

Fellowship News

SPRING/SUMMER 2026



New Online Group launched

Our Digital Dynamic duo of Deputy Chief Executive Denise and Operations Manager Letticia are hard at work creating a brand-new online group that is **open to everyone within the CSRF community**.

Building on the success of our online presentation on Dementia last year we will be putting on more online speaker programme that we hope will educate, entertain and inform.

The first meeting will take place on **15th April from 12.30pm to 1pm** and this will be an interactive musical entertainment session. We also have future meetings focused on wellness, cooking, arts & crafts and some guest speakers (CSRF members and external organisations such as the Society of Later Life Advisers).

You can join these meetings via your computer OR telephone so if you'd

like to register to join the online group you can use the contact information shown. We are also looking for any members of our entire community who might be interested in giving an online talk.

To join our new Online Group or offer your services as a speaker, you can call Fellowship Office on 020 8691 7411 or email: letticia.rushaija@csrf.org.uk – you can also view the outline programme online – visit our home page (www.csrf.org.uk) and scroll down and you will see a news item entitled 'Join our new online Social Group'

Our Diamond Impact

A big thanks to our staff team at Fellowship Office and all our group and befriending volunteers for all their work during our Diamond Anniversary. Our impact statistics for last year show just how busy it was.

3,754

Signposting & advice enquiries were handled in 2025

1,104

Visits, calls & letters were made by our befriending services in 2025

536

People a month visited our local community groups in 2025



Annual Appeal

Our work is entirely funded by the generosity of our annual supporters and donors. We receive no grant from the Civil Service. **You can make a donation at any time via one of these methods: securely online at <https://csrf.org.uk/annual-appeal/>, over the phone by calling 020 8691 7411 or by cheque using the donation form on page 9.**

WHAT'S NEW



Our brand-new podcast show celebrates age and retirement. Find out how you can get involved on **page 7**

Chief Executive's Message

Dear Friends,
Welcome to our Spring/Summer edition of Fellowship News. I hope this issue finds you well and enjoying the lighter, brighter days that this time of year brings.

As I look back on the past year, I feel an enormous sense of pride in what our community has achieved together. Our Diamond Impact figures are not just statistics — they represent friendships nurtured, reassurance offered and countless moments of kindness shared between members, volunteers and staff.

In this issue, you'll find guidance to help you stay informed and confident,



David joined members of the Banbridge group during his 'Follow the Leader' tour of our national groups in 2025.

from preparing for the move to digital landlines to protecting yourself against increasingly sophisticated scams. We also explore the important topic of ageism and how, collectively, we can challenge assumptions and celebrate the value of later life.

You'll read about new opportunities to connect, including our new lunch groups, volunteering roles and the E-Pal Scheme — all designed to strengthen the sense of companionship that sits at the heart of the Fellowship. There is also an opportunity to tap into offers, information and news using your phone via the Wellbeing Club (a

group run by Civil Servants for Civil Servants). To access this you will need WhatsApp (but see the news item on page 3 for how to join).

We also celebrate creativity, partnerships, and travel inspiration — from Artists in Public Service to cultural highlights and South American adventures.

Wherever and however you engage with us, please know how much you are valued. Thank you for being part of our community.

Thank you for your continued support and friendship.
David Tickner, Chief Executive



The Civil Service Retirement Fellowship
Unit 11, Pepys House, Greenwich Quay,
Clarence Road, LONDON SE8 3EY
t: 020 8691 7411
e: enquiries@csrf.org.uk
w: www.csrf.org.uk

A charity registered in England and Wales No 255465 and in Scotland No SC039049 and a company limited by guarantee in England and Wales No 6297479

©2026. Fellowship News is published by the Civil Service Retirement Fellowship (CSRF). All rights reserved. The CSRF and the publishers declare that any publication of any advertisement does not carry their endorsement or sponsorship of the advertiser or their products unless so indicated. Contributions are invited and, whether or not accepted, submissions will be returned only if accompanied by a stamped addressed envelope. No responsibility can be taken for drawings, photographs or literary contributions during transmission or while in the publisher's hands. Proof of receipt is no guarantee of appearance. In the absence of an agreement, the copyright of all contributions, literary, photographic or artistic belongs to The CSRF. This publication (or any part thereof) may not be reproduced, transmitted or stored in print or electronic format (including, but not limited to, any online service, database or part of the internet), or in any other format in any media whatsoever, without the prior written permission of The CSRF. The CSRF accepts no liability for the accuracy of the contents or any other opinions expressed herein. The views expressed in this magazine do not necessarily reflect the official views of The CSRF.



Thanks for their Support

We received grants from the Boundless Foundation and the Civil Service Insurance Society Charity Fund in 2025

As well as all the amazing donations we received from you last year (which totalled over £20k) we were also very pleased to receive grants from two of our long-term supporters. We'd like to extend our thanks to the Boundless Foundation for their grant of £12k and to the Civil Service Insurance Society Charity Fund for their grant of £10k.

You can request a quote for motor, travel or home insurance from Civil Service Insurance Society online at www.csis.co.uk or by calling 01622 766960

You can find out more about the benefits of joining Boundless (formerly the CSMA) online at <https://www.boundless.co.uk/joinus/csrf>



Our services are run for your benefit, so it's essential that they have your support. So please don't forget that if you, a member of your family would like a friendship call, home visit or fancy some social interaction then our local group network and befriending schemes are here for you. You can see

the full listing of all our local groups at the back of the newsletter along with local contact numbers or if you'd like to find out more about our befriending schemes you can give Fellowship Office a call and ask for a copy of our information leaflet which we'd be happy to post or email you.



Our 2026 Annual General Meeting

Our national Annual General Meeting will be held online on **Wednesday 26th August from 10.30am-12.30pm**. Any member of the CSRF community is welcome to join us for this. We will be using the Zoom platform which means you can access the meeting either via your computer, laptop or tablet OR by just using your telephone.

If you'd like to register your attendance, call Fellowship Office on 020 8691 7411 or email: david.tickner@csrf.org.uk

Join the Wellbeing Club

If you use What's App then you can join The Wellbeing Club (which is for people 'that believe Mental Health & Wellbeing is important' and currently has 1k followers) and enjoy a regular stream of information, advice, recipes and even historical facts. The group is run by Civil Service colleagues nationwide and any current (or former) civil servant is welcome.

To follow the channel, open your camera on your telephone and point at the QR Code you can see in the yellow banner image that is shown here. It will then automatically take you to the WhatsApp channel. You will then see a banner across the bottom saying, 'Follow the Channel'. Click that and you will be able to see all the news items. The channel posts health and wellbeing advice, useful charity news and special offers and discounts that might be available. For example, did you know that if you are over 60, you can qualify for a 10% discount off your shop in Iceland stores every Tuesday?

If you run into any difficulties with joining, then give us a call on 020 8691 7411 or email: enquiries@csrf.org.uk



Getting ready for Digital

The UK is transitioning from traditional analogue landlines (PSTN) to digital, internet-based (VoIP) technology by 31 January 2027. If you've not moved already here are some useful hints and tips that may prove helpful.

What is VOIP?

VoIP (Voice over Internet Protocol) is a technology that allows you to make voice and video calls using an internet connection instead of a traditional analog phone line. It converts voice signals into digital data packets, transmitting them over the internet to the recipient. VoIP works with specialized IP phones, computers, or smartphones.

The Switch is Free

Beware of Scams: The upgrade to a digital landline is part of your service provider's network upgrade, not a voluntary service you need to pay for. Ignore anyone calling and asking for a fee to "switch you to digital".

Provider Contact: Your telephone provider (BT, Virgin Media, etc.) will contact you, usually 4 weeks or more in advance, to explain the change.

Prepare for Power Cuts (Crucial)
Unlike traditional phones, **VoIP phones will not work during a power cut.**

- **Backup Solutions:** If you have no mobile phone or live in an area with poor mobile signal, your provider must provide a solution, such as a battery backup unit (UPS) that keeps your router and phone working for at least an hour.
- **Check Your Needs:** Request a battery backup from your provider immediately if you are vulnerable.

