

# Fellowship

The newsletter of the NHS Retirement Fellowship

August 2015



## Stepping up to new roles

Retiring president Ethel Armstrong hands the chairman's badge to Audrey Harris as leadership of the Fellowship changes hands. Ethel now joins Ken Jarrold as a patron. *Full story page 2.*

## Branch links add energy

Twenty seven branches of the Fellowship are starting the process of establishing links with nearby branches of the Civil Service Retirement Fellowship with a view to sharing activities.

NHSRF vice president Vic Griffiths is leading the initiative and helping to put branches in touch with each other. "It's going well. We have 27 branches of both organisations in early discussions or actually joining in activities. Where there are joint activities there seems to be greater enthusiasm.

"It's important that we expand the idea to as many branches as possible so if any NHSRF branches know of CSRF groups in their area and would like to join together, please get in touch and I will facilitate."

Vic Griffiths can be contacted at [victorgriffiths@btinternet.com](mailto:victorgriffiths@btinternet.com) or through central office.

## Members back subs hike

Capitation fees are to go up from £5 to £10 from next April.

Delegates at the AGM in Leeds voted by 186 to 76 in favour of the increase after a debate in which diverse views were vigorously expressed. Some branches thought the higher fees would be damaging to new branches, struggling to get going, while others pleaded that it would affect older members harshly and they might decide to end membership which would mean the Fellowship lost members - and revenue - as a result.

But others were forthright in their support of the increase, arguing that having a national council and a central office helped to keep the Fellowship

together and that the increase - about the price of a cup of coffee and a bun - was "peanuts" and opponents were talking nonsense.

National council put forward the proposal having decided to "bite the bullet" and face up to the prospect that grants from the NHS were unlikely to continue at the same level as previous years.

As treasurer Martin Davis explained in his report: "We are not bankrupt, but our reserves will not last long. We have to do something to restore our annual income - we face some challenging times ahead, in common with the rest of the NHS."



Diverse views..



vigorously expressed..



in the debate..



# Conference Report LEEDS 2015

## All change at the top

Audrey Harris is the new chairman of the Fellowship, taking over from Cynthia Matthews.

Accepting the badge of office Audrey said she hoped she could live up to the former chairmen she had known – they were her role models. “I am proud to be offered the chance to be chairman of this great charity. I wish more people knew about us. I shall be working on that” she said.

Audrey joined the Basildon and Thurrock branch when she retired 14 years ago after a career in administration and, as she told members, received a “lovely warm welcome.”

The new vice chairman is Margaret Moffat, from Cambridge branch and East Anglia representative.



*New vice chairman Margaret Moffat hands a “thank you” gift to Cynthia Matthews who has completed a successful two years as chairman.*

The Fellowship is also to have a second patron. National Council proposed the new role for Ethel Armstrong, whose passion and enthusiasm for the Fellowship remains undimmed.

A delighted Ethel commented: “This is the first time somebody from the shop floor has been nominated to be patron. I shall support this Fellowship and our NHS with everything I have. It’s a privilege to have been a member of this Fellowship.”

## Sixty seven years of putting it right

Anxiety and hope were the twin themes of the welcome from the Fellowship’s Patron Ken Jarrold at the reception on Friday evening.

Anxiety because a recent report from the King’s Fund had presented “the bleakest assessment of the financial position of the NHS that I have seen for a long time” in which even the most prestigious hospitals were forecasting serious deficits.

But hope because after 67 years the NHS was still there, putting things right just as it has done since in started. And he told the story

of a young girl who was badly disfigured in an accident whose parents took her to see a surgeon who said he could repair the damage, but at a cost the parents could not contemplate. But if they waited until after 5 July 1948 he could do it for nothing.

“Imagine the relief and joy of those parents” said Ken. “That young girl faced a lifetime of disfigurement because the NHS was not there to put it right. We should celebrate 67 years of putting it right.”



*Thanks to you both: Martin and Jaki with Gordon Jackson and chairman Cynthia Matthews.*

## Thank you Martin!

The Fellowship said a special thank you to Martin Davis, who has retired as treasurer after 16 years.

“I was only asked to do it for a few months” he said, echoing the comment of many a branch officer, “it’s longer than I have held any other post. I have enjoyed immensely having the opportunity to serve alongside some really interesting and dedicated people including nine presidents, eight chairs, four directors and three patrons. I have enjoyed working with central office staff, the branches, and the membership – it’s really the members that make the Fellowship what it is today.”

