



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

## **FFCH NEWSLETTER 24 Spring 2020**

### **Letter from the Deputy Chair**



Dear Volunteers, Friends and Supporters,

Welcome to our Spring Newsletter. Petta and I do hope you haven't been feeling too isolated since the temporary cessation of our Friends activities, because of the Coronavirus restrictions.

We do miss seeing you all and hope you haven't been feeling too lonely and forgotten. The restrictions apply not only to us but to all non-essential gatherings, particularly when most of us are in that vulnerable older age group!

As soon as we are able we will be restarting our activities, and meanwhile we hope you are all keeping safe and well. If there are any problems, do give me a ring or email me back and I will see what we can do to help from a distance. Some of our Volunteers are younger and able to still go out and shop, or there will always be a friendly voice on the end of the phone.

I have attached a copy of the "Help At Hand" flyer produced by Fareham Borough Council, which gives contact details of various organisations in the Fareham area, who can help during this crisis

Keep well and keep safe

Best wishes from Petta, myself and the Committee

Jill

*Jill Sadler, Deputy Chair  
Friends of Fareham Community Hospital*

# CORONAVIRUS HELP AT HAND



## Acts of Kindness

Shopping for essentials  
Prescriptions, friendly chats & dog walking

☎ 07766 521314

✉ [ActsofKindnessTeam@outlook.com](mailto:ActsofKindnessTeam@outlook.com)



## One Community

Volunteering opportunities

☎ 01329 239934

✉ [vss@1community.org.uk](mailto:vss@1community.org.uk)



## Waypoint Church (Western Wards)

Shopping for essentials  
Prescriptions and activity packs  
Friendly chats & dog walking

☎ 07934 726212

✉ [help@waypointchurch.org.uk](mailto:help@waypointchurch.org.uk)



## Community First Wessex

Medical appointment transport  
Shopping for essentials  
Prescriptions

☎ 01730 777514

✉ [reception@cfirst.org.uk](mailto:reception@cfirst.org.uk)

🌐 [www.cfirst.org.uk](http://www.cfirst.org.uk)

Contact **Citizens Advice** for help and support across a range of issues including Food Bank enquiries

☎ 03444 111306 or 01329 223117 🌐 [public.citafareham.org/advice](http://public.citafareham.org/advice)

If you have received an NHS letter saying you are considered extremely vulnerable,  
please register for help if you need it. **The contact details are in your letter.**

## For all other enquiries:

✉ [leisure@fareham.gov.uk](mailto:leisure@fareham.gov.uk) ☎ 01329 236100 🌐 [fareham.gov.uk/coronavirus](http://fareham.gov.uk/coronavirus)

If you know anyone in Fareham who is isolated and vulnerable, **please share this information**

**FAREHAM**  
BOROUGH COUNCIL

## **HAMPSHIRE COUNTY COUNCIL HELPLINE**

HCC has set up a new helpline for frail or vulnerable residents who do not have support from families, friends or their local community, and who need urgent assistance with essential food or household supplies, collection of medication, or who are at risk of loneliness.

You can contact the Coronavirus (COVID-19) Hampshire Helpline Hantshelp4vulnerable on 0333 370 4000. The helpline is available seven days a week, 9am to 5pm.

Anyone needing information on the situation can access their website <https://www.hants.gov.uk/> where they have created a dedicated section for service updates regarding the COVID-19 pandemic.

Pat Gulliford

## **CARE QUALITY COMMISSION REPORTS**

In January, before the present health crisis, it was encouraging to note that two of our Hospital Health Providers had received improved ratings from the CQC. Portsmouth Hospitals Trust and Southern Health NHS Foundation Trust had both been rated “Good”, after some time on lower ratings. They are now facing even greater challenges, but hopefully the improvements they have made will enable them to meet these more efficiently.

Pat Gulliford

## **CURRENT SERVICES AT THE HOSPITAL**

### **Home Renal Therapies Hub**

Despite the current constraints in respect of COVID-19 and social distancing, works are progressing positively onsite.

- The electrical works, fire alarm works and the nurse call isolations will all be completed by Easter.
- The data install is due to be completed on Tuesday 14th/Wednesday 15th.
- The nurse call install is due to be completed by 24th April.
- Build works are progressing and the flooring works will commence next week.
- Ventilation works are finished, but fire dampers are awaited in order to complete.
- All 1st fix domestic and waste services have been completed and awaiting delivery of fixtures and fittings, whose supply has been delayed.



The contractor is currently endeavouring to meet the scheduled completion of the 7th May, but it may slip by a week due to current constraints in respect of COVID-19. In the meantime, the team are conscious of the renal service expectations, which may require stop gap arrangements.

