



# SCOTLAND'S NHSRF NEWS

November 2013  
Volume 7 Issue 3

## NEW DIRECTOR VISITS SCOTLAND

**JOHN ROSTILL**, the Fellowship's new Director, was given a warm welcome when he attended the October meeting of the Federation of Scottish Branches. John explained that he wants to raise the profile of the Fellowship, as he has been shocked by the number of people who say they have never heard of us.

Many people at the meeting agreed when he said that sometimes we do not help ourselves, projecting an image of tea-parties for the very elderly, but there were a few gasps as he suggested we should perhaps include mountaineering and scuba-diving in our leaflets!

The NHS Retirement Fellowship  
"Enjoying The Future"

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We demand improved care for the elderly ..... read our recommendations  
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New branches ..... is there one near you?  
Join us at the NHS Carol Service ..... see details  
John Rostill OBE has been appointed the new Director of the Fellowship with effect from 1st September 2013. John has wide experience in senior management in the NHS, in Birmingham as a Director of Human Resources, and as a Chief Executive to NHS Trusts in Walsall and Worcester in the West Midlands.

Join The Fellowship  
Freephone 0800 9151455

Photographic Competition 2013

CSRF + NHSRF SENIORS GOLF TOUR

THE CLUB & SOCIETY BOOK CLUB

Join the lottery and have the chance of winning £2,000

NHS Trusts and Boards can help their retired staff



Left to right:  
Archie Fleming, Helen Anderson, Renee Gibb, John Rostill

### DATES FOR YOUR DIARY

**5 February 2014**

Federation of Scottish Branches, Perth

**26 February 2014**

National Council, London

**7 May 2014**

FSB AGM & Annual Gathering, Stirling

**16 May 2014**

National Council Strategy Day, London

**4-7 July 2014**

UK NHS RF AGM and Holiday, Stratford-upon-Avon

## WELFARE FORUM

**AS A CONDITION** of our Scottish Government grant we are asked to increase our focus on welfare.

On 24 September we held a "Forum" to find out what branches currently do, and share good ideas including the "Phone a Friend" initiative. The day was led by Lynn Ireland, Development Officer for the north of England, and she gave us all a most interesting day. Unusually, she began by taking us on a guided tour of the NHS RF website, and which it turned out many of those attending had never visited. You can find it at [www.nhsrf.org.uk](http://www.nhsrf.org.uk) and it was quite a surprise to see how much is there, once you surf around the menu.

In spite of some technical glitches (the hotel's computer did not have Adobe so we could not see any pdf documents) the most interesting sessions were those when people sat in huddles and swapped ideas between branches. We know many people picked up several suggestions to take home. Lynn particularly told us about the "Phone a Friend" scheme where participating members are paired up with another in a different part of the country and agree to have a chat on a regular basis. It is a scheme that is gradually growing and is intended to relieve loneliness, exactly what is one of the stated Aims of the Fellowship.

# DO YOU KNOW ABOUT QNIS?

**QNIS TOLD THE NEWSLETTER...** For more than a century, the Queen's Nursing Institute Scotland (QNIS) has supported community nursing to deliver excellent care throughout Scotland. The role of the QNIS has changed significantly over the years. Pre-NHS, the QNIS offered training to Queen's Nurses, who provided midwifery, district nursing and health visiting services in the community, delivering care to individuals from the cradle to the grave.

QNIS is now an independent charitable organisation, with a continuing commitment to support all aspects of Community Nursing in Scotland. We have been supported since 1931 by Scotland's Gardens, who facilitated the opening of private gardens to the public, raising money to support the training and pension of the Queen's Nurses. To learn more about our unique relationship, or to visit a garden, go to [www.scotlandsgardens.co.uk](http://www.scotlandsgardens.co.uk)

The modern day QNIS helps nurses further their education and professional development by funding vocational courses. To promote innovation and excellence, we funded several projects in 2012 ranging from "Case Supervision in Community Midwifery" to "Mindfulness in Long Term Conditions". Last year, we brought 138 community nurses together at four conferences to help share advances in technology within healthcare. We also recognise and reward the dedication of our community nurses – last year we presented 79 Long Service Awards to individuals who had devoted over 21 years to nursing within the community.

Despite the fact that there have been no new Queen's Nurses since the 1970's, we continue to support over 500 retired Queen's Nurses across Scotland by providing them with welfare, companionship and fellowship.

If you are interested in getting involved, or learning more about our organisation please visit our website [www.qnis.org.uk](http://www.qnis.org.uk) or email [dawn.cruse@qnis.org.uk](mailto:dawn.cruse@qnis.org.uk).



