

Fellowship

**May
2022**

Patron:
Ken Jarrold CBE

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P60 campaign launches

The Fellowship's much awaited P60 recruitment campaign got under way in April and already there are signs of an encouraging response.

An invitation to join the NHS Retirement Fellowship

Would you like to enjoy a range of social opportunities with friends from your working days? Then joining the Retirement Fellowship may be for you! Call our team now 0800 915 145.

££ My Branch offers lots of activities as well as P60 for a variety of reasons.

NHS Business Services Authority

NHS Pensions
PO Box 2208
Bristol
BS2 9JH

P60 End of Year Certificate
Tax Year to 5 April 2021

This is an important document - Do not destroy

Over the next few weeks the campaign will see more than 1.4 million NHS pensioners in England, Scotland and Wales receive an invitation to join the Fellowship through a special leaflet which is being sent out with the annual P60 pension statement.

Within days of the P60 notices starting to be delivered 250 new members had joined, many of them postal members, and a further 100 had seen the leaflet and signed up through central office. "It's early days, but the signs are encouraging" said John Rostill, Chief Executive.

Staff have been working with a special customer service centre who will speak directly with callers to sign

them up as well as liaising with branches, working on delivering the leaflet, revising our website and other activities all with this campaign at the forefront. Branches have been preparing to give a warm welcome to new members and providing information to help the customer service centre answer questions about each branch.

Systems are also being put in place to ensure postal

members will be given a warm welcome too and development officers are on standby to work with clusters of new members to set up branches in their local areas.

Vitally important

John Rostill added: "An extraordinary amount of work has gone into preparing and delivering this campaign and my thanks must go to everyone involved. Its importance to

the future of the Fellowship cannot be underestimated. It has the potential to transform the organisation to ensure that we offer retirees a good option for retirement, we can increase the benefits we offer and we have a louder and stronger voice in terms of lobbying and advocating for our members. I very much look forward to welcoming new members over the summer."

The campaign is expected to run through spring and summer 2022.

A further update will follow in the next newsletter.



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



Photography Group to be relaunched

The Fellowship's Photography Group is to be relaunched over the next few months following a change of stewardship.



Lucia Hiden, Head of Communications, will now take on responsibility. She said: "Firstly I'd like to thank Anthea Zell who has done a sterling job with the photography group and has been a great support to me as I take on this mantle. I've been blown away by the quality of some of the competition entries I've seen and am looking forward to seeing submissions later in the year.

"At the time of writing, there's a few things which need to be resolved before the group can be relaunched properly but please watch this space

for further news and announcements. I think it is really important that the group is as inclusive as possible. You don't have to have top range equipment to take part and enjoy the challenges we set. I'm also keen to see photography of branches in action which I can use in our communications portfolio.

"If you have any ideas or suggestions, I'd really love to hear them or if you would like to get involved with the group, then please get in touch." You can contact Lucia at:

comms@nhsrf.org.uk
or phone: **07739 138 954**.

Basildon back on track after Covid

Basildon and Thurrock branch had 96 members and guests at their Christmas lunch which they named the "Ann and Colin Eve memorial Christmas lunch" in memory of two active members who left money in their will for the benefit of members. Two of the guests were relatives of Ann and Colin Eve.

The lunch was a fitting end to the year and the branch has a full calendar of meetings, trips, luncheon clubs, golf society and 10 pin bowling for 2022. Members are expecting an increase in the current

membership of 122 from the P60 campaign and will continue recruitment through local hospitals and community newsletters. The branch started 2022 with a cream tea at a Hatfield Heath hotel.

Judges chosen for story contest

The judges have been chosen for the short story competition for which the deadline is now the end of May. They are:



Barbara Kolator

Barbara retired in 2013 because she found a new interest in gemmology and she is now a gemmology tutor and collections curator as well as a knitter, avid reader and member of the NHSRF Book Club.

