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SCOTLAND'S NHSRF NEWS

FOR NHS AND SOCIAL CARE RETIREES

December 2018 Volume 12 Issue 2



AGM AND CONFERENCE

THIS YEAR'S AGM AND CONFERENCE was held in Chester and was a great success with good company, good food and dancing to live music. On the more serious side, as always, there were challenging questions from Members for our "Question Time" panel to answer. The key focus for the coming year must be the recruitment of new members and the opening of new branches. These actions are vital to both the short-term and long-term success of the Fellowship as we move into 2019.

A key area for concern from delegates is the difficulty being encountered by many branches in finding members willing to take on Branch Officer roles. We understand that people feel daunted at the prospect of taking on the workload associated with the roles, particularly those of Chair, Secretary and Treasurer, and we are looking at ways to reduce the duties involved and will share these revisions with you in future newsletters and through your Branch meetings. The Fellowship should be about fun and friendship with the bare minimum of required bureaucracy – that's what we are aiming for. Edinburgh Branch will soon require a new team of Branch Officers and would welcome any volunteers – you will have the support of those who have done the roles before to give advice and guidance.

We will be launching our new website and designing fresh publicity materials in the Spring. Let's make 2019 a year of opportunity where we welcome new people to our Branches and tell our friends and former colleagues what we are all about.



Congratulations to Helen Sherret who celebrated her 100th birthday on 6th July 2018. Helen is a valued member of the Dundee branch and can be seen proudly holding her birthday congratulations from Her Majesty the Queen.

Well done Helen – love from us all!

THE QUEEN'S GARDEN PARTY

IN RECOGNITION of the contribution of all our Members to the success and growth of the NHS, we were offered six tickets for Members to attend the Queen's Garden Party at Holyrood Palace in July.

Branches were asked to nominate Members that they thought deserved to go to the event (those who have already attended a Garden Party are automatically excluded) and these nominees were entered into a draw and names were drawn out of the hat. The lucky winners were Eleanor and Brian Quinn from Dumfries, Margaret Moncrieff and Suzanne McDonald from Perth and Aileen Christie and Sheena MacKenzie from Dundee.

They had a marvellous day in the Edinburgh sunshine and got the chance to wear their finery! Eleanor even got the chance to make friends with a couple of braw lads from the Royal Company of Archers.



2018 AGM IN CHESTER



Ten NHSRF members from Scotland attended the AGM in Chester along with David Paterson, Trustee and Hilary Robb, Development Officer. The trip to Port Sunlight on Saturday included a short visit to Canary Dock in Liverpool where Sheena, Loreen, Alice and Grace were photographed trying to keep warm!



Question Time Panel - (l to r) John Rostill, Chief Executive, Roz Lobo, Regional Representative South West Thames Region, Ken Jarrold CBE, Margaret Moffat, Chair of NHSRF and David Paterson, Trustee



Excited by the Petit fours Alice was encouraged to make the most of them!!

70 YEARS OF NURSING MEMORIES RECOUNTED

SCOTLAND'S Chief Nursing Officer, Fiona McQueen visited the Edinburgh branch of the NHS Retirement Fellowship to hear the memories and reflections of its members, who collectively worked across 15 of the city's hospitals from the 1950s onwards.

Ms McQueen met with Janey Tulley, from Dalkeith, who entered the nursing profession in 1960 – following in the footsteps of her grandmother, mother and six sisters who all trained and worked as nurses. She also met Bill Grant who worked in testing laboratories in July 1948 and went on to have a long career with the Blood Transfusion Service.

Chief Nursing Officer Fiona McQueen said: “Hearing the experiences of those who worked for the NHS in its infancy demonstrates how far patient care has come as a result of innovation, investment and advances in treatment. The care and compassion displayed by those in the profession, however, has remained constant.

Janey Tulley, started her career in nursing aged just 20 at Irvine's Ayrshire General Hospital and was a fever nurse for two years, before training and working as a midwife. She then went into district nursing, before moving to Borders General Hospital before retiring in 2001.

