



## Update

WELSH NHS RETIREMENT  
FELLOWSHIP NEWSLETTER

## Diweddariad

CYMRODORIAETH  
YMDDEOLIAD GIG CYMRU

July 2017  
Issue 22

# The year everything changed

Since the last edition of UPDATE, you would be forgiven for thinking the world has gone mad. PM David Cameron put his career on the line and called a referendum which ended in a shock Brexit result. A snap general election was called in April which resulted in a hung parliament. Indeed, Labour, who were expected to be wiped out, came very close to winning the majority vote. A business man with no political experience, Donald Trump, was elected President of the USA and a complete outsider, Emmanuel Macron, won the French Presidential election.

Although not necessarily in the same league but no less important, the Fellowship has also gone through an unprecedented period of uncertainty which has required us to face up to the harsh reality of becoming self financing due to diminishing government grants and it became necessary to increase the capitation fees from £10 to £20. A ballot was arranged which invited all members to vote on whether the Fellowship had a future on the understanding that it needed to become self financing. Of the 8345 who voted, 6746 were in favour of

the increase with less than 1 in 10 voting against. Sadly, three branches in Wales, Merthyr, Pontypridd & Rhondda and SE Ambulance, did not feel able to support the increases and decided to leave the Fellowship. We do of course wish them every happiness and continued success in all their endeavours.

Whilst it is far too early to determine how Theresa May, President Trump or President Macron will fare, I am happy to report that the result of the ballot demonstrated a significant vote of confidence and the Fellowship in Wales emerged strong despite losing 3 branches. However, we cannot be complacent as there was a very clear indication from the membership that much needs to be done to further develop and modernise the Fellowship going forward.

Another annual landmark event and an important membership benefit is our national conference which this year is on Thursday 31 August at the Metropole Hotel, Llandrindod Wells and given the times in which we live, the subject matter couldn't be more appropriate.

Continued next page...

## In this issue...

Ken Jerrold CBE, Fellowship Patron, on Brexit and the NHS

John Rostill OBE, Fellowship CEO, considers the way ahead for the Fellowship following 'Huge vote of confidence' in the wake of the National ballot

Peter Mannion, ARCH Portfolio Manager, outlines how 'A Regional Collaboration for Health' works

Photography and Golf competitions

News and Views from the branches

At the palace garden party

## Dates for your diary...

Thursday 31 August 2017

### Welsh National Conference

Metropole Hotel, Llandrindod Wells  
Full details from your branch secretary.

Friday 24 - Sunday 26

### November 2017

### UK National Fellowship Conference and AGM

Eastwood Hall Hotel, Nottingham  
Full details from Sherry Smith  
T: 01305 361317

E: sherry.smith@dhuft.nhs.uk  
or visit the Fellowship website  
www.nhsrf.org.uk

**Ken Jerrold CBE our Patron will share his considerable knowledge and thoughts on BREXIT and associated implications for the NHS.**

**John Rostill, OBE and NHSRF CEO will discuss the Fellowship going forward, the challenges we face, modernising the Fellowship and in general, 'The Way Forward'.**

**Peter Mannion, ARCH Portfolio Manager will share with us what ARCH is all about. Working to improve the health and wellbeing of South West Wales, he will confirm that ARCH, A regional Collaboration for Health, is a unique partnership between Swansea University, Abertawe Bro Morgannwg and Howell Dda UHB's and covers 6 local authority areas. This endeavour represents a major departure from traditional approaches to delivering patient care and services and is highly likely to influence how services will be delivered throughout Wales in the future.**

All three speakers have written excellent precludes to their presentations and can be found on the following pages.

And finally by popular demand and to help keep us awake after lunch, I have invited the renowned country and western singer Hank Hillman back to entertain us.

Your 'pull out' advance copy of the programme is located at the back page of this newsletter.

Retirement is one of the major landmarks in life. For some it can't come quickly enough, for others, it can present major problems. For most people however, retirement from the NHS provides a well earned rest from every day pressures of service delivery and the increasingly complex world of modern healthcare. The NHSRF provides a bridge between life in the NHS and retirement and the intention of this newsletter is to provide knowledge about the existence and work of the Fellowship, and to reflect branch activity including letters, news and views. On the next page the 70th birthday of the NHS is announced and I would like to hear from

any member who was working in the NHS on the day it was started in 1948. If that's you, please get in touch and if branches know of any member who was in the NHS on day one (probably in their eighties at least) please encourage them to contact me.

