



How do I join?

To join the Fellowship, you can:

Call our membership team free of charge on **0800 915 1455** and they can put you in contact with a local branch.

Email info@nhsrf.org.uk and our central office team will help you out.

Sign up via our website at www.nhsrf.org.uk

Reg Charity No: 287936

How much does it cost?

Postal membership costs **£20 a year** with some branches making an additional charge to cover local activity costs.

Any questions?

If you have any questions about joining the NHS Retirement Fellowship or our benefits, please contact our Central Office on **01305 361 317** or email info@nhsrf.org.uk

Welcome to the NHS Retirement Fellowship.

Making your retirement work for you.



You can also get a flavour of what we do by seeing our members stories on our Facebook page – just search for **NHS Retirement Fellowship** or follow us on Twitter **@NHSRetire**

www.nhsrf.org.uk

NHS Retirement Fellowship

Making your retirement work for you.



Benefits of membership



The NHS Retirement Fellowship provides a bridge between life in the NHS and retirement. People tend to come to us a few years after retiring or because their friends have joined and encourage them to get involved. We are also increasingly directing our efforts to encouraging younger retirees to join.



Who we are

The NHS Retirement Fellowship provides social, educational and welfare opportunities for former NHS and social care staff and their partners and friends and have an extensive range of benefits, activities and interests. And if we don't have something that you are interested in, let us know and we will do our best to set something up. The Fellowship is supported by Simon Stevens and one of our patrons is Ken Jarrold. We also aim to influence the NHS and others regarding the needs and interests of retired NHS and social care staff and their families and friends.

"I joined the Fellowship because my diary was empty - now it is so full I am not sure I can turn up to everything"

In addition to friendship, newsletters, a website, national and regional conferences, member benefits include:

- Access to membership of the central London Civil Service Club with accommodation
- Benevolent Fund for members in times of need
- Discounted cruises and holidays
- Golf Classic tournament with prizes at a top rated club
- Group holidays and day trips
- Legal support

- Photographic Club
- Travel insurance scheme with no upper age limit if you join before age 75
- Welfare support

If there isn't a branch near you, why not work with us to set one up? Or you can become a postal member so that you get full advantage of all of our benefits.

Branches around the country

We have friendly branches made up of local members all around the country who are keen to welcome new members. Most branches meet at least monthly and organise a number of trips, days out, theatre visits, interesting speakers, cream teas and lots more besides.

"At first I did not want to join the Fellowship but this is now my lifeline."

