

Fellowship

The newsletter of the NHS Retirement Fellowship

Members' days bridge the gap

Special members' days which will play a part in bridging the gap between Fellowship branches and the national organisation are to be held across England this summer.

Starting in Birmingham on June 8 the events will run from 12.30 to about 3.30 and feature talks and discussion about the Fellowship, its future development and the challenges it faces.

It's a chance for members who don't normally come to the annual conference or get involved in Fellowship affairs beyond

their own branch to learn more about future plans and feed back views from the grass roots.

"Our trustees have been concerned about the apparent "disconnect" between what happens nationally and the busy world of branch activities" said John Rostill, Chief Executive. "We had a similar day recently for our postal members which was enthusiastic and vibrant. We are a democratic organisation and we want to engage with our members directly rather than through a top down hierarchy."

Invitation letters have gone out to members in the Midlands region and a venue for the June 8 event will be fixed near New Street Station as soon as numbers are known. It's free, and includes lunch, but members meet their own travel costs.

Future events are planned for Exeter (14 June), Bristol (4 July), Leeds (13 July) and Cambridge (27 September).

CSIS charity backs Fellowship projects

The Fellowship is to undertake two new projects this year, thanks to grants from the Civil Service Insurance Society Charity Fund

The first is to develop and support the NHSRF Benevolent Fund. It will identify the extent of need for the fund, the opportunities to work with other grant giving organisations, and any requirement for case worker support. New publicity will be developed to explain to members the criteria for awarding grants, and the situations which could lead to a successful application.

The second is to set up pilot schemes with commissioners and providers of social care to promote the Fellowship to social care staff and retirees, following the Fellowship's decision last year to extend membership to people from social care services – a move which reflects the increasing integration of health and social care. The project will include publicity and recruitment materials and promotional events.

The Fellowship acknowledges the generous support of CSIS and its charity fund which has shared in the book club, the photography group and the golf tour as well as supporting our conferences and other projects. CSIS is a not for profit organisation which provides car, home and travel insurance and gives its surplus to a charity fund which supports civil and public service charities www.csis.co.uk.

INSIDE >>>

"Give it a go" says Audrey page 2

Members meet Korean visitors page 2



"Shocked" Pearl awarded BEM page 3



New trustee, development officers and regional representatives pages 4 - 5

Sheila's courage page 8

Letter from the chairman

Give it a go

says Audrey

Dear Members,

It is almost a year now since I began my chairmanship of our great organisation. It has been very interesting and very challenging.

I am aware that many branches are experiencing difficulty with officer posts. This is an old, old problem. I would ask members who feel that they might like to take on one of these posts, but worry they can't, in case they fail, to try anyway - there is always ready help for you.

I have so enjoyed visiting your branches and meeting you. It is always wonderful to attend regional meetings where many branches come together. These are so important to the continual growth of the Fellowship.

Of course finances and membership are a big challenge at the moment. Our membership numbers have declined a little over the last year in some branches, but others are enrolling new members each month.



I was recently at a day event for our postal members and our vice president, Vic Griffiths (you all remember him don't you?) said "if each one of our members brought one new member this year, then it would go a long way to solving our financial shortfall and membership numbers". That would be grand wouldn't it?

As always, my thanks to central office for all their help, and best wishes to you all. I look forward to meeting many more members in the coming months.

Audrey Harris - Chairman

Let's raise the ceiling, says Chief Executive

The Fellowship needs to "raise the ceiling" and become more engaged with local trusts if it is to attract continued support from NHS, says John Rostill, Chief Executive.

Alongside the changes in our own management structure, there's a need to change the culture of the Fellowship from one of a happy, but separate organisation running branch activities to one which contributes more to the life of the NHS.

"Money is a problem for the NHS. That means that our requests for money to support the Fellowship are under a lot more scrutiny. The funding bodies in England, Wales and Scotland expect - and indeed are entitled to expect - something in return," said John.



Funding in Wales has already been reduced to £22,000 and is set to halve in 2017-18. Scotland has offered a grant of £15,000 until September, but wants to see evidence that the money delivers benefits such as healthier and independent lives for older people and volunteer support for the community. No grant has yet been settled for England.