Diolch Yn Fawr  
**John Toman, Editor**

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# The way forward

The NHS Retirement Fellowship has gone through a time of uncertainty as discussions about the future of the Fellowship took place last autumn leading to a ballot earlier this year. The ballot was to decide whether the Fellowship had a future on the understanding that it needed to be self financing involving an increase in capitation fees from £10 to £20 from the financial year 2017/18. Ballot papers were sent out to each individual member and 8345 voted. 6746 voted in favour of the increase and less than 1 in 10 voted against.

I am delighted that there has been such a huge vote of confidence in the continuation of the Fellowship, however it would be wrong to rest on our laurels. It was quite clear during the run up to the ballot that there are a number of areas that members wanted to change. There are a number of matters that our members were not entirely happy with and wanted to see changes. Without doubt it is the responsibility of the Trustees and officers of the Fellowship to

see how we can improve both the efficiency of the organisation and the benefits that we give to members.

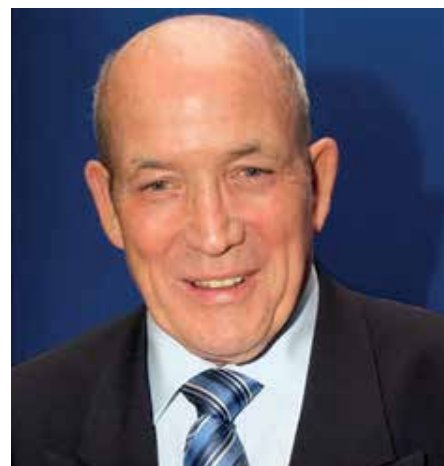
The big lesson that we learned from this exercise is that it is crucial that any changes should be led by the membership and a cross section of members were involved in discussions recently. The outcome of these discussions will be a refreshed strategy document which will outline the way ahead.

This should be available for the late summer/early autumn. Among the matters requiring specific attention are a mechanism for engaging with members, the development of the website (which is tired and somewhat archaic) and a much clearer focus on the roles of Development Officers and Regional reps. What is important is that members make their views known, it's not just a question of saying they want changes, we need to know what changes they want.

We need a much higher profile both within the NHS and the community

generally, what better chance do we have than in 2018 when the NHS will celebrate its 70th anniversary and the Fellowship will celebrate 40 years. We have to capitalise on these joint anniversaries.

**John Rostill CBE  
CEO NHSRF**



# Brexit and the NHS

## NHS 70th birthday

**5 July 1948**

### **The start of the NHS**

Your chance to take part...

In 2018, the NHS will be 70 years old and the Fellowship is keen to hear from any member who was working in the NHS on the day it was started in 1948. If that's you, please contact central office on 01305 361317 and speak to Sherry, Kay or Lucy or send an email to [info@nhsrf.org.uk](mailto:info@nhsrf.org.uk).

If branches know of any members who were in the NHS on day one (who are likely to be in their eighties at least) please talk to them and help them to get in touch.

**18 April 1978**

### **The Start of the NHS Fellowship**

If you know someone of who was present at the first ever meeting of the Fellowship which was held at the Queens Hotel Cheltenham, please contact central office.

### **A Welsh NHS Culture**

I would like to develop a Welsh website page which depicts something of the history of the NHS in Wales in the words of those who worked in it. I should like to hear from anyone who has a comment about the service, any personal stories, observations on events, clinical innovations, memories and any recollections you wish to share. Collectively, we have the potential to build up a picture of what the NHS was really like.

**John Toman**  
Editor

On the 23rd of June 2016, the people of the United Kingdom made one of the most important decisions in their history. By 51.89% to 48.11% the people decided to leave the EU despite overwhelming support for continued EU membership from the political and business establishment. England and Wales voted to leave, Scotland and Northern Ireland voted to remain.

Now every aspect of our national life has to be re-examined in the light of the result. The NHS is no exception.

