



## How do I join?

- › Call our membership team free of charge on **0800 915 1455** and they can put you in contact with a local branch or sign you up as a postal member
- › Email **info@nhsrf.org.uk** and our Central Office team will help you
- › Sign up via our website at **www.nhsrf.org.uk**

Each branch determines its own annual membership fee (usually about £30). If you do not wish to belong to a branch, you can pay £20 a year to become a postal member and still take advantage of our discounts and benefits and keep up to date with life in the Fellowship.

### Any questions?

If you have any questions about joining the NHS Retirement Fellowship or our benefits, please contact our Central Office on **01305 361 317** or email **info@nhsrf.org.uk**



You can also get a flavour of what we do by seeing our members' stories on our Facebook page – just search for **NHS Retirement Fellowship** or follow us on Twitter **@NHSRetire**

Reg Charity No: 287936

# Are you retired or about to retire from the NHS or social care?...

[www.nhsrf.org.uk](http://www.nhsrf.org.uk)

  
**NHS Retirement Fellowship**  
Making your retirement work for you.

...Want to keep up with your NHS friends and family? Make new friends with other like-minded people? And enjoy a variety of additional benefits and offers? Then the NHS Retirement Fellowship may be for you!

## What is the NHS Retirement Fellowship?

The Fellowship helps make your retirement work for you and is a national charity with branches all over the country. And if there isn't one that is local to you, you can become a postal member or work with us to set up a new branch.



### Fellowship branches provide:

- > **Social, leisure, educational and welfare activities for retired NHS, health and social care staff, volunteers and their partners and friends**
- > **Opportunities to meet and spend time with other former NHS and social care people, enjoy existing friendships, make new friends and share experiences together**
- > **Trips to a wide variety of local and regional places of interest, the theatre and exhibitions**
- > **A variety of interesting guest speakers**
- > **Social get togethers - usually involving tea and cake!**

*I joined the Fellowship because my diary was empty now it is so full I am not sure I can turn up to everything.*

## What are the benefits of being a member?

As a member of the NHS Retirement Fellowship you qualify for a number of benefits above and beyond the talks, trips and activities your local branch may arrange.

### Interested in photography?

The Fellowship has a national photography group – members have a variety of skills and equipment but all share a passion for capturing the moment.

### Play golf?

We also have an annual golf classic event with a variety of prizes for both men and women of different groups and abilities.

Don't forget our annual party at our AGM – the location changes every year between the north and the south of the country.

If we don't have an activity that you are interested in, just let us know and we will do our best to set something up.

*At first I did not want to join the Fellowship but this is now my lifeline.*



### Other benefits include:

- > **Worldwide travel insurance**
- > **10% discount with Fred Olsen cruises**
- > **Discounts with Riviera Holidays**
- > **Eligibility to join the Civil Service Club in Whitehall, London which includes accommodation**
- > **Access to a variety of estates planning, insurance, legal, tax and financial services**
- > **Free online talks via Mirthy**
- > **Shopping discounts**
- > **A pharmacy service offering free NHS prescriptions and pharmacy advice direct to your door**
- > **A benevolent fund for members in need**
- > **A quarterly newsletter packed with information about what is happening within the Fellowship nationally**
- > **Participation in the Blue Light Card discount scheme**