

Fellowship

The newsletter of the NHS Retirement Fellowship



LOTTERY FUNDED

Reg Charity No 287936

Lottery grant gives major boost to 70/40 celebrations

The Fellowship's celebrations of our 40th anniversary and the 70th anniversary of the NHS have been given a major boost with a grant of £10,000 from the Heritage Lottery Fund.

The money will be used to support initiatives all over England, Wales and Scotland that will demonstrate the commitment that our members made to the NHS right from the start.



Bob Middleton: secured £10,000 lottery grant

Some branches are already well advanced in plans for local events, including a spectacular public exhibition being mounted by the Brighton and Hove branch which will feature 1,000 years of health care.

Other exhibitions of artefacts and

photographs showing how the NHS has changed in 70 years and drawing on the memories of members are also being planned, and branches are being urged to stage their own commemorative events and engage with their local community to tell the story of the service they helped to build.

Chief Executive John Rostill said: "It's great that Bob Middleton has secured this grant for us and is project managing the programme. It is so important that we make sure that the contribution our members have made to the NHS is recognised and that we show how we as a Fellowship carry on the caring tradition that we demonstrated in our careers."

As well as local events the 70/40 project will deliver "health heritage" events in at least five centres and a national DVD which will record the events of the year

Time for action: how your branch can join the celebrations – see pages 2 and 3



The way we were...



Read more about national and branch initiatives for the 70/40 project on pages 2 and 3

New data law requires your consent

A new law which comes into effect on May 25 means every member must give explicit consent to information the Fellowship holds on them to be used for Fellowship purposes.

"The new General Data Protection Regulations (GDPR) bring fundamental changes on how organisations collect, share and use their data" said John Rostill, Chief Executive.

"We only use ours to contact members and link branches, just as branches use their own membership lists. Even so, the Act requires us to get everyone's consent."

Information about GDPR and a consent form is included with this newsletter. The completed form should be returned to Central Office in the enclosed pre-paid envelope.

Fellowship launches medicines service

A new service for Fellowship members that delivers medicines of all sorts – on prescription or 'over the counter' – to your home has been launched this month.

Meds2Door is a registered pharmacy, licensed by the NHS, but instead of having to go to a High Street pharmacy, you order by phone or online and it gets delivered for free.

Grant Whiskin, who worked with the Fellowship to set up the successful insurance deal which is now being used by 350 members



said: "Meds2Door is a free service. You can buy medicines at discount prices or you can contact us for prescriptions and it includes free pharmacy advice when you need it."

For full details see back page.



LOTTERY FUNDED

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The 70/40 project

Both the NHS and the Fellowship are what they are today because our members and their predecessors played their part in building them. Now we have the chance to tell our story.

Here's some ideas for how your branch can be part of it:

- Capture the memories of members: All of you had your 15 minutes of fame. Now's the chance to bring them together in a booklet, a DVD, an exhibition or on a website.
- Take your story to the community: visit schools, residential homes, local groups, councils and hospitals and tell them what it was like, or invite them to your events
- Team up with other branches, or stage your own "commemorative event"
- Think back along your own "timeline" of health care and record the events that shaped history in your area and your branch

What to do next:

- Decide what your branch would like to do to join the celebrations
- Link up with your local NHS Trusts and share your plans with them
- Share your plans with neighbouring NHSRF branches
- Report (briefly) to NHSRF central office on what you plan to do
- Raise the profile of your branch by talking to local media
- Most of all, have fun remembering the days you shared in the NHS

Top Chester hotel for AGM

The Fellowship's conference and AGM this year is in the 221 bedroom Queens Hotel in the centre of Chester. Built in the 1850s it was the first of the grand railway hotels and the wonder of its age for its height and Italianate style. Today it has wifi throughout and easy access to the city centre and railway station. Here are the full details:

NHS Retirement Fellowship AGM & Conference Thursday 1 to Saturday 3 November 2018

£199 per person for two night conference package

Held at the Hallmark Hotels in Chester

Upgraded rooms available with a special rate just for the NHS Retirement Fellowship:

Only £15 per night to a Queen Executive

Only £30 per night to a King Executive

Directly opposite Chester Station and just a short stroll to this historic city centre

Your AGM will be held on Friday 2 November at 10am

Your Gala Dinner is on Friday night to celebrate the 40th Birthday of the Fellowship so "Dress to Impress"!

Followed by an original 60s Band to entertain.

