



humanity in motion

# club bulletin

No 213 August 2020



rotary club of Locks Heath / district 1110

Aug / Sep	Duty Rota	Activity
Aug 04 -	Zoom	Business Meeting
Aug 18 -	Zoom	
Sep 01 -	Zoom	
Sep 15 -	Zoom	
Sep 29 -	Zoom	Roger Baker speaking on End Polio Now

## Forthcoming Events,

- Thu Dec 3 – Joint Rotary / Inner Wheel Christmas Dinner
- Tue Dec 15 – Ex Rotarians & Widows Christmas Meal
- Sat Dec 19 – Christmas Collection at Locks Heath Centre

## Birthdays this Month. Happy Birthday to: -

Stephen Kirby, John Murray, Wendy Covell & Lee Lawrence

## July Review

We started President John's year of with a first for us - a speaker at our Zoom meeting. Howard Matthews brought us up to date on Shelter Box and all the work they are busy doing around the world. Howard also explained the changes that Covid19 has brought to the organisation. Shelter Box has a new Chief Executive, Sanj Srikanthan, who joined them in December 2019. Howard showed slides and spoke about several of the locations they are working in including Idlib in Syria, where they work with and alongside ReliefAid. The original Shelter Box is now not used as much now because they work hard to tailor what they send to the actual needs of the people they want to help. Emergency aid can be provided by the Shelter Tent we all know, Shelter Kits that are customised to suit the community, water filtration sets, mosquito nets or the Solar Light.s Apparently thousands of items of Shelter Tents and emergency aid is stored at various locations around the world so that they can more quickly reach disaster areas. The costs of the items they supply vary from £385 for a Shelter Tent, two water filtration kits £94, a cooking set £30 and three treated mosquito nets £15. Locks Heath Rotary along with Rotary International has been a long term supporter of Shelter Box.

## Locks Heath Rotary working with 'Team Scrubbers' delivering Scrubs to local Hospitals

After 12 weeks covering 73 delivery runs over 7 days a week, we finally said goodbye to the local Team Scrubbers on Thursday 2 July 2020. During this period the local 'Team Scrubbers' made and delivered over 8,000 sets of scrubs to the local hospitals, other related health facilities and schools.

Well Done Locks Heath Rotary on your Community spirit.

It has been a tremendous effort by the eight Rotarians in Locks Heath Rotary, ably assisted by one lady who is a neighbour of Jane, over these 12 weeks to turn out virtually every day of the

week and deliver whatever was required across the local area. It was usually bags but sometimes large rolls of material. The car became a bit like a DHL van on occasions - pick up here – take there – pick up again and take to a different place. I don't know how many times we saw Lin or Sally or Kirsty or Joan. They were the usual people to visit. Most delivery runs started and finished at Hook Shore and I think I can probably speak for everyone when I say that the road to Hook Shore is not exactly paved with gold but many, many, many speed bumps, and most trips involved going over the speed bumps four times!!!

However, we have seen the changes during the lockdown period at first hand. In the first weeks the roads were lovely and quiet and the trip along Lee on the Solent front was very pleasant with views of the Isle of Wight and no people, no boats or ships. Hardly any vehicles on the road and certainly no bikes! As the lockdown started to ease so did the traffic increase and the bikes – the bikes! Well they have certainly increased. On the latter runs the front was usually full of cars from early on during the day. We found some places some of us did not know existed as well.

Along the way we managed to get publicity about Locks Heath Rotary in the Rotary District Newsletter and also the Portsmouth News.

That is what Rotary is about. Rising to the challenges of the day in this case in the local Community.

### **Rotary Umbrellas for End Polio Now**

A massive thank you to the Rotarians who have bought the Rotary umbrellas that we were still had left from an earlier End Polio Now initiative. We have now raised £144 directly from the sales, which with the Gates Foundation 2 for 1 promise means £432 for End Polio Now.

I still have 12 ladies umbrellas left!

### **Renal Home Therapies Unit at Fareham Community Hospital**

This is the article in the Friends of Fareham Community Hospital Summer newsletter about the Renal Home Therapies Unit we have supported.

“After many years of planning, the Renal Home Therapies Unit opened to patients at the Fareham Community Hospital on Tuesday 26th May 2020.

