

JR/ss

10 January 2020

Dear Member

Happy New Year

I hope you had a very pleasant Christmas and that you are looking forward to a prosperous and healthy 2020.

### **Our plans**

There is no doubt that the key aspect this year is for us to increase our membership figures. We are hoping to do this in 3 ways; firstly encourage all our members to each recruit at least one more member. If everybody did this we would obviously double our membership.

The vast majority of our members are female and were nurses and midwives but to reflect the NHS we need to attract more people from other disciplines and more men.

Secondly, you will be aware that in April each year, you receive a P60 from the NHS Business Services Authority; you along with 900,000 others will receive this and this year the envelope will include a leaflet publicising the NHS Retirement Fellowship and how people can join. It would be disappointing if we didn't get at least a 1% positive response which would again, double our membership.

Thirdly, we are in the process of creating a DVD to promote the Fellowship with comments from our members (taken from the conference in November) which we hope will encourage current NHS staff about to retire to sign up.

### **Annual Conference**

The feedback from the 2019 conference held in Coventry was generally very good. We will be taking into account comments received to ensure that this year's AGM and conference will be even better - which will be held on Friday, 23 October at Manchester Piccadilly Hotel. Details of that event will be circulated in due course and hope you will be able to attend.

## **Members' Days**

The Annual Conference brings together members from all parts of the country and has proven to be very sociable occasions. We have also found that the members' meetings we held on a geographical basis have brought a lot of interest and received good feedback. The intention is to cover the whole of the country over a 2 year period and plans for this year's meeting are under way and likely to be in North East, East Anglia and the Midlands. Details will be circulated soon.

## **Year of the Nurse and Midwife**

The World Health Organisation (WHO) has designated 2020 as the Year of the Nurse and Midwife in honour of the 200th birth anniversary of Florence Nightingale (12 May 1820). The WHO and other partners are undertaking a yearlong effort to celebrate the work of nurses and midwives, highlight the challenging conditions they often face and advocate for increased investments in the nursing and midwifery workforce.

There will be opportunities during the year for the Fellowship to be involved in the celebrations and you and your branch may like to think about how you might become involved in the celebrations. The Fellowship will have a stand at the Chief Nursing Officers Summit on 11/12 March and the Chief Medical Officers Summit on 4 March, but there will be lots of other occasions to get involved and will be looking for some of our members to participate in broadcast interviews and other press interviews. Our members were very successful in helping to make the NHS 70th celebrations come to life and we are hoping to have a similar impact on the Year of the Nurse and Midwife.

## **Overseas Holiday**

You will see from the newsletter that the Fellowship's annual overseas holiday is being arranged by Newmarket Holidays and involves an 8-day trip to Portugal, starting on 27 September with the opportunity to fly from Birmingham, London or Manchester. Newmarket have been able to secure an additional 10 rooms at the Axis Vermar, but this means that there are less than 15 rooms available, so if you want to participate please act quickly.

## **Coach Holidays 2020**

The Isle of Wight Tours has now organised several coach holidays for this year which includes North Wales in April, Torquay in June and Lowestoft at the end of November

If you are interested ring Sophie on 01903 405116.

## **Facebook**

We now have over 800 followers on Facebook and if you do follow us, it would be helpful if you encouraged other members (and any others you think might be interested) to do the same and if you don't follow us yet, you could head over and take a look at the Facebook page which highlights all the interesting activities our branches participate in.

## **Change of address**

You may be aware that the Central Office has been based at Forston Clinic in Dorchester for 2 decades. The accommodation is provided for us by the Dorset Healthcare University NHS Foundation Trust at no cost therefore, when they made a very reasonable request for us to move to other premises, so they could accommodate clinical staff in our office, we readily agreed. The new address is:-

NHS Retirement Fellowship  
Weymouth Community Hospital  
Melcombe Avenue  
Weymouth  
Dorset  
DT4 7TB

The telephone number stays the same as does the email address. We are very happy with the new facility!

## **Ethel Armstrong MBE**

You may not know that our 89 year old Patron Ethel Armstrong MBE, suffered a stroke in early December and was hospitalised. I am delighted to be able to tell you that she made a remarkable recovery which she believes is due to her being prepared for the worst and she would like to share her tips with members.

“Leave everything in a small overnight bag, an Emergency number and get to 999 as quickly as possible so that the paramedics just have to pick up you, your overnight bag, the envelope containing details of Emergency home numbers, medication and any previous paperwork from your G.P. surgery. The “GOLDEN HOUR” is the difference between you not surviving or having as best an outcome as possible.

We must remind ALL our members that WE have to be responsible for our own health, and do everything to help the ones at the receiving end in hospitals to give you the best possible return to as good as it can get.”

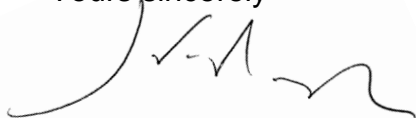
Ethel has asked me to thank all our members that have shown so much concern for her.

## **Membership cards**

FINALLY, PLEASE REMEMBER THAT THE NEXT NEWSLETTER WILL INCLUDE YOUR MEMBERSHIP CARD.

Kind regards.

Yours sincerely



John Rostill OBE  
Chief Executive