

# Are you looking for speakers, activities or visits for your branch?

We hear that some branches would like suggestions for activities, talks and visits. Here is a list of suggestions. Some organisations provide speakers, others lend themselves to visits.



Find more details on the internet about local contacts.

You may have arranged an activity that others could try. Why not share your experience? Just let Debbie or Sherry in Central Office have some details and they will add it to this page.

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The inclusion here of any organisation and its supporting information does not imply that the NHS Retirement Fellowship supports or recommends its use for any purpose.



Guide Dogs <a href="http://www.guidedogs.org.uk">www.guidedogs.org.uk</a>	Provides vital training in life skills to help children and parents. You may have a canine visitor.
The Joint Civil Aid Corps <a href="http://www.jcac.org.uk">www.jcac.org.uk</a>	Provide opportunities to learn and train in skills to support communities and professional services during emergencies. People will gain key life skills that will help throughout life, including education and work.
Rotary Radio <a href="http://www.rotaryradiouk.org">www.rotaryradiouk.org</a>	Online, internet based radio station broadcasting 24 hours a day, 7 days a week. Promote the charitable and community projects and events of Rotary locally, nationally and internationally with entertainment mix of music, interviews and good news about Rotary.
NSPCC <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>	Works to prevent abuse, help rebuild children's lives and support families.
RNLI <a href="http://www.rnli.org">www.rnli.org</a>	Charity that saves lives at sea. World-leading modern emergency service, separate from the coastguard and independent from government.

Marie Curie <a href="http://www.mariecurie.org.uk">www.mariecurie.org.uk</a>	Provides care and support to people living with a terminal illness, those close to them, and campaigns for better support for dying people.
AgeUK <a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>	The leading charity for people in later life. Provides information and advice online and through helplines and publications. Why not ask for a sample exercise class?
Health Practice Associates <a href="http://www.hpa-uk.org">www.hpa-uk.org</a>	Regulator for pre-hospital clinicians below the grade of paramedic. Seeks to regulate clinicians who meet standards for the skills and training in order to protect the public.
Cancer Research UK <a href="http://www.cruk.org.uk">www.cruk.org.uk</a>	Provides a wide range of information, support and research.
Red Cross UK <a href="http://www.redcross.org.uk">www.redcross.org.uk</a>	Committed to provide lifesaving aid to those in need.
Pact <a href="http://www.prisonadvice.org.uk">www.prisonadvice.org.uk</a>	Provides support to prisoners, people with convictions and their families.
Feed the Hungry <a href="http://www.fth.org.uk">www.fth.org.uk</a>	Works to take food to some of the poorest communities around the world.
NHS Blood and Transplant <a href="http://www.nhsbt.nhs.uk">www.nhsbt.nhs.uk</a>	Manages blood and platelet donation, and organ, stem cell and tissue donation and transplantation to save and improve lives.
Tools With a Mission (TWAM) <a href="http://www.twam.uk">www.twam.uk</a>	Receives donations of tools which are refurbished, packed into trade kits to teach skills at training centres in Africa.
Communities Prepared <a href="http://www.communitiesprepared.org.uk">www.communitiesprepared.org.uk</a>	Nationwide community resilience programme that equips communities with the knowledge and tools to prepare for and respond flooding and other severe weather emergencies.
Royal Voluntary Service <a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a>	Mobilises volunteers to help those in need. In partnership with NHS England set up NHS Volunteer Responders programme.
Mission Aviation Fellowship <a href="http://www.maf-uk.org">www.maf-uk.org</a>	Flies medical, relief and life-transforming help to vulnerable people in hard-to-reach places. May arrive without a plane.
GoCrisis <a href="http://www.gocrisis.com">www.gocrisis.com</a>	Supports clients in preparing for and responding to complex crises and emergencies.
Royal Courts of Justice <a href="http://www.theroyalcourtofjustice.com">www.theroyalcourtofjustice.com</a>	Conducted tours of the Royal Courts of Justice and introduction to the Old Bailer. Small fee to enter but may be difficult to escape.

Public Speakers <a href="http://www.publicspeakerscorner.co.uk">www.publicspeakerscorner.co.uk</a>	Website with details and contact information for a wide range of speakers, some charge, some are free.
Luncheon club	Formal or informal, just turn up at a local pub for lunchtime food and drink.
Not another Christmas Meal	Consider arranging tis event in January – for a change
Walking group	Enjoy the countryside and each-others company.
Gardening enthusiasts	Why not form a group of gardening enthusiasts and make the world blossom?
Afternoon tea	Try a Strawberry afternoon tea to rival Wimbledon.
The Queen & The Lieutenancy <a href="https://www.gov.uk/guidance/process-for-the-appointment-of-lord-lieutenants">https://www.gov.uk/guidance/process-for-the-appointment-of-lord-lieutenants</a>	Invite the Lord Lieutenant or a Deputy Lieutenant to talk about their role in representing HM The Queen. See the website for information about their appointment.
Air Ambulance	Invite your local air ambulance charity to talk about their work. They may have to leave their vehicle behind.
Fire Safety in the Home	The local fire brigade service can offer advice about safety in the home. They may even come complete with a fire engine.
HealthWatch	Healthwatch is the patients health and social care champion. An independent statutory body, it has the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care.
Military Intelligence Museum <a href="http://www.militaryintelligencemuseum.org">www.militaryintelligencemuseum.org</a>	Based in Bedfordshire, it exists to collect, conserve, record, interpret artefacts, documents and other material relating to the Intelligence Corps and wider military intelligence activity.
Canal and River Boat Trips <a href="http://www.canalrivertrust.org.uk">www.canalrivertrust.org.uk</a>	Information about how to make best use of rivers and canals. Why not arrange a boat hire with a bring-and-share lunch, afternoon tea or a fish and chip supper?
Letter Writing <a href="http://www.thehandwrittenletterappreciationsociety.org">www.thehandwrittenletterappreciationsociety.org</a>	Brings together people who love to write and receive handwritten letters, and to stop them from becoming a lost art.
Savill Gardens, Windsor <a href="http://www.windsorgreatpark.co.uk">www.windsorgreatpark.co.uk</a>	Natural haven of beautifully designed gardens and woodland. Spend a relaxing day out with family or friends in 35 acres of interconnected gardens. Food and drink on site.

<p>Mercy Ships  <a href="http://www.mercyships.org.uk">www.mercyships.org.uk</a></p>	<p>Faith-based international development organisation that deploys hospital ships to some of the poorest countries in the worlds. Delivers vital, free healthcare to people in desperate need. Professional volunteers from around the world donate their time and skills.</p>
<p>Rotary International  <a href="http://www.rotary.org">www.rotary.org</a></p>	<p>Humanitarian service organization bringing together business and professional leaders in order to provide community service, promote integrity, and advance goodwill, peace, and understanding in the world.</p> <p>ShelterBox : Disaster Recovery Trust : Aquabox : Eliminating Malaria in Tanzania : Acton against Slavery : ShoeBox scheme : SightBox Trust : Tool for Self Reliance : Water Survival Box : Wrap Up UK : Literacy in a Box.</p>
<p>NHS Retirement Fellowship  <a href="http://www.nhsrf.org.uk">www.nhsrf.org.uk</a></p>	<p>Why not invite the Chair or Vice Chair of the Board of Trustees to talk about the charity? Perhaps another of the Trustees could also respond.</p>

nhs rf website ideas for branches