

10 years old & going strong!

Since the initial meeting held in the Sports & Social Club, UHW at the end of January 2006, sponsored by the Trust, a subsequent meeting on St David's Day was attended by only four potential members.

It was decided that to progress, staff who had expressed an interest in the aims of the Fellowship, should be contacted with further information.

To this end, a list was compiled and 120 letters sent out by both internal and external post courtesy of the Trust.

A visit to the new Welsh Assembly Building (see Newsletter April 2016) helped stimulate interest in the formation of the branch.

Further meetings were held in May and June at two different locations in Whitchurch Hospital. Following this, it quickly became apparent that we required a permanent "home" after being offered different meeting places and on different days by the Trust.

The basic requirements for running the Branch were established: Day (originally Tuesday), time, frequency of meetings, were agreed and we held our 1st meeting at the Scout Hut, Lake Road North, Roath, on the 4th July 2006.

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NHSRF WELSH NATIONAL CONFERENCE

The Metropole Hotel, Llandrindod Wells
Thursday 15th September 2016

09:00	Registration. Tea/Coffee	John Toman. Fellowship Officer Wales.
10:30	Welcome & Introductions	Ken Jarrold CBE.
10:45	Keynote Address	Judith Paget CEO. Aneurin Bevan University Health Board.
11:15	Title tbc	Tanya Strange. Div. Nurse, Primary Care & Networks, ABUHB.
12:00	Title tbc	Arlene Testa RGN, Matron, Glan-yr-Afon Care Home.
12:45	Lunch	View Exhibitions. Branch Photocall. Judging of Arts & Crafts Exhibits.
14:00	Afternoon Chair	John Rostill OBE. Director, NHS Retirement Fellowship.
	The Nostalgia Show	Rob Penury.
15:00	Closing remarks and prize giving.	

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Forthcoming Events

Cothay Manor & Gardens

Tuesday 12th July

Said to be the finest example of a small medieval manor in England, Cothay dates back to the 14th century, and has been lovingly restored with period furniture and fabrics by the current owners.

You enter the manor through the ancient Gatehouse into a courtyard, and then pass through the front door, with its 10" key, to the Screens Passage. Off this passage is the Great Hall, with its magnificent roof and gallery.

From the Great Hall you discover: The Winter Parlour, The Dining Room, The Gold Room, The Oratory, The Guest Chamber, The Book Room, The Georgian Hall and The Great Chamber. In each of these rooms you will find new treasures, from uncovered 15th century wall paintings to Stained Glass windows and 17th century oak panelling.

Cothay Gardens were laid out in the 1920's, have been completely re-designed and replanted within the original framework of yew hedges. On either side of a 200yd walk are 'rooms': white garden, scarlet and purple garden, herbaceous borders, a scree bed, and a bog garden, just a few of the delights to be found in this magical place.



Sezincote

Wednesday 24th August

Sezincote is a family-run estate featuring a 200 year old Mogul Indian Palace, reminiscent of the Taj Mahal, set in a romantic landscape of temples, grottoes, waterfalls and canals in 4,500 acres of rolling north Cotswold countryside.

The garden was restored in 1968 by Sir Cyril and Lady Kleinwort. Their work includes the canals and Irish yews in the South Garden, a curving conservatory, the little pavilion and the exceptionally fine planting of the water garden.

Blists Hill

Friday 9th September

You should allow 2 - 4 hours for a visit to Blists Hill Victorian Town. The site covers an area of 52 acres and is mostly outdoors. You will need to be adequately dressed for the weather as well as for walking on unmade roads.

Experience life as it was over 100 years ago through the sights, sounds, smells and tastes of a recreated Victorian Town. Period characters will give you a fascinating insight into Victorian life as they go about their daily lives in their cottages, shops and places of work.

Please note there is no cash point machine at Blists Hill, if you want to buy goods in the historic exhibits, please bring along some cash.



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A steady increase in membership numbers determined that a move to the larger Christchurch Hall (next door) became necessary. The 1st meeting (now on a Wednesday) took place on the 2nd of April 2008.

Although the facilities and location were ideal, again we started to outgrow the premises and a new venue was sought.

St. Brigid's Hall, Crystal Glen, Llanishen, fulfilled the brief and our 1st meeting in our new premises was held on 3rd April 2013.

Although an increase in membership is desirable, hopefully that can be achieved without the necessity to move again. *Norman Bishop.*



WELSH NATIONAL CONFERENCE

Thursday 15th September 2016

ARTS & CRAFTS EXHIBITION & COMPETITION

Categories

**NEEDLEWORK. KNITTING. CROCHET. SEWING. LACE etc.
PAINTING. DRAWING. WOODWORK. PAPER-CRAFT etc.**

Entry Conditions

- One entry per member attending the conference on Thursday 15th September 2016.
- Items entered should not have won any other competition.
- All entries to be labeled (using labels supplied at the exhibition tables) and displayed prior to the commencement of the conference. Display tables provided.

All items entered must be collected by end of conference.

Members enter items at own risk. The NHSRF cannot be held responsible for loss or damage to any item.

Judges and Judging: All items will be assessed at lunch time and the results announced at the conclusion of the conference.

Judges: Ken Jarrold CBE, NHSRF Patron. Audrey Harris, NHSRF Chair. Cynthia Matthews, NHSRF Trustee. John Rostill OBE, NHSRF Director.

Prizes: First, Second and Highly Recommended with certificate awarded.

It would help with planning the Arts & Crafts exhibition if it were possible to receive prior notice of intent to enter by supplying:

your **Name, Branch and Name of item** by **Friday 26th August 2016.**



Bird Group Outing

Dare Valley Parc
13th April 2016

There were nine of us that met about 10am and, after coffee in the café, we set out into the sunshine and were soon spotting the usual regular birds. Don recorded what we saw on his Dictaphone and, at times, the quick succession of sightings left him unable to see everything the rest of us were seeing.

Dare Valley has a variety of habitats, with rivers and lakes, and leans toward a variety of wildlife. Among the Ducks, Coots, Heron and Little Grebe, we saw a Dipper and a Kingfisher.

At the highest part of the park we saw a Green Woodpecker, Buzzard and a possible Whitethroat. The target birds were Peregrine Falcons and we saw two.

There were Chiffchaff, Willow Warbler, Goldcrest and many Wrens - in addition to the Titmice, and most of the Corvids.



We lunched in the café around 1pm and those that continued ventured out around other paths and we had a few spots of rain. Around the back of one lake we watched with great interest as a male Moorhen gathered more material for his mate sitting in their nest— six feet up a tree.

On the last lap the sun returned. We added a Jay to our list and nearly stepped on a hesitant Toad, sat in the middle of the path. We got back to the car park about 3.15pm, feeling fulfilled, as we do.

The Committee and others

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