The most important issue for the NHS is staffing. 55,000 staff from the EU work in the NHS including 10% of doctors and 4% of nurses. It is vital that any new immigration policy allows them to continue to work in the UK. The problem is also psychological. Will staff from the EU feel welcome in the UK? Will they still want to come? Brexitodus is already underway with the numbers of EU staff leaving up by 25% and 70% saying that working in the NHS is now less appealing.

Arrangements for accessing treatment will have to be negotiated. Although the UK would save money by charging the 3 million EU citizens living here, the 1.2 million UK citizens living in the EU would face charges.

There will be a massive amount of work to be done reviewing regulations including the working time directives, procurement and competition law and the regulation of medicines and clinical trials.

Cross border co-operation on public health and scientific research will have to be re-negotiated including access to funding and free movement of researchers.

And what about the Leave campaign's promise to provide an extra £350m a week for the NHS from savings on EU membership? This has quietly been forgotten and is very unlikely to happen. The amount of money available to the NHS depends on two things. The growth of the economy and political decisions about how much of the nation's wealth should be spent on health care. Although the

economic shock predicted by the Remain campaign has not happened the economic outlook remains uncertain. There is no suggestion that a Conservative Government will increase the very low rates of funding experienced by the NHS since 2010.

So far, the only economic affect has been adverse. The weakness of the pound following the referendum result resulted in higher bills for the NHS because half the goods and services for the NHS are imported. One estimate concluded that the weaker pound would cost the NHS £900m a year. The pound has since strengthened which is a relief to an NHS facing the most difficult financial challenge in its history.



**Ken Jarrold CBE**  
Patron

# News from the branches

## Aberconwy

This past year was very varied with lots of speakers covering a broad spectrum of life. Subjects from the British Heart Foundation, Royal British Legion and a talk on Gallipoli & the Quarry Men of Penmaenmawr in WW1 to name but a few. We also had a trip to Chester, a sail on the river and time to shop and a very informative visit to Port Sunlight.

In an attempt to generate new members we designed a poster and distributed these at various venues around Llandudno. I also had a guest spot on our local radio station (Tudno FM) and explained about the Fellowship and invited people to come along to one of our meetings. Our endeavours resulted in several new members.

In July we had a strawberry tea and asked members to bring someone along who may be interested in joining us. In November we had our pre Christmas Quiz presented by member Mr Ken Faulkener followed by tea & mince pies.

Coming up we have a trip to Portmerion, and many interesting speakers to fill our year. We send our good wishes to members everywhere.

## Obituaries

It is with great sadness that Aberconwy Branch reports the deaths of the following long standing members:

In March Mrs Joyce Faulkener, in May Mrs Sali Williams, in September Mrs Margaret Wynne Hughes, in November Mrs Marian Dingwall who was our Programme Secretary for 6 years

Most of the above members worked at Llandudno General Hospital and are very sadly missed.



**Margaret Nolan, Secretary**

## BANGOR

The Bangor branch has had a very busy 2016 with many interesting and diverse talks and events. The year started with a talk by Mrs. V. M. Field on the charity for medical detection dogs. 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 Gwyneth John, who is one of our members, gave a talk on the history of the North Wales hospital, Denbigh.

In April we had our AGM which was very well supported. In May we had a return visit

by Dafydd Jones Morris giving the group a talk and demonstration on resuscitation. Llangollen was our destination in June. We started with a 2 hour canal boat trip which included a crossing of the Pontcysyllte Aquaduct followed by a short stay in Llangollen. The day culminated with a train ride and afternoon tea on the Llangollen steam railway. A lovely day out was had by all.

In July we had a talk by John Gorham on Antarctica. Liverpool was our destination in September, the day was enjoyed by all helped by good weather. In October Alun Pritchard gave his annual update on his charity work supporting poor families in Africa. In November we had our festive tea, chat and quiz. The year culminated with our Christmas Lunch at the Bangor Cricket Club Pavilion.

## Obituaries

It is with heavy heart that I have to report the passing of three of our members since

Christmas. The most recent being Mrs Elsie Eileen Lake who has been a member for the past four years and enjoyed our tea and chats and outing immensely.

Mrs Lynette Brockis who had been an active and valued member for many years, organised several outings, and was also secretary for several of these years, until failing health prevented her from attending meetings and functions.

