

**JULY 2023**

We would like to welcome **Lorna Pearson** our speaker today who is a Humorist Poet and I am sure will entertain us with her amusing poems and anecdotes. This in contrast to last month's speaker **Chris Dawson-Morris** from the Planning Department of Aneurin Bevan Health Board and notes of his important talk were taken by **John Butler** and are included below. Members are reminded that there will be no meeting in August

### **Our meeting in September**

We have had quite a bit of discussion about how we as a Branch celebrate **NHS75 and NHSRF45** and we decided that we would hold a celebratory event at our September meeting to mark the occasion. We will be having a quiz hosted by the ever popular **Pam Cocchiara** followed by Greenmeadow's cream tea for members. Non members/guests are welcome to join us at a cost of £8 for the tea. For booking purposes it would be helpful to know how many will attend and a table plan is available today. As this is a celebratory event it would be nice if we could perhaps wear something blue or even dress up a bit. Let's make this a fun afternoon!!

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### **Election of new Treasurer**

As you know our Treasurer, **Barbara Davies** has been undertaking this important role for several years and has done an amazing job. Understandably she would now like a break and one of our newer members **Denise Coldrick** has very kindly offered to take over the role. Over the past couple of months, Denise has been shadowing Barbara to learn the ropes. The matter was discussed at our recent Committee meeting and it was unanimously agreed that Denise would take over the role from the 1st of September 2023 with **Lilwyn Griffiths** as her Deputy. We are very grateful for Denise's help in supporting our Branch.

We would also like to acknowledge and thank Barbara for all the hard work and time she has put in to this role. It has been very much appreciated.

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### **Wales NHSRF Facebook page**

We are keen to promote the NHSRF as much as possible. The national Facebook page is well used by members but we now have a Facebook page for the NHS in Wales which has been set up by Angela Johnson, Fellowship Development Officer. Please have a look on **NHS Retirement Fellowship Wales**. We can use this to share what we are doing with other Branches.



## AGM and Fellowship Conference

24th - 26th November 2023

This will be held at the **4-Star Forest Pines Hotel, Spa & Golf Resort**, designed for you to relax and unwind. Nestled in 190 acres of **North Lincolnshire** woodland, the sprawling hotel resort is a hive of activity, with a renowned Health Spa & Championship 27 hole Golf Course. As night falls, sip a cocktail out on the terrace and head to The Grill for a spot of casual dining.

Simple and unfussy, the contemporary Classic Rooms take a pretenseless approach to comfort and style. Upgrade to a Deluxe where the twin rooms have 2 double beds and the double rooms feature a king bed.

There is a free coach shuttle to and from mainline **Scunthorpe Station from Thursday to Monday**.

**The Welcome Dinner** on Friday ensures you settle in to Conference, and in the evening you are welcomed by your weekend's compere - Blackpool's finest comedy vocalist & DJ **Charleigh** with live music from **Julieanna**.

**Conference on the Saturday** is in the impressive **Tennyson Suite** with natural daylight & a large breakout room, where morning coffee and chef's baked & fruit treats are served, as well as an afternoon tea with more of chef's treats. A 2 course hot & cold buffet lunch is included for all delegates. **A 3 Course Gala Dinner with wine included** makes Conference Day end in style, and there is live music from **The Moondogs**, a resident band at Liverpool's Cavern Club, to dance the night away until late!

**IOW Tours is offering amazing experiences** if you arrive a day early and/or add an extra night to your stay. **Booking can be done online or contact IOW Tours on 01983405116 or [enquiries@iowtours.com](mailto:enquiries@iowtours.com)**

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### National Health Service Fellowship talk June 2023

Speaker: **Chris Dawson Morris**, Deputy Director of Strategy, Planning and Partnership.

#### Local Health Services and Grange University Hospital

To begin his presentation, Chris outlined what he described as the Aneurin Bevan Health Board's vision and ambition.

A primary aim of the Health Board is to reduce health inequalities across the health board area. To illustrate this, he said that the difference in healthy life expectancy, between the poorest sections of some communities and the most affluent sections, had now increased to an extra 21 years of healthy life, attained by the better off populations within the health board.

To achieve that aim the health board were working towards providing support for the different stages in an individual's life.

- Support as child, and this starts with maternity services.



- Support the transition between childhood and becoming an adult.
- Support for individuals during their working life
- Support for individuals in later life and with an emphasis on care for the elderly, including end-of-life care.

These aims can only be achieved by co-operation with different agencies, in particular social services and social care. He detailed the Board's plans for each of the stages set out above, which included the practical steps to achieve the immediate goals of;

- Improving cancer services
- Reducing waiting lists
- Improving mental health services

To achieve these goals it will be essential in the long term, to educate people about a healthy life style and taking control for their own well-being.

Chris then asked the audience who thought Grange Hospital was doing a good job; not many hands were raised.

He then explained that the Grange Hospital was unusual, in that as a project, it was delivered on time and on budget. It concentrated critical care and major services into one unit and this had resulted in an improvement in the care of the seriously ill.

He then explained concept of the risk-adjusted mortality index, (RAMI). Using this index, which has drastically reduced since the Grange Hospital opened, it can be shown that the care provided by the Aneurin Bevan Health Board has improved and is now one of the best in the UK. If you are seriously ill then you get excellent care at the Grange Hospital.

