



Patrons:

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

FFCH NEWSLETTER 26 AUTUMN 2020

Letter from the Chair



Dear Volunteers, Friends and Supporters,

Wishing you all health and patience in our second lockdown - the situation is challenging, to say the least but we are trying to make the best of it. Several of our plans for the Friends' activities have been put back on hold, but we are still able to produce our Autumn Newsletter, with what we hope will be interesting and useful information.

The services provided at the Hospital during this Covid-19 pandemic are listed in an accompanying document. Of course, this may change over the weeks, but as they are only accessible through your GPs or Consultants you will be kept informed of any such alterations.

To all our volunteers, members and other supporters of our memory groups a Christmas message:

This year is very strange for us all, we will miss our Christmas coffee morning and the Christmas party but you will all be in our thoughts and hope we will all have some kind of celebration. We are looking forward to next year and intend to start planning events for 2021.

Reports from our various groups follow; we hope you enjoy their contributions.

I and the committee wish you and your families a good Christmas and send our best wishes for 2021 when we will all meet again.

Keep safe and healthy.

Petta

Petta Dillaway, Chair

Friends of Fareham Community Hospital

ARRIVALS & DEPARTURES

THELMA. We said Goodbye to Thelma Richardson at the end of October. Thelma had been the Hospital Admin & Clerical Supervisor for a number of years and will be missed by her Team. Many thanks for all the time Thelma gave to the Hospital. Interviews have taken place and hopefully we will hear shortly about her replacement.

LEE. Lee Williams is Community Health Partnership's new Tenant Liaison Manager for the Hospital. He was previously at Havant Health Centre and we wish him well in his new role.



Lee Williams – Tenant Liaison Manager

COFFEE IN THE CAR PARK

From the end of September and into October the three surgeries (Whiteley, Jubilee and Highlands) making up the Sovereign Primary Care Network have been giving “drive through” flu vaccinations to their most vulnerable patients, using the Hospital carpark at weekends, when the Hospital is closed. Time slots were sent to patients who were able to drive their cars through a prepared route round the car park, vaccinations being given as they thrust their arms out of the car window. In some rather wet weather, our Hospitality Group turned out to support the GP staff giving the flu jabs with tea, coffee and biscuits, and clearing a rest room for them in the Hospital.

This was much appreciated, and the Group have been asked to support them again when the next round of vaccinations takes place as more supplies of the vaccine become available.



UPS AND DOWNS FOR THE MEMORY GROUPS



Chair Pilates for our Memory Groups

After talking to Michelle, one of the Pilates Instructors from the Better Body Club who run sessions in the Victory Hall Warsash, we have started a Chair Pilates session specifically for our Memory Group members.

These are being held *IN: The Victory Hall Warsash*

ON: Wednesday Mornings

AT: 10.45 to 11.30

Cost / session: £5.00 per individual or £8.00 for a couple

We held our first 2 sessions which were very successful with 14 attendees, and then sadly the four week lockdown started, so we have had to call a temporary halt to the sessions. However, NEVER FEAR, the sessions will restart as soon as the Government permits!

During the better weather we have also held some Memory Group meetings on the lawns at the side of the hospital. These were great fun and will resume when the weather permits.

We continue to Zoom regularly every Monday morning with our Memory Groups. These sessions are run by our Andover MIND advisor Lesley, and are very successful. We have had several “outside” speakers coming to join us, including a session recently on mindfulness & relaxation.

Sadly we have lost several members and our thoughts are with their families at their time of loss. We appreciate the kindness of relatives and friends who have generously made donations to FFCH in their memory.

Jill Sadler & the Memory Group Team

VOLUNTEER GARDENING GROUP

Picture courtesy of Jill's grand daughter



Our Gardening Volunteers have continued to try and keep on top of the thistles on the roundabout and will be planting more daffodil bulbs in the coming weeks. As yet we are still unable to access the inner courtyard garden to start our plans for a makeover, courtesy of the kind donation from Warsash Festival Committee. We can only access the courtyard via the Hospital main reception, which currently would be difficult.

FUNDRAISING

None of our usual fundraising events have been possible during lockdown, but as well as the kind donations mentioned in the Memory Groups item, a very substantial gift of £500.00 was received from the Locks Heath Pumas Rugby Club. Here are some photos of the presentation; looks like Peter might be joining the team 😊.



You might like to know that whenever you buy anything from Amazon, then Amazon will make a donation to your favourite charity (That's us). To set this up log onto Amazon at www.smile.amazon.co.uk. If you already have an Amazon account you can use your existing details/password to log in, or if not you can select the option to create an account. Once logged in, select the phrase "AmazonSmile" in the black bar at the top left of the screen. There you can select your charity. Type "Friends of Fareham Community Hospital" and click on "Search" then select us as your charity.

You will in future need to log onto Amazon Smile to ensure that any purchases generate a donation.

ANNUAL GENERAL MEETING

Due to the pandemic it was not possible to hold an AGM at our usual date in June. It is now planned for Thursday 14 January 2021 at 2 pm, on Zoom. Further information will be circulated as soon as possible.

PROJECTS ON HOLD

Plans for future Hospital services, though postponed for the present, are still on the horizon. A unit for the provision of chemotherapy to local patients still seems likely. The Same-Day Access Car Scheme plans are well in place, funded by a generous £2,000.00 donation from Councillor Sean Woodward, and ready to be activated as soon as conditions allow.

CURRENT SERVICES

The list of services currently available at the Hospital accompanies this newsletter as a separate document.

CHRISTMAS TREE & CAROLS



Sadly due to Covid 19 restrictions we are unable to have any decorations or festivities inside the Hospital this year

We've talked to Hospital management, and have been given permission to put up a Christmas tree with lights on the small crescent roundabout opposite the main entrance doors.

We also hope to be able to organise a carol singing get together outside around the tree, and will be sending out details about this early in December, once we know when and how the Governments Lockdown will be eased for Christmas.

Wishing you all the best of Seasons greetings with hopes that you are able to see your family over Christmas

The FFCH team, November 2020

Barely The Day Started – author unknown

Barely the day started and it's already six in the evening.
Barely Monday arrived and it's already Friday
and the month is already over
and the year is almost gone

So, let's keep looking for activities that we like
Smile at the little things in life
Eliminate the later:
I'll do it later
I'll think about it later

We leave things till later like " after " is ours.
Because what we don't understand is that:
Afterwards, kids grow up
Afterwards we grow old

So, let's leave nothing for later
don't lose the best moments,
best experiences,
best friends,
best family

The day is today, the moment is now
Get around to it now