## SEMINAR

**THE SEMINAR** was held on 16 October in the Queens Hotel, Perth. It followed our tried and tested format, of a welcome cup of tea or coffee, a speaker, lunch, and two further speakers in the afternoon.

Our morning speaker was Ann Murray who talked about falls and falls prevention, then in the afternoon Ann Thallon described the work of Hearing Link, followed by Norma Patrick on physiotherapy. All the speakers were excellent and all had a queue of people wanting to talk to them afterwards.



TOP: Ann Thallon talking to Fiona Boynton of the Perth & Kinross branch.

ABOVE: The audience enjoying a break.

# TRAVELSPHERE WRITES TO US...

**I'M DELIGHTED** that we have forged a new partnership with the National Health Service Retirement Fellowship and I and my colleagues, Glen Thomas and Carly Adkins, look forward to meeting many of you over the coming months. Leaders in the escorted holidays market for over 50 years, Travelsphere is now part of the All Leisure Holidays group with six recognised and trusted brands offering escorted worldwide holidays, ocean and river cruises.

We know you want more than just a holiday; you want an experience to remember. Our thorough planning before you reach your destination and the unique insight of our knowledgeable Tour Managers and local guides while you are away, will enable you to experience the culture, traditions and hidden away places less accessible to other travellers.

You can journey all over the world with us by rail, air or river cruise – in the UK or Europe or as far as Australasia - there are so many exciting destinations. You can shape your holiday even further with our wonderful optional excursions and extensions.

All Leisure Holiday Group are a family of brands offering a wide range of cruise holidays and escorted tours. Voyages of Discovery, Swan Hellenic, Hebridean Islands Cruises and Discover Egypt deliver a unique range of cruises to destinations all over the world and all with the emphasis on smaller ships, fewer passengers and itineraries that offer guests the chance to discover more.

And what's more, NHSRF members receive generous discounts across all of our brands, so why not give us a call soon to discuss your individual or group holiday requirements – we look forward to hearing from you!

REBECCA DANCE  
TRAVELSPHERE GROUPS



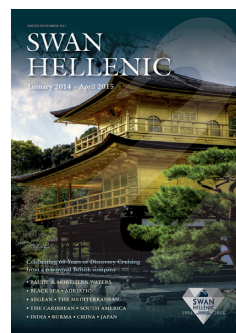
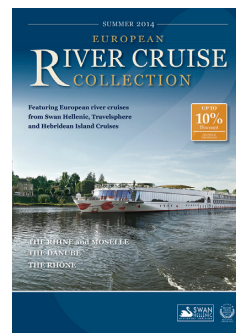
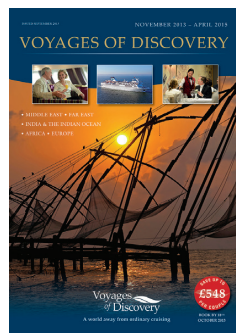
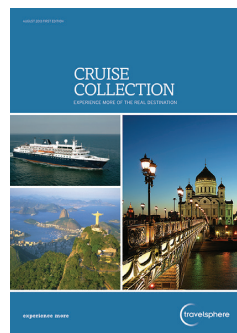
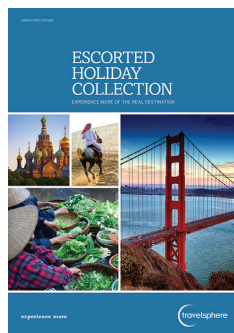
...in association with



As part of the All Leisure Holiday Group, we are delighted to be associated with the NHSRF and look forward to working with its many members. We have a small, dedicated team of specialists offering a professional and personal service for both your individual and group holiday bookings.

Why not give us a call to find out more about our great range of escorted tours, ocean and river cruises? What's more, all NHSRF members receive an exclusive 5% discount off our brochure prices!

NHSRF members receive  
**5% OFF**  
off our booking prices!



For more information call our dedicated team: 0800 987 5139 or email: [groupsales@travelsphere.co.uk](mailto:groupsales@travelsphere.co.uk)

## A WEEKEND IN MANCHESTER

THE Fellowship's Annual Conference and AGM was held this year in the Midland Hotel in the centre of Manchester.

*Pictured are some of the Scottish contingent enjoying the Manchester sunshine*



# RECRUITMENT

AS WE GO to print, there have been more than four hundred positive responses to the flyer that went out with everyone's letters from the Scottish Public Pensions Agency.

If you are one of our newest members, then you are most welcome! We hope you will enjoy many years with the Fellowship, and please, think about getting involved with your branch committee. They need all the good ideas they can get and you will find it a bit of time well spent.



VOTED PRESIDENT!! But I only went to the loo for 5 minutes!



## 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.