Her career began in microbiology but has also included virology, working as a health adviser in a genito urinary clinic in St Helier, living in Indonesia looking after her daughter, working on a magazine putting carers and parents in touch, then as a research secretary in neurosurgery and finally a clinical trials co-ordinator.

via Berkshire, Germany, Cambridgeshire and Oklahoma. She trained as a teacher but an accident in her early twenties left her unable to work. During a long period of inactivity she learned to play bridge and later re-trained as a bridge professional. She started to write while living in Oklahoma and set many of her stories around her experience of the NHS as a patient and a carer. Her story "Apple Blossom Time" recently won the King Lear Prize.



Peter Sykes

Peter was employed as a surgeon in Manchester for 25 years, later becoming the medical director of an NHS Trust and a consultant for the Healthcare Commission monitoring the quality of clinical services.

Since retiring, his reflections of his life in medicine have resulted in the publication of a number of novels and collections of short stories. Fresh tales, all with a medical flavour, continue to appear in his blog:

www.medicaltales.org



Jeannette Warren

Jeannette grew up in East London but has since moved to Norfolk



**It's never too late –
and you're never
too old!**

Left:
Confident Sheila ready for take off.

Below:
Celebrating after the jump: Sheila raised £2,000 for Home Start, a charity she volunteers for, which supports families that are struggling.

Sky dive Sheila fulfils her dream

Sheila Edbrook, chairman of Salisbury branch realised a lifetime dream by doing a sky dive last year, at the age of 81 – and while waiting for hip surgery.

“I often thought it would be great to do a skydive. The opportunity came along in 2020 so I took it and planned to do the jump in July to celebrate my 80th birthday.

“Then Covid came along and messed up the plans (I was doing it for a charity) There were two further dates arranged both were cancelled, one because of Covid and one for bad weather.

“As time went on, there was just one problem, I was waiting for a hip replacement. I had my appointment with the consultant who offered me a date for surgery. Ah! Just one problem. It was BEFORE my skydive. I explained my predicament and the expression on his face was of astonishment.

He gave me his blessing wishing me a safe landing!

“Eventually on July 16th 2021 I was able to finally get my flight. It was an amazing experience. On arrival we signed in, watched a video, got fitted with our harness, (suddenly it became real) and met the instructor. Then the call game to get into the plane. I was never nervous about it all until this moment when my heart was pounding. Walking to the plane my instructor was lovely: chatting and joking with me.

“Now I am safely sitting in front of my instructor and he is pulling me as hard as he could so I was almost sitting on his lap. Finally, take off, no going back now (you could pull out if you really couldn't go ahead)

“Once at 10000ft the door opens the air hits you and you know at this time you will soon be free falling. **WOW what a view!** This was my most scary point as I hang my legs over the edge of the plane with my feet tucked up under the plane.

Suddenly you're flying through the air, Wow wow so exciting THEN your instructor lets the parachute out. You're pulled upwards with a jolt then you just float soo gently, it was really beautiful. We did a few swirls, such fun, then calmly floated through the air enjoying the view whilst slowly descending. My lovely instructor gave me a wonderful experience which I will never forget. I had my hip operation three weeks later.”

Sheila's daughter Kathy wrote afterwards: Mum has been a trained volunteer for Home-Start for several years so of course that was the charity she chose to support. She is obviously totally crazy to do a parachute jump but I am incredibly proud of her for doing it.”

That's not the end of adventures for Sheila: **“I am looking for a new challenge now”** she said.





Chief Executive John Rostill said:

"I am delighted Beverley has responded to my plea for someone from an ethnic minority background to apply to be a trustee. She will be a great asset."

New trustees to guide Fellowship

Beverley steps forward

Beverley Lawrence, the chairman of Newham branch, has stepped forward to become a trustee of the Fellowship.

Beverley was born in Jamaica and came to England to join her parents in the 1960s. She worked as a staff midwife before pursuing a special care baby course and then becoming a Midwifery Sister working in the UK and Libya and later as a home care nurse in the USA.

Returning to England she worked in midwifery in the NHS and the private sector before retirement, when she joined the Fellowship and rapidly became branch chairman.

Nobody looked like me

"When someone asked at the conference why there was no-one of an ethnic background in the line-up I thought it would be useful for me to volunteer and see how things are run" she said. "There was nobody who looked like me on the board – and that's not because of the Fellowship, it's because we don't put ourselves forward."

