



SCOTLAND'S NHSRF NEWS

FOR NHS AND SOCIAL CARE RETIREES

November 2016 | Volume 10 Issue 2

BEST WISHES FOR CHRISTMAS AND A HAPPY AND HEALTHY NEW YEAR TO ALL OUR MEMBERS FROM THE SCOTTISH FEDERATION COMMITTEE

HELLO, I'm Hilary Robb, your new Development Officer for Scotland. I live just outside Edinburgh and work two days per week for the Fellowship. It is an understatement to say that I have joined you all at a challenging time but, be assured, I will be supporting you in whatever way I can, both before and after the critical ballot early next year. I believe there are ways that the Fellowship can continue in Scotland and, indeed, grow. Every member is asked to vote independently on the future of the Fellowship and I hope as many of you as possible will be able to register your vote. The ballot is confidential and the votes will be counted by independent volunteers at an external location and the result will record the National consensus of members' wishes.

My key aims are to increase membership, identify and open new branches, help to integrate any retirees from social care who want to join the Fellowship and help create a vibrant, relevant Fellowship for the future.

CALLING ALL "CRAFTY" MEMBERS!

Do you knit, crochet or sew? Have you heard of Twiddlemuffs? By making them, we can support people with dementia. The muffs can be donated to your local hospital, clinics, nursing/care homes and members of your local community. The pattern is available on the internet, just Google Twiddlemuffs or I can email a copy to your Branch on request. If your branch makes some, please send me photos of the finished articles to help encourage other organisations to do the same.

We will be starting to post articles on our Scottish Federation Facebook site, including articles that we couldn't fit into this newsletter. Anthea Graham from Highland Branch put together an excellent guide to joining the facebook group and this can be found on the NHS Retirement Fellowship website in the Member's Section under Website and Social Media.

I look forward to meeting as many of you as possible in 2017.



PHOTOGRAPHY COMPETITION

THEME: "PLEASURE & ENJOYMENT"

Entries are welcomed from any member. You may be an experienced amateur or you can simply enjoy taking pictures for your own and family enjoyment.

The closing date for the "PLEASURE & ENJOYMENT" competition is 28 February 2017 and the winner and highly commended awards will be announced in March.

There will be an individual prize of £100 for the winner and two runner-up prizes of £50 thanks to the generous sponsorship of the Civil Service Insurance Society (www.csis.co.uk).

Competition judges will look for an interesting interpretation of the theme, that could involve, for example, family, landscape, sport, leisure activities, home or holidays.

The photographs can show images from the UK or any other part of the world

If you are not already a group member, and for more information, see the Fellowship website: www.nhsrf.org.uk or please contact the Competition Co-ordinator: Anthea Graham, Glais Bheinn, Lochcarron, Ross-shire, IV54 8YB

Email: photography@nhsrf.org.uk

Tel: 01520 722951



NURSING IN WORLD WAR 1

OUR GUEST SPEAKER at this year's Seminar on 26th October at the Queen's Hotel in Perth was Dr Yvonne McEwen, Project Director for the Scotland's War 1914-19 Project. Yvonne was a trauma nurse working in Kosovo, Iraq and Afghanistan before studying History at Edinburgh University.

Yvonne had previously given a talk to members of the Edinburgh and Lothians Branch and it had proved so memorable that they recommended her as a speaker for the Seminar.

She told us about the complicated process of moving a wounded soldier off the battlefield and the long journey they had to undergo to reach hospital in Britain. She focussed on the severe challenges this presented on the first day of the Battle of the

Somme when the British Army and War Office anticipated casualty figures of approximately 1,500 and were faced with a reality of nearly 60,000.

Due to heavy bombardment, stretcher bearers could only pick up wounded at night.

Once the wounded were back behind British lines and had been treated at a field dressing station, they were transferred to horse drawn ambulances and faced a very uncomfortable journey to a field hospital. These were made up of a collection of tents and were designed to accommodate 800 wounded but frequently had thousands waiting for treatment. From there, they were moved to a clearing hospital in a local town or village. They then faced

a long, slow journey to the coast by road, ambulance train or along the canals in a barge before embarking on a cramped hospital ship to Britain.

