



Pembrokeshire NHS Retirement Fellowship members Jeff Edwards, Sian Edwards, Stephen Bartlett and acting secretary Shan Bartlett are on a recruitment drive.

Retirement doesn't have to be the end of your social life, in fact it can just what you have been waiting for.

The NHS Retirement Fellowship is an organisation designed for current and retired NHS staff who are not quite ready to put their feet up.

And the Pembrokeshire branch, which opened last August, is ready to recruit new members.

Secretary and acting chair of the county's branch Shan Bartlett said: "The fellowship is open to anyone who has an NHS connection, whether they are past or present employees, or are a spouse of an employee."

At the moment, the branch has nine members, who meet every second Tuesday at The Glen, in Haverfordwest.

Mrs Bartlett said: "It's not like going back to school, it's a social club for people to come and have a good laugh.

"People who work for the NHS are constantly learning and training. That's not the idea behind this fellowship, it is more of a social and friendship group.

Many ex-NHS staff often find that when they are working, they meet lots of people every day, and after retirement, they suddenly don't have anybody to talk to. The idea behind this, is that people have someone to talk to."

The club aims to organise trips and activities for its members, starting with a trip around Pembrokeshire's historic sites.

To join at £15 per year, call Mrs Bartlett on 01646 601641 or email shan101@live.co.uk. Alternatively, go along to a meeting next month (May 10th) at The Glen, in Haverfordwest, at 6pm. For more information visit www.nhsrf.org.uk.

Article courtesy of Western Telegraph.

2011 Welsh conference

The Welsh annual conference which returns to the Metropole Hotel, Llandrindod Wells on the 8 September, is an important membership benefit and is therefore free to all Welsh delegates. The theme for 2011 is 'Innovations' and we are indeed fortunate that, once again, Ken Jarrold CBE, the renowned management consultant and Fellowship Patron, has agreed to act as conference chairman.

The keynote address will be given by the Minister or Deputy Minister of Health (tbc) and other speakers will cover subjects which will include the Individual Health Record and the application of IT in clinical settings, advances in Orthopaedic Surgery and here there are a few surprises in the pipe line, a Free to Lead, Free to Care nursing policy from the Welsh Assembly and we even have a session on TIA CHI. The gentle grace of Tia Chi makes it an alluring physical activity immediately following lunch and as will be demonstrated, even beginners can enjoy the holistic benefits.

This is a meeting not to be missed and I look forward to welcoming you to what promises to be yet another great Welsh Fellowship event.

John Toman



Ken Jarrold CBE welcoming guests at the National Conference in Harrogate.

New photographic society

Active theme for new photo contest

"Active Ageing" is the theme of a national photographic competition which the Fellowship is launching this year in partnership with the Civil Service Retirement Fellowship.

The competition is the first step towards setting up a photographic society for members of both organisations and is being co-ordinated for the Fellowship by Mik Webb, who represents Wales on the National Council.

"2012 is the European Union Year of Active Ageing" said Mik, "we hope members will get out with their cameras and send in some exciting pictures."

Full details will be announced soon, but for further information or to register contact Mik on mik.webb@btinternet.com or 01492 535781, or check on the NHSRF websites: www.nhsrf.org.uk or www.csr.org.uk

CSRF + NHSRF SENIORS GOLF TOUR



The Retirement Fellowships of the Civil Service and The NHS have joined forces to bring to its members a golf Society which will facilitate golf days organised in 5 regional locations i.e., North and South England, Scotland, Northern Ireland and Wales culminating in a grand national final at which winners of the regional events will be invited to participate. The national final tournament will be held in conjunction with either the Civil Service or NHS Fellowships annual national conferences.

Tour Structure

Open to both gentlemen and ladies of all golfing abilities, competitions will be based on the Stableford format (full allowance) with a range of prizes for individuals and 3/4 ball teams. Prize giving at the final event will take place at conference.

Regional events will be staged during April, May and June each year with a final tournament in July or August acting as a curtain raiser event to the Fellowships national conference.

It is hoped that regional events will, in relative terms, reduce the travel burden and enable golf members, located in different parts of the UK to participate.

Confirmation of regional golf venues with associated arrangements will be published in September/October 2011

Once registered, a member will be eligible to play in one or all events.

