



# SCOTLAND'S NHSRF NEWS

## FOR NHS AND SOCIAL CARE RETIREES

June 2017 | Volume 11 Issue 1

# AGM AND GATHERING 2017

**THE FIFTH** Annual General Meeting and Gathering of the Federation of Scottish Branches was held in the Salutation Hotel, Perth on Wednesday 10<sup>th</sup> May 2017. Eleven branches were represented by 112 members. All were welcomed at Registration by three representatives from the Perth and Kinross branch.

The Chairman Jeanie Sutherland welcomed everyone to the Annual General Meeting including the UK Chairman, Audrey Harris, the President, Renee Gibb, the Honorary Officers of the Federation and the Development Officer. The usual reports were presented for approval and the re-election of the Chairman, the Secretary and the Treasurer was approved by the members present. A ballot had taken place for the Vice Chairman's post and Judith McMurray from Dundee branch was elected. Slight modifications to the Federation Constitution had been made during the year and these were approved and adopted.

The speaker was Moira Oliphant, Team Leader, from the Scottish Government who spoke of the work of her team in preparing for the implementation of the Carers Act. This is the first legislation in the UK to protect the rights of Carers. This legislation will address a complex landscape of caring needs and a wide variety of Carers and their contribution. Moira took questions after her presentation. The vote of thanks was led by Hilary Robb.

After lunch Audrey Harris addressed the meeting and said how pleased she was to have been invited and to have an opportunity to meet so many Scottish members. An additional pleasure was that her few days in Scotland had been

blessed with perfect weather! Audrey also spoke of the successful vote to continue the Fellowship and the positive support this demonstrated. She closed her speech by encouraging members to attend the AGM in Nottingham in November. Jeanie Sutherland proposed the vote of thanks.

The final entertainment of the day was provided by Jock MacMillan. Jock (also known as "Jock the Box") is a well-known expert musician who has played his accordion in many countries and with several different bands. He played a range of popular songs and some of our favourites Scottish songs. Several of the audience got up to dance and others sang along to the music. The Gathering finished at 4pm and Iris Macpherson of the Angus branch gave a popular vote of thanks.

**A LOT HAS HAPPENED** in the last six months and with the result of the ballot showing that there was a strong desire for the Fellowship to continue, now is the time for us to focus on recruiting more members and to open new branches. We need to raise the profile of the NHSRF in Scotland and as part of this process, all 1900 delegates attending the NHS Scotland Annual Event at the SEC Glasgow in June will have a new flyer about the NHSRF in Scotland in their delegate bag. A supply of these leaflets will also be given to each Branch and hopefully they can go up on noticeboards in your local surgeries and care homes. As you will see from the photo below, Jim Cowan and David Paterson from Forth Valley tried recruiting at their local Tesco and although they didn't get a great response, full marks for trying! We all

need to think of imaginative ways to attract new members and if you have any ideas, please pass them on to your Branch officials.



At the AGM on 10<sup>th</sup> May, Win Morrison stood down as Vice Chairman but, happily, she will still be one of our Regional Representatives and will also continue with her role as an officer of the Benevolent Fund. We would like to thank Win for all her hard work and hope she enjoys a well

earned rest from some of her duties. Of course, this means we have the opportunity to work with a new Vice Chair and congratulations go to Judith McMurray from the Dundee Branch who has been elected to the post. We look forward to welcoming Judith to the team and will put her to work as soon as possible!

Sadly, in March the Glasgow Branch voted to close and leave the Fellowship. We will miss their lively contribution and wish all the Members well for the future.

The plan is to open a new Glasgow Branch after the summer break and we are also starting work on opening new branches in Fort William, Borders and, potentially, Livingston. Here's to an eventful next six months.

**Hilary**  
Development Officer

# SPOTLIGHT ON THE ABERDEEN BRANCH

**THE ABERDEEN BRANCH** was the first one to be established in Scotland in October 1980 and it is still thriving with four new members having joined since April 2017 giving a total of 85 members. In fact, the Branch has one member who started nursing in 1947 before the National Health Service began and she is still a regular attendee at monthly meetings. To celebrate their longevity as a Branch, Members meet for an Anniversary Lunch every October. Charles Beaton who joined in 1993 is now the longest standing member and as he is an authority on Robbie Burns, he still officiates at the Burns lunch.

The Branch meets in the conference room in the Green Zone in Aberdeen Royal Infirmary. Last year the Branch had to move from their regular venue and have been moved to five different meeting rooms and now hope that their current “home” will be theirs for a reasonable time. Around 50 members attend the monthly meetings.