The nurses who tended the wounded worked exceptionally long hours in appalling conditions and in the face of constant danger. It is a testament to their skill and bravery that so many wounded men made it back to Britain and were able to recover from their injuries. The WW1 nurses played a very valuable role in advancing medical and surgical treatments. They contributed to the design of the Thomas splint and prior to its introduction, eighty per cent of soldiers with compound fractures of the femur died. Once the splint became an accepted method of stabilising these fractures, the mortality rate dropped below ten per cent.

Yvonne's talk was informative, inspirational and emotional. The talk started us thinking that we should be recording the experiences of our Members so, if there are any members who were involved in nursing or healthcare during the Second World War, or have stories from relatives who were involved in helping the wounded, please let Hilary know.

SPOTLIGHT ON MORAY BRANCH

THE MORAY BRANCH has been in existence for over 30 years and has a lively group of members. The Branch welcomes any retirees from any of the caring services.

When they lost their funding from NHS Grampian, they resolved to find ways of fundraising and in December 2016 they held a Jam Jar Jamboree.



Everyone did their bit by collecting jars and filling them with all sorts of bits and pieces, ready to tempt staff and visitors at Dr Gray's. Members donated all sorts of home made goodies and they made just over £200 and took the chance to display lots of information about the NHS Retirement Fellowship. It was so successful that they are doing it all over again this year.

Towards the end of last session, TSIMoray opened up its Canny Wi' Cash scheme to applications. Our membership secretary heard about this and submitted an application for help with either our rent for premises or the fee we give speakers. We were awarded £440 to cover both and were absolutely delighted.

Their Annual Syllabus aims to entertain Members whilst informed them about changes affecting their lives, e.g. health and social care integration. Members are going to the Panto in Inverness in December followed by supper at a local hotel. Members themselves are asked what it is they would like to do or hear about.

We changed our premises earlier this year and now hold our meetings in Elgin Youth Café, centrally located it is much handier for folks to get to. Encouragingly the membership has increased to 48 and everyone likes being in the Youth Café!

The Office Bearers are extremely enthusiastic and work very well as a team. Members are helped with transport to get to meetings and everyone contributes to making these meetings for our members an interesting and happy time.

35TH ANNIVERSARY OF THE FIFE BRANCH

ON TUESDAY 20 September 2016, the Fife Branch of the NHSRF celebrated its 35th Anniversary. The Branch was established in 1981 as part of a new charity for people who have retired from work in any capacity in the Health Service. Members celebrated the occasion with a special Afternoon Tea in the Pathhead Church Centre in Harriet Street Kirkcaldy. A cake celebrating our 35th Anniversary and the birthday of Queen Elizabeth was prepared and shared with the members of the branch. The afternoon entertainment included a Tombola stall and a raffle which included a first prize of a Ness Handbag and scarf. The event was well attended by members who contributed to the enjoyment of this special occasion.

G M Clarke, Branch Chairman



*Members of the Fife Branch at their joint birthday celebration. **Front row:** Betty Smith; Isobel Lamb; Alice Matthias. **Back row:** Evelyn Brunton; Margaret Downie; Jennifer Wilson; Winnie Beamer and Bronwen MacSween.*



A group of members from the Perth and Kinross and Dundee Branches got together, along with guests, to go on holiday to Donegal. A great time was had by all.

Edinburgh and Lothians Branch Members held a Bring and Buy Sale in aid of the roof fund for the Augustine United Church where they hold their weekly meetings.



NHSRF BENEVOLENT FUND

CAN WE JUST REMIND all members that this fund is still available and open for those who may be requiring help towards improvement with their daily living needs. This could be through the purchase of specialist equipment or adaption costs to their homes.

All applications will be considered sympathetically and on their merits by the fund committee. You need only be a member for ONE year before applying.