Beverley has lived in East London since the 1980s and enjoys horse riding (limited lately because of arthritis) reading, socialising and travel.



The Fellowship is delighted to welcome its latest trustee in former dentist Mabel Saw who comes with an agenda to help deliver change.

Mabel, who lives in Cambridge, was running her dental practice until she retired a few months ago, and has been encouraged to become a trustee by fellow board member Janine Brooks.

However, Mabel is also carrying on with some of

Mabel aims to aid change

the things she enjoys most about her work. She explained: "For the past five years or so I've been involved in coaching and mentoring younger dentists, which in reality is something I've been doing for many, many years. I've been supporting people who are running their own business, which a dental practice is, and I work as a development advisor for the General Dental Council, supporting dentists who are in difficulties. I also work as an expert witness in general dentistry and provide input for dentists going through a remediation process."

Mixed feelings

Mabel is aware that retiring in the aftermath of the

pandemic is an experience she will share with many other people and it's left her with mixed feelings. She mused: "I do feel very grateful but I really feel for other business owners who couldn't have imagined finding themselves in these shoes. But it has also left me with a sense of 'what can I do to help?'"

She has got involved with the Fellowship because she knew the trustees were looking for someone with coaching and mentoring skills and the value of those skills in a time of change. She said: "There can be some resistance to change, I know that at first hand and there will always be people who see change as a good thing, others who will

support change from afar and others who don't want to get involved at all.

Blue sky thinking

"The hope is that we can get everyone to a position where there is support for each other and for the work that needs to be done. I think we all need to consider where we think the Fellowship should be in five, ten years time and what we want to see - the blue sky thinking if you will - and then figure out how to achieve that. Change is a long term thing and it won't happen overnight."

Fellowship welcomes new treasurer

The Fellowship has appointed Dr Gareth Oakland to be its new honorary treasurer. He took over from Paul Farenden on April 1.

Gareth is a chartered accountant who led the government and public sector forensic investigations practice at PricewaterhouseCoopers until his retirement in 2015. He worked extensively with a wide range of NHS organisations during his time with the firm.

After retiring, he returned to university to study 19th Century French history, taking an MA in 2017 and, in 2021, completing his PhD on the way memorials to the Vendée wars were used by conservatives to resist the Third Republic.

Cricket and cycling

He is Treasurer of Volunteer Uttlesford (a charity based in Saffron Walden) and President of Bearsted Cricket Club in Kent where he still enjoys opening the batting. He lives in Bishop's Stortford and has four children and two grandchildren and is an enthusiastic cyclist, spending many happy hours cycling to see his kids and between the east of England and the west of France.

"The job came up during the pandemic and I thought it would be a chance to do something for an organisation that I love" he said. "There are big issues to face. It is going to be interesting and challenging."

A smiling Gareth Oakland with his successful PhD thesis



Southend on camera

Southend members found themselves caught on camera when they were stopped by a BBC Look East TV crew as they were enjoying a walk along the sea front.

They were asked for an opinion on a joke by Jimmy Carr which had caused offence on Holocaust Day, as he was due to appear live at the local theatre. "I asked for a photograph" said branch chair Jenny Bailey. "They were very obliging."



Lewisham members visit Covid wall

A year into the anniversary of the National Covid Memorial Wall, members from Lewisham branch paid a visit.

"It was a very poignant and solemn day for us to see such a number of tributes posted on the long stretch of wall indicative of so many human losses to this pandemic," writes Felicia Asante. "May they rest in perfect peace."

Roadshows provide valuable feedback

Regional roadshows spelling out the proposed way forward for the Fellowship have provided valuable feedback and reached a new audience at branch level.

More than 250 members attended roadshows in Birmingham, Bury St Edmunds, Crawley, Liverpool, London, Portishead near Bristol, Salisbury, Taunton, Reading, Northampton and York.

For many it was their first chance to meet some of the trustees whose role is to give leadership to the Fellowship and help plan ahead, as well as making sure the charity complies with legislation.