"We want to raise the ceiling a bit. Many members already volunteer, but there are also opportunities to act as patient advocates, become NHS champions, help trusts prepare for Care Quality Commission visits, become members or governors of foundation trusts, or be appointed non-executive directors."

Meanwhile the Fellowship is going through a transitional period as it re-shapes its structure and brings on board new trustees.

"What is absolutely clear to me is that decisions are not made in central office" said John. "We are a democracy. Branches have the opportunity to elect regional representatives who form our national council. Their responsibility is to represent the views of the branches and members to national council and to explain national council thinking and enthuse branches and members.

"National council chooses the trustees who are responsible for managing the Fellowship and its finances and meeting the requirements of the Charities Commission."

Members meet Korean visitors

Edinburgh and Lothians branch hosted an enjoyable and interesting meeting with city government representatives from Seoul in South Korea in April.

The Fellowship was pleased to agree to a request to meet the Koreans who were interested to learn about our services and activities and the characteristics and needs of older people.

Our South Korean guests, from the Department of Welfare in Seoul Metropolitan City Government were Won Joon KIM (Deputy Mayor for Welfare), Jong Man LEE (Director of Independent Living Support Division), Dong Eun KIM (Deputy director of Post-Retirement Support Division and their excellent interpreter.

There was general discussion about services provided to maintain and improve the health and wellbeing of individuals and the availability and roles of other statutory services and voluntary organisations. They were very interested in the Fellowship's Benevolent Fund and the range of activities undertaken by members.

"It was good that the South Koreans were able to see Edinburgh and Lothian branch's coffee morning and sample some of their home baking. We were pleased to learn that they were planning to gather more information about the UK with a visit to a local whisky distillery and a trip to St Andrews" said Anthea Graham, Fellowship Operations Co-ordinator.



Picture shows Grace Clarke, Scottish Federation Secretary, Jeanie Sutherland, SF Chairman, Anthea Graham, Won Joon Kim, Jong Man Lee, Sheila Finlay, Edinburgh and Lothians Secretary and Dong Eun Kim

“Shocked” Pearl awarded BEM

When Sandwell and West Birmingham member Pearl Reid received an official letter telling her she was to be awarded the British Empire Medal she thought someone was pulling her leg.

“I was very much surprised. I thought I was dreaming to be honest. I was really shocked. But then I got phone calls from the local papers.” Since the news went public she has been besieged by messages of good will from the many people and organisations she has helped.

A former nursing assistant at Sandwell Hospital where she describes herself as “a bit of an all rounder” working in different departments and earning a long service badge, Pearl has always been involved with many other groups.

She has been a school governor for 30 years, a devoted member of All Saints’ Church where she is licensed to take communion to people who can’t get to church and a member of the church women’s guild. She used to teach junior Sunday school.

Now aged 80, she has also brought up a large family: eight children (six of whom survive)



Lin Jerrett, branch chairman congratulates Pearl Reid on her BEM.

16 grand children and 14 great grand children. “I love them all to bits” she said. “Love is so important. That’s my motto. It doesn’t cost anything to love. Not at all.”

The love she shares with her community is reflected in their affection for her. Fellowship members were “chuffed to bits and so excited” at a branch meeting and when the news was announced in church everyone stood up and clapped and cheered.

Conference future under scrutiny

Plans for the future shape of the annual conference will be finalised at a Fellowship annual meeting in November.

There’s been a mixed response to the cancellation of the conference weekend in 2016 which Chief Executive John Rostill said was “one of the hardest decisions I have had to make.”

But the cost was growing beyond the Fellowship’s means so this year there will be a one day AGM event, probably in Birmingham at the end of November.

For the future, the feedback from branches has suggested members would like more than an AGM, with an event being held over a weekend with only a one night stay and including social activities. The Fellowship is aiming to seek views from members who have never been to conference as well, to see if this would be attractive.

Whatever decision is reached for 2017 and onwards, while the cost of staging an AGM is recognised as a Fellowship responsibility, other elements would have to be self financing, most probably by members meeting the cost.

