



Update

WELSH NHS RETIREMENT
FELLOWSHIP NEWSLETTER

Diweddariad

CYMRODORIAETH
YMDDEOLIAD GIG CYMRU

February 2016
Issue 21



Welsh contingent at
National Conference.

Welsh National Conference

Thursday
15 September 2016
The Metropole Hotel
Llandrindod Wells

The New Constitution

The Fellowship's new Constitution was discussed, debated and agreed at the AGM held in November and is available to view on the web. A paper copy is being supplied to all branches by HQ. All policies and documents have been revised and the former branch handbook should now be discounted. The National Council is the representative body of the Fellowship comprising an elected representation from each of the English regions and two representatives from Scotland and Wales. The role and responsibilities of both Trustees and Representatives can be found on the national web. Their most important activity is to communicate and represent the views of branch members to the Board and National Council and to convey the outcome of discussions and agreements of the Board and National Council to the membership and the All Wales Liaison Committee meeting.

Our Welsh officers elected to the Board and National Council are:

TRUSTEES (Board members)

Dr Cynthia Matthews. (Gwent branch)
T: 01291 641901
E: cynthianamatthews@gmail.com

Mik Webb. (North Wales Ambulance branch)
T: 07912 600120
E: mik.webb@btinternet.com

REPRESENTATIVES (National Council)

Marilyn Beardmore (Gwent branch)
T: 01633 661964
E: mabeardmore@yahoo.co.uk

David Henderson (North East Wales branch)
T: 01352 759124
E: davidhenderson60@aol.com

In order to ensure that communications between branches and Representatives are as effective as possible, Marilyn Beardmore has agreed to represent branches in the South whilst David Henderson will represent branches in the North.



L to R. Back row: Mik Webb, David Henderson.
Front Row: Marilyn Beardmore, Dr Cynthia Matthews.

Marilyn and David's constituent branches are:

Marilyn Beardmore	David Henderson
Carmarthenshire	Aberconwy
Cardiff & District	Bangor
Gwent	Ceredigion
Merthyr & Cynon Valley	Clwyd
Pontypridd & Rhondda	North East Wales
South East Ambulance	North Wales Ambulance
West Glamorgan	

Branches are asked to note these arrangements and feel free to contact their respective Representative at any time should there be an issue they wish to bring to the attention of the All Wales Liaison Committee in the first instance and the National Council. On behalf of the Fellowship in Wales, I should like to thank Cynthia, Marilyn, Mik and David for volunteering their valuable time to serve the Fellowship in general and branch members in particular.

Give as you earn scheme

We have been asked to consider alternative ways of funding the Welsh grant. One approach is to consider inviting members of staff to support the Fellowship by contributing a small amount in their monthly salary.

Paul Thomas, Director of Employment Services, NHS Wales Shared Services Partnership, based in Cardiff, runs the payroll function for NHS Wales and as such, has direct contact with some 80,000 + employees. Paul has agreed to work with me to develop mechanisms by which the Fellowship can bring to the attention of NHS Welsh employees both the existence of the Fellowship and its many member benefits. This collaboration also gives me the opportunity to invite members of staff to support the Fellowship by making a

small contribution in their monthly salary should they wish to be associated with a staff organisation that is valued by those about to and are retired.

A new approach to recruitment

This partnership will also have a significant benefit to the way we recruit. Paul is responsible for issuing a retirement/pension pack to all who are about to retire.



Paul Thomas
Director of Employment
NHS Wales Shared
Services Partnership

He has agreed to include a Fellowship brochure which outlines information about the Fellowship in Wales, its role and many benefits and inviting staff to enquire about membership by contacting myself, branch secretaries and any of our Representatives and Trustees on our website. This excellent working relationship promises to revolutionise the way we communicate with employees who are crucially our future and members.

Bridgend to get a new branch

Following discussions with Paul Roberts CEO ABERTAWE BRO MORGANNWG UNIVERSITY HB, arrangements are in place for me to work with the General Manager of the Bridgend hospitals to set up and establish a new branch for retired staff in the Bridgend area.



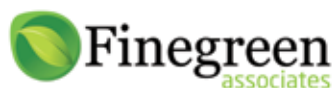
Senior Golf Classic 2015

**St Pierre Hotel Golf & Country Club
Thursday 8 September 2015**

There are few examples in the world of sport where amateurs can gain access to world famous venues to play their sport. You can't for example drive a fast car around Silverstone, play tennis on centre court at Wimbledon or kick a football on the hallowed turf at Wembley but on the 8th. September 2015, NHS Retirement Fellowship members and their friends played golf at the iconic Old Course at St Pierre GC, a world ranking championship course which has hosted tournaments such as, the Epsom Grand Prix Match Play, the Dunlop Masters and the Solheim Cup, our members followed in the footsteps of the likes of Seve Ballesteros, Greg Norman and Ian Woosnam by enthusiastically competing for the coveted CSIS Trophy.

