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Hi Everyone

Hi everybody.
 Welcome to the new format of our newsletter for 2019
 As we begin the New Year we will be looking at the story that hit the headlines about Muchamore Abbey Hospital and the implications it will have on the future of our health service. This year also sees the countdown to Brexit and what it will mean for the future of our services in Northern Ireland. Inside this newsletter is the new dates for the future meetings of this group. We will be looking at what the Commissioner for Older People has been

getting up to as he continues to champion the rights of Older People. The Sub Working Group for Health & Education will also be getting into doing some work in the New Year and will be keeping an eye as to what is going on with our two most important services. Hospital car parking charges have hit the headlines in England as nurses and patients are having to pay double the price causing even more pain to people in the caring profession and those having to attend clinics

and visitors as well. Do we really want to see this happening in our own region. Anyone who attended the Jonathan Swallow Memorial Conference last year will know that an American style health system is starting to creep in the doors across the waters and this is something we here in this region will be keeping a strict eye too. Finally this is your newsletter and we would like to hear from you all if you have a story you want to share.

New delegate says thanks

At the AGM in December 2018 Martin Gallagher was elected to sit on the National Retired Members Committee by the regions Retired Members Forum. He takes over from the outgoing Delegate Angela Boreman who sat on the committee for four years. On election he thanked Angela for all the hard work she had done over the years and said that he hoped he could fill her shoes. He also thanked the Joint Chairs Victor and Olive and all those sitting

on the forum for their support and an opportunity to represent retired members in Northern Ireland. In a statement Martin said 'I thought I would never see the day when I would be representing Unison as a National Delegate. Prior to been involved with Unison he was a member of COHSE where he took on the role of Shop Stewart. After the merger of the three unions COHSE, NUPE, & NALGO back in ...he

continued to play a significant role as branch Health & Safety Officer in the Foyle Health Branch until his retirement from the health service in 2010. On retirement he joined up with the Retired Members Committee in Belfast in 2011 and has seen the committee go from strength to strength and becoming a forum. He also plays a role in representing the forum on a number of other bodies such as ASP/NIPP and once sat on the NPC.

Crisis in NHS Worrying

One in 10 nurses are leaving the NHS in England each year, according to official figures, raising fresh concerns about staffing shortages in our hospitals. NHS England published data which showed that just under 33,500 nurses left the service in 2016-17 – 3,000 more than joined and 20% higher than the number who quit in 2012-13. The worrying figures come amid an ongoing winter crisis fueled by rising

demand, coupled with staff and bed shortages. The next generations of nurses aren't coming through the system as quickly as we the public would like and so we are seeing the most experienced nurses becoming demoralized and leaving. In Northern Ireland the demand for more nurses has risen dramatically as the shortfall currently stands at 2000 across the region. So we

have to ask ourselves 'Why is this happening? The sub working group have been exploring this during discussion at their meetings and are clear that over the last number of years the gradual erosion by the Health Trusts and Boards of Terms and Conditions of Service together with the lowering of Standards in the service has led to many saying 'Enough is enough and going elsewhere seeking better pay.

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Is our lifestyle really beneficial to us?

Have you ever taken the time to think about the lifestyle you are living? Is sitting in front of the TV really the answer? When retirement age eventually comes our way we tend to look back on the working life we had. All the worry, tension, anxiety, stress, never off our feet and exhaustion comes to mind. Its so important for us all when we retire to stay active whether that means going for a nice scenic

walk, being active in a group or been active with a charity organisation or your union as it tends to keep your health in check. Regular exercise doesn't mean going to the Gym all the time and keeping fit. Its also about walking and doing some reasonable exercise at home. But it is equally important to looking after your diet as well. Nowadays the message out there is to stick to your 5-a-day fruit

and veg and the idea is not to put on the weight as we know this can slow you down. Drinking and smoking is not good for your health. Reading can be therapeutic and relaxing for you as well and continues to develop the mind even late on in life. Remember that you have been active all your working life and by helping yourself or others for that matter you will lead a good and healthy lifestyle.

Sub Working Group meeting.

The Sub Working group on Health and Education met on the 23rd January 2019. Members of the group gathered at 11am in the Unison Centre in York Street in Belfast to look at ways on moving forward. At the last

meeting of the group held in November 2018 members of the group expressed the need to move on from been a talking shop and continuous brainstorming sessions to doing something

more constructive. At the next meeting of the Retired Members Forum John Patrick will be attending the meeting to give everyone an update and the group will be putting the idea forward to him .

NPC Dignity Code should be part of Care

At the dignity day event run by the NPC branch in Northern Ireland speakers at the event called for the implementation of the dignity code to be part of the care package for the care of our elderly. It came on the back of the Commissioner for Older People's report into Dunmurry Manor in which Eddie Lynch carried out an investigation after receiving complaints from relatives into the degrading care and treatment their loved ones were receiving in the home. The report 'Home Truths' highlighted some of the worst treatment patients received at the hands of their carers. It also highlighted the lack of standards and training that existed in the home. There was a high turnover of staff since it first opened as staff working in the home did not want to be part of the regime. Speakers included our own Victor Murphy who represented Patricia Mc Keown (Regional Secretary) who could not attend as she was at a meeting in England. While he spoke about the issues happening in our region in regards to the health service he also highlighted the report that

was done by The Intergenerational Committee led by Lord David Willetts 'A New Generational Contract' in which he criticised the committee as been a right wing think tank. He also called for the unions and the public to unite in a campaign to save our NHS from the severe damage that this Tory government has done. He went on to say that it was important to get our government up and running in NI but not at any price. Speakers coming after Victor welcomed his comments and were encouraged by what he said in relation to the Intergenerational Report. Other speakers endorsed the call for the Dignity Code to be implemented into our hospitals and care homes for the elderly. John Martin in his closing speech thanked everyone for coming to the event and said that it was up to all of us to again start writing to our MLA's and the churches who didn't respond in the past. He thanked the Protestant church for their response as they were the only ones who took the time to do so. At that the meeting closed and everyone went home.