For more information and/or to express an interest, please contact

John Toman. Tournament Director

E: johntoman@btconnect.com

T: 01291 620345

M: 07768 406233

www.nhsrf.org.uk



The NHS Retirement Fellowship in Wales

There are now 15 thriving branches in Wales and if you are interested in obtaining information on joining your local branch you should contact your nearest representative from the list.



John Toman

fellowship officer – wales

T: 01291 620345

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The Welsh Retirement Fellowship is actively supported by the Welsh Assembly Government, Health Board Chairs, Chief Executives and Directors of HR and OD and the Welsh NHS Confederation. Anyone interested in membership or assisting with running a branch should contact John Toman Fellowship Officer for Wales.

Aberconwy	Mrs. Pauline Williams	01690 710569
Bangor	Mrs Lynette Brockis	01248 712779
Bridgend & District	John Toman	01291 620345
Cardiff & District	Mr. Bob Holbrook	029 2074 4132
Carmarthenshire	Mrs. Eleanor Corcoran	01267 221724
Ceredigion	Mr. John Evans	01970 623638
Clwyd	Mrs. Brenda Sykes	01745 853463
Gwent	Mrs. Marilyn Beardmore	01633 661954
Merthyr & Cynon Valley	Mr. Keith Gould	01685 385647
North East Wales	Mrs. Margaret Arkinstall	01978 356234
North Wales Ambulance	Mrs. Sandra Stamper	01352 757484
Pembrokeshire	Mrs. Shan Bartlett	01646 601641
Pontypridd & Rhondda	Mrs. Pat Helyer	01443 202362
South East Ambulance	Mrs. Olga McKellar	01495 762951
West Glamorgan	Miss Joan Minchella	01792 201639

Update DIWEDDARIAD

Cymrodoriaeth Ymdeoliad Gig Cymru
Welsh NHS Retirement Fellowship Newsletter



New vice-chair Cynthia Matthews takes to the podium.

A date for your diary

SEPTEMBER Thursday 8
Welsh National Conference.
Metropole Hotel, Llandrindod Wells.

National Recruitment Campaign

Arrangements were made with NHS Pensions that every pensioner will receive, in their Pensions newsletter, an information and recruitment flyer from the NHS Retirement Fellowship inviting them to join and pay a full branch subscription which will be sent to the branch Treasurer quarterly. A recruitment company was commissioned to manage the responses through their call centre. To date in excess of 1750 have joined the Fellowship of which some 60 have joined Welsh branches.

Another first for Wales

Welcome to this the 14 edition of UPDATE and I begin with the news of yet another first for Wales, the election at National Conference in Harrogate of Cynthia Matthews as vice-chair of the UK Fellowship. It is expected that Cynthia will succeed to the Chair in 2013 and the Presidency in 2015. The full list of newly elected officers for 2011/12 are:

President Vic Griffiths
Chair Ethel Armstrong
Vice Chair Cynthia Matthews

A founder member and secretary of the highly popular and successful Gwent branch, Cynthia qualified in medicine in 1961 after training at King's College and St.

George's Hospital Medical School in London. She worked for one year in general practice in Blackheath and Greenwich before working in the USA in neurology. On her return to the UK, she worked in hospital medicine at St. Georges and



Mik Webb and John Toman congratulating new Vice-Chair Cynthia Matthews

subsequently in dermatology in Bristol. In 1978, she was appointed Consultant Dermatologist in Gwent and South Powys until her retirement in 2003. Cynthia enjoys her involvement in the Fellowship, foreign travel and studying languages such as Welsh, German and Spanish. She is married with three children and six grandchildren.

Fully committed to the ideals and principles of the Fellowship, Cynthia's contribution to the work of the All Wales Liaison Committee and the development and success of her branch (with membership numbers increasing year on year and winners of the Sefton cup in 2009) has been significant since its inception and she looks forward to the opportunity to serve the Fellowship at national level.

News from the branches

Bangor

Since our last submission a number of events have taken place, some sad and others of a more joyful nature.

