

Fellowship

**June
2021**

Patron:
Ken Jarrold CBE

The Manchester Project

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Steady start as members step up the action

The Fellowship is moving back into action as lockdown restrictions are lifted, but it's a careful and cautious approach.



Many branches have resumed walks. Committee meetings on zoom or in the fresh air are taking place more often as branches plan a post-pandemic future. Computer-based



solutions like branch meetings and talks on Zoom have helped maintain enthusiasm. In Manchester, as we feature on pages two and three we have even founded a new branch

made possible by tablets and the internet.

So members have not been idle in lockdown. In this issue we feature many of the ways in which branches have kept things going or found new ways to link up with their members. And many members have been playing their part in the NHS as volunteers or returning to work or giving the jobs as part of the vaccination roll out.

(See pages six to nine).



Chief Executive John Rostill said:

"We have the chance now to start again. I want to say a heart felt thanks to the officers and members who have done so much in the last 15 months to keep in contact and care for each other. It has been a true example of Fellowship."



Audrey Harris, one of the champions of the Fellowship for many years, has stepped down from her role as a trustee.

Audrey leaves the Trust Board

The move means she will also cease to be chairman of the benevolent fund but will now focus her enthusiasm on Basildon and Thurrock branch, where she has been a member for 20 years.

Audrey was regional representative for North East Thames for six

years and served on the national council before being elected vice chairman and then chairman of the national Fellowship. Looking back on her years at the top she said: "It was an enormous honour to be vice chairman and chairman, I feel very proud of it."

Audrey, who turned 80 this year, is married to Martyn who has often entertained the Fellowship with his singing, and now turns his hand to mastering the technology for zoom meetings. Her NHS career was in medical staffing where she led the recruitment of doctors.



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

Manchester project improves lives

The Manchester Project, which aims to prevent social isolation by enabling older people to use digital devices, has really taken off in 2021 including the formation of a new “virtual” branch.

The project began in 2019 when Karen Kennedy, Development Officer North West, and Bob Middleton, External Funding Project Manager began working together to assess the need and shape a bid to the National Lottery Community Fund which achieved a £10,000 grant in October 2020, to support older people in Greater Manchester.

Linking up with others

They made contact with other organisations including Manchester City Council which was already running the “Manchester Inclusion Project” which also involved supplying digital devices to older people. Contact with Windrush Generation organisations and groups helped to find new and innovative Fellowship members and the new Central Manchester branch was launched on 1 March 2021 attracting members who cannot meet face to face but can meet “virtually.”

“Bob’s work to find funding has made it possible” said Karen, “It has been an exciting challenge to plan and implement the project in a global pandemic, but it has been absolutely wonderful to be able to offer something to older people who were unsure about joining

the Fellowship. The feedback from members has been lovely.”



Finding funding made it possible.

The world at their fingertips

Bob added: “The project has helped our members to improve their lives by using their tablets to gain a wide range of contacts with family, members and friends. “they now have a world at their fingertips which many of us take for granted.”

Choosing the right device was less easy than it might seem. “There are hundreds to choose from and we wanted to spend the money wisely” said

Karen. The experience of Manchester City Council helped to settle on 10 inch Samsung Galaxy Tablets and the first devices are now in use by members of existing branches (North and South Manchester) and the new Central Manchester branch. By the end of March, 14 tablets had been handed over.

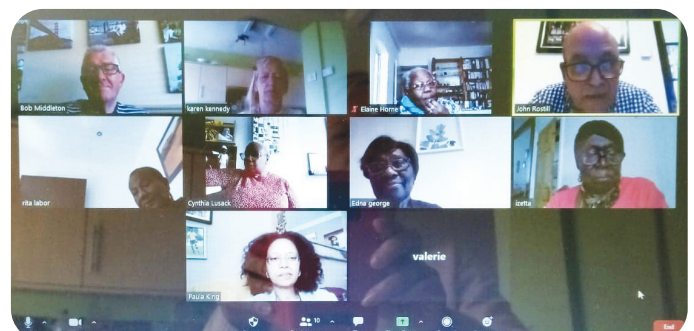
New branch in Stockport

Further research by Karen has now resulted in the development of a new branch in Stockport using an agreed NHS reunion to be held on 3 September. So far 120 NHS retirees have shown interest, with 21 who wish to join a new branch and three ready to act as officers. A successful first meeting of interested potential members was held in May using Zoom.