Double presentations



Kenneth Gould, who has retired as chairman of Merthyr and Cynon Valley branch found himself receiving two presentations recently.

At the branch AGM, John Toman, the Fellowship Officer for Wales, presented him with a gift from members in recognition of his hard work, loyalty and dependability. “Ken’s input has been invaluable and we are delighted that he will continue to support the Fellowship” said branch secretary Christine O’Neill.

And then came another presentation – this time from branch treasurer Ann Jones – to celebrate his sixtieth wedding anniversary.

Ken and Norma – 60 years together

East Surrey anniversary



Left to right - Jean Crisp cutting the cake with Ros Lobo, John Rostill, and Joan Robinson, branch chair.

Fifty-one members gathered at Reigate Baptist Church in February to celebrate the 35th anniversary of East Surrey branch.

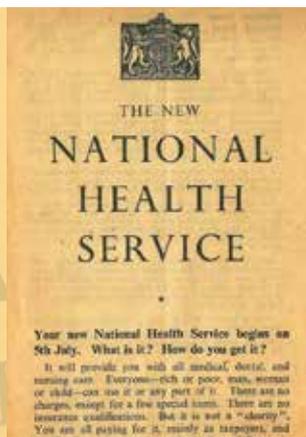
Graham Manning from the Surrey Wildlife Trust fascinated the meeting with his account of the Trust’s activities followed by lunch when members welcomed John Rostill, the Fellowship’s Chief Executive and Ros Lobo, Regional Representative.

Jean Crisp, who joined the Branch in 1986 and is the longest-standing member, cut the anniversary cake, made and decorated by member Frances Jackson.

Were you there?

The Fellowship is keen to hear from anyone who was working in the NHS on the day it started on 5 July 1948.

“If you were there, please get in touch with central office. We want to make sure that whatever we do by way of celebrations in 2018 we can capture your memories of the start of the NHS and make sure you are included in festivities” said John Rostill, Chief Executive.



New trustee joins Fellowship

Neal Patel, Head of Communications for the Royal Pharmaceutical Society, has joined the Fellowship as a trustee.

He is a registered pharmacist with extensive experience of influencing healthcare policy who began his career in pharmacy and management positions with Boots the Chemist, before becoming their Professional Development Pharmacist for the south coast area.

He has been Professional Executive Committee member for Brighton and Hove PCT and NHS Liaison Manager for the National Pharmacy Association and Head of Communications for the National Pharmacy Association before taking up his present post.

“I live and breathe current and evolving healthcare policy and aim to ensure that pharmacy is included as appropriate” he said. His current work involves overseeing a busy press office, social media operation and digital content production.



DEVELOPMENT OFFICERS

Sally brings new skills to Fellowship



Sally Bundock joined the Fellowship on 1 January as the development officer for London, Oxford and East Anglia. It's a new role which splits development work in the south of England between east and west.

Sally worked in human resources for 20 years before becoming Welfare Officer at the National Archives at Kew where she was responsible for welfare, first aid and occupational health. Since leaving this post in 2010 she has worked for a number of charities on short term contracts including St. Mungo's, the homeless charity, and IET Connect, a benevolent fund.

Sally became a director of the Institute of Welfare in 2004 and moved on to become chair and editor of their journal, Welfare World. She retired from these roles in early 2015. Currently Sally is a trustee of the CSIS Charity Fund – which is how she learned of the Fellowship. She is a free lance writer on health and welfare issues.

“Working for the Fellowship is interesting. I have met and spoken with some very friendly and helpful people. Managing occupational health in two organisations gave me an interest in health matters and the NHS.” she said.

Sally is married, with a daughter who is a GP. In her spare time she manages a netball team and enjoys running (“slowly” she says). Sally works for the Fellowship one day a week and is happy to be contacted by e-mail at london.eastanglia@nhsrf.org.uk

Leigh takes on new challenge

Leigh Elliott, who became development officer for the north east on April 1 is taking on a new challenge in a different field.

Her past career has been in further education, teaching psychology at A level and university level and as deputy head of the faculty. She has just returned from five years in Canada. “I decided I was not going to work in education any more – so when this opportunity came up it seemed an ideal way to use my experiences in a different area,” she said.