An optional coach trip to Port Sunlight Village with a guide is available on Saturday

IOW Tours will once again be assisting with processing all bookings for the AGM & conference. Tel 01983 405116

sophiebutchers@iowtours.com
www.iowtours.com

Scotland's busy year ahead

Celebration plans are progressing in Scotland where the NHS Retirement Fellowship is a key partner with the Scottish Government and NHS Scotland, writes Hilary Robb, Development Officer for Scotland.

"We have 12 Day One veterans in Scotland and their stories and reminiscences will be captured and they will feature in the media. We will also be capturing the memories of those who worked in the NHS in the 50s, 60s, 70s and 80s to highlight the following four topics:

- 70 years of Caring
- 70 years of Evolving
- 70 years of Innovation
- 70 years of People

"We are busily collecting memorabilia for an exhibition which will travel around Scotland, starting in Edinburgh. Fascinating stories are already emerging and members are bringing back childhood memories for some of our younger members. We are helping a local historian in Inverness who is gathering information on behalf of the local health board and we will be working with NHS archivists to add to the information they hold, particularly for hospitals that closed many years ago.

"Our branches are planning to hold parties to celebrate our 40th anniversary and poring over old photographs of previous celebrations, trying to put names to faces."

Wales plans major events

Plans are well advanced for celebrating the NHS anniversary in Wales with two major events, one in the north and one in the south both, open to all members.

The northern event, at St Asaph on 11 July will include a heritage exhibition and lunch.

In the south the Fellowship steps back into history by staging a lunch and exhibition on 25 July in Bedwelty House, where Aneurin Bevan spent many hours of his early political career.

Dr Andrew Goodall, Director General Health and Social Services/Chief Executive of NHS Wales will open the event and the lady who was the first baby born in the NHS will also be there.

Later in the year, on 27 September, the annual conference in Llandrindod Wells will have an anniversary theme. Fellowship patron Ken Jarrold will be reviewing 70 years of the NHS and local MP Nick Thomas-Symonds, who has written a biography of Aneurin Bevan, will be one of the speakers.

For more information please contact
John Toman, Fellowship Officer -
Wales T:01666 505266 M:07768 406233
email john_toman@btconnect.com

Brighton uncover exciting history

Fantastic facts, fascinating history and abundant memories have been uncovered in exciting research by members of Brighton and Hove City branch who will be staging a major exhibition at the Jubilee Library in July.

Masterminded by Peter and Sheila Sheppard, the exhibition celebrates 70 years of the NHS and 40 years of the Fellowship and features “a timeline in healthcare” going back to 1018.

The idea came to Peter and Sheila when they visited Buckfast Abbey and saw how the abbey had given respite to the sick and needy for 1,000 years and decided to look at 1,000 years of health care. “It’s been tremendous” said Sheila, former chairman of the 27 member branch which was founded in 2011. “Our treasurer Felicity Leenders trained at St Bart’s which goes back to the 12th century and she has uncovered some fantastic bits of history. Our chairman Frances du Toit trained at the Westminster and has done the same.

“There’s lots of exciting things we have discovered. In Brighton there was Dr Richard Russell who said people should come and bathe in the sea and drink sea water for their health. The Royal Sussex County Hospital was once the Sussex County and Sea Bathing Infirmary. The Royal Pavilion was used as a hospital for Indian soldiers in the first world war.”

The exhibition will include memories of one of their members, 91 year-old Maud Agnew who started her nurse training before the NHS and the more recent memories of a nurse member who worked in Bosnia.

Brighton memories

Among the memories recorded by Brighton and Hove branch for their 70th exhibition are:

Maud Agnew, former chair of the Royal College of Nursing, began her nursing career in Middlesex in 1947, arriving in a snowstorm to live in cold dormitories and work on Nightingale wards with 36 beds.

She qualified SRN aged 21 and looks back on her training when the NHS was established as “a passport for life.” Later she was a respected ward sister at Brighton General Hospital.



Maud Agnew



Branch treasurer Felicity Leenders was among the diners at St Barholomew’s Hospital nurses’ ball in 1956.

“It’s been a whole branch thing” said Sheila, surveying a table full of pictures and memories which Peter is preparing and laminating for the exhibition. “We are still working on it.”

The exhibition runs from 2 – 15 July.

