

NEWSLETTER

Cardiff Branch



L/R: Bob Holbrook (Sec), Norman Bishop (Chair), Wendy Beynon, Lady in Blue, Pat Bishop (Treasurer), Heddwen John, Don Ribeiro, Barbara Beynon, June Pearn, Mary Thomas, Barbara Beard, Alan Thomas, Gloria Mends, Gill Turton, Jane Williams, Gill Fellows.

NHS Retirement Fellowship's 40th Anniversary

The newly formed NHS Retirement Fellowship's Cardiff Branch was created in January 2006 and invitations were sent out for their first meeting at 16:30 on St David's Day in the Sports and Social Club at UHW. Attendance was poor; six, including the Chairman and Secretary, and subsequent discussion produced another venue; the Development & Training Dept at Whitchurch Hospital. The gathering there on 9th May with a subsequent meeting in the Boardroom on Tuesday 6th June having been offered our following meeting in the Boardroom at Llandough Hospital, it was imperative that a permanent home should be sought and was found at the Scout Hall on Lakeside Road North, Roath, with monthly meetings on the first Tuesdays at 14:00-16:00, at an annual fee of £5.

In April 2007 the Branch moved next-door to Christchurch Hall with monthly meetings on the first Wednesday and the annual subscription was £10. In 2008 the membership had risen to 78 and the monthly event trips became more ambitious. As time progressed the venue had to change again with the increase in membership - which today, in St Brigid's Hall, Llanishen, is over 100.

Forthcoming Events

Aberglasney Wednesday 22nd August. £20

Three Arches 08:45, Whitchurch Common 09:00

Aberglasney was made famous by the BBC television series "A Garden Lost in Time" which followed its restoration. Today it is quite simply one of Wales' finest gardens. A renowned plantsman's paradise with a unique Elizabethan cloister garden at its heart, Aberglasney offers the opportunity to explore more than 10 acres of magnificent gardens and the fully restored ground floor of Aberglasney's grade II listed mansion.

There is mention of 'nine green gardens' on this site in a poem dating from medieval times, but it is not until the days of

William ap Thomas, aka Sir William Thomas, knighted by Henry VI, the first High Sheriff of Carmarthenshire in 1541-1542 that the history is better documented. Although we know little about the way the house here looked during his day, it was grand enough to catch the eye of a powerful bishop fifty years later.

Aberglasney finally opened to the public on the 4th of July 1999, restoration work has however been on-going since this date, with the completion of the ground floor of the mansion in spring 2013.



Dunster, Lynmouth (& Lynton) Wednesday 19th September. £18



(Dunster Castle: Entrance Fee of £10.70 required from non NT members) Whitchurch Common 08:30, Three Arches 08:45

Dunster is one of the most popular places on Exmoor for visitors. It is a medieval village with a wealth of listed buildings. There is an Ancient Castle, Yarn Market, Tithe Barn, Priory, dovecote, Somerset Inns, a packhorse bridge and a mill. Since the decline of the woollen industry in the eighteenth century the village has been locked in a time warp.

Lynton and Lynmouth are two villages on the coast, one above the other. **Lynton** is an attractive village with a museum and good range of restaurants,

cafes, tea shops and 'art/craft' shops. The town hall is very grand and is home to the Visitor Centre as well as films, drama and exhibitions. 600 feet below Lynton is the small harbour of **Lynmouth**. The two villages are linked by a famous and ingenious cliff railway which is well worth a ride (£3.90 return).

Two rivers - the East Lyn and the Hoaroak - combine just inland from the harbour at Watersmeet and sweep down a spectacular gorge and through the village to the sea. Reminders of the disaster in 1952, when the rivers flooded and a torrent of water washed many cottages into the sea with great loss of life, can be seen in the Memorial Hall.



Wales Conference Llandrindod Wells. Thursday 27th September. £15 Three Arches 08:00, Whitchurch Common 08:15



The theme this year will be Anniversary; the Retirement Fellowship is 40 and the NHS 70. The conference, which will have a heritage exhibition, will open with a key note address by Vaughan Gething AM, Cabinet Secretary for Health and Social Services. Fellowship patron Ken Jarrold CBE will be reviewing 70 years of the NHS and Nick Thomas-Symonds MP, Shadow Security Minister and Nye Bevan's biographer will present the Life and Times of Aneurin Bevan. The conference will close with a session by Ethel Armstrong MBE who, in addition to reviewing the work and future of the Fellowship, will provide us with an opportunity to meet Aneira Thomas (see pp 3 & 4).

Nurses Gallery



Nansi Jones (nee Long), seen here (right) seeking an autograph from Mr Acker Bilk, who was visiting Sully Hospital in 1964, and (left, left of Tutor) on an SRN Course at Llandough.



Maureen Horton began nursing on New Year's Eve 1959 at University College Hospital in London. Training in central London had many advantages, not least the shopping and free theatre tickets. The uniform was made to measure for each nurse, but the starched collar was very uncomfortable until you got used to it.