“It's a very different field – but I have been president of a Rotary Club in both the UK and Canada and they have a similar kind of background in terms of membership issues: nobody knows about it unless you are in it. I am looking forward to the challenge.”

Leigh is married, with an adult son and daughter and lives on the coast in South Shields. In her spare time she enjoys cycling and has twice done the Coast to Coast ride for charity. To contact her call 0191 4232634 or email england.northeast@nhsrf.org.uk



CAVELL NURSES' TRUST

Can your branch be “here for nurses?” asks Paul Steiner, Communications Manager

“We believe nurses are heroes. The care, compassion and courage shown by nurses, midwives and healthcare assistants over many years is staggering and humbling.

“Cavell Nurses' Trust is the living legacy of WW1 nurse Edith Cavell who saved the lives of 200 allied soldiers over 100 years ago and her example informs the support we give.

We believe that no one who has been a nurse, midwife or healthcare assistant should suffer hardship. In the last two years we have been able to help more than 2500 people when they were living through personal or financial hardship. Put simply, we are **'Here for Nurses'**.

“We help people at no cost to them. There's no membership and we're not a union or insurance scheme. So where do we get our money? From generosity and kindness.

We are always looking for ways to raise money to support nurses – retired or working - and this is where the network of NHS Retirement Fellowship branches, members and their friends and families come in. We know how hard you work fundraising

and volunteering for the Fellowship so we're asking you to be 'Here For Nurses' too.

Can you fundraise or volunteer for Cavell Nurses' Trust? Your generosity and kindness will be greatly appreciated and your efforts will directly support nurses facing crisis.”



Get in touch

Email us on

fundraising@cavellnursestrust.org and we'll send you a pack with lots of fundraising ideas, or give us a call and have a chat on 01527 595999

If you, or anyone you know, is in need of help or support please call our Welfare Team on 01527 595999

South West Thames

Ros Lobo

Ros Lobo, the new regional representative for South West Thames, first joined the Fellowship as a postal member. When she found there was no branch near where she lived, she got together with a few people and was enabled to start one.



Now chairman of the flourishing St George's, Merton and Wandsworth branch which has over 100 members, she's enjoying her new regional representative role with the support of her branch secretary, treasurer and her husband Tony. "It's really interesting and challenging" she said. "Every branch is unique and has its own way of doing things. I have also joined the national council at a time of significant change."

Ros trained as a nurse and specialised in mental health work, becoming a ward sister, community psychiatric nurse and family therapist before moving into health promotion and public health. She is married, with two children and two grand children, and enjoys travel, theatre, films and gardening and lives in Wimbledon.

North Wales

David Henderson

A chance meeting with a former NHS colleague re-kindled an interest in the Fellowship for David Henderson, now the regional representative for North Wales.



"I met a couple of people on holiday I had known for years, one of whom was secretary of her local branch. She asked me if I was doing anything with the Fellowship, which prompted me to look up the website and find there was a local branch. I joined from then on."

David worked in finance in the NHS, retiring as assistant director of finance with Wrexham Maelor Hospital just before it became North East Wales NHS Trust. He's a trustee and director of NEWCIS – a charity which provides help for about 8,500 people in the region who are caring for someone else; he is joint membership secretary for the Bala Lake Railway, treasurer of the local civic society and helps with Sain Clwyd Sound, which produces CDs for blind and partially sighted people.

He is married, with three adult children and five grand children, and lives in Mold in Flintshire.

NE Thames

Barbara Barber

Former District Nurse Barbara Barber is the new Regional Representative for North East Thames. A member of Barking, Havering and Brentwood branch she is married, with two children and five grand children.



Her nursing career was in Newham, where she was district nurse for about 25 years and she has been a Fellowship member for about 18 years after retiring early. She is a volunteer with Havering Health Watch, enjoys spending time with her family and taking part in the busy life of her Fellowship branch.

West of England

Mike Lockett

Mike Lockett, the new regional representative for the west of England had a brief NHS career – but it had a big effect on his life.



