



Best Made Plans?

Blists Hill

Forgetting to hand over the Events Day mobile phone to Bob, who was looking after the group going to Blists Hill on the 9th September, Norman thought it would be helpful to take the phone to the Three Arches to give the phone to Bob and arrived in time to see the coach pull up outside the pub in good time.

On boarding the coach there was no sign of Bob or any of the passengers being picked up at Whitchurch. The coach driver showed Norman his timesheet indicating two pick up points: 1. Whitchurch Common and 2. Three Arches. Norman tried to phone one of the members that were due to be picked up at Whitchurch – phone not switched on!

Norman then decided to go to Whitchurch in advance of the coach with an explanation of what was happening. On arrival one of the members said that she saw a Creigiau Coach approach Whitchurch Common from the direction of Llandaff, turn right without stopping and obviously heading for the Three Arches.

The coach eventually arrived at the Three Elms at 9:20 (instead of 8.45am) and we left Whitchurch about 9.30am and journeyed via M4, A449, M50 and made a comfort stop at the Strensham Services near junction 8, M5, about 10.55am. We set off again at 11.10 and, about an hour later, as we saw the last sign into the entrance at Blists Hill, the driver took us on a brief local tour before returning to the entrance, this time going in. We alighted at 12.45pm and Bob went ahead to organise our entrance. We then started our tour of the Blists Hill Victorian Town, on a cloudy but dry day with a light breeze.



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Forthcoming Events

Evesham Cruise with Fish & Chips Lunch

Friday 14th October

Pick up, Wh: 8.45am. 3-A: 9.00am

One of the most popular cruises on the river Avon between Evesham and Fladbury. Traditional English fish and chips are sourced from a local five-star award winning chip shop. You can enjoy local ales, fine wines and a choice of soft drinks from the on-board bar. Remembering our last cruise, an umbrella might be useful too.



Ludlow Medieval Christmas Fayre

Saturday 26th November. Pick up, Wh: 8.45am. 3-A: 9.00am

From brand new music, theatre and comedy to carol singing, hands-on workshops for all ages and more, our programme of entertainment is bursting at the seams for 2016. You'll find our performers throughout the castle all weekend from the Castle Gardens and the Marquee to The Chapel and the Inner Bailey.

So keep your eyes open for giant puppets, sword-fighters, jesters and jugglers and more! For 2016 we'll be bringing you the best in medieval music, dance, theatre, giants, falconry, puppetry, storytelling, carolling and Jesting.

NHSRF Christmas Lunch

Marriott Hotel, Tuesday 20th December, 12.30pm

Our annual gathering of large appetites for the Christmas Carvery at the Marriott Hotel, by Hayes Bridge



Road and Mill Lane in the centre of Cardiff. Bring your gossip and your cameras for a hearty meal in good company.





Blists Hill *Continued from page 1.*

We reboarded the coach at 5pm and departed, initially, on a shorter route. We think the driver was trying to chop a bit off the circular tour of earlier. We were going well, via the M5 and stopped again at Strensham Services, this time for 20 minutes. We continued onto the M50. Everything was going well until...

At the traffic lights in Monmouth the driver suddenly turned left and took us on the scenic route through the Wye Valley – by this time it was dark and we could see nothing – the coach was now

crawling along about 30 mph. We had a brief view of a floodlit Tintern Abbey then the winding hill and snaky road past the Chepstow Race Course and finally arriving at the M48, near the old Severn Bridge. At this point everyone was drawing breath to shout to the driver to “TURN RIGHT”, convinced by now that he really didn’t know where we were. Having got back onto the M4 we then missed junction 29, so Sian went forward to instruct the driver to exit at junction 30, for the A48 and guided him back to Three Arches.

The last passengers alighted by the Three Elms, Whitchurch Common, at 9pm, exhausted, relieved and very tired after our twelve-hour outing.

Marion Mardell - Welfare Officer

The role of the Welfare Officer is a key role that reflects the commitment of the Fellowship to support members who are ill, housebound, hospitalised or who require assistance or support. The Welfare Officer’s role and their support depend on the size of the branch and area it covers. The Welfare Officer is the key point of contact to follow up on reports of ill health and/or other concerns and to provide updates on members’ welfare to the branch committee and to other branch members as appropriate.

Generally the welfare role in the branch includes:

- Sending cards and/or flowers to those who are sick or bereaved as agreed by the branch.
- Visiting, telephoning or having a point of contact for those who are sick or who do not attend for a couple of meetings.
- Arranging hospital visiting if required or appropriate.
- Linking with other members in the branch who may know the person well, with visits and support.
- Sending out information of meetings and visits, encouraging people to retain membership and receive newsletters and the regional magazine.
- Aiming to promote the ‘phone a friend’ scheme to older members who are no longer able to come to meetings. This is encouraged with the support of active members.
- Encouraging active members in enabling those less mobile or with transport difficulties in attending group meetings and rendezvous for trips etc.

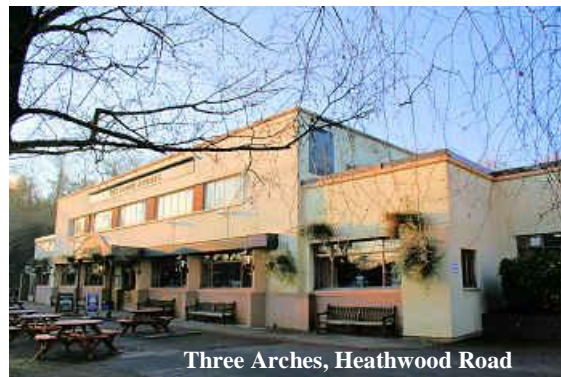


Thank you all for the support you do give me in this role, as we all lead separate busy lives. In meeting and greeting you each month it enables me to reconnect with you.

Marion

Pre-meeting Lunches

If you feel like a social gathering, before the next monthly meeting at St Brigid's Hall, join us for lunch at the Three Arches pub on Heathwood Road. Arrive about 12 noon to allow time for a leisurely meal or a light snack lunch, and a chat with other fellowship members, before making your way to the meeting for 2pm. Just remember... If you're drinking and driving, you'll need a car! Otherwise soft drinks are available.



Walking Cardiff

If you're fit or wanting to become fitter, a good walk is often recommended as the preferred exercise.



Walkers are led by Bob Holbrook for the 'Around Cardiff Bay' walk which takes the pace of the slowest member so you won't feel left out or left behind. Walkers meet at the Cafe in the Millennium Centre around 10am for a 10.30 start, generally on the first Tuesday after the NHSRF meeting every month but check with Bob Holbrook.

Ornithology Group

The next field meeting is at **Stearth Marshes WWT**, Bridgewater, on Wednesday 19th October 2016. This is an exposed area with no amenities so weatherproof clothing and a pack-lunch is recommended. Target species are saltmarsh and freshwater birds. As this is more distant than our usual outings it would be useful to travel in the minimum of full cars. Those with spare seats and willing to take passengers should contact Don Ribeiro accordingly.



The Committee and others

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SPECIAL INTEREST GROUPS

Walking Bob Holbrook

Ornithology Don Ribeiro

Theatre Vacant

Would you like to start a Special Interest Group?
Please let us know!