### **Other Services**

1. The effects of the COVID-19 pandemic is having a serious impact on our services at Fareham CH.
2. The GP services (Same Day Access Service SDAS and GP Extended Access) have now vacated the building but the SDAS are still using the telephone hub to operate a telephone triage service. They will not be bringing patients into the Hospital; it will all be telephone contact.
3. The Southern Health Physios and Southern Health Incontinence Service are not delivering face to face consultations at Fareham but are using offices for admin purposes.
4. Solent FT have scaled back services, particular group sessions.
5. PHT are still operating various outpatient services, renal, respiratory, midwives, phlebotomy and the reception meet and greet service.
6. Precautions are being taken to avoid patients, who may be suspected as having COVID-19, entering the premises.
7. The CHP appointment of a Tenant Liaison Manager (Leia's replacement) has been put on hold until COVID-19 restrictions are lifted.  
In the meantime tenants and general enquiries are being handled by CHP's Stephen Didcott and Charlotte Penn.
8. The facility will be open on Easter Monday.
9. The CHP appointment of a Tenant Liaison Manager (Leia's replacement) has been put on hold until COVID-19 restrictions are lifted. In the meantime tenants and general enquiries are being handled by CHP's Stephen Didcott and Charlotte Penn.
10. The premises continue to be provided with full cleaning and security services as well as essential premises maintenance.

### **Stephen Didcott**

*Area Property and Asset Manager*  
**Community Health Partnerships**

### **MEMORY GROUPS**

Our Monday Morning and Afternoon Memory Groups had to be cancelled at the start of the Covid Pandemic, as were all "non-essential" services at the Hospital.

We managed to successfully contact all our Morning and Afternoon guests, their carers and the Volunteers, so no one turned up at the Hospital the following Monday. Well done to everyone concerned.

Thanks to Janet Cowan who has kept in touch with the Morning Group Guests and Carers and to David Beardmore & Anne Donohoe for the Afternoon Group. We've tried to touch base with most of them, and offer help if needing information or feeling isolated.

We're looking forward to when we will be able to restart these popular and successful groups.

Jill Sadler

## **THE CENTRAL COURTYARD GARDEN**

On a lighter note - in the last Newsletter we mentioned a possible donation from the organisers of the Warsash Festival for the refurbishment and enhancement of this area behind the Reception Desk. They have now very kindly given a thousand pounds for this project. As this is now the time for the regular visit of the much-welcomed duck to lay her eggs and bring up her young, the work will not start until the ducklings have fledged, but we look forward to getting the scheme started later in the year.

## **EVENING TALKS**

So far as the talks are concerned the May talk (strokes) has been cancelled. I have been in touch with the speaker and asked if we could call on him again in the future. We have a speaker planned for September and whenever we can resume I will also ask the Pharmacist to come along (all this is of course dependant on the situation with the hospital). We shall just have to wait and see and hope.

Anne Ford. Talks Coordinator

## **MAIN ENTRANCE ROUNDABOUT**

The Gardening Group Volunteers are the only Volunteers still going strong. The roundabout has never been so thistle and weed free, as we are able to work outside and keep 2M apart!

We're a sociable group of 6 – not all there at the same time. Bob Cowan is our latest recruit. Thank you for joining us Bob.

We've planted a small Lilac to join the Magnolia Stellata in the centre of the roundabout. Both still very small – but hopefully they will give a little bit of height in a few years' time.



Jill Sadler

## SOME ENCHANTED EVENING

As you may be aware, we have had to postpone this "Musical Extravaganza" until a later date due to the COVID-19 Virus Lockdown.

Once the world has returned to happier times we will reschedule the event and let you know the new date.

## SMILE

Meanwhile, here are a few items for your amusement:



### GOVERNMENT NOTICE!

To help save the economy, the Government will announce next month that the Immigration Department will start deporting seniors (instead of illegals) in order to lower Social Security and Medicare costs.

Older people are easier to catch and will not remember how to get back home. Be sure to send this notice to your relatives and friends, so they'll know what happened to you.

I started to cry when I thought of you.

Then it dawned on me; I'll see you on the bus.



### **A poem for Corona times**

I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
We can't go out the gates.  
You see, we are the 'oldies' now  
We need to stay inside If they  
haven't seen us for a while They'll  
think we've upped and died.  
They'll never know the things we did  
Before we got this old  
There wasn't any Facebook  
So not everything was told.  
We may seem, sweet old ladies,  
Who would never be uncouth  
But we grew up in the 60s -  
If you only knew the truth!  
There was sex and drugs and rock 'n roll  
The pill and miniskirts We  
smoked, we drank, we partied  
And were quite outrageous flirts.  
Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?  
We didn't mind the change of pace  
Because our lives were full  
But to bury us before we're dead  
Is like a red rag to a bull!  
So here you find me stuck inside  
For 4 weeks, maybe more I  
finally found myself again Then I  
had to close the door!  
It didn't really bother me  
I'd while away the hour  
I'd bake for all the family But I've  
got no blooming flour!  
Now Netflix is just wonderful  
I like a gutsy thriller I'm  
swooning over Idris Or some  
random sexy killer.  
At least I've got a stash of booze  
For when I'm being idle

There's wine and whiskey, even gin  
If I'm feeling suicidal!

So let's all drink to lockdown  
To recovery and health And  
hope this blooming virus  
Doesn't decimate our wealth.

We'll all get through the crisis And  
be back to join our mates. Just  
hoping I'm not far too wide  
To fit through the flaming gates!

Acknowledgement to Pam Ayres!