"I did two years in a hospital before I went to college" he said, "and that was where I met my wife Dorothy." They have now been married for 55 years and are both members of Gordano branch near Bristol, where Mike is the current chairman.

Their courtship was extended as Mike trained as a teacher at Manchester University and Dorothy pursued a career in nursing. But they married and moved round the country as Mike worked in schools for deaf children, eventually becoming head of a school in Bristol, while after bringing up her family Dorothy returned to nursing at Southmead Hospital.

They have three children and six grand children and live in Portishead where they both play bowls to county standard and Mike is an elder in their local church. They have an allotment, and Mike plays golf.

Wessex

Eleanor Walsh

Making more of a connection with the workplace of the NHS will be one of the aims of Eleanor Walsh, regional representative for Wessex.

"There's a lot going on in the Fellowship" she said, "it's an exciting time. Hopefully we can grow. We don't often have a mention in the workplace of the NHS and I'm hoping we can change that."



Eleanor worked in finance and commissioning in inner London before retiring to Hampshire three years ago – and immediately joining the Fellowship in Fareham. She lives in Botley, near Southampton and is very much involved in the local health community as a member of patient participation groups and user groups with commissioners and her local GP practice.

She's interested in architecture and enjoys walking, reading and the theatre.

Oxford

Pat Oliver



Pat is from Northampton where she spent most of her working life as a nurse, midwife and senior manager at Northampton General Hospital. She took a particular interest in decontamination sciences and is currently chairman of the examinations panel of the Institute of Decontamination Sciences.

She was chairman of Northampton branch of the Fellowship until her recent switch to becoming vice president. She is a senior steward at the Methodist church in Northampton and loves to spend time in her garden – "I like to create things" she said.

Aberdeen celebrate

Aberdeen branch, the oldest in Scotland, marked their 35th Anniversary, with a celebratory lunch at Aberdeenshire Cricket Club.

Chairman Loreen Smith, welcomed 42 members and two guests, Renee Gibb, Honorary President of the Federation of Scottish Branches and Jeanie Sutherland from Inverness, Chairman of the Scottish Federation who wished them all many more happy years.

Loreen Smith with special guests Renee Gibb (left) and Jeanie Sutherland.



A tribute to Edna

Bexley and District branch chair Sue Sauter has paid tribute to her predecessor Edna Wightman, who has retired after over 20 years as chairman.



Edna spent 20 years working in the NHS as a secretary to the psychologists at Bexley Hospital. She retired in 1991 and joined the NHSRF and soon became social secretary, organising outings and holidays. In 1994 she became chairman and her life became even busier. "I would like to say a big thank you to Edna for her long service and commitment to the NHSRF" said Sue.

Mayoral visit for Pontefract

Pontefract branch enjoyed a visit from June Cliffe, Wakefield Metropolitan District Mayor who talked about her mayoral duties and the occasion when she received her MBE. The branch made a donation to the Mayor's charity appeal which includes support for the Yorkshire Air Ambulance.



Peterborough welcome special guests

Eighty five members of Peterborough and District branch welcomed Ethel Armstrong, Fellowship patron, Katherine Haslam, regional representative and Rob Hughes, chairman of Peterborough & Stamford Hospitals NHS Foundation Trust to their new year lunch at Peterborough Regional College.

Ethel was presented with a "retirement" card signed by many members together with a hand crafted lace book mark created by one of the members.

"Ethel thoroughly enjoyed the opportunity to catch up with several of our members" said Jean Close, branch secretary and treasurer. "Her enthusiasm for the Fellowship is so infectious and inspirational. She is one determined lady, having been totally focussed on getting to Peterborough from her flooded



Branch chairman Dorinda Richardson presents gifts to Ethel Armstrong

village, via freezing fog and lengthy rail journey. It is important that members can now picture our guests when we give our reports and likewise Ethel and Katherine can picture our members."

Hever at dusk



Floodlit Hever Castle in Kent made a wonderful sight as dusk fell during a visit from 53 members of St George's, Merton and Wandsworth branch who toured the castle and grounds and had a Christmas lunch. The branch plans visits to Woburn Abbey, Bletchley Park, Leeds Castle and Bournemouth in 2016.

