



## AGM OF THE FEDERATION

**THE 2014 AGM** is to be held at 12 noon on 7 May at the Stirling Management Centre. All members are entitled to attend. Branch Secretaries have been asked to ensure as many members as possible do so. The AGM will be followed by lunch and the Annual Gathering; again, Branch Secretaries have all the information.



*Stirling Management Centre. Venue for the 2014 AGM*



### DUNDEE BRANCH SUPPORTS MUSCULAR DYSTROPHY TRUST

**DUNDEE BRANCH**, like many others, chooses a charity each year which they will support. Most recently the charity chosen was the Eileen McCallum Trust for Duchenne Muscular Dystrophy. Shown here is Pam Mitchell presenting a cheque to Gareth Mitchelson on behalf of the Branch.

#### DATES FOR YOUR DIARY

**26 February 2014**

National Council, London

**7 May 2014**

FSB AGM & Annual Gathering, Stirling

**16 May 2014**

National Council Strategy Day, London

**21 May 2014**

Federation of Scottish Branches, Stirling

**4-7 July 2014**

UK NHS RF AGM and Holiday, Stratford-upon-Avon

**15 October 2014**

Annual Seminar, Perth

## ANNUAL HOLIDAY AND AGM

**THIS IS TAKING PLACE** from Friday 4 July to Monday 7 July and will be held at the Holiday Inn in Stratford-on-Avon. This is a return visit, as the event was held there in 2010, and anyone who was in the sizeable Scottish contingent that year can vouch for the fun that was had by all. The hotel is right beside the river, and it is a short stroll into the historic town.

If you have not already booked, then ask your branch Secretary for more details of the "packages" available which include coach transfers between the hotel and Birmingham New Street station.



*The view from the hotel to the River Avon*

## A LETTER TO THE EDITOR

**JIM MURPHY**, a previous member of the Ayrshire and Arran branch, has sent news before from Australia, where he now lives. Jim writes...

Many thanks for sending on the newsletter. We do enjoy reading about the activities of the branches. One in particular item caught our eye this time, the knitting group. Anne is a member of the local Knit and Natter Group which has a fairly large membership. They meet every other Sunday afternoon at a local drapery supermarket "Spotlight" where a section of the store is set up for them with tables and chairs. They knit items for the "miracle babies" (premature babies) born in hospitals across Australia, items such as beanies, boots, jackets, cot blankets and teddies. They also knit squares for blankets for the homeless, poor and others in need and woollies for foster children.

Last week, 330 knitters attended at Parliament House for a knitting marathon. On the day, they produced 5098 woollen squares, 365 blankets, 611 blanket length woollen strips and 600 beanies, scarfs and teddies. A pretty good day's work!

I have been having a few health problems, two heart attacks and a blood pressure that cannot decide at what level to function. Been here six years and sampled the services in six hospitals so far. The standards of care and general administration vary very much. I find this interesting from my days with the Local Health Council. Hopefully, things will settle soon and I will get down to sending you more news from Western Australia. We are having a lovely sunny day at 20 degrees C. It's a hard life!

Many thanks, Jim, and best wishes from cold and drier Scotland!



Parliament House, Australia



## RECRUITMENT

**THE RECRUITMENT CAMPAIGN** through the Scottish Public Pensions Agency last year has had (to date) the following results:

- Aberdeen branch received 29 expressions of interest, from retirees ticking the option "Please ask someone from my nearest branch to contact me"
- Angus branch received 5
- Ayrshire & Arran branch received 22
- Clyde & Lomond branch (including responses from the previous Inverclyde branch area) received 19
- Dumfries branch received 16
- Dundee branch received 16
- Edinburgh & Lothians branch received 54
- Elgin & Moray branch received 5
- Fife branch received 21
- Forth Valley branch received 10
- Glasgow branch (including responses from Lanarkshire) received 65
- Highland branch received 16
- Perth & Kinross branch received 10
- English branches were forwarded a further 9
- **TOTAL** responses forwarded to branches = 299

Interestingly, this is exactly the same number as when we ran a similar campaign in 2009. However, a further 107 retirees ticked the box "I would rather become a postal member at the present time", bringing the number of positive responses up to 406. These were forwarded to our call centre contractors in Cardiff, who discovered that in fact many of the responders would in fact be happy to join their local branch and only three have elected to become postal members.

