

The Friends of Fareham Community Hospital



Patrons:

Alderman Brian Bayford, Councillor Seán Woodward, Mark Hoban

FFCH NEWSLETTER 32 Spring – Summer 2023

Letter from the Chair

Once again, I can report that The Friends continue to be very busy with the various groups such as Memory Group, Hospitality, Gardening and Transport. I would like to welcome all our new volunteers and thank them for answering the call, but I must add at this point that we are still in need of more volunteers in all these areas.

Petta and I were invited at the end of June to do a talk to Hillhead Residents Association centered around the work of the Friends and the Community Hospital. We had a very enjoyable evening and received some very good feedback. Many of the residents there were unaware of the different activities we are involved in.

I am very pleased to announce that the long-awaited Renal Unit opened its doors on Monday 14th August. They initially operated only 12 stations to give time for both patients and staff to familiarise themselves with the new facility. All 25 stations are now functioning and will run 6 days a week Monday to Saturday. Elaine Gamm and I were fortunate to be given a guided preview tour of this lovely new facility which is state of the art. The official opening will be sometime in October.

We are making a slow start with our health talks and our speaker on Thursday 14th of September was Elaine Grundy who is the Wellbeing Advisor for Coastal PCN. Elaine talked about mental health and offered some wellbeing tips. Our next talk will be on 18th January 2024, with future talks being every 2 months. Watch this space for further information.

As ever my thanks go to all our volunteers and to our committee without whom The Friends could not function.

Best wishes - Anne Ford (Chair)

The Friends of Fareham Community Hospital



**Renal Unit construction
viewed across main island**

FFCH Volunteer Refreshment, Hospitality Team

The refreshment team continue to serve the chemo patients with drinks and biscuits, some patients also like a chat. Recently we have been offering drinks to other patients and many have made donations. We plan to expand this service and sell wrapped biscuits.

Refreshments will also be offered at our evening talks.

Memory Groups

The two groups continue to meet every Monday at the British Legion. Numbers have varied from week to week, holidays weather and movement into care homes are some of the reasons. We had a picnic on August the 21st in the hospital grounds.

Games continue to be popular puzzles, bingo, boules, colouring, and exercises are all popular activities.

We have also welcomed a new volunteer Eileen Streetley to the afternoon group and hope to recruit another volunteer in the near future.

Petta Dillaway

The Friends of Fareham Community Hospital

FFCH Donation

We made provision for the purchase of a Transcutaneous Bilirubinometer to replace heel pricking of young babies for jaundice tests. As it turned out the funding was enough to purchase two units, which now make a welcome addition to the facilities at the hospital.



Transcutaneous Bilirubinometer

The Friends of Fareham Community Hospital

Volunteer Gardening Group

It's a time of change, Jill Sadler is relinquishing her role as lead of the gardening group. Jill was instrumental in creating the Gardening Group, which saw the management of the island in front of the hospital, the development of the inner courtyards, and the creation of the three large planters at the rear of the hospital gardens. Jill is taking a well-earned rest from the work of the committee and thanks go to both Jill and David, her husband who together have been the backbone of the gardening group among many other activities.

The Gardening Group lives on and Robert Cowan has agreed to be the gardening group team manager. It is intended, weather permitting, that the gardening group will meet at 0930hrs on the third Wednesday of each month. On Wednesday 18 October, seven team members worked hard on the island; removing all the weeds and dead plants; splitting and re positioning plants that had grown too large and preparing the ground for planting of new plants.

As well as managing the main island at the entrance to the hospital, the gardening team also maintain the three large planters donated by GB partnerships, and internal courtyard gardens.

The next gardening session is planned for Wednesday 15 November, 09:30-11:30 unless otherwise advised, when we will put in new plants, prepare the three large planters for winter and time permitting do a final check of the inner gardens.

If you would like to get involved with the gardening group, contact Robert Cowan at bobthesailor@icloud.com. You don't need to turn for every date, just whenever you have the time.

Robert & Peter

The Friends of Fareham Community Hospital

FFCH Transport Scheme

The FFCH volunteer transport service provides residents living within a 10-mile radius of the Fareham Community Hospital, with transport to appointments at the hospital.

The service is now in its' second year of operation and continues to go from strength to strength. This is as a result of the fantastic team of volunteer drivers and coordinators who work tirelessly to ensure its' success. Feedback received from clients using the service has been extremely positive.

As the transport service continues to grow, more drivers and coordinators are required. If you are interested in joining the team, please call 07760 450 930 or complete a volunteer application form on our website Friends of Fareham Community Hospital - support the community - Documents to Download (friends-of-fch.org)

Our drivers work on an ad-hoc basis at times to suit themselves and are reimbursed for their fuel costs. Our coordinators work on a flexible rota basis, taking bookings from clients and arranging the transport with our volunteer drivers. Alternatively, if you would like to help promote the transport service, please call on the number above.



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Future Events

The recent talk was about Wellbeing, presented by Elaine Grundy, and held on the 14th of September 2023. This was an excellent session with plenty of guidance on management of the complex issues that encompass a person's physical, mental, emotional, and social health factors.

A new series of talks is being planned for 2024, with the first being on Thursday 18th January when it is planned that the speaker will be Veronica Blake who is a Health & Fitness Consultant. Veronica runs exercise classes in the Locks Heath Centre for people of a certain age. She has worked for many years with MIND. The subject of her talk will be "Everyone has a story to tell".

Further meetings being planned include the role of a volunteer blood runner, and the help provided by The Princess Royal Trust for Carers.

Past events

A Quiz Night, planned for Saturday 11th February 2023 at the Royal British Legion for a 7:00pm start, was a great success.

A party was held at the Coldeast Mansion on Saturday 3 June 2023 at 2pm, organised by the Coldeast Drive Residents. Great fun for everyone, with an amazing income produced for FFCH, just short of £200.00. Many thanks to the Coldeast residents for their contribution.

Fareham Community Lottery

The Friends of Fareham Community Hospital continues to provide a regular, though small, income from Fareham Community Lottery. Several of the individuals who have purchased tickets have already won small prizes.

The funding is derived from the sale of lottery tickets and if you wish to support FFCH in this way, while at the same time having an opportunity to win cash prizes of up to £25,000.00 every week then go to www.farehamlottery.org.uk and search for Friends of Fareham Hospital. FFCH receives 40p per ticket sold.

Details available at: <https://www.farehamlottery.org.uk>

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Membership Fees

Many thanks to all those members who have paid their Membership fees for this year.

The membership fee remains at £5.00, is due in June each year and can be paid by

either direct bank transfer to our Barclays Bank account

Sort Code: 20-30-89, Account Number: 43888142

or by giving a cheque to our Treasurer:

Peter Humphreys

47 Crescent Road

Locks Heath

Southampton

SO31 6PE

Cheques should be made payable to "Friends of Fareham Community Hospital".

Best regards

The FFCH team October 2023