

# Fellowship

## WINTER 2020

Patrons:  
Ethel Armstrong MBE  
Ken Jarrold CBE

### Tribute

Fellowship pays tribute to Mik Webb.

Page 2

### Conference reports

Including:

- Keynote speech
- Officer reports
- Question time
- Benevolent fund

Pages 4 to 7

### Recruiting new members

Alan Redknapp shares some ideas that may help recruit new members

Page 9

## “Let’s build a new future”



John Rostill

**A rallying call to the whole Fellowship to build on our new status as a player in the NHS world was delivered by Chief Executive John Rostill at the conclusion of an upbeat annual conference in Coventry in November.**

In 2018, he said, we had to knock on the door of the NHS to ask to be included in the celebrations for the seventieth anniversary.

In 2020, the year of nursing and midwifery and the 100th anniversary of the birth of Florence Nightingale, they are coming to us.

While the principles of the Fellowship remain the same and fellowship, enjoyment and countering loneliness and anxiety are key to our existence, today’s leavers want something else as well.

Many move from full time work to full time grandparents or full time carers for ageing parents without ever learning about what we do. “At some stage we have to get rid of the phrase ‘I have never heard of you’ and make sure everyone in the NHS has heard of us” he said. “We have done the organisation bit...

*continued on page 2*

## The Fellowship overseas holiday is back



**The Fellowship’s annual overseas holiday is back for 2020 thanks to a new arrangement with Newmarket Holidays for an eight day trip to Portugal.**

Holiday highlights include Portugal’s vibrant second city of Oporto, visits to local tourist attractions, the chance to explore some nearby historic fishing towns and guided visits to Viana do Castelo and Ponte de Lima.

The package includes dinner, bed and breakfast in a four star hotel and return

flights from UK airports to Oporto.

### Starting on:

27th September 2020  
8 days from £737 per person  
(Single supplements apply)

### Flying from:

- Birmingham
- London Gatwick
- London Luton
- London Stansted
- Manchester

### Staying at:

4\*Axis Vermar Beach

Call to book on:

**0330 160 7759**  
quoting **NRF**



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](http://www.nhsrf.org.uk)

*“Let’s build a new future” ... page 1 continued*

...Now we have to focus on recruitment. When people find out what we do, people feel they might like to be part of it.”

We have engaged better with the NHS and received help from NHS pensioners who will include information about the Fellowship in the annual report to pensioners. “There are 900,000 NHS pensioners” said John. “If 10% of them joined we’d have a crisis – but that’s the sort of problem we want.”

The Fellowship has improved its offer on benefits, with travel insurance, cruises, holidays and a discount offer on fire extinguisher equipment. We are extending the benevolent scheme, getting to grips with social media and have written to all NHS chief executives.

Branches still find it difficult to find volunteers to take on officer duties – but we are not alone in that, and in fact do better than many. Getting ourselves known can include joining other groups, for example by being members of foundation trusts, which can only enhance our reputation.

In 2020 the Fellowship will continue to raise the profile and it plans to open 12 new branches. But the groundwork still remains at branch level. “If every member recruited one more we would double our membership. I ask you to do that” he said.

*Get rid of the phrase “I have never heard of you.”*

*John Rostill*

## Fellowship pays tribute to Mik Webb

**Mik Webb, recently retired Fellowship trustee and secretary and treasurer of the North Wales Ambulance branch, died suddenly on 9 November only a week after the conference.**

He made a significant contribution to the Fellowship at both branch and national levels. His colleague John Toman writes:

“Mik was a prolific activist on behalf of the Fellowship and its members. He served on working parties and committees at both regional and national levels. He represented Wales at trustees and national council meetings and reported back to the All Wales Liaison Committee.

He acted as photographer at every opportunity including the Fellowship’s AGM and conference, the Welsh national conference, the Golf Classic and at award ceremonies.

Mik started his NHS career in the accounts department at Park Prewett Hospital Basingstoke in the early 70s. His final role was that of Director of Finance with the all Wales Ambulance NHS Trust.

He retired in 2009 and did not hesitate when invited to join the Fellowship. He believed fundamentally in investing in people and saw the Fellowship, its structures and branch activities, as the perfect vehicle for delivering his belief that investing in people would produce benefits to both employers and members.



He was instrumental in setting up the first Ambulance branch in North Wales and the UK and to ensure its ongoing development and success, became its secretary and treasurer.

He recently retired as Fellowship Trustee having served eight years during which time his contribution to the running of the Fellowship both in Wales and nationally was significant with the Fellowship benefiting in no small way from his knowledge as a management accountant and general management acumen.”

Mik, who was 69, is survived by his wife Lesley, his daughter Susan, sons Simon and Nick and seven grandchildren.

