

Fellowship

**February
2021**

Patron:
Ken Jarrold CBE

Chairman looks to the future

Enough of this year, let's look forward to the day when we have all been "jabbed" and we will all be together again

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Back to work on the front line

Annie Johnston finds herself back on the front line when Covid-19 struck

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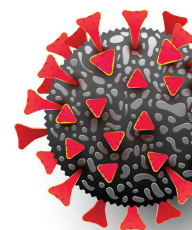
From Guyana to Director of Nursing

The story of how a 19 year-old girl from Guyana reached top jobs in NHS nursing

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Vaccine brings new hope



Fellowship vice president Vic Griffiths and his wife Penny were among the first in the UK to receive the vaccine in December. Full story page 3.

Fellowship emerges in good health

The Fellowship has emerged from the Covid-19 crisis stronger and more innovative than anyone thought possible thanks to lottery grants gained by our fund raising project manager Bob Middleton.

Just when we thought that we were facing a black hole from reduced subscription income from branches, news came of an £85,000 grant from a National Lottery Community Fund set up specifically to help organisations struggling because of the virus.

£75,000 of that will go to offset the loss of income, while £10,000 is for a project in Greater Manchester aimed at reducing isolation which will

provide people with a digital device, training and support so that they have access to the internet and can open up communication with the world. It could lead on to creating a new "virtual" branch for people who can't get to branch meetings, or perhaps are joining for the first time.

Chief Executive John Rostill said: "Bob Middleton has worked tirelessly over the years searching for sources of funding for the

Fellowship, This is a hugely successful effort. It's not luck, it's the result of hours of work. He has never become down hearted but kept on going. We are extremely grateful."

The Manchester project

The Manchester project has been among the first to benefit. Karen Kennedy, Development Officer for the north west said: "It's exciting. We are hoping to launch a branch soon.



Karen Kennedy: leading exciting developments in the north west

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You can also get a flavour of what we do by seeing our members stories on our Facebook page – just search for NHS Retirement Fellowship or follow us on Twitter @NHSRetire

www.nhsrf.org.uk

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The funding will enable us to provide computers and internet connection and help with how to use it.”

Local branches have also been asked if any of their members would like to take advantage of the scheme and there is interest from members in both north and south Manchester branches.

The project has also led to valuable links with Manchester City Council which was already setting up a similar project. “Instead of re-inventing the wheel I went to see them and find out who their supplier was. We are planning to use the same equipment,” said Karen.

Heritage events

Already under way – but sadly halted in spring last year when the virus hit – were a series of heritage events funded by a £10,000 grant from the Heritage Lottery Fund. These were in

Manchester, in East Anglia involving the Suffolk West branch, and in the south west where enthusiasm was particularly strong in Torbay and Poole.

Co-ordinating and delivering these projects is a tricky logistical exercise for branches who need to build links with their local NHS, with local authorities, shops and other organisations to bring it together, and for Bob Middleton providing central back up and sharing lessons learned from last year. A school project in West Suffolk is going ahead, however thanks to the enterprise of the school (see panel below)

Scotland and Wales

On the down side, a similar bid submitted to the National Lottery Community Fund Scotland for £40,000 of which £10,000 was to offset loss of income from subscriptions, and £30,000 to create four virtual branches in remoter parts of Scotland, has been

rejected. It wasn't quite what they were looking for.

In Wales, aided by former development officer John Toman, talks are taking place to shape up a bid for £10,000 to the Welsh Lottery Community Fund which may result in a virtual branch, or could link in with the Welsh Ambulance Service. It's going to take time.

The work goes on

And finally, an announcement is expected shortly that the Covid-19 Community Fund will continue for another year. The Fellowship is preparing its bid for another £75,000 so that when the news comes, we will be first in the queue.

“It all adds up to a mammoth programme of work” said Bob. “But it is very motivating. It seems that out of adversity we have gained strength. I am keeping my fingers crossed that it all goes well. Covid-19 has not stopped us.”

John Rostill added:

“I continue to be encouraged by members who write in to say how much they have appreciated what the Fellowship has been doing to keep us together. I believe that when we come out of this, we shall be doing things differently – and we shall be stronger.”



Fingers crossed: Bob Middleton at the National Memorial Arboretum (also a recipient of lottery funds) hoping that hard work which brought success in gaining support for the Fellowship in 2020 will be repeated in 2021.

