

# Fellowship

**SEPTEMBER  
2019**

## Future plans take shape

Getting closer to NHS organisations and building awareness of the Fellowship at a younger age are key to reaching target membership of 10,000. **Page 2**

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Service to elderly people earns Fellowship member recognition with a British Empire Medal. **Page 7**

Patrons:  
Ethel Armstrong MBE  
Ken Jarrold CBE

## A bright and bold look forward

**Members, branches and NHS leaders have given a warm welcome to the new look for the Fellowship which has been praised as bright, bold, positive and modern.**

The launch of the new logo began at the NHS Confederation conference

in Manchester where members from the north west joined staff and trustees on a promotional stall aimed at raising awareness of the Fellowship.

Many NHS chief executives and other leaders stopped by the stall and all commented on how much they liked

what we offer retired NHS staff and how we could work together to raise awareness of the Fellowship in their hospitals and community settings.

Chief Executive John Rostill said: "I have been delighted at the reception our new branding has received and

how enthusiastically our branches are wanting to use it. We see this as being key to our recruitment plans at national, regional and local level and in the work we are doing centrally to engage with the NHS to raise awareness of what we can offer retiring NHS staff."

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## Secretary of State pops in for tea

More than 120 members from Norwich, Peterborough, Cambridge, and Suffolk West branches had a surprise visitor at the regional afternoon tea to celebrate 71 years of the NHS.

Matt Hancock, Secretary of State for Health and Social Care popped in to Ashlar House in Bury St Edmunds to thank everyone for their service to the NHS. He added that the Fellowship is a wonderful organisation which he would encourage NHS employees to join

when they retire. He then went round each table to speak to all the members.

Matt Hancock chats to Christine Harper, chairman of Suffolk West branch.



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](http://www.nhsrf.org.uk)

A bright and bold look forward... page 1 continued

Over the summer, the Fellowship has been working with branches keen to get a head start on rolling out the new branding as part of publicity and recruitment drives. We continue to replace pull up banner stands for branches who already have one - we will pay for this replacement and can work with branches on individual requirements.

In August we put templates and other materials live on the Fellowship website (visit [www.nhsrf.org.uk/comms](http://www.nhsrf.org.uk/comms) to find all the templates in one place). This means that branches can download templates and adapt them for their own purposes including posters and leaflets. We have special ones if you are printing just a few at home and different ones for you to ask a local print company to add in your details and have them printed. There are also copies of our recruitment leaflet and poster and about us leaflet - and again you can get these printed using a local printer.

Help is at hand if you get stuck - there's some questions and answers to help you, or contact your local development officer or email [comms@nhsrf.org.uk](mailto:comms@nhsrf.org.uk) and Lucia Hiden will be happy to help.

*“What is clear is the need to increase membership.”*

*John Rostill*



## New plan for the future takes shape

A new plan for the future of the Fellowship is being mapped out in response to research which has highlighted the need to promote what we do to a younger generation as they near retirement.



The work began a year ago when the board of trustees decided to form a small group chaired by Chris Kitchin (one of the trustees) and including officers and a regional representative, which set out to take on a wide ranging review of where we go next.

Part of the project was to commission research into why people did not join – and why some of them left. Not surprisingly, the key message was that awareness of the Fellowship is low, but what is on offer is generally well received.

But one of the surprises was the feeling that the Fellowship should raise awareness much earlier in the retirement journey.

### THE KEY MESSAGES WERE:

- Build awareness at a younger age
- Have a presence at retirement workshops
- The new logo gives a chance to re-launch
- Discounts can draw people in
- On line membership attracts younger retirees
- Activities are crucial – and the traditional branch programme is not that appealing

A workshop in Birmingham in June with a wider group of members helped to shape ideas which are now being developed into an action plan to be considered by the trustees in September and which the Chief Executive, John Rostill will present to members at the national AGM and conference in Coventry on 1 November.

“What is clear is the need to increase membership” said John “and the target is to have 10,000 members by

conference 2020. As well as seeking to recruit people who have recently retired, we also want to attract people who have been retired for a while – but have never heard of us.”

“With that in mind we have had further discussions with the NHS Business Authority so that details of the Fellowship are included in the pensioner’s update leaflet that goes out every year. Several years ago it produced thousands more members.

“We have also sought support from NHS organisations and had significant success in raising our profile with the launch of our new exhibition stand at the NHS Confederation conference and we will be at the NHS Providers conference in October.

“We need to get closer to NHS organisations and with current staff. We will be looking at ways to engage with various disciplines.”



## Andrew and Sue take on cycling adventure

Two members of Oxford branch have just returned from an 800 mile bike ride to visit their grand daughter who was working as a teaching assistant in a primary school in Germany.

Andrew Moss and his wife Sue rode south from Rotterdam beside the river Rhine past Dusseldorf and Cologne to Bonn and then eastwards through the hills to Erfurt, a historic city in the former East Germany. On their return journey they made a detour to see parts of northern Holland.

