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SCOTLAND'S NHSRF NEWS FOR NHS AND SOCIAL CARE RETIREES

February 2018 Volume 12 Issue 1

YOUR FELLOWSHIP NEEDS YOU

AFTER YEARS of excellent service, some of our Honorary Officers and Country/Regional Representatives are standing down and we are looking for Nominations for their successors who will serve from 2018 - 2021.

Jeanie Sutherland, Liz McGibbon and Grace Clarke will have completed four years in post as Honorary Officers in May 2018 so Nominations are required for Chairman, Treasurer and Secretary of the Federation of Scottish Branches. Judith McMurray became our Vice Chairman in 2017 and will continue in post. Your branch has been sent a Nomination and Consent form and if you would like to stand or nominate someone, this is your chance to do so. Please contact your Branch Chair or Secretary if you are interested.

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Reg Charity No 287936

Win Morrison and Grace Clarke will have completed three years as Country/Regional Representatives to Council and both will step down in March. Two nominations are required for these posts this year. Judith McMurray has been Deputy Country/Regional Representative for the past year and is willing to be nominated

for one of these posts. One further nomination will be required as David Paterson, who was also a Deputy Country/Regional Representative, has been voted on to the Trustee Board and therefore cannot serve on Council. If you would like to nominate someone, please contact your Branch who can supply you with a form. The deadline for all nominations is 31st March 2018.

Jeanie, Liz, Grace and Win have worked tirelessly on behalf of the Fellowship and we owe them a huge vote of thanks. They are very willing to give their support and advice to their successors to ensure a smooth handover. This is your chance to help steer the Fellowship into its next 40 years.

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.



Congratulations to Norma Garthwaite from the Edinburgh Branch who won Runner Up in the Photography Competition with this stunning photograph of a lake in Canada.

More information about competitions and Photography days can be found on the website, www.nhsrf.org.uk and for tickets for the exhibition and other information, contact the Group Coordinator, Anthea Zell:

Email: photography@nhsrf.org.uk Tel: 01520 722951



proud to support
70
YEARS
of the NHS in Scotland

REQUEST FROM SCOTTISH GOVERNMENT

2018 marks the 70th Anniversary of the NHS which was founded on 5 July, 1948.

NHSScotland and the Scottish Government will be working with a wide range of partners, including the NHS Retirement Fellowship, to celebrate 70 years of the NHS in Scotland. We want everyone to get involved - from patients and the public to NHS Boards, our partners in health and social care and the voluntary sector, professional bodies, and unions.

This is a great opportunity to look back and celebrate 70 years of achievement in Scotland and the difference the NHS has made to people's lives, and to reaffirm our ongoing commitment to the founding principles of the NHS.

It will allow us to thank staff across NHSScotland and its partners for their hard work and commitment, and to demonstrate their achievement and successes, whilst acknowledging the challenges they face.

Central to our plans will be telling the story of the NHS in Scotland since its creation. We want to celebrate the fact that we have an NHS and to showcase achievements of its people over the last 70 years.

Would you like to be part of that story telling? - we would love to hear your stories, recollections, anecdotes and experiences from working in the NHS. What does the NHS mean to you? What do you think have been the biggest changes in the NHS since you worked there? Whether you were a nurse, surgeon, porter, lab technician, ward clerk, worked in an administrative role or held any other post in the NHS, we want to hear from you.

Whether it's in an email or letter, please get in touch using the contact details below:

Email: nhsscot70@gov.scot

Post: NHS 70th Anniversary
Room GE.01, St Andrew's House
Regent Road, Edinburgh EH1 3DG

EDINBURGH BRANCH SHARES PERSONAL SAFETY TIPS

EDINBURGH Branch Members were treated to an entertaining talk on Keeping Safe from PC Lindsay Barr and PC Prince Durant from Police Scotland. They explained that there are simple common sense actions that we can all take to make it harder for opportunistic thieves. Sometimes when we are busy or in a rush, we forget the basics. Here's a wee reminder:

IN YOUR CAR

- Keep a torch in your car
- Always lock your car while you are inside it
- Don't leave your bag, wallet or mobile phone on the passenger seat, keep valuables out of sight
- Check the interior of your car before getting in – particularly the back seat

TRAVELLING BY TAXI

- Keep the number of a reputable taxi firm with you
- Only pre-book a taxi from a reputable firm. When it arrives, check that it is from the correct company. If not, don't get in.