On the sad side we have to report the loss of 3 of our officers within the last year. Firstly we lost our Chairman Mr Griff Roberts who had been suffering for some time, but his demise still came as a great shock to all of us. Shortly afterwards we were hit with another bereavement namely our Speaker Secretary Mr John Roberts who had been very busy obtaining individuals for the monthly tea and chat meetings. Finally recently we had another bereavement of our past Chairman/Welfare Officer Mrs J. Gross. The lady in question had accompanied myself to the first few meetings of the Welsh Group. Although we suffered these losses the remaining officers rallied around and produced a varied itinerary of dinners, outings and speakers. Since our Annual Meeting we have been able to recruit others to take their place, and hopefully the revised programme of events will generate new members.

On the more happier side of things we have been able to arrange 3 visits to Llandrillo College for their special meals, and members who have gone have been full of praise. Well where could you get a 3 course lunch for £9.75 and the choice of menu was almost one may say of a gourmet nature. We have once again enjoyed our annual dinner at Christmas at the local college where the students put on a marvellous Christmas meal and then there was the St Davids Dinner at a local hotel, with plenty of food for everyone. Only recently a coach trip was arranged to Chirk Castle and the nearby garden centre.

At our tea and chat meetings we have had talks on topics such as Diamonds and also on a project being carried out in Africa to provide clean drinkable water through filtration and a classroom. How often we take these things for granted in this country. Another of our speakers was a retired police officer who gave us an insight into his time on the force. It came as a surprise to me that my grandson who had accompanied me remembered so much of what he had said although he seemed to not be paying attention.

Membership still seems to be a problem area, namely how to recruit new ones. I applaud the recent move to obtain retired members and hopefully we will get new people on board. Only recently we gained 3 new members. Yet age and health reasons mean that we lose the odd ones. From the campaign we have been given a number of names and hopefully we can encourage some of them to join.

Bill Thomas. Treasurer

Cardiff

With meetings that are such lively affairs that the Chairman has to bring the room to order with the aid of a GWR whistle, the committee feel that the time is right to invest in additional equipment. The addition of a hand held "radio-microphone" would allow those at the back of the hall to hear details of our "forthcoming attractions" and would also complement our current equipment of screen, lap-top computer and projector, all of which are extensively used by our guest speakers as well as the Chairman.

Membership levels are steadily increasing with regular attendances at meetings of between 60 – 70 members. If the current recruitment drive delivers more members, a larger venue with increased seating and kitchen facilities will be essential.

The Branch continues to explore avenues for increasing awareness to potential members and to improve its' service to existing members. To this end the Branch has recently joined Facebook and creation of its' own web-site is making satisfactory progress.

All enquiries for further information on branch activities, please e-mail norman.bishop@sky.com or telephone 029 2075 2237.

Norman Bishop. Chair.

Carmarthen

Since our inaugural meeting in June 2010 our Branch has gone from strength to strength.

This year, 2011, began with a very interesting and informative talk given by Mr. John Skipper, Deputy Chief Officer, of the Hywel Dda Community Health Council. He updated us on the services they provide and the developments within the L.H.B.

Forthcoming activities include a visit to Aberglasney Gardens in June, for a guided tour and lunch, a visit to Cardiff and the Bay in September, and a Quiz night in February 2012.

We have recently welcomed, into the Carmarthenshire Branch, former members of the Carmarthen and District Branch, which has now ceased to be a separate entity. New members have also been attracted by announcements, of forthcoming events, in the Carmarthen Journal. As a result of this our membership has increased substantially and now stands at 29.

Eleanor Corcoran. Secretary.

Ceredigion

I suspect a minority of our members are regular viewers of S4C and may have missed a series of six one hour programmes in Welsh (with subtitles). The series was called 'Houses in Wales' and we were treated to a talk from the producer at our October meeting. He talked about Hall, Long, Border, Modern Houses and Bwthyrns, all illustrated with stills from the programme. Quite fascinating. However, I would bet that most of us saw Prince William struggle to put the band on Kate's ring finger. Made of 100% Welsh gold, of course, as are all the royal wedding rings these days. Jewellers in Aberystwyth specialise in Welsh gold, although there's none being mined these days. Cyril Baker talked in November about the history of Welsh gold and brought a lot of samples to show and sell. He was honest enough to say that they contained only a percentage of Welsh gold but the size of the percentage he was unable to say. Caveat emptor.



