

FUTURE EVENTS

Christmas Festivities:

Christmas Draw

Enclosed with this newsletter, as is our custom, are two books of draw tickets. Tickets are £1 each and the latest date for returning tickets and your cheque to the Friends' mail box at the Surgery is 8th December.

If you need more tickets they will be on sale at the Surgery from the 30th November to the 9th December, from our usual decorative table. If you can donate a prize please contact Marie Mudie – 01590 673473 or if you can help with the sale of tickets in the Surgery contact Julia Lewcock on 01590 688337.

Friends Christmas Celebration

Friday 9th December
starting promptly at 6.30pm.

A short Quiz and Bring a Plate supper is being held in the Robert Hole room at Lymington Community Centre. Numbers are limited by the room capacity so book your place early by contacting Marie Mudie on 01590 673473.

Please bring a plate of your favourite food to share at our cold buffet table. We usually have a great feast. The Christmas draw will take place at 6.45pm so be in your place promptly, supper and quiz will follow.



2011 Christmas Tree Festival

Sadly we have learnt that the United Reformed Church is unable to run the festival this year as they cannot find an organiser. This seasonal event will be much missed and we would like to thank the URC for the great pleasure they have brought us in the past.

Committee Members 2011

Chair	Ian Bennett	01590 673331
Treasurer	Roger Snell	01590 676428
Secretary	Gordon Antonio	01590 678761

Committee Members:

Hugh Keal	01590 675023
Ian Kyd	01590 688028
Neville Lewcock	01590 688337
Jill Lindemere	01590 676428
Marie Mudie	01590 673473
Lena Proudlove	01590 674946
Gill Taunt	01590 677734

Befriending Service Helpline: 01590 677788

Coffee Mornings

Coffee mornings are held on the first Tuesday of every month in the Surgery's River Suite from 10.30am to 11.45am. The entrance is through the door next to Boots the Chemists, then up to the first floor by stairs or lift. The River Suite is next to Boyds Physiotherapists.

6th December – Coffee Morning Christmas Social

3rd January – Digital TV changeover – Peter Hellewell (What is Rowridge? It is the TV transmitter group which covers Hampshire, the Isle of Wight and parts of Dorset and W. Sussex.) Come along and learn more.

7th February – Running a Pharmacy – Pete Williams from Boots in Waitrose

6th March – Diet for the elderly – Nutritionist Debbie Sutton

3rd April – Avoiding Falls – Eleanor Corbett from Milford Hospital

1st May – The Fire Service – Alan House

5th June – Strawberry Fair social

3rd July – Clipper Ship 2011 – 2012 – Neville Lewcock

Wistaria Walks

Saturday, 10th December

Hugh Keal will be leading our December walk. Meet at the Dibden Inclosure car park at the Dibden end of the B3054 from Beaulieu.

Map reference SU 407057, a 3.5 mile walk which will start promptly at 10.30am. Enquiries to Hugh on 01590 675023, e-mail hughkeal@aol.com

Annual General Meeting

Make a note – the next Annual General Meeting will be at Lymington Community Centre on 3rd April 2012, 7.00pm for 7.15pm. It is planned that our guest speaker will be Mr Nimesh Patel, an Ear, Nose and Throat surgeon.

In the Pipeline:

Lunch at Brockenhurst College

By popular request Marie Mudie is now collecting names for a lunch at Brockenhurst College. If you are interested phone her on 01590 673473. It may take some months before we are able to make a booking.



Friends of Wistaria Surgery

NEWSLETTER 37

Registered Charity Number 1107544

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

Winter 2011



Welcome to our winter newsletter.

Once again the Friends worked hard to help run the autumn flu injection afternoons at the surgery.

So quick and so painless was the process that your editor began to doubt that she had really had her injection!

Good Neighbour Support Service

Four of our befrienders attended the annual meeting of the GNSS which was held in Winchester. There was an excellent attendance from across Hampshire and a number of interesting speakers and workshops. Two of the speakers will be addressing our coffee mornings in the new year.

Rousing cheers greeted nutritionist Debbie Sutton's statement, 'Eat more cake!' She was making the point that 'healthy eating' is usually linked with sensible dieting but many elderly people, often living on their own, are nutritionally vulnerable as they do not eat enough. She will be speaking at our 6th March coffee morning.

Every Good Neighbour group is different but typically they are locally based, independent and entirely run by volunteers.

In 2010/11 there were 122 groups in the Good Neighbours Network, 3,599 volunteers carried out 108,156 tasks. Whilst the majority of groups provide transport to hospital, GP and other medical appointments there are a number of luncheon clubs. Locally Lymington Care provide transport services – 01590 679187.

During this last year the GNSS has produced Good Practice Guidelines for Befriending Services and the Friends Befriending Service were one of the groups already offering befriending involved in 'testing' the guidelines. There are now 30 groups across Hampshire offering befriending.