Janey said:

“I loved being a nurse and still miss it to this day. Meeting different people from all walks of life, the camaraderie between colleagues, the opportunity to help and care for people made the job what it was and I made friends for life, many of whom are part of the Fellowship.”



Fiona McQueen, Chief Nursing Officer for Scotland celebrates the 70th Anniversary of the NHS with Bill Grant and Janey Tulley from the Edinburgh Branch of the NHS Retirement Fellowship.



The Aberdeen Branch celebrated the 40th Anniversary of the NHS Retirement Fellowship with a lovely lunch attended by 45 members.

The beautiful cake was cut by their oldest member, 90-year old Evelyn Cooper and their longest serving member, Charlie Beaton.

At a quick count, the number of years given to the NHS by those members attending the lunch amounted to over a staggering 1,000 years!

Well done all.



The Dundee Branch celebrated the anniversaries in August with a lovely lunch and an interesting talk from the Sweetie Man who invented many of Scotland's most famous sweets. He also brought samples!

Gladys Walker and Joan Thomson both worked in the NHS in 1948 and shared their stories and memories with the press and Scottish Government. As long-standing members of the Dundee Branch they were asked to do the honours and cut the 40th Anniversary cake.



Thank you to everyone who shared their stories with the public for the 70th Anniversary of the NHS and, in particular, our 1948 Veterans: Marion Dunlop, Bill Grant, Bessie Ingram, Jean Sturrock, Joan Thomson, Isobel Tough, Gladys Walker and Margaret Glennie from the Aberdeen Branch who is pictured here with her daughter – the first baby born in Aberdeen in 1956.

NHS Retirement Fellowship member, Isobel Tough, was featured in the national and local press in Scotland as part of the joint celebrations for the 70th Anniversary of the start of the NHS and the 40th Anniversary of the founding of the NHS Retirement Fellowship. Isobel started her nursing training in Aberdeen in 1948. She went on to have a long career in the NHS and worked as a Neurosurgical Theatre Nurse in the pioneering stage of this specialty. On 1st November 2018, Isobel represented the Fellowship and retired staff throughout Scotland at the Scottish Health Awards Ceremony in Edinburgh. She was interviewed on stage by Fred MacAulay of BBC Radio Scotland and thanked for the contribution that she personally made to the 70th Celebrations and for the role the NHS Retirement Fellowship played in supporting the National Celebrations.

(Right) Fred Macauley, Isobel Tough, Jeane Freeman, Cabinet Secretary for Health & Sport and Kit Reid (another Day One veteran) are pictured on stage at the Scottish Health Awards Ceremony.



The Fife Branch celebrated the joint Anniversaries with a slap-up afternoon tea at a local hotel in Kirkcaldy. A great time was had by all and, of course, no NHSRF celebration would be complete without a special cake. Here's to the next 40 years.



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NEW MEMBER BENEFIT

MACINTYRES Wholesale Jewellers –
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Thanks to the efforts of Laura Kempton Smith, our Edinburgh Branch Chair, the NHS Retirement Fellowship is now an account holder at Macintyres the Jewellers. Macintyres is not open to the general public and is a wholesale jeweller offering quality jewellery at half the retail price.

They have premises at 2nd Floor, 26 Frederick Street, Edinburgh EH2 2JR (they have lift access) and have an online shop at www.macintyres.co.uk

If you are going into the showroom, you will need to show your NHSRF Membership Card and if you are ordering online, you will enter NHS Retirement Fellowship as your account name.

Time to start the Christmas shopping?

NHS SCOTLAND GLOBAL CITIZENSHIP PROGRAMME

CALLING all retired NHS Scotland colleagues who have an interest in helping low and middle income countries to develop their local healthcare systems. The NHS Scotland Global Citizenship Programme aims to reflect and support our existing international development commitments to our partner countries, as set out in the Scottish Government International Development Strategy, and in particular to our commitment to support capacity strengthening in the area of health.