70 enthusiastic golfers competed for the CSIS Trophy and on this occasion, the event

Partners



attracted an additional 18 new members to the NHS Retirement Fellowship.

In the presence of Dr Cynthia Matthews, Chair NHSRF and John Rostill, NHSRF Director, the prize giving ceremony was presided over by the tournament Patron, Dame Yvonne Moores who presented prizes to the tournament champion with 39 points Mark Waters representing the Civil Services with Jenny Cook, NHSRF, coming a close second with also 39 points. The team event with 87 points was won by Noel Gavin, Sheila Gavin, Kathy Skilton and Geoff Skilton.

Once again, the weather was excellent with constant sunshine and a cloudless sky throughout the day. Open to men and women who have retired from the NHS and the larger family including wives, husbands, partners, sons, daughters, friends and those not yet retired.

We have carefully structured the game

such that it bridges the generations and meets the needs of golfers of all standards.

The Package for this special NHSRF sports day includes:

- A special NHSRF members reduced rate
- Full package £50 per member
- Breakfast on arrival
- Sleeve of three golf balls
- Golf Clinic
- 18 holes of golf on the iconic Championship Old Course
- Dinner
- Prizes

The event will, once again, be held at St Pierre on Thursday 8 September 2016 For a brochure and further information please contact: John Toman, Tournament Director. Tel: 01291 620345 M: 07768 406233 johntoman@btconnect.com

Team Champions 2015
L to R: Geoff Skilton. Kathleen Skilton.
Dame Yvonne Moores. Sheila Gavin. Noel Gavin.



Development of a CHAaT project for the rest of Wales.

As a follow up to the highly successful and award winning Chat Home Ask and Talk project undertaken in a joint collaboration between the Gwent branch and the Aneurin Bevan HB, it is the intention of the Fellowship to roll out similar schemes to other HB's in Wales. To this end and as an outcome of meetings with Dr Andrew Goodall Director General DHSS and CEO NHS Wales, Paul Roberts CEO Abertawe Bro Morgannwg University HB, Steve Moore CEO Hywell Dda University HB and Caroline Oakley DNS Hywell Dda University HB, schemes similar to the Gwent CHAaT project are being considered.



Paul Roberts, Chief Executive, Abertawe Bro Morgannwg University Health Board

John Toman
Editor
Fellowship Officer Wales



From my loving grandchildren on the occasion of my 70th. birthday – Editor

Welsh member wins photographic competition



The winning picture entitled "The Old Ways" by Peter Elkington. Cardiff & District branch.

Welsh branches are always well represented in the photography competition and in December Peter Elkington was judged the winner of the "History & Heritage" competition with his picture "The Old Ways". Runners up were Michael Turner and Andrew Veal.

The current competition is a special one with a short closing date of Monday 29 February 2016 and the theme is "CHRISTMAS". Details have been sent to group members and can be viewed on the website.

The Photography Group is open to all members of the NHSRF; we hold competitions on specific themes, for example "Seasonal Colours", "Wildlife and Pets" and "Travel". We are organising another visit to the Wildlife Photographer of the Year exhibition in London on March 11th and the first 20 members to register will get free entry. We will also be sharing useful tips on how to get the best out of our cameras.

The group welcomes new members who may be experienced amateurs or those of us who simply enjoy taking pictures for



Runner up ANDREW VEAL. Suffolk West branch. 'The Queens Guards'



Runner up MICHAEL TURNER Liverpool branch. 'Ferry cross the Mersey cause this land's the place I love'

their own and family pleasure; you will receive regular newsletters with details of competitions and events.

Details of the current competition and activities, and links to a site displaying recent competition entries, can be found on the NHSRF website or you can contact the Group Coordinator, Anthea Graham, by telephone: 01520 722951 or by email: photography@nhsrf.org.uk



Award winning Margaret Arkinstall, 'an inspirational woman and midwife' and founder member of the NE Wales branch dies at 71

A Tribute by Kath Jones MBE, friend and colleague at Margaret's funeral Tuesday 19 January 2016.

We are here today to celebrate and pay tribute to an inspirational woman and midwife, Margaret. All of us had a unique relationship with Margaret but I am here to pay tribute to my friend and colleague, the midwife. The word midwife means 'with woman' and that was Margaret's greatest skill, to be with women. Margaret joined our team as a community midwife in 1980 and covered the areas of Gresford, Rossett and Llay. She was well loved by all women and health professionals. Her no nonsense approach gained her much respect. Margaret was a great advocate of home births and would go over and above her role to ensure that women were supported in their choice. We were a very close knit team and I am so pleased that we are all here today to say our final goodbyes.

