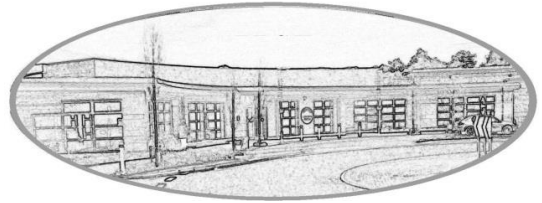


**The Friends of  
Fareham Community Hospital**



## **FFCH NEWSLETTER 21 SPRING 2019**

**Patrons:** Alderman Brian Bayford, Councillor Seán Woodward, Lucy Docherty, Mark Hoban

### **HOME DIALYSIS TRAINING HUB**

This project, featured in our last newsletter, suffered some delay while lease updates were put in place. We are now advised that the project can proceed.

### **THE GARDENING GROUP**

Members have been working away on the round bed at the Hospital entrance, and are keeping it weed-free. Many thanks to Abbeycroft Nurseries who, following their seasonal winter closure, kindly donated pots of multi-headed hyacinth bulbs, which flowered beautifully in early spring.

Visitors will have seen a great improvement in the appearance of the other beds - the new grounds maintenance contractor taken on by the Hospital management having given the beds a top dressing of wood chips.

The mass of gorse growing in the unused crescent area to the right of the building has prompted safety concerns. Should there be a hot dry summer season, it is felt that this could prove to be a fire hazard, as in such conditions gorse can be set alight by the smallest spark. The Hospital management has acknowledged the Group's concern, and is taking advice from their safety adviser, and from Hampshire Fire & Rescue Service.

### **FAREHAM CARERS HUB**

January saw the launch of the Fareham Carers Hub, run by The Princess Royal Trust for Carers in Hampshire and HCC. It takes place on the last Thursday of each month, from 11.00 am to 4.00 pm in St Margaret Mary RC Church's Hall, Park Gate, SO31 7GH, by kind permission of Father Peter and parishioners. It provides carer support and information, including the way to create an emergency plan in case the carer is taken ill, as well as workshops, and the opportunity to meet other carers in the area. Lunch is provided. Those cared for are also warmly welcomed. For further information please call 01264 835246 or 01264 835205, or Email: [info@carercentre.com](mailto:info@carercentre.com).

## **MEMORY GROUPS**

These Groups for patients diagnosed with dementia and their carers are still being well-attended at FCH on Mondays, many thanks to St John's Church, Locks Heath, for their kind donation to the funds for this project.

## **TALKS AT THE HOSPITAL**

These talks, organised by a group of the Friends, are continuing to prove very popular. The one in March was by the Clinical Manager for Mental Health, who revealed that the NHS 111 Service now has a Mental Health team on call to give specialist help to those ringing in with mental health problems.

The most recent talk on 8<sup>th</sup> May was "Awakening the Immune System" talking about ways to boost our immune systems. Over 50 people attended this excellent talk.

The next is on 10th July in the Tom Smith room at the hospital, to be presented by a local physiotherapist, and is called "Watch your Step". There is no talk in August and the next series begins in September.

## **SENIOR CITIZENS' FAIR**

This event, organised by our Fareham MP, Suella Braverman, takes place on Friday 17th May from 10.00 am to 1.00 pm in The Genesis Centre, Centre Way, Locks Heath SO31 6DX. Exhibitors will provide information on health advice and support, social activities and clubs, home support, legal advice and specialist coach trips. The Friends are providing a display there. The morning will also include stalls, food tasting, refreshments, free health checks, and the opportunity of a chat with your MP.

Wishing you all a bright and sunny spring,

Petta Dillaway  
Chair, Friends of Fareham Community Hospital