

ANNUAL REPORT

Annual Report

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I would like to start this report with a sincere thank you for the support of all our members; those of you who have renewed your membership and those who have recently joined, to whom I extend a warm welcome.

Our finances, despite the increase in Capitation Fee and continued lack of financial support from our Trust, are still relatively healthy, although suffering a *loss* of £637.76. (*See breakdown on page 2.*)

At the last committee meeting it was felt that we could retain our current membership fees of £25 (Single) and £40 (Joint)

The membership level is currently stable at 108 at year end compared to 109 at the end of March 2018.

There was a special celebratory event held at Bedwellty House, Tredegar on July 25th for branches from South Wales as this was a shared anniversary year – NHS 70th, NHSRF 40th. Our branch displayed a series of posters titled “When Nurses Wore Hats” from contributions made by a number of our members and artistically put together by David. An excellent lunch was followed by presentations, notably by Nick Thomas-Symonds MP (official biographer of Aneurin Bevan) & Andrew Goodall (Director General Health & Social Services for Wales)

The Fellowship was successful in acquiring a grant from the Heritage Lottery to hold a number of events celebrating the two anniversaries, our application for “a slice of the cake” was rewarded with a grant of £40 from the fund for our contribution to the event.

St. Brigid's

Problems still exist with roof leaks, inadequate heating, and a number of tables in need of repair and water boiler breakdown! As there is no caretaker for the hall, we have to remember to check the toilet facilities for paper, soap & towels. Although not satisfactory, there appears to be little alternative accommodation to suit our needs.

Speakers

Hilary put together a varied speaker programme and has been very busy compiling the list of speakers for the coming year. I'm sure there has been and will be topics to appeal and satisfy most members. As always, suggestions for speakers that we can call upon in the future will be welcomed.

Events

The events programme is, as always, constructed from members' suggestions at the start of the year. The response to last year's programme was generally good with only two events cancelled due to lack of support. The Christmas Lunch at the Marriott Hotel was once again well supported with 81 members in attendance.

Weekend Breaks: Following the success of the visit to Dorset in 2017 (see Newsletter Issue 8), last year the county chosen to visit was Somerset (see Newsletter Issue No.11). This year a visit to Devon is planned for early October, based at Exeter.

Special Interest Groups

Ornithology

The year consisted of quarterly outings to Goldcliff Lagoons & Newport Wetlands, Somerset Levels, Forest Farm /Taff Trail and WWT Llanelli.



After 8 years of organizing the events for the group and due to family commitments, Don & Janet have unfortunately decided to step down. Many thanks to them for their outstanding efforts during that period, the group now have a solid platform for continued outings in the future. (*Continued on p2*)

(Continued from front page)

Walking

The “Bay City Strollers”, irrespective of the weather forecast, continue to meet on the Tuesday following the first Wednesday monthly branch meeting, at 10:30am, at the Mount Stuart Restaurant, for a walk around Cardiff Bay.

Welfare

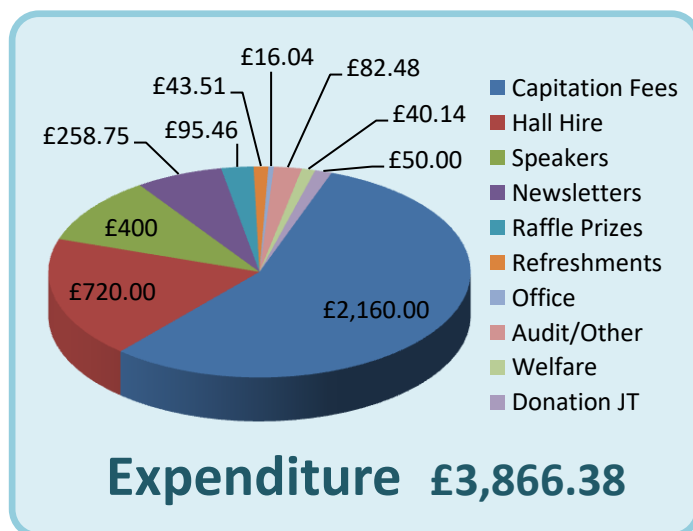
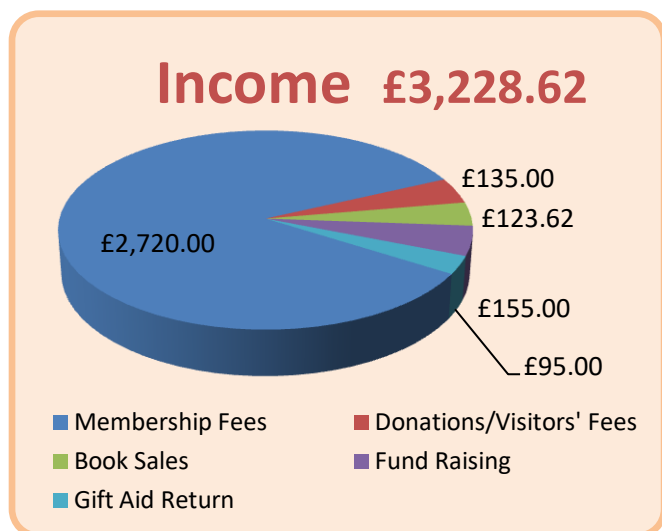
This continues to be an important aspect of our Branch. It is, of course, dependent on our need to know if a member would benefit from Welfare support. Please contact (in confidence) our Welfare Officer – Marion.