“It’s been quite a lot of work, but I think it is a way forward for the Fellowship” said Karen. “People love reminiscing and a re-union brings people together and gives the Fellowship an avenue to showcase our charity to people who perhaps have never heard of us, and never thought of joining a branch.”

Already the project is leading to exploration of ways to take it further. One lesson learned is how useful it is to research existing retiree networks through social media that could form links with the Fellowship. It has also shown how successful it can be to engage with postal/national members to see if they would like to join in forming a new branch – as it did in Central Manchester.

Central Manchester branch linked up using Zoom for their first meeting.



Devices and opens opportunities

enabling members to use the internet to improve their lives,
branch linking members online.

Devices open a new world for members

North Manchester



Still learning every day

Alwyn Chappell, from North Manchester branch was one of the first to receive a new tablet and is already exploring its potential. "I am still learning every day" she said, "and picking it up slowly and surely with support from my grandchildren. This has certainly given me an interest as I live alone and have been confined to my home due to Covid. I am looking forward to doing much, much more in the future"

Above: Alwyn Chappell, North Manchester: "This has certainly given me an interest."



So much easier

Liz Scanlon commented "I lost sight in my right eye and have a smartphone which I mainly used for telephone calls. The tablet is so much bigger and helps me use the internet so much easier. I have downloaded Scrabble and now play online with my family. I have ordered food from the supermarket, emailed friends and joined the Fellowship Facebook page. I am looking to use Zoom in the future with some training from the Fellowship."

Above: Liz Scanlon, North Manchester: "The tablet is so much bigger and helps me use the internet so much easier."

Central Manchester



Devices make new branch possible

The new branch already has its chairman, Edna George, secretary Paula King and deputy chairman Amy Muthra and more members are joining all the time, thanks to digital networks and word of mouth.

"I am delighted and grateful for my digital device" said Edna, "it has made it possible for our virtual branch to happen and we can now communicate effectively with all members to hold meetings and promote a membership drive. No doubt this will help lead us to a healthy future of fellowship."

Left: Edna George, chairman, Central Manchester branch: "Delighted and grateful. It has made it possible for our virtual branch to happen."

Secretary Paula King commented:

"My laptop was on its way out and I felt annoyed and frustrated. It was the way I kept up with the world. Since receiving the tablet I am calmer, I attend more online meetings, and I am able to do more online – including being secretary to the new branch. I am loving my tablet. It has given me back my freedom."



Is this a new role for the Fellowship?

The Fellowship has collaborated with the newly-founded College of Dentistry in developing sections of its website. Is sharing our knowledge and experience a new way ahead for the Fellowship?

Scottish member Ellaine Muscroft recalls the experience and urges us to think what we could do next.

The prestigious, newly established College of Dentistry, recently sought collaboration with the Fellowship to help with developing the Patient and Public section of their new web pages. They recognised their duty to give information with simplicity and honesty; they realised that their service users have a whole range of needs, and started work to address this.

Just what can a body of older adults, who used to work for the NHS, possibly offer to the world of Dental Health professionals?

“Well, we managed to begin an exciting new venture in joint working” said Ellaine. “We simply brought our expertise. We put together some thoughts and ideas on paper, and we captured the imagination of this (soon to be Royal) College. They acknowledge our part in bringing our years of experience to their development, and in encouraging a focus to their overall vision and mission.”

Ellaine stepped forward when Chief Executive John Rostill issued a “clarion call” for someone to help the college. As a former Public Health Specialist in Sheffield, leading community development programmes, she felt she could contribute.

“It was a clear ask from the college, but a big ask” she said. “In the Fellowship we are all passionate about the NHS and it is through things like this that we can still contribute to people’s well being and health.

“What does this mean? This means that those we served in our working lives - patients, their families and loved ones - are still benefitting from our input. We have a wealth of knowledge and energy, which we are able to share. We are a force. Let us celebrate this fact and think about what we might do next.”