Former chairman and president Gordon Jackson presented Martin with a handsome glass bowl inscribed “with grateful thanks.”



## Exceptional support wins Fellowship award

Basildon and Thurrock NHS Foundation Trust were the first winners of the Fellowship Award for NHS organisations that give exceptional support to their local branch of the Fellowship.

Introducing the award the Director, John Rostill, said the Fellowship needed to raise its profile with NHS employers and he hoped it would become an annual award for which Trusts and other organisations would do all they could to be short listed.

From 25 entrants the judges had chosen two runners-up – Harrogate and Wolverhampton – but had chosen Basildon and Thurrock as the winner. The Trust there had been in special measures but is making superb progress under a remarkable Chief Executive in Clare Panniker.

Vic Griffiths, chairman of Basildon and Thurrock branch of the Fellowship received the award on her behalf. “They give us lots of support” he said.



*Danny Mortimer (left) presents the Fellowship Award to Vic Griffiths*

“They give us finance, they give us free accommodation, tea and coffee, free parking for our meetings, the Chief Executive and Chairman attend our

Christmas lunches and in return many of our members are volunteers in the hospital.”

## Employers could do more, says CEO

Employers could do more to help retired NHS staff continue the comradeship and sense of community they enjoyed while at work, Danny Mortimer, Chief Executive of the NHS Employers Organisation told members at the welcome dinner.

He recalled that it was the sense of

belonging to a community that pulled him into the NHS as a young man.

“We focus too much on organisations and buildings” he said. “The NHS is made of people. They form really strong communities. That community lives on when people leave. We need a sense of

history and a longer term relationship with people who have been part of that community. That sense of belonging and comradeship is a really important and striking part of the Fellowship you have. There is more that employers could do – I accept that. It’s a fair challenge.”

## Ottis sets remarkable record

A remarkable record of attending every conference for 20 years was celebrated by Ottis Edwards, who retires as chairman of Lewisham branch this year.

“I joined the Fellowship in 1995 and I have been to conference every single year” she said. “I enjoy the fellowship and the camaraderie and meeting friends and different people. I prefer to see the glass half full rather than half empty.”



Her first conference was on Hayling Island and as the conference moved around the country including Glasgow, Lowestoft, Liverpool, Blackpool, Manchester and London, Ottis has always been there.

In her career she worked as a mental health nurse and a social worker and she was also a lay minister in the Church of England for 10 years.



# Conference Report LEEDS 2015

## People with passion help raise standards

People who retain their passion for the NHS after they have retired can play a vital role in helping today's service re-set the compass and meet new challenges, a leading nurse told the conference.

Angela Hopkins, Executive Director of Nursing and Midwifery for Betsi Cadwaladr University Health Board delivered a wide-ranging and inspirational talk for the tenth Irene James Lecture which had members nodding with approval as she outlined her career in nursing and her determination to deliver the best possible care for patients.

Born in Lancashire from parents whose families were cotton mill workers and market traders she was told by a careers officer that she'd never make a nurse. Her mother told her she could either apply herself and be a nurse or let the careers officer be right. Now, after 40 years in the NHS, she has held board level posts for 10 years, but still works a regular shift on the ward.

### Special measures

The health board where she is a director has been placed in special measures and is portrayed as a failing organisation, including a "shameful" report on mental health care for older people.

It faces many challenges including an ageing population, a new prison, areas of deprivation and a big geographical area where 17,000 staff work in secondary and primary care.



**Angela Hopkins:** re-setting the compass in North Wales

Turning it round and bringing about a cultural change was a big challenge and as well as 250 volunteers providing help that complemented the work of staff, she had introduced the concept of "critical friends."

### "We needed help"

"It became clear that we needed some help" she said. "I approached some of the people who had been my role models and asked them to come with us on a journey of improvement."

## THE TENTH IRENE JAMES LECTURE

"I wanted people who had been leaders and provided high quality standards of care who were familiar with the appropriate manner in which to approach patients and relatives. I wanted them to be confident and comfortable to go and speak with the leaders in our service and challenge them to make sure quality care was being provided."

"I did not want them to be critics. I wanted to emphasise the word friends. They help us to move forward. They

observe things through a different lens. When you are working in the same area day after day, sometimes you don't see the obvious things."

### Re-setting the compass

"It wasn't a call for "the good old days" she said (although her preference for "proper uniforms" won applause) and she strongly supported having graduate nurses; but it was a chance to re-set the compass."

