

Patient Participation Groups Newsletter



Incorporating the
Friends of the
Badgerswood and Forest Surgeries

April 2021 Issue 38



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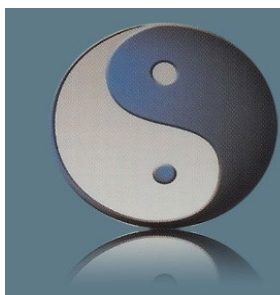
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Café 1759

**Built amongst some of the original Quebec
barrack buildings**



The battle of Quebec in Canada was fought against the French in 1759, hence the name of the café.

The café is a non-for-profit café supported by volunteers. All money made is re-invested into the café and the local community. All food is locally sourced and home made in the café kitchens.

Café 1759

Opening times

Chieftain House

Challenger Place

Bordon

GU35 0FP

Sunday / Monday - Closed

Tuesday - 8.30am - 4.00pm

Wednesday - 8.30am - 4.00pm

Thursday - 8.30am - 4.00pm

Friday - 8.30am - 4.00pm

Saturday - 8.30am - 2.00pm



Bordon & Whitehill Voluntary Car Service

We are looking for more volunteer drivers, who use their own cars, to help run this service. With the enlargement of the town we are receiving an increasing number of requests.

We also need coordinators to answer calls and arrange the trips with the drivers etc.

We take clients to local surgeries, hospital outpatients, dentists etc.

Please call us on the number below and our coordinator will explain all about our service. You can do as much as you like, there is no pressure to do any journey.

If you do not have access to transport from family or friends to take you to medical facilities then please ring us. Our coordinators will be very pleased to explain how we can help.

Please ring **07596 701312**. Our new number



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.....

*We hold a coffee morning at 10.30 every Thursday
at Headley Church Centre*

*Perhaps you would like to join us for a coffee and meet
up with other local people*

Pop in and see us

Not too long now before you can!

<https://www.thehuntercentre.co.uk/>

THE HUNTER CENTRE
Supporting those living with
DEMENTIA

The Hunter Centre is a dementia day centre which supports those affected by dementia and their carers in Haslemere and the surrounding areas. It is now safely open and following government guidelines regarding COVID-19.

Marjorie Gray Hall,
Grayswood Rd,
Haslemere GU27 2BW

01428 654710 07482 464322
Email: manager@thehuntercentre.co.uk

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Dear Members

This is the first report I have written for you. My predecessor, David Lee, stepped down, due to a change in his personal circumstances, and I was subsequently voted to be Chairman by the Group. David was a hardworking and most knowledgeable Chairman, and will be sorely missed.

Some of you may be aware that I am used to chairing, having been a District Councillor at EHDC, for Lindford, for 20 years. I have chaired many public meetings, including a Health and Well Being Panel, and sitting on the Chase Hospital Steering Group for many years.

Normally the duties of the PPG are not too onerous, however with the spread of Covid 19, everyone has “stepped up to the plate” and assisted Forest Surgery in a number of ways. You will probably know that Forest Surgery has been used for a roll out of the vaccines Pfizer, and Astra Zeneca. The staff here have implemented a magnificent and well organised regime.

The PPG have helped by providing car park marshals, helping with administration, stapling thousands of paper sheets together (health questionnaires) and providing support where needed.

Unfortunately, with the advent of the virus, the PPG have found it impossible to fund raise, however donations have still arrived, recently with the help of Masonic Lodges. These will go towards the latest piece of equipment for Badgerswood and Forest surgeries – namely a Doppler machine, which measures blood flow in the lower limbs.

We have become more technical with postings on “Nextdoor” and a revamped section on www.bordondoctors.com

Although obviously there have been no First Aid Courses, it is hoped that these will resume at a later date. We hope you will enjoy reading this Newsletter with various articles, and some from members of the Group.

The two previous Annual General Meetings have had to be cancelled, but as soon as we can, we will reinstate these, and I hope to see you all attending.

In the meantime, stay safe, and enjoy the Spring and Summer.

Yvonne Parker Smith

PPG Fund-raising Activities:

For the moment, we are unable to enjoy the fun of musical evenings, quizzes, fashion shows or any of the other fund-raising activities we have organised before. However, we have been promised donations and grants from local sources to help buy what the GP surgeries need. However, if all goes well, we may be able to organise a car boot sale in the late summer of 2021. I do hope so!

Recruitment of new members

Committee members Ian, Carol and Ted have been thinking about how to attract new members to the Patient Participation Group for Badgerswood and Forest GP surgeries. We are particularly looking for anyone who could join the committee. We contacted our very local new printers A3 PRINT at Broxhead, (See their advertisement on the inside front cover)

who produced leaflets and printed facemasks and High vis vests for the marshalls at Forest Surgery, during the vaccination roll out. Do you know anyone who might like to join the PPG and help? It might be through fund-raising or helping out with general computer skills, publicity, via social media, delivering newsletters, helping out at the AGM post pandemic or coming up with new ideas to help the patient community. Here is the leaflet they designed and have been distributing.

You have been helped today by volunteers from the **Patient Participation
Group**
of
Badgerswood and Forest Surgeries



The main aims of the **PPG**:

- To assist communication between patients and the Practice, particularly asking for input and suggestions for improvements as seen from the patients' point of view.
- To support the Practice in striving for excellence
- To monitor the standards of the Practice and compare with other Practices locally and nationally
- Inform patients and the public regarding changes and improvements occurring in the Practice
- To educate the public on health matters
- To fundraise for items required for the Practice that are not funded directly by the Primary Care Trust
- To train in basic 1st Aid as many Bordon, Whitehill, Lindford and Headley people as possible

A recent quote from Councillor Andy Tree, Leader of Whitehill (and Bordon) Town Council on the Covid-19 roll-out locally –

“A special thanks to all Forest Surgery staff and volunteers, PPG (Patient Participating Group) members, who we are told have worked extremely hard to roll this provision out to the Bordon and Whitehill area.”

You can make a difference by joining us as a member and for just £5 a year receive our quarterly newsletter and get opportunities to participate in the future of your healthcare. The email address of the PPG Chairman is: yvonne.parkersmith@gmail.com or you can contact us via surgery reception.

Letter to the PPG members during COVID 19 in April 2021

Dear Members

There we were, in October 2020, with a quasi-quarantine and suppression of the numbers of COVID-19 cases, the promise of Christmas with the family, better treatments for severe illness and a possibility of a vaccine at some point in the future.

Where are we now? After a scary roller coaster journey on the epidemiological curve, rising with Christmas shopping and peaking alarmingly after New Year, we are in lockdown again.

This was predictable. Fortunately, scientists worldwide, against all odds and without cutting any vital corners, have developed many safe and efficient vaccines, although there has never been 100% efficacy and safety in any vaccine in history. UK was up amongst the best and the bravest, approving the Pfizer-BioNTech vaccine on December 3rd 2020 and UK's home grown Oxford, AstraZeneca on 30th December 2020, to name two of many. The super-efficient, NHS vaccine roll out, starting with those aged 80+ and others at risk, began immediately! To date, April 6th 60% of the UK population have had a first dose and 10.4% a second dose of one of those vaccines and more vaccines are on the way soon including the Moderna vaccine.

Breaking news today tells us that a single dose of either Pfizer or AstraZeneca gives a greater protection in the elderly than previously thought.