Savvy older adults

“Our Fellowship has medics, administrators, digital and IT

skills, general skills - warehouse, packing, cleaning, financial experts, legal eagles, auditors, public health specialists, communications and marketing experts. As savvy older adults, we could contribute to research. We could share our life experiences of health services, both as staff and recipients. We have a wealth of knowledge, wisdom and expertise which - at the moment - remains untapped.

“It is important that these ventures are not onerous, but 'do-able' and rewarding to us - sparking renewed interest and a spirit of enquiry and adventure. We are likely to enjoy this lively and interesting new twist to the work of our Fellowship.”

Ellaine Muscroft is a member of Elgin branch in the north east of Scotland.

Golf introduces Sharon to the Fellowship

It was the Fellowship's golf tournament that first drew Sharon Slack, the new Regional Representative for the North West, into membership.

She's been playing golf for more than 40 years and it has taken her all over the world alongside a busy career in finance and consulting. She joined the NHS in 1990 after working in the electricity supply industry and held senior posts in Manchester and Lancashire, including being Director of Finance for Shared Services in Manchester and Director of Finance, IT and partnership for the NHS Pensions Agency.

To achieve a better work life balance she then

followed a career in consultancy, helping NHS organisations across England dealing with issues such as Foundation Trust status, quality, and governance.

Sharon, who is a postal member, faced a tragic 2020 when her father died from Covid in the first wave and later in the year her husband from cancer. When the letter from Fellowship Chief Executive John Rostill said we were looking for a new regional representative it seemed

like the right moment. She took up the role this year and is hoping to make personal contact with branches as Covid restrictions are lifted. "I plan to get involved as much as possible and see how I can help" she said. "I am hoping to be invited to visit branches and meet members personally."

As well as playing golf (she's a member at the championship course at Fairhaven, in Lytham St Annes where she lives) Sharon is actively involved in the handicaps



Sharon on the golf course – a lifelong pleasure

recently started training with the team that assesses ratings for Lancashire courses. She is also a trustee of a charity that supports a special primary school. She enjoys theatre, and music and is a keen walker. As well as golf, all featured strongly in life with her husband.

Lockdown gives time for book of memories

Lock down gave the opportunity to Hammersmith member Shermane Peters to document her 45 years in the NHS which are now published in a book available on Amazon.

Shermane came from Barbados in the 1950s and trained as a nurse in Southampton and at Guy's in London before later qualifying as a midwife and starting a career in midwifery at King's College Hospital in London. She worked briefly in Carshalton before 11 years at Chelsea and Westminster Hospital and various roles until retirement in 2019.

The book is called "My journey through the NHS – Then and now – the difference" and as well as her career it describes the changes in practice since she began her training. It is available from Amazon for £5.99 (ebook 2.99).

"Young midwives and trainees were always interested in what we used to do in midwifery, and the way things were" she said. "They often said I should write it down. I thought it was something I would do when I had time. I got bored in lockdown and the book is the result. It all just came back to me."

Shermane lives in Acton and was introduced to the Fellowship by a former nursing colleague who is also a member of the local Catholic church. "It's a small group and I am enjoying it" she said. She is also the president of the Barbados Overseas Nurses Association which has recently published



a book "Caribbeans recruited to serve" by C.R. Goodman to mark the association's 26th anniversary, which may also be of interest to members.



Book Club grows

"Our Book Club continues to go from strength to strength and we really appreciate all the comments members submit and the support for our choices" writes Lucia Hiden, Head of Communications.

"Reviews can be found on the Fellowship website (www.nhsrf.org.uk). We have a six week timescale for you to read or listen to one, two or all three of our choices and let us know your comments. At the time of publication, we are thinking of ideas for our summer reads and we know members will also send your ideas in."

To join the Book Club, contact **Sherry** or **Debbie** in Central Office info@nhsrf.org.uk or **01305 361317**

Ready for action

Branches around the country are starting to make tentative steps to get back to activities as we start to head out of restrictions. Here we round up some of the events that have already taken place.



Warrington

For their socially distanced committee meeting Warrington members chose the gardens at Walton Hall. The train in the background offered a ride round the garden – tickets on board.



Harrogate

Harrogate branch has resumed socially distanced walks.



Oxford

Oxford members were delighted to resume monthly walks in May. Here they are gathered round a giant sequoia redwood tree in the grounds of the eighteenth century Nuneham Courtenay House.



