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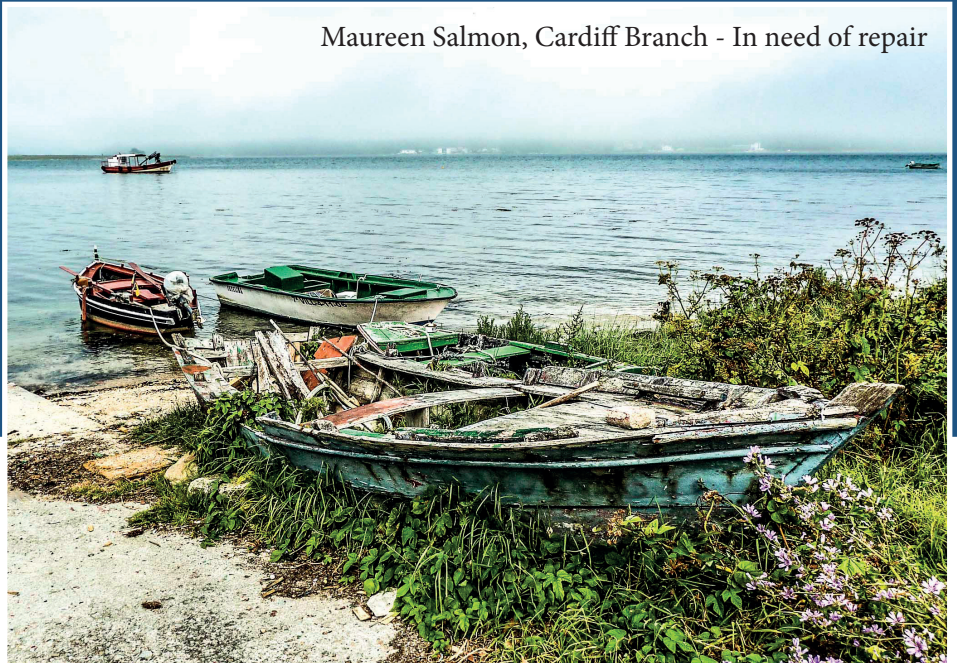
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Fellowship EXTRA

Did you know we do all this?

Being a member of the Fellowship is a rewarding experience in itself. Belonging to a branch is one of the pleasures of retirement. But there's more to the Fellowship than branches. We are part of a national organisation with more than 10,000 members who share the same values and enjoy similar pastimes.

There's lots going on. This supplement features holidays, golf and photography and lists the many other opportunities available to NHSRF members. Please keep it safe.



Maureen Salmon, Cardiff Branch - In need of repair



IN THE CITY

is the theme for the current photography competition. Buildings, people, history, traffic, markets, entertainment - so much to see and photograph. The closing date for the 'competition is Friday 29 March 2019; the winner's prize is £100 and there are two £50 runner-up prizes, thanks to the generous sponsorship of the Civil Service Insurance Society (www.csis.co.uk)

The NHS RF Photography Group is for any member who enjoys taking photographs.

You may be an experienced photographer or a novice, you may have expensive camera equipment or you may use your mobile phone. Everyone is welcome to join in with group activities.

The regular and popular features of each year are the two photography competitions and the group organise photography events during the year in different locations when members can enjoy meeting together, exchanging photography tips and having a good day.

More information about the group can be found on the website, www.nhsrf.org.uk or, contact the Group Coordinator, Anthea Zell, tel: 01520 722951 or email: photography@nhsrf.org.uk



Photography Group Sponsors

Cottages.com and **Hoseasons** give members a 10% discount on UK breaks. Secluded hideaways, coastal cottages and larger properties for family gatherings. To book visit www.chooseacottage.co.uk/NHR or call 0345 268 1595 and quote PART10



INSURANCE OFFERS FOR NHS RETIREMENT FELLOWSHIP MEMBERS

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If your policy is due within **30 days** call us on **01622 766960** and quote **'NHSRF'** to see if we can save you money on your insurance.

Alternatively visit our website for further information www.csis.co.uk/nhsrf

CSIS working in partnership with NHS RF

Authorised and regulated by the Financial Conduct Authority. Motor and Home Insurance is underwritten and finance provided by Zurich Insurance plc.

* Terms and conditions apply. Visit www.csis.co.uk for further details



Worldwide Annual Travel Insurance

Designed specifically for NHSRF Members...

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- Competitive Prices/Low Policy Excess

Full details are available at our dedicated website:

www.NHSRFTravelInsurance.org.uk

or Call the Travel Team on **01622 766 960**

***Eligibility:** You must be an NHSRF member and an age limit of 74 years applies at time of joining (though once joined no upper age limit will apply). Subject to terms and conditions.

Prices from **£235**

Key member benefit

Policies underwritten by Acasta European Insurance Company Limited.