Vaccination, better treatments like dexamethasone and National Lockdown have led to the R number going below 1, leading to a dramatic drop in the death rate, hospitalisation and positive cases, but we are not yet out of this pandemic. Our NHS frontline workers are still exhausted and would still rather have a pay rise, more incentives and better PPE than a clap of appreciation.

Where do we go now along the road map out of lockdown and back to a new normal? 'Hands, Face, Space and now ventilate', for a while longer, must be the safe way forward as there is more awareness of the virus spreading through the air in crowded, mainly indoor places. We'll have to be careful at least until the population reaches herd immunity.

The shaking of the magic money tree has come up with astronomical sums of money to help the economy and the people in work and out of it. However, although lockdown has meant secure comfort for many, it has caused, for many reasons, unbearable hardship for very many. The country, and the world, must start rebuilding and begin to try to address the many problems of inequality, inefficiency and the destruction of our environment which have been so clearly highlighted over the last year. The latter could provide a good deal of green business and employment if handled well. The hope is to build back better.

At the moment, UK finally, after a few problems and a high number of deaths, is doing well with its research, development and distribution of vaccination, but the ultimate aim must be to vaccinate the world. We need that 'two little boys selling lemonade for Yemen Aid' philosophy. The World Health Organisation has stressed the vital importance of vaccinations for all, as nobody is safe until we are all safe in our interdependent globe. Unfortunately, some of our neighbours in Europe have not helped the world vaccination programme by firstly accusing UK of withholding supplies of the Astra Zeneca vaccine and in the next breath, questioning the safety and efficacy of this same vaccine. Now the US has begun to wade in against AstraZeneca. The sad thing is every criticism, for whatever purpose, has led to more

vaccine hesitancy, and with initial poor planning and late approval of vaccines, Europe is lagging behind in the vaccination roll out and this could lead to a rise in the numbers of deaths. Vaccine nationalism has reared its ugly head. WHO have initiated GAVI (Global Alliance for Vaccines) and COVAX, the result of an extraordinary global collaboration designed to provide fair access to research, development and vaccines in all corners of the world. Ironically, the vaccine under fire, AstraZeneca is the one that the Jenner institute insisted that any manufacturer had to agree to distribute it globally profit free. It is also interesting that GAVI has been exploiting the rivalries between wealthier nations and different political philosophies across the world to create competition in the spirit of cooperation, not conflict. In short, for example, the West wouldn't want to be outdone by Russia and China in the race to provide vaccines to the lower income funded nations. A voice from Africa sticks in my mind, pleading, 'Give us the recipe and we'll manufacture our own.'

Are we nearly there yet? We probably aren't. There may always be some vulnerable people who cannot or will not be vaccinated and protected, so the virus may not be totally suppressed far less eradicated. Vaccine passports for international travel will probably be introduced but it will be harder to implement a no jab no job, pub, theatre or whatever policy. We must learn to live with COVID, safely, and may need annual jabs tweaked to deal with new variants - as we now do for flu. Fortunately UK has excellent COVID genome research facilities to identify such variants and adopt vaccines. Rehabilitation after Long Covid will also be needed and sadly this may turn out to be extensive.

A day of reckoning must come. We may never know exactly where and how the virus began in China but we do know that there was denial and a cover up which, catastrophically, allowed its initial spread. We also know that Professor Zhang Yongzhen, a Chinese researcher, contacted Dr Teresa Lambe, a professor at the Jenner Institute, Oxford, on January 11th 2020. He had sent her the virus's genetic code, effectively a recipe for creating a vaccine. The team started work immediately and by March 2020, a first batch of vaccine was ready to be tested. We now know how successful their efforts have been.

The rest of the world, including UK, was slow to grasp the horror of the situation. The cautious, who closed their borders and locked down their societies, did best. UK allowed the outside world to bring in the virus, dithered over mandatory masks and failed to cancel massive super-spreaders like Cheltenham 2020. Eastern countries and parts of Africa knew better than Western countries how to handle the spread, and so far have lost fewer lives. Unfortunately, many countries don't have strong enough health services to cope and some may allow the wealthy to take advantage of the available vaccine first.

Tragically we must mourn the loss of so many loved ones as a result of COVID-19. Candles are constantly lit in our house. However, optimism is a tonic. Let's hope, with the help of the vaccine and a careful release of lockdown measures, that we can all begin to sleep better, feel better and get back to school, work, places of worship, shops, restaurants, sports, theatres and all activities that help to make life worth living. I for one desperately need a haircut.

Best Wishes and Stay Safe
Liz Goés

The flu jab military operation which took place at the Bordon Masonic Hall last autumn.



This was excellent preparation for the hugely successful COVID vaccination roll out which began before Christmas at the Forest Surgery, Bordon.

Or was it?

Oh to be in the PPG... (Glyn getting wet)



Volunteering at the Covid Vaccination Clinic

When Dr. Leung and his team heard that patients from Badgerswood and Forest surgeries might have to go to Petersfield for their Covid vaccinations, with all the problems our 'wonderful' public transport service could bring, they looked at what could be done. They approached the local CCG (Clinical Commissioning Group) to help them to become a Primary Vaccine site. After visits from the CCG, we became one of the very first GP surgeries in the country to be allowed to do this. If I write nothing else, we should give Dr. Leung and his team a massive thank you for this.

As soon as the Patient Participation Group (the PPG) heard this was going to happen, we at once offered to help in any way.

And that is how, three days before Christmas, I found myself at 8 o'clock on a freezing morning standing in the Forest Car Park wearing my warmest coat, a high viz vest, my warmest gloves, a mask and steamed up glasses. Together with other members of our PPG committee, Ted, Carole and her husband Glyn and Ted's friend David from the Bordon Masons, I was about to help with a most rewarding experience. We had taken on the marshalling of the car park. We were soon joined by Dr. Sherrell's sons Tim and Christian and between us we would cover from 8 in the morning until 6 at night. Emma, the Forest office manager, gave us a big smile and said, "Thank you so much for doing this."

I think it is very important to realise that all this work is on top of the normal workings of the surgeries. There were still doctors and nurses helping patients both by phone and in person, the pharmacy was still open and for the first two days that week a phlebotomy clinic was running to give people blood tests. Emma and her team would also be helping with the administration side of the Covid jabs within the building. Remember they had already rung people to make the appointments for the jabs. That first week was the Pfizer vaccine and the aim was to see 975 to 1000 people. Next time you ring a friend or family member, think of doing it 975 times in a couple of days.

When the staff looked at the layout of the Forest Surgery building, they realised it would be easy to use it in a way that would protect both staff and a large number of patients to be vaccinated, while still maintaining social distancing and allowing the normal day to day activities. Forest is basically a long corridor with rooms leading off it with a conference room at one end and a waiting room at the other. This is perfect for a one-way system that allows a flow of people in the safest way possible.

First the scary face



Then the drive in from Forest Road



Round the back of the Surgery



And finally, the safe comfort of the sanitised and socially distanced Conference Room



Ours was the easy job: asking people why they were there, directing them to the correct area, helping with car parking , assisting gaining entrance with wheelchairs and walking aids, reassuring those who had concerns and saying hello and goodbye and see you soon. The real hard work was inside that building. After what was mostly a short wait outside, each person was met at the entrance to the conference room and directed to a seat which had first been sanitised. They were given a number, clipboard, pen and a form to fill in their details, all sanitised of course. People with wheelchairs or mobility problems were seen separately in an easy access room. Most days there were four clinicians working and when one became available, the next person to be vaccinated, by number, was called forward. Following a short series of questions, if safety was established, they were given their jab. A very important sticky label, with the exact time of the jab, was given to each patient before they were asked to carry on down the corridor into the waiting room; it was a perfect one-way system with no need to meet anyone. A member of staff monitored each sticky label and after a 15 minute wait to check for possible after effects, each patient was allowed to leave.