Moorlands reach 25

Members of Moorlands branch, Staffordshire celebrated the branch 25th anniversary with an afternoon tea party. Pictured with all the lovely ladies is founder member and chairman Eric Duffin.



Torbay memories

Torbay Fellowship "Walking Group" celebrated their annual Christmas lunch at a hotel on Torquay sea front in December. Seventy past and present walkers shared a meal followed by a quiz and a raffle, and time to remember many happy days spent walking Devon's countryside and moors.

Derby help deafness charity

Derby members have presented a cheque for £920 to the Campaign for Tackling Acquired Deafness (CAMTAD), their charity for 2015-2016. The charity helps people with hearing loss, offering free information and advice, a resource centre and volunteer support.

Our picture shows branch president, Margaret Tweedie, and vice president Joan Purcell presenting the cheque to representatives from CAMTAD.



By the bonny banks



Barnsley members went to Scotland for a five day break in November, staying at a hotel near Loch Lomond where they enjoyed entertainment and dancing (into which some members threw themselves with gusto). Rainy weather did not dampen their enthusiasm and the holiday included visits to Edinburgh, Stirling and Glasgow

OBITUARIES



Pamela Norman

Many friends gathered at Cambridge Crematorium in January to say farewell to Pam Norman who died in December. Pam spent a large part of her working life at Papworth Hospital. She was secretary to two consultant chest physicians before moving to the surgical unit where she was heavily involved in the heart lung transplant programme.

She retired in 1990 and was a long-standing member of the Fellowship. She played tennis, table tennis and bowls to a high level and was still playing bowls regularly until she died suddenly and unexpectedly. A collection at her funeral realised £692 for Papworth Hospital Foundation Trust.

Doreen Mart

Doreen died in January a week short of her 98th birthday. She was born in London, left school at 14 and had various jobs until she started nurse training in London.

She married in 1958 and went to live in Godmanchester. In 1961 she became the district midwife and was proud to say that, at one time, she had delivered the great majority of the local children. She retired in 1978 and became involved with the Guide movement. She became a Quaker and a member of Huntingdon branch of the Fellowship. At times she held the posts of secretary and treasurer. Three things stood out from tributes paid at her funeral. That she was kind, she had lots of common sense and that she was full of love for her fellow human beings.

Marion Lannen

Marion Lannen, a much loved and committed member of North Tyneside branch, died aged 90 at the end of January. Mary completed her nurse training at the start of the NHS and worked mainly nights at a "fever" hospital and then in



Lady Joan Bannerman

Joan Bannerman a member of East Surrey Branch since 1995, sadly died in February aged 89. Not many members knew her other identity as Lady Joan Bannerman, widow of the late Sir Alexander Patrick Bannerman, 14th Baronet of Elswick. The historic Elswick estate is near Aberdeen.

Joyce Kent

It was with great sadness that Royal Berkshire members heard of the death of Joyce Kent in November. Joyce was a founder member of the branch and was awarded honorary membership in May 2015. She served on the committee for many years, arranged outings and earned a reputation for organising the Christmas lunch.

Chris Lane

Chris spent 18 years as a highly-respected Patients Affairs officer at the Graylingwell Psychiatric Hospital in Chichester. He was known by patients and staff as calm and caring, always able to find time to help patients and relatives.

He became a very active member of the Royal British Legion branch at the hospital and organised social activities for patients and staff. On joining the Fellowship at Chichester in 2004 he became a member of the committee. He will be sadly missed by all whose lives he touched.

Knitters in action



Blackpool knitters l to r: Carmel Worden, Pauline Yates, Beryl Whiteside, Nicky West.

"Blackpool branch knitters" visited Blackpool Victoria Hospital neonatal unit in November to present their latest batch of blankets, hats, cardigans, 20 knitted snowmen and pink and blue stockings.

ophthalmology. On holiday in India she visited the Taj Mahal, rode on an elephant and was invited to a banquet hosted by the current president of India. She served on the branch committee for many years as welfare officer. Members will be going on a special outing in her memory.