School project goes online

An innovative idea to involve a primary school in West Suffolk in the Heritage Project nearly came to a halt in the summer, but has been rescued thanks to enthusiasm from the school and was due to be completed online over the Christmas holidays.

When they were planning their contribution to the NHS Heritage Project, Suffolk West branch were determined it should involve children. They approached a local school with an outline proposal for a painting competition for younger children and

an NHS quiz for the older ones.

“The school really took it on board” said Jeanette Lee, chairman of Suffolk West branch. “They wanted it to be a whole school project so the idea was for the children in year six (the

last year at primary school) to devise the competition for the younger ones. We would offer support and the prizes.”

Before lockdown the children had an inspiring interactive session with a clinical nurse practice facilitator but things went on hold once lockdown came in. Now it has been revived and will happen online, with a prize giving at the end of January.

Although branch members have not been able to go into school as had been planned, they have been delighted to see the idea has not been forgotten. “We are so grateful to them” said Jeanette,

“it's really important that children have some insight into the history of the NHS.”



Chairman's Greetings

Margaret Moffat looks to the future

It hasn't been the best of years but many of you have managed to keep in touch by Zoom and by "old school" telephone. Branches too have kept in touch with members either by online quizzes, distanced walks or again by our new friend, Zoom. The Mirthy talks have been interesting and will continue into 2021 and the new regional newsletters are great, not forgetting John's monthly letter.

Enough of last year, let's look forward to the day when we have all been "jabbed" and we will all be together again. Branch outings and holidays will resume and we will look back on this year as something to tell our grandchildren. Talking of which, how about recording the experiences of the last months as a legacy for them? It might be useful for a school project one day.

Our future involves the future of the Fellowship. If we are looking forward to sharing fellowship again why not share it with others and invite friends and former colleagues? We will need to develop the Fellowship if it is to be there for us and others into the 2020s. We are told that loneliness has increased. Maybe we can all help with that.

A very happy and healthy New Year to you all.

Margaret

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Vic and Penny help promote the vaccine

The Fellowship's vice president Vic Griffiths and his wife Penny were splashed across newspapers and television when they became some of the first people in the UK to be injected with the Covid-19 vaccine.



Vic, 86 and Penny, 80, held hands as the needles went in at Basildon University Hospital in front of cameras for television and national and local newspapers.

The event came about after NHS England contacted Fellowship Chief Executive John Rostill to ask if he could suggest a suitable couple who could serve

as an example to others and promote uptake of the vaccine.

"I did not realise that being vaccinated

was part of the deal" said Vic. "I thought we were just going to talk about it. At the hospital we were called in and we sat there and these people came in with cameras. They said hold hands, we are going to inject you simultaneously. We are delighted. It was great. It was just like having a flu jab. We have had no reaction to it."

Vic and Penny are members of Basildon and Thurrock branch where Vic has been chairman for nearly 20 years. "My message to everyone is that we should not worry about having the vaccine. The bigger worry is that you might catch Covid. Hopefully we will soon be able to get on with life."

For Vic and Penny that includes seeing their grandchildren, resuming their interests in ballroom dancing, golf and bowls, taking a holiday, and of course, the NHS Retirement Fellowship.

Media interest continued after the event, including an interview with National Public Radio in Washington DC. "We have been overwhelmed by the coverage and many calls from former colleagues and friends. The emphasis has been on how we felt during the injection and since," said Vic.

Vic and Penny had their second jab on 30 December. "We have had no after effects. We feel safer now – and privileged that we have had it done," said Vic.

Travel in 2021- An unfolding story...

What will the travel market be like in 2021 and how will the pandemic affect the NHSRF insurance for existing and new customers? Grant Whiskin, from NHSRF Travel Insurance reports on developments.

"We have been working to continue to provide appropriate and reliable cover as travel starts again, aided by the rollout of a vaccination programme," writes Grant.

"NHSRF Travel Insurance specifically insures COVID-19 related risks via cancellation, curtailment (should your trip be cut short) and for emergency medical and repatriation expenses.

It also continues to provide for the usual risks such as baggage, lost or stolen money, valuables, passports, travel delay, missed departure and

even cruise ship evacuation. The only caveat is that travel must not be against the advice of the Foreign, Commonwealth & Development Office.