Right: Nursing in 1955: Felicity is second from the right

Below: Cadet nurses at Canadian Red Cross Hospital, Taplow, Bucks on an outing to the Horlicks factory in nearby Slough



Maureen Davies had a varied career in nursing before doing something she always wanted to do aid work abroad. She started going on convoys to Bosnia during “the awful war” where she met another nurse and seeing the need, they both decided to leave their jobs and stay there. They went to a small rural town, constantly being shelled, living with local people and experiencing the same fears, problems and anxieties as they did. Maureen returned to the UK after three years but returned often to help, and still has many friends there.



Maureen Davies on board a tank in Bosnia: help from the British Army was vital to her nursing

FELLOWSHIP NEEDS MORE R

“If you are thinki

The Fellowship has vacancies for regional representatives in three regions, and there are often new opportunities to step forward every year.

Here we share the thoughts of seven of our current representatives on what makes the role so rewarding:

Barbara Smart, North West

Being a Regional Representative has provided me with many opportunities. I have been able to meet so many interesting people, to share ideas and support them with their projects. And I have had the opportunity to influence the future with the Fellowship and the branches.

Members have told me that the branches have become their lifeline. Knowing that you may have played a small part in helping that happen makes all the difference: it's the best medicine anyone could prescribe.



Ros Lobo, South West Thames

The most interesting aspect of being regional representative has been meeting members of 14 branches. They have amazing stories of their experiences in the NHS and the Fellowship.

I see my role very much as a conduit, communicating information about likes, dislikes, suggestions and significant events. There are many opportunities to influence change and be involved in interesting initiatives and I also find myself in the role of advocate, enabling the voice of branches to be heard.

Lorraine Taylor, North West Thames

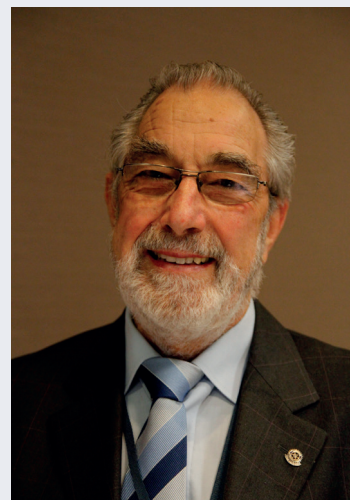
Why did I become a regional representative seven years ago? Because I thought communication was rather sparse and I wanted to find a way to tell members what was happening.

I have thoroughly enjoyed visiting all my branches, passing on information and listening to concerns and questions. I have always been welcomed in true Fellowship fashion of friendship. It's a worthwhile and rewarding role. Come and join us!

George Kempton, South West

I was really disappointed when I had to resign being a regional representative when I became vice chairman of the Fellowship. I had enjoyed five years in the role, getting to know branches and making a raft of new friends.

I was always warmly welcomed. Some members had difficult questions, but that was one of the most satisfying parts of the job, trying to defuse false rumours and explaining why decisions had to be made. I felt I was in a very privileged position to reflect members' wishes and influence changes. If you are thinking of it, go for it."



The regions without a r Yorkshire, North East

Fellowship memories – F Lunch with the

Anita Wood recalls a momentous day in the history of Harrogate District Hospital in 1998 when the Queen and the Duke of Edinburgh came to open a new wing – and Anita joined the royal table for lunch.

“I was due to retire on that day after 36 years in nursing and my name came out of a ballot to represent nursing. So at the end of a ward round I closed the book, put on a clean dress and went up to Trust headquarters for lunch. I found myself on a table for eight, sitting opposite the Queen.

“We were all very nervous, we had accepted a glass of water (keep off the alcohol, clear head needed). The Queen came in clutching a gin and dubonnet and the Duke had a pint of Theakston's: so then it was drinks all round.

“The Queen asked us to introduce ourselves. ‘I'm the Queen' she said, which really put us at our



ease. A delicious meal was served, but the Queen used her fish knife and fork to eat her melon, and then ate her salmon with her knife and fork. Was she as nervous as us?

REGIONAL REPRESENTATIVES “If you want your region to have a voice, this is your starting point”

Eleanor Walsh, Wessex

Regional representatives are a key link between branches, national council and trustees. It's enjoyable, worthwhile, and not that onerous. It's about keeping branches informed and making sure national council hears members' views. If you want your region to have a voice, this is your starting point.



Grace Clarke and Win Morrison, Scotland

We have been representatives for Scotland for the last three years and have thoroughly enjoyed the experience. It has allowed us to meet so many other representatives and Fellowship officers who have willingly shared their ideas and thoughts. Without this we had very limited knowledge of how the Fellowship operates.

