

The Branch that keeps on winning!

Another accolade for our branch's photographers in the Fellowship's Photographic Competition; in the category "Seen Better Days"; a 'Runner-up' prize of a £50 John Lewis Voucher goes to Maureen Salmon, beating the intrepid Peter Elkington this time, and another two 'Highly Commended' awards to the constant talent of Jill Evans.



Better Yesterday by Jill Evans, Highly Commended.



Flower Power by Jill Evans, Highly Commended



Guardian of the Old Croft by Maureen Salmon, Runner-up prize in the Photographic Competition.

More about the NHSRF Photographic Group can be found on the website, www.nhsrf.org.uk or contact the Group Coordinator, Anthea Zell, Tel: 01520 722951, or email: photography@nhsrf.org.uk

A regular and popular feature of each year is the two photography competitions; the theme for the competition closing on Friday 29th March 2019 is 'In the City'.

And the winner is ... Cardiff Branch

At the AGM in Chester in November, the Cardiff Branch was picked as this year's winner in the NHSRF Newsletter Competition.

Based on the last two Newsletters submitted to Sherry Smith, Newsletter Competition co-ordinator, NHSRF Dorchester, who runs the annual Competition for Best Branch Newsletter, Cardiff Branch was this year's winner. We stopped Cambridge winning for a third time, they came second, and Northampton came third.



John Toman, NHSRF Fellowship Officer Wales, presenting the Winners Shield to Newsletter Editor David Manning.

The Judges were: Grace Clarke, Chair, Scottish Federation; Liz Malin, Chair Blanford Forum branch and Andrew Moss, Editor, NHSRF Newsletter.

Citation: The Judges described the winning newsletter as "having lots of 'pick me up and read me appeal'". They added, "Liked the concise, inviting style of the Cardiff newsletter which gave a bright reflection of a busy branch".



And whilst mentioning 'Winning', at our contribution to the Bedwellty Luncheon we were

alerted to provision from the Lottery grant for NHSRF celebration functions and Cardiff Branch has now received a grant of £40 toward expenditures. You may have noticed at the December meeting we supplied *Luxury Mince Pies*, as opposed to the usual *basic* ones.

Credit for the Newsletter Award must also go to the many nurses who submitted photos of themselves at early stages of their careers, together with stories of the days "When Nurses Wore Hats" which appeared in the 'Nurses Gallery' pages of Issue 10.



Community Matters

Turning ten in 2018, **Community Matters** is the pioneering scheme under which all **Waitrose & Partners'** shops donate £1000 – or £500 in convenience stores – per month to local good causes, from schools and sports clubs to health charities and homeless shelters. A further £25,000 a year is given to national charities on behalf of the online shop.



The first donation scheme of its kind in the country, **Community Matters** asks members of the public to nominate organisations in need and shoppers to vote for their favourites, simply by putting a **green token** in a slot. The ten years this has been running there have been £30 million donated to more than 100,000 causes.

We are pleased to announce that the **NHS Retirement Fellowship – Cardiff branch** – has been nominated for competing during January 2019 at the **Waitrose, Pentwyn** store. We have already received a £50 gift token from Waitrose to be redeemed against refreshment and raffle prizes which will help our expenditure on those items.

So, shop at Waitrose throughout **January** and insert as many **green tokens** as you're allowed. If we are rewarded you may have **TWO** biscuits with your tea at the following meeting. One may even be chocolate!

Forthcoming Events

Friday 25th **January** 2019 Whitchurch 09:00, 3-Arches 09:15

Bristol Aerospace Museum £27

A visit to Aerospace Bristol is a chance to travel through the decades, enjoy fun interactivity and amazing exhibits - including aeroplanes, helicopters, missiles, satellites, engines and more.



Immerse yourself in a story of ordinary people achieving extraordinary things. Your journey will take you from the beginnings of the British and Colonial Aeroplane Company in 1910 all the way through to the modern day, where you can explore cutting-edge technology, look ahead to an exciting future and discover how the next generation of engineers will continue to push aerospace technology to new heights – to reach for the stars.



Monday 11th **February** 2019

10:30am (use your bus pass)

Ten Pin Bowling

£10.99 for three games, at the Red Dragon Centre, Cardiff bay. Car parking is free when you spend £6 or more.



Awaiting 2019 Visitor Schedule

Flat Holm

£35. (Ferry: £30, Landing Fee: £5)

The island is designated a Site of Special Scientific Interest and Local Nature Reserve. The Flat Holm Project conserves the Island's natural and cultural features, from maritime grassland to Victorian barracks, from seabird colonies to wartime bunkers.



The transport is provided by Sea Safaris who operate from Mermaid Quay, Cardiff Bay. (CF10 5BZ. 029 2048 7663)

Please note: Because of tide and weather restrictions, you are advised to wear suitable clothing and it is suggested you **take a pack lunch** as there will be between 2-3 hours on the Island and the only pub sell only snacks.

Bath Christmas Market

26th November 2018

It was a chilly day but mostly dry as we gathered at the two venues for pick-up by the coach – which was late. We almost missed two paid-up trippers at the wrong bus stop but twenty three of us set off at 09:10 and arrived in Bath about 10:45. Our driver, Paul, suggested the return pick-up to be at the drop-off point which was a good 12 minute walk to the centre.

As expected there were many stalls and very many people. There were a few street musicians but no Christmas carols to be heard. Every restaurant had queues by 12:15 and many were eating lunch on the hoof. The sun shone occasionally and together with the festive surroundings meant we could ignore the chilly wind.

Everyone managed to find their way back to the pick-up point by 4:15



so we were all assembled for boarding when the coach arrived at 4:30. We departed soon after and got back to Cardiff about 6pm – happy but tired.



The Ukulele Wolves entertaining us at the December Meeting. They also encouraged us to sing along and it seemed we knew most of the lyrics.

Forthcoming Speakers

January 2nd

Phil Hughs: *From Cradle To Grave And Back Again*

February 6th

Alan Thorne: *Pirates & Smugglers In Cardiff Bay*

March 6th

William Nowell: *A Council Tip To Nature Reserve*



Your Committee & Others

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Raffle Organiser	Norman Bishop
Special Interest Groups	
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Ornithology	Vacant
Theatre	Vacant