Identify Connected Devices (Telecare/Alarms)

Many devices that use your phone



line may need to be updated or connected differently.

Tell your provider if you have:

- Personal alarms or "red buttons" (telecare devices).
- Burglar alarms.
- Fax machines or older credit card machines.
- **Action:** Contact your alarm or telecare provider to ensure your device is compatible with a VoIP connection.

How the New Setup Works

- **No New Phone Necessary:** You can generally keep your current, familiar telephone handset.
- **The Connection:** The telephone wire will now plug into the back of your broadband router instead of the wall.
- **Installation:** In most cases, it is a straightforward "plug and play" change. If you need help, contact your provider to ask for assistance.

Benefits and Features

- **Clearer Calls:** Digital voice offers

better sound quality.

- **Keep Your Number:** You can keep your existing phone number.
- **Nuisance Call Blocking:** Many new VoIP systems offer enhanced features to block spam calls.

Action Plan for Older People

- **Wait for communication:** Your provider will write to you, but you can call them to initiate it if you are proactive.
- **Declare needs:** Tell your provider if you are over 75, have disabilities, or rely solely on your landline.
- **Check your internet:** VoIP requires a working broadband connection.
- **Test your equipment:** After the switch, check that your phone works, and if you have a medical pendant, ensure it calls through to the monitoring centre.

If you are concerned, you can contact your telephone provider directly, the number is on your phone bill (often 150 from your landline). Ask about their Digital Voice or VoIP change.





What should you watch out for this year

In 2026, fraudsters are using ever-more sophisticated tactics to target older adults across the UK, exploiting trust, technology gaps, and financial vulnerabilities. With scams evolving quickly, it's vital for older people and their families to recognise the risks and stay vigilant.

One of the most worrying trends is the rise in **AI-enhanced scam calls**. Criminals are now cloning voices and using artificial intelligence to impersonate trusted contacts, such as grandchildren or familiar organisations. These deepfake phone calls can sound incredibly convincing, making urgent appeals for money seem genuine. Experts warn families to be especially cautious about unexpected calls asking for transfers or personal data.

Another scam on the increase is **courier fraud**, where criminals claim to be delivery drivers and convince victims to hand over financial

details or goods. Police in Suffolk have recently issued warnings after several older residents were targeted by this deceptive tactic.

Traditional methods like **cold calls pitching personal alarms or financial products** persist and can be hard to spot. Scam calls may claim to offer urgent security or investment opportunities, pressuring people into decisions quickly.

Online and text-message scams remain common too. Research shows more than 1.8 million over-65s in the UK have already fallen victim to online fraud, typically losing hundreds of pounds when scam emails or fake websites trick users into sharing banking information.

Government campaigns have also highlighted targeted scams tied to official payments, such as **bogus pension or fuel support messages**, which rise around payment dates.

How to protect yourself:

- **Never share banking or personal details over the phone unless you've verified the caller independently.**
- **Be sceptical of "too good to be true" offers or urgent payment requests.**
- **Ask a trusted family member or friend to check unexpected communications before responding.**

Staying informed and cautious is the best defence as scams become more convincing in 2026.



Take Action against ageism

Ageism isn't always obvious. It shows up in everyday language, casual jokes, workplace assumptions and the media we consume. Because it's so normalised, we often don't notice it. The Centre for Ageing Better is committed to raise awareness of it and we're pleased to support their campaign.

Ageism affects everyone. And when we question it and challenge it, we can change it. Here are five ways you can take action today.

1. Question language and assumptions

Phrases like "stuck in their ways" or "you look great for your age" may seem harmless, but they reinforce negative ideas about ageing.

Age doesn't define ability, ambition or relevance. Questioning assumptions about what people of different ages can or can't do - including what we believe about ourselves - helps break down ageism.

2. Get talking

Talk about ageism with family and friends, in your community, and at work. The more we talk about it, the more visible it becomes - and the fewer of us people experience negative treatment because of our age. Find out more about how to start and support conversations.

Questions like 'do you use email?'

when I've worked with computers for 30 years! Or 'can you get up the stairs?' or 'do you need assistance?' It's low-level but people constantly underestimate your abilities.

3. Learn more

Learn how ageism affects everyday life - from work and health to hobbies and relationships. Read people's experiences of ageism and get inspired by how they've challenged it.

Understanding ageism is a powerful step towards changing it.

4. Help improve representation

Look at the media around you. Who's visible? Who's missing? And when older people are shown, are they represented fairly - or stereotyped?

Join us in calling on the media and advertisers to show people of all ages authentically and to avoid limiting stereotypes of older people.

5. Get involved in your community and at work

Ageism can be challenged wherever people come together.

Centre for Ageing Better have an annual day of action on ageism - Age Without Limits Day which this year will be taking place on Weds 10th June - is a chance to take action with others. Find an event near you, organise your own, or put the date in your diary to share and show support (see the website for more information).

If you work with others, there are many ways to tackle ageism in the workplace - from starting conversations to training sessions to events. Start planning what you can do today.

Be part of the change

The more of us take action, the closer we get to ending ageism — and creating a society where we can all age without limits.

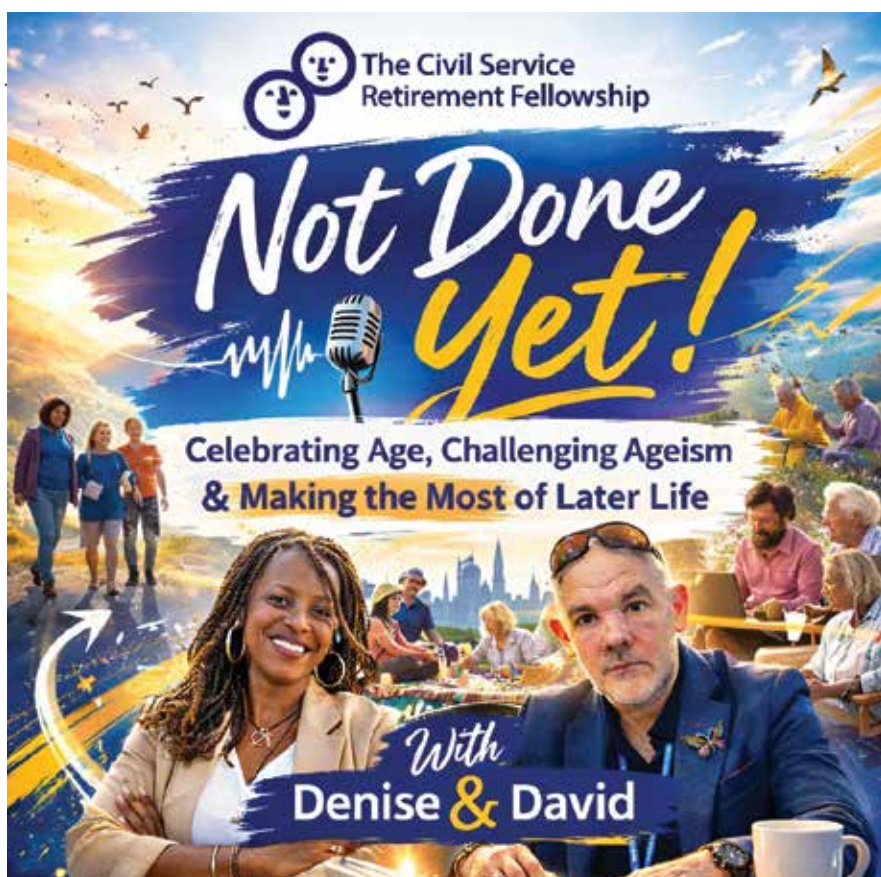
Why are older workers called 'dinosaurs'? Do they roar?

Ageism sounds absurd, doesn't it?

But it limits work, health and who's valued.

**Ageism:
Question it.
Challenge it.
Change it.**





Celebrating Age

You can register to follow our YouTube channel (@THECSRF) and enjoy our 60 Voices podcast recordings and other videos.

There is a lot of content already on our YouTube channel and even if you are not a fan of the internet, YouTube is one of the easiest channels to watch and enjoy.