To have had the opportunity to pass these valuable experiences on to our members has been of great importance and we have now become a ready resource of advice for branches and members.

We definitely recommend it.

Sue Williams, Midlands

I became regional representative for the Midlands in 2013 after being instrumental in opening the Walsall branch, where I am the secretary. Since then I have helped to set up a new branch in Warwick, organised the rota of members to man the NHSRF stand at the two day NHS Providers Conference and recruited members to take part in pre Care Quality Commission Assessments at a local hospital.

I am very supportive of the Fellowship and enjoy the variety offered by being regional representative, meeting members at branches and national events and spreading the work and benefits of our charity.

Regional representatives now are:
East and North Wales.

Harrogate Queen

“Earlier in the day they had been to Harrogate Theatre and admired our new Marks and Spencer opposite. We asked her if she goes shopping on these visits. Her answer was she could not go shopping, but ‘thank goodness for catalogues.’ I could feel my face reddening as we all suppressed laughter.

“She asked me what I was going to do in retirement. I replied I would be looking after my new grandson, aged three months. Her reply was ‘isn't it awful when they get you up in the night?’ Conversation went on throughout the meal as if you were talking to a friend. We felt we all knew her personally – very easy to talk to and laugh together.

“Finally she applied lipstick at the table for the TV cameras. When I told my mother, she was disbelieving. ‘Ladies don't do that!’ was her remark. What a way to spend your last day at work! I have now been retired for 20 years but it seems like yesterday.”

Anita's is one of a number of memories which Harrogate branch members are putting on a website.

PHOTOGRAPHY GROUP

Seen better days?

Perhaps old or a bit tatty, perhaps falling into disrepair? “Seen better days” is the theme for the photography competition over the summer, while the theme chosen by the steering group for the autumn and winter is “In the city.”

Closing dates for the competitions are:-
Friday 28 September 2018 for ‘Seen better

days’ and Friday 29 March 2019 for ‘In the city’. Further details and entry forms are on the website or contact the Photography Group coordinator,

Anthea Zell on 01520 722951

or by email photography@nhsrf.org.uk

Nigel scoops the prize again

Nigel Gardner's superb picture ‘The Old Man of Callender’ was judged best in the competition on the theme ‘Portrait’. For Nigel, from the Peterborough branch, this was his second competition win. Runners-up were Jill Evans from Cardiff for her picture ‘Guatemalan Lady’ and Nigel Gardner's picture ‘The Engine Driver.’

The winner of the competition ‘The NHSRF 1978 - 2018’ was Michael Turner and his photograph ‘Branch visit to Athenaeum Club, Liverpool’ A display of entries can be seen on the photography group facebook site.



Emotional Ethel receives her MBE

Ethel Armstrong, the Fellowship's patron and most enthusiastic promoter, received her MBE from the Prince of Wales at Buckingham Palace in March.

Ethel, 88, was a cadet nurse when the NHS started in 1948 and she proudly told a surprised Prince Charles that her seventy years service was "continuous" because she joined the Fellowship five days after retiring from her career in radiology.

Afterwards, in an interview that was "tweeted" by Buckingham Palace and attracted over 30,000 views within 24 hours, Ethel said she was "quite emotional" to receive a medal for doing something she had loved doing for 70 years.

Ethel joined Durham branch when she retired, became welfare officer and then chairman. She was elected national chairman in 2011, president in 2013 and more recently one of two patrons.



John Rostill, Fellowship Chief Executive said: "Ethel has set an example which will be difficult to replicate. I can't think of anyone more suitable to be honoured."

Southern Spain choice for holiday

Della Holidays has chosen Andalucia in southern Spain as the destination for the annual Fellowship holiday.



It's an area of striking coastline, long sandy beaches and pretty villages close to wonderful towns and cities such as Seville, Ronda, Cordoba, Granada and the Alhambra Palace.

This year, in response to requests from members, the seven night (eight day) holiday starting on Sunday 7 October is full board including wine with meals. Prices start from £698.60 per person sharing (£769 single) and vary according to which of six departure airports is chosen.

The hotel is the three star Hotel Elimar overlooking the beach in Rincon de Victoria. The holiday includes all the traditional Della Holiday activities plus talks, walks and excursions.