Coventry

Coventry branch held a socially distanced committee planning meeting with committee member Jenny's pavlova helping to move things along.



Frimley

Frimley & District branch held a committee meeting in a member's garden on the warm day in April with, of course, tea and cakes.

How is your branch planning to resume activities? Why not share your thoughts and ideas. Please email comms@nhsrf.org.uk or contact Central Office.

Ellen's music plays on

"If music be the food of love - play on" said Shakespeare in Twelfth Night - and during lockdown, this resonated with Scottish member Ellen MacLeod.



Ellen, secretary of Ayrshire and Arran branch, has been a lifelong musician and has had to adapt to a different way of singing. She explained: "It is so different sitting at home on your own

singing. Virtual rehearsals sound straight forward but they are not. Once everyone has submitted their voice recording, this has all got to be pulled together by the technical team and not all organisations have people with the 'know how' to do that.

Concerts require to be planned, even more so at this time when there

is a requirement for risk assessments and to ensure social distancing. In 2019 Kilmarnock and District Choral Union (of which I am a member) celebrated its 70th Anniversary and in 2020 we were forbidden to sing and couldn't even have a concert which we depend on as our main source of income.

"All of this is a long way from being able to join each other for a very happy evening singing and enjoying the each other's company. At present we are in a world of backing tracks, recording ourselves singing

at home and sending it to the choir master and team to ensure the right balance and everyone's mouth is mouthing the same words at the same time.

"I think we are all suffering from unrequited love being denied being able to meet and sing together. Hopefully things will change as we go through 2021."

*Photo:
Ellen's choir in full swing
before the pandemic*

Selvamalar takes up new challenge

Guildford member Selvamalar Ratnasingam – known affectionately as Ratna by branch members - set herself a challenge to learn a new skill in lockdown - and was inspired to choose embroidery through a local group.

She explained: "They said they would give us everything we needed so a parcel arrived with needles, threads, colours of every kind, unpicks, all sorts. they asked us the question 'what do you do with your hands?' and this got me thinking on a more spiritual level. They provided translation videos through a What's App group to show us how to translate a drawing on to the fabric and to do the stitches. It was all new to me as I had never done embroidery before."

Selvamalar, 72, is a former midwife and midwifery manager at the Royal Surrey Hospital. She took quite a spiritual approach to interpreting the question and felt that it was the future that was in people's hands. She believes there are five areas which have helped people over the past year: the NHS, the world around us, banks, digital and life. She explained her philosophy: "It is what one makes of life and of the situation at hand that will give one the mental and physical abilities to succeed and come out of the lockdown and continue with the new world, life changes from then on."



How we faced the pandemic

Newham branch chair Beverley Lawrence reflects on a year to remember

"When the lockdown started in March 2020 who would have believed it would have lasted till 2021? Things became very difficult for everyone, and more so for people living alone.

"I was very much aware that members living on their own would be lonely and isolated, so as to keep everyone connected. I decided to set up a check and chat group. Members were divided into seven groups and a leader volunteer was asked to telephone everyone in their group weekly for a chat and offer of help.

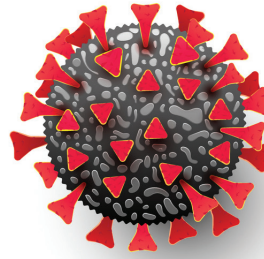
"We also used the WhatsApp group to share information. Fun, videos, puzzles, and laughter or

just to say hi, this was a welcome distraction for many. Sadly the pandemic took the lives of the close relatives of three members, two sons and a husband.

"The summer came and a handful of the committee met up for a face to face meeting. When it became clearer that branch meetings face to face would not happen we turned like many... to virtual meetings on Zoom.

"Our first meeting was a challenge for all of us, but we got through it... and now our monthly and committee meetings are held this way. The branch will have its first face to face meeting on June 30 2021 at 1pm at our new venue, St Bartholomew Church Centre London E6 3BA (we have moved from Newham Hospital while urgent works are done)."

Vaccinating the masses



Andy Mardell from Cardiff branch reflects on a world turned upside down

“Until April 2020 I was working a couple of bank shifts as a nurse on the endoscopy unit at the University Hospital of Wales. That was until the coronavirus pandemic changed all our lives.