The Branch welcomes speakers and in May they welcomed a lady from the Border Force who gave a very interesting talk about drugs and people trafficking. She gave Members an insight into the work involved in the massive seizure of heroin that was made off the Aberdeen coast. The seizure received lots of media attention as it was the largest made in the UK. In total 2.5 tonnes of pure heroin were seized and to give an idea of the physical size, the speaker explained that it was the size of three Mini cars. She explained how it was tracked from the continent, how the boat was seized and the challenges of the search.

The work of the Border Force is wide ranging and the Members also found out about how they are trying to combat people trafficking and illegal immigrants along with NHS abuse – people coming into the UK getting treatment on the NHS and leaving without paying for treatment.

Members also enjoy regular outings and in June they will be going to Pitlochry. They have also been known to indulge in the occasional treat too, as can be seen from the photographic evidence below!



*Fifty members enjoyed a lovely afternoon tea at His Majesty's Theatre's restaurant in Aberdeen. Here's to many more happy years for the Aberdeen Branch and it's Members.*

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## THE CARERS (SCOTLAND) ACT 2016

**THERE** are an estimated 745,000 identified adult carers and 44,000 young carers under the age of 18 in Scotland. Carers care for relatives, friends and neighbours with longstanding illness or disability.

Although many carers are well-supported, others are not. Caring responsibilities are affecting many carers' physical and mental health. Nearly half of carers have long-term conditions themselves.

Carers are recognised and valued more than ever before. Nevertheless, the imperative is to better support carers on a more consistent basis so that they can continue to care, if they so wish, in good health and to have a life alongside caring.

The Carers (Scotland) Act 2016, which will come into force on 1 April 2018, represents a bold vision through extending and enhancing the rights of carers. Implementation of the Carers (Scotland) Act 2016 sits within a wider context of the integration of health and social care, building a fairer Scotland and a strong, sustainable economy, tackling inequalities and delivering public services with communities.

The Carers Act will also work alongside other initiatives and programmes to support carers and the people they care for, including transforming primary care and reforming adult social care and the social security system. The driver for change is providing choice and control through self-directed support.

The Carers Act introduces, amongst other things, a new adult carer support plan and young carer statement to replace the current carer's assessment, information and advice services and a duty to support eligible carers. There is also a legislative duty to involve carers in the discharge from hospital of the people they care for. The intention across the piece is to support carers in a flexible, person-centred way and before they reach crisis point. There is therefore an emphasis on supporting carers on a preventative basis.

If you, or anyone in your family is a carer, you can find out more about how the Act will affect you on the Scottish Government Website:

<http://www.gov.scot/Topics/Health/Support-Social-Care/Unpaid-Carers/CarersBill>

# MAKE SURE YOU MAKE THE MOST OF YOUR MEMBERSHIP BENEFITS

**THE NHS** Retirement Fellowship has teamed up with Fred. Olsen Cruise Lines to offer you amazing member discounts on all their cruises. What's more they are extending it to your friends and family travelling on the same booking. To redeem your 10% discount, book online at [fredolsencruises.com](http://fredolsencruises.com) or call reservations on 0800 0355 110 quote code: NHSRF10 to redeem



## CRUISES FROM EDINBURGH (ROSYTH)

Fred. Olsen cruises departing from the port of Rosyth near Edinburgh are ideal for those who live in Scotland. Departing in 2017 and 2018, our cruises from Rosyth call at fantastic ports across Europe and closer to home, and are designed to offer you an extensive list of unforgettable experiences and breathtaking sights while bringing you closer to some of the world's finest destinations. Explore stunning landscapes and enjoy the unique Neptune's Crossing celebration on our epic 'Crossing the Arctic Circle' cruise or go in search of elusive wildlife and astonishing volcanic craters on the unmissable 'A Taste of Iceland' cruise.



## DELLA HOLIDAYS

In addition to the national holidays and short breaks offered to Fellowship members, Della can suggest and organise holidays for individual branches or a local group of branches on request.

### SINGLE AND DISABLED TRAVELLERS

Della Holidays take care of all your holiday arrangements for you and if you are a single traveller or are anxious about travelling on your own, please let Della know. They will usually be able to give your details to another member who is going on the same holiday and is happy to meet and accompany single or anxious travellers. If the holiday includes the services of a Della guide, you will be met and assisted on departure. If you are disabled, Della can make travel and room arrangements for you, book mobility aids and have them delivered.