At this time the limit of funding given to each applicant will not exceed £800 but we can also give advice on other charities that could perhaps provide help.

Application forms are to be found on line but for members without this facility they can be obtained from Head Office, Regional Representatives, Development Officer for Scotland (Hilary Robb) or from a committee member of your local branch. Please ensure that the form is completed correctly as it may speed up your receipt of benefit.

All applications are handled with the greatest confidentiality as once the form is received only FIVE committee members will decide the outcome on the basis of need.

WE WOULD LIKE TO ENCOURAGE MEMBERS TO APPLY FOR THIS BENEFIT. Please don't apply for a loan to buy essential items without first checking to see if the Benevolent Fund could help you. It is one of the benefits of membership that you are entitled to.

A review process of the Fund is currently taking place and the final report on this is due at the end of 2016. The findings of this report will be shared with you via your Branch Officers and they will also be included in the next Scottish Newsletter.

RETIRED NURSES FROM THE WESTERN ISLES

PROFESSOR Steve Leslie, Consultant Cardiologist at Raigmore Hospital and his father are researching the History of Highland Hospitals. Over the next few weeks they are keen to speak to any retired nurses or clinical staff who worked in hospitals in the Western Isles.

They have the services of a third year medical student, Nikki, for the next few weeks and she is looking for information and stories about healthcare on the islands in the past in order to contrast it with what happens now.

If you ever nursed in the Western Isles or have friends/former colleagues who did, we would love to hear from you.

If you can help, please contact Hilary on 07919 670156 or email Scotland@nhsrf.org.uk

Thank you for any help you can give.

SCOTTISH AGM AND GATHERING 2016

THE 2016 Gathering and Annual General Meeting of the Federation of Scottish Branches was held in the Salutation Hotel, Perth on Wednesday 3rd May 2016. 125 members attended from eleven branches. Members were welcomed by three representatives from the Perth and Kinross branch who directed everyone for tea and coffee after registration.

The Chairman, Jeanie Sutherland, opened the meeting and welcomed members to the 4th Annual General Meeting of the Federation of Scottish Branches. The Chairman then welcomed Renée Gibb our President and John Rostill, Chief Executive, to the AGM. The usual reports were presented for approval and the re-election of the four Honorary Officers was approved.

The key speaker of the day was Mr Robert Packham, the Chief Officer for the Health and Social Care Integration Partnership in Perth and Kinross. Mr Packham acknowledged that this would be the biggest change in the Health Service since its inception. Achieving this goal would require a change in the focus of planning to one in which the balance of care planning shifted from hospitals to an integrated community service in which health and social care planners needed to consider the needs of the whole community. It was clear to the delegates who attended that Mr Packham was totally committed to implementing this change with the co-operation of all the parties involved. A vote of thanks was given by Laura Kempton-Smith from Edinburgh and Lothians branch.

Following lunch the Chief Executive, John Rostill took the stand to bring us up to date with the challenges and changes that the Fellowship is now facing. Our previous reliance on funding from the Governments in England, Wales and Scotland could not be guaranteed in the future. News of any changes will be freely available to members on the NHSRF website at www.nhsrf.org.uk

The final entertainment of the day was provided by the Kinlochard Duo Ceilidh Band who really got the audience moving – literally! A lively range of music was played and they managed to persuade many of the audience to get up and take part. They were a delightful Duo who played music we loved and even managed to whisk us off to the streets of Paris for a moment with their accordion music. Dorothy Goodison from Perth and Kinross showed our appreciation for their contribution by leading an enthusiastic vote of thanks.



DATES FOR THE DIARY

Wednesday 8th March

Federation Committee meeting in Perth at the Queens Hotel at 1pm

Wednesday 10th May

Scottish Annual General Meeting and Gathering in Perth at the Salutation Hotel. Details will be circulated to all branches in the New Year.



The NHS Retirement Fellowship in Scotland

Contact:

Jeanie Sutherland
NHSRF Scotland Chairman
Email: jsclan@sky.com

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.