



**Patrons:**

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

## **FFCH NEWSLETTER 28 SUMMER 2021**

### **Letter from the Chair**

Volunteers, Friends and Supporters

I cannot believe that we are already in August, it seems only a short time ago that I wrote my first "Letter from the Chair". Although life is slowly opening up for all of us it is very clear that sadly we are going to be living with Covid for some time to come, and I urge you all to continue to be cautious but also to start venturing out again when and where you feel comfortable to do so.

The biggest news for the moment is the necessary temporary relocation of our very successful Memory Group, the details of the changes are in the article below. This was not a decision taken lightly by us but in order for our Community Hospital to provide the very much needed chemotherapy unit we had to vacate the Tom Smith room. I have contacted the CCG in the hope that they may assist with the running costs that we will now be faced with. If we do not receive this funding, then we as a group will have to support this from our own funds in the short term. Although this group will be based out of the hospital temporarily, we will still be the Friends Memory Group and our affiliation with our Community Hospital will certainly not be affected. If you have any comment on this, please do not hesitate to contact me on 01489 331076 or by email at [aandmford@sky.com](mailto:aandmford@sky.com).

I think the rest of the news for this issue has been well addressed in the following articles and I hope you all continue to enjoy what is left of our British Summer.

With very best wishes to you all

Anne

Anne Hannah-Ford (Chair)

Friends of Fareham Community Hospital

## **Coping with “Long Covid”**

It is estimated that quite a large number of those who caught the virus are still suffering effects several weeks after being declared free of it. Symptoms include fatigue, headaches and muscle pain, and loss of senses of smell and taste. There is a helpful website at [www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk). There are six Long Covid rehabilitation clinics running across Hampshire offering support to those suffering. Those who suspect they have it are advised to see their GP, who will assess their symptoms and exclude any other potential causes. If these are ruled out, you can then be referred to a Long-Covid clinic if you wish. In Fareham these are run by Southern Health; see [“Launch of our Long Covid Service: Southern Health NHS Foundation Trust”](#).

“Long Covid is a new condition; there is so much to learn, the research is constantly being evaluated and shared, so the service is still evolving.”

## **Local Covid Vaccination Clinics Update**

We continue to be very lucky in our area in the way the Covid vaccinations have been rolled out. Since early in December both our Primary Care Networks have been organising and giving the jabs.

The teams from the Sovereign Primary Care Network (PCN) - Whiteley, Jubilee and Highlands GPs have been continuing their vaccination hub in Fareham Community Hospital, helped by volunteers, including many from the Friends of the Hospital. Particular praise must go to our Hospitality Volunteers who have continued to provide refreshments to all the clinics held at the Hospital since they started in December.

The most recent update from the Hospital shows they have vaccinated over 34,000 and are hoping to start the booster programme once they get the sign off to do so from the CCG. They will also be delivering the winter flu programme but details of this are still to be confirmed.

Brook Lane Surgery, our neighbour from the Coastal PCN, which includes Lockswood and Stubbington GPs, have been continuing their clinics at Brook Lane and like the Community Hospital have been helped by Volunteers. Their last 2<sup>nd</sup> dose clinic is currently on the 11<sup>th</sup> of September, and at the moment boosters are for the 50+ and those under 50 who are clinically vulnerable. They are also starting to offer their vaccine to the 16 and 17 year olds, but at the moment are waiting to hear if they will receive a second dose. They will also soon be starting to vaccinate their clinically extremely vulnerable children. At present they are nearing the 45,000 mark since their first clinic on 19th December.

Brook Lane are starting their flu vaccinations on the 12th September 2021.

**Some feat! Many congratulations and thanks to all involved.**

## Memory Groups

The two groups have now had their next face-to-face meetings, held at the end of July in the Hospital garden, and they very much enjoyed meeting each other again. The weather was kind to us, and we used the new gazebo - thanks to Peter for putting it up.



It has now been confirmed that when the proposed chemotherapy unit is established in the Hospital it will be using the Tom Smith Room, work has recently started on this so will no longer be available for the Memory Groups when we restart in September. Our Tenant Liaison Manager, Lee, has assured us that another space will be made available for us, if at all possible, but meanwhile it has been necessary to find another place outside the Hospital. Petta and Janet Cowan have been researching a number of community venues, and we have recently confirmed the kind offer made to us by the British Legion at the top of Brook Lane which is near to the Hospital. It is hoped that the CCG, who fund the use of the Tom Smith Room, will continue to help cover the cost of this new arrangement until space can be found for us back at the Hospital.

Our first meeting in our new venue will be on Monday 20th September at the British Legion in Brook Lane. Morning Group 10:30 am to 12:30, Afternoon Group 1:00 to 3:00 pm. We will be sending out more information and flyers about these changes.

## Please Use 111

We felt it was worth repeating the appeal from our local NHS service to encourage people to make more use of the NHS 111 phone line or email. They say:

Help us to help you, and call NHS 111 for urgent care. With local services becoming busier, the NHS is reminding people of the options available should you need urgent care.

The best option if you are not sure what to do is to contact NHS 111 (or go online to [111.nhs.uk](http://111.nhs.uk)) if you need help or advice. An NHS 111 health adviser will assess you, provide support or direct you to the most appropriate setting for your needs. The NHS 111 clinicians who assess you have access to the full range of options and can make sure you are booked into the right service to meet your needs. In many cases they can even provide full advice and care over the phone.

Calling NHS 111 helps you get to the right healthcare provider first time.

## **Volunteer Gardening Group**

No news to report from our Gardening Group. We need to reconvene for a good tidy up of the roundabout, but it has been difficult whilst the car park and Hospital have been so busy with the Covid Vaccination clinics. Another session is now being organised, and a plea has gone out for more gardeners as we have lost 2 of our members.

We also hope to be able to access the inside courtyards once all the ducklings have gone. A not easy task for Hospital staff who have a hard job trying to catch ducklings from all 3 courtyards and then redistribute to either Holly Hill or RSPB sanctuaries. Any volunteer duckling catchers would be welcomed! Names will be passed on to Lee our Tenant Liaison Manager.

Once clear, hopefully by Autumn, we plan with the help of a garden designer and the Hospital to clear and redesign 2 of the courtyards.

## **Membership Fees**

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

The membership fee remains at £5.00 and can be paid by

either direct bank transfer to our Barclays Bank account;  
Sort Code: 20-30-89, Account Number: 43888142

or by 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".

## **Post-Lockdown Anxiety**

With the success of the Covid vaccination scheme, we should all be able to meet again soon and resume our usual activities as summer progresses.

If you are concerned about beginning to meet up again in a less restrictive environment, or to venture out into the community again, then, the NHS has recognised that, for a number of people, starting to resume a more normal lifestyle after so many months in lockdown may lead to anxiety about the changes expected. They have produced a series of ideas to help with these feelings. They are called "11 Tips to Cope with Anxiety about coming out of Lockdown". Please look at the following link for advice, that website includes links to useful support videos:

[11 tips to cope with anxiety about coming out of lockdown](#)

Or read the summary in the attached pdf document. Clicking on any of the 12 links on page 1 of that document will open up the relevant on-line page of the NHS information.

Best regards

The FFCH team, August 2021