OUT SHOPPING

- Remember to take credit and debit receipts with you – some of them carry your card details
- Keep cheque books and cheque cards separate and never write down your PIN number and keep it in your bag or wallet
- Don't leave your handbag in your shopping trolley while you shop
- Always put shopping and parcels in the boot of your car when driving
- Don't return to your car to leave purchases in the boot before continuing with your shopping as thieves may watch car parks
- Don't leave your house keys in your car

DISPOSAL OF PERSONAL DOCUMENTS

- All kinds of mail that you receive will contain information you would not wish to share with a stranger:
- Don't leave personal documents lying around for anyone to access - Keep them in a safe place.
- Don't put mail containing any personal information out for recycling or in your wheelie bin with your normal household rubbish.
- If you are not filing personal documents then destroy them including all household utility bills, bank statements and credit card bills.
- **DON'T JUST BIN THEM – SHRED THEM!**

As they say on TV, please don't have nightmares – your chances of being targeted by criminals are low but let's lower the chances even more by taking these simple steps.

Police Scotland would be very happy to come to speak to your Branch – if you want more information, please ask your Chair to contact Hilary at scotland@nhsrf.org.uk

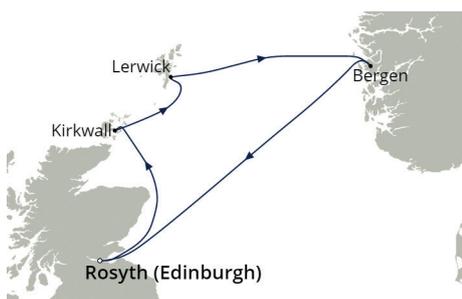


Fred. Olsen Cruise Lines

Scottish Isles and Norway

with NHSRF Scotland

7th July 2018 • 5 nights • Sails from Rosyth (Edinburgh) • *Balmoral* • L1818
From only **£619** per person



Date	Arrive	Depart	Destination
JULY 2018			
Sat 07		PM	Rosyth (Edinburgh)
Sun 08	early am	late pm	Kirkwall, Orkney Islands
Sun 08	late night	late night	<i>Cruising Old Man of Hoy</i>
Mon 09	early am	late pm	Lerwick, Shetland Islands
Tue 10	early am	late night	Bergen, Norway
Wed 11			<i>Cruising</i>
Thu 12	AM		Rosyth (Edinburgh)



£40^{pp} FREE
On Board Spend*

FREE
Group Drinks Party On Board**

On this short summer break you'll visit the remote islands of the Orkneys and the Shetlands where you'll find unspoilt landscapes and fascinating wildlife. The Hanseatic city of Bergen follows, where you can uncover many delightful attractions; or take the chance to ride the famous Flåm Railway to savour a taste of Norway's breathtaking scenery.

Your first call is Kirkwall of the beautiful Orkney Islands. The town is surrounded by rugged countryside and is home to a range of wildlife. On a tour you can discover the 5,000-year-old Neolithic village of Skara Brae and the ceremonial stone circles of Stenness and Brodgar. Later in the evening, Balmoral will pass by the Old Man of Hoy, an incredible 450ft sea stack.

The following morning you'll arrive in Lerwick, capital of the picturesque Shetland Islands. From here you can tour to the dramatic cliffs of Sumburgh Head, which is one of the best places in the world to spot seabirds up close. You may encounter puffins, fulmars and guillemots in the area.