“It was a memorable experience” said Andrew, 75. “In all we cycled 838 miles door to door, about 500 of them flat and the German section quite hilly. We met some lovely people, many of whom stopped to help us find our way, including two brothers who piloted us through Rotterdam for 20 miles.

“Our grand daughter was just completing her year in Germany as part of her university course. When she told her pupils that her 72 year old grandmother had come by bicycle they were astounded.

“Following cycle routes is a variable experience. Sometimes it is gloriously smooth and easy to follow. At others we were hopelessly lost, stranded in woods or rumbling over cobbles. But it all adds up to a journey to remember. More than anything, it’s the people you meet that come to mind first.”



Doreen and her husband Quinton at Windsor

## “Wonderful” experience for Doreen

Wolverhampton branch chairperson Doreen Quammie has had a “wonderful, wonderful” experience being one of 93 men and 93 women to receive Maundy money from the Queen.

Her name was submitted by the local bishop to attend the service at Windsor Castle in April and receive a red purse containing special £5 and 50p coins and a white purse containing Maundy Money - 93 silver coins, one for each year of the Queen’s age.

“This was a wonderful, wonderful experience from receiving the invitation letter to leaving after the reception – awesome” said Doreen.



## Who is your Unsung Hero?

Is there someone in your branch whose efforts go unrecognised? If so, our chairman Margaret Moffat would like to hear from you.

**Margaret is looking to continue to recognise those people who put in an effort every month to support their local branch activities.**

This could include such things as being part of the welfare team, organising the branch trips, organising the overheads or notice boards, putting out the chairs, serving tea and coffee, running the raffle, supporting the Fellowship in their local hospital or organising external publicity.

"I know that it takes that special team of people to make a branch a success. Often this comes down to people just getting on with the job not wanting or receiving any credit or thanks for their hard work, efforts and dedication. I would like to recognise some of that work and that is why I am delighted that we are continuing to acknowledge all our unsung heroes and to reward the member who we feel contributes most to their branch."

If you have someone in your branch who you think deserves to be recognised for the work they do, then please email or write in no more than 150 words to say why you think your member is a worthy recipient of this prize. You can email Sherry Smith or write to her at the Dorset address. All entries must be submitted by Thursday 10 October.

Margaret added:



*"I really am looking forward to reading these entries with a trustee and a regional representative and deciding on the winner who will be announced at this year's conference in Coventry. The prize will be a certificate and travel, accommodation and entrance expenses to next year's conference."*

For further information, contact:

**Sherry Smith**

**T: 01305 361317**

**e: sherry.smith2@nhs.net.**

## Fellowship backs new policy to keep us all safe

**A new safeguarding policy which aims to make sure that people who come into contact with the Fellowship are safe from harm has been approved by the Fellowship's trustees.**

It applies to anyone – members, guests, volunteers and employees of the Fellowship.

"Nothing is more damaging to a charity like ours than a safeguarding failure" said Chief Executive John Rostill. "We exist to support members, maintain and create new friendships and make retirement work for

all. We are committed to their wellbeing and it is our duty to value everyone and protect them from harm."

"What the policy is there to do is to help all of us to identify different forms of abuse and to make it clear what to do if members want to raise concerns. We aim to make it safe for people to report incidents knowing that they will be dealt with professionally and sensitively by appropriately trained staff."

Abuse or harm can take many forms including discrimination, domestic abuse, financial abuse,

neglect or self neglect, psychological abuse, physical abuse, sexual abuse and modern slavery (full details of each category are in the policy which has been posted on the website).

All staff, members and trustees have a right and a duty to report concerns or allegations and to be alert to the possibilities within our own groups. The Fellowship also has responsibilities as "good Samaritans" to raise concerns about any members who may be subject to harm outside the Fellowship.

### THE SIMPLE STEPS TO TAKE ARE:

- If you identify a safeguarding issue in the Fellowship report it directly to the police or social services, and tell central office the details
- If the concern is about the Chief Executive, report it directly to the chair of the trustees
- If it is an immediate medical matter or someone is believed to be at risk of serious harm, call 999.

# New regional representatives



*“...It will be a big learning curve, but I feel ready for a new challenge.”*

## Helen is up for the challenge

Helen Dempster, secretary of West Glamorgan branch, has taken on a new responsibility as regional representative for South Wales.

Helen had a long career in nursing but it was through her parents that she first got to know the Fellowship. Her father was secretary and her mother was raffle queen at the branch where she is now a member.

“I suppose nursing must have been in my blood” she said. “I travelled from Swansea to Leeds to do

my SRN training and began work as a scrub nurse in operating theatres. After a break for three children I returned to work at Frenchay Hospital in Bristol where I stayed for 25 years, the last 15 as neurological theatre sister.

“I moved back to Swansea in 2015 and retired from nursing in 2017. Dad died in 2105 and mum now has dementia, but I was able to take her to some clubs, one of which was the Fellowship. Everyone was so pleased to see her again and welcomed me with

open arms. I was enjoying the meetings, so when I was no longer able to take mum, I carried on going.