“I was advised that I was in a high-risk group and that working in areas where aerosol generating procedures were being undertaken was a risk I should not take. In some respects, this was the phoney war and the hospital had become eerily quiet. There was an air of foreboding. The wards had begun to discharge patients and non-urgent surgery and other procedures were cancelled. There was a great deal of anxiety but by contrast very little personal protective equipment.

“After leaving I felt that it was likely to be some time if ever, that I would go back to work there. As it was two things happened that further illustrated the virulence of this egregious virus. Firstly, I heard that a nurse from one of the wards that had collected a patient from the unit on one of the last days that I worked had died of Covid. Secondly several staff that I worked with also became infected and were unwell. Some of them are still suffering with long covid

symptoms. I had felt somewhat guilty about leaving my colleagues there to deal with what was going on.

One door closes...

When the opportunity arose to become a vaccinator, I thought this would be a chance to make a contribution so I contacted Cardiff and Vale UHB to offer my services. I have no experience in vaccinating but when I did my nurse training, we were taught to give intramuscular injections and I reckoned the basic technique had not changed. I was eventually told what I needed to do. This involved quite a bit of e-learning and a group meeting online with one of the senior staff.

When all the learning was complete, I was invited to the Mass Vaccination Centre in Splott for an induction day that included a session on Basic Life Support which, as you can imagine, is not straightforward in a pandemic caused by a droplet spread virus. Then it



was time to try and access the Welsh Immunisation System (WIS) which was a challenge in itself. By contrast the administration of the Pfizer/Biontec vaccine was really quite simple and generally painless for the citizens (not patients you'll notice).

of the people it was quite an emotional experience since some of the older ones with pre-existing conditions had been shielding and hardly been out and were just happy to have a conversation face to face with someone. One colleague told me of a lady



Marion Mardell looks away as the needle goes in for her second jab

I managed to administer about half a dozen on that first morning. For some

that brought in a photo album of her family just to show someone and have

a chat. You would have to have a heart of stone not to feel at least a pang of emotion at that.

How difficult can it be?

Having got to grips with the computer system, identifying that I had the correct person in front of me, going through the required questions and actually administering the vaccine to about half a dozen citizens it was time to be taught how to draw up the Pfizer/Biontec vaccine. This turned out to be way harder than I had anticipated. Each vaccine ampoule has 5 to 6 doses suspended in a solution of 0.45 of a millilitre. After initially inspecting the ampoule for any particles and inverting it ten times, 1.8mls of normal saline is added to the ampoule and the corresponding amount of air is then carefully taken back into the syringe so as not to draw up any vaccine (I hope you're keeping up with this) and then the ampoule inverted another 10 times. Next 0.3ml of the vaccine is now drawn up into six separate 1ml syringes. Each step of this



Sue Fry awaits her second jab.
Marion and Sue are both Cardiff members

process is checked with a colleague for the correct amount and to ensure no particles from the rubber bung are pushed into the solution. Just to make the process a little more challenging the numbers on the syringe are black as is the plunger seal which is also an odd shape. All this presents quite a challenge for someone with older eyes and means that it takes extra care and time to ensure accuracy. It was reminiscent of Murphy's third law 'nothing is as easy as it looks.

Follow up job

Later we administered second doses of the Pfizer/Biontec vaccine so I vaccinated many health and social care workers who were in the first priority group. It is a great leveller when everyone is treated the same. One minute I have a security guard, next a care home worker, an occupational therapist, student optometrist, nurses from several specialities, a consultant physician, a receptionist, social worker, surveyor, or a maintenance engineer. All grateful and

appreciative to be able to receive what we hope will be a game changing gift.

A bit of reflection

There is no doubt that the world has been turned upside down. Things we took for granted in the past are currently not an option and I suspect that life will not be the same again for some considerable time. There is so much to reflect upon and that I could describe about this unprecedented mass vaccination process and the work and effort that has gone into making it happen.

My final thoughts and gratitude are directed towards those that made the vaccines possible. From the scientists, doctors, researchers and laboratory staff that developed the vaccines and not forgetting all those people worldwide that came forward and took part in the various trials for the greater good of humanity. We all owe these people so much.

"It feels like I have never been away."

