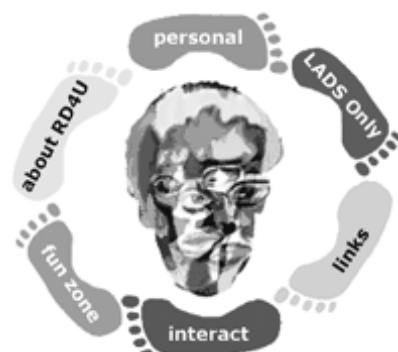


Coffee Mornings:

Suzanne Peacock from Cruse Bereavement Care New Forest gave an interesting talk to about 30 members at our September meeting. The word 'Cruse' is derived from a passage in the Old Testament about a widow's cruse, or jar of oil, which never ran out. Signifying that the support of Cruse would never run out.

She explained how new recruits were selected and trained to give bereavement support and the ongoing training that they receive. She then went on to tell us about the work they do for children and young adults.



Cruse nationally has a website – www.rd4u.org.uk - designed for the computer aware younger generation. In the New Forest Area there are 16 bereavement supporters specifically trained to work with children.

Suzanne described some of the different ways children show their grief and different ways of helping them. This included a visual demonstration, using a bottle of lemonade, raisins and sultanas, which graphically showed the eruption, and overflowing of emotions. The helpline for Cruse New Forest is: 01425 628375.

(Reports on our very enjoyable October and November coffee mornings are being held over to our next issue due to lack of space.)

Future Events:

Coffee Mornings

Neville Lewcock who has made such a success of organising our speakers is busy working on the programme for 2010. The first meeting is on the 5th January.

Our Coffee Mornings will continue to be held on 1st Tuesday of each month in the Surgery's River Suite, from 10.30am to 11.45am. The entrance is through the door next to Boots the Chemists and then up to the 1st floor, by lift or stairs. The River Suite is next to Boyd Physiotherapy.

1st December

At our December meeting we will be having a timely demonstration on how to make Christmas decorations.

Christmas Party 11th December

This is being held in the Robert Hole room at Lymington Community Centre on Friday, 11th December from 6.30pm to 8.30pm. There will be seasonal mince pies and wine. Tickets are £5 each from Marie Mudie 01590 673473.

Brockenhurst College Lunch

Marie Mudie is still collecting names for this event, which we are hoping will be early next year.

Friends Annual General Meeting

This will be held at Lymington Community Centre on Thursday, 25th February 2010. Our guest speaker will be Dr. David Read.



Seasonal Good Wishes

Richard Webb and your committee would like to wish you a Happy and Healthy Christmas and New Year.

The support and hard work of our members and volunteers is the lynchpin of our organisation.

The Friends Committee for 2009

President:	Dr. Anthea MacAlister	
Chairman:	Richard Webb	01590 674622
Vice-Chairman:	Christine Jackson	01590 676276
Secretary:	Gordon Antonio	01590 678761
Treasurer:	Roger Snell	01590 676428
Members:	Eleanor Hanvey	01590 673030
	Jill Lindemere	01590 676428
	Marie Mudie	01590 673473
	Ian Kyd	01590 688028
	Neville Lewcock	01590 688337
	Gill Taunt	01590 677734



Friends of Wistaria Surgery NEWSLETTER 29

Registered Charity Number 1107544

Working to benefit the health of Wistaria's patients and others in the community

Winter 2009 / 2010

Welcome to our December newsletter.

We have a full round of seasonal events planned, and, as you will see have had a busy autumn.

Christmas Draw

Our annual Christmas draw has, once again, some wonderful prizes. Tickets are £1 each, and as is customary we are including two books of draw tickets with this newsletter. The latest date for returning tickets and your cheque to the Friends mailbox at the Surgery, together with unsold tickets, is 9th December. Tickets will also be on sale at the Surgery from Tuesday, 1st December to Friday, 11th December. The draw will take place at our Christmas party. If you would like to donate a prize please contact Marie Mudie on 01590 673473.

Christmas Party

This is being held in the Robert Hole room at Lymington Community Centre on Friday, 11th December from 6.30pm to 8.30pm. There will be seasonal mince pies and wine. Tickets are £5 each from Marie Mudie 01590 673473.

Time to Light Up

How frustrating it is when we wake up in the night or on these dark mornings to have to grope for the switch on our bedside lamps. Well, help is at hand with the 'touch lamp'. One touch on the base of the lamp and it springs alight. They are particularly helpful to those of us who have limited mobility. The 'Friends' have purchased a few of these lamps which we are able to sell, complete with bulb, for £13, or £12 each if two or more are purchased. They will be on show at our Christmas Party, or if you would like more immediate information contact Ian Kydd on 01590 688028. Thanks to the generosity of Enfield Electrical we are able to supply the lamps on a non-profit making basis.

Lymington Fare

We have been asked to remind you that on Wednesday, 9th December Lymington High Street will be closed all day for Lymington Fare which runs from 12 noon until evening. Further details can be obtained from Lymington Chamber of Commerce. There will be parking for the disabled arranged.