“The new job as regional representative will mean I shall get to know what is going on in the Fellowship throughout the country, how branches are attracting new retirees, how they are using social media and I can share this with the South Wales branches. It will be a big learning curve, but I feel ready for a new challenge.”



*“...I met a lot of people in my role at work and there were so many familiar faces. It was like returning to the fold.”*

## Jenny steps up to regional role

Jenny King, a former nurse and occupational health manager and a member of the lively Suffolk West branch, is the new regional representative for East Anglia.

Her NHS career began with nurse training at St Mary's Hospital, Paddington before moving on to Central Middlesex Hospital where she became Sister in Accident and Emergency. Later she returned to Sudbury, in Suffolk, where she grew up, and worked at the local GP hospital and then in occupational health for West Suffolk Hospital,

from where she retired as Occupational Health Manager in 2013.

“When I retired my boss was the HR manager and she told me about the Fellowship. I thought ‘I don't want that’ and did nothing” she said. “Then after a while I thought I'd give it a go. I walked into this big hall and it was like my family. I met a lot of people in my role at work and there were so many familiar faces. It was like returning to the fold.”

Jenny still lives in Sudbury but travels to meetings in Bury St Edmunds and joins

in activities. She has a son who is head of a secondary school and a daughter who is a nurse. She is a regular in the local gym and enjoys spending time with family, decorating and gardening.

# Fellowship branches do it all... Long walks, short strolls.



Oxford branch walking group celebrated 100 walks with a walk through the historic Wytham Woods.

The woods are owned by Oxford University and a renowned centre for research, which enabled member Keith Johnston to take advantage of one of the ladders to capture this "helicopter view" of the walkers.

The group was started in 2010. Members have walked over 500 miles and raised hundreds of pounds for charity.

Milestone for Oxford walkers



brambles but finishing after 10 miles with a welcome lunch.

*"I worked as a diabetes specialist nurse in St George's Hospital. I always encouraged my patients to use walking as a daily form of exercise" said Zeena. "For most of us, walking is easy to do, and it's free."*

## Walking for fun, fitness and friendship

A couple who organise well-attended walks for members of St George's, Merton and Wandsworth branch are encouraging members to keep fit and enjoy the sociable atmosphere of a walking group.

Zeena Wilson started their branch group in 2014 and now her husband David

shares the duties by adding countryside walks to the London walks she arranges.

In June members did a 7.5 mile sponsored walk from Putney Bridge to Waterloo Bridge which raised over £1,000 for branch funds and more recently David led a walk from Bexley which took members over stiles, wading through nettles and



Walks co-ordinators Zeena and David Wilson

## Gentle strolls for Brighton members



Brighton strollers in the gardens at The Grange, Lewes

Brighton and Hove members have started a new venture by running gentle summer strolls to interesting places, led by member Julie Parker.

The strolls suit all abilities and can always be reached on local buses so members can use bus passes. So far strolls have included Eastbourne (reached on the coaster bus for a walk along the prom) Preston Park & the Manor Gardens and a visit to the historic town of Lewes.

# Penny's medal comes as a shock

The award of a British Empire Medal for her service to elderly people and the community in her Surrey village came as a complete surprise to postal member Penny Hodgson.

"It was a great shock, I can tell you" said Penny, who lives in Shamley Green, near Guildford where she runs Shamley Green Village Care, a voluntary organisation that provides mostly transport to hospitals, surgeries and other services through a network of 28 volunteer drivers.

But that's only the latest in a lifetime of service which began in her NHS days



where she trained as a nurse at Charing Cross Hospital, worked as a sister in Sutton and Epsom before becoming a health visitor for 12 years and then moving into management with a community services trust.

That came to an end after a

re-organisation and she was approached by the local borough council to manage day centres and community services, which she did for 10 years.

As well as the village care team Penny also organises "Time for Tea" a social group

which meets monthly and has occasional day trips and a Christmas lunch. As a member of Shamley Green Gardening Club, Penny organises an annual five day garden tour around the UK for 50 senior citizens—and she is licensee of the local village hall.

And with all that she has to find time for her husband, three children and four grandchildren. Penny was presented with her medal by the Lord-Lieutenant of Surrey, Mr Michael More-Molyneux at his home at Loseley House and attended a garden party at Buckingham Palace in May.

## Thank you Merle



Merle Adams, treasurer of the North West Surrey branch, retired in May after 23 years of service in the post.

The branch presented Merle with flowers and gifts to commemorate such long and devoted service.

"Twenty three years is an astounding length of time, and equates to another full career for most people," said chairperson Jackie Douch. "Merle has carried out her task with diligence and enthusiasm and has ensured that the branch finances are healthy. For this we are all truly grateful."

"Although Merle has retired she will continue to attend meetings, but for once, will be able to enjoy friendship and fellowship with out having to check everyone in at the door. So a big thank you, to a remarkable lady."

Picture: Jackie Douch presents Merle with flowers and gifts to mark long and devoted service as branch treasurer.