Matron hosted a ball every year for her staff at the Grosvenor House Hotel in Park lane. It was quite a grand affair. The NHS budget wouldn't stretch to that today.



There were many amusing pranks by medical students; one drove his Austin 7 car into the Casualty lift and parked it on the hospital roof, and another painted large white footprints on a red carpet which were only revealed when the carpet was unrolled for the visit of Princess Alexandra.

Christmas was quite special at UCH with carol singing round the Christmas tree in Trafalgar Square, collecting fruit for the patients from Covent Garden Market at 4am on Christmas Eve, and the ward consultant carving the turkey on Christmas Day.

After marrying and moving to Cardiff in 1965, Maureen worked at the Cardiff Royal Infirmary. She then spent some years at home before returning to nursing, working in the operating theatre at the Children's ENT Hospital in Ely. Her last four years before retirement were spent in the Day Surgery Department and, for the last two of those, as manager of the ward attached to the operating theatres.

Jan Carder's Nurse Training began in the 1960's at Princess Margaret Hospital, Swindon. Following three years of lectures, nursing practice and various examinations, she qualified as a Registered Nurse in 1964 and then started on a two year Midwifery course in Cardiff. After qualifying, Jan started working on Mametz Ward, Cardiff Royal Infirmary (CRI) as a Staff Nurse on Orthopaedic and Trauma. She then moved to female surgery, caring for patients with breast cancer, then to male surgery giving patients pre and post op care for Bowel Cancer, and other diseases. Just before age 25 years, she was appointed Night Sister to join the team of seven sisters covering the whole of CRI on nightshift and was then the youngest nursing sister at CRI.

After marrying Derek, Jan took up a new position in the newly formed Haemodialysis Unit treating patients with Renal Failure and pioneering new skills in dialysis treatment under the guidance of consultant Gerry Coles. She helped





develop the nursing practices and protocols for Haemodialysis as it is today.

She juggled raising her family of three children with nursing through the next decade then returned to C.R.I. as a Staff Nurse, soon to become a Senior Nurse involved with teaching patients and staff within the department.

In 1998, on the 50th Anniversary of the formation of the NHS, a Garden Party was held at Buckingham Palace, attended by the Queen, where Jan was invited as a Representative of the Cardiff Unit to attend with her husband Derek.

Alison McKirdy started her training, aged seventeen, at the Glasgow Royal Infirmary in January 1964.

The early years were hard going; learning the basics, followed by ward work and the exhausting shift and split-shift patterns.

Together with her contemporaries, she coped with the full range of nursing care, including laying out the deceased respectfully and deputising for the sister. Later, Alison went on to do midwifery then married a doctor and stopped nursing to raise four children. Seventeen years later, Alison returned to nursing to train as a practice nurse.





FMW, (left) in her first year on Ware Ward in the summer of 1951.

Major changes were few during the early years; Dunlopillo Mattresses replacing original horsehair, stainless steel equipment replacing old chipped enamel, introduction of new drugs, i.e. antibiotics and cortisone. Cast Iron beds WERE pulled out and cleaned behind. Part of night duty was 'filling drums' and the patients cheerfully helped by folding swabs and rolling cotton wool balls.



Audrey Morris started her vocational training at the Stafford General Infirmary at sixteen and followed on to nursing training at eighteen in 1970, and seen (above right) in her second year as a student nurse in 1972.



This charming photo of **Margaret Gummer**, when a student nurse aged 17, was taken six years before the Bradley
Wood Sanatorium, Huddersfield, became part of the National Health Service in July
1948. Margaret finished her training in St
Luke's Hospital in Huddersfield and continued her nursing career in Yatton Hall Hospital, Bristol and The Royal Gwent
Hospital, Newport.

Much later, Margaret joined the NHS Retirement Fellowship and was one of the founder members of the Cardiff Branch which re-formed in 2006. She qualified in 1973 and two years later did her Midwifery course in Manchester. Audrey then moved to Liverpool as a Factory Nurse and then became a Health Visitor Assistant in the Wirral. She furthered her Liverpool experience as a Ward Sister then worked in Cumbria in a Nursing Home.

Later, Audrey worked in the field in Oxfordshire as a Practice Nurse, whilst living in Banbury, before moving to South Wales in the 1997 where she continued as a Practice Nurse for a further twenty one years.

How It Was

The Tri-partite System of Health Care was in its infancy when, in January 1951, the Country was bankrupt, the pound had been devalued, food rationing continued and Nye Bevan was to resign over the introduction of Prescription Charges.

The first three months in Preliminary Training School for Nurses included lectures in Anatomy & Physiology by eminent consultants; Nursing Techniques and Patient Care by sister tutors and/or a staff nurse. One day a week for Practical Work on a designated ward and a written and oral examination; this was essential to pass.

All staff were female and single and all 'lived in', from Matron to Ward Maids. Uniforms were supplied – yellow cotton dresses, no cardigans allowed but warm winter capes were provided. Black lace-up shoes but, fortunately, no black stockings. Laundry was weekly and, in the final year, the much coveted Black Belt.