Chief Executive John Rostill added: “Mik was an enthusiastic stalwart of the Fellowship; he went about his activities with gusto and enthusiasm and was committed to taking the Fellowship forward. He was an ideal trustee, whilst scrutinising the work of officers, he was always supportive and he will be sorely missed.”

Many of the photographs in this issue of Fellowship

were taken by Mik, who was his usual ebullient self at the conference.

Andrew Moss, editor writes: “The pictures were with me within days, all of them of professional quality. Through his personality he was able to relax people in front of his lens and capture the spirit of the event. I was so pleased to find that at some point, the camera was turned on him for a picture which reflects his warm personality, which we are using to accompany this tribute.”

Mik’s retirement from his roles as regional representative for Wales and a trustee of the Fellowship was reported to the AGM. Typically, when “Fellowship” talked to him afterwards he was still looking ahead. He told us: “It’s been an absolute privilege to work for this organisation. I have really enjoyed it. Coming to this conference you feel the buzz and you realise it is helping a lot of people. It’s been great to be part of it.”

*“Mik was a prolific activist on behalf of the Fellowship and its members. He served on working parties and committees at both regional and national levels...”*





**Staff at one of the UK's biggest hospital trusts were queuing out of the door to find out more about how to join the NHS Retirement Fellowship and set up a new branch.**

More than 60 staff from The Newcastle upon Tyne Hospitals NHS Foundation Trust kicked off the Christmas season with

Fellowship chief executive John Rostill and Trust chairman Prof Sir John Burn talk about the Fellowship and what a branch could mean for the trust and staff.

The launch is part of a significant relationship between the trust and North East Development Officer Lucia Hiden. She explained: "The trust is going through

## Newcastle trust backs plans for new Fellowship branch

coffee and mince pies, courtesy of the trust's charity, and heard

a period of organisational change and development and they really understood how supporting their staff into retirement could benefit them. The trust is very proud of its reputation for excellence and the way they work with us is brilliant.

"The trust will support the new branch by providing accommodation and communications and has also offered to pay 50% of the capitation fee to anyone who joins the Fellowship before the end of March 2020."

The inaugural meeting will take place on one of the trust sites in January where a committee will be formed and some ideas developed around what the Fellowship's vibrant newest branch would like to do.

The trust wrote to more than 3,300 staff aged over 55 as well as 281 staff who have retired and returned to work and promoted the event on social media and through internal communications.

Top left: Trust chairman Prof Sir John Burn talks to staff and former staff about the idea of a Fellowship branch for Newcastle



## Looking after yourself this winter

**The onset of winter increases the load on the NHS and sometimes we wonder if we should be "bothering" our GP or not.**

An alternative could be the NHS Minor Ailment Service delivered by Boots the Chemist, which enables children, people aged 60 or over, people who hold a medical exemption certificate and people on certain benefits to receive medicines free from their local pharmacist.

It is available from pharmacies across Scotland and selected locations in England and Wales. When you are registered for the Minor Ailment Service, your pharmacist can give you medicine for a minor illness or complaint, if they think you need it.

You can choose which pharmacy to register with. You can register at any time

– you don't have to make an appointment. When you register, your pharmacist may ask you for some information, including your name, date of birth and postcode. You can only register for the service with one pharmacy at a time. You will be able to get advice and free treatment (if you need it) for minor illnesses and complaints, such as: headache, backache, indigestion, cold sores, constipation, nasal congestion, cough, pain, diarrhoea, eczema, allergies, sore throat, haemorrhoids (piles)

You can find out if there is a pharmacy near you participating in the scheme by searching on the Boots the Chemist website.



## Loyal Jane is Fellowship unsung hero

**Jane Boutchier from Kettering is the Fellowship's unsung hero for 2019 – recognition which has delighted both Jane and her branch members.**

Terry Young, branch chair writes: "Loyalty, commitment and marvellous tea making skills are just three of the qualities displayed by Jane. Since joining Fellowship and becoming an ever-present foot soldier she has provided and served refreshments for more than 50 at our meetings. She is also our roving reporter and one of the few newsletter.

"As well as her loyalty to the committee she is also there offering emotional support to any member who needs it and regularly provides transport to the meeting for a disabled member. In short Jane is our true Girl Friday who hides her light under too many bushels."

NHSRF Chairman Margaret Moffat added: "Jane was chosen from 19 entries by a panel of myself, a regional representative and a trustee who reviewed the entries separately. All three chose Jane because she excelled on so many fronts. All those who were entered deserved recognition for their hard work and constant contribution to the Fellowship, which is why we displayed all the entries at the conference."

Jane was presented with her certificate at a branch meeting in November.