### Museum visit was a treat

It was a treat for members of the Bournemouth and Christchurch branch to have a conducted tour of the Russell Coates Museum recently - from one of their own members. Sandra Budd is a volunteer guide at the museum and told members many unusual tales of Russell Coates, his travels and his benefactor acts in Bournemouth.



### Kew is a must see

Members and guests of Poole branch had a fantastic day out at Kew Gardens. The Reflections of Nature exhibition was absolutely stunning. Both the gardens and the exhibition are a must see.

## More prizes as Fellowship lottery cost goes up

The cost of a ticket for the Fellowship's lottery is going up – but there are new prizes on offer including a roll over option each week that will increase by £1,000 every time it is not won, up to a maximum of £10,000.

The NHSRF lottery is run in association with St Ann's Hospice Local Lottery which this year celebrates its 25th anniversary. During those years it has awarded over 40,000 prizes. Winners have included Fellowship members, some of whom have claimed the £2,000 top prize.

Last year it contributed over £1,600 to Fellowship funds. Now, as part of the 25th anniversary celebrations, the lottery is increasing the prize fund to include:

- **24 more weekly prizes (up from 12 to 36)**
- **more weekly prize money from £2,500 to £3,500**
- **a new rollover prize of £1,000 a week.**

At the same time the cost of the weekly draw entry is going up from £1 to £2. It's the first time the ticket price has gone up in 25 years and took effect from 9 August. To continue playing the lottery members are asked to increase standing orders to £2 a week, or arrange payment by direct debit which can be done online ([www.sah.org.uk/lottery](http://www.sah.org.uk/lottery)) or by phone to 0161 498 3642. The same contact details apply for new players.

# Grant bid success will promote Fellowship and NHS

The Fellowship has another great opportunity to promote what it does, and how its members have contributed to the NHS thanks to a second grant of £10,000 from the Heritage Lottery Fund.



**Project Officer Bob Middleton has made a successful bid to the lottery for money which will allow us to build on the achievements of last year's 70/40 in a new 71/41 project which will start in autumn this year.**

Using many of the existing materials, including exhibitions and the DVD, the project will focus on people's memories, experiences, cultural traditions and recollections, especially in sharing experiences with the wider community in the the history of the NHS

and the Fellowship through exhibitions and heritage events.

The four regions not featured last year – South West, North West, North East and East Anglia - will be most closely involved, led by local branches and supported by regional representatives and development officers.

The aims are to help people in the NHS and in the community to learn about our NHS heritage, to influence a change in attitudes and to enjoy new experiences. Involving the wider community will cover all ages, community groups and associated charities. The events will bring to life how care has changed over 70 years and share learning with local people, voluntary groups, schools and local representatives such as MPs, councillors and mayors.

*“This is another fantastic opportunity to build on last year, recruit new members and promote our NHS and social care heritage” said Bob. “We will build on the good practice from 70/40 so that we achieve even greater outcomes for the Fellowship and the NHS.”*



## Frimley tea party

Frimley and District branch members enjoyed a summer tea party at Easthampstead Park in July.

# Lively fun as Redbridge and Waltham Forest celebrate 40 years

One hundred and twenty members attended a party in April to celebrate the 40th anniversary of Redbridge and Waltham Forest branch.



**Brian Hilton, branch chair, hosted the event which started with an NHS based quiz, after which members tucked into the refreshments, chatted with friends and looked at old photos of branch outings, holidays, walks and the bowls group.**

Jean Shaw, President, gave a short speech and Joyce Smith, our longest serving member, who joined the branch about 30 years ago, cut the cake.

Later Brian organised a game which involved "volunteers" being bandaged by the rest of

their team. The team had to work out which part of the body was injured then apply a suitable bandage or sling. By the end, the volunteers were well and truly covered in bandages. A trio of ex-nurses judged the quality.

The branch was started by retired Chief Nursing Officer S.L. "Andy" Watson in April 1979 and formed the first branch in the then North East Thames Region. He became the secretary, assisted by Sid Deeks as chairman. In 1990 Sid retired to become the first president and donated a cup to be awarded annually to a non-committee member who had given particular help to the branch. The cup has since been replaced by a shield, but is still awarded in Sid's name. Today,

branch membership stands at 170 and activities include outings, holidays, walks, talks, bowls, concerts, computer forum, lunch club and welfare team.



Above: Longest serving member Joyce Smith cuts the cake.

Top left: "Volunteers" well and truly bandaged face the judges.



## Whiskey experience

Thirty two members of St George's, Merton and Wandsworth had a wonderful six day holiday to Ireland which included a visit to Jamesons whiskey experience in Cork, and visits to other towns. The holiday was arranged by 'Just for Groups', a company the branch highly recommends and is planning a holiday in Austria with them next year.



## Brent lunch

Brent branch celebrated their annual lunch at the Double Tree by Hilton Hotel in Ealing.



# SEASONAL COLOURS COMPETITION

The theme for the 2019/20 photography competition is 'SEASONAL COLOURS'.

The competition closes on Friday 27 March 2020 and entry forms will be on the website from October 2019 after the finish of the summer competition 'By the water' on September 27th.