In addition, a final option was "I do not wish to join the NHS RF at this time, but enclose a donation", and this has resulted in income of £465.00. This has been placed in the Scottish Federation's account without specific purpose currently attached.



## HONORARY OFFICERS BALLOT

**PAPERS** have been sent to Branch Secretaries seeking nominations for the posts of Chairman, Vice-Chairman, Secretary and Treasurer of the Federation of Scottish Branches. Nominations do not have to be confined to people from your own branch, but of any member you feel would make a good contribution to the NHS RF in Scotland. Any member can make a nomination, so long as they have a seconder and the permission of the nominee for their name to go forward. Each branch will decide how to go about making nominations, so it may be discussed at a meeting or you may be sent information. However it happens, please try to get involved.

The Federation was set up to enable Scotland to “speak with one voice” to Central Office and to other stakeholders. It has evolved into a useful forum for democratic discussions on how Scotland can make the most of the Fellowship, and would be missed if it were unable to continue through lack of leadership.



## A PAISLEY CHRISTMAS

**AN AFTERNOON** of Christmas Cheer was enjoyed by members of Clyde & Lomond Branch, with entertainment by The Fabulous Jim Stark and refreshments including Ginger Wine, tea, coffee, cake and shortbread

# HIGHLAND LEARN ABOUT KILTS



**AT A RECENT** meeting of the Highland branch the speaker for the day was Mr Duncan Chisholm, of Duncan Chisholm and Sons, the Inverness-based kilt-makers firm which was founded by his father. In his illustrated talk he spoke about how a modern kilt is made, and covered much of the history of the kilt, and showed illustrations of the old original styles. Members were particularly interested in a reproduction of the military-style jacket worn by the Loudon Highlanders, the Inverness Regiment raised in 1746. The red jacket is in ‘Madder Red’ and not in the standard military scarlet.

The talk and the exhibits were very much enjoyed by the members.

*LEFT Mr Chisholm in the Loudon Highlanders jacket and RIGHT “Scotland’s Finest” branch secretary Jeanie Sutherland with Mr Chisholm*





## MORE ABOUT MERCY SHIPS

**SEVERAL MEMBERS** expressed interest in the piece we printed last year about Mercy Ships, so we asked to hear from a volunteer about her experience with the charity. Sally Lindsay took early retirement last year, following nearly forty years in the NHS as a midwife and latterly Community Nurse Team Leader. She tells us

I think the Mercy Ship experience is motivating and has a positive effect on a personal and professional level. The Mercy Ship "Anastasis" was berthed in Dundee several years ago and open to the public. My husband and I went on board for the tour, and purchased a video of the ship in action in Sierra Leone. It had an impact on me - the queues of patients, the severity of their problems and the help that they were receiving from this incredible charity. I first volunteered in 2011 for 8 weeks and found that my time in outpatients and the wards was very rewarding and I also learned a lot.

I have always been interested in other cultures, travelled in East Africa and toured in India twice. I was therefore aware of raw poverty, first hand and aware that if and when the opportunity arose for me to give help, I would. Many Africans literally live with nothing, no welfare state, NHS, monetary income - life for them is tough.

My skills were matched to post operative, out-patient wound care, suture removal, and health education. I also nursed in the Maxilla Facial ward, admitting and preparing patients for surgery and general post operative care. The patients receive a very high standard of care from a multinational team. It is different to our NHS in that there is often a patient's relative sleeping under their bed. At least once daily there is music and dancing in the wards, much part of the African culture, and therapeutic for patients and staff alike!

Later, I was in Guinea in November 2012, this time working in Admissions, equally enjoyable and interesting, taking medical recordings, venepuncture, and patient histories, via a local translator.

Like all charities, Mercy Ships is reliant on public donations. I am enthusiastic, enjoy meeting people, spreading the word and supporting the unquestionably good work that it carries out.

You can learn more about Mercy Ships at [www.mercyships.org.uk](http://www.mercyships.org.uk)

*A 15-year-old British girl, Iona, who sails with her family on the Africa Mercy helping people who need it most - and Grace, a Congolese teenager whose life has been shattered by the growth of an enormous tumour on her face.*



### The NHS Retirement Fellowship in Scotland

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Never heard of the NHS Retirement Fellowship?

Like to know more?

Contact Maggie (as above) 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.