What was a real pain was all the people that first week were also given an appointment three weeks later for their second jab. And yes, two weeks later, all those people had to be contacted again and told the government would not allow that to happen.

When I started to write this, I thought I was going to tell you about the day in the life of a voluntary worker at Forest. I soon realised that was not the story. The story is how lucky we are to have such a fantastic practice at both Badgerswood and Forest. The clinical and administration personnel are unbelievable and I hope you all realise how lucky we are and what a great big thank you we owe them.

Another story is of the 103-year-old gentleman, our first visitor, wearing a Santa hat, a special memory. There are other stories of terrible weather, car park bollards and car parking skills, or the lack of them. The only injury was to a parking cone in the car park and there were a few problems with using the Chase Hospital car park. So much gratitude and so many smiles were shown by people, though a few were not so nice.

There are still many more weeks of the process to go, so maybe many more stories will be written.

Many of you are already part of the first story and over the next few months many more will join. And who knows? Some of you may make it into those stories.

Take care and stay safe.

Ian Harper, Treasurer of the Patient Participation Group of Badgerswood and Forest Surgeries.

My experience of the Covid 19 vaccine:

I am lucky enough to be under the care of Badgerswood and Forest Surgeries:

My husband received the first part of the Pfizer vaccine last week (January) and I was waiting to be called by telephone as I am in my 78th year.

Imagine my surprise when I received a telephone call yesterday, Saturday 9th January, inviting me to come for an inoculation that evening as there were a few spare vials and the surgery did not want to waste them.

I arrived at Forest surgery with, I have to say, a little trepidation. I need not have worried – a smart car park marshal wearing a high viz vest directed me to go the back of the surgery, and there I found staff waiting for me. I was given a number, filled out a form, and was directed to a room where I received this vaccine.

I then waited for 15 minutes, as is mandatory, for any sign that I would have an immediate adverse reaction. I did not.

I then went home.

The whole experience was seamless, well organised, and staff were very friendly.

I am thankful that I am a patient of such a surgery which put themselves forward to be a “hub” for the vaccine in order that people who live locally did not have to travel to Petersfield – a main “hub”.

I have a daughter who is an “anti- vaxxer” and have even had it suggested by a young neighbour that the vaccine contains a microchip. What nonsense – this vaccine is to save our lives and to stop the NHS being overwhelmed. I look forward to having the next dose of the vaccine to complete my protection.

Badgerswood and Forest surgeries – many thanks – you have been working from 8.00am until 6.00pm to give the vaccine – you are all stars!

Yvonne Parker Smith

Yvonne tells me she wrote this poem in 10 minutes. We know how she feels.

POEM

Now I am in the third lockdown
I am just not sure what to do
I would love to go the library
But now they choose books for you

I really would love to go shopping
And try on some clothes for a lark
Instead I just look at them online
Or take the dog out in the park

Sometimes I look hard at the "Telly"
And see how it once used to be
People just hugging and kissing
I can hardly believe what I see

One of my youngest grandchildren
Wrote to God just way back last year
She asked to Him stop all the Virus
I read, I'll admit, with a tear

But hey, why be down and so grumpy
Spring flowers are starting to shoot
Camellias also are budding
With Easter eggs looking so cute

Our surgery's giving the vaccine
One day Covid will be done
No masks or social distance
We hope all that will be gone

For Boris this all is a nightmare
With hindsight one can always be wise
But at least we are not in the EU
That really was a surprise

For now we must look forward
And not take for granted our life
And never again in our lifetime
See such a virus run rife

Answers to Virulent Vocabulary

unprecedented: coronavirus: shielding: asymptomatic: global pandemic: exponential: community immunity: lockdown: algorithms:
mandatory masks: second spike: quarantine: furlough: new normal and peter out – which the pandemic didn't do!!

STOP PRESS:

(notices from Emma Sharpe at Forest and Sue Hazeldine from Badgerswood)

Over 10,000 vaccinations have taken place at Forest Surgery as of March 30th. Other local people have been vaccinated at different venues under the NHS national booking system. If you are eligible, you may get a letter and you can choose to book a slot at a vaccination centre by email or by ringing 119. Otherwise, wait for your GP surgery to contact you.

Second Pfizer jabs have just recently been given and the team have been working hard to make sure that everyone over 50 or at risk has been given the first jab.

Second doses of both Pfizer and AstraZeneca will continue in April at Forest. YOU DO NOT NEED TO CONTACT YOUR SURGERY. THEY WILL CONTACT YOU. Vaccination of cohort 10 (over 40s) has already begun and should increase towards the end of April.

The JCVI advises prioritising homeless people and rough sleepers for COVID-19 vaccine.

New advice has been issued from JCVI to prioritise homeless people and rough sleepers for the COVID-19 vaccine. Many people who are homeless or sleeping rough are likely to have underlying health conditions which would place them in priority group 6. People who are homeless do not tend to register with a GP practice and therefore the practice cannot identify this population easily. Should you be aware of anyone that may fall into this category, please do encourage them to contact us for a vaccination.

As Lockdown Eases

- On March 8th, 2021 all school children returned to school in England and so far the number of Covid cases has still been falling. In East Hampshire, 10 people tested positive between 29th March and 5th April, 63% down on the previous 7 days.
- From March 29th we were able to meet each outside in groups of six but were warned to stick to the safety rules of hands, face, space and fresh air. Outdoor sports activities for children and adults were allowed. On April 12th all shops, personal care, restaurants and pubs, gyms, spas, zoos, theme parks, libraries and community centres will open. 15 people can attend a wedding and 30 people a funeral (15 at a wake). Children can attend indoor activities. Care home visitors can increase to two per resident. We look forward to more freedom from May 17th and even more freedom by June 21st if all goes well. However, we will have to live with this virus and continue to take precautions.
- Talk has begun of free lateral flow tests for everyone, whether or not they have symptoms, available from April 9th through the workplace, school and pharmacies or through a home ordering service.
- Lively discussion of vaccination passports or COVID status certification, both international and domestic, is ongoing. It is seen as a safe way back to mass gatherings and indoor events.
- To avoid any virus 'being re-imported to UK', plans are being discussed for a traffic light system of testing and isolating after returning from holiday from red, amber or green list countries. Return from a red list country would mean isolating in a hotel for 11 days at a cost of £1,750, from an amber list country, self-isolation at home plus tests pre-departure and Days 2 and 8 after return and from a green list country no isolation would be required but COVID tests would be needed before and after.
- The WHO Viral origins full report was released into the public domain on March 30th, 2021. It is 120 pages long but if you would like the gist of it, find Dr John Campbell's summary and comments on YouTube or via the ZOE App <https://covid.joinzoe.com/>

Time to pause to remember those we have lost



Today is March 30th, 2021

Of a total world population of almost 8 billion people, almost 3 million people have died of COVID-19 related conditions. 126,382 people out of a total population of almost 68 million people in UK have died.

They are not merely statistics. They were loved and are missed.