Many of you will remember that Seasonal Colours was a theme in 2014 - and a very popular one. For this competition there will be time to capture some late summer, autumn, winter

and maybe spring scenes for submission by the end of March.

All members are welcome to submit up to four entries and, thanks to our sponsors, the Civil Service Insurance Society, there will be an individual prize of £100 for the winner and two runner-up prizes of £50.

Thanks to Ruth Tyrrell for her spring picture, 'Blowing in the wind'



**For further information contact:**

**Anthea Zell**  
Photography Group  
Coordinator

**E:** photography@nhsrf.org.uk  
**T:** 01520 722951

## Ethel helps loyal Audrey celebrate her 90th

Audrey Kimberley, one of the Fellowship's most loyal and committed members celebrated her 90th birthday recently with a special lunch attended by Fellowship patron Ethel Armstrong and many members of Audrey's family.

Audrey retired as Senior Nursing Officer at the original Dryburn Hospital and has since served the Fellowship for over 25 years, including being the last chairman of Morpeth branch before it disbanded. She continues to support the Fellowship as a postal member.

*"Audrey had a wonderful day" said Ethel. "I made her a surprise birthday cake in her favourite colours – apricot and pale peach – and she was elated. Her family of brothers, sisters, nieces and nephews were all there for her, as were her close neighbours, and she beamed at everyone all day."*

Below: Audrey cuts the special cake made by Ethel



## Sunny Althorp

St George's, Merton and Wandsworth members enjoyed a sunny day out in July at Althorp (the ancestral home of the Spencer family and the last resting place of Diana) including a chance encounter with Andrew and Sue Moss, members of Oxford branch who were visiting with another group.



# New membership benefit for the Fellowship

The NHS Retirement Fellowship is now able to offer a new benefit for members - and **it's free!**

Total Motor Assist multi-car accident cover provides extra cover to deal with gaps that may be present in existing policies.

They write: "Did you know there are gaps in your motor insurance? For example, recovery after an accident is generally not included with insurance, nor with most breakdown policies either. As a Total Motor Assist member, you'll get it free throughout the UK whenever your car is unsafe to drive.

Additionally, in any non-fault accident where the third party is insured, you'll get a complete package of services, including:

- 24/7 UK based helpline
- Free impartial advice
- Like-for-like replacement car
- Manufacturer-approved repairs
- Physiotherapy for injury
- Legal support in the event of injury

How does it work? When an accident is caused by an insured third party, the cost of sorting everything out falls upon their insurer, not yours. Because you'll no longer have to claim on your insurance you get two more benefits:

- You won't have to pay your own insurance excess and
- It avoids any negative effect on your no claims discount.

Including all the cars in your household Total Motor Assist saves you a lot of money, time and stress and puts your family in a stronger position."



The new benefit has been arranged by John Toman, the Fellowship's Business Manager.

T: 01666 505266  
M: 07768 406233  
E: [jptoman@icloud.com](mailto:jptoman@icloud.com)

Join **FREE** today:  
[www.nhsrf.assistprotect.co.uk](http://www.nhsrf.assistprotect.co.uk)



## Record entry for golf classic

The prestigious competition for the coveted CSIS Fellowship trophy was held at the famous St Pierre Hotel and Country Club, near Chepstow on Tuesday September 13.

Each year the event is open to existing and retired NHS men and women and their relatives and is organised to meet the needs of golfers of all abilities.

"I am looking forward to welcoming members to St Pierre for a unique experience" said John Rostill, Captain of the Golf Classic and Chief Executive of the Fellowship as he prepared for the classic. Next year's event (2020) is on 15 September.

For further information contact John Toman, Tournament Director

T: 01666 505266  
M: 07768 406233  
E: [jptoman@icloud.com](mailto:jptoman@icloud.com)

*A record entry of 80 golfers, of whom 25 are new members, have entered the annual NHSRF golf classic now in its ninth year.*

## Celebrating the NHS



Brighton & Hove branch found some sunshine on 5 July, in the Royal Pavilion garden cafe to celebrate the 71st birthday of the NHS.

# Busy week for Guy's and St Thomas'



**Guy's and St Thomas' branch had an extraordinary week in May which began with a stall at the Trust's Nurses Day.**

Many members came to help spread the word using handouts about the branch and literature from central office. Lots of interest was shown and it was very evident that many NHS staff

know little or nothing about the Fellowship. Members made sure they were much better informed. During the course of the day, the trust's head of nursing, Dame Eileen Sills, came to visit and happily posed for a photograph.

The following week the branch had its AGM. This year was very special. Sadly, patron Ethel Armstrong

wasn't well enough to attend, but members were very proud to be able to welcome Margaret Moffat Fellowship chairman and Sir Hugh Taylor chairman of Guy's and St Thomas' Trust, which this year received the Fellowship's award for trusts that give good support to their branches. Margaret read out the citation and presented Sir Hugh with the Trust Fellowship Award plaque.