"I have worked with some of the most wonderful people" she said. "They have taught me to be a leader, particularly when times are hard. I love my job because I have retained my passion for high quality care. It matters to me that patients get the very best. I am sure any of you would come up with all the reasons my staff give me for why they love their job: it's because they have retained their passion for the NHS and their passion for high quality care."

### The New Treasurer

The Fellowship's new treasurer, taking over from Martin Davis, is to be Paul Farenden, a Chief Executive for the last 20 years of his career in the NHS, who retired in 2009. He is currently chairman of Northampton General Hospital NHS Trust. Further details will appear in our next issue.



## Question time sparks lively comments

**“How can we get more men to join the Fellowship?”** was one of the provocative questions in a lively “Question Time” session that featured both NHS and Fellowship topics.

Fellowship Director John Rostill agreed it was a goal, just as it was to recruit different types of staff, like engineers or doctors, and there was no easy answer – but he had found on visiting branches that those which met in a pub seemed to have more men.

Ablly chaired by Ken Jarrold, the panel also included Cynthia Matthews and Angela Hopkins and the session included questions such as:

**Why are health services so different in Wales, Scotland and England?** Panel members agreed that each nation should make their own choice about

services, but more should be done to share best practice.

**Why doesn't the NHS support retired members like the army or police?**

Cynthia suggested that while the NHS was struggling to make ends meet, it was hard to look beyond the things it really has to do, while Angela argued for a change of attitude which looked at value versus cost. John said he thought employers had a continued responsibility for their staff and Ken reminded members that when the NHS looks after its staff, the staff look after the patients.

**Should the NHS charge for appointments, and refund the money when patients attend?** The panel thought it would create a wonderful bureaucracy and we need to win a battle for “hearts and minds” instead.

**Why do trusts need to recruit overseas nurses?** Angela and John

recognised that the NHS has a poor record on workforce planning – and there was either famine or feast when it came to nurse recruitment. When there were too many nurses completing training, universities cut back on places and lecturers and it took time to rebuild again when there was a shortage. Overseas nurses were a valuable asset.

**How does an individual branch member benefit from national activities?** John said there were

advantages in belonging to a national organisation, but the NHSRF needed to talk more to the branches and make sure it was providing the things they want.

## Delegates support new constitution

A new constitution which creates a board of trustees including co-opted trustees with particular skills and who are not necessarily members of the Fellowship was strongly endorsed by 137 votes to 8.

The trustees will consist of the chair, vice chair, honorary treasurer and up to six elected trustees who must be members of NHSRF and up to five co-opted trustees with skills of value to the charity who are appointed for an agreed term of office.

National Council will continue to meet, with representatives from all the regions and countries providing an important communication channel between the trustees and the branches and the branches to the trustees and acting as an advisory board.

Explaining the changes the Director, John Rostill said that at present the national and regional representatives performed a dual role of trustee and regional representative, which can lead to a conflict of interest.

The new structure separates the trustees, who are responsible for the management of the organisation and its finances, and

those who represent the members and the branches.

The constitution also widens eligibility for membership to people who have worked in health or social care (not just in the NHS) reflecting the increasing integration between health and social care. “We would not want to exclude workmates from different organisations” said John. “The narrow definition in our existing constitution would have prevented people you worked with from applying. This gives us flexibility.”



## THIS COULD BE THE LAST TIME

*The team behind the scenes: Kay Robinson and Sherry Smith from NHSRF central office (centre) with Chris Norrington (right) and members of the organising team who have made conferences run smoothly – and made them fun as well.*

This year's conference is the last in its present format as the Fellowship seeks to limit costs.

"We shall need to hold an AGM and the trustees will decide how that is going to happen" the Director, John Rostill told members.

"But it would be remiss of me not to thank the people behind the scenes who have made not only this conference successful, but all the others." He thanked especially Chris Norrington and his team for the tremendous work they have done, ably supported by the central office staff of the Fellowship.

## Cambridge claim newsletter crown

Cambridge branch were the winners of this year's newsletter competition.

Judges Val Barker (Derby branch) Katherine Lucey (Guy's and St Thomas's) and Andrew Moss (editor of the national newsletter) praised the way it was packed with useful information for members presented in a clear and attractive format.

Oxford's newsletter was second, chosen for its friendly style and varied sections which reflected the life of an active branch and Colchester's simply produced but comprehensive newsletter was third.