Diana Phelps

Forest of Dean branch sadly report the death in December of Diana Phelps, chairman of the branch for many years.

Mary Duffy, Millicent Thompson and Mary Davidge.

Three active members of Brent branch died recently – Mary Duffy, Millicent Thompson and Mary Davidge.

Editor's note: We have had to abbreviate many of the obituaries in this issue because of limits on space. Branches may wish to consider posting longer obituaries on the Fellowship website.

Sheila's courage wins praise

When Sheila Craggs, the 81 year-old chairman of Warrington branch abseiled down the education centre at Warrington Hospital, she also seized the moment to promote the Fellowship.

Members there to support her displayed a banner advertising the Fellowship and the event was well covered in local papers.

"Sheila showed great courage and determination. We are all extremely proud of her" said branch secretary Margaret Reeves. "It's an outstanding achievement to perform such a feat at 81."

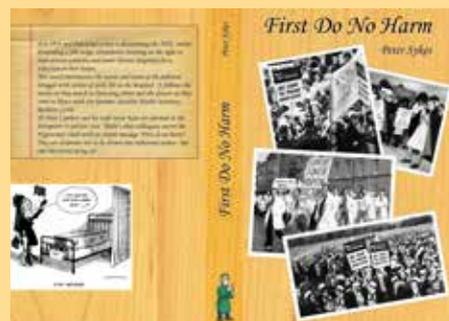
Sheila's daughter Katy supported her mum by doing the abseil as well and they raised over £800 which was given to the Women's Day Care Unit,



Seizing the moment: promoting the Fellowship

by way of a thank you for the care many members have received and the hospital's support for the branch over 33 years.

Member's novel recalls 1970s disputes



NHSRF member Peter Sykes has just published a novel based on life in a hospital during industrial unrest in 1974 and 1975 when nurses and professions allied to medicine were demanding more pay, consultants were fighting a battle to retain private practice and junior doctors wanted reduced hours.

Peter was working on a surgical unit at the time and saw the effect the disputes had on patients and staff. His novel "First do no harm" mixes the twists and turns of the political struggle with stories of day to day life in the hospital.

"I have been busy writing for the last two years" said Peter, a postal member, "I believe it would be of interest to all who worked in the NHS in those days." The book is available from Amazon as a paperback or a Kindle eBook. All author royalties are being donated to local hospices in Cheshire.

Greetings from OZ



Jim Murphy, from Ayrshire and Arran branch, has passed on greetings to the Fellowship from former NHS staff now working at the Sunlander Medical Centre in Perth, Western Australia.

Jackie Dickson was a trainee nurse at Aberdeen Royal Infirmary from 1977 to 1979. Mandy Choularton, was a nursing auxiliary at Lincoln County Hospital. Susanna Rodriguez was a doctor at North Hampshire Foundation Trust Hospital and a GP in North Hampshire.

Laura Naylor was a dental nurse in Strood, Kent; Leigh Thompson was a medical receptionist at Birkenshaw Medical Centre in Yorkshire and Lisa

Enjoying life down under: former NHS staff Susanna, Mandy, Jackie, Laura, Lisa and Leigh

Leech was a Royal Navy Paramedic at RN Hasler Hospital in Gosport, Hampshire. All of them enjoy the sunshine, sandy beaches, work ethic and a less stressful life – and sitting on the beach with a glass of wine, watching the sun set.

Sunlander Medical Centre is open from 8 a.m. to 9 p.m. on weekdays, 8 till 5 on Saturdays and 9 till 1 on Sundays. Services include GP, dental, physiotherapy, pathology and pharmacy services.

Uke band for Exeter celebrations

Exeter branch had a ukulele band to entertain members at a party to celebrate their 35th anniversary in August. Our picture shows former chairpersons and founder member, Gloria Berry cutting the celebration cake.



NW Surrey start celebrations

Nearly 30 members of North West Surrey branch met for a cream tea to mark the beginning of the 30th anniversary year. Colin Sherlock recalled how he was involved in setting up the branch when he was District Training Manager. He became a member last year and is now on the committee. The branch will continue celebrations with a musical lunch in May.



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