"We have introduced a unique feature for annual travel insurance - a 'Buy With Confidence' refund guarantee. That means if you buy insurance and don't travel or change plans (so you haven't and won't use the policy), then we will provide a pro rata refund of premium. Due to the nature of annual travel insurance (multi-trip) there is usually only a limited, 14 day, 'cooling off' period for a rebate.

"We remain the travel insurer of choice for many hundreds of members through a valued partnership that will continue, with no medical screening requirement (simply meet the eligibility' criteria). We know aspiration to travel will be back on the agenda as we move through 2021 and beyond. We hope you will travel with us."

Further details: see Fellowship Extra

Barbara bikes to deliver refunds

How do you get refunds back to members who have paid for trips which had to be cancelled because of lockdown?

Barbara Edgley from the St George's, Merton and Wandsworth branch decided to provide refunds personally by bike - and roped in her son to help out.

She explained: "Because of the pandemic, members were unable to go on outings to Parham House and Broadstairs. Posting refund cheque to 49 members would incur a cost and mean a visit to the bank which was not viable for members shielding. So with the help of my son Mark, we



used his mobile to map out routes and we cycled many miles to get to each home to deliver the refunds.

"The weather played its part... windy, raining but mainly bright and sunny. The whole experience was enjoyable and a healthy alternative. We received truly wonderful welcomes from members and it was lovely to meet and chat at a safe distance."

Avril's jam joy

Avril McCartney, who was poised to become secretary of the new Newcastle branch, spent the latter part of lockdown creating jams and chutneys from produce grown in her own garden.

Avril said: "It has been much more relaxing and therapeutic to make jam during retirement compared to when I was at work. We are very fortunate to have a large garden. We've had an excellent yield this year from the plum and



apple trees, as well as rhubarb, black currant and gooseberry bushes. We've also grown tomatoes, peas, cabbages, broccoli, sprouts, beetroot, onions and marrows.

"I honestly don't know how we managed the garden before we retired. We have certainly enjoyed the experience this year."

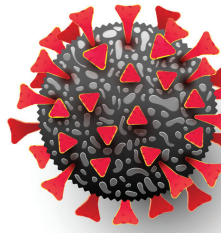


Catching up in Brighton

Members of Brighton and Hove branch met for a socially distanced catch up in Preston Park just as lockdown began to bite.



Back to work on the front line



Annie Johnston, from St George's, Merton and Wandsworth branch found herself back on the front line when Covid-19 struck. She told us her story:

"I retired at of 65 from a job I enjoyed as PA to the Director of Rehabilitation at Queen Mary's Hospital in Roehampton. Retirement made me sad but I could pursue doing my 'bucket list' of holidays and hobbies. I went on many holidays and went to Bromley College to learn silversmithing which I keep up with today.

"After three years I met an old friend and she asked if I would like to work at the GP practice where she worked for one afternoon a week - which stretched to three afternoons a week.

"All went smoothly until the dreaded Covid-19 struck and

everything altered. Personal Protection Equipment (PPE) was a problem, then came 'Lockdown' which completely altered the way that the surgery operated. It was all very confusing and very frustrating to the staff and of course to the patients who found it very difficult not being able to just walk into the surgery.

"During the first month sadly one receptionist and one nurse and the practice manager's husband all passed away in quick succession from Covid-19. As I was over 70 by this time the doctors decided that I was to stay at home. After a few months they found me a room where I could be isolated and wear PPE equipment. I was pleased

with this arrangement but the telephone, email and fax were the only way that I could correspond with patients and they with me.

"As I did all the prescriptions I was inundated with calls from sometimes angry and frustrated patients who didn't like the changes. Eventually we arranged that all prescriptions would be sent to a pharmacy of the patient's choosing, and patients could order their prescriptions by phoning their pharmacy, sending us an email or their pharmacy emailing or sending a fax to us. I now do the prescriptions three afternoons a week, seeing my colleagues at a distance but enjoying helping the patients get their medicines."



Kingston member Lesley Renwick and her friends undertook a mobile afternoon tea delivery service to older people in their area.

Teas on wheels

Lesley explained: "I volunteer for a charity called Re-engage, which takes the elderly out to tea, at a volunteer's house, once a month. There is a group of hosts and a group of drivers and a co-ordinator (me). We only managed to take them out once this year before lockdown. Instead we formed a call companion group and the drivers and myself phone members once a week to ensure

they are ok, have food and to have a chat.

"One of our hosts decided to do teas on wheels. She and her daughter make the tea, of sandwiches, cakes, and scones and put it all in party bags and then the drivers take them to the members, leaving it on the doorstep."