## Membership gains win trophies

Sandwell and West Birmingham were the clear winners of the Sefton Cup, awarded for the highest percentage increase in branch membership, with a 67% increase. Oxford and Royal Berkshire branches were joint second.

Oxford took first place in the membership cup, awarded for the highest number of new members. St George's, Merton and Wandsworth were second and Norwich third.



*Audrey Harris, chairman, and John Rostill, director, present the Sefton Cup to Sue Williams, Midland Representative, who received it on behalf of Sandwell and West Birmingham branch.*



*Cheryl Booth, chairman of Oxford branch, receives the membership cup for the highest number of new members.*



*Andrew Moss presents the newsletter shield to Tony Moffat from Cambridge branch.*

# Running Katie photo wins award

*"Katie could run for ever and ever"*

**Michael Turner**, from Liverpool branch, was the NHSRF winner of the photography competition on the theme of fitness and fun with his picture "Katie could run for ever and ever."



Runners up were **Maureen Salmon** from Cardiff branch with "Having a splashing time!" and **Janet Smith** from Mid Sussex "Gardening – the fun way to lose weight." NHSRF highly commended awards went to John Leighton "Reflections of a

mountain walk", John Phillips, "And now for the tennis" and Mary Sheppard "A relaxing afternoon of exercise."

The winner of the CSRF 1<sup>st</sup> prize was Marianne Rowcliffe with her amusing picture "Off the wall push ups." Runner ups were Eric Marsh "Ladies Rugger" and Malcolm Gibbon "Catch me if you can."

## NEW COMPETITION

The theme for the current competition is "History & Heritage" and members have until 30 November to hunt through their collections or head out with the camera. Any member can enter and there are prizes of £100 of gift vouchers for the CSRF and the NHSRF winner and two runner-up prizes of £50 of vouchers, for each Fellowship, thanks to sponsorship from the Civil Service Insurance Society ([www.csis.co.uk](http://www.csis.co.uk))

## HOW TO ENTER

You can submit up to four print entries. The full conditions of entry can be downloaded from the website <http://www.nhsrf.org.uk/PhotographicSociety.pdf> or you can contact the Competition Co-ordinator :-

Anthea Graham, Photography Group Co-ordinator, Glais Bheinn, Lochcarron, Ross-shire, IV54 8YB. Email: [photography@nhsrf.org.uk](mailto:photography@nhsrf.org.uk) Tel: 01520 722951

Many of the previous competition entries are available to view online.

The most recent are:

"Travel" at <http://tinyurl.com/CSRF-NHSRFtravelcompetition>

"Fitness & Fun" at <http://tinyurl.com/fitnessandfuncompetition>

## Singing in Australia

**What recreational activities should you take part in when you visit Australia – surfing, cricket, football? No: SINGING!**

**Cliff Wherry, Basildon and Thurrock branch, recommends joining a choir.**

"As a youth, I was fortunate to sing in a choir on the Isle of Wight rising to lead soloist. And that was my singing career until we spent time in Australia.

Then my wife saw an advertisement offering the opportunity to audition for a place in the famous Sydney Philharmonia Choirs. She persuaded me to apply, which I did. Candidates were asked to sing an

aria or similar and bring their own pianist, if desired. After two minutes reflection I realised I did not know any arias or pianists so I chose to sing Oceans Away, a song sung by Gene Pitney and written by Phillip Goodhand-Tait, an English singer/composer. Unfortunately I could not find the music so I emailed the composer direct and he very kindly sent me a copy of the original score. What a nice thing to do. I took a copy to the audition for the pianist and after a very short warm up I performed for the Musical Director. Unfortunately, the pianist sat behind me so I could not see her and we finished the song at different times: I failed the audition.

But I was invited to attend a six week course in music comprehension and I then re-auditioned successfully. I joined the choir and sang at the Sydney Opera House with 400 other choristers at a Christmas concert attended by 3,000 people over two days. What a fantastic feeling it was to perform in such majestic surroundings with beautiful voices and the Sydney Symphony Orchestra.

Why am I writing this article? To encourage others to join choirs, big choirs, small choirs, Capella, any kind of choir. It is a wonderful way to meet people and have fun.

*Cliff Wherry is a former Director of Nursing Services at Basildon & Thurrock Health Authority.*

# Around the Branches



## *Romance blossoms for Fran*

Several friends of Fran Boxall, a member of Cosham branch attended her wedding on a sunny April day in Wales.