If you could offer a neighbourly 'listening' ear to a lonely isolated person and would like to know more about the Friends befriending service contact Christine Jackson – 01590 676276 or Gill Taunt – 01590 677734.

Coming our way soon

One of the workshops at the Good Neighbours Support Service Annual General Meeting was on the Digital TV switchover which starts in our area on the 7th March, 2012 and in the rest of the Meridian region from February 2012, just a few months away. An excellent presentation was given by Peter Hellewell, an entertaining speaker from Community Action Hampshire. If you don't have a digital television by the time of the switchover, when the existing analogue TV signal is switched off your TV screen will go blank. The new digital service will have a stronger signal and enables many more channels to be transmitted. The workshop was introduced to Digit Al, the little figure that is becoming familiar to all of us from our TV screens and then given a 'Treasure Hunt' to complete in the form of questions covering various aspects of the switchover. (Question: What is Rowridge? – find the answer in future events). Even people who already have digital TV will be affected as some retuning is going to be necessary.

All current TV's can be converted by installing a neat set top box for as little as £25. There is a Switchover Help Scheme for people who do not have digital TV in their home providing they meet certain criteria, such as: is aged 75 or over, or has lived in a care home for six months or more, or gets (or could get) Disability Living Allowance (DLA), or Constant Attendance Allowance, or Mobility supplement, or is registered blind or partially sighted. For more information call free on 0800 40 85 900 or visit helpscheme.co.uk.

Thanks to speedy work by Julia and Neville Lewcock Peter Hellewell has agreed to talk to our 3rd January coffee morning on the Digital TV changeover.



Good Neighbour Support Service

Friends of Wistaria Surgery is part of the
Good Neighbour Network

<http://www.goodneighbourhampshire.org/website/>

RECENT EVENTS

Garden visit, Houghton Lodge

On the 3rd August a coach-party of 29 members of the Friends spent a delightful afternoon visiting the gardens of Houghton Lodge, near Stockbridge, and indulging in a cream tea with home-made scones in a former cow-shed!

On arrival we were met by Captain Martin Busk who gave us a fascinating talk on hydroponics, after which we had the opportunity to witness this method of plant growing, in gravel through which water carrying the necessary nutrients is pumped, for ourselves in their large hydroponicum. It is the only one, they believe, open to the public in England although there are numerous commercial hydroponicums both here and abroad.

Amongst the titbits of information we were given we learnt that hydroponics had been considered as a method of providing fresh green vegetables for astronauts. NASA had gone to considerable lengths to test the method and finding it very successful sent up a shuttle with a complex hydroponics system on board. After some time the astronauts reported back that their plant growing was a total failure as the roots and stems were winding themselves into knots – like balls of wool. After further experimentation NASA realised that they had not taken into account the fact that there would be no pull of gravity on board!

We also learnt that after the Falkland war a grant was made to build a hydroponicum on the Falklands so that fresh fruit and vegetables could be available as they could no longer be obtained from Argentina. This enterprise proved very successful.

As we set out to explore the grounds we were invited to collect and try the windfalls in the orchard which held many varieties of apple trees.

And in this unseasonal year the espalier pear trees lining the chalk cob walls surrounding the Kitchen garden were already loaded with ripe fruit.

We wandered down to a small wooden bridge leading to the Meadow Walks where we could see, poking their heads above the long grass three friendly Alpacas, two white and one black: Tom, Dick and Harry.

There was much to seek out as we strolled the five acres of park and lawn: a topiary dragon that spewed out puffs of smoke, an ancient grotto and the peacock garden where three peacock designs were hidden. Then there was the joy of wandering at will along the banks of the tranquil river Test, with swans and moorhen drifting by. All too soon it was time to catch the coach back to Lymington. Thank you Marie for organising this lovely day out.

August Woodside Rotary Fair

Despite inclement weather our Old-Fashioned Sweet Stall made £260 at the Rotary fair. Thank you Alan and Ivor for all your hard work.

Coffee Mornings

July:

Our speaker was Sister Julie of the Dominican Sisters of St. Joseph in Lymington. The Dominican Order was founded in the 13th century. The present Priory was created in 1994. There are seven Sisters, with one Novice and one Postulant. A Postulant is someone who lives at the Priory to find out if the calling is for her.

After a year, if she so wishes, she will become a Novice – someone who takes a full part in the daily life of the Priory. Sr. Julie described the habit worn by the Sisters: over a white ankle length tunic is a scapular, a piece of cloth from the shoulders to the knees. There is a hood and shoulder cape and, finally, a veil covering the face or head.