However, where the Grange fell down was getting patients through the system. The discharge of patients is being delayed by the lack of social care and this has the knock on effect of delays in admission. This results in ambulances waiting an acceptably long time outside the hospital. He stressed this is something that must improve. He outlined some of the ideas the Health Board is developing, to improve this aspect of care.

In the concluding part of his presentation he went on to tell us about projects that were nearing completion either this year or early next year;

- In Tredegar, the Bevan Health and Well-being Centre, built to hold GP services, Dental services and Local Authority services all under one roof, is due to open later this year.
- A similar unit is being built in Newport East and that will be completed early next year.
- The Endoscopy Unit at The Royal Gwent Hospital will have its capacity doubled by the end of this year. This will help to reduce the waiting times for cancer services.
- The Nevill Hall Hospital site is to house a new Satellite Radiotherapy Unit with the latest equipment, which will be partnered with a new Cancer Care Unit, again on the same site. The hub for these units will be at The Velindre Cancer Centre at Cardiff.



- There will be a Unified Breast Unit at Ystrad Ysbyty Fawr, which will open by the end of this year
- The developments for Mental Health Services and Services for Learning Disabilities are dependant on funding approval from the Welsh Government and services will be on the Grange Hospital site as well as the St. Cadoc's Hospital site.  
He then asked for questions from the floor, and to be expected from an experienced and knowledgeable audience, there were indeed many searching questions about capacities, staffing levels and recruitment, and the likelihood of health board achieving its aims.  
Delyn Hunt then thanked Chris on behalf of the Fellowship, for coming to talk to us, and for his candid responses to some searching questions.

**(Notes of talk taken by John Butler)**

## TRIPS AND OUTINGS UPDATE

### CHAVENAGE HOUSE GLOUCESTERSHIRE

VISIT BOOKED FOR THURSDAY 14<sup>TH</sup> SEPTEMBER. COFFEE / SHOPPING STOP IN TETBURY

**COST £53** INCLUDE ENTRY, CHOICE OF 2 MAIN DISHES AND 2 PUDDINGS FOR LUNCH , COACH AND DRIVERS TIP. LUNCH COSTS HAVE INCREASED SINCE BOOKING VISIT.

A FEW PLACES STILL AVAILABLE. ANY SPECIAL DIETARY NEEDS PLEASE INFORM DELYN

FULL PAYMENT TODAY PLEASE. FEEL FREE TO BRING WINE BUT LET DELYN KNOW TO ARRANGE FOR GLASSES TO BE AVAILABLE.

**OUR COACH ON THIS OCCASION WILL BE PHIL ANSLOW.**

### PICK-UP TIMES

CWMBRAN BUS STATION 09-00 hrs

RIVERFRONT NEWPORT 09-15 hrs approx

CHEPSTOW BYPASS 09-45 hrs approx

### THREE THEATRE TRIPS HAVE BEEN BOOKED

1. **THE CROWN JEWELS** – A COMEDY AT THE NEW THEATRE, DATE 4<sup>TH</sup> OCTOBER COST £34  
FULL PAYMENT BY JULY MEETING 20 SEATS AVAILABLE

**THE THEATRE HAS TO BE PAID BY THE 31<sup>ST</sup> JULY**

2. **THEN THERE WERE NONE** – A CHRISTIE MYSTERY PLAY' DATE WEDNESDAY 20<sup>TH</sup> MARCH 2024 COST £35, FULL PAYMENT BY NOVEMBER MEETING 20 SEATS AVAILABLE

**NO PAYMENTS WILL BE TAKEN AT THE CHRISTMAS LUNCH MEETING.**

3. **PRETTY WOMAN** – THE MUSICAL, WALES MILLENIUM CENTRE  
DATE 2<sup>ND</sup> MAY 2024 COST £41

FULL PAYMENT DUE JANUARY MEETING 20 SEATS AVAILABLE

### **FRIDAY 1<sup>ST</sup> SEPTEMBER**

INVITATION TO A SKITTLES MATCH WITH RHONDDA AND MERTHYR RETIREMENT GROUPS.  
LOTS OF FUN AND ENJOYMENT

BUFFET INCLUDED WHICH IS ALWAYS EXCELLENT. COST ABOUT £6

NAMES TODAY PLEASE OWN / SHARED TRANSPORT



**CHRISTMAS MARKET TRIP THIS YEAR WILL BE TO WINCHESTER CATHEDRAL**

**COST £21 DATE THURSDAY 7<sup>TH</sup> DECEMBER**

**COACH TRIPS.REMEMBER TO LET DELYN KNOW YOUR PICK-UP POINT PLEASE**

**ADULT FAMILY AND FRIENDS WELCOME ON MOST TRIPS EXCEPT WHEN NUMBERS RESTRICTED.  
MEMBERS WILL HAVE PRIORITY BOOKING**

**Your Committee**

Chair	Lynda Evans	Raffle Organisers	Jen Martin
Vice Chair	<i>Vacancy</i>	Greeters	Cynthia Matthews
Secretary	<i>Vacancy</i>		Lilwyn Griffiths
Treasurer	Barbara Davies/Denise Coldrick		Carol Cunnell
Assistant Treasurer	Lilwyn Griffiths		Denise Coldrick
Speaker Secretary	Joanne Butler		Megan Williams
Membership Secretary	Ann Hyde		
Books and sales	Pam E Jones		
Trips and outings	Delyn Hunt		
Welfare Officer/ Payment Officer	Caroline Pitt/Megan Williams		

**Contact Information\_**

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