Our team had weekly meetings, not in an office or health centre but at the Crown in Llay. Every Thursday, over lunch we would sort out our work and put the world to right. Margaret would enjoy her glass of lager before going off to do antenatal clinic in Rosset (those were the days before the NMC). Margaret, as a single mother had great challenges to face to work full time, she not only did this but became involved in National midwifery affairs. She was a lead on the All Wales Breastfeed-ing forum and it is due to her that public places in Wrexham became breast feeding friendly as she rallied local businesses to provide facilities for breast feeding women.

Margaret was also a member of the Welsh Board of the Royal College of Midwives and was involved in both political and professional issues. She was never afraid to challenge bureaucracy for the benefit of women and midwives. She worked hard for the local branch of Sands to ensure that bereaved parents were supported in their loss. Margaret moved back into the hospital as nursing officer on night duty and then became Senior Midwife in the maternity unit. She was sorely missed by the women and her colleagues but continued to maintain an interest in community midwifery. As a manager, Margaret was firm but fair. Everyone knew where they stood yet she was approachable and compassionate to her staff.

Following her retirement, Margaret was a founder member of the North East Wales branch of the NHS Retirement Fellowship and recently received an award for her commitment. Up until a few months ago she worked as a critical friend for the health board, her knowledge and experience greatly valued.

Since Margarets death I have been approached by many people, in the hospital, supermarket and on Facebook who have reminisced about her. Everyone has a special story to tell and we have the opportunity at the Lemon Tree later. My story is that Margaret was my midwife, she safely delivered both my children and for that I am eternally grateful.

Kath Jones MBE, Midwife

**Mrs Mary Davies
1915 – 2015. Clwyd Branch**

Sadly, I have to report the death of one of our longstanding members, Mrs Mary Davies who was 99 yrs. Mary was born on 18th June 1915 on a hill farm in Tremeirchion, North Wales. She worked as a nursing auxiliary at the HM Stanley hospital, St Asaoh for 15 years.

In 1980, she joined the NHSRF and was Treasurer for 3 years and Chairperson for 9 years. Mary had many interests and would often give talks to local organisations on topics ranging from local history to gardening (for which she had won many competitions.) Her interests did not diminish with age and her new found love was for painting at which she proved to be very good.

Mary was a delightful lady and an inspiration to us all. We shall miss her very much.

May Williams, Secretary



**Mrs Rosina Guy (Ros)
1928 – 2015. Gwent Branch**

It is with great sadness we have to report the death of our dear friend and colleague Mrs Rosina Guy. (Ros) Ros worked in the NHS since its inception having started nursing in 1944 at age 16 yrs. She went on to do her training at the Royal Gwent Hospital in Newport. She was a dedicated nurse and was awarded a Gold Medal in 1951. For many years, prior to her retirement, she worked as a Sister in A&E at the Royal Gwent.

Ros was a founder member of the Gwent NHSRF and regularly attended meetings up to a couple of months before her death. Sadly, her beloved husband Stan died in 1989. She is succeeded by her daughters Margaret and Mary, her son Andrew, six grand children and one great grandchild.

We were privileged to have known her and she will be greatly missed by us all.
Marjorie Roberts, Gwent Branch



**Mrs Corine Edwards
and Mrs Pauline Williams (pictured)**

The Aberconwy branch are sorry to report the passing of two of our longstanding members, Mrs Corine Edwards who died on 19th April 2015. Corine nursed on Female Medical ward at Llandudno General Hospital for 40 years and on retirement joined our Branch and was a very active member.

Mrs Pauline Williams passed away on 3rd May 2015. Pauline was a lifetime honorary member having been a founder member and secretary of our Branch for 25 years retiring from that position 2 years ago. She was an invaluable part of our branch and was interested in many activities. Her son John continues to attend our meetings. Both members are sadly missed.

Margaret Nolan, Secretary



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MEMBER BENEFITS SCHEME WITH FRED. OLSEN

We are pleased to announce that the **NHS Retirement Fellowship** have teamed up with Fred. Olsen Cruise Lines to give you a fantastic 10% discount over and above offers currently in the market.*

Cruising to over 200 destinations Worldwide Fred. Olsen have an amazing selection of cruises, travelling to some of the most beautiful, cultural, relaxing and scenic destinations in the world. Choose from a selection of winter cruises, mini cruises, world cruises, fly cruises and exotic fly cruises. We are sure there is a destination which is right for you and if you are travelling alone there are great deals for single travellers too.