Angels at my shoulder

The story of how a 19 year-old girl from Guyana reached top jobs in NHS nursing.

The “angels” who helped her on the way remain strong in the memory of 82 year old Lynette Richards-Lorde as she looks back on a successful 33 year career in nursing and management.

It all began in 1959 when as a young girl she began nurse training at Musgrove Park in Somerset. Back home she had been told that England was the place to get the best nurse training so she saved from her earnings in the Ministry of Health to pay for herself and her sister Veronica to sail over to start a new life.

“Matron sent a car to collect me from the station at Taunton and told me she was to be my parent now and would be looking after me.”

Veronica went to train as a nursing auxiliary in Oxford and for the next few years Lynette “got on with what she had to do” until one day she was summoned to matron’s office where an important looking letter awaited her. It was an invitation to represent Guyana at a royal garden party for commonwealth students. “It was quite a big thing” she said. “And in the same year I completed my SRN and was awarded best practical nurse of the year.”

She then undertook midwifery training in Cheltenham and Birmingham before going home for a while and then returning to England where she married and had her daughter Ruth.



Lynette and Veronica at the start of their new lives

She returned to work as a community midwife in Redhill. There was no money for courses, so she paid herself for training at the Royal College of Midwives and became a teaching midwife in Croydon.

“All these things I can do – but will they accept a black person?”

Eager for change

“I started to see there were things that needed to be done and I suggested trying new ways but the reaction was mostly that people were happy as they were. I wanted to be a nursing officer and at my first interview they asked me questions about reports I did not know anything about. They said afterwards they could see I had potential but I should widen my knowledge and ask to share information. It opened my eyes.”

“When I got my first management post as a nursing officer in Greenwich I had a marvellous teacher. That was another angel that I met. She taught me how to manage the service. After four years I got itchy feet and I saw a senior nursing officer post advertised in Wandsworth. I thought ‘all these things I can do – but will they accept a black person?’ Just before the closing date I took courage and went to see the Divisional Nursing Officer – she told me I was just the person because I had ideas and experience. I did not expect to succeed but I performed at interview, got the job and put my heart and soul into it.”

Another angel

At Wandsworth Lynette was responsible for supervising all the midwives and services at several hospitals. After six months her boss left to get married and “another angel came along” and suggested more management training as she took on a three month “acting up” role at the end of which she had impressed with what she had done and was interviewed and appointed Divisional Nursing Officer – the first black nurse to reach such a position. She was advisor to the district on midwifery and women’s services and responsible for commissioning a new unit and closing three others, creating a service which was regarded as a centre of excellence, resulting in invitations to talk to government select committees and an exchange visit to Oklahoma District Hospital.

Another re-organisation followed, when Lynette stepped up to being Director of Nursing and Midwifery for hospital and community services and later was promoted to Unit General Manager for all women and children’s services.

Would she do it all again? “Oh gosh, yes. The job I loved the best was working on the district, making friends with lots of people. To me it was just a joy to deliver a healthy baby to happy families. In all the jobs I have done since it was about developing other people and providing them with the teaching and training that would make sure they got what they deserved.”

After retirement Lynette took on advisory and voluntary roles, including representing the UK at Strasbourg on a European committee dealing with inequalities in health and she is still doing voluntary work as a community champion for Diabetes UK.

But it’s the angels on the way that she remembers. “I had a lot of angels helping me” she said. People were so kind to me.”

And just one more story: Lynette delivered a baby girl and as she left the house the father asked her name, and decided to call his new daughter after her. Many years later, at a re-union she met Lynette again. A reminder of a time that is still a happy memory.

Does your branch have a member whose life story would interest all our membership? We would be pleased to share it.

Would she do it all again?

“Oh gosh yes.”



*Nurse manager Lynette:
the first black nurse to reach
Divisional Nursing Officer*



When East Herts member Brigitte Bevan found she could not get seeds or plants from her garden centre she found a new way to grow the crops she needed: using the seeds from food she bought.

Brigitte beats lockdown with grow your own

Green peppers, tomatoes, potatoes, courgettes and squashes from shop bought vegetables, plus runner bean and spinach seeds saved from last year and she had a supply from her garden in Colgrove, Welwyn Garden City that lasted all summer. And added to that she grew orange, apple and avocado plants from seeds just for fun.