Mrs Evelyn Humphreys-Jones, another valued member for many many years, until failing health prevented her attending regularly.

**Arthur Pritchard, Secretary**

## Cardiff

An unfortunate start to the New Year, we discovered 15 minutes prior to the start of the January meeting that the hall was closed, the heating system was in the process of



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For further information contact  
**John Toman, Fellowship Officer Wales**

Tel: 01666 505266 / Mobile: 07768 406233

E-mail: [johntoman@btconnect.com](mailto:johntoman@btconnect.com)



NHSRF Travel Insurance will be provided by an FCA Authorised Lloyd's insurance broker.

being replaced and the roof was leaking! We were not in a position to pre warn both our members and speaker. The hall, we were told, would not be available for the foreseeable future! Homeless, but up for the challenge.

Many calls and hall visits were made to seek a booking, preferably on the same week day and time, which proved difficult but not impossible.

We had secured temporary accommodation for five months prior to our preferred option of returning to our previous 'home' once the repairs had been satisfactorily repaired.

Despite the disruption our membership have been understanding and are looking forward to this years programme, which includes a varied speaker programme and events to look forward to including, a return visit to Highgrove and trips to Kew Gardens and Windsor Castle.

**Norman Bishop, Chairman.**

## Gwent

### A Football Match with a Difference

On Saturday March 18th Caroline Pitt and her husband Wayne, both ardent football fans of Newport County, attended Rodney Parade to watch the home match against Blackpool. They sat in the usual seats, being season ticket holders.

A few minutes into the second half Caroline heard the eighty nine year old companion of the gentleman seated behind her say "Barry you have dropped your programme" Caroline turned round to pick up the said programme only to see that Barry, an active seventy two year old had indeed arrested and was quickly turning navy blue in colour. Caroline quickly jumped over the seat, and with the help of her husband Wayne began CPR while the St John's ambulance people who were in attendance at the ground were called. During the ten minutes it took for them to arrive at the site, Caroline and Wayne continued with mouth to mouth and chest compression resuscitation. When the St John's ambulance staff arrived with the portable defibrillator they continued to help. Barry required the defibrillator to be used three times before a pulse was established. By the time the paramedics arrived Barry was breathing spontaneously and his colour was improving although he was still unconscious.

It was in the ninety fifth minute of the game that Barry was taken to the Royal Gwent Hospital. Where scans showed he had not suffered a heart attack or stroke, but had low potassium levels. Further tests showed he required an internal automatic defibrillator to be fitted and he was transferred to the University hospital of Wales where this was indeed fitted and Barry is now recovering at home. He was told that if it hadn't been for the swift and expert intervention of Caroline the



outcome would have been very different.

On Tuesday 21st March, when Caroline and Wayne went to the next home game they were met by Barry's son and brother

in law who thanked them profusely for what they had done. On Friday 24th March, Caroline received the most beautiful floral arrangement in appreciation.

We as a branch are extremely proud of Caroline and her husband who responded to her instructions so quickly. Well done to the both of you.

Episodes such as this highlight the necessity and value of having these portable defibrillators available in the community where lives can be saved while awaiting the arrival of the paramedics.

**Marilyn Beardmore, Gwent Branch National Council Representative**

### Gwent elects new Vice Chair

I joined the NHS in August 1980 as an Administrative Assistant at the Royal Gwent Hospital, Newport. I soon had the opportunity to study for my NHS management qualifications and my first management role was Assistant Hospital Administrator at St Cadoc's Hospital in 1986. I chose then to concentrate on a career specialising in HR management and obtained my Institute of Personnel and Development qualifications in 1993. My career progressed within Gwent in line with several NHS reorganisations. I managed a team of HR professionals who provided support to senior managers and clinicians on a whole range of employment issues including recruitment, training, dispute resolution and change management. I also worked closely throughout with the various Trade Unions and professional bodies on the development of employment policies and procedures in line with changing legislation, equal opportunities and best employment practice. I was appointed Associate Personnel Director in 2003 with Gwent Healthcare NHS Trust and my final role was that of Head of Operational HR for In-Hospital Services with the Aneurin Bevan Health Board. Upon my retirement in 2012, I joined the NHS Retirement Fellowship and I also enrolled as a volunteer advisor with Torfaen Citizens Advice Bureau where I have been able to use my knowledge and experience to help members of the public experiencing problems at work.