Closer understanding

“The roadshows gave us a closer understanding of what the issues are at branch level and reminded us that we need to do more to make sure there is a connection between the board and the members” said John Rostill, Chief Executive, who attended every meeting.

“It was important that we shared our thinking on the way forward with our members - and I think members appreciated the fact that the trustees were out and about and talking to them. Members appreciated the need for change – but there was not always agreement on what the change should be.”

Fellowship chairman George Kempton, who attended most of the roadshows in the south added: “It was absolutely the right thing to do. I was pleased with the attendance and the members gave us

good feedback which will enable us to move forward. Some meetings were extremely lively and people found it interesting – although few had read about it in the newsletter before they came.”

Recruitment the key

Among the anxieties raised was a worry that the Fellowship would find it hard to recruit enough volunteers to become county representatives, but there are hopes that the recruitment campaign launched in April will deliver new members to take on new roles.

Most meetings accepted the need for change but there was often comment about the new “regions” suggested in the proposals – but nobody came up with any alternatives.

The roadshow response was due to be part of discussions at the meeting of National Council at the end of April, from which will emerge proposals to be put to the trustees at their next meeting. The aim is to re-shape the Fellowship so that it is fit for the future, without losing its important heritage.

An update on the outcome of the meeting is included in the letter from the Chief Executive with this newsletter.

Just to remind you

A reminder of the proposals – as set out at last year’s AGM and in “Fellowship” last November.

THE CHALLENGES

The Fellowship faces the challenges of declining membership, cuts in grants, changes in NHS structure and the wider opportunities now open to NHS and social care retirees.

Today we need an organisation that more closely involves all its members in the national Fellowship “family” and links members and branches with each other and with staff and the trustees. By working together, we can achieve more than in isolation.

THE PROPOSALS

Recruitment

A major campaign which will put branches in the front line of recruitment was launched in April with a new leaflet going to more than a million NHS pensioners with their P60 statement.

A new structure

Counties in England will form the basis of the structure

Groups of counties make a region – but different from the former NHS regions.

Each county elects a voluntary member representative whose role will include keeping in contact with branches and sharing ideas and information.

County member representatives elect voluntary regional member representatives.

Regional member representatives form a new Members Council, the main advisory body to the Trustees. Postal members will elect two members of the Members Council.

Joining together

The way forward proposes small changes which will help with member involvement and improve links between the membership and the trustees.

If agreed, the chair or vice chair of the trustees will be invited to attend meetings of the Members Council, the chair of the Members Council will attend the Board of Trustees and some board meetings will be held outside London.

THE BENEFITS

- More local member involvement through county representatives
- Members in control of business at Members Council
- Communication with members improved
- Postal members have a voice

But some things stay the same:

- Branch membership is unchanged
- Branch members continue to manage their own business and activities
- Branch members decide their own subscription

Possible grouping of counties into new regions

1. Cumbria, Durham, Northumberland, Tees Valley, Tyne and Wear. Population 3.4 million
2. East Riding, North Yorkshire, South Yorkshire, West Yorkshire. Population 5.4 million
3. Cheshire, Greater Manchester, Lancashire, Merseyside. Population 6.7 million
4. Derbyshire, Leicestershire, Lincolnshire, Nottinghamshire, Rutland. Population 4.3 million
5. Herefordshire, Shropshire, Staffordshire, West Midlands, Warwickshire, Worcestershire. Population 5.8 million
6. Gloucestershire, Hampshire, Isle of Wight, Wiltshire. Population 3.6 million
7. Bedfordshire, Berkshire, Buckinghamshire, Hertfordshire, Northamptonshire, Oxfordshire. Population 4.9 million
8. Cambridgeshire, Essex, Suffolk, Norfolk. Population 4.3 million
9. Avon, Cornwall, Devon, Dorset, Somerset. Population 4.5 million
10. East Sussex, Surrey, West Sussex, Kent. Population 4.7 million.
11. Greater London. Population 9.3 million



SOME QUESTIONS to consider

1. *Do you support the need for change?*
2. *Would the 'county basis' help the role of Member Representatives?*
3. *Should postal members have a voice?*
4. *Do you agree that the [Members] Council should be chaired by one of its own?*
5. *Some Board of Trustees meetings to be held outside of London?*
6. *Members should be able to observe Board of Trustees meetings?*

Each county would have a county representative and each region one regional member of the national Members Council. London would have two regional members, one for each side of the Thames. Postal members would have two representatives on the Members Council, which would have a total membership of 17. Names of regions would be decided later.