Fran, who is a former nurse from Queen Alexandra Hospital, Portsmouth had only met David Hughes 10 months previously while playing petanque,

French boules, on holiday in the South of France.

A friendship, and then romance, sprang up between the two. Their delightful wedding was arranged at David's local golf course near Newport so that many of the pair's friends could wish them well.

## **Golden gift** *for dementia ward*

When Warrington members Alan and Barbara Bird celebrated their golden wedding recently they asked for donations instead of presents and were able to give £135 to a special dementia ward at the hospital that has sponsored the Fellowship branch since it started.

The money will be used for plants in a ward garden at "Forget me not" ward at Warrington and Halton Hospitals.

Alan and Barbara are long serving and valued members of Warrington branch who have both been involved in branch activities. Our picture shows Alan presenting the donation to Sister Deborah Hammond.



## **Well done Mo!**

Exeter branch member Mo Incedon was presented with a Fellowship Lifetime Membership award and certificate in recognition of her long service and valued work as a committee member, by branch president Professor Ruth Hawker and chairman Nesta Scales at the branch meeting in April.



## **LION KING TRIP FOR OUTINGS LEADERS**



Fellowship outings leaders from the South East went to see the Lion King in London in May at an outings organisers afternoon hosted by The Ambassador Theatre Group.

The event gave leaders information about group theatre outings and included seats for Disney's multi-award winning musical, now in its sixteenth year at The Lyceum Theatre.

For more information about joining ATG's next group leaders event or discounted NHSRF Group rates contact: [theresabaker@theambassadors.com](mailto:theresabaker@theambassadors.com)



# Around the Branches



## Andrew and Sue live the dream

Enthusiastic cyclists Andrew and Sue Moss from Oxford branch have fulfilled a lifelong dream and ridden their bikes up Mont Ventoux in southern France.

Not only that, but they also rode 1,250 miles there and back from Calais, visiting first world war battlefields, on the way down and famous towns like Le Puy en Velay and Vichy on the way back.

Mont Ventoux is one of the classic climbs of the Tour de France. It's about 15 miles of relentless uphill to the summit at 1,910 metres.

"We had seen the mountain from a distance many times" said Andrew, "we knew it would be hard, so we decided that the only way we would be fit enough to do it would be to ride 500 miles to get there. The climb took us over four hours but it was fabulous."

## SW Sussex welcome Audrey

South West Sussex branch welcomed national vice chairman (now chairman) Audrey Harris to their meeting in May.



*Our picture shows Audrey (centre) with David Goodger, new branch chairman, and members.*

## A special day in the North East

Newcastle and District branch hosted the 26<sup>th</sup> North East region annual conference in April when more than 60 delegates attended.

They were joined by Fellowship's patron Ken Jarrold and director John Rostill, the Chief Executive of Northumbria Healthcare NHS Foundation Trust Jim Mackey and senior representatives from the Newcastle upon Tyne Hospitals Foundation Trust.

Ken Jarrold and John Rostill gave very informative and thought provoking speeches, followed by a fascinating presentation from Jim Mackey on the trials and tribulations of building a new emergency hospital in Cramlington, Northumberland. The amount of background work that has gone into the planning really amazed the delegates.

National President Ethel Armstrong gave her observations of the day and of

how the Fellowship should go forward. Barbara Parker chair of Newcastle and District, closed the conference with special thanks to the speakers, delegates and our president for making this such a special day.

North East members firmly believe in the value of the conference as it provides an ideal platform to promote the Fellowship to the foundation trusts and maintains an on-going relationship with them.



## Derby's generous gift

Derby branch has presented a cheque for £1,105 to its charity of the year, Derbyshire Alzheimer's Society.

Maragret Tweedie, branch president handed the cheque to Neil Main of Derbyshire Alzheimer's flanked by branch vice presidents Joan Purcell and Rex Tweedie. Funds were raised from collections at meetings, from the walking group and a classical jazz group who played at a meeting and donated their fee.

# Around the Branches

## Scottish gathering

A hundred and thirty one members from 11 branches attended the 2015 gathering and annual meeting of the Federation of Scottish Branches in Edinburgh in May.

Jeanie Sutherland, Chair of the Federation, welcomed Renée Gibb to her first meeting as president and presented her with the president's badge of office and a beautiful carved wooden bowl. Gifts had also been prepared for Helen Anderson and Rankine Mackie in recognition of their contribution to the federation. Jeanie

was also able to introduce Jim Cowan the newly appointed Federation Officer.