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Don't forget to quote your discount code **NHSRF10** to redeem your discount

*These terms and conditions are in addition to Fred. Olsen's standard Terms and Conditions which are available on our website, www.fredolsencruises.com and on request. Both must be read before booking. All offers may be withdrawn or amended at any time without prior notice and are subject to availability. FOCL may, from time to time, run special offers which cannot be combined with this "member discount". All prices quoted under this "member discount" offer as exclusively available to qualifying readers and their travelling companions. This offer must not be extended to any unrelated third party. All guests booked under this scheme are requested to refrain from disclosing the fare they have paid to any other persons on board. You must quote your Discount Code at time of booking and discount will not be applied retrospectively. Bookings can only be made direct with Fred. Olsen Cruise Lines. Single supplement is 100%. Child supplement is 100%. Cruise price includes cruise, meals, entertainment, port charges & all taxes. Travel insurance, gratuities & personal expenses are not included. Currently this offer can be combined with Oceans Club membership at a reduced discount of 5% but this may be reviewed at any time and without notice. All bookings are bound by the full Terms & Conditions shown in the current Fred. Olsen Cruises Worldwide brochure and are subject to change and availability. E&OE. 

News from the branches

Aberconwy

Since the beginning of the year we have enjoyed a variety of speakers, In January we had a speaker from Conwy Borough Council who took us through the intricacies of 'Welfare Rights', very informative. February 'Musically Speaking' we sang our way through the Ivor Novello Story, much enjoyed by all.

In March we heard the story of '26 years of Nursing in the Forces' the speaker introduced us to the ordeals and the funny side of the armed forces. April was our 27th AGM. May saw us tramping, metaphorically speaking, on 'The Roman Roads in North West Wales'. In June we were educated on 'Recycling', a very use-ful informative talk journeying from our homes to the waste collection sites.

In July we had a talk about the history of 'Furnace Farm' formally a working farm now a restaurant, local produce store, winery and so much more. This month we also had a Mystery Trip which turned out to be Portmerion, members who attended declared it a great success.

Several of our members are unwell or unable at this time to attend meetings and to them we extend our best wishes and hope to see them soon.

Christmas lunch at the Tyndale Hotel on our promenade was just the treat to send us into Christmas celebrations. Many thanks to our social secretary Mrs Val Thomas for her organisational skills. 2016 brings us many and varied presenters thanks to Mrs Marian Dingwall who is our programme secretary. Our programme includes such delights as Wiltshire Farm Foods, British Heart Foundation, Medical Detective Dogs, Royal British Legion and many more. Its another well rounded programme much looked forward to.

Margaret Nolan
Secretary

Bangor

The Bangor branch has had a very busy 2015 with many interesting and diverse talks and events. The year started with a talk by Dafydd Morris on his work in connection with the Ambulance service which was quite entertaining. In February members of Age Concern Cymru gave the branch a talk on cold calling and scams and how members could recognise and deal with them. It was very interesting to hear from members some of the cold calls they had received. In March we had our usual St. David's Day lunch held at the Split Willow Hotel in Llanfairfechan. Also at the end of March the North Wales Bird Trust, Llandudno, gave a talk and demonstration on Owls, bringing with them various breeds of Owl describing their origins and habitat etc.

In April we had our AGM which was very well supported. In May Barbara James gave

the Branch a talk entitled 'Falklands to Florida via Caernarfon Airport', as the title suggests describing her experiences when visiting the Falklands and Florida. Trentham Gardens in Staffordshire was our destination in June. A lovely day out was had by all helped by good weather.

In September Alun Pritchard gave his annual update on his charity work supporting poor families in Africa. October we had a festive tea and chat and a quiz. In November we visited the Christmas Market in Manchester which again was very well supported despite the inclement weather. The year culminated with our Christmas Lunch at the Waverley Hotel, Bangor.

Arthur Pritchard, Secretary

Gwent

Branch meetings continue to be well attended averaging 80-90 members and recent events have included our annual Quiz and the Skittles match which we lost again to Pontypridd & Rhondda. This has spurred us to replace our monthly walk/lunch fixture with a Skittles practice/lunch during the winter months in an effort to do better next time!

An outing to the Morgan Car factory in MALVERN was very much enjoyed and the year was nicely rounded off with a visit to the Winter Wonderland at Westonbirt Arboretum and Christmas lunch on the 14th. December.