During our Diamond Anniversary last year, Chief Executive David Tickner and Deputy Chief Executive Denise Headley interviewed a huge cross section of members of our community about their time in the civil service as part of our 60 Voices editorial strand.

You can listen to the memories of our office volunteer Jean Anderson as she remembers her first day as a

civil servant in the Home Office or Les Mondry-Flesch talking about his time in the Department for Trade & Industry. Other episodes include interviews with two former Cabinet Secretaries Lords Butler and Sedwill, Living Longer Better campaigner Sir Muir Gray, our former National Honorary Chair Michelle Wyer, current National Treasurer Fred Cook and former Board Director Keith Sullens.

Whilst we will still be interviewing people as part of the 60 Voices project (so if you'd like to participate contact Fellowship Office to register your



How to find us on YouTube

Type 'Youtube' into the search bar of whatever search engine you are using. Once on the YouTube website type 'The CSRF' into the search bar. You should then be able to see our channel and then select any of the episodes to listen to. You can also click on the 'bell' icon which means you will receive a notification when we upload new content.

interest) we are also evolving our YouTube channel to include a more general podcast called "Not Done Yet" that focuses on issues that matter to those in later life. We'd like to know what subjects you'd like us to include and whether you'd like to join us on the recording to talk about something that matters to you. David and Denise will be recording content throughout the year and each show will be uploaded to the CSRF's YouTube channel.

Join us as a Guest on *Not Done Yet*

We have lots of guests already lined up including some 'CSRF Royalty' – our long serving office volunteer Jean Anderson, Vice Presidents Jenny Rowe CB and Dame Elizabeth Gardiner DCB KC (Hons), former Interim Chair Michelle Wyer and former Vice Chair Sue Jarvis. But we're sure there are many within our community who would love to share their thoughts on retirement and why they are 'not done yet'!! To request a guest media pack, email: david.tickner@csrf.org.uk or call Fellowship Office on 020 8691 7411.

Leave a Legacy of Friendship:

How Your Gift Can Transform Lives Beyond Retirement

Legacy giving is more than a financial decision—it is a powerful way to leave a lasting mark on the lives of others. By remembering the Civil Service Retirement Fellowship (CSRF) in your will, you can help ensure that future generations of retired civil servants continue to experience connection, support and dignity in later life.

For over 60 years, the CSRF has been dedicated to helping former civil servants and their families enjoy a fulfilling retirement through friendship, advice and community engagement. From befriending services that combat loneliness to local groups that bring people together, the charity plays a vital role in supporting wellbeing and reducing isolation in later life.

Legacy gifts are essential in sustaining and expanding this work. They allow the CSRF to plan ahead, invest in new

services, and reach more people who may otherwise feel forgotten. Even a small percentage of an estate can help fund life-changing initiatives—such as a regular phone call to someone living alone or a welcoming community group that rekindles a sense of belonging.

Importantly, legacy giving is a deeply personal act. It reflects your values, your career in public service, and your desire to give back to a community you have been part of. By choosing to support the CSRF in this way, you are helping to ensure that no retired civil servant faces later

life without companionship or support.

In leaving a gift to the CSRF, you are not just donating—you are creating a legacy of friendship, care and connection that will endure for years to come.

How to Leave a Gift in Your Will

Leaving a legacy gift is simple and can be arranged when writing or updating your will with a solicitor. You can choose to leave a fixed amount, a share of your estate, or a specific item. To include the Civil Service Retirement Fellowship, you will need to provide your solicitor with the charity's name and registered details, which can be found on their website (www.csrf.org.uk). It is also a good idea to inform the CSRF of your intentions, although this is not required, so they can thank you and keep you updated on their work.



Enjoy Art?

Why not consider joining Artists in Public Service (AIPS), a creative legacy since 1930

The roots of AIPS stretch back to 1930, when the Association of Civil Service Arts Clubs was first established – uniting several art groups across the Civil Service. In 2000, we welcomed artists from the Civil Service Retirement Fellowship and from this, Artists

in Public Service was born.

Today, AIPS is a vibrant, inclusive, and not-for-profit organisation open to everyone over 18, regardless of whether you work in the public sector. If you are passionate about the fine or applied arts, you're welcome to join their creative community.

Their mission is simple: to encourage the appreciation and practice of the visual arts. Members enjoy a range of benefits, including:

- **A newsletter**, keeping members connected with updates, stories, and opportunities.
- **An annual UK-based art holiday** in May offering the chance to paint and relax in convivial surroundings with fellow artists.

As they look ahead to their centenary in 2030, they are excited to welcome new members. Whether you're a seasoned artist or just starting out, have a look at their website and become part of their creative journey.

To join, visit: <https://artistsinpublicservice.wordpress.com/>



- **An annual exhibition** where members can showcase and sell their work

HELP OUR WORK WITH A DONATION

We receive no Civil Service funding to support the running of our charitable services so are entirely reliant on the generosity of those who choose to make an annual contribution or donation.

DID YOU KNOW?

You can donate safely and securely via telephone by calling Fellowship Office on 020 8691 7411.

Return the completed form including your donation to: The CSRF, Unit 11, Pepys House, Greenwich Quay, Clarence Road, LONDON SE8 3EY Cheques should be made payable to 'The CSRF'.
Alternatively you can make a donation online at www.csrf.org.uk

Please accept my gift of:

£5 ☐ **£10** ☐ **£20** ☐ **£50** ☐ **£100** ☐ **£250** ☐ **Other**

How would you like us to acknowledge your donation?

By Post ☐ By Email ☐ I do not wish to receive an acknowledgement ☐

We are extremely grateful for all donations we receive; you can help us save money by ticking the box to opt not to receive an acknowledgment

NAME:

ADDRESS:

.....

.....

POST CODE: TEL NUMBER:

EMAIL:

Set up a Direct Debit



The quickest and easiest way to set up a direct debit now is to contact us at Fellowship Office for a dedicated web link that will enable you to create your direct debit mandate.

Once you've done that you can advise us of the amount and frequency of the donation (monthly, quarterly or annually)

and we can set the collection date by mutual agreement.

All our direct debit collections are carried out by Go Cardless.

For more information call 020 8691 7411 or email: enquiries@csrf.org.uk

giftaid it

Don't forget to Tick the Box if you are a UK Taxpayer
Make your gift worth a quarter more at no extra cost to you!

If you are a UK taxpayer The CSRF can reclaim the tax you've paid on your donation.

Please tick the Gift Aid declaration box below

☐ I want to Gift Aid this donation and any donations I make in the future or have made in the past 4 years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code. Please notify us if you want to cancel this declaration, change your name or home address or no longer pay sufficient tax on your income and/or capital gains.



You may or may not know for the last 5 years we run two monthly online book groups where like-minded members get together and discuss a different novel each month. We caught up with one its newest members, Sheila Walker, to find out more about what's on her shelf....

1. Which book on your shelf has stayed with you the longest, and what makes it so special to you?

A book I have had the longest is A child's garden of verses by Robert Louis Stevenson. It belonged to my mum and I read poems from it to my own children when they were little.

2. Is there a book you've read more than once? What drew you back to it?

I rarely read books more than once, but I recently re-read Trollope The Warden. I wanted to read a classic novel after seeing exhibitions etc about Jane Austen's 250 years celebrations.

3. Can you share a book that surprised you — perhaps one you

didn't expect to enjoy but loved?

Lessons in Chemistry by Bonnie Garmus was very popular but I didn't expect to enjoy it. However, I found it humorous and had a fresh feminist storyline.

4. Has a book ever changed the way you think about life, work, or retirement?

Being Digital by Nicholas Negroponte made me think about the changes the Information Age make to our lives, at work and in general.

5. If you could recommend just one book to fellow CSRF members, what would it be and why?

I recommend The Goldfinch by Donna Tartt. Although long, it is well written and has a very involved, interesting plot which keeps moving.

If you love reading why not join our online book groups – to find out more email: david.tickner@csrf.org.uk or visit <https://csrf.org.uk/book-groups/>

A Great forum for writers



If you enjoy writing, then you should take a look

at the Society of Civil & Public Service Writers who are always open to welcome new members. Benefits

include a quarterly magazine, Author, with fiction, poetry & news, free competitions with feedback, monthly online events & an annual meeting.