A few days later branch chair Pat Gillard joined the crowds entering Westminster Abbey for the service to celebrate and commemorate the life of Florence Nightingale - and to mark the centenary of Edith Cavell's funeral at this spot exactly a hundred years ago.

In July Ethel Armstrong made the long journey

down from Durham to join the branch meeting at Guy's Hospital near London Bridge. Ethel gave a short talk and then was able to chat with members informally and show them her MBE medal.



Above: Margaret Moffat presents the Fellowship award plaque to Sir Hugh Taylor.

Left: Head of Nursing Dame Eileen Sills with members of Guy's and St Thomas' branch.

## We can all help to boost membership says Vic Griffiths, former president



*"When I was vice chairman, chairman and president from 2007 to 2013 we saw some fluctuations in membership and the number of branches, but the last few years have seen a decline in both."*

"From 2007 to 2013 numbers went up and down from year to year, with a high of 15,694 and a low of 13,025, an 8% reduction in membership at

the end of the period. At the same time there was a slight increase in the number of branches.

"Looking at the period from 2013 to 2018, membership has dropped from 13,015 to 9,424, of which more than half are in the Thames regions, Oxford and East Anglia. That's a fall of 28%.

"In the same period branches went from 169 to 149, a reduction of 12%. It is even more worrying that the provisional number of branches in 2019, estimated at 137, is a further reduction of 8%.

"There are factors which

have influenced membership numbers, such as the increase in capitation fees and an ageing membership, but I am concerned that if the trend continues, we will lose our fellowship altogether - which is something I am certain we do not want to see.

"Our development officers and regional representatives can help to open new branches, and our trustees and national council can lead national initiatives, but I would like to think that we, the current membership, can help to increase membership by bringing in new members such as retired colleagues, partners and spouses,

hospital volunteers and retirees from social services. As has been said, if each members introduces one new member we will double our membership.

"I also believe that despite having long serving, loyal and dedicated officers in many branches, they cannot go on indefinitely: we must ensure the future of our branches by volunteering for committee roles.

"Thank you for reading my article!"

*Vic Griffiths, vice president and chairman for 16 years of Basildon and Thurrock branch.*

# Brighton and Hove welcome Oxford...



Brighton and Hove branch were pleased to welcome Oxford members when they stepped off their coach on a day trip to the coast in June.

After a rendezvous in the palace gardens members of both branches adjourned to a nearby hotel for coffee and conversation before the Oxford members spent an enjoyable day visiting the town before calling in at the Devil's Dyke pub on top of the South Downs for a meal on the way home.

Left:  
Oxford member Hannah O'Leary studies the map of Brighton surrounded by members from both branches.

# ... and Oxford welcome Wolverhampton

A promise made on a Fred Olsen cruise last year was redeemed in August when Oxford branch hosted 19 members of Wolverhampton branch to a day out in the city of dreaming spires.

"It was one of those invitations that we cheerfully make after a glass or two of red wine" said Andrew Moss, outings organiser for the Oxford branch and one of an Oxford group on the cruise. "We were delighted when Dorothy Macdonald from Wolverhampton took us up on the offer and we had a busy but thoroughly enjoyable day showing them some of the Oxford highlights.

*"We were able to arrange the visit to coincide with the branch summer lunch when there was a chance to get to know each other better over a meal prepared by Oxford members."*

Wolverhampton members chose activities to suit themselves, touring the city on the open top bus, visiting museums and historic sites or sharing in a short cruise up the river Thames.

"It was a real pleasure for us to spend a whole day with members from another branch" said Andrew. "It gives a boost to us both."

Cruising on the river Thames



Lunch at Oxford:  
(left to right)  
Caroline Jess and Kate Ovenden, who masterminded lunch preparations, George Wakefield, Oxford chairman, Doreen Quammie, Wolverhampton chairperson, and Dorothy Macdonald.





### KEITH SMITH



Keith Smith, a life member of Peterborough branch who made a major contribution to the Fellowship at both branch and national level, has died.

He edited the branch newsletter which won the Fellowship's award for the best newsletter for the first two years of the trophy, he was East Anglia regional representative, he set up the first national website for the Fellowship, he acted as photographer at the national conference, and took on many of the jobs needed to run a successful branch. He retired as branch president in 2015 and was made a life member in 2016.

Keith was born in Nottingham in 1933, the youngest of eight children, some of whom were already married when Keith was born. He attended Mansfield Grammar School and then had an interim job until he was 18 at Harlow Wood Orthopaedic Hospital as an orderly, before he went into nurse training.

After qualifying he did national service in the RAF and ended up signing on as a 'regular' – better pay and he was getting married. After about 16 years he returned to civilian life and to nursing as a night charge nurse at Boston Hospitals, then to Lincoln coming to Peterborough in 1976. After many reorganisations his job was made redundant so he retired and joined the NHS Retirement Fellowship as one of its founder members 30 years ago.

### MAUDE LAIRD

Wolverhampton members announce with profound sadness the death of Maudeline Laird, 84 who co-founded their branch in 1998 and remained active in its growth throughout her life.

Maude, as she was known, began nurse training in 1958



at Wolverhampton New Cross Hospital, but most of her career was as a community midwife.