# Hope amid the challenges facing the NHS



*“Let’s shift the balance”  
says Glen Burley*

**There was a message of hope from Glen Burley, Chief Executive of a group of three NHS trusts in a fascinating review of today’s issues and challenges in the NHS which kick started the positive mood of a lively national conference.**

In his keynote speech he reminded members, the NHS budget had grown to £120 billion, but still we are not keeping pace with demand. Where once treatments were “bed rest and milk” today there are so many more interventions which were adding years to life, but not necessarily healthy years.

The “chart of doom” might suggest that ever increasing demand, an ageing population, hospital beds 60 to 70% full of urgent elderly admissions, half of whom no longer needed to be there or should not have come in in the first place, plus staff recruitment issues, are all leading to disaster.

It’s an issue facing all developed nations and while our service is more equitable and controls costs better, we face the same challenge of trying to achieve a shift from a health care service to a wellness service.

Would it help, he wondered, if people contributed to the cost of the service? It might make us more receptive to the messages about lifestyle, exercise, alcohol and smoking.

## Standards and targets

What should we do about standards for cancer services, accident and emergency waiting times or referral to treatment times? Very few organisations were meeting the targets. If we just increase capacity, there would not be the trained workforce to do it.

There was a direct link between the inability to treat non-urgent patients quickly

and pressure on emergency services. In accident and emergency the issue was not beds, but flow. It’s about process through hospital. Where movement is slow, emergency admissions go wherever there is a bed, instead of to a specialist ward. The longer people stay in hospital, the more their condition can deteriorate.

## Shift the mind set

What is needed is to shift the mind set so that instead of thinking that hospital “is the best place for elderly relatives to be” to one where as soon as they are ready, they go home.

Today there is an increasing trend towards “same day” emergency care where tests and assessment are done and patients go home without being admitted. Home care, he agreed, was a challenge we need to do something about. Might personal budgets be one approach?

## Three things

Three things, he concluded, needed to be sorted out:

### Prevention:

Which includes lifestyle changes, education, housing, and designing houses that people can get old in

### Technology:

We are woefully behind in implementing the latest ideas

### Workforce:

We need to design ways of delivering care packages more out of hospital than in hospital. We need a more generic workforce with less demarcation.

As Chief Executive of South Warwickshire, Wye Valley and George Eliot Hospital trusts the aim was to share best practice and move in this direction. Part of his job was to develop the next generation of NHS leaders who could take us there.





**AGM 2020**  
The next conference and AGM will be on **Friday 23 October** in Manchester.

## Fellowship leaders pause for the camera

Left to right: George Kempton (Vice Chairman) John Rostill (Chief Executive) Margaret Moffat (Chairman) Audrey Harris (Benevolent Fund Chairman) and Paul Farenden (Treasurer).



## Chief Executive's report

*"Go back enthused after a big year"*

**Members could go back to their branches enthused about a conference that buzzed with energy and reflect on a year of major achievements, Chief Executive John Rostill said in his report.**

People had told him that in 2018 it was our members who brought the NHS anniversary to life because we were able to tell people what it was like in 1948. "It opened up a new world to many members of the public and we got tremendous thanks from the NHS."

The Fellowship also staged heritage events across the country, all of them demonstrating very effective leadership which branch members joined in with enthusiasm. "It was a credit to the branches that took part. I hope when we come to similar events in the future we can rely on our members for support." New events are already being

planned for 2020 thanks to another £10,000 grant from the Heritage Lottery Fund. Expressing his thanks to the patrons, the vice president, the trustees, national council and the staff John added: "They do a tremendous amount of work and they need to be thanked. I do that from the stage today."

He thanked branch officers for their commitment and reminded members of the need to spread the load to a new generation with equal enthusiasm.

And finally, he thanked all members. "Most of you here are converted, enthusiastic and committed" he said. "I hope you go back and enthuse about conference. It was clear to me last night there was a buzz about the organisation – people were on the dance floor almost before the music started."



## Chairman's report

*"We must all play our part"*

**The future of the Fellowship is down to all of us playing our part in recruitment, the chairman Margaret Moffat explained in her annual report.**

While the Fellowship nationally has carried out research, updated policies and formed a business plan, recruitment remains the most important task – which is where individual members come in.

"If we value what we have, surely we would want others to enjoy it too?" she says. "The trustees, the chief executive and national council are doing their best to promote the Fellowship, but we need you!"

On visits to gatherings and branches in England, Wales and Scotland Margaret had been pleased to see the enjoyment and enthusiasm of members which we need to share. Concluding she thanked all volunteers for their hard work.

**"Look back as well as forward",**  
says Ken Jarrold

Members might like to look back as well as forward as they consider their options in the coming election, the Fellowship's patron Ken Jarrold suggested as he welcomed everyone on the first evening.