For more information email: ecorduff@hotmail.com or visit their website at www.scpw.org



Sign up for Giveasyoulive and help us raise funds

Did you know that shopping online can benefit us with a donation. The Giveasyoulive platform gives access to thousands of online retailers who will make a free donation to us every time you shop. Registration is free, just don't forget to nominate us as your chosen charity.

- 1 Go online and visit www.giveasyoulive.com/join/csrf**
- 2 Register your details to create your free account and then**
- 3 Select the CSRF as your nominated charity**



New Museum on espionage to open in Summer 2026

Trent Park, the historic house in Enfield, will reveal its hidden history when it opens its doors this summer as a brand-new museum of national importance. One of England's great country houses, Trent Park witnessed some of the most pivotal events of the 20th century. This extraordinary little-known story of espionage, courage and creative deception, hidden within the house for over 70 years, is to be told for the first time.

Between 1939 and the end of the Second World War it played a key role in Britain's intelligence battle with Germany, comparable in importance to Bletchley Park. Senior captured German officers held at Trent Park were unaware that their conversations were being



recorded by a complex network of miniaturised bugging devices hidden in every corner – from light fittings to garden benches. Beneath Trent Park's grand rooms, teams of Secret Listeners secretly recorded the conversations producing intelligence breakthroughs that gave the Allies a crucial advantage in the war.

Before 1939 Trent Park had been one of the great houses of the interwar years owned by Sir Philip Sassoon of the Sassoon banking

family, one of the wealthiest men in England. Sassoon was a close friend of the future Edward VIII and Winston Churchill, an MP and a minister for aviation. Political friends and members of the Royal Family were entertained at luxurious weekends where they mixed with artists and entertainers such as Rex Whistler, George Bernard Shaw, Noel Coward, Charlie Chaplin and Fred Astaire.

You can visit www.trentparkhouse.org.uk for more.



Recognising Service

Acknowledging the hard work and commitment of our group volunteers is very important. Our Chief Executive David Tickner was down with our Caerphilly group yesterday in February to make a joint presentation of Certificates of Merit to Barbara

and Alun Caddy (who are Treasurer and Chair respectively). They have been running the group there for over a decade and much loved by all the group members. Caerphilly meets monthly on the second Monday of each month at the New Library in Caerphilly and will now

be alternating between talks and coffee or lunch in local cafes or restaurants.

You can find out more about the Caerphilly Group online here > <https://csrf.org.uk/group/caerphilly/>



Creating new friendships

Enjoying a friendship call or visit doesn't have to be scary, it can open a whole new conversation connection with someone who cares.

With an increased interest in our charitable services thanks to our campaigns last year, we can expand our team of volunteer befrienders through the work we are doing with Civil Service departments.

However, without interest from people wanting to benefit from our schemes that approach is counterproductive. So if you'd like to

make a new friendship contact either on the phone, by post, by email or in person then give us a confidential call to talk through the registration process. It's very easy



To find out more call Fellowship Office on 020 8691 7411 or email: letticia.rushaija@csrf.org.uk



Become a CSRF Volunteer

If you have some time to give, we'd love to hear from you. There are several ways you can get involved as a CSRF volunteer. You could become a local lunch co-ordinator in an area where we don't have an operating group or consider joining our befriending services team as a befriender. To find out more about both options, give Fellowship Office a call and ask for a copy of either our Befriending or Lets Do Lunch leaflet.

Join our E-Pal Scheme

With receiving post becoming less reliable our latest befriending initiative will connect you to a befriender via email.

A natural evolution of our existing Pen-Pal scheme, the E-Pal Scheme offers you the opportunity to be matched with a befriender via email thereby cutting out any concerns about your letters not being delivered. Registering is easy, just contact Fellowship Office to request a registration form on 020 8691 7411 or email: letticia.rushaija@csrf.org.uk



140 Years of Quiet Support: Your Charity for Life

In 2026, the Charity for Civil Servants marks its 140th Anniversary of supporting the Civil Service community through life's toughest moments.



Since 1886, it has been a quiet constant in the background of Civil Service life, offering free and confidential practical, financial and emotional support whenever people need it most. It is Your Charity for Life, here to make sure every civil servant knows there is somewhere to turn when things feel overwhelming.

While the Civil Service has changed over the decades, one thing has stayed the same: when life gets tricky, it can affect anyone. Money worries that keep you awake. Caring responsibilities that suddenly escalate. A bereavement that turns everything upside down. A health concern, relationship challenge or a period of poor wellbeing that makes everyday life feel harder than it should. The charity's role is to help people feel one step closer to the support they need, when they need it most.

A tradition of colleagues supporting colleagues

The Charity was founded in 1886,

originally to support widows and orphans of civil servants. That spirit of community remains at the heart of everything it does. Today, it supports current, former and retired civil servants and their families, because the need for help does not always begin or end with a job title.

Support shaped around real lives

People reach the charity in different ways. Many start with practical guidance and tools on the website. Others need a confidential conversation and tailored support.

Depending on someone's circumstances, support may include:

- practical advice and resources covering money worries, mental health and wellbeing, caring responsibilities, disability, bereavement and relationships
- confidential support from the charity's team to help people find



a route forward that fits their situation

- financial assistance, where someone is facing hardship and needs help to stabilise their circumstances

The approach is simple: listen without judgement, understand what is happening, and help someone take the next step.

"As we mark the Charity for Civil Servants' 140th Anniversary, I am proud that we have always been there for the moments that too often go unseen, when life gets tricky, and people need somewhere to turn where they know that they will be listened to sympathetically. We are your Charity for life, offering free and confidential support to civil servants and public body employees and their families, so no one has to face life's challenges alone". **Jonathan Freeman MBE, DL, Chief Executive of the Charity for Civil Servants (below left).**

Powered by generosity across the Civil Service community

The charity can only do this because colleagues choose to donate, fundraise and spread the word, standing alongside one another when life gets tricky. Whether someone gives regularly, takes part in a fundraising event, or simply shares where support is available, every action helps ensure services remain free and confidential for those who need them most.



If you are retired and going through a difficult time, support is here. Visit the help and advice pages to explore what is available at <https://www.cfcs.org.uk/>

i



Cultural Britain 2026: A Year of Anniversaries, Exhibitions and New Museums

Whether you're celebrating a lifetime of curiosity or simply indulging in a love of history, exhibitions and museums beckon — engaging the mind, stirring the senses and connecting you with stories that shape our world.

In 2026 the UK's cultural landscape blossoms with a series of landmark exhibitions, anniversaries and new museum experiences sure to captivate curious minds. For retired civil servants — accustomed to appreciating history, heritage

and civic achievement — this rich calendar offers opportunities to explore the nation's cultural treasures with insight and depth.

From once-in-a-generation displays of medieval masterpieces to thoughtful retrospectives on

fashion and music history, the UK's museums, galleries and heritage sites have crafted programmes to appeal to a broad range of interests. Here's a guide to the most significant cultural highlights and how to make the most of your visit.



The Bayeux Tapestry at the British Museum — A Millennium Return

What it is: A breathtaking medieval embroidery telling the story of the Norman Conquest of England in 1066, the Bayeux Tapestry is set to be displayed in the UK for the first time in nearly 1,000 years.

Why it matters: This extraordinary

artefact is one of Europe's most celebrated historical documents — vivid, detailed and over 900 years old.

When and where: September 2026 – July 2027 at the British Museum, London.

Visitor Info:

W: britishmuseum.org
T: 020 7323 8299



Tips: Book timed tickets well ahead — this exhibition will attract international audiences and is likely to sell out.

This is more than an exhibit: it's a rare cultural moment to see a treasure normally housed in France, reflected against the backdrop of centuries of Anglo-Norman history.

Major Exhibitions at London's Museum Circuit

"Hawai'i: a Kingdom Crossing Oceans" — British Museum

Running until 25 May 2026, this exhibition explores Hawai'i's cultural heritage, diplomatic ties and artistic legacy, marking 200 years since a royal visit to London.