Full details from Della Holidays on 01934 420318 or enquiries@dellaholidays.co.uk

Lucia's relishing fresh start



Lucia Hiden, the Fellowship's new and energetic development officer for the north east brings a variety of experience including 16 years in the NHS to the job of helping branches to flourish.

Until recently she was Charitable Funds Manager at the Queen Elizabeth Hospital in Gateshead and before that she was Head of Communications there. And her early career was as a reporter on the Northern Echo.

Originally from Middlesbrough she now lives in Newcastle with computer scientist husband Hugo and two young children.

"I am taking a bit of a different direction in life and this opportunity really spoke to me" she said. "It's a good use of my skills and it's the sort of thing I enjoy doing, like starting from scratch and facing a challenge. It's something completely different and quite new for me. I have worked in quite a few organisations around the patch so I have some good connections to help out."

Family life takes centre stage when she's not working, but if she has time she enjoys socialising with friends and reading. She took up her new role in April and can be contacted at northeastengland@nhsrf.org.uk

More deals for members

The Fellowship has teamed up with Affinity Resolutions to set up more member services that bring savings and opportunities to users and raise money for the Fellowship.

Stan Hebborn, Director of Affinity Resolutions said: "Over the coming months, we will be rolling out services that most members are likely to need anyway, but by using them through us they will make savings.

"In early April, we shall see the introduction of "MyCarNeedsA.com/NHSRF". Instead of shopping around to get the best deal from a garage, all you need do is log in online, register, put in your car details and what work you require, and within hours you will receive quotes from garages near you. Each time you use this service to have work done, you get a hassle free and reasonably priced quote and NHSRF gets a small commission from the service provider. In addition, the first time you use it, you get £5 towards your first job."

BRANCH NEWS

East Herts thank retiring officers

Berkshire members' memories

The Berkshire branch meeting in January took on a slightly different format as some members recounted their working lives in the NHS, followed by a quiz before enjoying a decorated cake to celebrate the 40 years of the Fellowship which was cut by chairperson Joan Walker.



Four members of East Herts branch have stepped down after valuable service. Chairman Audrey Allaker, vice chairman Roland Blackmore, secretary Peggy Bradshaw and membership and region representative Christine Blackmore retired through ill health and longevity.



"We wish them all well and owe them a debt of gratitude for all the sterling work and support that they have given over many years" said branch treasurer Marion Cleveland."

OBITUARIES

Margaret McKie



Liverpool branch members are very sad to report the sudden death of their chairman Margaret McKie.

Margaret was involved in starting the branch and has worked tirelessly to make the group what it is today and recently enjoyed the celebrations for its fifth birthday.

She cared passionately about members and worked very hard to make sure that everyone was looked after. Margaret was reluctant to take on the role of chairman but proved herself to be very worthy of that position; she will be very sadly missed.

Margaret Roberts

Margaret, who was secretary of South Manchester branch, died in 2017 after a short illness. She did her general and midwifery training in Warrington then went to Zambia for four years encompassing all aspects of nursing and midwifery and even dentistry.

After her return to Manchester with Gwen, her lifelong partner (whom she met in Zambia) she worked at Styal women's prison for two weeks before moving to Wythenshawe hospital, firstly as a night sister then in special baby care where she

became nursing officer, remaining there until her early retirement.

Following her retirement she mentored staff, doing conversion from SEN to SRN and also counselling. Amongst her other activities she did voluntary work at Francis House. She was a school governor and on the board of governors of her church and on the parochial church council and a Sunday school teacher.

Margaret was enthusiastic about her role as secretary and organized theatre and cinema trips up to her untimely death. She will be much missed by her wife Gwen, extended family of cousins and friends and colleagues.

Amabel Winter

Poole Branch is sad to announce the death of Amabel Winter in March, aged 96.

Amabel worked at Poole Hospital for many years as secretary to Mr E.J. Whitney, who was Poole Hospital's secretary with whom she did a vast amount of work in connection with rebuilding the hospital. She was also involved in making arrangements for royal visits. Alongside this she helped to organise evening concerts and entertainment in the Postgraduate Centre

In the past Amabel enjoyed regular holidays and walking with a local rambling group. Having been a member of Poole branch for many years, but unable to attend our meetings she was made an honorary member, enabling her to remain in contact with what was happening. She was a lovely lady who will be sadly missed.

Marilyn Stump

Members of Barking, Havering and Brentwood branch were saddened and shocked to hear of Marilyn's death. Marilyn was for many years clinic clerk at Hornchurch Community Clinic and on her retirement together with her husband Ken joined the Fellowship almost 20 years ago and was immediately encouraged to join the committee.



