



SCOTLAND'S NHSRF NEWS

February 2015

Volume 9 Issue 1



Members enjoying the meal

DUMFRIES MEMBERS ENJOY LUNCH

FORTY-NINE members of the Dumfries branch enjoyed a Christmas Lunch at the Crichton Golf Club. A good time was had by all, and the highlight was a recitation by the Chairman, Peter Beck-Samuels, of "The Twelve Days of Christmas". Apparently it was not the usual version, but a very amusing variation!

THOSE RED SQUIRRELS AGAIN



SCOTTISH WILDLIFE TRUST

FOR THOSE of you who have fallen in love with the red squirrel since Ken Neil's talk at the Seminar, here is further proof of the campaign reaching high places.

The Scottish Wildlife Trust's present to Prince George was a toy squirrel, and what a big one it was!

Pictured: Prince Charles with the squirrel for his grandson



2015 AGM AND GATHERING TO BE IN EDINBURGH

ARRANGEMENTS have been made for our AGM and Scottish Gathering to be held in the Grosvenor Hilton on 6 May. We will have business in the morning, followed by a talk from Diane Lockhart, a member of the national group on NHS volunteering.

After a sit-down lunch we will hear from Eric Davidson, three times winner of Edinburgh “Wit of the year” followed by music from the Loudon Duo on accordion and fiddle.

The cost is £25 per person, so do try to come along!

Why not add to the day’s adventure by parking at Ingliston Park & Ride and then the(in)famous tram to Haymarket?

There is no parking at the Hotel.

WELCOME TO THE WORLD OF DELLA HOLIDAYS

We offer you the opportunity to meet other members for companionship, fun and enjoyment on a range of holidays organised exclusively for Fellowship Members with their family and friends

MALTA FROM GLASGOW Visit the fascinating island of Malta, 7 night all inclusive stay at an excellent hotel right next to the water in St Pauls Bay. Excursions to Valletta and a cruise of the Grand Harbour plus many historical buildings from the stone age to WW2. Guide escorted with welcome reception, quiz night, murder and mystery evening and farewell party plus live hotel entertainment and more. National NHSRF holiday **6th TO 13th OCTOBER**

SOUTHERN IRELAND FROM THE NORTH WEST A branch from the East Midlands is visiting Southern Ireland by coach in May. Due to popularity of this holiday a second trip may be arranged. Is anyone interested? **MAY**

SOUTH OF FRANCE FROM YORKS, MIDLANDS AND LONDON A branch from the North is visiting the South of France this summer via Paris and the spectacular Millau bridge in the sky, highest road bridge in the world. Pick ups en-route. Staying at Sete, vineyard visit at Beziers. Care to join them **MAY**

PARIS OR LISBON FROM EDINBURGH 3 and 4 nights

ALL HOLIDAYS INCLUDE HOLIDAY INSURANCE
DOES YOUR BRANCH HAVE AN IDEA FOR A HOLIDAY

DELLA HOLIDAYS TEL:01934 420318

email: enquiries@dellaholidays.co.uk



GOOD-BYE!

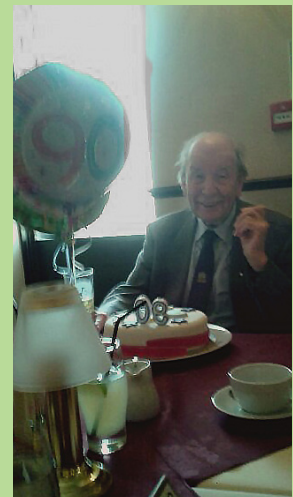
IT IS WITH huge regret that I shall be leaving my job as Development Officer at the end of April. My husband has been diagnosed with an inoperable cancer, and I want to spend as much time with him as I can.

I shall miss everyone very much, and would like to thank everyone for all the support and fun they have provided me with over the last eleven and a half years.

I know the Scottish Federation is in good hands with the current Committee, and wish them, the membership, and the Fellowship overall all the very best of success in the future.

CLYDE AND LOMOND CELEBRATE

A founder member of the Branch, Jim Semple, recently celebrated his ninetieth birthday. The local committee took Jim for lunch at the Piccolo Mondo restaurant in Renfrew, where he was given a lovely party.



SUZANNE WINS THE NHSRF COMPETITION PRIZE

THE WINNERS of the “Travel” competition were NHSRF member, Suzanne Veal and Lynne Wilkinson from the Civil Service Retirement Fellowship. Congratulations to Suzanne and Lynne who had strong competition from 240 entries, many of which you can see online at <http://tinyurl.com/CSRF-NHSRFtravelcompetition>. The judges were Sue Jarvis, Vice Chair of the CSRF and Margaret Moffat, Trustee of the NHSRF and Regional Representative from East Anglia.