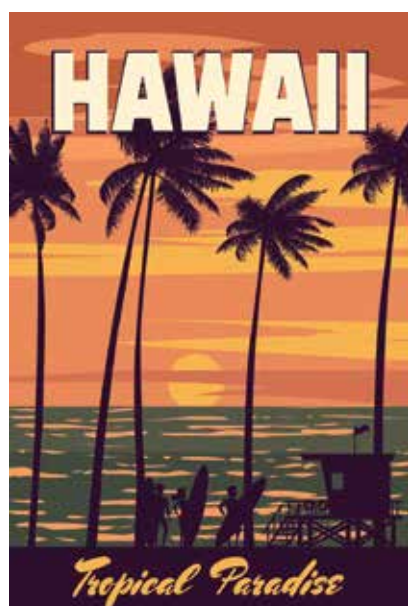
Visitor Info:

W: britishmuseum.org

T: 020 7323 8299



This exhibition's global perspective will resonate with those who value cross-cultural connections and history beyond Britain's shores.



"Fairy Tales" — British Library

Runs until 23 August 2026, the British Library's whimsical Fairy Tales exhibition brings together manuscripts, illustrations and cultural artefacts illustrating how stories have travelled and evolved over centuries.

Visitor Info:

W: bl.uk

T: 01937 546546



This evocative journey through storytelling is perfect for those who appreciate literature, folklore, and cultural history.



"Schiaparelli: Fashion Becomes Art" — V&A South Kensington

Runs until 1 November 2026, the Victoria and Albert Museum (V&A) presents a dramatic retrospective on Elsa Schiaparelli, the Italian fashion designer whose surrealist-infused couture blurred the line between clothing and modern art.

This exhibition is ideal for civil servants interested in creative innovation, gender roles in history, and cultural impact through design.



Mae West wearing Elsa Schiaparelli in *Every Day's A Holiday* (1937), A Edward Sutherland (Director). Moviestore Collection Ltd - Alamy.jpg



Lady Mount Temple (oil on canvas), - Gluck, (Hannah Gluckstein) (1895-1978) © Mark Fiennes Archive. All rights reserved 2026 Bridgeman Images

Visitor Info:

W: vam.ac.uk

T: 020 7942 2000





Sepia
Butterfly,
London, 1993
© Jennie
Baptiste.jpg

V&A East Museum — New Arrival on the Cultural Map

2026 sees the full programme launch of V&A East Museum in London's Queen Elizabeth Olympic Park — a companion to the innovative V&A East Storehouse and a dynamic new cultural hub. The museum's opening exhibition, "The Music Is Black: A British Story", celebrates 125 years of Black music in Britain, tracing jazz, reggae, 2 Tone, drum & bass, grime and more.

This new museum combines creative energy, community stories and cultural insight — and it's a fantastic reason to explore east London's thriving arts district.



V&A East Museum
© Niall Hodson .jpg

Visitor Info:
W: [vam.ac.uk/
visit/v-and-a-east](http://vam.ac.uk/visit/v-and-a-east)
T: 020 7942 2000



V&A Dundee — Design and Social Histories in Scotland

In Scotland, V&A Dundee continues its strong 2026 programme with two exciting exhibitions:

- **"Catwalk: The Art of the Fashion Show"** — tracing the history of catwalk culture from early salons to today's global stages.
- **"Design and Disability"** — an insightful exhibition highlighting design innovations by Disabled creatives and their enduring cultural influence.



Chanel
Fashion Show
Fall-Winter
2017, ©
Helmut Fricke.
jpg



Backstage at
Alexander McQueen
Autumn_Winter
2009, © Robert Fairer
Archive.jpg

Visitor Info:
W: [vam.ac.uk/
dundee](http://vam.ac.uk/dundee)
T: 01382 411944



Both exhibitions combine style, social history and cultural change — perfect for travellers eager to connect design with broader societal narratives.

Planning Your Cultural Tour

Timing and Booking

Many of these exhibitions require booked entry slots, especially during peak times in spring and summer 2026. Early booking not only secures your visit but often offers senior discounts or flexible refund options.

Accessibility

Most major UK museums and galleries provide excellent accessibility services — including step-free access, loan wheelchairs, seating areas throughout galleries and audio guides. Be sure to check



The Bowes Museum — Icons of Culture and Craft

At The Bowes Museum in County Durham, 2026's programme spotlights fashion, craft and cultural creativity with a trio of major exhibitions:

- **"Vivienne Westwood: Rebel – Storyteller – Visionary"** (Until 6 September 2026) — a tribute to the British fashion provocateur whose influence on style and society is undeniable.
- Several other themed displays highlight Impressionist masterpieces and an exquisite collection of lace making. (The Bowes Museum)

This is an enjoyable destination for those who delight in design history and the interplay between craft and cultural expression.

Visitor Info:

W: thebowesmuseum.org.uk
T: 01833 690606



The National Gallery — European Masters

In 2026 the National Gallery in London presents landmark exhibitions devoted to two European masters:

- **Zurbarán** — a major retrospective of the Spanish Golden Age painter (2 May – 23 August 2026).
- **Waldmüller: Landscapes** — the first UK showing of works by the Austrian landscape artist (2 July – 20 September 2026). (National Gallery)

Visitor Info:

W: nationalgallery.org.uk
T: 020 7747 2885



These shows offer extraordinary insights into the evolution of European art and capture the social, religious and natural histories of their periods.



Francisco de Zurbarán 'Agnus Dei', 1635–40
Oil on canvas, 37.3 cm x 62 cm
Museo Nacional del Prado, Madrid
© Photographic Archive Museo Nacional del Prado



Imperial War Museums — New Perspectives on Conflict and Childhood

The Imperial War Museums (IWM) in London present "Childhood in War" (31 July 2026 – 28 February 2027), a compelling exhibition exploring how conflict has shaped young lives from the First World War to the present day.

Visitor Info:

W: iwm.org.uk
T: 020 7416 5000



For civil servants interested in social history, wartime policy impacts and the human dimensions of conflict, this exhibition offers both reflection and education.

individual sites for details before visiting. Museum websites often list accessibility guides and transport tips.

Travel and Transport

If you're planning multiple city visits — for example, London, Durham

and Dundee — consider a rail pass with advance reservations for comfortable travel. London's museums are generally well served by Tube, bus and taxi networks; regional museums may require local buses or taxis from station hubs.

Companion Materials

Many museums offer pamphlets, guided tours, and audio guides. These can enrich your visit with background context on artists, historical figures and cultural movements — ideal for those who relish deep understanding.

Golden Cities

We look at some of Europe's best cities for older travellers

Europe's cities offer an extraordinary mix of history, culture, cuisine, architecture and experiences — but not all are equally suited for travellers seeking **comfort, ease of movement and relaxed exploration**. For older visitors, the ideal destination blends *walkable neighbourhoods, excellent public transport, cultural richness and accessibility* into an unforgettable journey. We have included some of the most welcoming European cities for older travellers, along with tips on how to *make the most of every moment*.



Vienna, Austria

Imperial Elegance with Effortless Accessibility

Vienna frequently tops lists of Europe's senior-friendly cities thanks to its smooth blend of heritage and infrastructure. Its grand boulevards and historic cafés evoke old-world charm, yet the city feels wonderfully modern when it comes to ease of getting around. Wide pavements, frequent tram stops, and elevators in most U-Bahn stations give visitors with mobility considerations confidence and independence.

Explore the city's treasures at a relaxed pace:

- **Belvedere Palace and Schönbrunn Gardens** — Beautiful and largely accessible, with plenty of seating and rest areas.
- **Musikverein or Staatsoper** — Attend an afternoon concert for a cultured musical experience.
- Enjoy a slice of sachertorte and a pot of Viennese coffee in historic cafés like *Café Central*.



Senior Tip: Vienna's official tourism site offers information on accessible attractions and transport: wien.info — a helpful planning tool for choosing hotels near transit.