"In many respects it was humiliating, crying for help", he said, after revealing how parents have been donating toilet roll, tissues and soap to his cash-strapped school'

Education System failing our children.

. A primary school principal who spoke out over the education cash crisis back in November 2018 has said that it was "humiliating" to be seen begging for help. Dr Graham Gault who is the principal of Maghaberry Primary School admitted he was afraid he was damaging his reputation when he addressed the Northern Ireland Affairs Committee on the deepening funding concerns facing

education. "In many respects it was humiliating, crying for help", he said, after revealing how parents have been donating toilet roll, tissues and soap to his cash-strapped school. He went on to say that this was not the position he wanted to find himself in but that the crisis is here no matter where you look. In detailing the pressure his own school is facing, Dr Gault - secretary of the Strategic Principals' Forum, which covers 400 schools and 92,000 pupils - said the one thing giving him the strength to speak out was the level of trust his own school community had in him. The amount of support that Dr Gault has received from both governors and parents has been as he described it

himself very generous and understanding. Normally he described himself as been a quiet man but he felt the need to speak out on this very serious crisis. Dr Gault, a father of two daughters, said he was grateful for the opportunity to address the NI Affairs Committee but said it was a difficult one for him personally. Dr Gault said that he has a moral obligation to give each child what they need and that he will continue to do so as the budget for the school allows. The one thing he did relate to was he can't turn off the heat. The situation is the same now as it was a week ago. While the response from the public there has been no change as far as our politicians are concerned.

Public Health News.

The public health agency in their weekly surveillance bulletin indicates that figures show that figures are down since the start of this year on the amount of people getting the flu. However influenza is continuing to circulate in our community and hospital settings across Northern Ireland. Primary Care influenza rates remain below the baseline for Northern Ireland and are below normal seasonal activity. It would appear however that the flu rates have decreased and the number of GP consultations were down on this time last year. Influenza continues to cause quite a bit of havoc when it comes to the workplace environment as workers are not always prepared to take a couple of days off work to make a good recovery. Instead they will come into work when sick and this can be

very concerning when it comes to those group of workers working in our hospitals and care homes. The public need to be made more aware of the seriousness consequences of what the flu can do to you as a person. The virus can bring down a workforce with such speed and haste that the working environment itself can be quite stressful especially when staff shortages develop. So remember to stay at home if you are coming down with the flu or have the full blown symptoms and drink plenty of fluids and keep warm and rested.

NPC News.

.Take a look in this months NPC newsletter '**Campaign**' were there is a number of interesting news stories. **Time to save the over 75's TV Licence** looks at how the NPC have called on the government to take back responsibility for funding the concessionary TV Licence for the over 75's ahead of a protest march (See story). There is an item on **Funeral Poverty Challenge** and looks at how the cost of dying has risen dramatically up the political agenda. It also looks at how the **Cuts affect Human Rights** which deals with the way vulnerable older people in England are at risk of being denied their Human rights because of failures in the way government allocates care resources since the budget cuts (read all about it).

Age Sector Platform/NIPP

The charity continues to experience difficulties with funding and so nothing has changed. In order to receive funding the members of the charity have to be

seen contributing to the organization as well. The charity is appealing for those involved to have a look at the forms that were given out at the meetings. If people

were to donate a fiver per month this would greatly help in ensuring that older people continue to have a voice and say in how their community

operates. What we don't want to see is ASP folding up for good. It is the best means for us as a forum to continue to voice our opinion to whoever is listening.

Inside Story Headline

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or in requesting your services.

You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your

customers or employees will look forward to its arrival.

Your headlines are an important part of the newsletter and should be considered carefully.



"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics, but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Word offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

The subject matter that appears in newsletters is

virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated

every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Selecting pictures or graphics is an important part of adding content.



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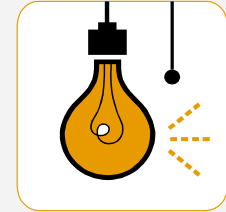
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Inside Story Headline

In a few words, a headline should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible

headlines include Product Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other

marketing materials, such as press releases and market studies.

While your main goal of distributing a newsletter might be to sell your product or services, the key to a successful newsletter is making it useful to your reader.

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Company Name

Street Address
Address 2
City, ST ZIP Code

Phone

(503) 555-0125

Fax

(503) 555-0127

E-mail

someone@example.com

Your Tagline here.

Back Page Story Headline

In a few words, it should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible headlines include Product

Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

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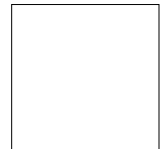
About Our Organization

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft includes thousands of clip art images from which you can choose, and you can import them into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption for the image near the image, too.

COMPANY NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE



CUSTOMER NAME
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