She was a devoted and active worker in her church and in the Wolverhampton community, including (with her beloved husband Easton) forming and establishing a day centre for older members of the church and the wider community, which she continued to manage until shortly before she died. Maude worked tirelessly for the group raising funds to provide weekly meals, exercise classes, educational stimulation, social activities and skills development.

She learned the skill of designing and making exotic hats, which she passed on to members of the day centre. She also practiced as an aromatherapist and Indian head masseuse.

Branch chairperson Doreen Quammie said: "Maude was a positive, dynamic lady who displayed such tenacity over the last seven years during which she bravely battled with cancer. She showed overwhelming courage and carried on doing (with a smile) what she had to do for others. She was a very good listener, a truly talented, caring Christian lady with a charming infectious smile."

### LESLEY TAYLOR

Members of Cosham (Ports-



mouth) branch were saddened and shocked to hear of the death of Doreen Lesley

Taylor, (Lesley) following a tragic accident which led to serious complications, and finally her death aged 72.

Lesley will be remembered as a quiet gentle lady, devoted to her family, a dedicated nurse whose career ranged across various disciplines such as orthopaedics, family planning, and community practice nursing.

Lesley was greatly valued and jointly organised monthly raffles for charity. Members attended a service at St Jude's Church to celebrate her life.

### JANET HARDINGHAM



Janet (Kitty) Hardingham, a long time member and past president of Norwich & District branch, has passed away aged 98 years.

She trained as a nurse at the Norfolk and Norwich hospital from 1938-41. She excelled during her training and received the Alice Long medal for General Proficiency. After training as a midwife at Queen Charlotte's, Janet returned to Norwich and became a sister in casualty where she remained for twenty years then working as a practice nurse until her retirement. Members who have had the pleasure of knowing Janet will remember her with affection as a very special lady.

### LESLEY GOODWIN AND JOAN SMYLLIE

It is with sadness that South Manchester branch reports the death of two much-missed members.



**JOANNE LESLEY GOODWIN**, known to all as Lesley, died in June after weeks of ill-health and several operations. Her grit and determination were an inspiration and she kept going despite her limited mobility. Lesley trained at Wythenshawe hospital as a nurse and midwife, and then worked for many years on SCBU/NNU until her retirement.

She was on the branch committee and led the organisation of luncheon clubs, the Christmas meal and remembering special birthdays. She will be much missed.

### JOAN SMYLLIE



Joan was a long-standing member and only stopped attending meetings about two months before her death. She served on committee, as rota organiser for the bookstall, and for refreshments.

Joan was educated at Accrington High School and completed a BSc in General Science at Manchester University. She worked as a technician in the Path Lab, initially at Withington Hospital, then at Wythenshawe Hospital, until her retirement in 1986. Joan was a long-standing member of the Guiding Association and the longest and oldest attending member of Christ Church, Moss Side, Manchester.

### JOAN BYE



Gordano branch said a sad farewell to Joan Bye, one of their founder members, who died in March aged 96.

Joan led a full life, having

been brought up in a children's home until 17 when she started training in infectious diseases. She joined the army, nursing in an anti aircraft camp where she was the only female.

She returned to general nursing at Ham Green Hospital, where she met her husband Arthur, and worked until her retirement. She often regaled members with interesting and amusing memories, never losing her zest for life.

She was a founder member of the branch and for the first few years meetings – including Christmas dinner – took place in her house.

### JEAN SCHARM

Jean Scharm a member of Royal Berkshire branch for many years, died in April after a period of illness, aged 84.

She trained at St Mary Abbots, Kensington and worked as a sister in Heatherwood Hospital, Ascot, in Canada and for many years as a sister at Wokingham Hospital.

Jean's daughter Lisa writes: "Her colleagues remember her fondly recalling her relaxed, friendly and caring attitude and great sense of humour, helping patients and staff to enjoy social activities such as dressing up for Ladies' Day in Ascot week or strawberries and cream for Wimbledon."

Members of the branch fully support this sentiment and those who worked with her have nothing but praise for her relationship with patients and staff, her caring attitude and friendly personality. Jean was a regular attender at meetings and was always ready to lend a hand.

### ERIC DUFFIN



It is with great sadness that the Moorlands branch has to announce the death of founder member and past chairman for 25 years Eric Duffin. Eric began his career at Saint Edwards Hospital, Leek in 1956 where he worked as an engineer for 33 years until he retired in 1989. He set up the Moorlands group in 1991 only to relinquish his post in 2016 due to ill health.

### MARIA SOLEDAD HAZEL

With deep sadness the Haringey branch report the death of Maria Soledad Hazel, known as Marisol who died in March following a long battle with cancer. Against her parents' wishes she came to England from Spain in the 1950s to improve her English. After a few years she met and married her husband Dave, the start of a marriage that lasted 50 years. Marisol trained as a nurse and midwife and practised midwifery until retirement.

Marisol and her husband both had a passion for bird watching and would walk miles with binoculars observing and trying to identify the various species. She also enjoyed working on tapestries and has left an impressive collection behind.