Recalling announcements of increased funding for the NHS, he commented: "In the next few weeks you will be listening to lots of promises. We should also think for a moment about what they have actually done."

Listing many of the problems facing the NHS, he said nine years of austerity had brought the service to a difficult place, and the future was likely to be very challenging. "Despite all this, I hope you will have a wonderful conference."



## Treasurer's report

*"... Overall income was up..."*

## A positive message

Paul Farenden delivered "the most positive message" in his years as treasurer as he reported a surplus of over £35,000 for the Fellowship last year.

"Despite a fall in membership, we achieved a small surplus which has strengthened our balance sheet" he said. "That provides some security in the short to medium term." Grant funding had reduced, and although Ken Jarrold and John Rostill had worked hard to seek continued support from the NHS it remains a vulnerable area.

Overall income was up, including the increase in membership subscriptions,

but so were costs, due partly to new data protection regulations and a well deserved increase in staff pay, keeping it in line with NHS rates.

"The message I would like to leave you with is to re-emphasise the fundamental importance of the growth and maintenance of membership numbers. We have stabilised a bit. We need to move on from there. It is incumbent on us to spread the word about what a remarkable and valuable organisation we are, and the potential we have to offer. If we all go away and send that message out it would be really, really helpful."

## Travel Insurance Fellowship scheme attracts 1,000

The Fellowship now has around 1,000 members and their families insured with the special deal for world wide annual travel insurance, Grant Whiskin told conference.

A new insurer – tifgroup – has taken on the scheme after the original company based in Gibraltar decided not to underwrite UK insurance any more. The policy remains the same, but with some exclusions to do with lung and breathing problems.

Older people seeking travel insurance now represent 60% of the travel insurance market. "We all feel 10 years younger than we are and we feel very adventurous" said Grant "so the buying power in the UK travel industry is going to grow."

The Fellowship scheme is open to members between age 50 and 74 and continues into later years if you join and pay by direct debit.



## A special welcome

Dr Abdullah Shehu, a consultant neurologist at University Hospitals Coventry and Warwickshire NHS Trust and a Deputy Lieutenant of the West Midlands was a special guest at the gala dinner and warmly welcomed members to the city and the county.

As well as his medical and civic duties, he has done much work in building relationships and bringing communities together, working with the Bishop of Coventry, the city council and the police to improve community cohesion.

Here he chats informally with Ethel Armstrong, patron, before addressing the delegates.



Tony Moffat (right) from Cambridge branch receives the certificate and trophy from Andrew Moss

## Newsletter competition Cambridge take the trophy

An attractively simple, clear and colourful newsletter from a newcomer in the field attracted praise from the newsletter competition judges, alongside two of the entries from larger branches.

Whittington branch, which has 14 members and is in its second year, took the highly commended award for its A4 newsletter full of news and pictures.

Runner up this year was Oxford, a well-presented and informative publication only exceeded by Cambridge with a high class, comprehensive 28 page newsletter reflecting a large and busy branch.

The judges were Jenny Hall, chairman of Coventry branch, Judith McMurray, Scotland representative and Andrew Moss, editor of the NHSRF newsletter.



## Widening the scope and helping more members



An increase in the savings limit and a broadening of the scope of the benevolent fund were announced by its chairman Audrey Harris (centre).

And members dipped in to their pockets generously for a bucket collection which raised £447.

From now on members seeking support from the fund can have savings of up to £6,500 (instead of £4,000). "It does not sound much, but it will increase

the number of our members who can apply" said Audrey.

The trustees have also agreed to increase the scope so that the fund can do more things. Examples could be bereavement counselling, physiotherapy or podiatry – which could be paid for when they are needed instead of waiting.

"Why shouldn't we help our members in this way?" said Audrey. "For example if you have a bad back you can wait for months, with a grant you might be able to have a few treatments which would make a big difference."

Last year the fund gave four grants totalling just over £2,500. Audrey urged branches not to forget the fund in their charitable giving, and members who need help to apply for it. "Please don't be proud. Pride comes before a fall, and I don't want you falling."



### Fire extinguisher is a hit

A company giving away fire extinguishers and a special sachet to tackle pan fires was a popular attraction at the national conference.

And after the conference they are continuing to support members by offering the two products together for £30, including delivery, compared with the usual price of £43.35.

Firescape make SpraySafe, an easy to use lightweight aerosol extinguisher which is ideal for use in the home. It can tackle small fires including electrical, flammable liquids, paper, wood and cooking oils. The companion product, PanSafe is a sachet which works like a fire blanket. Thrown into a pan on fire, the outer covering melts quickly and releases a liquid which puts out the fire in seconds.