Carole Cunnell
Chair



Merthyr & Cynon Valley

Award winning Tina becomes branch secretary for Merthyr & Cynon Valley

66 years of age, married with four children and eight grandchildren, Tina began working in the Typing Pool at Prince Charles Hospital in 1998 as a temporary member of staff covering long-term sickness absence. Whilst there, a vacancy came up in the Estates Department for a PA to the Estates Maintenance Manager. Her application was successful and she began her career working for Estates and Capital

Planning until 2011 when she retired from the position of Estate's Office Manager.

Tina also trained as a Mediator for the Trust, a role she continued to undertake on a voluntary basis following her retirement. Tina received an award from Cwm Taf University Health Board in 2014 in recognition of her continued support and dedication.

Inaugural Christmas Quiz

Held in the Conservative Club, Merthyr on Wednesday 2nd. December and following an excellent buffet lunch, the Merthyr & Cynon Valley branch hosted the inaugural Christmas Quiz between Merthyr & Cynon Valley, Pontypridd & Rhondda and Gwent branches.



Pontypridd and Rhondda quiz team



It was a hugely successful afternoon and the event is now well and truly set to become an annual fixture said Rhodri Powell, Chair of the Pontypridd branch. After much stretching and messaging of everyones brainpower by Keith Gould the quiz master, Pontypridd emerged victorious.

Yvonne Owens
Chair

Pontypridd and Rhondda

Our branch has been very active since the last edition of Update. We had a five day visit to Dublin and Belfast in April which included visiting the Titanic Exhibition, Stormont and the Giants Causeway.

In July we had a day trip to the Severn Valley



Pontypridd and Rhondda branch



Pontypridd and Rhondda branch



Pontypridd and Rhondda branch

Railway taking a journey from Kidderminster to Bridgenorth. After a leisurly journey through beautiful countryside we had an excellent lunch at the Punchbowl Inn in Bridgenorth.

November we had a four day visit to the Peak District staying at the Palace Hotel in Buxton. Saturday morning was a bit of a shock when we had about three inches of snow. This did not prevent us visiting the Christmas market and tour of the magnificent Chatsworth House which was decorated for Christmas in "The Wind in the Willows" theme. On the Sunday we had a coach tour of the Peak District which included the Ladybower Reservoir, which was where the RAF Dambuster



Yvonne Owens presents the winning quiz trophy to Rhodri Powell

squadron, practiced before they carried out the famous raid on the German Dams.

Our Christmas lunch was well attended and our guests included John Toman, Alison Williams, Chief Executive Cwm Taf LHB and our after dinner speaker John Sheene.

As well as our trips we have had some excellent lunches and some very interesting speakers over the past twelve months.

We have an interesting programme planned for 2016 and are all looking forward to our next long weekend in the Lake District in April.

Rhodri Powell. Chair

SE Wales Amulance branch
Christmas dinner party



Annual Conference 2015 – Pictorial round





Annual Conference 2015 – Pictorial round

Delegates viewing the exhibits



Age Cymru



Fred Olsen Cruises



Keynote Speaker Dr Andrew Goodall,
Director General & CEO NHS Wales



ARTS & CRAFTS WINNERS

L-R
First: Caroline Pitt
Gwent.

Second: Madge Phillips
Pontypridd & Rhondda.

Highly Commended: June Powell
Pontypridd & Rhondda



Pontyridd & Rhondda branch



Conference AM Chair
Ken Jarrold CBE Patron
NHSRF



Conference Chair PM John
Rostill OBE Director NHSRF



Guest Speaker RUTH STUDLEY
Director of Strategy & Development
Healthcare Inspectorate Wales



NHSRF officers and members promoting the Fellowship at the NHS Providers Conference in Birmingham November 2015



Skittles report

Held in September in Newport, branch teams representing Gwent, Merthyr and Pontypridd & Rhondda fought a very close battle for the coveted Skittles Shield with Pontypridd & Rhondda, once again, emerging victors. Carole Cunnell, Chair of the Gwent branch said 'we lost but again came close. This has spurred us on to replace our monthly walk/lunch fixture with a Skittles practice/lunch during the winter months in an effort to do better next time'

Picture shows John Evans, centre, holding on tight to the Skittles trophy flanked by members of the Pontypridd & Rhondda, Gwent and Merthyr branches.

The NHS Retirement Fellowship in Wales

There are now 13 thriving branches in Wales and if you are interested in obtaining information on joining your local branch you should contact your nearest representative from the list. The Welsh Retirement Fellowship is actively supported by the Welsh Government, Health Board

Chairs, Chief Executives and Directors of HR and OD and the Welsh NHS Confederation. Anyone interested in membership or assisting with running a branch should contact John Toman, Editor, Fellowship Officer for Wales.



John Toman

Editor, Fellowship Officer – Wales

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