**Lynda Evans**



# Buckingham Palace garden party

We very much enjoyed our visit to Buckingham Palace to attend the first garden party of the season. The weather was warm and dry, in spite of it raining non-stop in many parts of the country.

The Queen, the Duke of Edinburgh and Kate, Duchess of Cambridge attended. The gardens looked very good with roses and rhododendrons and azaleas in peak condition. Tea was served. Military bands played throughout the afternoon. Beefeaters were there in force. The fashions were something to behold!

Many thanks to the NHSRF for making this memorable visit possible.

**Cynthia Matthews  
Gwent Branch and former  
Fellowship Chair person**

# News from the branches

## Gwent continued...

### Darts match

3 May 2017

On the 3rd May 2017 the Gwent branch hosted the annual darts match with two other teams playing from the Pontypridd & Rhondda branch and the Merthyr branch. The event started off with a fabulous buffet lunch courtesy of Gwent members Caroline Pitt and

Deb Davies. The darts match itself followed and proved to be an exciting and close fought event between the teams. In the end the match was decided by 'nearest the bull' which resulted in the Merthyr Team winning by a whisker and the Gwent Team as runners up. It was a thoroughly enjoyable afternoon with £73 raised from the raffle which will go towards the Gwent branch's charity fund.

**Delyn Hunt**



## West Glamorgan

We are looking forward to our 36th Annual General Meeting this month and reflecting how quickly the year passes. We have had some very interesting meetings and social gatherings over the past year. One of the highlights was John Toman's visit when we were celebrating our Vice Chairman's 96th birthday. Alice West is still a very regular and active member of our branch. The speaker in June was an enthusiast on Native American Indians and as you can see dressed for the part with Alice as his squaw!

All our meetings have been regularly attended and we have gained some new members but sadly we have lost others as David Streater and Gerry Thomas have sadly passed away in the last couple of months.

**Val Streater**  
**Secretary**

## Obituary

It is with great sadness I report the death of our friend and colleague Mrs Morfydd Poyntz. Age 93 years.

Morfydd was a founder member of Gwent NHS Retirement Fellowship and up until the last year or so she attended our meetings regularly and continued to take great interest in everything until she died.

Morfydd started her nursing career before the inception of the NHS. She did her Fevers training when Diphtheria, Scarlett Fever etc were very prevalent. She then went on to do her General Training at the Royal Gwent Hospital being rewarded a Gold Medal at that time.

Apart for a short spell when she worked as an Occupational Nurse in Ebbw Vale Steel Works her time was spent in the Royal Gwent Hospital working in all departments including Main Theatre which she enjoyed.

For some time prior to retiring she was Senior Nursing Officer mainly on nights. She commanded a great deal of respect and was liked by all the staff. During this time she was awarded the Queens Jubilee Medal and was invited to Buckingham Palace Garden Party.

A well deserved honour.

After retiring Morfydd worked for The Abbeyfield Society where she enjoyed meeting new people and made new friends.

I was privileged to be her friend for over 50 years and I have many happy memories of our time together.

**Marjorie Roberts**



# ARCH

## // a regional collaboration for health

### What is ARCH?

ARCH (A Regional Collaboration for Health) is a unique partnership between Swansea University and Abertawe Bro Morgannwg and Hywel Dda University Health Boards which covers six local authority areas. The ARCH partners are working to improve the health, wealth & wellbeing of South West Wales. The Health Boards and Wales's number one university have formally come together to create a future of unprecedented innovation and excellence, aimed at delivering better health, skills and economic outcomes for its population and excellent employment, training and research opportunities for its staff.

South West Wales has two health boards but only one health economy, the ARCH partners realise the opportunity this offers and aims to maximise this unique position to transform health and healthcare services. By choosing to work together, the ARCH partners are creating an innovative and fresh way forward for healthcare and health and wellbeing services. ARCH brings together health and science to develop a healthcare service fit for the 21st Century, develop the next generation of doctors, nurses, health workers, scientists and leaders as well as boost investment and create new jobs.

### Why was it formed?

ARCH was formed because we believe a joined up regional approach is the only way we will be able to deliver change at scale and at pace.

