

Thoughts of Chairman Norm

It would appear that this year we have experienced a decrease in membership of approximately 15% (subject to final confirmation).

We have sent out questionnaires in the past to members that have allowed their membership to lapse, without any positive response.

The main reason on this occasion may of course be due to the necessary increase in membership fee to accommodate the substantial increase in capitation fee.

Our only means of advertising our existence is via information included in a retirement letter given to NHS retirees (in theory), “word of mouth” and a shortly to be re-introduced publicity poster to be distributed to identifiable sources.

We have
limited
income
streams:

1. Membership Fee
2. Visitor Fees
3. Book Sales
4. Gift Aid Return*

*If you pay tax, we are able to reclaim 25% of your membership fee. Gift Aid declaration forms are available at all meetings (You only need to complete the form once.)

Raffle prizes are funded from within; any donations received in the past and hopefully in the future, will help reduce the expenditure on prizes.

Trust support has been withheld since June 2012 (despite numerous attempts to have it re instated).

So, despite these constraints, I hope we continue to offer value for money.

As the nights draw in your Committee meet behind closed curtains to discuss the possible speakers and events to be included in the programme for 2018 – 2019.

If you have any suggestions for future events or details of a Speaker/ talk that you have heard please get in touch with the relevant committee member, contact details on Page 4.

Forthcoming Events

Royal Mint

Thursday 19th October. £20. 3-Arches 11.00am, Whitchurch 11.15am

On arrival you will be greeted by a 'Host' who will take you through security checks to the Pre-Show area, where you will gain an introduction to The Royal Mint before making the short walk over to the factory experience.

The guided tours will be in two groups; at 12 noon and 12.15 pm which should finish at 12.45 and 1.00 pm respectively. Both groups can then have lunch before exploring the six-zone self-guided tour of the Interactive Exhibition during the afternoon. Visitor Hosts will be on hand ready to answer any questions and to help you get the most out of your visit.

Led by your Visitor Host you will enter one of the manufacturing areas, to discover how blank pieces of metal are made before being struck to become coins. From a viewing area, you will look into the striking hall where thousands of coins are produced, 24 hours a day. You will then be given the option to strike your own coin to take home as a memento or have a picture surrounded by a chests of coins (additional charges apply).



Nantgarw Pottery

Thursday 23rd November. £9.
3-Arches 12.30pm, Whitchurch 12.45pm

Nantgarw China Works is the only surviving early 19th century porcelain works in the United Kingdom. In the years 1813-1814 and again in the period 1817-1820 the finest porcelain in the world was produced here in Wales by William Billingsley, one of the most remarkable porcelain painters and manufacturers of his time. There are two main types of porcelain:

Hard-paste porcelain is typically the type of porcelain made by the Chinese for more than a thousand years. This is extremely hard, can be slightly gray in colour and has some translucency. It needs to be fired at high temperature.

Soft-paste porcelain dates back to early attempts by European potteries in the 18th century to replicate Chinese porcelain by adding a ground glass type substance (known as a frit) to china clay. This porcelain is softer, can be fired at lower temperatures but often lacks strength being prone to collapsing during firing. It is expensive to make due to extra firing costs of the frit and relatively expensive ingredients.

NHSRF Christmas Lunch Marriott Hotel,
Tuesday 19th December, 12.30 for 1.00pm



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.



Kew Gardens visit - 18th July 2017



The 7.45am pick-up at the Three Elms didn't happen until 8:00am but we were soon a full coach heading eastward along the M4 to London. We stopped at Membury Services for a comfort break and arrived at Kew at 12:15pm. We were met at the gate, given tickets and maps and let loose, on a lovely sunny day. We started at a distance from the main gate but there were



toilets and a shop not too far in and we all went different ways, occasionally meeting again in other cafes, shops and greenhouses. There was a lot of visitors that day and subsequent problems for the two Road-trains, one of which had no driver available. We reassembled for our return journey at 5:00pm and got back to Cardiff about 9:00pm. A long but rewarding day.



Our day in Hay-on-Wye and Abbey Dore Court – 17th August 2017

After an enjoyable journey through the Welsh countryside we arrived at 10.25 and had time to explore the bookshops and outdoor market, and have some lunch, before re-boarding the coach at 1:30pm to go on to Abbey Dore Court near Hereford.



The weather was cloudy but mostly dry and we arrived at Abbey Dore Court about 2:15. After the usual 'queue for the loo' some sought refreshment before looking around the beautiful grounds. The Spring flowers had 'gone over' but the Summer

blooms were plentiful. There were Sculptures strategically placed to surprise the visitor whilst ambling through the winding paths beside lawns, wild and cultured flower beds, the river and out buildings.

At 4:30pm the coach set off for Cardiff amidst occasional light showers. A lovely day out.



Pre Meeting Lunch

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.

Forthcoming Event

Slimbridge Thursday 18th January 2018

Whitchurch 9:00am, 3-Arches 9:15am

This outing is in association with the Special Interest Group (SIG) of Birdwatchers, led by Don Ribeiro. This trip is a favourite for this time of year. Those prepared to brave possible inclement weather can wander around outside, whilst those who don't can find plenty of attractions within the buildings.



There are the usual facilities available and the highlight of the day is the afternoon mass feeding of the birds, best seen through the large double glazed windows. That usually takes place about 3pm and, once the feeding has subdued, we will probably re-board the coach to return home.

Walking Group (SIG) Led by Bob Holbrook

Anyone interested in walking can meet with members of the Walking Group for the regular 'Round the Bay' route. They meet **monthly** on the first **Tuesday** after the NHSRF Meeting, at **10.30am** in the **Mount Stuart Restaurant** at both the start and conclusion of the walk for 'refreshment' if required.

If you know of other interesting walks, please share the information. Bob will be pleased to hear from you.

Bob accompanied David on a 9-mile walk along the Monmouth & Brecon Canal towpath in July and, although it required a car journey to the start, it was a walk full of magnificent views of the Brecon Beacons, birds, butterflies, canal travelers and picnic places.



The Committee and others

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Special Interest Groups:

Walking Bob Holbrook

Ornithology Don Ribeiro

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