

NHS Retirement Fellowship

Reg. Charity No: 287936

Patron: Ken Jarrold CBE



PREPARATION FOR RETIREMENT SEMINARS

The NHS Retirement Fellowship runs Preparation for Retirement seminars for NHS staff. Courses can be tailored specifically for individual Trusts or Health Boards across the UK and become part of the staff benefits package.

The NHS Retirement Fellowship Preparation for Retirement seminars are:

- Cost effective
- Focused on the issues that concern staff approaching retirement
- Delivered by people who are independent experts in the field of retirement planning
- A mutually supportive seminar with the emphasis on an interactive programme

We instigated the courses to provide NHS staff preparing for retirement with information on state pensions and benefits, NHS pensions, taxation, wills, financial planning and leisure. The aims and objectives of Preparation for Retirement seminars are to provide delegates with a relaxed, mutually supportive environment, led by professionals in their field of expertise, in which to begin to engage with key issues relative to the move from full-time employment to retirement.

The seminar will be informative and enabling; raising awareness of significant life –style changes associated with retirement.

The concept of retirement, the Third Age, will be perceived as a potential time of opportunity and a new beginning rather than as a closure as full-time employment ends.

The seminars will provide delegates with a day in which to
begin to take stock of their current situation and consider the future
define personal objectives
gather relevant information
share experiences
all within the context of current demographic changes

Whilst acknowledging the importance of individual circumstances key issues to be addressed will include, inter alia, the need for
sufficient income in retirement
good physical/mental health
suitable accommodation
social opportunities
opportunities for leisure, learning and work

These issues will be delivered by presentations given by professional speakers. Delegates will be encouraged to ask questions and raise issues of significance to their future needs and wants.

Delegates will be provided with supportive material enabling them to pursue further enquiries into subject matters raised.

Time will be provided for evaluation and feedback.

The course is presented by two consultants. The course facilitator took early retirement from the University of Hertfordshire where he was a principal lecturer. The other main course presenter is a member of the Pre Retirement Association of UK and Ireland having delivered pre retirement courses for major companies and is currently the manager of a Citizens Advice Bureau.

The feedback that we have received from every course without exception has been excellent.

The duration of the course is 7 hours.

Maximum participants per course is 25.

Current charge is £1,200 plus the course presenters' basic travelling expenses.

Each delegate is provided with an information pack, handouts and relevant booklets.

It is expected that the Trust would provide the venue, equipment and catering.

For further information please contact:-

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