### CONTACT:

DELLA HOLIDAYS LIMITED

Coads Green, Cornwall PL15 7LY

Telephone 01934 420318 Email: [enquiries@dellaholidays.co.uk](mailto:enquiries@dellaholidays.co.uk)

## NHS Retirement Fellowship



Civil Service Insurance Society  
Photography Group Sponsors



## PHOTOGRAPHY COMPETITION

The theme for the competition closing on 22 September 2017 is

**"Landscape"**

### Who can enter?

Entries are welcomed from any member of the Retirement Fellowship. You may be an experienced amateur or you may simply enjoy taking pictures and may not consider yourself to be a "photographer".

### Prizes

There will be a first prize of £100 and two runner-up prizes of £50, thanks to the generous sponsorship of the Civil Service Insurance Society ([www.csis.co.uk](http://www.csis.co.uk)). "Highly Commended" and "Honourable Mention" certificates will be awarded to those photographs considered by the judges to be of special merit.

### How to enter

To register an interest in the Photography Group and to receive further information about how to enter and entry forms, contact the Competition Coordinator:

Anthea Zell, Glais Bheinn, Lochcarron, Ross-shire, IV54 8YB

Email: [photography@nhsrf.org.uk](mailto:photography@nhsrf.org.uk) Tel: 01520 722951 Mobile: 07852 876802

The NHSRF express their warm thanks to the Civil Service Insurance Society, [www.csis.co.uk](http://www.csis.co.uk), for generously sponsoring the prizes.

**POWER CUT?  
CALL 105**



## WE'VE GOT THE POWER

**DID YOU KNOW** that you can register with the Scottish Power Energy Networks Priority Services so that in the event of a power cut in your area, they will contact you to make sure you are alright?

You can join our Priority Services Register if you:

- » Are over the age of 60
- » Have a special communication need
- » Depend on electricity for home or medical care
- » Have chronic illness
- » Or just feel you need a little extra help

You can also register if you feel you need support for a short period of time e.g. if you're recovering from an operation or if you are recently bereaved.

Being on the register won't necessarily mean your power can be restored more quickly, however suppliers will try to proactively contact you if we know of a problem in your area.

Sign up by calling Scottish Power on 0330 10 10 444 or complete the form online at: [https://www.spenergynetworks.co.uk/pages/priority\\_services\\_registration\\_form.aspx](https://www.spenergynetworks.co.uk/pages/priority_services_registration_form.aspx)

It doesn't matter where you buy your electricity from or where you live in Scotland – a 105 will put you through to the electricity network operator in your area.

Thanks to Norma from the Edinburgh Branch for bringing this to our attention.

## GOTCHA!

**MARGARET STEVEN**, a retired Depute Fiscal, was the speaker at the Inverness Highland NHS Retirement Fellowship AGM. The topic of her talk was "Law and Science - A Convicting Combination".

Margaret gave a brief historic outline of how the law in Scotland came into being, and went on to explain how in today's world, modern technology has helped create and achieve the legal standards required to prove guilt beyond reasonable doubt.



Reference was made to the successful use of fingerprinting, ballistics, facial reconstruction and of course DNA - some or all of which may be needed for accurate identification. Margaret also highlighted the differences between the legal systems of Scotland and England. Many of the audience were avid fans of programmes such as CSI, NCIS and Silent Witness - however the speaker advised that very few cases, if indeed any, could be solved in an hour! So called "Cold" cases can also now benefit from evolving advances in science - for example, recently the remains of Richard III were dug up from under a car park in Leicester and identified through familial DNA from descendants of his elder sister Anne and radiocarbon dating.

Margaret's talk was informative and entertaining and she combined her interesting stories with humorous quips, to the delight of the audience.

## THE DEATH OF ELIZABETH BLACK

The Fife branch is sorry to announce the death of Miss Elizabeth Black, a founder member of the Fife branch 37 years ago. Elizabeth, known as "Eo" to her many friends, died on 2<sup>nd</sup> March 2017 aged 102 years.

For many years Eo was a loyal and energetic member of the branch who regularly took part in branch activities and holidays. Several members of the Fife branch attended her funeral on Wednesday 15<sup>th</sup> March 2017.



## The NHS Retirement Fellowship in Scotland

Contact:

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Never heard of the NHS  
Retirement Fellowship?

Like to know more?

Contact Jeanie to arrange an  
invitation from your nearest  
Branch.

Copies of Scotland's NHSRF News are posted individually to every member, using the list held by Central Office in Dorset. This means contact details must be up to date for everyone, so please ensure Central Office has an accurate list.