Congratulations

Continued success in the National Photographic Competitions for Jill Evans & Maureen Salmon.

Our quarterly Newsletter, which was judged to be the best in the Annual NHSRF Newsletter Competition, primarily due to David’s editorial skills.

ACCOUNTING FOR YOUR MONEY



Income v Expenditure: 2017 - 2018

As can be seen from the above diagrams the branch has very limited income streams. There are many expenses to be met in order to allow the branch to function satisfactorily.

If expenditure exceeds income the only solution to address the shortfall is an increase in membership fee.

Not illustrated above is Income received for Events against Expenditure for Events. Wherever possible this should be cost neutral, we would prefer to not make any profit from events organised, to keep the charge as low as possible, as we believe this a desirable benefit to our members.

Norman

Ornithology SIG trip to Penclacwydd, Llanelli 17th January 2019

We were very lucky in choosing a cool but brilliantly sunny day in a week of damp, dismal weather. There were about a dozen of us well wrapped up and hoping to see plenty of native species in addition to the resident collection from all over the world. Everybody's favourite, the Nene, from Hawaii, were there to greet us and looking forlorn in the hope of some tasty treats. We spent a long time in the Michael Powell hide watching a female kingfisher catching her lunch but eventually had to leave her to her work. We then visited the large British Steel hide to see a range of estuary birds and a raptor that was playing hide and seek but proved to be a buzzard. After a warming lunch we headed to the hide around the deep water lake and found a range of water birds and woodland birds on the nearby feeders, and finally some winter thrushes just before leaving. In all we counted 41 native species, not bad going!

Sian Evans

Forthcoming Events



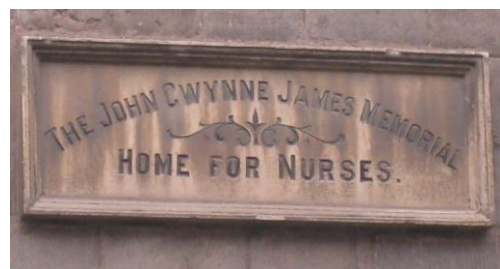
Hay-on-Wye & Hereford Thursday 18 April 2019. £14
Whitchurch 08.45, 3-Arches 09.00

Trading for over 700 years, Hay Market Day is a vibrant local market held in the centre of **Hay-on-Wye** every Thursday, 8am to mid-afternoon. With over 40 stalls offering a diverse range of items, from food to woolly socks, there is something for everyone. Hay Market Day has stalls in Memorial Square, Cheese Market, Butter Market and around the Clock Tower.

Many say it is “the best day in Hay!” so, come to visit, to see the books, to eat, to shop, and, most of all, come to enjoy!

Hereford, also on the Wye, is known for its splendid Cathedral with the Mappa Mundi exhibition, the Waterworks Museum and the Hereford Museum and Art Gallery, amidst interesting architecture and history.

Where in Hereford?



Broadway to Cheltenham

Friday 15 May 2019. £27
Whitchurch 08.45, 3-Arches 09.00

The Gloucester Warwickshire Steam Railway (GWSR) provides the ‘Return to Broadway’ which is the result of a 1.3m effort by volunteers to restore the line to the village of Broadway, for the first time since 1960.



Train from Broadway 12:15 Arrive Cheltenham 13:10.

The train takes you through spectacular Cotswold scenery with views of the Malvern Hills and the afternoon at leisure in Cheltenham.

Knighthayes House & Gardens Monday 17 June 2019. £16 (NT), £27 (non NT)
Whitchurch 08.45, 3-Arches 09.00

Situated in the beautiful Devon countryside near the historic market town of Tiverton, this striking Victorian gothic house is a rich combination of medieval romanticism and lavish decoration, looked after by the National Trust.

Edward Kemp designed the 50 acre garden but it owes much to the Amory family who devoted themselves to its development.

There are formal terraces and summer flowering borders providing drifts of colours, a topiary fox and hounds, and a tranquil lily pool.

The gardens extend into the 'garden of wood' of rare trees which is magical all the year round. Spring bulbs abound from March to May. The restored Walled Kitchen Garden is one of the finest in the country, both by size and by the variety of vegetables and fruits which are grown.



Profile – Don Ribeiro

Don has been the organiser of the Ornithology SIG for many years and he and Janet have worked hard researching places to go and doing a recce where necessary. They have stepped down from this role due to family commitments, but we hope that they will be birding with us for many years to come. Thanks Don and Janet for all you have done for the group.

Sian Evans



Your Committee & Others

Chair	Norman Bishop 029 2075 2237 chairman@nhsrfcardiff.org
Event Day	07538 671531 secretary@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	Christine Lewis
Raffle Organiser	Norman Bishop
Special Interest Groups	
Walking	Bob Holbrook
Ornithology	Various Leaders
Theatre	Vacant

Introducing the new NHSRF Wales Fellowship Development Officer:

Lorraine Tanner is a Londoner who moved to Wales 15yrs ago. She has not previously worked in or for the NHS but did work for 21yrs in retail, the last 11yrs as store manager at House of Fraser in Cardiff, where she was also active in raising £30,000 for local community and charities during this time.

When asked about her new position she replied "I love a challenge".



Forthcoming Speakers



April 3rd

Branch AGM and Quiz

May 1st

Ron Powell: *Extreme Everest*

June 5th

Dr Kelly Berube:

Medical Waste Tissue - Bringing Life Back from the Dead