Lisbon, Portugal

Sunlit Views and a Welcoming Pace

Lisbon's temperate climate, vibrant streets and historic charm make it an increasingly popular city for travellers of all ages. While its hills are legendary, the city's network of trams, funiculars and elevators (e.g., the Santa Justa Lift) help visitors navigate with ease.





Tourist Info: Visit visitlisboa.com for senior discounts and accessibility notes on attractions and transport.

Must-see experiences:

- **Belém Tower and Jerónimos Monastery** — Step into Portugal's maritime past with accessible pathways and serene gardens.
- **Tram 28** — Take this iconic route early morning to avoid crowds and enjoy views without fatigue.
- **Riverside strolls** along the Tagus — wide, flat promenades are ideal for a relaxed wander.



Senior Tip: A **Viva Viagem** card simplifies travel on buses, trams and metro — ideal for hopping around without excessive walking.

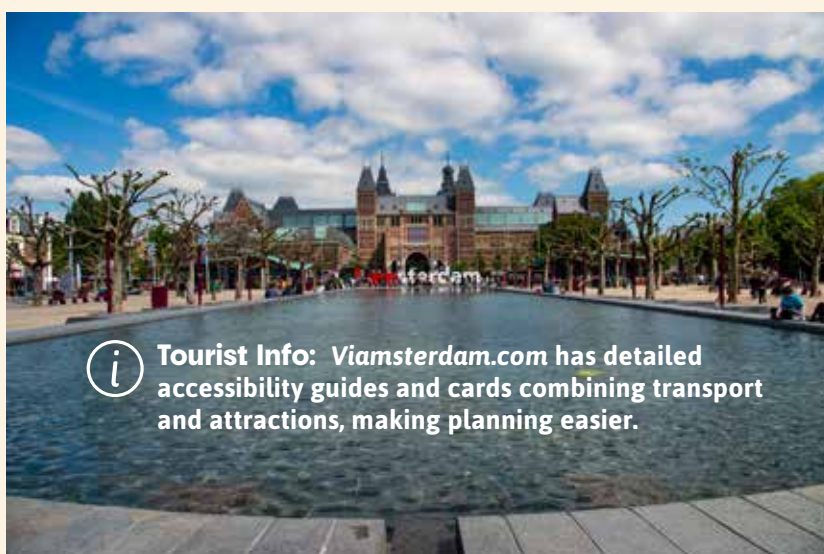
Amsterdam, Netherlands

Flat, Friendly and Full of Culture

Amsterdam's flat terrain, compact layout and accessible public transport render it ideal for older explorers. Whether you're gliding gently along canals on a boat tour or enjoying world-class art, the city feels manageable and welcoming.

Top highlights:

- **Rijksmuseum and Van Gogh Museum** — Both have wheelchair-friendly entrances and rest areas.
- **Canal Cruises** — Relaxing and scenic — perfect for taking in the city's charm without tired legs.
- **Vondelpark** — A peaceful green space with wide pathways and plenty of benches.



Tourist Info: Viamsterdam.com has detailed accessibility guides and cards combining transport and attractions, making planning easier.

Senior Tip: Prioritise tram and ferry travel over buses if mobility is a concern — they tend to have more consistent step-free access.



Barcelona, Spain

Sunshine, Architecture and Broad Avenues

Barcelona brings Mediterranean warmth, striking architecture and wide, walkable boulevards to the senior-friendly travel roster. Tram and Metro systems are increasingly accessible, and many landmarks offer step-free entry.

i Tourist Info:
barcelonaturisme.
com provides practical
tips on accessible routes,
transport and where
to find senior-friendly
services.

Highlights not to miss:

- **Sagrada Família** — Designed with accessibility in mind, with ramps and lifts.
- **Park Güell** — Accessible paths weave through Gaudí's mosaics and gardens.
- **Barceloneta Beach** — Several beaches provide wheelchair-friendly promenades and amenity access.



Senior Tip: Avoid peak summer heat; spring and autumn are ideal for comfortable sightseeing without crowds.

Zurich, Switzerland

Clean, Calm and Convenient

Zurich pairs Pristine order with scenic beauty — and it does so in a way that's comforting for older visitors. Its public transport is punctual, often flat and fully accessible, and many museums and lakeside walks are easy to enjoy.

Suggested experiences:

- **Lake Zurich Cruise** — A serene way to see the city from the water.
- **Old Town (Altstadt)** —



Copenhagen, Denmark

Scandinavian Comfort and Ease





Cobblestones exist, but many pedestrian routes are smooth and lined with cafés.

- **Kunsthau Zürich** — Accessible and packed with art spanning centuries.



Tourist Info: [zuerich.com](https://www.zuerich.com) offers travel tips on accessibility, including public transport and recommended routes.



Senior Tip: Consider a *Swiss Travel Pass* — even short rides on regional trains are scenic and relaxing.



Copenhagen shines with flat landscapes, pedestrian-friendly waterfronts and efficient, accessible transport. It's an excellent destination for a calm, artful and relaxing visit.

Don't miss:

- **Tivoli Gardens** — A garden and amusement park steeped in history, with accessible pathways and rest areas.
- **Nyhavn Harbour** — Beautiful canal views with accessible cafés and walkways.
- **Design Museum Denmark** — Accessible exhibition space for design lovers.



Tourist Info: [visitcopenhagen.com](https://www.visitcopenhagen.com) highlights accessible routes, recommended attractions and practical travel advice for seniors.



Senior Tip: A *Copenhagen Card* simplifies transport costs and entry to many attractions — especially handy if you prefer fewer individual purchases.



Tips for a Smooth, Comfortable European Adventure

1. Prioritise Central Accommodation

Stay near the major attractions or transport hubs. It reduces walking distances and the need for frequent transfers — a real advantage for anyone who tires easily.

2. Consider Mobility Aids & Services

In many European cities you can rent wheelchairs, scooters or walking aids delivered to your hotel. Some cities even offer loaner wheelchairs at major museums and transport hubs.

3. Time Your Visits Thoughtfully

Early mornings and late afternoons tend to be cooler and quieter, perfect for sight-seeing without crowds or heat exhaustion.

4. Check Tourist Board Accessibility Pages

Official city tourism websites often include accessibility maps, transport details, senior discounts and lists of age-friendly experiences — invaluable planning tools.

5. Book Timed Tickets

For popular museums and attractions, reserve tickets ahead of time. It avoids queues and lets you schedule rest between activities.



Ultimate South America

Machu Picchu

Our friends at Wendy Wu Tours open up the beauty of the continent of South America.

From the dizzying altitudes of the rugged Andes and the eerie landscapes of Bolivia's salt flats to the mysteries of the pre-colonial civilisations, South America sets the stage for an Indiana Jones-style adventure. Covering an impossibly large area, the region's countries are as similar as they are different. This intriguing mosaic of cultures, identities, landscapes and attitudes can only be truly appreciated on an in-depth tour. But where to start? The vast diversity of South America can make deciding what to do a little challenging. Here we have rounded up our favourite bucket list sites and cities for first-time visitors, and for those who didn't quite get around to everything last time.

Uncover Machu Picchu

One of the world's best-known archaeological sites, the 'Lost City of the Incas' remained unknown to the outside world until 1911. Abandoned by the Inca for over 1,000 years, explorer Hiram Bingham stumbled upon its remains hidden under

centuries of vegetation growth. The UNESCO World Heritage Site was built in the 15th century and is still the subject of much archaeological enquiry. No one is quite sure of the city's purpose or why it was abandoned, making a visit all the more intriguing.

Arrive by luxury train to the small Peruvian town of Aguas Calientes and begin your ascent into the ancient city. Meaning 'old mountain' in Quechua, Machu Picchu is perched on an incredibly beautiful mountaintop location. Explore the mysterious citadel and marvel at the incredible Incan architecture. Make your way to the top of Huayna Picchu for a spectacular view of Machu Picchu's famous agricultural terraces.

Sail Lake Titicaca

A striking geological marvel, Peru's picturesque Lake Titicaca is the world's highest lake. Steeped in local myth and legend, it's said that the founding god of the Inca people,

Wiracocha, rose from Lake Titicaca before creating the city of Cusco. The Uros people have lived on the lake for centuries on their reed-built islands. There are still more than 100 authentic reed islands on the lake where you can meet the water-bound communities and learn about their way of life.