Newsletter Delivery

Your newsletters reach you thanks to the hard work of Jill Lindemere and her band of deliverers. Jill is asking for help – do you have any large used envelopes you could pass to her (via our mail box in the Surgery) as she uses them to help sort out the newsletters.

Also if you are aware of any Friends who have changed their address could you let her know - 01590 676428. If you could help deliver some of the newsletters she would be pleased to hear from you.

Surgery Garden

The surgery gardens have had their autumn bedding down and Joan Grant who has ably organised the maintenance of the gardens for us is hanging up her secateurs.

Thank you Joan and all the gardeners who quietly do such a great job for us. Her role is being taken by Tony Harris. If you are interested in helping next year please contact Marie Mudie.

Bridge the Gap

One of our members is seeking bridge partners to play in his home, as his wife is no longer very mobile. He tells us they are average players and limited by declining sight. He still drives and could collect people.

If you are interested in learning more contact Christine Jackson: 01590 676276.

For all the latest information on Friends of Wistaria Surgery please visit our web site www.friendsofwistaria.org.uk



DR. WISTAR

Wistaria Vaccinations

Our nurses administer a remarkable quantity and variety of vaccinations every year.

The best-known vaccine is obviously the 'flu jab'. Flu immunisation gives excellent protection against the seasonal flu and lasts for one year. The vaccine is given in October and November each year. It is made from the strain of influenza virus that is expected in the coming winter. Each year this is slightly different so a new vaccine needs to be made every year. You need a yearly immunisation to keep protected.

Flu immunisation does not prevent other virus infections, which can cause coughs, colds and flu-like illnesses. It protects only against the influenza virus that is expected in the coming winter months. The virus does not actually contain any living influenza virus. This means that it cannot cause influenza. It is a coincidence if you develop a cough and cold shortly after having the flu immunisation. It usually takes up to two weeks for your body to develop full protection against influenza after the vaccine is given.

The influenza vaccine is very effective at reducing the death rate from influenza and also the complications of influenza. You should consider the vaccine if you are:

- ◆ Aged 65 or over
- ◆ Have chronic lung diseases like emphysema, bronchitis, severe asthma
- ◆ Have chronic heart diseases like angina, heart failure or previous heart attack
- ◆ Have serious kidney disease
- ◆ Have serious liver disease
- ◆ Have diabetes and are taking either insulin or tablets for it
- ◆ Have a poor immune system, e.g. are having chemotherapy or steroids
- ◆ Have diseases of the nervous system, e.g. MS
- ◆ Live in a nursing home or residential home

Other 'at risk' groups are main carers for elderly or disabled persons. Staff involved in direct patient care may be offered a flu jab from their employer. Also, those in close contact with poultry should be immunised.

Normally no problems arise from the vaccine. You may get temporary mild soreness at the infection site or mild fever and slight muscle ache. Severe allergic reactions are very rare – the chances of this are reduced by those who have had a reaction before, or are allergic to eggs, not being immunised.

In 2008 the nurses at Wistaria Surgery, with the fantastic help of volunteers from the Friends gave well over 2,000 flu vaccines. It looks as if there will be similar numbers for 2009.

The surgery also provides all the immunisations for children from 2 months old to school age, including diphtheria, tetanus, pertussis, polio, haemophilus influenzae, meningitis C, pneumococcal, measles, mumps and rubella.

We have recently started immunising teenage girls with the papilloma virus vaccine according to the national criteria to prevent cervical cancer.

Our nurses administer vaccines for travel purposes. Ideally travel appointments are booked 6 weeks prior to travelling to allow for courses of treatment. Unfortunately, we cannot give vaccines to travellers who give us less than two weeks notice – in these cases we ask patients to go to the Travel Clinics in Southampton. It is practice policy not to answer questions regarding travel over the 'phone as it is easy to make mistakes. With this in mind we request patients to put their requests for malaria prophylaxis in writing. We are a registered yellow fever centre.

We are very grateful to the Friends of Wistaria for the recent donation of a large specialist fridge to store all the vaccines at the correct temperature.

Swine Flu

Obviously this year we have seen the emergence of Swine Flu. This pandemic originated in Mexico and spread across the world rapidly, with the peak number of cases at the end of July 2009.

This Autumn/Winter it is expected that the incidence will peak again. Interestingly the H1N1 strain of this Swine flu is similar to the strain that occurred in the last pandemic of 1959.

Anybody who was alive at that time has some immunity to Swine flu, hence those mostly affected have been the under 65 year olds.

The Swine Flu vaccine has been developed this summer and the surgery now has a date for delivery of the vaccine, so the new fridge will soon be full again.

Those in the most at-risk groups will be receiving letters from the surgery asking them to attend for vaccination.