Our children, grandchildren and beyond will be reading about this global pandemic in history books (or more likely on screens) for centuries. I hope it will be remembered as a deadly coronavirus which was, in the end, controlled by many vaccines, some of which were developed and stringently tested, *beyond all expectations*, within a year. I also hope that our globe, which has the technology to communicate with every corner of it, will realise how essential interdependence is, and that we can record for posterity that everyone in the world was offered a life-saving jab whether or not they could afford to pay for it. A philosophy called **ubuntu** found in many African countries translates as "I am because we are." It is the belief in a universal bond of sharing that connects all humanity. Isn't this the exact time for this philosophy?



Lessons from the Geese



I wonder how often our NHS frontline workers, our vaccination teams and all the other key workers and countless volunteers have had to follow the lessons from the geese.

<https://youtu.be/-TBwdLG4ljc> (Click on the link)

Lessons from Geese:

When it comes to leadership, we can draw inspiration from many places — even from nature. Take for instance the great northern geese, shrewd and wild birds with a lot to teach us.

Unity. A flock of great northern geese will fly thousands of miles in a perfect V formation. As each bird moves its wings, it creates an uplift for the bird that is following. It's estimated that their formation flying is 70 percent more efficient than flying alone.

Interdependence. At a distance the flock appears to be guided by a single leader. But the lead bird does not in fact guide the formation. When the lead bird tires, it rotates back in the formation to take advantage of the lifting power of the birds in front.

Encouragement. Each flock finds its own unique rhythm and spirit. The pulsating sound of the huge flapping wings excites and energizes the entire formation; the geese enthusiastically honk from behind to encourage those in front to keep up their speed.

Loyalty. When a member of the flock becomes sick or wounded, two geese drop out of the formation and follow it down to help and protect it. They stay with it until it is able to fly again—then they soar off together to catch up with the flock.

Rejuvenation. In the northern hemisphere, geese fly south to spend the winter in a warmer climate.

Lead From Within: There is a way that nature speaks and most of the time we are simply not patient enough or quiet enough, to pay attention to the story. Learn your leadership lessons from anyone with something to teach. Every opportunity, every circumstance, every story has a lesson to impart.

Are you, or someone you know, feeling low?

An expert I know, who specialises in mental wellbeing, once told me that when all's said and done it's all about three things: a healthy diet, plenty of physical and mental activity and a good night's sleep. However, of course, I understand that it is not the whole story.

Have a look at the following websites:

www.woolmerforesttimebank.org.uk or email timebank@cfirst.org.uk
www.samaritans.org or Call Free Any Time 116 123 or email jo@samaritans.org
<https://www.together-uk.org> or call 01420 549002 - Mental Wellbeing charity.



4,641,484 members of the public, of all ages and backgrounds have downloaded this App. To join and support the NHS, help scientific research and help us out of lockdown safely, click on <https://covid.joinzoe.com/>

I'm sure most of us have I been drawn into Zoom whether we like it or not. A poetry group of us post war babies got together to raise our spirits and here's one result:

BABY BOOMER ZOOMERS
We're the baby boomer zoomers
Whoever would have thought it?
If we weren't, so they say,
We surely would have caught it.
They, who say, are the Doom and Gloomers.
They, who say, are the pandemic panickers.
But, we the Boomer Zoomers
Know exactly what to do.
Hands, Face, Space and Trace
That should see us through.
We'll zoom up, down, here and there
To show our friends how much we care.
We'll keep on moving, if we can,
Safe at home, or in fresh air.
We'll hang on in there, full of hope
And wash our hands with plenty of soap
And read more books and watch TV
And make ourselves another cuppa tea.

Your most frequently asked questions answered:

Q: *Can I hug my family now that I have had two Jabs?*

A: Not a good idea. You are not protected for at least two or three weeks after your first vaccination and no vaccine is ever 100% successful. It's best to socially distance in fresh air, for now, to protect yourself, your friends and your family.

Q: *Should we be worried about vaccine supplies running out?*

A: There is no need to worry. Despite some delays, there is enough for all the second doses of Pfizer or AstraZeneca for people who have had a first jab. Also, our government have pre-ordered 17 million doses of the USA Moderna vaccine, 500,000 of which are due to arrive in UK in April. 60 million doses of the Novavax vaccine, which is made and packed in UK, another 40 million doses of the French Valneva vaccine, also manufactured in Scotland and 30 million doses of the single dose Janssen (Johnson and Johnson) vaccine have all been ordered and they look likely to be approved. There should then be enough excess vaccine to supply those who need it worldwide. Then these vaccine nationalism problems and export bans should decrease.

Q: *My friend, a mother in her 50s, refuses to have the vaccine. What can I say to persuade her to do so?*

A: Perhaps ask her for her reasons and show that you are prepared to listen. If she comes up with scary misinformation, counteract this with the truth and suggest she avoids the conspiracy sites on social media and consults trusted sources. If she is scared, point out how many people have had jabs and that a sore arm or a slight fever is better than catching COVID. Point out that the falling number of deaths and new cases prove that this vaccine works and if we hadn't had vaccines throughout history, many more people would still be dying of smallpox, diphtheria, measles etc. etc. If she points out that some people have developed blood clots and died, point out that the number is very low and the benefits of getting the vaccine far outweigh the dangers. Then if she's still unwilling, ask her how she would feel if she gave the disease to someone she loved and that person died. In the end, however, persuasion is better than coercion. She may consider that there may be a time when we'll need vaccine certification to travel or visit buildings or even to get certain jobs. For example NHS staff may be told it is their professional responsibility to have a vaccine to protect the residents.

Q: *Why are we importing vaccines from India and other places?*

A: The pharmaceutical supply chain is very complex and manufacturing and packing is shared by many countries. UK research and development is world class but much of the manufacture is outsourced abroad.

Q: *How do I properly and safely wear a face mask?*

A: Wash your hands before and after touching your mask and touch only the bands or ties when putting on or taking it off. Make sure your nose and mouth are covered, don't touch your or your child's mask while it is being worn and don't remove the mask in a crowded area. Wash reusable masks after each use, (I hand wash mine when I'm washing my hands) but machine washing is fine. Disposable masks should be discarded when soiled or damaged.

Dr Leung's answers to the FAQs he comes across: (Concisely and clearly expressed)

How is it all going?

In Bordon, we have now given over 10,000 jabs. All of our Cohorts 1 to 9 have been invited and almost everyone has taken up the vaccinations.

What are the 'cohorts'?

These are the priority groups for vaccination, essentially those at greatest risk of death or a poor outcome from catching Covid. They go by age, but having certain medical conditions like kidney failure, cerebral palsy or those without a spleen would also put you into a higher group.

So the older you are, the more dangerous Covid is?

The mortality ratio or risk of death if you catch Covid is 0.5% if you are aged 45 to 65 years, rising to 11.6% if you are over 75 years old, so it makes sense to prioritise the elderly. The top 9 cohorts account for 99% of deaths from Covid.

What about respiratory conditions like asthma?

With Asthma, you should certainly aim to maintain good control. For the few who have to use repeated courses of oral steroids or keep having to be admitted to hospital, that would put you into Group 6.

And where are we now?

We're already starting to do Group 10, those 40 and above.

What about second doses?

We have started doing second jabs for those patients who got their first one last Christmas and in January.

So they are given at 12 weeks?

Yes, the second dose should be given between 77 and 84 days after the first dose, so we typically invite patients at week 11.

Can you go outside this time period?

No, we will not give the second dose before 77 days. There are very few exceptions.

Name one exception

Patients who are planned for immunosuppressive therapy. Their immune system will be compromised and those patients should complete their vaccinations before starting their therapy.

Does it have to be the same vaccine?