Both products are non toxic and non hazardous.

Full details can be found at [www.firescape.uk](http://www.firescape.uk).

To take advantage of the special deal use the code **COMB130** at the checkout.

For more details email [kellyf@firescape.uk](mailto:kellyf@firescape.uk)

## Question time record

A record number of questions came in from members for the busy Question Time session chaired by Ken Jarrold. Covering a variety of topics they prompted informative responses on issues including the Fellowship, the NHS, golf, nursing and car parking.

### Membership numbers and recruitment

The Fellowship has about 8,370 members in 130 branches but the numbers change every day. The current level of morale in the NHS probably makes it harder to recruit, and contact with NHS Trusts was key. The increased profile in 2018 may not have brought in many new members, but it has made it easier to maintain contacts with the NHS in general.

### The new look

The design and implementation of the new logo was decided on by the trustees in order to change the image of the Fellowship. Final costs are still to be worked out when all the new banners and literature have been paid for. The trustees decided to draw in some marketing expertise and research showed our old designs to be unattractive and we needed an image that was bright, bold and forward looking. "I believe it is money well spent" said John Rostill.

### Golf

Is the golf society subsidised? No it isn't – and last year it attracted 29 new people to become members. It's not elitist, anyone can play, and it's good for the Fellowship.

### New ideas

New ideas for recruitment included a downloadable app, getting on TV in Casualty or Holby City (even if only a poster in the background) and more access to pre-retirement courses. The Fellowship may bid to provide the courses ourselves in one area, drawing in experts from other fields.

Members also wanted to see more effective charging for overseas patients, more effective lobbying of MPs for more money, they were worried about increased privatisation and favoured a return to more traditional nurse training, or at least better funding of courses.

Hospital car parking continues to be a contentious issue, but more needs to be done in the NHS to combat climate change.



**Retirement  
Fellowship**  
Golf Classic 2020

## The 2020 Golf Classic

This year's golf classic, which last year attracted 80 participants, is once again on the iconic old course at St Pierre near Chepstow on Thursday 20 August.

Hosted by the Marriott St Pierre Golf and Country Club the players will follow in the footsteps of golfing legends. The event is open to current and retired NHS men and women, including friends and relatives and is supported by the Civil Service Retirement Fellowship, whose members also take part. The cost has been kept at £50 and includes 18 holes on the championship old course, the presentation dinner, prizes and three golf balls.

Last year's tournament winner of the NHS championship was Anand Kasbekar an ENT Surgeon from Nottingham and winning the Sponsors & Guests championship was Brian Elmes a retired civil servant. The team event was won by Gwyn Richards, Martin Palmer, Trevor Rosser and Nicholas Jones, all Chepstow based postal members.

For a 2020 brochure, entry form and further info, please contact: John Toman, Tournament Director

T: 01666 505266  
M: 07768 406233  
E: jptoman@icloud.com  
or  
[www.nhsrf.org.uk](http://www.nhsrf.org.uk)

## Ambitious programme of heritage events

**An ambitious programme of NHS heritage events is being planned for 2020 thanks to another £10,000 grant from the Heritage Lottery Fund.**

As well as celebrating the NHS, and looking back on its past, they will all generate interest in the Fellowship and aid recruitment.

Plans are still being developed, but in East Anglia the focus will include engaging with primary and secondary schools with materials for each group, together with events in Bury St Edmunds, Sudbury, Peterborough and other venues.

In the North West region, contact with Manchester City Council has resulted in up to four events to be staged in the Arndale Centre starting in early January 2020, and contact has been made with an educational

charity associated with the "Windrush" generation to plan a shared heritage event. The region also held a heritage event at Wythenshawe Hospital in November which attracted 15 new member enquiries and a possible new branch in Cheshire.

Events are still being planned in Newcastle and other north east venues and in the south west at Torbay, Poole and other venues.

"It's very dynamic," said Bob Middleton, who once again is co-ordinating the heritage projects nationwide. "We are building on our experience last year and the good practice and lessons learned. Some of our events will be in areas that attract footfall so that we can reach more people."

Bob is also working on recruitment and will be using the experience of



regional representatives, development officers and recently formed branches to build a template on the steps to undertake to get a new branch going, and the pitfalls to avoid. There are hints already that new branches may be set up in areas that until now have been a desert for the Fellowship, possibly in Cumbria and Shropshire.

A new heritage leaflet has been produced together with a new exhibition stand to promote NHS heritage.

Former midwife Remi Allen with the Chief Nursing Officer at Wythenshawe Hospital.