Members enjoyed two interesting speeches from Dianne Lockhart who is a member of the National Group on NHS Volunteering and Eric Davidson who offered an amusing insight into his background and childhood in Newtongrange.

The final entertainment of the day was provided by a ceilidh band who got the audience moving - literally - with a lively range of music.



*Renee Gibb (left) president, with Jeanie Sutherland, chair, at the Scottish Federation Gathering.*

## Highland Branch celebrates 30 years



A very swift AGM gave way to the Highland branch's 30th anniversary event in May when two founder members, Geoff Davies and Emily Boyle, were joined by Renee Gibb, Scottish Federation President, Jeanie Sutherland, chair of the branch and Scottish Federation chair, Win Morrison, Scottish Federation vice chair, Elspeth McKinlay, branch chair and Jim Cowan, Fellowship Officer, to cut the anniversary cake.

Chairman elect Kenny Cormack introduced the entertainment from the choir, "Singing for Pleasure".

This Inverness-based group of retired men and women use song to tackle social isolation and raise money for charity. The branch also welcomed members from the Elgin branch.

The following month members travelled to Mellon Charles Perfume Studio and Inverewe Gardens on the north west coast of Scotland for a summer outing. The weather stayed fine and the journey back included an impromptu discussion about the changes to the Fellowship constitution. Our first branch meeting in a coach.

## Thanks to baker Sandra

Pontefract branch presented "thank you flowers" to their member Sandra Shepard who bakes for every meeting. Pictured making the presentation is Margaret Kelso.



## Arboretum visit

Sandwell and West Birmingham branch enjoyed a day visiting the National Memorial Arboretum in April.

# OBITUARIES

## Edna Marian Reed

Marian Reed was the greatly respected chairman of the West Midlands RHA branch of the Fellowship for over 20 years.



The branch closed in 2014. Former branch secretary Barbara Tivey writes: "It is no exaggeration to state that Marian was the cornerstone of our group, introducing speakers from her wide experience in nursing and public life.

"She qualified as SRN at Queen Elizabeth Hospital in 1951. Within three years she was a ward sister and later became Senior Assistant Matron at the General Hospital, Birmingham and then Education Officer for the Royal College of Nursing for 23 years.

"She never ceased in her desire for learning which she passed on through lecturing and examining. She also held positions on many public bodies and wrote for nursing journals. Words cannot express the contribution and depth of Marian's compassion and service to nursing."

Marian was awarded the MBE in 2005 for services to charity and society, particularly her chairmanship and then presidency of St Mary's Hospice, Selly Oak, where a commemoration of her life is to be held later this year.



Marion was a very active member until ill health confined her to her home. She was made branch president in 2003 in recognition of her care for the branch and its members. Our picture shows Marion receiving the award from the then chairman, Bessie Ward.

## Jean Spouse

Jean Spouse, a former enrolled nurse and a founder member of North Tees branch, who served on the committee for many years, died recently and will be sadly missed.

## Marion Mills

Marion Mills had not retired when she helped some of her retired colleagues form a branch of the Fellowship in Preston. She was invited to be chairman and was the only remaining founder member on her death in March, aged 89.

## Sheila Wolf and Dr Pashupati Singh

Watford Branch reports with great sadness the deaths of Sheila Wolf aged 84, and Dr. Pashupati Singh. Former nurse Sheila was a founder member in 1982 and treasurer until recent years, when Dr. Singh took over. Dr Singh was formerly a postal member, but joined the branch six years ago and became treasurer shortly after.

## Busy knitters in Blackpool

Members of Blackpool, Wyre and Fylde branch have avidly

followed up a suggestion made at a Fellowship regional meeting and have been busy knitting for local hospitals.

Staff at the Elderly Care Unit of Blackpool

Victoria Hospital enthusiastically and gratefully received 140 twiddlemuffs, seven twiddle blankets, 12 knitted handbags, a knitted doll, two pairs of bedsocks and a neckwarmer and a visit was arranged for some of the members to help distribute them to the wards.

Members have also supplied the Elderly Care Unit at Clifton Hospital, Lytham

St. Annes and the Special Care Baby Unit with knitted items. They are hoping to continue this connection with the local Trust.