The trials were all done by each manufacturer using the same vaccine so we're sticking with that. So far it's either the Astra Zeneca or Pfizer one. It will get more complicated as we get more different ones.

Which one would you choose?

The first one offered to me. Both are extremely good and give 100% protection against serious disease.

Does that mean I can't catch Covid after being immunised?

No, you still can. You should be much better at fighting it though.

Does the second dose have to be at the same place where you got the first one?

Yes. Exceptions will include those who have been discharged from hospital or moved house. There should not be many people this applies to.

When we get the vaccine, you ask if we have had another vaccine within 7 days. Why is this?

There is no known safety issue but from our experience of other vaccines, there may be a slightly 'attenuated' or weaker response to one of the vaccines.

You also ask about pregnancy

Neither the Pfizer or AZ vaccine can 'replicate' or cause an infection in the mother or foetus. There just hasn't been enough time to test them on pregnant women.

And breastfeeding?

Neither pregnancy nor breastfeeding are absolute barriers to getting the vaccine. We talk it through with the mother. With the flu vaccine, it's actually encouraged.

What about people who have tested positive for Covid?

You wait 4 weeks, and then get the vaccine.

Patients going into hospital for operations?

Ideally complete the vaccination 2 weeks before any elective surgery.



Did you read in the Bordon Herald that along with many other hard-working and deserving heroes, our own Dr Anthony Leung was given an Adult Achievement Award at Whitehill and Bordon Town Council's annual meeting, on Tuesday March 30th?

Also congratulations to Bordon and Whitehill Voluntary Car Service, one of our advertisers, who won a Group/Organisation Achievement Award at the same meeting.

38 awards were handed out to members of the community, young people, adults and organisations who went above and beyond during the pandemic. Nominations came from the public and local schools. Whitehill and Bordon Mayor, Katie Anscomb said it was 'a real honour to do something like this' for the people around us. www.bordonherald.com

Citizens Advice East Hampshire in Whitehill & Bordon

Over the last year since the first Covid lockdown, Citizens Advice East Hampshire staff and volunteers have been busy behind the scenes helping thousands of local residents with the problems they face – supporting nearly 6000 residents across the whole of East Hampshire. Many of these problems have been exacerbated by the Covid pandemic and its impact and we have helped more people than ever with claiming benefits including Universal Credit, often for the first time, dealing with a reduction in finances and accessing government support, employment issues such as redundancy and reduction in pay, as well as housing and relationship issues.

In Whitehill and Bordon, we have helped over 700 local residents with their problems over this year, 80% of these by phone, 18% by email or webchat and 2% face to face, the latter when we were able briefly to return to the offices in early autumn 2020. Many more of those contacting us locally have been from younger age groups under 35 than previous years.

We have continued to work collaboratively with other local organisations such as Bordon Foodbank, Woolmer Lions and the Tantum Trust so that we could give support to our vulnerable clients. This winter we have been able to give out fuel vouchers and targeted financial support to help those struggling with paying for fuel this winter – supported by Hampshire County Council and other funders.

We are making plans now for when lockdown ends, when vaccination programmes are completed and life begins to return to normal. We are working hard on reviewing our service model to reflect a likely increase in demand for our services from the autumn, as furlough and government support ends, while ensuring we also see those who struggled to get through to us by phone or email over the last year and really need to see us in person to get the help they need.

We have over 50 dedicated volunteers and 13 staff who help us deliver our service in various ways and who have been key over the last year in providing frontline support to local residents. While not often seen as critical workers for the Covid response (although they are designated as such by the Government) our team have provided an ongoing lifeline for people who have been desperate this year right from the beginning on 23rd March 2020, supporting people with their changing financial circumstances, repeated lockdowns with closures of employment and retail, as well as the personal challenges of the impact of Covid on health, relationships and so on.

We would ask anyone needing our help to contact us via Adviceline phone in the first instance:-

- through our webchat service, which is available on our website <https://citizensadvice.org.uk/> between 9 and 5 Mon- Fri
- by calling our telephone advice service, Adviceline 0800 144 8848
- or by attending your local office – <https://www.citizensadvice.org.uk/about-us/how-we-provide-advice/search-for-your-local-citizens-advice/q=>

Alison Kemp (Bordon Manager) and Helen Drake (CEO of CAB)

Virulent Vocabulary

Did you unjumble these anagrams? We are using these words far too often even though many of us have never come across them and sometimes want to scream when we hear them again! Answers on another page somewhere

CREEPUNTED:	URSOONVICAR:	ELGINDISH:	CAMMAISPOTTY:
BOLLAG CAMPEDIN:	PLANETOXINE:	TUNICOMMY INITUMMY:	CLONKWOD:
MISLOGHART:	TORYMANAD SKAM:	DECONS PIKES:	TENQUINAREA:
	WEN ROMNAL:	and	TREEP

Medical History

Medical and Surgical Developments as a result of Conflict

It is ironic that as well as *causing* many deaths, wars and conflict have undoubtedly *saved* many lives by stimulating improvements in medicine and surgery. It is said that 'necessity is the mother of invention' which is why we can thank wars for some major advancements. This is the first of a few articles which will cover the history of some of these developments.

The Birth of Blood Banks

Replacing lost blood

It goes without saying that injuries sustained in battle often cause significant loss of blood which, unless it can be stopped – or the blood replaced – rapidly leads to death. A previous article in this newsletter described the work of the British obstetrician James Blundell, who showed in 1818 that transfer of blood from one person to another (via a syringe) was feasible. But not all of his transfusions were successful because of the incompatibility of different types of blood. It was not until 1901 that Karl Landsteiner identified the ABO blood groups which were the cause of the incompatibility. This knowledge increased the success of transfusing blood but because of an inability to store donated blood, it still had to be carried out directly from the donor to the recipient. While this was feasible in civilian hospitals, it was completely impractical in a battlefield setting.

Preserving blood

Difficulties which needed to be overcome in order to 'bank' blood included the fact that stored blood will clot, which obviously prevents it being transfused and also that red blood cells are easily damaged when stored. Independently, scientists in Argentina, Belgium and the US, found that addition of sodium citrate would prevent stored blood clotting. This meant that blood could be donated before it was needed and stored for a few days. (Sodium citrate is still used by our NHS Blood and Transplant service to prevent donated blood clotting). Subsequently in 1915 in the US, inspired by hearing of soldiers dying through blood loss, Peyton Rous and JR Turner Jr found that the shelf-life of stored blood could be extended to four weeks by the addition of dextrose (a sugar which preserved the viability of the red cells) to a physiological salt solution (Locke's solution) also containing sodium citrate.

Transfusion in the field

Rous and Turner's colleague, Oswald Robertson, proved the validity of this solution with the Army Medical Corps in Belgium in 1917 during the First World War, successfully transfusing many soldiers with blood donated by army personnel in the camp. Robertson stored the blood in old ammunition boxes packed with sawdust and ice to keep it cool and his 'fridge' of donated blood is credited with being the first blood bank and almost certainly the first mobile one.



Geoffrey Keynes of the Royal Army Medical Corps designed a transfusion kit like the one shown, that could be used in the field enabling injured soldiers to be given blood before reaching casualty clearing stations which could be many miles from the frontline. Geoffrey Keynes went on to co-found the London Blood Transfusion Service. Image - the Wellcome library

Blood transfusion services established

Meanwhile, scientists in other countries were helping to solve the issues around blood storage. It was known that while freezing donated blood destroyed the red cells in it, lowering the temperature of the blood as low as possible without freezing, increased its lifespan. In 1932 in Russia, Andre Bagdasarov developed a method which enabled blood to be stored for 21 days in a bottle. This came in time for the start of the Spanish Civil War in 1936 when the world's first blood transfusion service was established by Frederic Durán-Jordà in Barcelona followed by a similar one in Madrid. In 1937, the UK and US set up their first blood banks.