## Inspiring speeches at Welsh conference

**Seventy delegates from all over Wales heard inspiring speeches from Fellowship leaders and leaders in health care at the Welsh conference in Llandrindod Wales in September.**

The conference was chaired by Fellowship Patron Ken Jarrold whose review looked at some of the challenges faced by the NHS including availability of medical and surgical supplies and the supply of health professionals. He appealed to members to play their part in recruiting new members for the Fellowship.

**Andy Swinburn**, Director of Paramedicine for the Welsh Ambulance Service spoke of a new service based on the principles of a major trauma

triage tool which assesses vital signs, the anatomy of injury, how caused and special considerations such as the elderly and children. The Welsh clinical response service regards this approach as the most effective model for improving care and the Welsh paramedic profession is rising to the challenge. Delivery of critical care for ill and injured patients is increasing and the service is playing an increasing role in the provision of unscheduled care.

**Julian Hayman**, programme manager of Grange Hospital, a new £350m super hospital, set out plans that will transform NHS care in Gwent. The Welsh Government is funding this 471 bed facility which will open in Spring

2021 and will deal with more than 40 specialist services.

**John Rostill**, the Fellowship's Chief Executive explained that developments recently included a new logo and new image which has been well received by the NHS. There was now a business plan which emphasised the need to increase membership. Plans include encouraging members to recruit one more member each, a recruitment DVD and discussions with the NHS Business Authority so that information about the Fellowship is included in the annual letter to NHS pensioners. He said although membership was falling, he was optimistic that these three measures would make a significant increase in membership.





## Looking for new members?

### Try some of these ideas -

writes Alan Redknap, publicity officer for East Dorset and Ringwood

**Gaining new members for any 'retirement' club is not an easy task and word of mouth remains a most effective mechanism: so please keep telling your friends about your branch.**

In our case we emphasised friendship, meetings with a variety of visiting speakers or activities, outings to places of interest and national membership benefits.

When I was asked to act as a publicity officer I began scouring the internet. I searched for all the parish /town councils, Home Watch (Neighbourhood Watch) organisations, local publications, medical centres/practices and church organisations. I then contacted every one by letter, phone, email or via their listed preferred contact details. Wherever possible I attached a targeted article (designed to attract new members) publicising our group with the emphasis on what we had to offer.

Through personal contact I have since cultivated a working relationship with a number of the organisations and that has allowed us to submit articles for their magazines, newsletters and noticeboards. This is especially useful for promoting specific events. Wherever possible we take photographs that are submitted to the publications.

A constant challenge is to get more publicity and better promotion within the NHS itself so please use and work together with your NHSRF development officer and local representative. It took a long time but our branch now has very good communication links.

I have met with clinical commissioning groups and helped to establish contacts in our NHS Trust that have allowed us to take part in retirement seminars and workshops. You may also find that

your local surgery practice managers put you in contact with other welfare and community organisations – an opportunity to promote our group.

We also now incorporate a 'feedback form' into our new member welcome packs that asks where our new members heard about us and this should enable us in the longer term to better assess our prime methods of attracting new members.

Equally important is the retention of members. Listen to what your membership wants from your group and try to make everybody feel welcomed and included.

*"But please persist and don't be put off by apparent initial inertia – 'drip feeding' can eventually bring some success, even if it is only of the modest rather than the spectacular variety."*



## Treasures at Weston super Mare

Weston super Mare members enjoyed a popular presentation in November when local antiques dealer Toby Pinn advised on the value and interest of "treasures" they had brought along.

"We were entertained and enlightened on the fluctuating value of items" said Corinne Wong-Foster. "Some members were surprised and delighted with the results, others realised the priceless personal appraisal of memorabilia."

## NW Durham support food bank

For the second year in a row, the North West Durham branch gave Christmas donations to their local food bank. Committee member Ruth Mather explained: "One of our members is a volunteer at the food bank and she asked last year if we would support this wonderful scheme - united agreement from the group resulted in our usual Christmas bran tub cancelled and a worthy cause benefited."

## Royal London

Royal London branch raised nearly £165 from their first fund raising event - a home bake cake sale in November.



Gordon Jackson and his wife Glenys cut the special cake

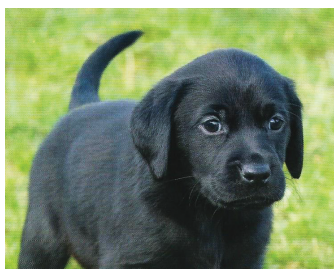
## Gordon Jackson helps Barking celebrations

Barking, Havering and Brentwood branch celebrated its 35th anniversary in September with a cream tea at the Queens Theatre in Hornchurch.

Gordon Jackson set up the branch in September 1984 and was its first chairman, later becoming regional representative for North East Thames and national chairman and president. Members were pleased to see him at the anniversary cream tea, cutting the cake.