Suzanne’s print entitled “Gone for a quick cup of coffee while the tide is out” was beautifully simple but demonstrated her good eye for colour and composition. Suzanne is a member of the active Suffolk West branch. Highly Commended awards were made to Ruth Tyrrell, Judy Spencer, Suzanne Taylor, Fred Archer, Jill Evans, Maureen Salmon, Cynthia Gough (2 entries), Terry Gough, John Dixon and Michael Turner. Honourable Mention awards were made to Stuart McGough, Cynthia Gough, Roger Harris, Kevin Williams, Patricia Preshaw, John Dixon (2 entries) and Malcolm Gibbon.

The Civil Service Insurance Society (www.csis.co.uk) generously sponsored the prizes, which is gratefully acknowledged.

Pictured right are the two winning entries.



LEEDS 2015



THE 2015 HOLIDAY AND CONFERENCE will be held at the Queens Hotel in Leeds from 3 to 6 July. The Queens is entered directly from the railway station, and Leeds is an easy journey from most of Scotland, so it is hoped that plenty of Scottish members will make the trip. The cost will be an inclusive package at a subsidised cost of £240 per person sharing a room and £290 per person for single occupancy. Included in this price is:

- Dinner, bed and breakfast from Friday evening to Monday breakfast
- Full delegate package on the day of the AGM which includes coffee, lunch and tea
- Drinks Reception and Welcome Dinner on Friday, 3 July
- Gala Dinner/Dance will follow the AGM on Saturday, 4 July
- Free wi-fi throughout the hotel.

Full details and booking forms have been sent out to Branch Secretaries. Friends and family are welcome too. Non-members may choose to go out for the day on the Saturday, or if they prefer to remain locally, they can partake of the inclusive catering arrangements and, if they wish, join members for the first part of the conference and occupy themselves during the short period of the AGM.



PHOTOGRAPHY COMPETITION

THE THEME for the first photography competition of 2015 is “Fitness & Fun” and members have until 31 May 2015 to decide how they wish to interpret this. You may have a walking group in your branch, perhaps you take your grandchildren out, go greyhound racing, participate in the Seniors Golf Tour or maybe you exercise your mind with a game of Sudoku. The competition judges are always imaginative when it comes to the interpretation of a theme!

WHO CAN ENTER?

Any member of the NHS Retirement Fellowship can enter the competition. It doesn't matter whether you are a “happy snapper” or an experienced amateur, whether you take pictures on your mobile phone or a serious SLR camera with more lenses than you can carry; our previous winners have admitted to a range of photographic experience.

PRIZES

There will be individual prizes of £100 of gift vouchers for the NHSRF and the CSRF winner and two runner-up prizes of £50 of vouchers, for each Retirement Fellowship, thanks to the generous sponsorship of the Civil Service Insurance Society (www.csis.co.uk)

CLOSING DATE

The closing date for the “Fitness & Fun” competition is 31 May 2015 and the prize winners and other awards (“Highly Commended” and “Honourable Mention”) will be announced during June.

VIEW THE ENTRIES

You will be able to see some of the entries from this and past competitions at various local meetings and conferences and at the NHSRF annual conference. Many of the previous competition entries are also available to view online: “Wildlife and Pets” at <http://tinyurl.com/wildlifeandpets>, “Seasonal Colours” at <http://tinyurl.com/Seasonalcolours> and “Travel” at <http://tinyurl.com/CSRF-NHSRFtravelcompetition>

HOW TO ENTER

You can submit up to four print entries. The full conditions of entry can be downloaded from the website (www.nhsrf.org.uk) or you can contact the Competition Co-ordinator, who will send you all the information you need.

Anthea Graham, Glais Bheinn, Lochcarron, Ross-shire, IV54 8YB
Email: photography@nhsrf.org.uk Tel: 01520 722951

DATES FOR YOUR DIARY

27 May 2015

Scottish Federation AGM and Gathering, Edinburgh

22 May 2015

National Council, London

3-5 July 2015

UK AGM and Conference, Leeds

14 October 2015

Annual Seminar, Perth

22 October 2015

National Council, London



The NHS Retirement Fellowship in Scotland

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Never heard of the NHS Retirement Fellowship?

Like to know more?

Contact Maggie (as above) to arrange an invitation from your nearest Branch.

Copies of Scotland's NHSRF News are posted individually to every member, using the list held by Central Office in Dorset. This means contact details must be up to date for everyone, so please ensure Central Office has an accurate list.