Avril McCartney, who is still waiting to take forward the new Newcastle Hospitals branch of the Fellowship has been returning to the coal face by working in 12 hour shifts vaccinating members of the public.

After finishing her training she joined the team at the Nightingale North East Hospital on the outskirts of Sunderland.

Avril said: "It's absolutely full on work and constantly busy. It feels like I have never been away, despite

being retired for two and a half years. I am enjoying it though. In my previous role, I helped a lot of people individually but this feels different. It's helping the nation and everyone is so very grateful.

"Many people have expressed how overwhelmed and appreciative they feel; especially the people who have been shielding. For many people, having their vaccine has been a first trip out."



Avril McCartney: back at work after over two years, "helping the nation."



Norma finds benefit in volunteering

Helping out at a local food bank has given Edinburgh branch member Norma Garthwaite a new outlook. She helps at Stirling Community Food Project two mornings a week. The project aims to reduce food waste and make food available free of charge.

She explained: "We have a shop unit in the centre of Stirling which is open seven days a week. Volunteers collect surplus food from supermarkets in the evening and the morning volunteers sort it and fill the shelves. Food that cannot be distributed is recycled. Waste salad, fruit and vegetables go to an animal sanctuary or to a community garden compost. Bread goes a renewable energy company where it is processed into biogas.

"Christmas was very busy – I have never seen so many sprouts or satsumas. The shop was even open on Christmas Eve and New Year's Eve. I have greatly benefited from volunteering. Having always worked in the NHS, it has given me a new outlook on being involved with a charity. It is also good to meet new people. It gives more structure to my week as well as being enjoyable."

For further information about this scheme please see <https://www.facebook.com/StirlingCommunityFood/>



Greetings astound Joan

Joan Dew was astounded by the response to her 100th birthday (reported in our last issue).

She said. "I want to thank everyone. Branches from all over the UK have sent cards. I received over 100 - I need a secretary. I am overwhelmed. I don't know what to say. It's fantastic. I am so grateful."

Joan is also well known in her local community at Burgess Hill. On her birthday she received 10 gifts of flowers, three hampers and at least eight boxes of chocolates.

Fellowship launches "Where can we go?" campaign

As things start to open up again, many people's thoughts are turning to exploring the UK – and if you are unsure where to go, the Fellowship is here to help.

"We also have several members of the page who frequently post pictures from their walks and trips about and we know members really engage with that."

This summer we are running a "Where shall we go?" campaign via our Facebook page featuring recommendations of places to go from across the country.

And where is on Lucia's list to visit this year? "I'm going to the west coast of Scotland so am looking forward to seeing Glasgow and Arran."

Head of Communications Lucia Hiden said there are some fantastic places to visit in the UK. By sharing local knowledge and ideas, we are opening up the country to everyone.

We'd love to hear your ideas and suggestions for places to go - please contact Lucia via the Central Office or at comms@nhsrf.org.uk

New offers in Fellowship Extra

Three new advertisers are featured in Fellowship Extra with this issue, offering new services for members.



Accord Legal Services offer a free will writing service – which has been "road tested" by our Chief Executive John Rostill who reported favourably in his last monthly letter. The company has helped over 10,000 key workers to prepare wills since the start of the pandemic last March.

Cartridge World offer discounts on ink cartridges for printers – an increasingly useful benefit.

Ernest Grant provide comprehensive financial planning covering retirement, pensions, estate planning and wealth management.

Full details are set out in Fellowship Extra, adding to our range of opportunities for members.



Obituaries



Mary Mellor

It is with great sadness that South Manchester branch reports the death of Mary Mellor, who died in September aged 79.

Mary was born in Galway, Ireland, and came to England for her nurse training. Once qualified she completed her midwifery training, a vocation she undertook with pride and dedication for 40 years. Throughout this time Mary made many friends, particularly on night duty at Wythenshawe Maternity Hospital. She maintained these bonds after retirement through her involvement with the Fellowship where she was a longstanding, active member and secretary for 11 years. Even when

faced with a life-threatening illness Mary continued to take part in branch meetings and Christmas parties, a testament to her inner strength, deep faith and devoted care from her family. In retirement Mary enjoyed tending an allotment with her husband Alan and showed her continuing commitment to the NHS and others in her role as Chaplain Volunteer at Wythenshawe Hospital.