## Liverpool support guide dog



Liverpool branch members have decided to support training a guide dog for the blind as part of their annual donation to charity.

The branch is sponsoring Skye, a Labrador taking her first steps towards becoming a fully trained guide dog. Her mother was called Summer and father was Sawley and she was six weeks old in the picture.

Members can watch her progress in real time with updates, photos and video of Skye by joining her exclusive Facebook group.

## Making a splash

Some members never grow up... big puddles on a walk were too tempting for Oxford member Keith Johnston (below) who just had to jump in them, watched with a mixture of curiosity and amazement by fellow members.



## Cosham promote the Fellowship



Cosham branch (Portsmouth) had a stall at the Portsmouth Hospital NHS Trust open day.

The day was mostly for the public to look behind the scenes but staff also circulated and it was disappointing – but no surprise – that many had not heard of the Fellowship. Members gave out flyers and information stressing the many benefits of joining the organisation.

## Monica features in leisure magazine

Brent member Monica Sado featured in Group Leisure and Travel magazine recently when she described her time organising outings for her branch. The magazine goes to group organisers all over England.

## Brighton tip for visitors



Brighton members offer this advice to members visiting the town and looking for a value meal out: "If you are in the know, Bankers is the place (place) to go. Fish n' chips for an OAP, special deal and a cuppa tea." They followed their own maxim by enjoying a meal there recently.

## 41 years of Fellowship



Cheltenham members proudly display their newly designed banner at a tea party in October to celebrate 41 years of the Fellowship.

## Leeds Castle in sunshine



Members of West Middlesex, Ealing and Hammersmith branches enjoyed their summer outing to Leeds Castle in September. The Festival of Flowers for which all rooms in the castle were adorned with displays from international companies was the highlight and appreciated by all members.

## Smiling through the rain



Wet weather did not prevent North West Surrey members having a nice day out at Borde Hill Gardens in Sussex. They toured part of the Elizabethan house where the guides were full of information and humour and had a guided walk round the gardens – using umbrellas intermittently.





**BRIAN TOLLIDAY**

Brian Tolliday, former chairman of Cambridge branch, passed away at the end of September aged 79. He was a very popular chairman and branch member and many people paid tribute to his kindness and jovial personality, commenting that he was always willing to help others.

He joined the NHS in 1957 aged 16 as a bio medical scientist student. He moved to Cambridge in 1971 to work at Addenbrooke's Hospital.

He had been undergoing treatment for cancer for some years, sharing what was happening to him in an interview in the branch newsletter, saying that he thought it better to be open with people and honest about what he was going through. He battled on bravely, remaining positive and upbeat despite his failing health, determined to get on with life and enjoy doing things he wanted to do while he could.

For many years he had been a keen bowls player and a fan of quizzes, which he often organised. He ran the bowls section for Cambridge branch for several years. For many years he was the group scout leader for the 15th Cambridge and his wife was leader of the local cubs group. He lived in Fulbourn and is survived by his wife and two children Claire and Andrew.

**PETER TONKS**

John Rostill writes: "It is with sadness and regret that I report that Peter Tonks passed away in September. He started work in August

1947 in the general office at Rubery Hill in Birmingham which became part of the NHS the following year. I had the privilege of working with Peter in the 1970s and remember him vividly for his innovative approach to improving services for patients. He retired in 1979. My thoughts are with his family.

Peter was one of our ambassadors as the NHS celebrated its 70th anniversary last year, having seen and been able to describe the changes in mental health services over seven decades".



**DON ALLAKER**

East Herts branch lost one of its long standing members in the death of Don Allaker last year. He started work in the NHS one week after its launch, at Watford Peace Memorial Hospital. National Service followed where he was posted to the pathology laboratory in York. Returning to Watford he found the NHS pay worse than in the Army and so found work with the Prudential where he met, and subsequently married, Audrey.

Whilst working in other Hertfordshire hospitals Don kept an eye on the emerging new QE11 Hospital in Welwyn Garden City. He started there four months before its opening and found he had to move and install all the laboratory equipment. He completed his NHS service there as Head of the microbiology department.

Chief organiser of branch holidays, Don thoroughly enjoyed arranging the many memorable trips away with the support of his wife who was branch secretary for

nine years. They made many friends during this time – and Don could be described as one of our 'unsung heroes'.



**FRANCES TANDY**

Fran Tandy, 60, a member of Cosham Branch, died peacefully in July. Members attended her funeral in August.

Fran started nurse training in 1975 at Rowley Bristow Orthopaedic Hospital, Pyrford and later completed it in Chichester. She went on to work in critical care, paediatrics and eye outpatients at Queen Alexandra Hospital, Portsmouth and after a break to have children Fran worked in orthopaedics until she was medically discharged in 2005. Fran went on to work at Marks and Spencer's, where she enjoyed assisting her customers.