After two or three years of Novitiate a Novice will profess her vows and become a Sister. The Sisters live a strict daily time-table of religious activities, work, study and some social time. The day starts at 5.45am and ends at 9.00pm. A 'Grand Silence' is observed from then until the next morning by all the Sisters and visitors on retreat. Sr. Julie assured us that silence is very comforting and easy to observe. The Priory is financially self-supporting with donations and much fund-raising. In August a week-long Catholic Mission is held there attended by youngsters ranging in age from 10 to 20 years. This is a very exhausting but satisfying event for the Sisters. We were told that visitors to the chapel, adjacent to the Priory, are always welcome.

August:

Jeremy Caldwell of the local estate agents of that name was our August speaker. We were told about the structure of the estate agents' world. Although they are governed by the Office of Fair Trading an agent has only to be a member of the trade association or a qualified surveyor to trade as an estate agent. They are mainly involved in the marketing of property but have to co-ordinate all the people involved in a house move. They have many legislative responsibilities such as monitoring the financial credibility of a prospective purchaser to ensure they are not engaged in money laundering. Advertising properties is surrounded by rules and Jeremy explained that today sales literature is predominantly pictures with floor-plans. The digital camera has transformed this side of the business as has the Internet. Properties are advertised there by individuals as well as estate agents but many people like to have someone guiding them 'through the maze'. We were shown maps of the geology of the Lymington area and also a map of the flood plain. Many of us remember flooding in the town some years ago.

It was interesting to learn that the average duration of ownership of a property is seven years. This is seen as a comforting thought for agents, especially when business is slack!

Another – somewhat frightening – statistic is that moving house can cost upwards of £25,000. Much of this goes on stamp duty.

September:

Our speaker in September was Cheryl Boettger, a chartered physiotherapist. Qualifying in 1984 she worked for the NHS for some years before taking up a post in Dubai in the Arabian Gulf. She had various roles there including being the physiotherapist for a local rugby club. She returned to this country in 2000 and now works in private practice. Physiotherapy requires a university degree which leads to becoming a Chartered Physiotherapist.

The Chartered Society of Physiotherapists defines physiotherapy as, 'A science covering a broad range of techniques enabling people to promote their own health and well-being. It aims to restore movement and function when affected by injury, illness or other disabilities.'

Today the emphasis is on Evidence Based Practise. This means integrating clinical expertise with external clinical evidence from systemic research. One result of this approach has seen less use of heat treatment and massage.

One of the skills of a physiotherapist is pain management and acupuncture has been shown to be very effective in this field. Exercise and following a balanced diet has an enormous benefit on one's overall health. Modern technology sees the use of ultrasound, lasers and other electrotherapy equipment.

Preparing for Winter

It is essential to keep warm to help prevent conditions such as hypothermia, bronchitis, chest infections and pneumonia. There is a free Department of Health guide, 'Keep Warm Keep Well' which provides information about staying well in winter by keeping warm. For a copy call 0300 123 1002 or visit their website: www.direct.gov.uk/keepwarmkeepwell

Amongst recommendations they make for winter months are: have regular hot meals and drinks, try to make sure that you have a stock of frozen or tinned food so that you do not have to go out in icy weather. Wearing the right clothes can also help. Several layers of thin clothing will help trap body heat better than one thick layer. Clothes made from wool, cotton or fleecy synthetic fibres are best. Make sure that you are warm in bed at night: bed socks, thermal underwear, a nightdress or pyjamas and a head covering (such as a night cap or scarf) are all recommended. To keep feet warm and stop people falling they suggest wearing flat, dry, warm non-slip shoes or boots. Staying active helps to keep you warm so keep to your normal exercise routine if you can safely. At home space chores out throughout the day so that you do not sit still for long periods. Try doing easy exercises from your armchair.

For your own safety you should make sure that your heating system is in good working order. If not maintained properly they can be very dangerous and you would not want it to break down when snow was on the ground.

With rising fuel bills it is tempting to cut down on heating. AgeUK publish a fact sheet on Help with Heating which can be downloaded from their website www.ageuk.org.uk or call Age Concern Hampshire on 0800 328 7154. Your local Energy Advice Centre will give free advice on how to make your home more energy-efficient. Freephone 0800 804 8601.

TheNewForester.com

Check out the above web-site which aims to inform, entertain and unite the communities and businesses of the New Forest. The website is evolving and offers opportunities to win prizes and awards together with support and advertising opportunities for local businesses.

Articles from individuals are welcome and they contacted us after seeing the evocative write-up by Trevor Nunn of 'The walk around Hats and Tiles' in our summer newsletter. Coming shortly will be a full colour magazine, 'The New Forester'.

Gifts and Donations

We are always grateful for cash donations from our members but would also welcome gifts of items of value that could be sold or auctioned.

If you are moving house, or down-sizing, this might be an opportunity to put items you no longer need to good use.

We understand that items willed to charities do not attract inheritance tax. Contact Ian Kyd on 01590 688028.

Gardens wanted!

Do you know anyone with a large garden with nearby parking, where we might hold an alfresco lunch or tea-party? If so please contact:

Marie Mudie – 01590 673473.