It's also possible to cross the lake by catamaran to Bolivia's Sun Island and where you can learn about the indigenous culture of the area and explore the ruins of Inca temples. The oldest sanctuary in South America is also located on the shores of Lake Titicaca, just on the Peru-Bolivia border. The sanctuary was founded in 1550 by Dominican monks and is one of the most important religious centres in Bolivia.

Las Pampas

Stretching south and west from Buenos Aires, this region of fertile soil is the country's economic powerhouse. The grasslands

**Salar de Uyuni****Lake Titicaca****Iguazu Falls****Mendoza**

here have historically played an important part in Argentina's prosperity and still produce most of the country's famous beef.

Although the history and cultural significance of Las Pampas is undoubtedly fascinating, the main draw here is the infamous gauchos. These resilient and nomadic farmhands are thought to be descendants of European gypsies. Although the traditional nomadic lifestyle of the gaucho is mostly a thing of the past, the horsemanship that gauchos became famous for lives on. Visit a traditional ranch and learn about modern gaucho life over a delicious beef barbeque.

Mendoza and the Maipu Valley

No tour of South America is complete without a visit to wine country – and few do it better than Argentina. Lively Mendoza is at the heart of Argentina's wine production and is everything you would expect from a city synonymous with world-renowned wineries: vibrant and laid back with fantastic nightlife.

Over 70% of Argentina's wine comes from the Mendoza province thanks to its favourable climate and the snowmelt from the Andes. The region is particularly famous for its Malbecs, but you'll also find Tempranillo, Cabernet Sauvignon and Chardonnay here. One of the oldest wine-producing parts of Mendoza is the Maipu Valley, a traditional wine region with a long history. Some of Argentina's most renowned vineyards are in the Maipu including Familia di Tommaso, Tempus and Trapiche.

Salar de Uyuni

A spectacular and haunting sight, this evocative expanse of nothingness will take your breath away. Originally part of the prehistoric Lake Minchin, which covered most of southwest Bolivia, the flats are left over from salt water that evaporated long ago. The seemingly endless thick crust of salt is punctuated by polygonal patterns of salt rising from the ground, creating a landscape that's reminiscent of a fantastical dream world.

Exploring Salar de Uyuni, you're likely to come across rusting 19th-century trains, giant cacti that can grow up to 10 metres tall, glimmering salt lakes and boiling mud pools. You might even stumble upon some 3,000-year-old freeze-dried mummies – the Coquesa mummies are located in a cave at the base of the Tunupa Volcano, impeccably preserved thanks to the arid, salty air. For a truly immersive experience, spend the night at a salt hotel – where everything from the beds to the walls and floors are constructed from salt blocks.

Iguazu Falls

Straddling the border between Argentina and Brazil, South America's iconic Iguazu Falls never fail to astonish even the most travelled visitor. The three-kilometre chain of thundering falls cascade off a horseshoe-shaped chasm, demonstrating a level of power and noise that isn't easily forgotten. Remarkably well hidden in the midst of the surrounding lush subtropical rainforest, the only hint of the falls on approach is the ethereal mist that sits on the treetops.



Rio de Janeiro

The surrounding national park is home to vast numbers of unique flora and fauna, with many walkways meandering around the fall viewpoints and through the forest. The region is also home to many indigenous tribes including the Guarani who tell of the wrathful Serpent God, M'Boi, who split the earth in pursuit of two runaway lovers, creating the mighty falls.

Rio de Janeiro

The Rio locals (Cariocas) say that God built the world in seven days, and on the eighth he made Rio. With its golden beaches, stunning mountain backdrop and world-famous nightlife, you can see where they got the idea.

Also known as Cidade Maravilhosa (Marvellous City), the Cariocas are definitely keen to entice those yet to experience this alluring city. And Rio has been captivating visitors for decades, from Copacabana's status as a Hollywood starlet getaway in the 1940s to the timeless beat of the samba that continues to permeate the city.

And then there's Carnival. The ultimate manifestation of this celebratory spirit. Taking place in February, and ending on Ash Wednesday, a trip timed to coincide with this most flamboyant of festivals will be something special indeed.

Ultimate South America Tour

29 Days Fully Inclusive Touring from **£13,769pp**

Includes exclusive member offer of 5% Off

Lima – Urubamba – Aguas Calientes – Cusco – Puno – La Paz – Uyuni – San Pedro de Atacama – Santiago – Mendoza – Buenos Aires – Iguazu – Rio de Janeiro

Leave no stone uncovered on this all-encompassing South American tour. Tick off five countries as you tour across the most extraordinary and diverse landscapes, meet incredible people, taste some of the world's best food and wine and visit legendary cities, sites and citadels. From the heights of the famed Machu Picchu ruins to the humble yet historical Las Pampas, this epic tour will leave you with the rhythm of Latin America in your veins long after you return home.

Including: International flights, accommodation, all transportation, most meals, touring with guides, sightseeing and entrance fees.



How to Book

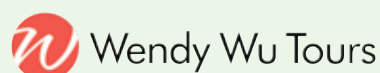
There is an exclusive 5% off ANY Wendy Wu Tour for CSRF members.

Classic tours include return flights, all hotels, all meals, expert guide, all transport in destination, all sightseeing & entrance fee.

Use code CSRF5 to claim your 5%* discount at time of booking.

To book, call our Reservations Team on 0808 239 5017 or email Keith Norman at keith@wendywutours.co.uk

*Prices are correct as of 9th April 2026. The discount code must be used at time of booking and cannot be added retrospectively. Membership will need to be ratified to ensure membership criteria is met. The discount is applicable to direct bookings only with Wendy Wu Tours. Please note, holidays booked more than 11 months in advance may be subject to supplements when airline fares are published. Wendy Wu Tours reserve the right to withdraw the discount at any time and without prior notice. E&OE.



Around the Network

Our round up of pictures from around the local group network



1

1: Our new Glasgow lunch group enjoying a local restaurant in November

2: Eltham Group received their Diamond Group Award in December 2025.



2

3: Banbridge Group accepting their Diamond Group Award during a visit by Chief Executive David Tickner in November 2025.

4: East London & SW Essex group members enjoying a visit to Battersea Power Station.



3

5: Members of the Eltham Group enjoying a trip to the Regents Canal in London.

6: Belfast Group with their Diamond Group Award that was presented in November 2025.



4

7: Craigavon Group were presented their Diamond Group Award during a visit by Chief Executive David Tickner in November 2025.



5

8: Lisburn Group welcomed Chief Executive David Tickner during a visit to the Armagh County Museum.



6



7



8



Please Support Your Local Group

We have groups across the country run by a dedicated team of volunteers who are committed to providing members with a range of social activities to enjoy. But if you don't support our groups, then we run the risk of losing them! So, if you have a group in your area, please consider popping along to a meeting this year and showing your support. You can find all the contact details and locations listed here.

SCOTLAND

EDINBURGH



Liz Beedie Chair/Secretary

T: 07858 516236

Café/Bar at the Mercure Hotel, Princes Street, Edinburgh

Third Tuesday of each month at 2pm

(except January (Winter Lunch) and September (Summer Lunch – no meetings in August or December)).

GLASGOW



Alan Deans Lunch Group Co-Ordinator

Tel: 07984 897355

E: alandeans63@btinternet.com

The group enjoys a monthly lunch meeting – for more details please contact the Lunch Group Co-Ordinator.

