



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 6<sup>th</sup> 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 22<sup>nd</sup> 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 19<sup>th</sup> 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 Hoarok - 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 27<sup>th</sup> 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).





## 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!

## 1<sup>st</sup> Baby Born under NHS, 1948

When Aneira Thomas arrived into the world at one minute past midnight on that warm summer night on the 5<sup>th</sup> 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, Aneurau Bevan.

So, on July 5<sup>th</sup>, Aneira will celebrate her 70<sup>th</sup> birthday and of being the 1<sup>st</sup> 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 70<sup>th</sup> Birthday Aneira! Happy 70<sup>th</sup> Birthday NHS!**

# CELEBRATORY 2-COURSE LUNCH

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

To be held at

**Bedwelty House & Park**  
11 Morgan Street, Tredegar

**Wednesday 25<sup>th</sup> July 2018 - 13:00**

£9

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 5<sup>th</sup> 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 28<sup>th</sup> September 2018. The following autumn/winter competition theme is IN THE CITY for which the closing date for entries is Friday 29<sup>th</sup> March 2019. Details, as always, are on the website [www.nhsrf.org.uk](http://www.nhsrf.org.uk) or contact the Photography Group coordinator, Anthea Zell; email [photography@nhsrf.org.uk](mailto:photography@nhsrf.org.uk) or telephone 01520 722951.



### SPEAKERS LIST

JULY 4<sup>th</sup> George Brady  
*Secrets of a Private Eye*  
AUGUST 1<sup>st</sup> Phil Carradice  
*Music Halls & Dramatic Monologue*  
SEPTEMBER 5<sup>th</sup> Rose Scadden  
*On the Edge-the Severn Estuary*

## Your Committee & Others

<b>Chair</b>	Norman Bishop 029 2057 2237
<b>Event Day</b>	07538 671531 <a href="mailto:chairman@nhsrfcardiff.org">chairman@nhsrfcardiff.org</a>
<b>Secretary</b>	Bob Holbrook <a href="mailto:secretary@nhsrfcardiff.org">secretary@nhsrfcardiff.org</a>
<b>Treasurer</b>	Pat Bishop <a href="mailto:treasurer@nhsrfcardiff.org">treasurer@nhsrfcardiff.org</a>
<b>Welfare</b>	Marion Mardell <a href="mailto:welfare@nhsrfcardiff.org">welfare@nhsrfcardiff.org</a>
<b>Events</b>	Norman Bishop <a href="mailto:chairman@nhsrfcardiff.org">chairman@nhsrfcardiff.org</a>
<b>Speaker Sec.</b>	Hilary Fairney
<b>Refreshments</b>	Sharon Roth
<b>Newsletter</b>	David Manning
<b>Meeting Registration</b>	Christine Lewis
<b>Raffle Organiser</b>	Norman Bishop
<b>Special Interest Groups</b>	
<b>Walking</b>	Bob Holbrook
<b>Ornithology</b>	Don Ribeiro
<b>Theatre</b>	Vacant