Arrangements for Scotland (5.4 million) and Wales (3.2 million) are being studied separately.

Remembering the Windrush generation...

On the dockside...

Several members of Basildon and Thurrock Branch were invited to the launch and celebration of The Windrush Generation, held where the original landing was made at Tilbury Docks in Essex on 22nd June 1948.

On June 22 last year they were welcomed by Mike Ostler, local historian and branch member who had arranged part of a supporting exhibition in the Cruise Terminal.

Top picture shows The Windrush Elders - Carlton Darrell MBE, Jean Darrell, Mike Ostler, Tina Aparico (Guest of Honour) and Carol Sydney meeting at The Tilbury Landing Stage.



...and at the House of Lords

Bottom picture shows Gloria Whyte, Carol Sydney, Jean Darrell, and Carlton Darrell MBE from the branch were invited to attend a Windrush Tea Party at The House of Lords in October. They attended as elders of the Windrush generation. It was a joyful celebration and a wonderful occasion.



NHS
Retirement
Fellowship
Book Club

Book club goes interactive

The Fellowship's fledgling Book Club held its first interactive Zoom meeting to talk about all things books and the latest recommendations the team behind the club had suggested.

Sherry Smith from Central Office is one of the administrators. She explained: "We know that reading is always a very popular hobby among our members and became even more important during the pandemic. We've loved seeing how people engage with the club and although our numbers are small, the enthusiasm levels are high.

"The Zoom meeting was a way in which we could make this really interactive and share and discuss our thoughts about the books over a cup of tea. It was very well received by the small number of people who did attend and we hope to run it again later in the year.

"We love receiving people's reviews of our recommendations and would love to hear more of our members' views on the books. We only ever use first names and we would do anonymous reviews for anyone who really felt uncomfortable. The feedback we had was that seeing other people's views often made members go back and read the book and see it in a different light, which is brilliant."

To join the book club please contact Sherry (top) or Debbie (bottom) in central office at:

info@nhsrf.org.uk or
01305 361317





Fellowship steps in to help members in bereavement

The Fellowship has launched a pilot scheme in Scotland to help support members who are dealing with bereavement.

Hilary Robb, Development Officer for Scotland, explained:


"Sadly the experience of losing people we love is something we all experience and it can be a very difficult to process your thoughts and feelings as well as dealing with the practicalities that follow the death of a loved one. We wanted to offer members expert support so decided to go into partnership with Cruse Bereavement Care Scotland."

Cruse Bereavement Care is a national charity which supports people in grief by providing help, advice and specialist counselling support. Members in Scotland are being encouraged to access the support they offer and can also volunteer with Cruse in a range of roles – a good fit for the skills used in their work in the NHS.

The intention is to roll out the scheme across England and Wales later in the year.


How To Support Someone Grieving

Be there for them




Help combat loneliness by offering your time, company and listening.

Recognise their pain




Don't avoid their pain. Acknowledge it and allow them to share their grief.

Help normalise grief



Reassure the bereaved person that what they are feeling is normal.

Grief can last a long time



Understand that there is no timeframe or set process to grieving.



For more information and advice about supporting people after a bereavement, visit crusescotland.org.uk

High Sheriff to join Chelmsford AGM

Chelmsford branch members are delighted that their branch patron has been appointed High Sheriff of Essex and was due to join them for their AGM at the end of April.

Nicholas Alston has been their patron for some time and has held various posts as chairman of the local hospital trust and Essex crime commissioner. He is already a CBE and deputy lieutenant of the county.



Yorkshire has a new regional representative

Kath Gibson, chair of the Leeds branch, has stepped forward to be regional representative for Yorkshire with a mission to help branches to get to know each other better.

"I'd like to bring Fellowship members together more" she said. "If I can get Yorkshire groups to gel and have more contact and put names to faces that would be good."