Swine Flu Treatment Advice

- ◆ Stay at home and rest
- ◆ Take medicines like paracetamol or ibuprofen (following the instructions – children under 16 should not be given aspirin or ready made flu remedies)
- ◆ Drink plenty of fluids and check your symptoms on www.nhsdirect.nhs.uk
- ◆ If you have the right symptoms contact your GP or NHS Direct for additional advice, as you may need to be prescribed antivirals
- ◆ Please do not go to your GP practice, A&E, walk-in centres or pharmacies to help reduce the spread of the virus. A&E departments do not hold or prescribe antivirals
- ◆ Please do not dial 999 unless it is an emergency as you may stop an emergency call getting through. If you have been prescribed antivirals by your GP, arrange to have a flu-friendly collection for you from the nearest collection point.

RECENT EVENTS

Garden Lunch 20th September

It was a packed marquee as some 50 people once again enjoyed a lovely lunch in the beautiful grounds of Solent Reach, thanks to the generosity of our hosts, Sheila and Mike Griffiths and Homer, their boxer dog. The delicious buffet lunch was followed by an unsurpassed selection of desserts, whilst the wine and mineral water flowed. The weather was kind to us enabling people to gently stroll through the lovely gardens. Our thanks to Marie Mudie and her team, particularly Ivor and Alan, and to the Griffiths for all their help and support. A few days after the event a local minstrel, Michael Bell, sent us the following report:

'And so it came to pass that word was sent out to all & sundry that a feast was to be held at the stately home of Squire Griffiths and his Lady wife in celebration of our patron Saint, St. Wistaria. At the appointed time, gentry and peasants alike, arrived to be greeted with copious amounts of wine. Fuelled by the wine the ravenous hordes could no longer be restrained and descended on the lavish array of food that had been beautifully prepared by Mistress Mudie and her band of willing helpers.

Filled with wine and fine food the celebration continued with the eloquent words of thanks from Master Richard, including, a subtle hint to the Squire that we would like to return next year. At last it was time to disperse and as the weary guests staggered to their carriages they pondered on the dangers that lurked in the lanes and alleyways, in the form of lay-a-bouts, vagabonds and ne'er do wells that abound in the surrounding countryside.

To date, no reports of assaults or robberies have been received by the local yeomanry, so it can be assumed that everyone returned safely to their respective dwellings, replete and happy'

Highgrove Visit – 1st October

Over twenty member of the Friends had a pleasant surprise when they were phoned and asked if they would like to join a group visiting the Highgrove gardens, the home of HRH Prince Charles. With the visit having to be arranged at very short notice a draw of members names was made, and the lucky few were then contacted. The good news is that we have been told we can apply for another visit and we will hope to have a spring tour, although this may not be for a year or two.

For this very special day the sun shone as our party embarked on a highly organized visit. On arrival there was an informative video, personally narrated by his Royal Highness, featuring his vision for the gardens and the journey he took with the assistance of eminent planners and his head gardener to achieve the beauty of the gardens as they are today. Numerous statues, massive, ornate flowerpots and varied ferns formed the basis of individual gardens, each with their own unique entrance gates. HRH the late Queen Mother was lovingly remembered in several places as was the 'tree house' of the two young princes, now resting on columns of Welsh slate.

As Prince Charles was away our guide showed us his personal residential gardens, which surround his impressive home. The tour ended with tea and refreshments in the Orchard Room, with time available to browse the gift shop for a memento of a truly inspiring experience. Thank you to all those who helped arrange the trip, especially Susan Antonio.

General Meeting – 20th October

David High, Branch Manager of the New Forest Branch of the Alzheimer's Society gave a talk on dementia at our autumn General Meeting. He explained that dementia is a progressive brain disease, which causes the death of brain cells.

Dementia is an umbrella term and there are many forms. Alzheimer's, in which excess proteins kill cells, is the most common. Dementia is 'race blind' and 'gender blind'. It is significantly age related: 30% of 90-year olds suffer from dementia. Diagnosis can be difficult, requiring time and expertise. We are fortunate in our area in having Moorgreen Hospital in Southampton that has a memory clinic enabling early diagnosis. 'Aricept' can slow the progress of the cell break down, but only for two years.

David went on to tell us about the work of the Alzheimer's society, which is a national charity with 250 branches. The New Forest area has 70 volunteers and runs a network of support groups, including art and music groups, a befriending service (with 22 befrienders) and a Big Lottery funded Outreach Service, funded until 2012. They have a helpline and run publicity awareness campaigns. They are trying to bring Dementia awareness out of the shadows, assisted by people like Terry Pratchett who openly talks of his Alzheimer's and awareness that Ronald Reagan and Margaret Thatcher have also been affected.

The Government has introduced a new Strategy on Dementia which calls for each Primary Care Trust to produce a dementia plan that provides improved information for professionals and the public, good quality, early diagnosis, the introduction of memory clinics, advice and support services, with an outreach programme, and improved care in hospitals and improved training for staff. However, none of this will be able to happen without sufficient funding. This was a sobering presentation but encouraging in that it showed that dementia is receiving more and more attention.

The New Forest Branch of the Alzheimer's Society can be contacted on 01590 644649 or e-mail: david.high@alzheimers.org.uk