A staunch member of the branch she was treasurer from 2014 until a few months before her passing. She was always well dressed, extremely polite and respectful of her fellow members.

### HAZEL LIVINGSTONE



It is with great sadness that NW Surrey Branch report the death of Hazel Livingstone, in February. Hazel was a long standing member who served on the committee for several years as social secretary. Last year, Hazel was presented with flowers at the Ashford

and St Peter's Trust celebrations for the 70th Anniversary of the NHS to recognise her as a member of staff who worked in the health service in July 1948. Hazel was always kind, bright and enthusiastic about life and will be sorely missed.

### MARGARET HUTCHINGS



Margaret Hutchings, a long standing and active member, of Cosham branch died peacefully in May. One of her regrets was that she had never learnt to ride so for her funeral in June her daughter requested a horse drawn hearse which was pulled by beautiful white horses.

Margaret trained as a psychiatric nurse and worked in the area for 25 years. She was one of the first nurses to work in the community, alongside a consultant, to help break down the stigma of mental health. After she retired Margaret developed an interest in holistic therapies and worked in this field until she was 80.

### HELEN THACKER



Popular Cambridge branch member Helen Thacker died peacefully at home in March aged 100, surrounded by her family.

Helen was honoured by the Queen on her 100th birthday in May last year. She worked for the NHS all her working life, spending many years in community health visiting in the Cambridge and Buckinghamshire areas.

After her retirement in 1978



she became a ward volunteer at Addenbrooke's Hospital where she could be seen patrolling the wards until only a few years ago. Last summer she featured in a TV clip by Anglia News, who interviewed her as part of the celebrations held to mark the formation of the NHS 70 years ago.

She had a natural aptitude for work with her hands and pursued a hobby in metal working and woodwork and later took up pottery making many things which were both useful and practical. She was a member of the Fellowship for many years, well known for her constant good humour and warm welcome to visitors.

### JOHN DYKES

One of the newer members of Royal Berkshire branch, Philip John Dykes, known as John, died in June aged 87.

He was a larger than life character, always ready to entertain with quips, quotes and an endless fund of amusing stories. He was a keen sportsman, playing football, tennis, table tennis, squash and golf. In later years he became a cricket umpire, instructor and scorer.

He began his career in the pathology department of the Royal Hampshire Hospital, Winchester in 1948 and in 1960 took up a senior position in pathology at the Royal Berkshire Hospital, Reading where he was largely responsible for the development of an active social club. He became a sought after quizmaster and speaker and published a book of poems. He will be remembered by his many friends for his humanity, enthusiasm and ready wit.



# New Fellowship holidays for 2020

## Fellowship links with IOW Tours to offer special breaks

Isle of Wight Tours, the company which has successfully managed the annual conference in recent years, has teamed up with the Fellowship to offer escorted coach holidays for members next year.

IOW Tours is a holiday company with over 30 years experience providing group holidays, weekend trips, tours for activities like bowls or dancing and many more.

Holidays for the Fellowship in 2020 are:

### SPRING HOLIDAY WARNER'S BODELWYANN CASTLE

**6TH – 10TH APRIL 2020**  
4 NIGHTS, 5 DAYS  
**£365 PER PERSON**

Discounted Premier Upgrades available at £10 per room per night.

16 Single Rooms available with no supplement.

Warner hospitality with entertainment, team shows and visiting cabaret.

Four star hotel. Coach travel and day trips.

The holiday Includes:

#### Two great days out by coach

- Entrance included to Bodnant Gardens and a journey on the Ffestiniog Railway – one of Wales' little trains.
- Scenic Snowdonia National Park Tour
- National Slate Museum of Wales
- Betws-y-Coed & Trefriw Woollen Mill

**To book either tour call  
Sophie at IOW tours on  
01983 405116**



*“We like to offer a personal approach, responsive to our customers’ needs” said Geoff Holt, Sales Manager, “this year we won Best Travel Operator for Groups at the Group Travel Awards, voted for by group organisers.”*

### SUMMER HOLIDAY DERWENT HOTEL, TORQUAY

**1ST – 5TH JUNE 2020**  
4 NIGHTS, 5 DAYS  
**£299 PER PERSON**

Includes exclusive NHSRF drinks reception on the patio  
20 Single Rooms available with no supplement.

Lively & informal, the Derwent Hotel is the largest of the TLH hotels and the hub for much of the leisure activities and entertainment.

The Aztec Leisure Zone combines a host of experiences offering fun, relaxation, pampering or serious exercise. Or relax in the Aztec Bistro with coffee and cake.

At night the resort comes alive as TLH Leisure Resort is the home of entertainment, with music and dancing, visiting cabarets, bingo and variety and the resident team.

The holiday includes:

#### Two days out by coach

- Dartmouth Steam Railway Round Robin and Cruise to Totnes
- River Exe Cruise with Devon Cream Tea
- Time in Dartmouth and Exmouth
- Optional half morning trip to Brixham Harbour - £10 per person

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