NHSRFTravelInsurance is a trading name of Butcher Robinson & Staples International Limited (a registered Lloyd's of London insurance broker), authorised and regulated by the Financial Conduct Authority.

Your membership also brings you:

COMMUNICATION

Members receive the Fellowship newsletter by email or by post. Information about events and activities is available from the website: www.nhsrf.org.uk. Branch secretaries, postal and international members get regular updates from the director.

THE CIVIL SERVICE CLUB

Fellowship members can become a member of the Civil Service Club in Whitehall, London. The Club offers overnight accommodation, a bar with bar menus and more formal dining area.

Contact the Club on 020 7930 4881 or by email: membership@civilserviceclub.org.uk and quote 'NHS Retirement Fellowship'

BENEVOLENT FUND

The Fellowship has a benevolent fund which provides grants to members in need. Members are eligible to apply after a year of membership. Download an application form from the website or contact central office for information. All applications are treated in confidence.

INSURANCE

The Civil Service Insurance Society is a not-for-profit organisation providing home, motor and travel insurance to members and their partners. CSIS donates its profits to civil and public service charities and has supported various NHSRF initiatives. Visit www.csis.co.uk or call 0845 6077444.

LEGAL SERVICES

Thompsons solicitors is the most experienced personal injury firm in the UK and has been retained by the Fellowship to offer legal services to members. Legal services cover members for road accidents, slips and trips, diseases contracted from previous employment – in fact any accident caused by someone else's negligence, and where it is possible to prove that negligence. More information is available from the NHSRF website or by phone to 0800 3283331.

TAX VOLUNTEERS

Tax volunteers provides free, independent and expert help and advice for older people on lower incomes who cannot afford to pay for professional tax advice. With over 450 volunteers and a national call centre,

it doesn't matter where you live. Contact via the website www.taxvol.org.uk or by phone 01308 488066 or 0845 6013321.

THE GOURMET SOCIETY

Members can join a restaurant discount scheme at less than half the normal subscription. Follow the link on the NHSRF website or phone 0845 257 4477 quoting NHS FELLOWSHIP

SHOPPING DISCOUNTS

Health Services Discounts are available to NHSRF members as well as current NHS staff. Money saving shopping, printable vouchers and dedicated staff helpline services are on offer. www.healthservicediscounts.com (online service only).

Sherry Smith

Administrator

NHS Retirement Fellowship

T: 01305 361317 | E: sherry.smith2@nhs.net

NHSRF Golf Classic 2019

St Pierre Golf & Country Club
Tuesday 3 September

Open to all NHS retired men and women, their families and friends and those not yet retired, this Golf Classic is exclusive to the NHS Retirement Fellowship and represents an unique opportunity to play the iconic OLD

COURSE at the internationally renowned Marriott St Pierre Golf & Country Club, near Chepstow.

Special B&B accommodation rates has been secured at this 4 star Marriott resort and the package for the day includes:

The package covers

- 18 hole round of golf on the iconic championship OLD COURSE
- Bacon Roll, Tea/Coffee on arrival
- Golf Clinic
- Special reduced green fees secured for additional rounds of golf
- Dinner
- Prizes: Individual & Team competitions for NHS, Non NHS, Sponsors & Guests



Contact details for Golf Classic 2019

T: 01666 505266 | M: 07768 406233 | E: jptoman@icloud.com



Fred. Olsen Cruise Lines

Cruise with Fred. Olsen

The NHSRF have teamed up with award-winning Fred. Olsen Cruise Lines to give you a very tempting 10% membership discount* on your first sailing with them – and that's on top of any current offers. Existing Fred. Olsen customers can save 5%, in addition to their 5% Loyalty Club discount.



To book using your discount code **NHSRF10** call the NHSRF booking Hotline on **0800 0355 108** or visit www.fredolsencruises.com/affinity/nhsrf-members

Bringing the world closer

*All bookings are subject to Fred. Olsen's (FOCL) standard terms & conditions, available on our website & on request. All prices quoted under the NHSRF members discount offer are exclusive to qualifying members & their travelling companions only, members must quote their discount code at time of booking. Membership discounts cannot be applied retrospectively. Bookings must be made via the booking hotline number 0800 0355 108. Proof of membership will be required at the time of booking. Offers cannot be extended to any unrelated third party, are subject to availability & may be withdrawn or amended at any time without prior notice. From time to time FOCL may run special offers which cannot be combined with this discount, including selected group travel deals. All guests booked under this scheme are requested to refrain from disclosing the fare paid whilst on board. Offer is for first-time cruisers with Fred. Olsen only. Fred. Olsen Oceans members are entitled to a 5% NHSRF discount subject to the same terms & conditions, to be applied after the standard Oceans discount, where applicable. In this instance, Oceans Terms & Conditions apply. Flights are excluded from any discounts. Offer ends 31/12/2019. E&OE.



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