World War Two

The outbreak of WW2 led to an increased need for donated blood and blood donation centres were set up all over the UK. The great need for blood also led to discovery of another innovation.



While transfusion of whole blood (containing red blood cells) saved many lives, it was not without problems: it was only viable for about four weeks and cross-matching of blood types was essential before transfusion. The huge need for replacement of lost blood during the war brought the realisation that plasma - the liquid part of blood left after the red cells and coagulants have been removed – could be better than whole blood. It avoids the need for blood-typing because the blood group antigens are carried on red cells and it lasts months rather than weeks. When someone has lost a large amount of blood they are in danger of circulatory collapse and their heart stopping. Plasma is ideal for quickly restoring their blood volume and keeping their circulation going until they can receive further treatment. (Image from NHSBT website)

National Blood Transfusion Service established

The necessities of war undoubtedly accelerated the development of blood transfusion and in 1946 the Ministry of Health took control of the blood banks in the UK to set up the National Blood Transfusion Service made up of regional blood centres. At this time, around 200,000 units of blood were collected from around 270,000 donors. Today 1.6 million units are provided thanks to around 900,000 donors.

Have you considered being a blood donor?

If we're unlucky enough to need blood, we assume that it will be available when we need it. But this wouldn't be the case without blood donors.

NHS Blood and Transplant (NHSBT) run donor sessions around England and Wales, mostly in community centres (such as the Forest Centre in Bordon), village halls, entertainment venues, etc and also at regional centres. They have continued to do so throughout the pandemic as there is still a need for donated blood. You can register as a donor at the website <https://www.blood.co.uk/> as well as finding your nearest venue and booking an appointment. (Sessions are now generally run by appointment rather than 'walk in'). Usual Covid precautions such as distancing, mask-wearing and hand-sanitising, are of course, in force.

Donating blood is no worse than having a blood sample taken – think of the proverbial 'sharp scratch'! But after that you can lie back and relax in the comfortable reclining chairs that are now

used instead of trolley beds. Before you know it, you'll be up and at the tea table, helping yourself to a well-earned cup of tea and a biscuit.

Most individuals only donate every three to four months and if you book your donation appointment you should be out and back at work or home in about an hour. Donation of one unit of blood rarely causes untoward effects. It's not much to ask for the guarantee that there'll be a pint or two for you when you need it, is it?



(Image from NHSBT website)

Sources

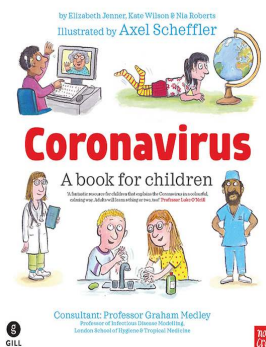
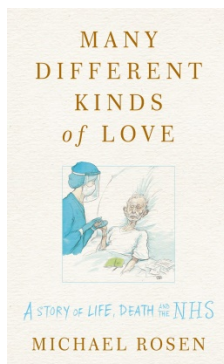
- NHS Blood and Transplant (NHSBT): <https://www.nhsbt.nhs.uk/who-we-are/a-history-of-donation-transfusion-and-transplantation/>
- Rockefeller University Hospital Centennial:
http://centennial.rucare.org/index.php?page=Blood_Bank#:~:text=During%20World%20War%20I%2C%20Peyton,to%20one%20of%20a%20recipient.
- University of Kansas Medical Centre: <http://www.kumc.edu/wwi/medicine/blood-transfusion.html>

Researched and written by Marcia Hammond

Marcia is now qualified to deliver First Aid Classes so we can look forward to more sessions in the local area. The map of defibrillators we researched, with some help from NEXTDOOR, can be found on www.headley-village.com and other maps have since been created and displayed.

For the mind:

Some Lockdown Reading



Michael Rosen's *Many Different kinds of Love a story of life, death and the NHS* about the author's experience of surviving COVID 19, is an amazing story, beautifully told. Despite the frightening experience of hospitalisation, induced coma and recovery from coronavirus, the story is full of humour and admiration for the NHS staff who looked after him. An inspiring and uplifting read during a pandemic.

Giovanni Boccaccio's *The Decameron* has a description, in Chapter One, of life during the plague in 1348 Florence to make your blood curdle. However it will make you thank your lucky stars that we are living through our own plague in a time where help is available. The other stories are very funny, though the book is a heavier read than Michael Rosen's.

When, 15 years ago Peter May wrote *Lockdown* about a flu virus which leaves London in Lockdown, it was rejected as implausible and wasn't published until 2020. It is a crime thriller, a murder story set during a much worse pandemic than COVID-19 and so is very topical but perhaps not for the faint hearted.

Coronavirus a book for children about COVID-19 is one of the best books for children which helps to answer children's questions about the pandemic and its effects. Professor Graham Medley of the London School of Hygiene & Tropical Medicine had input and advice was given by teachers and child psychologists. **£1 from the sale of every book will be donated to NHS Charities Together.**

And Body: I don't have to tell you that we are very lucky in our area to be surrounded by pretty walks. Now that the weather is improving, we can get out and about to The Devil's Punchbowl, Waggoner's Walk, Ludshott Common or Hogmoor Inclosure to name just a few. It won't be too long before U3A walking groups or Liphook Ramblers start up again. Phoenix dance classes have continued on Zoom and soon Fitstep Dance Classes at Headley Church Centre to name a couple will resume. There will be the exciting new leisure centre in Prince Philip Park with its six-lane swimming pool and 80-station gym and BOSC –Bordon & Oakhanger Sports club for cricket, football, tennis and petanque. These added to the existing sports clubs in the area mean that there is a lot to look forward to. For the moment, how is your garden growing? Gardening and getting close to nature does wonders for our anxious state of mind fashionably called mental well being. Sleep well (no more coronasomnia) after a long walk, some gardening, sport or a quiet read.

Vegan Spicy Cottage Pie

Carole Humphries, Food technology Teacher

This is a vegan style cottage pie. Warm and comforting with a touch of heat. I have served this my family and friends and not one of them has asked “where’s the meat!”

There are many benefits to a vegetarian/vegan diet but I am not looking to convert anyone, only to say give the dish a go.

Ingredients

400g tin beans – (black eyed, haricot or borlotti beans)

1 diced onion

1 diced carrot

2 sticks celery diced

1 diced red pepper

2 tbs vegetable oil

3 crushed cloves of garlic

1 tbs tomato puree

1 tbs dark soy sauce

Pinch dried chilli flakes

Salt and pepper to taste

300ml liquid made from bean juice and water

650g sweet potatoes

25g butter

Method

1. Peel, cut and boil potatoes until soft. Drain, add butter and mash.
2. Heat the oil in a large pan and add the diced onion, celery, carrot and chilli flakes. Cook on a high heat for 10 mins. Remember to stir!
3. Add garlic and red peppers and cook for a further 10 mins.
4. Add liquid, tomato puree, soy sauce and beans. Bring to the boil and then simmer for 30mins until the sauce has reduced. Season and taste.
5. Set oven to 200degc/180degc fan/gas 6.
6. Pour bean mixture into the base of an oven proof dish and carefully spread the mashed potatoes on top.
7. Place in oven for approximately 40 mins when the potato should be starting to brown.
8. Serve with a green vegetable.