Olive Jones

Gwent branch sadly report that Olive Jones, a founder member died suddenly in December. She was one of four sisters who all

trained at the Royal Gwent Hospital. She loved her work very much. Eventually, she moved to work as a District Nurse which she did for 25 years, loving the continuity she had with her patients. When Olive retired her time was spent with many hobbies, crafts, choir, holidays and family. Her sister Clarice is also a long standing member of the branch.

Margaret Day

Margaret Day a long serving member of Lowestoft branch died in February. She was a very active member, serving as social secretary, chairman and lately as president. Margaret was a lovely person who had many health problems, but never moaned and was always cheerful. She will be much missed.



Lily McCance and Moira McGregor

North West Durham branch sadly reports the deaths of two long-term members – sisters Lilian (Lily) McCance and Moira McGregor. Lily died on 20 March, aged 95, and her sister Moira died on 2 May aged 89. Lily worked for many years at Shotley Bridge General Hospital as Domestic Supervisor. Moira, a State Enrolled Nurse, worked in the Children's Wards also at Shotley Bridge. They were very close and were seen together often and enjoyed holidays and outings. They were both well respected and loved members of the branch. Our picture shows Lily on the left and Moira on the right.

**NHS
Retirement
Fellowship
Golf Classic**

Golf Classic confirmed

Tournament Director John Toman has confirmed arrangements for the return of the Fellowship Golf Classic on Friday 10 September 2021 on the Avening course at Minchinhamton Golf Club. Gloucestershire.

For the first time the event is open to all NHS staff and key workers as a "thank you" for their heroism in the pandemic.

The package includes:

- Bacon roll and tea/coffee at registration.
- 18 holes of golf on the championship Avening course.
- Bangers and mash followed by apple pie and custard post game.
- Sleeve of 3 golf balls courtesy of CSiS
- Prizes.
- Membership of the NHS Retirement Fellowship and all its benefits.

Cost:

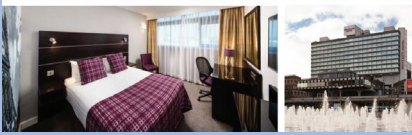
The package is available at the special reduced rate of £25 per person covering meals and prizes thanks to the generosity of our sponsors, the Civil Service Insurance Society.

Further information:

For further information, reserve a place or just express an interest, please contact:

John Toman
Tournament Director
E: jptoman@icloud.com
T: 01666 505266
M: 07768 406233





Conference returns to Manchester

The Fellowship's National Conference returns to Manchester this year to the four star Mercure Piccadilly Hotel in the centre of the city.

Arrival is on Thursday 21 October and departure on Saturday 23, with the AGM on Friday in the 800 seat international suite which leaves plenty of space for social distancing if needed.

people we now have to start to build it back up" said Geoff Holt, Sales Manager. "We have had lots of response from our customers, people seem to want to carry on. We put our heart and soul into everything we do."

The event is being managed for the Fellowship by Ocean View (IOW) Limited, trading as IOW Tours, the successor to the Fellowship's long term partner which was badly hit by the pandemic and without access to government support was forced into administration. The team has been reduced to seven from a staff of 22. "After 32 years with lovely

The 280 bedroom Mercure Piccadilly Hotel is about 12 minutes walk from Piccadilly train station or one stop on the Metro Link tram. Full details will be sent shortly. The basic cost is £249 per person with a deposit of £20 by 31 July. The package includes a two night stay with dinner, bed and breakfast and entertainment.

"It will be so good to meet members face to face again. I hope members will return with confidence and enjoy sharing another successful event."

John Rostill

Surprise gift for volunteer Judith



Judith McMurray, one of the Fellowship's national representatives for Scotland was chosen at random among all staff and volunteers at NHS Tayside to receive a hamper, made possible by NHS Charities Together and Tayside Health Fund.

"I thoroughly enjoy volunteering at the hospital and the vaccine clinic" she said.

"The hamper was very much appreciated."

Golfing couple's diamond anniversary



Anne and Frank Woods, from Basildon and Thurrock branch celebrated their diamond anniversary on the 25 March and received warm congratulations from fellow members. They were married at Rainham Parish church in Essex, and Anne

worked for many years at Basildon Hospital. They are both keen golfers and regularly play in the branch society.