Branch treasurer Michael Bennett writes: "Marilyn was editor of our branch newsletter and known by all as our bring and buy lady, collector of postage stamps for our local hospice and supporter of all our Fellowship activities, crazy golf, ten pin bowling and together with Ken enjoyed many happy holidays and day trips. Marilyn never lost her smile throughout her long journey with illness and this is what so many of us will remember."

Anne Williams

It is with heavy heart that Bangor branch report the loss in October last year of Anne Williams, one of their most faithful and longest serving members. Nancy as she was affectionately known was a member from the beginning of the branch, and held several posts including chairman, vice chairman, welfare officer, and during the last few years, branch president. Nancy also helped to arrange holidays and outings and in the early days, cake stalls and craft fairs to raise money to help fund the Fellowship.

NHSRF Signs New Pharmacy Partnership

FREE to access services...

As we continue to build our member offer we are pleased to announce A NEW MEMBER BENEFIT, available immediately, via our partnership with Meds2Door. This means we can provide members with FREE Pharmacy Advice and FREE NHS Prescriptions (discounted medicines are also available) sent directly to your home with no postage charges or fees.

The service is easily accessed by telephone, via online registration, or posted application; as members prefer. Registration by telephone is immediate and whichever route you choose it doesn't affect your right to use alternative means of medicine supply. What it does mean is you can control access to pharmacy advice at a time to suit your lifestyle, receiving medications directly to your door (usually next day). Also, in the case of repeat prescriptions, you can choose whether to receive those medications automatically or prefer a call in advance to discuss your ongoing needs. In fact the team undertakes to assist in treatment discussion to provide peace of mind as this is not a sales led proposition.



THE FELLOWSHIP GOLF CLASSIC

This year's Fellowship Golf Classic will be on Thursday 13 September at the Marriott St Pierre course at Chepstow.

Unique to the NHS and the Retirement Fellowship the tournament is now well established as 'the friendly games.' Last year's event under a cloudless sky saw 80 enthusiastic golfers from across the UK compete for the coveted CSIS trophy.

This year a reduced rate package has been secured again at the world-renowned Old Course at St Pierre. The £50 per person day includes 18 holes of golf, breakfast on arrival, sleeve of quality golf balls, golf clinic, dinner and prizes. Also available are practice rounds at reduced green fees and five star B&B accommodation at reduced rates.

Open to men and women who have retired from the NHS (and those not yet retired) including relatives and friends the event is carefully structured to suit golfers of all standards.



As your organisation and as you would expect of us, we have worked hard to ensure the quality of offer and believe members will truly benefit from this new partnership. The Meds2Door offer is highly supportive of groups such as ours with a real desire to deliver, in every sense, a service that leads in the provision of pharmacy advice.

Meds2Door Limited specialises in supporting affinity partners, acting as the marketing arm of RXLive Limited, an NHS Licensed and MHRA accredited pharmacy (License No. 9010611) based in Wallington, Surrey.

Within the arrangement we have a dedicated 'Freephone' telephone number: 0800 276 1135

Find out more by calling or via our dedicated online page: www.Meds2Door.co.uk/nhsrf

Oxford meet the shires

Oxford branch members met the handsome shire horses when they visited the historic Hook Norton brewery in March.

Founded in 1849 and still using the five storey tower brewery built at the end of the nineteenth century it's an archive of industrial history still proudly sticking to traditional methods of making beer.

Led by knowledgeable and entertaining guides, members climbed the narrow stairs to see the process from top to bottom before sampling some of the product.



Richard Keating, 2017 champion, receiving the trophy from tournament patron Dame Yvonne Moores.

For a 2018 brochure, entry form and further information please contact:

John Toman
Tournament Director

T: 01666 505266
M: 07768 406233
E: john_toman@btconnect.com
W: nhsrf-cynru.org.uk

Waitrose shoppers back the Fellowship

Suffolk West chairman Christine Harper was delighted when Waitrose customers used their green tokens to vote for the branch.

The result was a donation of £666 which will go to buy some fold up tables for when members do their fund raising and recruiting.

"I completed a community matters leaflet and they wrote back to say we had been nominated for the month of February" said Christine. "In March I went to Bury St Edmunds to be presented with the cheque. I'd like to say a big thank you to Waitrose Community Matters"