ARCH is establishing a culture of regional planning providing staff with opportunities to practise and develop appropriate service models. We are planning on the basis of our one million population, to support people to care for themselves and transform the way they access services, maximising the ability for them to receive their care at home or in the community, through maximising digital solutions.

ARCH is also a pro-active response to the urgent requirement to reshape and upskill the workforce to be fit for purpose. Both ABMU & Hywel Dda have identified common skills, workforce and education action

required in order to produce a sustainable workforce. ARCH aims to establish a pipeline which builds on Swansea University's success to date by making the most of opportunities to train future staff to meet the needs articulated by both health boards. The ARCH partners realise the need to plan and build a workforce with the right numbers and mix of skills to meet people's needs at the right time, by the right person, closer to home in flexible ways and flexible facilities.

ARCH is also taking advantage of incredible capabilities in our region to create an ecosystem where all of these ideas can be proven, embedded and commercialised into patient and economic benefit. Partnership working between industry, academia and the NHS to drive and translate innovation is essential for tackling today's demands on the NHS. We are working to turn the ideas and invention of NHS staff into new products and services.

### What has already happened?

Over the past 18 months, the ARCH partners have put words into action, delivering projects such as the newly opened Health and Wellbeing Academy in Singleton Health Campus, and the Talent bank project which is supporting 16-18 year olds into a career in the Health and Life Science Sector. ARCH partners have also ensured ARCH is one strand of the recently signed £1.3 billion Swansea Bay City Deal. This will be used to further develop the Morriston and Singleton Health Campus while also developing the Health, Wellbeing and Life science Village in Llanelli.

ARCH has an ambitious plan – the first of its kind in this country – and offers a fantastic opportunity to grow and develop together, not least in respect of health and healthcare. ARCH is starting from a strong place as a number of excellent processes for working collaboratively across the area are already in place. Through ARCH, there is a great opportunity to respond swiftly and effectively to the needs of our communities and to co-produce a healthier future with them.

At the NHS Retirement Fellowship conference this August come and hear more about how ARCH is playing its part in delivering an exciting future for the Health and Life science sector in South West Wales.

To learn more about ARCH go to:  
[www.youtube.com/watch?v=P3uGichiEjk&feature=youtube](http://www.youtube.com/watch?v=P3uGichiEjk&feature=youtube)

Peter Mannion  
ARCH Portfolio Manager



Peter Mannion, ARCH Portfolio Manager  
Peter has worked on the ARCH portfolio since day one and has helped shape the concept into a deliverable proposition. Peter previously worked in commissioning at ABMU as part of the Changing for the Better programme.



# Hazel Arnold wins Photography competition

'Cousins' reunion' is the winning picture in the recent Photography Group competition on the theme 'Pleasure and Enjoyment'. Submitted by Hazel Arnold from the Southmead branch this award was her second win in a week after scooping a prize in the Audley Travel / Sunday Times weekly competition. Hazel's picture of four of her grandchildren was taken at Newark Park in Gloucestershire.

Runners up were Michael Turner from Liverpool with his picture 'Jack and Charlie loved playing dangerously' and Val Hemmings from Bedford 'Enjoying a Cruise to Goring'. The entries can be seen in an album on the Fellowship's Facebook site.

Highly Commended awards were made to Sue Pettet, Hilary Cole, Ruth Tyrrell, Michael

Turner, Elaine Ramsden and Janet Smith. Honorary Mention awards went to Janet Smith, Sheila Lodge, Sally Smith, Elaine Johnson, Norma Garthwaite, Marina Briers and Elizabeth Malin.

In the diary for this year is a return trip to the Wildlife Photographer of the Year Competition at the Natural History Museum and requests have been made to Photography Group members to host a Photography Day in their local area.

The next photo competition is on the theme 'Landscape' with a cut off date for entries of Friday 22 September 2017. Details can be found on the website or from Anthea Graham: [anthea.graham@nhsrf.org.uk](mailto:anthea.graham@nhsrf.org.uk) 01520 722951.