**Celia Evans. John Evans.
Jane Smyth. Donald Smyth**

What's an S.S.S.I. I hear you ask? Borth Bog is a site of special scientific interest and we heard about the wildlife and management at our December meeting. January is invariably our New Year's dinner at the well liked Park Lodge. February saw a popular local shepherd Erwyd Howells talk of a local hamlet which was flooded when the Nant-y-Moch hydro-electric dam was built. He knew the locals who were displaced, had pictures and stories about them and showed slides of the chapel and houses which now lie beneath the lake. It was our 'Clywedog' and some of us still remember the characters.

In March, David Anning of the RSPB talked and displayed bird photographs of the first class bird sanctuary at Ynyshir, just north of Aberystwyth. Latest news is that a pair of ospreys are back and nesting there, the first breeding pair in this part of Wales for 400 years. From the hide my wife and I used the high power binoculars and watched them on a large screen tv. They are guarded 24/7 and are spectacular birds. Those of you who are 'Springwatch' fans or just fond of Kate Humble

will have watched it live for 3 weeks from May 30th this year. Prospective visitors may like to know that Ynyshir Hall and Grounds next door does wonderful lunches, afternoon teas and dinners www.ynyshirhall.co.uk

The AGM took place in April and our long standing Secretary, Sue Langrick and Valmai Trevena (Treasurer) resigned. After some extra duties taken on by our Chair Jane Smyth, Minutes Secretary Brenda Davies and Events Secretary Margaret Evans and a welcome leg-up from Helen Hughes we are thankfully, at the moment, fully quorate. Now for some possibly sad news. Our D.G.H. Bronglais serves a vast chunk of rural Wales ranging from Bangor in the north, Glangwili in the south and Shrewsbury to the east and although £38m or so at the moment being spent on split level car parks, a new casualty department and a day surgery suite; the long promised upgrading of the theatres and new maternity suite is postponed. The feeling in the local newspaper and in public meetings is that we are being downgraded in favour of centralising services at Carmarthen. I only wish the planners would leave their ergonomic chairs for a day or so, sit in an ambulance and undertake the journey from Aberystwyth to Bangor or Carmarthen. More news in the next 'Update'.

John Evans. Secretary.

Clwyd

The branch has enjoyed great success in recruiting new members. Current membership number stand at 35 and at one time, we were as low as 17.

The new recruitment leaflet which was sent out with NHS pensions produced two responses for us. One new member has joined but one lady has decided that, because we do not provide transport to meetings, Rhyl being too far from Flint for her to travel.

On the 11 may, several of our members enjoyed a conducted tour of the Talacre Sand Dunes with Flintshire Countryside Services Warden, Alistair Davies giving us lots of information about the natterjack toads, moths etc which live there and the various grasses and other plants which abound. We were then privileged to be taken to the top of Talacre Lighthouse which is currently on TV in the Dulux paint advert.

Brenda Sykes. Secretary.

Gwent

The branch held its AGM in March, when the Chairperson, Delyn Hunt and the committee were re-elected. Our guest speaker was



Dr. Andrew Goodall, CEO of the Aneurin Bevan Health Board, who updated the group on the future plans for health care in the county. The group are very grateful to Dr Goodall and the board for their continued help and support. Our other guests were John Toman, Fellowship Officer for Wales and Ann Hyde from Human Resources at the Health Board whose help is invaluable to the group. The meeting was followed by afternoon tea.

In April members of the group visited Longleat House and Safari Park while in May we visited the Gloucester Quays and had tea and cake while enjoying a leisurely trip on the canal.

Our provisional program for the rest of the year is now available and will include a visit in June to Hestercombe Gardens near Taunton followed by afternoon tea aboard the West Somerset Steam Railway. In July we will attend the Welsh Proms at St. David's Hall in Cardiff and in September we will be at the Millennium Centre to see 'The Sound of Music'. Other events include a visit to Bath for the Jane Austen Costume Promenade in September and Dreamboats and Petticoats at the New Theatre, Cardiff in October. The group are also considering an overnight visit to London toward the end of the year. In July you will see several of our members at the National Conference supporting our Secretary, Cynthia Matthews, who has been nominated for the Vice Chair of the Fellowship, which will be a first for Wales. We all wish her 'Good luck'

ORBITUARY

The group is sad to report the death in May of one of our members – Julie Ward.

