional Representative, Wales) (mik.webb@btinternet.com) or central office, and register your interest.

CSIS offer a full range of insurance services and details can be found on www.csis.co.uk