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*Bringing the world closer*

\*All bookings are subject to Fred. Olsen's (FOCL) standard terms & conditions, available on our website & on request. All prices quoted under the NHSRF members discount offer are exclusive to qualifying members & their travelling companions only, members must quote their discount code at time of booking. Membership discounts cannot be applied retrospectively. Bookings must be made via the booking hotline number 0800 0355 108. Proof of membership will be required at the time of booking. Offers cannot be extended to any unrelated third party, are subject to availability & may be withdrawn or amended at any time without prior notice. From time to time FOCL may run special offers which cannot be combined with this discount, including selected group travel deals. All guests booked under this scheme are requested to refrain from disclosing the fare paid whilst on board. Offer is for first-time cruisers with Fred. Olsen only. Fred. Olsen Oceans members are entitled to a 5% NHSRF discount subject to the same terms & conditions, to be applied after the standard Oceans discount, where applicable. In this instance, Oceans Terms & Conditions apply. This offer expires on the 1st June 2018. E&OE





# Senior Golf Classic 2017

Partners



**Tuesday 12 September 2017**

**Marriott St Pierre Golf & Country Club, Chepstow.**

Now in its 6th year, the tournament 'goes from strength to strength' was the view expressed by Dame Yvonne Moores, Tournament Patron. She added 'Seldom have I enjoyed such a marvellous day. The golf arrangements and the social side was just right and exceptional good value for money.'

The tournament is now well established as 'the friendly games' and in blazing sunshine and a cloudless sky, the 2016 event saw 68 enthusiastic golfers from across the country of which 21 were new members, compete for the coveted CSIS trophy which was won by Noel Gavin from Chepstow with a score of 39 points.

**Individual Champion 2016**  
Noel Gavin, Chepstow.



**Team Champions 2016**  
L to R: Alan Walker, Dame Yvonne Moores, Prem Cunniah, Pauline Cunniah, Rose Walker.



## The NHS Retirement Fellowship in Wales

There are now 10 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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| BANGOR                | Arthur Pritchard  | 01248 354506  | pritchardarthur@btinternet.com    |
| CARDIFF & DISTRICT    | Bob Holbrook      | 029 2074 4132 | holbrook44@yahoo.com              |
| CARMARTHENSHIRE       | Eleanor Corcoran  | 01267 221724  | Eleanorann@btconnect.com          |
| CEREDIGION            | Helen Hughes      | 01970 611700  | helenhughes584@btinternet.com     |
| CLWYD                 | May Williams      | 01352 712731  | m.williams743@btinternet.com      |
| GWENT                 | Marilyn Beardmore | 01633 661954  | mabeardmore@yahoo.co.uk           |
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Cymdeithas Ymddeoliad GIG  
National Health Service  
Retirement Fellowship

# Welsh National Conference

Metropole Hotel, Llandrindod Wells, 31st August 2017







Carmarthen



West Glamorgan



Ceredigion



North East

# NHSRF Welsh National Conference

The Metropole Hotel, Llandrindod Wells  
Thursday 31 August 2017

## Pull-out Programme

|       |  |   |
|-------|--|---|
| 09:00 | Registration. Tea / Coffee<br><br>Visit Exhibits and View Arts & Crafts Exhibition | Audrey Harris RF Chairman<br>Cynthia Matthews Past RF Chairman<br>John Toman Fellowship Officer - Wales   |
| 10:30 | Welcome and Introductions  | Audrey Harris RF Chairman   |
| 10:45 | Brexit & the NHS   | Ken Jarrold CBE RF Patron<br>Conference Chair AM  |
| 11:15 | ARCH   | Peter Mannion<br>A Regional Collaboration for Health<br>Portfolio Manager   |
| 12:00 | NHSRF Way Forward  | John Rostill OBE<br>CEO NHS Retirement Fellowship   |
| 12:45 | Lunch. View Exhibitions. Branch<br>Photo call<br>Judging Arts & Crafts Exhibits    | Photographer - Mik Webb RF Trustee<br>Ken Jarrold CBE RF Patron<br>Audrey Harris. RF Chairman<br>Cynthia Matthews. Past RF Chairman<br>John Rostill. OBE RF CEO |
| 14:00 | Afternoon Chair<br><br>Entertainment   | John Rostill OBE RF CEO<br><br>A British Country Music Celebrity<br>Hank Hillman  |
| 15:00 | Closing remarks and prize giving   |   |

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