Marriage was not allowed. If one wished to marry, one had to leave. Accommodation varied from single to double rooms, doors were locked at 20:30 and, if late, reported to Matron by night staff who took your name. Night Duty was spent in specially separated accommodation and doors were locked at 12 noon to avoid being disturbed.

Duties commenced; being called at 06:00, breakfast at 06:30 and on the ward by 07:00 until 20:00 with three hours off duty within –which always included a meal. One and a half days off per fifty five hour week. No lack of food, but a very monotonous diet. Favourite meals: Friday and Saturday night supper; Egg & Chips, Cauliflower Cheese and Spaghetti respectively. Saturday dinner: Rabbit, or Sunday night supper: Herrings in Tomato Sauce. Fish was not rationed and served five times a week.

Visiting days were afternoons on Wednesday, Saturday and Sunday and were eagerly anticipated by all - but visitors were limited to two per bed and encouraged to bring in food, especially eggs.

Perilous moments: Going to Matron with a broken thermometer for replacement; Losing a patient on night duty, eventually finding him asleep in the Chapel; Returning with semi-conscious patient along darkened corridors as a junior nurse.

Throughout the three years the lectures continued with further examinations in Surgery; Medicine Materia Medica, etc. and Nursing Practice. State Examinations part I, II & Final, with Oral by external Matron.

Then, finally, Qualification, and opportunities for further training - Midwifery, Practice Nursing, Factory work, etc., or even work overseas. The Vocations and Careers progressed and now there's an opportunity to look back... Was it all worth it? Most certainly!

1st Baby Born under NHS, 1948

When Aneira Thomas arrived into the world at one minute past midnight on that warm summer night on the 5th July 1948, she was making her own little bit of history. If she had been born a day earlier, her mother Edna May



Rees, for the 18-hours labour, would have had to pay for the privilege of giving birth in hospital.

Seventy years ago, the nurses and midwives at the Amman Valley Hospital in Carmarthenshire were so excited about her birth they begged her mother to let them pick her name so, in a fitting tribute to the man who created one of Britain's most valued institutions, they named her Aneira, after fellow Welshman and Labour Health Minister, Aneuran Bevan.

So, on July 5th, Aneira will celebrate her 70th birthday and of being the 1st baby born on the National Health Service - beloved in Britain and envied around the world. Her birth was the start of a life with many links to the NHS. Now a grandmother-of-six, she was employed for many years as a mental health care nurse; three of her sisters have also worked as mental health nurses and her daughter, Lindsey, 33, is an ambulance technician.

Happy 70th Birthday Aneira! Happy 70th Birthday NHS!

CELEBRATORY 2-COURSE LUNCH

A special invitation to NHS Retirement Fellowship Members To celebrate the NHS 70th & NHSRF 40th Anniversaries

To be held at

Bedwellty House & Park 11 Morgan Street, Tredegar

Wednesday 25th July 2018 - 13:00

£

NP22 3NA T: 01495 353370

Speakers:

Dr Andrew Goodall

Director General Health & Social Services / CEO NHS Wales
Welsh Government

Nick Thomas-Symonds

Local MP, Shadow Security Minister and Aneurin Bevan's biographer

Special Guest: Aneira Thomas

First Baby born in the UK at one minute past midnight on the 5th July 1948

Entertainment by the internationally acclaimed harpist: Eleri Darkins

Congratulations

Congratulations again to Jill Evans, this time for her Runner-up award in the Photographic Competition, 'Portrait' theme, for her picture "Guatemalan Lady".

Jill won a 'Highly Commended' award in the previous competition and is doubtless heading for the winner's prize before long.

The summer Photographic Competition's theme is SEEN BETTER DAYS and the closing date for entries is Friday 28th September 2018. The following autumn/winter competition theme is IN THE CITY for which the closing date for entries is Friday 29th March 2019. Details, as always, are on the website www.nhsrf.org.uk or contact the Photography Group coordinator, Anthea Zell; email photography@nhsrf.org.uk or telephone 01520 722951.



SPEAKERS LIST

JULY 4th George Brady

Secrets of a Private Eye

AUGUST 1st Phil Carradice

Music Halls & Dramatic Monologue

SEPTEMBER 5th Rose Scadden

On the Edge-the Severn Estuary

Your Committee & Others

Chair Norman Bishop

029 2057 2237

Event Day 07538 671531 chairman@nhsrfcardiff.org

Secretary Bob Holbrook secretary@nhsrfcardiff.org

Treasurer Pat Bishop treasurer@nhsrfcardiff.org

Welfare Marion Mardell welfare@nhsrfcardiff.org

Events Norman Bishop

chairman@nhsrfcardiff.org

Speaker Sec. Hilary Fairney

Refreshments Sharon Roth
Newsletter David Manning

Meeting Registration

Christina I as

Christine Lewis

Raffle Organiser

Norman Bishop

Special Interest Groups

Walking Bob Holbrook
Ornithology Don Ribeiro
Theatre Vacant