HIGHLAND



Mrs Pam Barnett T: 01463 790265

Red Pepper Café, 92 Academy Street, Inverness IV1 1LU

First Wednesday of each month, coffee morning at 11am

NORTHERN IRELAND

BANBRIDGE



Margaret Hassan Secretary T:07884 073401

E: hassanmargaret@yahoo.co.uk

Bannside Presbyterian Church Hall 21 Castlewellan Road Banbridge BT32 4AX

First Wednesday of each month at 2pm
(No meetings in July or Aug)

KEY



Refreshments



Trips Out



Walks



Lunches



Holidays



Speakers

BELFAST



Miss Wynne O'Neill Secretary

T: 028 9067 1157

Mcelhinney Room The Pavillion Stormont Estate Upper Newtownards Road Belfast BT4 3TA

First Monday of each month at 2.00pm
(except June, July and August)

CRAIGAVON



George McConnell Secretary

T: 028 8676 4395

E: joannearcher1@hotmail.co.uk
Portadown Town Hall, 15 Edward St, Portadown, Craigavon BT62 3LX

First Tuesday of the month at 2.30pm

LISBURN



Mrs R Hope Secretary

T: 028 9268 3610

Bridge Community Centre 50 Railway Street Lisburn County Antrim BT28 1XP

Second Monday of each month at 2.30pm
(except Jul & Aug)

WALES

CAERPHILLY



Barbara Caddy Chair, Tel: 029 2086 2091

No.2 Meeting Room Caerphilly New Library The Twyn Caerphilly CF83 1JL

Second Monday of every month at 10.15am (except Aug)

CARDIFF



Jane Lewis Secretary T: 029 20 757174

Ararat Baptist Church Plas Treoda Whitchurch Cardiff South Glamorgan CF14 1PT

First Wednesday of the month at 10.30am

NEATH & PORT TALBOT



Mr W Pugh Chairperson T: 01792 864299

Monthly lunches in Neath – for more details contact the Chairperson

SWANSEA

Mrs S Edgell Chairman/Secretary

T: 01792 851125

E: sylviaedgell@btinternet.com

This is a telephone/email group only.

ENGLAND

BLACKPOOL & DISTRICT



Monthly friendship lunches in and around Blackpool. For more details visit the group page on the CSRF website or call Fellowship Office.

YORK & DISTRICT



Lisa Gill Local Group Contact
Tel: 0208 225 8479, Mob: 07917 067 860 or email: lisa.gill@defra.gov.uk
Last Tuesday of each month at 1pm.

OSWESTRY



Mrs R Clarke Chair/Treasurer
T: 01691 623380
The Wynnstay Hotel Church Street
Oswestry SY11 2SZ
First Tuesday of each month at 10.30am

GLOUCESTER/HUCCLECOTE



Mrs J Neale, Chairman T: 07422 946386
Christchurch, Heron Way, Abbeydale,

Gloucester GL4 5EQ
First Thursday of the month at 2pm

SLEAFORD & ANCASTER



Mike Smith Chairman
T: 01526 833273
E: mjs_consultation@hotmail.com
Bristol Bowls Club Boston Road Sleaford
NG34 7HH **First Thursday of the month from 9.30am-12noon followed by lunch**

WORCESTER



Helen Connelly Chair
T: 01905 830451
Perdiswell Young Peoples' Leisure Club
Droitwich Road (opposite Checketts Lane)
Worcester WR3 7SN
Second Wednesday of the month at 1pm
(except Aug)

COLCHESTER



Joan Gomer Secretary
T: 01206 794656
Hythe Community Centre, 1 Ventura
Drive, Colchester CO1 2FE
Third Monday of each month at 2pm
(except December)

BEXHILL & HASTINGS



Elizabeth Leahy Secretary
T: 01424 214042
Bexhill Sailing Club Marina Bexhill-on-sea
TN40 1LA
Fourth Tuesday of each month at 10am

MID SUSSEX



John Taylor Chairman T: 07470 124125
E: r.taylor40@sky.com
Third Wednesday of each month at 2.30pm

STUBBINGTON



Peter Cornish Treasurer T: 02392 345457
Catholic Church Hall Bells Lane
Stubbington Hampshire PO14 2PL
Second Thursday of each month at 2pm
(except April)

TADLEY



Mr D MacLean Chairman T: 0118 970 1290
Tadley Community Centre Newchurch
Road Tadley RG26 4HN
First Thursday of each month at 1.15pm for 1.45pm

New Lunch Group for Blackpool & District

We launched our Let's Do Lunch campaign last year to open new groups in areas where we don't currently have any and so far, we have seen new initiatives spring up in St Albans, Glasgow and most recently, Blackpool. Our Chief Executive David Tickner joined members in the Blackpool area earlier in the year to celebrate the start of a new lunch group. So, if you live close by then please consider going along monthly to show your support.

You can find out more about the Blackpool Group online here > <https://csrf.org.uk/group/blackpool-district/>





Group Activities

BRADFORD-ON-AVON



Christine Steel Chair,
T: 01225 865856
United Reformed Church Hall St.
Margarets Street Bradford-on-avon BA15
1DD

**Second Monday of each month from
2.15pm to 4pm**

CHIPPENHAM



David Gardner Chairman T: 01249 658431
Chippenham Museum 10 Market Place
Chippenham SN15 3HF

First Wednesday of each month at 2pm
(except Aug)

SIDMOUTH



Margaret Adams Chair T: 01395 577622
**Lunches at local pubs on second Thursday
of the month**

TROWBRIDGE



Sue Arnold Secretary
T: 01225 761627
E: suearnoldwfh@blueyonder.co.uk
1st and 3rd Wednesdays of the month
at Palmer Gardens Cafe, The Shaw Trust
Garden Centre, Islington, Trowbridge.
BA14 8QJ at 10.30am Coffee mornings
twice a month at the Palmer Gardens
Cafe (call to confirm the meeting is on)

WESTBURY (WILTSHIRE)



Mr W Clark Chairman T: 01373 822892
Paragon Hall Haynes Road Westbury
Wiltshire BA13 3HA **Second Monday of
each month at 1.45pm for 2pm**

LEATHERHEAD & DISTRICT



Anne Thomson Secretary T: 01372 373258
E: anner.thomson@talktalk.net
Monthly lunches in the local area – for
more details contact the Secretary

LONDON - CATFORD & LEWISHAM



Jane Duffy Chair T: 020 8697 2840
St Laurence Church Hall 37 Bromley Road
Catford London SE6 2TS
Second Tuesday of every month at 10am.

LONDON - CROYDON, DULWICH & NORWOOD



Hilary Waterhouse Secretary
T: 020 8239 9814
E: hilary.waterhouse@virginmedia.com
Friendship lunches at The Crown Inn, 28
Wickham Road, Croydon CR0 8BA and
The Fox on the Hill, 149 Denmark Hill,
Camberwell, London SE5 8EH
Fourth Thursday of each month at 12 noon
(January to November)

LONDON - EAST & SOUTH WEST ESSEX



Neil Keskar Treasurer
T: 020 8531 5461
The Great Spoon of Ilford, 114-116
Cranbrook Road, Ilford IG2 4LZ
Third Monday of the month at 2pm

LONDON - ELTHAM



Phyllis Duignan Chair/Treasurer
T: 020 8265 0810
E: phyllis.duignan@gmail.com
New Eltham Methodist Church, 435
Footscray Road, New Eltham SE9 3UL
**Fourth Thursday of each month from
10am to 12 noon**

MAIDSTONE



Ms R Williams Contact T: 01622 693312
Various venues for lunches.

RICHMOND & TWICKENHAM



Philip Blow Secretary T: 020 8748 7477
E: p.blow1@btinternet.com
Meetings in various venues in and around
Twickenham.

ST. ALBANS



Alistair Wills Co-Ordinator
T: 007833 848407
E: willsalistair50@gmail.com
Monthly friendship lunches in St Albans –
for more details contact the Co-Ordinator

WORCESTER PARK



David Staff Treasurer
T: 020 8330 2286
E: davidstaff1@btinternet.com
Old Malden Scout Hall Rear of 411
Malden Road Worcester Park KT4 7NY.
**First Monday each month from 2pm to
4pm** (if the first Monday is a Bank Holiday
then the meeting will be held on the
second Monday)

All groups have a page online
at www.csrf.org.uk – some
include more details/dates of
forthcoming meetings

First Time Group Visit?

It can be daunting visiting a group for the first time. All our groups provide a welcome to any new faces wanting to come along and enjoy their activities. Why not give the group contact a buzz to find out what they have planned for the coming months.