“You have to do something” she said the cheerful 89 year-old after a ride into town on her bike. “I could not get to the garden centre on the bus – I was told not to – so I just did it myself. It was quite successful really – the beans were very good this year and the tomatoes were lovely. I just used seeds from the ones we were eating.” Brigitte trained at St Mary’s Hospital,

Paddington where she met Sir Alexander Fleming who at the time was working on a flu vaccine and new drugs for meningitis. “I was one of his guinea pigs” she said. “He was a lovely man.” She later became a midwife in Walthamstow and then for 25 years was school nurse in Welwyn Garden City at a school for handicapped children.

Her busy life includes contact with her four children and regular rides on her bike. “If you don’t use it, you lose it” she said.

“You have got to keep going.”

Joan Dew reaches 100



Joan Dew receiving the Order of Mercy.

Joan Dew, an enthusiastic and committed supporter of the Fellowship, the NHS, and her church, reaches 100 on February 7.

A member of Mid Sussex branch for 40 years, she has been branch treasurer, secretary and chairman, regional representative for South West Thames and renowned for the energy which shone from a small frame.

She joined the NHS in 1956 at Chailey Heritage Hospital where she became chief clerk, retiring in 1983.

As well as her work for the Fellowship, she joined the League of Friends at the Princess Royal Hospital, and her tireless work was recognised in 2016 with the award of the Order of Mercy, from the League of Mercy, which encourages and recognises voluntary work.

“I feel fine” she said just before Christmas. “I live on my own in my bungalow. I can’t get out so much. I often think of the characters we have known – we have been there and seen it all. I just rely on friends and people I have met, quite a lot of them through the health service. It’s all been a lot of fun.”

Daniel's Magic Tree



Sally Bundock

Sally's first children's book

Sally Bundock, the Fellowship's development officer for the south east has written her first children's book.

Aimed at children from eight to 12 years old, "Daniel's Magic Tree" is the story of how Daniel gets a "message" from his magic tree. It has something important to tell him and he travels round the world and through time in a series of dreams. Eventually he learns what the message is – and it is to be life changing.

"I was out for a walk and I saw this tree which was a funny shape" said Sally. "It gave me an idea. I had a lot of fun writing it – but I did not know where it was going. The story includes environmental matter of interest to youngsters. "

Sally's husband Frank has done the illustrations and the book is available as a paperback or eBook on Amazon. All the royalties will go to Tiggywinkles Wildlife Hospital in Haddenham, one of their favourite charities.



Fellowship Facebook boom

The most popular post from the whole year was taken by the Fellowship's own Sherry Smith as she took a well earned lunch break and captured the cruise ships sitting in the sea off Weymouth.

The Fellowship's Facebook page grew by more than 76% in 2020. Its balance of fun, friendly and light-hearted pictures and articles balanced with pandemic related information and guidance clearly struck a chord with members.

The most popular articles were photos and stories from members activities during lockdown, the welcome greetings to new members, the fun questions and pictures and the weekly television recommendation.

Lucia Hiden, Head of Communications for the Fellowship said: "I am absolutely delighted with the success of the Facebook page. It is clear that our approach of being deliberately light-hearted and easy going in these difficult times has resonated with members. There's a lot of work goes into managing the page but it is rewarding to see it go from strength to strength with more than 1,500 members." We have been particularly pleased with the positive feedback we have received from members.

Dorrell's book aids hospice

A London Hospice will receive the proceeds of a book on its history by Hampstead member Dorrell Dressekie. "An Act of Faith: Story of North London Hospice," published in 2019, is the outcome of hundreds of hours of research.



Dorrell came to Britain in 1957 and worked in a variety of nursing roles and was a community nursing officer before she retired in 1989. Since then she has been involved in many local and national groups including the local history society.

"The hospice approached the society to write the book and I was asked to take it on as I had already written the history of Finchley Memorial Hospital" said Dorrell. "Writing this book was incredibly rewarding. I met some amazing individuals and hearing the stories

of how this incredible organisation came to fruition was awe inspiring. I have received many compliments and I am happy to have brought to life the remarkable story of the community effort in creating the hospice. The project has been a joy."

Dorrell lives with her daughter and her partner and their three children

and has been a member of Hampstead branch since the 1990s. "I enjoy that members come from similar working backgrounds. I enjoy the friendship among members and the different activities."

To buy a copy email:
comms@nhsrf.org.uk
to be put in touch with Dorrell.