Kath was born in Glasgow of Irish immigrant parents who moved to Leeds when she was young. She trained as a nurse at Seacroft Hospital in Leeds qualifying as RGN and RSCN, and stayed at Seacroft as a ward sister on paediatric wards specialising infectious diseases and cystic fibrosis. When paediatrics closed at the hospital she left to work in a school as

a learning mentor, but returned to nursing in 2002 working mainly in acute child protection.

Development officer for Yorkshire Lucia Hiden said: "It has been quite some time since Yorkshire had a regional representative and I was delighted when Kath and I began discussions about her taking on the role. She is already developing some excellent relationships with the branches and she will be an asset to both the region and the National Council. I am looking forward to working even more closely with Kath to take forward some exciting plans in Yorkshire."



Theresa Harvey

Brent Branch is very sad to announce the death of Theresa Harvey, one of the best known members of the Fellowship and a regular at national conference.

Theresa was devoted to the Fellowship and was an extremely hard working branch secretary since 2000. She rarely missed a meeting, outing or holiday and as one colleague observed "she certainly was a character." The branch will sorely miss their friend.



Felicity Leenders

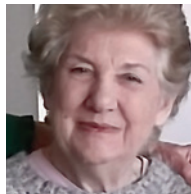
It is with great sadness that Brighton & Hove members report that Felicity Leenders, a dear friend and colleague and branch treasurer for seven years, has died.

Sheila Sheppard writes: "Felicity trained as a nurse at St Bartholomew's Hospital, London. She was awarded the Bart's Gold Medal with 1st Class Honours for her final examination. She qualified as a midwife, then travel called. She met her future husband while working in Canada. They returned to the UK married and had two children. Felicity then retrained as a health visitor in Brighton with an interest in the welfare of children.

"Later she worked for the Department of Health and was instrumental in the development of the Children's Act. During 1994-5 she was seconded to

the European Region of the World Health Organisation where she was involved in creating a profile for nursing in all European countries, leading to improvements education and practice.

"Following retirement she volunteered with VSO & was posted to Romania. Returning to England she volunteered with the Citizens Advice Bureau and Macmillan Cancer Support. Her kindness, sense of humour and wisdom, stemming from her nursing career and life experiences will live on in the memories of all who had the privilege to have known her."



Pauline Britton

Poole branch members are very sad to announce the death of Pauline Britton aged 85.

Pauline was a member for many years and treasurer for 14, when ill health caused her to hand over the role. She did, however, continue as a valued committee member until the Covid pandemic.

Pauline had an extremely interesting life. She met her husband John at school and they were married for over 60 years. John's work took him to Kenya and Uganda. Pauline would tell members about her life in Africa and show photographs. Pauline and John had two daughters; the youngest was born in in Uganda when John was working in another part of Africa. Pauline was the first white woman to have her baby in the hospital. The staff were so proud and thanked her for choosing their hospital.

On her return to the UK Pauline trained as a dental nurse and worked at Poole hospital until she retired and

became an active member of the branch. She had a wonderful smile, was fun to be around and had a great sense of humour.

Margaret Ainscough

It is with great sadness that Chorley & South Ribble branch announce the death of Margaret Ainscough after a short illness, bravely fought. Margaret joined the Fellowship in 1994 and was a valued committee member, eager to support everything members did for the benefit of the branch.

Always ready to give friendly advice and support to anyone, she was the epitome of a gentle-woman. Her presence will be sadly missed and she will be lovingly remembered.

Margaret Southey

Gordano branch members are sad report the death of Margaret Southey, a member for more than 20 years during which membership grew from about 30 to over 100.

She made her presence known as an incredibly happy and helpful person who was pleased to join in any activity including organizing the bring and buy table. She often joined the entertainments group with singing, and playing in mini pantomime at Christmas dinners.

She was branch secretary for more than five years and always made sure members were aware of relevant information, besides keeping excellent minutes. Margaret was also a leading member of the art group and could be relied upon to bring a smile and laugh to all.



