



SCOTLAND'S NHSRF NEWS

November 2014

Volume 8 Issue 3



Enjoying the Seminar.

SEMINAR 2014

THE Annual Seminar was held on 15 October in the Queens Hotel in Perth. Seventy-four members attended and we were delighted to welcome both John Rostill, UK Director of the NHS RF and Dr Cynthia Matthews, UK President. John and Cynthia both spoke briefly to the audience, but more importantly they did a lot of meeting and chatting around the tables during the tea and lunch breaks.

Our first speaker was Ian Williams of Campbell Dallas Accountants, who talked about Inheritance Tax. Ian had a losing fight with the microphone so unfortunately the people at the back struggled to hear him, but those who did hear found him very interesting. Jim Cowan from Forth Valley branch thanked Ian.



Signing up for the Book Club.

We had a break during which people were able to visit Anthea Graham at her exhibition stand where pictures from the joint Civil Service and NHS Retirement Fellowships' Photography competition were displayed, and where Anthea was also signing up members for the joint CS/NHS Book Club. Twenty-two people signed up, once they believed it was true that the books are sent to members free, and to keep! If you missed the Seminar, sign up via the link on the home page of www.nhsrf.org.uk

After a soup-and-buffet lunch our next speaker was Ken Neil, who introduced himself as a "squirrelologist". Ken talked about the work being done to save the red squirrel in Scotland and illustrated his talk with some wonderful pictures, some of which made the audience say "Ahhhh!" as they were so sweet. Ken would really appreciate our help in keeping track of squirrels, so please see the article overleaf on how to do this. Margaret Moncrieff from Perth & Kinross branch thanked Ken.

Finally, Marilyn Barrett of the Scottish Government talked to us about "Everyone Matters", the current policy on workforce in the NHS across Scotland, and was thanked by Jane McWalter of the Fife branch.



Cynthia and John with the Honorary Officers of the Federation.

DATES FOR YOUR DIARY

4 February 2015

Federation of Scottish Branches, Perth

26 February 2015

National Council, London

6 May 2015

Scottish Federation AGM and Gathering, Edinburgh

21 May 2015

National Council, London

3-5 July 2015

UK AGM and Conference, Leeds

14 October 2015

Annual Seminar, Perth

22 October 2015

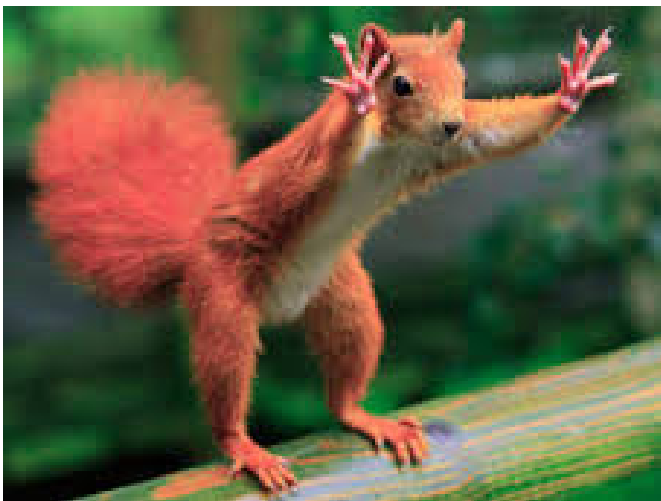
National Council, London

ANGUS BRANCH VISIT DRUM CASTLE

ANGUS BRANCH had an outing to Drum Castle in September. The Castle takes in an enormous sweep of Scottish history as experienced by the Irvine family who lived in Drum Castle for over 650 years, from the 14th century onwards. Drum is one of Royal Deeside's top historic attractions, just 10 miles from Aberdeen. It is one of Scotland's oldest tower houses and is set beside ancient oak woodland and a walled garden that contains a fine collection of historic roses. William de Irwyn was gifted the Royal Forest of Drum and the Tower of Drum by King Robert the Bruce in 1323. The tower has benefitted from various improvements over the centuries, including a Jacobean mansion house extension in 1619 and Victorian adaptations, such as the impressive library converted from the lower hall.



Angus members at Drum Castle.



SAVING THE RED SQUIRREL

KEN said at the Seminar that he welcomes reports of squirrel sightings from anywhere in Scotland – members can help by going to <http://www.scottishsquirrels.org.uk/support-us/report-sightings/> to report where you have seen red and grey squirrels. While all sightings are valuable, whether they be from your back garden or the wider countryside, if you'd like to volunteer to collect even more valuable records you could search for squirrels in areas which have been highlighted as 'risk' areas for SSRL or areas where there are no recent sightings reported.

LEEDS 2015

THE 2015 HOLIDAY AND CONFERENCE will be held at the Queens Hotel in Leeds from 3 to 6 July. The Queens is entered directly from the railway station, and Leeds is an easy journey from most of Scotland, so it is hoped that plenty of Scottish members will make the trip. The cost will be an inclusive package at a subsidised cost of £240 per person sharing a room and £290 per person for single occupancy. Included in this price is:-

- Dinner, bed and breakfast from Friday evening to Monday breakfast
- Full delegate package on the day of the AGM which includes coffee, lunch and tea
- Drinks Reception and Welcome Dinner on Friday, 3 July
- Gala Dinner/Dance will follow the AGM on Saturday, 4 July
- Free wi-fi throughout the hotel

Full details and booking forms will be sent out to Branch Secretaries very soon. Friends and family are welcome too. Non-members may choose to go out for the day on the Saturday, or if they prefer to remain locally, they can partake of the inclusive catering arrangements and, if they wish, join members for the first part of the conference and occupy themselves during the short period of the AGM.