Her nursing career started at the North Middlesex Hospital in the late 1950's. She worked as a part-time Staff Nurse in the Accident and Emergency Unit at Royal Gwent

Hospital later becoming Sister in the department in the mid 1970's. During the 1980's she moved to the Outpatients department where she remained until her retirement. Those who knew her well describe her as a warm and generous individual. She will be sadly missed by all her ex-colleagues and friends at the Gwent Branch. Julie was married to the late Raymond and had two sons Christopher and Phillip. We send our condolences to Julie's family and friends.

Delyn Hunt. Chair.

Merthyr & Cynon Valley

Branch members at their AGM on the 16 March 2011. Appointed for another year are Ken Gould, front row centre, Keith Gould Secretary, front row second from left and Ann Jones Treasurer, centre back row.



North East

Membership numbers are down so far this year though we have had a few enquiries following the leaflet campaign from head office. But as yet none of the enquiries have resulted in new recruits. We went out for

lunch to the Sun Hotel in Trevor near Llangollen, a very pleasant few hours were spent by 13 members. We also have two skittle sessions organised for the 1st July and 30th September and Christmas lunch on 8th November at Abbey Cwm Hir.

Margaret Arkinstall. Secretary.

Pontypridd & Rhondda

Over the last six months our branch has been very busy. On the 3rd December despite the snow, a coach party of members set off for Lincoln for a four day 'Turkey & Tinsel' long weekend. From the moment we arrived at our hotel in Lincoln everyone thoroughly enjoyed the weekend especially the hospitality, food and entertainment put on by the staff. Following this highly successful weekend we had our Christmas Dinner on the 12th December. In March we tried a little experiment, instead of our formal four course St. David's day dinner, we had a buffet lunch followed by a talk on 'The Welsh Folk Museum' by Walter Jones. This was very enjoyable and went down well with the members.

On 27th May we had a coach trip to Worcester which was yet another successful event and members are looking forward to our long weekend in Winchester & Bath at the end of November. We have already filled a 56 seater coach and have a reserve list for this trip. We have had an excellent programme of speakers and are all looking forward to our June talk 'The Laconia Experience' to be delivered by Helen Charles. Helen was a five month old baby and was travelling home to Wales with her parents when the Laconia was

hit by torpedoes' from a German U-boat. Her talk will be based on how they survived this ordeal and how they finally arrived back in Ynysybwl near Pontypridd. At this meeting in June we are expecting to recruit six new members.

Rhodri Powell. Chair.

SE Wales Ambulance Branch

Members of the SE Ambulance branch celebrating Christmas and clearly, a great time was had by all.



effort at recruitment over the past year has proved fruitful. The valuable help from John Toman (Fellowship officer for Wales) has been very much appreciated. John's visit and talk brought us up to date with improvements and expansion of the fellowship in Wales.

We have always had a very active Welfare Section and an enjoyable and varied social programme. We look forward to many more successful years as a branch and we would like to take this opportunity to wish the new Welsh branches every future success.

Jean Minchella. Chair.

West Glamorgan

The West Glamorgan Branch of the fellowship has been established for thirty years this year, and we will be organising a special celebration in August. Most of the years we have had a vibrant and enthusiastic membership and there were times when membership fell. However, a concentrated

Pembrokeshire

Branch meeting 12 July 2001. Speakers subject for the evening was 'Running a local newspaper' Presented by Vivian Stoddart, (front row, last on right) local Councillor and former joint owner of own newspaper, the Milford Mercury. Shan Bartlett, branch secretary, sounded by branch members, is seated front row 3rd from left.

In an effort to get some recruitment activity up and running, Shan Bartlett, branch secretary, approached the editor of the Western Telegraph Newspaper with a view to obtaining some advertising space but did much better, she managed to persuade Elizaveta Young, a journalist with the paper, to write a short article promoting the work of the branch and calling on retired NHS staff to get in touch.

In acknowledging the generosity of the Western Telegraph Newspaper, Shan thought the article might serve as a useful template for other branches when recruiting.

