

Anniversary

2006
2016

“ At a meeting on Monday 30 January 2006, a new branch was initiated by retired members of staff of the Cardiff and Vale NHS Trust. Hosted by Mr Simon Jones, Chairman, the group met at the University Hospital of Wales Sports and Social Club and elected Norman Bishop, Bob Holbrook and Pat Bishop as Chairman, Secretary and Treasurer respectively. John Toman, Fellowship Officer for Wales said ‘Seeking the help and support of the Cardiff and Vale NHS Trust to form a new branch for Cardiff was like pushing on an open door, the response was magnificent particularly from the Chairman, Simon Jones and Hugh Ross, Chief Executive, both of whom gave their personal support and encouragement’. Peter Walsh, Director of Corporate Affairs, his team, and in particular Julia Harper, worked tirelessly from securing a venue and catering to writing to retired members of staff and press releases all of which ensured that the first meeting was a success. In a press statement, Simon Jones, Chair of the Cardiff and Vale NHS Trust said ‘We value everyone who works for us, including those who are now retired. We are pleased to be able to support the NHS Retirement Fellowship and hope past employees will join their local branch and benefit from its activities and networks’.”

Cardiff Branch NHSRF (Wales) at the Welsh Assembly - 5th June 2006



**Worcester
Christmas
Market**

IN THIS ISSUE

**Forthcoming
Events**

**WWT Llanelli
Bird Group Outing**

Forthcoming Events

Lacock Thursday 28th April 2016



If there is ever a 'must visit' place it has to be Lacock village & Abbey, a lively National Trust property in Wiltshire. The ancient buildings are quite breathtaking. Often used for filming the Abbey was featured in the first two Harry Potter films as Hogwarts. The village also featured the 1995 version of "Pride and Prejudice" and the 2008 "The Other Boleyn Girl", and T.V. dramas include "Larkrise to Candleford". The Fox Talbot museum is an interesting place to tour as it is also where the first film negative from a camera was made. A walk around the village is a world of old cottages going back hundreds of years. Take a good look around the grounds and be sure to see the botanic gardens. There are shops and places to eat around the picturesque village. There is a lot to see. Take your camera.

Forde Abbey Monday 23rd May

Forde Abbey in Dorset is a treasure in an area already known for its outstanding beauty. It is a family home as well as a living and breathing working estate, and welcomes visitors all year round. Explore trails around the gardens and house. There are gifts in the shop, and tasty refreshments in the tearoom.



Sudeley Castle Friday 24th June

Located in the heart of the Cotswolds, Sudeley Castle has played an important role in England's history for over 1,000 years. The castle is surrounded by a breathtaking 1,200 acre estate and ten award-winning gardens. The centrepiece is the Queens' Garden, so named because Anne Boleyn, Katherine Parr, Lady Jane Grey and Elizabeth I – once walked upon the original Tudor Parterre.

And the winner is...

Congratulations to Pete Elkington, winner of the Fellowship's National Photographic 'History & Heritage' Competition. His brilliant picture (right) is the second winner from Cardiff Branch and shows we have a great source of talent in our group. The next competition has a theme of "Christmas".

"The Old Ways"



Peter Elkington



Worcester Christmas Market

Friday 27th November 2015.

Another day of rain. The pick-ups were a bit delayed but the journey had a very brief splash of sunshine before we queued, along with other coaches, to enter a controlled drop-zone. We were told to disembark within a couple of minutes then marshaled off to a corner and pointed toward the centre of town.

After that 'cold' start, we merged into the crowds and found a warm welcome from stall-holders with Christmas Fayre and Street Art of live statues dressed in ghostly period costumes, a Town Cryer, live music, men on stilts and costume-clad stall-holders selling their wares. Worcester's historic streets, where

timber beamed house leaned toward each other, thronged with noisy shoppers and aromas of fast food and beer.

We reassembled for a 4.30 pick-up, which was nearly 5pm when we boarded, then settled down to chat, read or doze, as our entrusted driver took us back to Cardiff. It stayed dry for the rest of the day so we all enjoyed our 'different' day out.



Bird Group Outing, Llanelli

Thursday 14th January 2016



Lin Learner

We set out from Cardiff on a dreary, rainy morning, which did not augur well for our birdwatching day out. However, on arrival, the rain stopped and did not return, and the skies stayed brighter for the rest of the day.

Ten of us gathered in the coffee shop at about 10 o'clock (Don & Janet Ribeiro, Lin & Frank Learner, Sian Jones & Helen Wynne with their friend Pat, Andy & Marion Mardell, and Anne German). From there we watched the nearby feeders. By 10.30 we had already seen 17 species. Tits and finches were in the majority. The highlights were a pair of greenfinches, a song thrush, a jay, a spritely wren and a (briefly seen) sparrowhawk.

After coffee we made our way, to the Michael Powell and British Steel Hides to see what was present on the scrapes. Numerous lapwing were present here intermingled with some redshank and a kingfisher did two flypasts at high speed.

After an enjoyable lunch break we moved on to the Heron and Peter Scott Hides looking for more ducks and waders. A little Grebe was seen intermittently as it repeatedly dived under the water. We also saw a goodly number of shovelers, a goldcrest in the shrubs on the bank and four rather sleepy snipe.

On our way out we watched the nearby feeders and added another five species including nuthatch and a great spotted woodpecker to our tally.

Altogether we saw 42 different species not including the curlew which we heard but nobody saw.

A very successful day out.

Don Ribeiro

FEEDBACK Please

If you have comments or suggestions about our website, or perhaps you have something for the newsletter, please get in touch - by email - or tell a committee member.

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