



Patrons:

Alderman Brian Bayford, Councillor Seán Woodward, Lucy Docherty, Mark Hoban

FFCH NEWSLETTER 25 Summer 2020

Letter from the Chair



Dear Volunteers, Friends and Supporters,

Welcome to our Summer Newsletter. Greetings to everyone - we hope you are keeping well in these difficult times.

During lockdown the Friends have been unable to offer their usual support to the Hospital, with one or two exceptions; the Memory Groups have kept in touch on Zoom, and the Gardening team have continued to tend the round bed (socially distanced, of course!), while our Newsletters continue to be produced. Meanwhile a new venture, a Volunteer Car Scheme, is being evaluated.

The Hospital itself has remained open throughout, though with a much reduced number of services available. Thelma and her Reception team have steadfastly continued in post behind their protective screens (see photographs) - many thanks to them for their vital contribution.

However in spite of all the problems a very significant development for the Hospital has finally been completed. The Renal Home Therapies Unit has been installed, and is receiving its first patients. Full details are given below of this exciting project.

Keep well and keep safe.

Best wishes from Jill, myself and the Committee.

Petta

Petta Dillaway Chair

Friends of Fareham Community Hospital



RENAL HOME THERAPIES UNIT, FAREHAM COMMUNITY HOSPITAL

After many years of planning, the renal home therapies unit opened to patients at the Fareham Community Hospital on Tuesday 26th May 2020.

Our thanks go to the Rotary Club of Locks Heath who funded the window shown in the next set of photographs, and to the other local charities who have generously donated.

EXPLANATION OF HOME DIALYSIS UNIT

The home therapies unit is made up of two teams of nurses who manage patients dialysing at home on two quite different types of renal dialysis.

When a person's kidneys stop working effectively, they will need renal replacement therapy in order to prolong their life. This may be in the form of a kidney transplant, peritoneal dialysis (PD), home haemodialysis (HHD) or in-centre haemodialysis. Both peritoneal dialysis and home haemodialysis are performed by the person themselves or a carer in their home.

In PD, a soft tube called a PD catheter is used to fill your abdomen with a liquid called dialysis solution. Your abdomen is lined with a membrane called the peritoneum and the body's excess fluid and waste products pass through the peritoneum from your blood into the dialysis solution. The used solution is then thrown away down the toilet. Patients on PD either do manual bags four times a day, each bag take approximately 30 minutes, or they go on a machine overnight for 8-10 hours. Most patients do this every day. Patients on PD train at home for about 3 days and then come into the home therapies unit for routine tests and regular reviews with the PD nurses.

In HHD, the excess fluid and waste products are removed from the blood via direct access into the blood vessels. This is either via a double lumen soft tube which goes into one of the main veins at the top of the chest/neck or via a fistula or graft. A fistula is formed by attaching a vein to an artery in the wrist or arm and a graft is a soft plastic tube used where the person's vessels need extra help. Patients on HHD attach themselves to a machine for approximately 2.5-3 hours, 6 days per week. HHD patients are trained in the home therapies unit by the HHD nurses for about 2-3 weeks.

In both cases, there are also community-based nurses who visit the home therapy patients at home for their ongoing care. The Community nurses are also based in the Fareham Community Hospital.

Toots Ansell, Peritoneal Dialysis Clinical Nurse Specialist



Haemodialysis Room

Peritoneal Dialysis Room

TO PD...OR NOT PD? by a user of Peritoneal Dialysis (PD)

That was the question we had to answer just over 3 years ago. My wife and I decided to opt for cAPD as this fitted our lifestyle best. At first the routine looked daunting, but after excellent help from the staff at QAH and Baxters, we usually complete the exchange in 50 minutes. We were advised to be regular with the bag strengths and timing, but with careful management it is possible to extend the gaps to allow days out etc. Deliveries from Baxters are monthly which is no problem for us with an integral garage and a small bedroom for the exchanges.

Because the method uses gravity, it is light and portable. As Baxters will deliver to the docks, cruising is a good holiday with easy planning for daily activities. We have enjoyed several recently, keeping to those round the UK in case of trouble.

The move to Fareham has made the car journey much better, but coming from Lee, the bus will not be so convenient if we have to use it. The working environment is much improved for staff and patients, as Level G was rather crowded and hot in the summer. We look forward to a long association with Fareham when the present problems are over!!!

Wendy and David Reading 5 July 2020

RENAL HOME THERAPIES UNIT A PATIENT PERSPECTIVE

Ann and I were the second dialysis students to be trained at FCH on how to use the home dialysis equipment. First impressions of FCH are more like a hotel: bright, airy with lots of space. This is particularly true of the dialysis training room; spacious with large comfortable reclining leather arm chairs. We trained for four weeks at six days a week, so we know the place well.

Community Hospitals will always have the edge over major hospitals with easier access and a more relaxed atmosphere. I would welcome more use of FCH, perhaps with a satellite dialysis treatment unit.

For the staff, the pressure is less than in a large hospital, so they have more time for the patients. We found the training staff to be particularly patient and understanding with the students (they have to be!)

Thank you FCH.