Obituaries



Claire Harvey

Claire Harvey, a member of East Hertfordshire branch, died in January. At her funeral members became aware of the vast range of activities she had undertaken in her life. As well as being mother of four sons she served her local church in a number of ways including work with children and young people and as a lay reader providing a ministry to those who were housebound.

Asked what he would like to say Claire's husband Philip said "in memory of my beautiful wife, Claire, a hospital pharmacist and long-time member of NHS Retirement Fellowship who also had two years service at a mission hospital in the South Pacific". As members left her funeral the words of the song 'Love changes everything' rang out. A musical summary of a life lived and loved for others.



Marianne Robbins

Marianne Robbins, a long time member and former chair of North West Surrey branch died in October 2021 aged 87. She had been unwell for several years but had courageously stood up to her failing health until early 2021 when a constant cycle of infection began to take its toll.

She was one of the branch's longest serving chairs and was a regular attendee at regional and national meetings. Marianne is survived by her husband, Jim who is also a member of the branch. Several members attended her funeral.



Making your retirement work for you.

Extra

Take a closer look...

...at your Fellowship Extra

Don't forget to take a closer look at your "Fellowship Extra" that comes with this newsletter. It's packed with specially negotiated deals available to Fellowship members that could save your membership fee many times over.

New this year is the Blue Light card with discounts in many shops and restaurants and deals on clothing and holidays. One member saved more than £500 on family holidays within two weeks of joining.

But the Fellowship has many long term partners offering services such as legal advice, tax advice and wills.

The Civil Service Insurance Society – a frequent supporter of Fellowship events and clubs – has insurance deals on homes, cars and travel and members can use the Civil Service Club in London at competitive prices. There's the popular NHSRF travel insurance, Fred.Olsen cruises continues to offer discounts for NHSRF members, as does Cotswold Outdoor.

Fellowship Extra adds value to your membership, on top of the advantages of belonging to an organisation that offers branch activities and fellowship. It's worth a closer look.



Suzanne aims to promote Fellowship in North Wales



Attracting new members and promoting links between branches will be the aim of Suzanne Taylor who has taken on the role of Regional Representative for North Wales.

“We are trying to get new members to join so that we are able to do more activities” she said. “I think we are on the right track.”

Her own branch, North East Wales, where she is branch secretary, has seen numbers increase in recent years. The branch has its base at Wrexham, where Suzanne worked as a medical secretary in

obstetrics and gynaecology at the Maelor Hospital for over 30 years.

“It was a wrench when I left, but my daughter had just had her first child and the time seemed right,” she said. Suzanne is married, with a daughter and now three grandchildren, but there is still time for the

Fellowship where she enjoys meeting members and former colleagues.

She has already established contact with the smaller Bangor branch which she visited recently, and Bangor members were due to visit Wrexham.

Leicestershire venue for National Conference

Details of this year’s national conference will soon be reaching branch secretaries.

It is being held at the Jurys Inn, Hinckley Island in Leicestershire from Saturday October 22 to Monday October 24 – a change from previous years when members have gathered on a Friday and left on Sunday.



The two night package includes a drinks reception on Saturday evening before the conference on Sunday, followed by a gala dinner in the evening. There will be nightly entertainment including a band to get members dancing on gala night.

Hinckley Island is south west of Leicester, near Hinckley and not far from Nuneaton where there are main line trains. There will be coach transfers from the station every 30 minutes. The four star Jury’s Inn Hinckley Island is surrounded by beautiful countryside and has over 300 modern guest rooms and a range of other facilities. **Please note it is a cashless hotel.**

Thank you to Yvonne

After over 20 years, Yvonne Budd chairman of North West Surrey branch has reluctantly decided to resign. She has worked tirelessly for the branch and was a great inspiration.

Branch secretary Diane Grainger writes: “Small in stature she might be, but completely unflappable, down to earth, determined and very supportive. She has certainly earned her ‘retirement’ and honorary membership. Yvonne is



a charming, friendly lady with a great sense of fun and will be remembered, among other things, for her wonderful Christmas cakes and fruit punch which she always served up at our Christmas parties. So a huge thank you from us all.”

Yvonne and husband Tony at a recent event.