Alternatives

- Swap sweet potatoes to white potatoes and add whole grain mustard
- Add more chilli flakes if you like something really fiery



Our Local Heroes who have done so much.

Throughout the pandemic, so many local people have risen to the challenge of helping out those in need of support, who had to shield, unable to shop for food, who couldn't make ends meet through losing their livelihoods, young families struggling with home schooling and those, like most of us, who have been suffering from anxiety and are in need of something to lift our spirits. Our amazing key workers in health, retail, schools and transport have shown the world who really keeps us going and the workers in hospitality, personal care, fitness, libraries, entertainment and travel have been sorely missed. Here I have highlighted a few of the many very special groups in our local area.

The Food banks at Bordon and Headley Down have done an amazing job to help people who couldn't make ends meet through losing their livelihoods. At times they get together to share donations where there is a need.

St Francis Community Church Food Bank, Headley Down, GU35 8HU runs on Wednesdays and Thursdays in the Church Hall between 1:00 and 3:00pm. It is run by 8 volunteers, though not all at the same time, to maintain safety. At the moment 90 adults and 75 children are supported although coffee and a chat will have to wait for now. Kind donations have been received from individuals and organisations for which, Pauline says, they are hugely grateful. They do have freezer and fridge space now and for Easter they have planned craft games for the little children and Easter Eggs for the children over 11. It is obvious that the team are very caring.

Please call **Pauline Firman on 01428 714095** or **Eileen Matthews on 07731 535967** for more information. Donations by cheque should be made out to St Francis Community Bank or please email Allan, the treasurer, at finance@stfrancisheadleydown.com

Bordon Food Bank, Unit 13 of the Forest Centre, GU35 0TN (near St Marks Church) has been very busy and they do an excellent job. Clients are asked to go in by the back entrance. Two of the 9 volunteers told me that 70 to 80 boxes of food are being distributed every week at the moment, sometimes by delivery. Collection is by appointment and, as the numbers are growing, ID cards are being issued. Please, if you are able to, carry on putting donations in the boxes outside the supermarkets. Fridge and freezer foods can be delivered to the Food Bank but please ring 07966 522911 in advance. Your generous donations are much needed and appreciated.

At the moment they are open Tuesday: 1400 - 1600, Wednesday: 10:00 - 16:00 Thursday: 1000 - 1300 and Saturday: 10:00 - 13:00 Please contact **Heather Ford on 07966 522911** or heatherford@gmail.com

Headley Voluntary Care (Contact **01428 717389**) This friendly and dedicated organisation is not only a car service for those in need of transport to medical and dental appointments for which, I have been asked to emphasise, payment is voluntary. Also, when we are through the pandemic, they will be resuming their pop in coffee mornings at 10:30 every Thursday at the Church Centre in Headley. This group look after people. Throughout the pandemic, despite the risks of sharing vehicles, they continued to take people on essential journeys. At one point, only 7 drivers (dubbed The Magnificent Seven) took on all the driving. One driver drove a patient to Oxford, masks on, windows open on a chilly day, a journey of around 80 miles. He left the patient in hospital and drove the 80 miles to take him home three days later. I reckon that's going beyond the call of duty. That's what we do, he told me.

Positive Moves at The Phoenix



Elizabeth Blake, Dance Officer at the Phoenix Theatre & Arts Centre in Bordon has been helping to keep people physically and mentally active and positive during the pandemic. By teaching socially distant classes outdoors and on Zoom during lockdown. Elizabeth has continued to run exercise classes providing enjoyment and an opportunity for people, isolated by the pandemic, to connect with others. She has also stayed connected with people who could not access Zoom by making and sending videos of her routines to them, helping them to stay motivated and positive.

The classes are open to everyone and no experience is necessary. The physical and mental health benefits of dance are well documented and exercise helps to boost the immune system. A local participant who came out of shielding during the summer to join Elizabeth's outdoor class said, "I felt as if I had been born again."

Elizabeth also teaches Movement & Music sessions for people with disabilities and people living with dementia.

Dance to Fitness runs on Mondays 6:30 -7.30pm

Dance Picnic runs on Tuesdays 10am – 11am and 11.30am – 12.30pm

Contact elizabeth.blake@phoenixarts.co.uk

Warm up exercise <https://www.youtube.com/watch?v=AdGh9QYEeOI>

Senior Exercise <https://www.youtube.com/watch?v=AOyIXpsotWI>

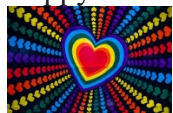
The All Saints Headley Parish Magazine Team: Despite lockdown, this super-efficient team have made sure that all of their subscribers have had their copies delivered to their doors – and managed to collect the fivers in an envelope with a handwritten note. Online copies are also available. The magazine has been a comforting source of information for all the different tried and tested organisations and businesses which have been the lifeblood of our local area over many years. I understand the Parish Magazine has been going since the 1800s. Christine Leonard, Editor, wishes to thank everyone in the team especially Jo Smith, production, and Carole Wilson, distribution. She also wishes to pay tribute to the vicar, Andrew Barton, who has delayed his retirement and kept things going so well in these difficult times. He and Lesley will be sorely missed and the good wishes of the parish go with them to Scotland.

Bordon Buddies: This group was set up on March 16th 2020 as soon as it became apparent that we would be going into Lockdown and the following words from Sandra tell their story better than I ever could. Well done and congratulations on becoming one of 1st Headley Scouts Covid-19 heroes.

Sandra Gray Admin 16 March, 2021 at 07:34 ·

This time a year ago I felt so scared for those most vulnerable to this disease living among us. I wanted to help and I didn't know how. I had no idea how much help would be needed, but I just felt so helpless sat at home doing nothing and waiting for COVID to arrive. I asked our community for help and held my breath that someone would answer my call. Well, boy did you answer my call!!

A year later I feel so humbled to have been a part of something so much more than I ever imagined it would be. New relationships have been formed between generations; buddies have become a part of each other's extended families. You haven't just been an "assistance", you have been a friend. You went above and beyond to help out from delivering leaflets, to manning the phones to going out and getting in shopping and everything in between. You have attended virtual funerals socially distanced in your Buddies gardens, picked them up when they fell and been an ear to listen when they were lonely. You are incredible, selfless and kind. I never should have had my doubts. This community may have its issues from time to time. But when the going got tough we banded together and achieved something incredible. Thank you for being a part of this. I will never forget what you did and continue to do. Happy 1st Birthday Bordon Buddies. (The team has asked me to share their contact details.)



Bordon Buddies 01420 377002 or Bordonbuddies@gmail.com

Café 1759, Quebec Park GU35 0FP 01420 555970: www.cafe1759.co.uk

The Café (named after the year of the Battle of Quebec) is a volunteer supported, not for profit community café which has worked hard to support communities during the pandemic. Have a look at the website to see just how many activities they are involved in, some with support from The Whitehill and Bordon Community Trust www.wbcommunitytrust.co.uk Graham Bryant of Radian told me they will be providing hot meals for school children during the holidays. In 2020 since April they produced 1500 kids meals which supported 45 local families during lockdown. They also travel to supermarkets, e.g. M&S, Petersfield, to collect excess food to bring to the Bordon Food bank and flowers for the residents of Independent Living Schemes such as Shaftesbury Court and Oak Lodge. They deserve our thanks and support. For the moment, however, it's only takeaway. 01420 555970.