## Wisbech in Wales

Wisbech branch crossed the country to spend five days in Tenby, South Wales for a holiday which included a visit to Fishguard to see the tapestry created by 78 local folk to celebrate the bi-centenary of the invasion of Wales by the French, and trips to a wool mill, a coracle museum and a family business making Welsh love spoons.



## Lord Mayor visits Nottingham branch

The Lord Mayor of Nottingham, Councillor Ian Malcolm, gave an interesting talk to members of Nottingham branch about his role as Lord Mayor and the various

areas where he had lived in Nottingham. Our picture shows him with The Lady Mayoress Mrs Jean Malcolm and some of the branch members.





## Three step down at Sutton Coldfield

Three officers from Sutton Coldfield Good Hope Hospital branch stepped down at their AGM in May and were presented with flowers from the membership at the 20th anniversary party which followed. From left to right they are

Sheila King-Harmes, deputy chair, Vera Holley, chair and Barbara Marston social secretary. All three are founder members of the branch and will continue to be active members.

### Membership benefits

*Continuing our series on activities and benefits available to all members*

#### Golf tour

The Seniors Golf Tour is open to retired NHS and civil service men and women, including wives, husbands, partners, family and those not yet retired. Contact tournament director John Toman 01291 620345 or email [wales@nhsrf.org.uk](mailto:wales@nhsrf.org.uk)

#### Holidays

Many branches organise their own holidays. The Fellowship also offers holidays and short breaks. Information on the [nhsrf](http://nhsrf.org.uk) website or directly from Della Holidays, Coads Green, Cornwall PL15 7LY. 01934 420318 or email [enquiries@dellaholidays.co.uk](mailto:enquiries@dellaholidays.co.uk)

#### Photography Group

Regular competitions for all levels of photographer. Contact group co-ordinator Anthea Graham: [photography@nhsrf.org.uk](mailto:photography@nhsrf.org.uk) 01520 722951

#### Tax volunteers

Free, independent and expert help and advice for people on lower incomes who cannot afford professional advice. With over 450 volunteers and a national call centre it does not matter where you live. Contact by the website [www.taxvol.org.uk](http://www.taxvol.org.uk) or 01308 488066.

The full list of member benefits is available on the NHSRF website ([www.nhsrf.org.uk](http://www.nhsrf.org.uk)). The Fellowship is always looking for new benefits and opportunities for events and activities for members. Please contact us through the website or email [info@nhsrf.org.uk](mailto:info@nhsrf.org.uk) or through our Facebook page, or write to the director at NHSRF Central Office, Forston Clinic, Charminster, Dorchester. Dorset DT2 9TB.

Fellowship is published by the NHS Retirement Fellowship, Forston Clinic, Charminster, Dorchester, Dorset DT2 9TB. T: 01305 361317. [www.nhsrf.org.uk](http://www.nhsrf.org.uk). [Sherry.Smith@dhuft.nhs.uk](mailto:Sherry.Smith@dhuft.nhs.uk)

Designed by [www.ShorefireDesigns.co.uk](http://www.ShorefireDesigns.co.uk)  
Next issue: January 2016. Copy deadline 1 Dec.

### NW Surrey in Essex



North West Surrey members who thought Essex was flat discovered it wasn't on a day out this summer. Here they are pictured in the village of Arkesden where they had lunch before heading through some pretty villages (and up some hills) to Saffron Walden. It was a great day, helped by the weather and an excellent guide.

### Summer event in NW Thames



One hundred and thirty members attended the North West Thames summer event in June, organized by regional representative Lorraine Taylor. Our picture shows Lorraine with NHSRF vice chairman Audrey Harris and a representative from each branch present.

## Fellowship cruise deal

Fred.Olsen Cruise Lines have teamed up with The NHS Retirement Fellowship to offer members a 10% discount over and above offers in the market.

Departing from 10 regional UK ports and cruising to over 200 destinations, Fred. Olsen have an amazing selection of cruises to some of the most beautiful, cultural, relaxing and scenic destinations in the world. Members can choose from a selection of winter cruises, mini cruises, world cruises, fly cruises and exotic fly cruises.

The company operates traditionally built, smaller-scaled vessels that allow for efficient, friendly, personal service and can reach places that some of the mammoth cruisers can't access, including the Spanish city of Aviles, historic Bremen and beautiful Seville. The wide range of deals include many for single travellers with no supplements.

Contact Fred.Olsen quoting discount code **NHSRF10**