All proceeds go directly to the hospice.

NHS Retirement Fellowship Book Club

New book club stirs debate

A mixed set of reviews were submitted in response to the recommendations provided by the Fellowship's new book club.

The books - The Yorkshire Shepherdess by Amanda Owen, The Threads of Life by Clare Hunter and The Thursday Murder Club by Richard Osman attracted a variety of comments and stirred up a lot of debate.

It was the first time the Fellowship has ventured into the world of virtual book clubs but has been buoyed by its initial success. At the time of printing, final decisions are being made on choices for the next round. Further details are available on the Facebook page but also by contacting Sherry or Debbie in the Central Office who can add you to the database of book club members so you stay fully up to date.

sherry.smith2@nhs.net
debbie.arnold4@nhs.net
or
01305 361317

The team also welcome any suggestions you may have for future books.

The full report of the reviews is available in the members' section of the Fellowship website:

www.nhsrf.org.uk

Picnic in the park for NHS Birthday



Crawley and District branch held a socially distanced picnic to celebrate the 72nd birthday of the NHS.

"The picnic was in beautiful Tilgate Park and in appreciation of our NHS we said a big thank you" writes branch member Cecilia Turpin. "We all contributed letters for the display, organised by our chairperson, Irma Stuart-Tei.

"We all brought our own picnics and sat one metre apart. It was a lovely day. The picnic was well attended with 14 members including some who had been unable to join in with the Zoom meetings. It was so lovely to be out in the fresh air and to meet up after so long."



Thompson from left over material from making the scrub tops, trousers, hats, shoe bags and laundry bags for frontline staff when they were short of PPE went on show as part of an environmental art exhibition.

The branch was invited to take part in the exhibition of rainbows, words, quotes and poems of hope at Norfolk and Norwich University Hospital and members have contributed to the displays in glass cases on three floors.

The aim is to cheer up staff, patients and visitors and was due to run over Christmas and into the new year.

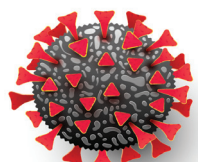
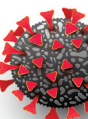
Pandemic halts major recruitment campaign

The major recruitment campaign which included a leaflet about the Fellowship with the P60 information sent to all NHS pensioners each year has been postponed because of the pandemic.

"I have given it very careful consideration and although the vaccination programme has begun, recent developments relating to the mutating strains of coronavirus means that the uncertainty will continue well into this year" said Chief Executive John Rostill.

"On that basis, I have decided that it would be inappropriate to pursue the recruitment campaign in 2021. NHS Business Services Authority (which has responsibility for distributing the P60 information) and Civil Service Insurance Society (which allocated £15,000 for the project) both endorse this decision.

"This gives us an opportunity to review other aspects of recruitment and prepare ourselves for a major event in 2022."





Mary Moore

Bromley branch reports, with much sadness, the death of Mary Moore in her 90th year, after a short illness, last February. Mary joined the Fellowship in 1991 after retiring from Orpington Hospital where she was Superintendent Physiotherapist. She was branch treasurer from 2005 to 2016.

Mary was an avid photographer with a fifty year membership of Orpington Photographic Society, taking hundreds of photographs on her travels around the world. She was a member of the Bromley Town Twinning Association with Neuwied in Germany. In the 1960s she was a medal winning downhill skier who later took up cross country skiing and also pulled a sledge across Greenland in her 60s.

Mary loved the history of London, belonged to the London Appreciation Society, also for fifty years and had been granted the Freedom of the City of London. Apart from being an active member of the NHSRF, she belonged to many local history societies and had given the branch interesting slide shows. She lived her life in accordance with her deep Christian faith and was kind and generous with her time.

Aideen Phillips

Aideen Phillips died in March 2020 at the age of 87, in Kingston Hospital where she had spent a significant part of her career. She played an important role in setting up of a general ITU the first of its kind in SW Thames Region. It took three years of planning and was a major achievement. The unit opened in 1966 and Aideen ran it from 1966 – 1970 when she left to set up the ITU at Westminster Hospital.

Aideen was dedicated to and loved the people who worked alongside her and on her retirement became a member of the Kingston branch where she was both deputy chairman and secretary before it closed in 2008 after 25 years. When the branch was re-formed in 2010 she volunteered to be a co-opted member of the committee where her advice was invaluable. She was a regular attendee at meetings, came on many outings and attended the national AGM many times. She was a softly spoken unassuming person who helped make a real difference and is much missed.