02/07/20

MEMORY GROUPS

The memory groups are still unable to meet at the Hospital, and we all miss seeing each other at our weekly meetings.

During this strange time we have had some sad news; Anthony, Rose's husband and Sylvia, Eileen's mother have both died. We have been in contact and know you will all send your sympathy to the families, we hope to see Rose and Eileen when we can meet again. This is a difficult time for all of us.

Now to better news, we have been able to keep in touch with most of our members by phone, letter email or Zoom. On Mondays we now have two Zoom meetings, one at eleven am and the second at two pm. We would be delighted to welcome you to either of these meetings. If you wish to join contact Lesley our Andover MIND Dementia Adviser; mobile 07507968413 or email at enquiries@andovermind.org.uk. Lesley is also starting to visit, albeit externally at the moment so dependent on weather, and after checks have been carried out. If you would like her to visit, please let her know.

Andover Mind very kindly gave a plant to all our Volunteers during the recent National Volunteer / Carers Week as a thank you for all their hard work and support, see photo below.

It is not possible to give dates for restarting but we will open as soon as possible. In the interim we are thinking of you and if there is anything we can help with please do not hesitate to contact us.

Petta Dillaway & Jill Sadler

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VOLUNTEER CAR SCHEME

Now the Covid Lockdown is beginning to ease a little we are beginning to think about some of our projects which had to be put on hold. One of them is our Volunteer Car Scheme.

One Community in Fareham and the Friends of the Hospital have agreed a proposal for a volunteer led transport system, offering a service for journeys on the same day. These in the first instance will probably be for the newly opened Renal Unit, and for the GP Same Day Access Service once it restarts.

The project has the support of the Fareham & Gosport CCG, the Hospital management, Hampshire County Council and MP Suella Braverman's Task Force at the Hospital. We have joined the Good Neighbour Network (GNN) to help us with the project.

As we are looking at the feasibility of this service, it would assist our planning considerably, if you could contact us directly if you would like to express an active interest in this project.

If you would like to know more about the scheme, please contact us by email.

Jill Sadler: davidjillsadler@ntlworld.com

Janet Tucker: janetrtucker@gmail.com

VOLUNTEER GARDENING GROUP

The Volunteers have continued to look after the roundabout at the entrance to the Hospital, as the work is outside and up to 4 of us can work together keeping 2M apart. We have managed to keep the area reasonably thistle and weed free and look forward to when we can work more socially, allowing us to stop for a chat and mug of tea!

The central inner courtyard garden where the ducks have continued to roost successfully is more difficult. We cannot enter the Hospital and get to the back of the Reception until the Lockdown is over. Also, we have been told by the RSPCA that ducks will continue to lay up until September! We are looking at ways round the problem, and hope by September we might be able to tidy up

and redesign the area, using the money Warsash Festival Committee have so kindly donated for this project.

If you feel able to help please contact me on davidjillsadler@ntlworld.com

Jill Sadler and the Gardening Group Volunteers



THE TOGETHERNESS OF TREES

In New Zealand one day two plant ecologists hiking in a forest came across the stump of a fallen tree, which had clearly been felled a long time ago. But in spite of its lack of leaves or branches, they could see that it had living tissue. Starting to investigate, they realised that beneath the surface neighbouring trees were keeping it alive by the fusing of their root systems with the roots of the tree stump, probably done before its fall.

This event, and other research, has led to the belief that woods and forests are not collections of individual trees, but “super organisms”, each tree linked to its neighbours and exchanging water and nutrients through gossamer-fine root tubes.

In the same way, perhaps, our communities are showing that in times of crisis the basic connectedness of human life can be revealed. Long may our human forests continue to support one another.

REMEMBER ME: THE NATIONAL REMEMBRANCE PROJECT

In honour of the thousands who have lost their lives in the UK to coronavirus, a new online memorial has been launched so that people can pay their tributes to those who have died. Remember Me is an online book of remembrance for people who have died in the UK as a result of coronavirus. The website was launched on May 22nd, and can be contributed to by people of all faiths and beliefs and none.

Family, friends and carers of those who have died can submit the name and photograph of their loved one, along with a short message in their memory,

through the Remember Me website - rememberme2020.uk. The person who died must have been living in the UK to be added, and the website will remain open for entries for as long as is needed.

It is completely free of charge to make a contribution to the site.

While submissions to the memorial have to be made on line, it is intended that the Remember Me website will later become a physical memorial at St Paul's Cathedral, London. Designs for a new inner porch in the north transept have been approved, and subject to funding, this will serve as a fitting memorial for all those who have died as a result of the pandemic.

Pat Gulliford

EVENING TALKS

Sadly due to the ongoing restrictions regarding social distancing indoors I cannot think that our talks will be able to recommence in the short to medium term. We have 2 distinct areas to overcome and that is the space allocation within the hospital to allow for social distancing when they finally give us the go ahead to start again and the second is our audience.

The demographic of our typical audience suggests that meaningful attendances may take some time to achieve. The speakers we had to cancel are however ready to return when our talks are able to restart. Rest assured we will recommence these very popular talks just as soon as it is practical so to do.

Anne Ford. Talks Coordinator