Let's not forget the long-suffering marshalls at the Forest Surgery:

Through wind, rain and snow, our PPG members, Ian, Ted, David and Glyn guided the people from the car park towards the needle, cheerfully and efficiently, during the vaccine roll out. Woolmer Forest Lions took over at times, also doing an excellent job. Carole helped indoors with labels, lists and forms, and a great deal of stapling (also important) had to be done at speed as the medical team had to spend many last minute hours contacting those to be vaccinated as supplies are often sent at short notice! Bravo.

Patient: Doctor Doctor. Every time I drink a cup of tea, I get a pain in my eye.

Doctor: Take the spoon out of the cup.

Practice Details

Address	Badgerswood Surgery Mill Lane Headley Bordon GU35 8LH	Forest Surgery 60 Forest Road Bordon Hampshire GU35 0BP
Telephone Number	01428 713511	01420 477111
Fax	01428 713812	01420 477749
Web site	www.headleydoctors.com	www.bordondoctors.com
G.P.s	Dr A Leung Dr F Mallick Dr L Clark Dr P Milton Dr J Hobbs	Dr I Gregson Dr H Sherrell Dr S Atherton Dr M Pollard
Physician Associate	Sharmin Ullah	
Practice Team	Practice Manager Deputy Practice Manager Office Manager 1 nurse practitioner 4 practice nurses 2 health care assistants (HCAs)	Sue Hazeldine Paula Hazell Emma Sharpe
Opening hours	Badgerswood	Forest
Mon	8 – 7.30	8.30 – 7.30
Tues/Wed/Thurs/Fri	8 – 6.30	8.30 – 6.30
Sat	8.30 – 11.30	8.30 – 11.30

Out-of-hours cover **Call 111**

Committee of the of the PPG

Chairman	Yvonne Parker-Smith
Vice-chairman	Sue Hazeldine
Secretary	Liz Goés (acting)
Treasurer	Ian Harper
Committee	Nigel Walker Barbara Symonds Carole Humphries Ted Wood

Contact Details of the PPG ppg@bordondoctors.com
 ppg@headleydoctors.com
 yvonne.parkersmith@gmail.com



**FOR ALL YOUR
HAIR NEEDS**

HIGH STREET, HEADLEY, BORDON, HAMPSHIRE
Telephone: 01428 71255

DO YOU LIVE AT HOME?

Are you over 60 and keen to get out and about and meet new people?

Do you live independently?

The East Hampshire 'Live at Home' scheme is based locally and run by the 75 year old charity MHA. We provide opportunities to socialise get out and meet new people.

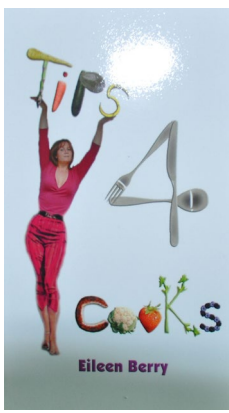
We run

- Monthly pub lunches
- Weekly coffee mornings
- A singing group
- Regular trips out

Ring Sally on 07973 853151 to learn more or join us for any of our activities

We are also looking for volunteers to join us on our trips and/or drive a minibus – if interested please do get in contact.





Fundraising – Tips 4 Cooks

Brian Donnachie is a patient of Badgerswood. He has very kindly given the PPG copies of this book “Tips 4 Cooks” to sell to raise money for our latest projects. It was written by his wife Eileen who sadly passed away recently. We would recommend a minimum donation of £2. Copies are available in the receptions of Badgerswood and Forest surgeries. Please support us and give a thank you to Brian by buying a copy of “Tips 4 Cooks”.

Looking for a venue for your function or group activity?

Lindford Village Hall

offers

- a large, light Main Hall with semi-sprung wood-block floor;
- a Committee Room ideal for small meetings: and
- a fully equipped kitchen.

Contact the Clerk 01420 475788 or email admin@lindfordpc.co.uk



OddJobRob

If you don't like the idea of doing jobs around the house yourself or they are getting too much in your busy life -

then Odd Job Rob can do them with references.

Household - window cleaning, decorating, electrical

Gardening - grass, hedge, tree cutting & weeding

IT Support - anything to fix or upgrade advice

Car Services - Taxi & Airport services +maintenance

If it's not listed please ask as I can do most home maintenance and if not I will be honest.

Robert Davis

robbojd@hotmail.com

07876 42 22 92



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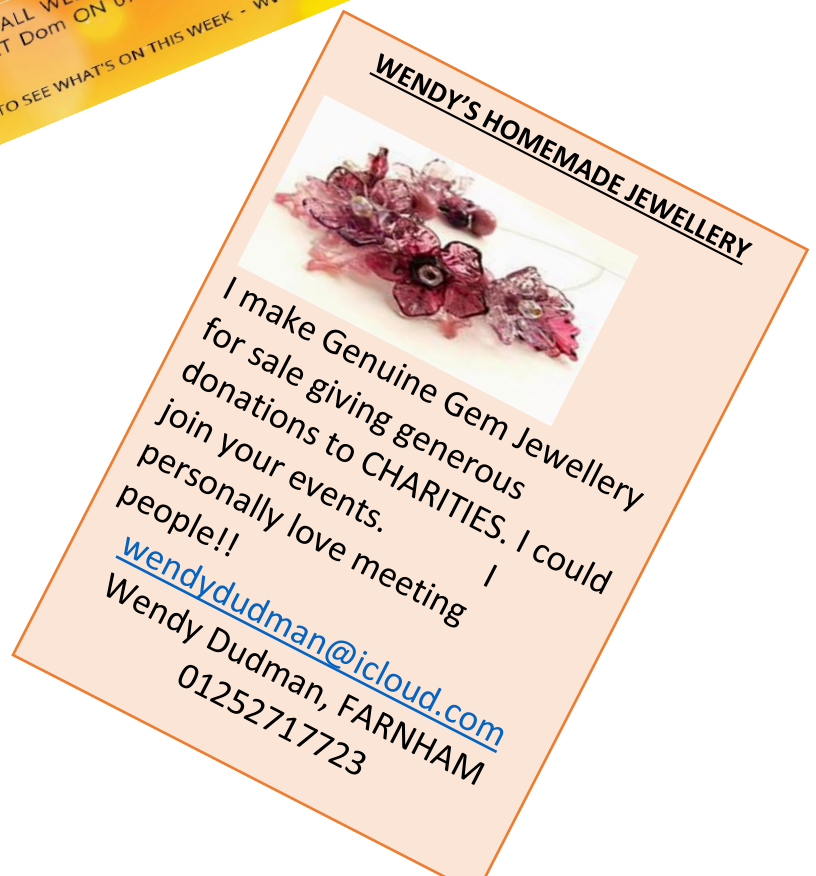
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Headley Pharmacy

Opening hours

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Sat 0900 - noon

Tel: 01428 717593

The pharmacy at Badgerswood Surgery

Chase Pharmacy

Opening hours

Mon – Fri 0900 – 1800

Tel: 01420 477714

The pharmacy at Forest Surgery, adjacent to Chase
Hospital

**Both pharmacies are open to all customers
for**

**Prescription Dispensary
Over-the-counter medicines
Chemist shop**

**Resident pharmacist
Lipotrim weight-management Service**

**You don't need to be a patient of
Badgerswood or Forest Surgery to use either
pharmacy**

We'll continue sending the newsletter
electronically to most of you for now, but
please tell us if anyone you know would
like a printed copy.