**EVELYN LAMB**

Evelyn Lamb, a founder member of New Forest branch, who was working in the NHS on the day it started, died in November aged 88.

In an obituary in her local paper she was described as "a champion of the NHS and pillar of the New Milton community for 60 years" during which time she had been a district nurse for 20 years, managed a nursing home and worked in another as a practice nurse. She was deeply involved in many other community organisations including the Red Cross, the parish church and the business and professional women's club.

More recently she was involved with the establishment of the local branch of U3A, hosted scrabble groups in her home and attended a singing group. She was still organising meetings for the Fellowship last summer.

In 2018 her memories of the NHS were featured in a national newspaper, advising nurses to keep learning and studying and advocating improved academic support, while at the same time remembering to be "a toucher" as well, and be comfortable putting an arm round a stranger.



**CHRISTINE BOATENG-BOAKYE**

Royal London branch is sad to report the death of Christine Boateng-Boakye who passed away suddenly on holiday in December 2018. She had been a member of the branch since the start in July 2017.

Christine began nurse training in 1975 in Harlow before training as a midwife in Canterbury and then working at Mile End Hospital in East London, which later became part of Royal London Hospital.

Through hard work and determination she achieved the role of sister, then a midwifery manager until retirement. She loved midwifery and continued to work occasionally as a bank midwife. Christine was always a happy lady and will be remembered at the branch for her laughter and exuberance.



## Judges astonished by photo winner



Judges for the photography competition on the theme 'By the water' struggled to decide between two very different prints for top prize.

In the end they decided to award a joint first prize to two pictures - 'Filey Beach' and 'I Spy' and were then astonished to discover that the photographer of both was Nigel Gardner from Peterborough branch.

Hazel Arnold, a postal member, was awarded runner-up with 'Just Cruising' and there were six awards of highly commended to Christine Cole from Bury St Edmunds for her picture

'Sunset Over The Marina', Polly Draper from Bromley - 'All Tied Up', Norma Garthwaite from Edinburgh - 'Fishing Boats', Ruth Tyrrell from Norwich, 'A Frosty Morning at the University Lake' and Maureen Salmon from Cardiff - 'Guardian Anchor' and 'Can You See My Toy?'

Honourable mentions were awarded to Hazel Arnold, a postal member - 'Ready for Take-Off' Jill Evans from Cardiff - 'Shall I?' and Peter Elkington also from Cardiff with 'Low Tide' and 'Sunset Paseo'.

The theme for the current competition is 'SEASONAL COLOURS'

The competition closes on **27 March** and entry forms are on the website [www.nhsrf.org.uk](http://www.nhsrf.org.uk)

Members can submit up to four entries and, thanks to our sponsors, the Civil Service Insurance Society, there will be a prize of £100 for the winner and two runner-up prizes of £50.

### For further info contact:

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## A sombre, poignant day

Ros Lobo, regional representative for South West Thames and Sally Bundock, development officer for London and East Anglia were among a gathering at the memorial to nurse Edith Cavell for the annual wreath laying ceremony.

Despite it being cold, grey and wet (with umbrellas up throughout) there was a warm and friendly atmosphere which later gave the chance to raise awareness of the Fellowship.

Edith Cavell was executed in Brussels in 1915 and the ceremony takes place every year on October 12, the anniversary of her death. The service included readings, hymns, wreath laying and a minute's silence – competing at times with the sound of extinction rebellion protests nearby.

"It was an honour to represent the Fellowship" said Ros. "It was a sombre, poignant day, but I was pleased to have met so many friendly people."

## "What our members say" campaign

At the recent Welsh national conference and North West regional meeting, delegates were asked to jot a few notes about why they joined the Fellowship and what they get out of being a member.

Responses were received from 53 members and the feedback was positive and useful.

The main reasons people joined the Fellowship were to meet like minded people with common interests and to stay

in touch with old friends and colleagues. Many people were invited to join by friends and colleagues - and many also saw it as an opportunity to make new friends.

"The quotes have formed the basis of a campaign running on our Facebook page highlighting what people said and encouraging others to join in" said Lucia Hiden, Head of Communications for the Fellowship. "There are now more than 840 members on the Facebook page (at

the time of writing) so please get involved to find out first what is happening across the Fellowship.

"Outings, day trips, branch groups, events and monthly meetings and speakers were the main things people said they enjoyed about being a member - alongside the friendship they found.

"It's not too late to have your say either - to tell us what you think, please email: [comms@nhsrf.org.uk](mailto:comms@nhsrf.org.uk)"