Finally, enjoy a taste of Norway with a full day in Bergen. There's time to uncover the main attractions, including the UNESCO-listed Bryggen Wharf, the vibrant fish market and the Troidhaugen Museum – the former home of composer, Edvard Grieg. A ride on the funicular railway to the top of Mount Fløyen is also recommended. Alternatively, join a tour to the breathtaking Tvinde Waterfall; marvel at the spectacular views from the Stalheim Hotel; and journey up high into the mountains on the iconic Flåm Railway.

NHSRF Scotland Group Fares:

Room type	Price from
Interior Twin	£619pp
Ocean View Twin	£709pp
Superior Ocean View Twin	£879pp
Balcony Twin	£1,279pp
Suite	£1,319pp
Single Interior Room	£1,019

All included in your cruise price:

Comfortable en-suite accommodation
Breakfast, lunch, afternoon tea, five-course à la carte dinner, late night buffet and self-service tea & coffee • Varied daytime activities • Lectures and talks
Swimming pools, Jacuzzis and gym
Choice of live evening entertainment

For bookings and enquiries please contact our **Reservations Team** on **01473 742 424**, quoting **GRP0231** and cruise code **L1818**

Fares are per person, based on twin occupancy of the lead-in twin cabin, subject to availability. Offers may be amended or withdrawn at any time without prior notice, are subject to availability & cannot be applied retrospectively. All bookings are subject to Fred. Olsen's standard terms & conditions, available on our/their website & on request. Some ports may be at anchor, intermediate days are at sea. FOCL reserve the right to amend itineraries for operational reasons. **The free group drinks party is for hosted groups only, and subject to a minimum number of 15 adults or more. *The on board spend is per person, and is non-refundable, non-transferrable, and there is no cash alternative. Please note the group discounts, and on board spend are not combinable with any other offer, including the NHSRF Affinity discount codes. E&OE.  **ABTA**
Travel with confidence



Members of the Dundee Branch had a great visit to Brae Riding for the Disabled and were delighted to present a cheque to the organisation who were their Charity of the Year 2017. The donation will help to support the valuable work that Riding for the Disabled carry out in the Dundee Area. Well done all.

OBITUARIES

THE Perth branch has sadly lost several members over the last few months, Miss Elsie Mitchell, Mrs Tina McKay, Mrs Kathleen McDonald and, most recently, Mrs Evelyn Barnett will all be missed and remembered fondly by their friends. These four ladies were great supporters of the Perth Branch and its Members will all miss their input and contribution.

SCOTTISH AGM DATE IN PERTH

THE SCOTTISH AGM will be held on Wednesday 9th May in the Salutation Hotel in Perth. The advance programme and menu requests have already been sent to branch Secretaries and Chairmen. Registration is from 10:45am and the AGM will begin at 11:30am. Cost for the day is £25.00.

This is a special Celebration year so we will mark it on the day with a Celebration cake that will be cut by the National Chairman, Margaret Moffat who is coming to Scotland to spend the day with us and meet as many members as possible. Last year you impressed the former Chairman Audrey Harris who was given a very warm welcome to the Scottish AGM.

Anthea Zell will set up a display with information about the photographic competition and NHSRF discounts for members. The new logo for this Anniversary year will be on display.

70 years of the NHS and 40 years of the Retirement Fellowship are very good reasons for a celebration so do come along with as many branch members as you can and enjoy the day.



Reg Charity No 287936



Fife Branch member Rae Simpson was the lucky winner of a bumper food hamper in the Festive Draw at the Branch's Christmas Lunch. Lorna Givens, Social Secretary of the Branch was happy to present the prize to the worthy winner.

The NHS Retirement Fellowship in Scotland

Contact:
Jeanie Sutherland
NHSRF Scotland Chairman
Email: jsclan@sky.com

Never heard of the NHS Retirement Fellowship?

Like to know more?

Contact Jeanie 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.