DUMFRIES BRANCH VISIT CULZEAN CASTLE

ANOTHER branch also visited a Castle in September. Dumfries members went to Culzean Castle on the Ayrshire coast. With its dramatic cliff-top setting, Robert Adam architecture, fascinating history and beautiful surroundings, it's easy to see why Culzean Castle is one of Scotland's most popular visitor attractions. Surrounded by Culzean Country Park, an extensive estate encompassing lush woodland, landscaped gardens and rugged coastline, this 18th-century Scottish castle couldn't be better for a day out. Members could easily have spent all day exploring the country park, but with bad weather, it was good there were so many treasure-filled rooms to see inside the castle.



HIGHLAND AND ELGIN BRANCHES GET-TOGETHER



Mingling and munching



WIN MORRISON TO BE A TRUSTEE OF THE BENEVOLENT FUND

OUR VICE-CHAIRMAN in Scotland, Win Morrison of the Angus branch, is to become the Trustee representing Scotland on the Benevolent Fund Committee. Small grants are available from the Fund to help members who find themselves in difficulty, and where the Fund cannot stretch to cover the request, members can often be directed to another fund where help is more likely. Win's job, along with her Welsh and English colleagues on the Committee, will be to study requests received and to decide whether they can be met. Members can apply for a grant directly to Central Office in Dorset, and fill in a simple form, the details on which are kept completely confidential.

JEANIE SUTHERLAND WRITES... In March the Elgin branch invited the Highland branch to have tea and an afternoon of entertainment with them. We are the most northerly branches so it is usual that the two groups meet occasionally. We called it a "Munch and Mingle" afternoon which we certainly did.

A few of the Inverness Branch travelled the 50 miles on a beautifully sunny afternoon. We were met by chairman Valerie Thatcher and many of the Elgin branch members who were as usual very friendly and pleased to see us. The display of delicacies and flowers as we passed down the hall was enticing. Marks and Spencer support local activities by providing small cakes and delicacies to groups in their local community and I think that Elgin had taken advantage of this service.

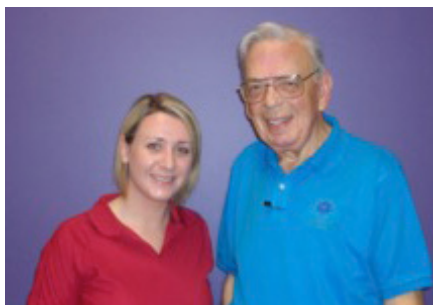
Ed Brumby & Pete Thatcher entertained us throughout the afternoon. For fun the duo call themselves the "Jericho Boys" in hope of bringing the house down, but the roof was left intact. One or two of our members won the raffle prizes and we were given the table-top flowers to take home with us. That was a real treat after an afternoon of pure pleasure with our nearest NHSRF branch.

WORLD WAR I NURSES COMMEMORATED



EDITH CAVELL was a British nurse during the First World War. She is celebrated for saving the lives of soldiers from both sides without distinction and in helping over 200 Allied soldiers escape from German-occupied Belgium. In 1912, Edith Cavell was managing one nursing school, three hospitals, three private nursing homes, 24 communal schools for nurses, thirteen private kindergartens, private duty cases, a clinic and was giving four lectures a week to doctors and nurses. Three years later, in 1915, she was arrested for helping 200 allied soldiers to freedom. She was subsequently court-martialled, found guilty of treason and sentenced to death. Despite international pressure for mercy, she was shot by a German firing squad. Her execution received worldwide condemnation and extensive press coverage.

Earlier this year the Edith Cavell Trust held a series of events around the UK. Dundee branch had hoped to take part, dressed up as WW1 nurses, demonstrating bandaging and “hospital corners”. The exhibition was excellent and well attended. Exhibits were “bugs and blood”, Morse code, semaphore, pigeons and an area for demonstrating bandaging splints and two war-time beds and blankets. The television team decided at the last minute to draft in student nurses instead of the Dundee branch, which was a big disappointment; however it was rather sweetened when members realised that modern student nurses have no idea how to bandage!



JIM MURPHY, a member of the Ayrshire and Arran Branch, presently living in Australia, met Occupational Therapist, Jennie Ryan nee Hunter in the course of his voluntary duties at Joondalup Health Campus, Perth.

When Jennie heard about the NHSRF she recalled the many friends she had and the happy times when she worked at Ninewells Hospital. She sends her best wishes to Fellowship members and especially to any who remember her from her time at Ninewells.

Jennie studied for her Occupational Therapy qualification at Queen Margaret University in Edinburgh. On qualifying, she worked at Ninewells Hospital for eight years.

She emigrated to Perth, Western Australia in August 2012 working at Charles Gairdner Hospital, moving to Joondalup Health Campus in June 2014. Jim met up with her on her first day on a new ward.

2015 AGM AND GATHERING TO BE IN EDINBURGH

ARRANGEMENTS have been made for our AGM and Scottish Gathering to be held in the Grosvenor Hilton next year on 6 May. We will have business in the morning, and after a sit-down lunch there will be an entertaining speaker and some music. Once these have been arranged, full details will be sent to branches. The cost will be only £25 per person, so save the date!



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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.