There are multiple and innovative ways that you can contribute to global health including mentoring, education and training and fundraising etc.

If you are interested in finding out more then please visit our website at: www.scottishglobalhealth.org



NHS RF PHOTOGRAPHY COMPETITION

MIKE TURNER from the Liverpool Branch was the winner of the photography competition on the theme 'Seen Better Days' with his dramatic picture "*I used to lift rocks, now I'm the weakest link*".

Runners up were Jill Evans and Maureen Salmon, both from the Cardiff branch.

Congratulations to all three members for their excellent pictures and imaginative interpretation of the theme.

The winning entries and many of the other quality entries can be seen on the NHS RF Photography Group Facebook site.



(Right) "I used to lift rocks, now I'm the weakest link" by Mike Turner

(Below) "Guardian of the old croft" by Maureen Salmon

(Below right) "Cardiff" by Jill Evans



NHSRF PHOTOGRAPHY GROUP

THE NHS RF PHOTOGRAPHY GROUP welcomes all members who enjoy taking photographs whether they are experienced amateurs or simply enjoy taking pictures of family and holidays.

A trip has been arranged to the National Museum of Scotland, Edinburgh, to see the Wildlife Photographer of the Year Exhibition on Tuesday 24 April. FREE tickets will be allocated to the first ten members to submit their names, thanks to the generous support of the Civil Service Insurance Society

In the past two years, there have been successful Photography days in English cities; if anyone would like to join other members and friends for a Photography day in the Edinburgh area in the summer, contact Anthea Zell for details. This will be an opportunity to meet other members, share photography tips and have a great day out. The event is open to all members and there is a best picture of the day competition.

The Fellowship is calling for digital photographs from members that show what the Fellowship has to offer; perhaps a leisure activity, members socialising, volunteering, walking, taking photographs, playing golf - whatever you think would be interesting to potential members and which we can use in promotional leaflets, the website, or other publicity materials.



NHSRF Photography Group

More information about competitions and Photography days can be found on the website, www.nhsrf.org.uk

For tickets for the exhibition and other information, contact the Group Coordinator:

Anthea Zell
email: photography@nhsrf.org.uk
tel: 01520 722951

THE NHS IN SCOTLAND IS CURRENTLY PROMOTING THE SHINGLES VACCINE

THE shingles vaccine helps protect against shingles. The vaccine can reduce your risk of developing shingles or, if you do get shingles, it can reduce how serious the symptoms will be.

WHAT'S SHINGLES?

Shingles is caused by a virus called varicella zoster, the same virus that causes chickenpox. When you recover from chickenpox most of this virus is destroyed, but some survives and lies inactive in your body's nervous system.

The virus can then become active again later in life when your immune system has been weakened by age, stress, illness or certain treatments that can reduce your immunity. The shingles vaccine helps to protect you by boosting your immunity.

If you're eligible, phone your GP to make an appointment to get your vaccine.

WHO'S ELIGIBLE FOR THE VACCINE?

People between the ages of 70 and 79 on 1 September 2018 are eligible for the free shingles vaccine.

If you're eligible, phone your GP to make an appointment to get your vaccine.

WHERE AND WHEN WILL I BE IMMUNISED?

You'll get the vaccine at your GP practice. Please phone your GP practice to arrange an appointment to get the vaccine.

If you're eligible, you can get the vaccine any time during the year.

For more information, please visit the NHS Inform website at: <https://www.nhsinform.scot/healthy-living/immunisation/vaccines/shingles-vaccine>



Reg Charity No 287936

The NHS Retirement Fellowship in Scotland

Contact: **Grace Clarke**
NHSRF Scotland Chairman
Email: graceclarke669@btinternet.com

Never heard of the NHS Retirement Fellowship?

Like to know more?

Contact Grace to arrange an invitation from your nearest Branch.

Copies of Scotland's NHSRF News are posted individually to every member, using the list held by Central Office in Dorset. This means contact details must be up to date for everyone, so please ensure Central Office has an accurate list.