Eileen Burton

Eileen Burton who members describe as “a wonderful lady, a great colleague and friend” died last September. She worked at Kingston Hospital as a midwife, mostly on night duty.

Her humour was infectious, always funny and very witty. A friend remembers her giving her a bunch of daffodils on St Patrick's Day, Eileen apologised that she hadn't found any shamrock, all this after a 12 hour shift. Even though night duty was hectic she always

knew just how to motivate students and make them feel confident. The medical staff were often in awe of her expertise. Scared first time mums were soon put at ease.

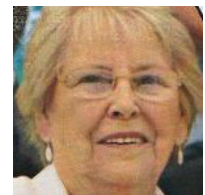
When she retired she became a loyal member of Kingston branch for many years. In 2017, her talk about what it was like to be part of the early days of the NHS had members in stitches. Two years ago she was a patient on the intensive care unit at Kingston. Staff there were astounded by her upbeat attitude.

Mary Hews

Mary passed away after a long illness in October and will be much missed. Those who knew her will never forget her. Her working career spanned 39 years from 1949 to 1988. She trained as a nurse at Westminster Hospital and then went on to train as a midwife in Cardiff. She qualified in 1955 and worked in Basingstoke for three years before taking off to Toronto where she worked as a general nurse. In 1960 her career took a change in direction when she went to work at the National Hospital for Nervous Diseases in London. In 1961 she began her long career in midwifery at Kingston Hospital where she started as a sister and then became a departmental sister. She qualified as midwife teacher in 1963, worked as midwife tutor from 1964 to 1968 when she became Head of Midwifery Services until her retirement in 1988. Those who worked with her describe her as warm and welcoming, approachable, firm but fair, kind, understanding and helpful.

She joined the Fellowship

shortly after retirement and was chair of Kingston branch for many years. The branch closed in 2010, but when it was decided to re-start it she agreed to become a co-opted member of the committee. Her advice was always sound and constructive. She enjoyed meetings and outings and represented Kingston at national conference many times.



Mary Excell

Gordano branch in Bristol sadly reports the death of Mary Excell, a long standing and active member who died in September.

She joined the branch when she retired as a nurse from Ham Green Hospital. She took on the role of creating a travel club, organising day trips and holidays. Members often said “If it was not for Mary we would never have visited so many wonderful places.”.

Mary also enjoyed organising concerts, in which she would also perform. Many people who had never performed in front of an audience did so, and were often hilarious. Such events were always part of the final evening on holiday. She worked hard for the branch as a committee member and a productive member of the art group and was a leading member of the local bowls club. Members are thankful for the joy, humour and pleasure she brought into their lives.





Golf classic says “thanks” to NHS

This year’s Fellowship golf classic will break new ground by opening the event to all NHS staff and key workers with a golf handicap as a “thank you” for their heroism in the pandemic.

“We have made provisional arrangements with the famous Minchinhampton Golf Club in Gloucestershire for the event to be held on Friday 10 September” said John Toman, the Fellowship’s business manager who is tournament director.

“We wanted to make it a thank you event for the people who have done so much for all of us so we have opened it to NHS staff, key workers, their friends, relatives and guests with bona fide golf handicaps.

“Minchinhampton Golf Club has three courses each of quite a different character. Our event will be on the Avening Course, which is renowned for its year round immaculate presentation. A classic parkland layout featuring several lakes, fairways lined with specimen trees, strategic bunkering and challenging greens, all set atop rolling Cotswold countryside. The course offers panoramic vistas of the nearby village that lends the course its name. The course regularly hosts championship and British Open qualifying events.”

The package for the day will include: bacon roll plus tea /coffee on arrival following registration; 18 Holes on the championship Avening course; post game dinner and presentation of prizes.

Competitions will include:

- **Highest Individual Score** - NHS
- **Runner up** - NHS
- **Highest Score** - Sponsors and guests
- **Runner up** - Sponsors and guests
- **Teams x 4 ball.** Best two scores at each hole to count - all
- **Runner up team** - All
- **Nearest the pin** - All
- **Longest Drive** - All

Full details confirming playing arrangements, competitions, catering, and local accommodation etc. will be announced in the spring 2021

To reserve a place, book a team, or just express an interest, please contact:

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The Civil Service Insurance Society has generously continued to sponsor the event.

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