Our thanks go to the Rotary Club of Locks Heath who funded the window shown in the next set of photographs, and to the other local charities who have generously donated.

### **EXPLANATION OF HOME DIALYSIS UNIT**

The home therapies unit is made up of two teams of nurses who manage patients dialysing at home on two quite different types of renal dialysis. When a person's kidneys stop working effectively, they will need renal replacement therapy in order to prolong their life. This may be in the form of a kidney transplant, peritoneal dialysis (PD), home haemodialysis (HHD) or in-centre haemodialysis. Both peritoneal dialysis and home haemodialysis are performed by the person themselves or a carer in their home.

In PD, a soft tube called a PD catheter is used to fill your abdomen with a liquid called dialysis solution. Your abdomen is lined with a membrane called the peritoneum and the body's excess fluid and waste products pass through the peritoneum from your blood into the dialysis solution. The used solution is then thrown away down the toilet. Patients on PD either do manual bags four times a day, each bag take approximately 30 minutes, or they go on a machine overnight for 8-10 hours. Most patients do this every day. Patients on PD train at home for

about 3 days and then come into the home therapies unit for routine tests and regular reviews with the PD nurses.

In HHD, the excess fluid and waste products are removed from the blood via direct access into the blood vessels. This is either via a double lumen soft tube which goes into one of the main veins at the top of the chest/neck or via a fistula or graft. A fistula is formed by attached a vein to an artery in the wrist or arm and a graft is a soft plastic tube used where the person's vessels need extra help. Patients on HHD attach themselves to a machine for approximately 2.5-3 hours, 6 days per week. HHD patients are trained in the home therapies unit by the HHD nurses for about 2-3 weeks.

In both cases, there are also community-based nurses who visit the home therapy patients at home for their ongoing care. The Community nurses are also based in the Fareham Community Hospital.

Toots Ansell, Peritoneal Dialysis Clinical Nurse Specialist



Haemodialysis Room

Peritoneal Dialysis Room

### **TO PD...OR NOT PD? by a user of Peritoneal Dialysis (PD)**

That was the question we had to answer just over 3 years ago. My wife and I decided to opt for cAPD as this fitted our lifestyle best. At first the routine looked daunting, but after excellent help from the staff at QAH and Baxters, we usually complete the exchange in 50 minutes. We were advised to be regular with the bag strengths and timing, but with careful management it is possible to extend the gaps to allow days out etc. Deliveries from Baxters are monthly which is no problem for us with an integral garage and a small bedroom for the exchanges. Because the method uses gravity, it is light and portable. As Baxters will deliver to the docks, cruising is a good holiday with easy planning for daily activities. We have enjoyed several recently, keeping to those round the UK in case of trouble. The move to Fareham has made the car journey much better, but coming from Lee, the bus will not be so convenient if we have to use it. The working environment is much improved for staff and patients, as Level G was rather crowded and hot in the summer. We look forward to a long association with Fareham when the present problems are over!!!

Wendy and David Reading

5 July 2020

### **RENAL HOME THERAPIES UNIT A PATIENT PERSPECTIVE**

Ann and I were the second dialysis students to be trained at FCH on how to use the home dialysis equipment. First impressions of FCH are more like a hotel:

bright, airy with lots of space. This is particularly true of the dialysis training room; spacious with large comfortable reclining leather arm chairs. We trained for four weeks at six days a week, so we know the place well.

Community Hospitals will always have the edge over major hospitals with easier access and a more relaxed atmosphere. I would welcome more use of FCH, perhaps with a satellite dialysis treatment unit.

For the staff, the pressure is less than in a large hospital, so they have more time for the patients. We found the training staff to be particularly patient and understanding with the students (they have to be!)

Thank you FCH. “

Editors Comment: - The internal window we have paid for is in the second picture above. It at least gives some light via the corridor into what otherwise would have been a 'large cupboard' with 4 blank solid walls. Not the ideal place to be for many hours?

The plaque that has been placed under to the window is :-



The size of the plaque is:  
180mm x 120mm  
and is Clear Acrylic  
with reverse printing  
backed white.



Suella Braverman MP  
with Petta Dillaway,  
Chair of the Friends  
(left) and the Senior  
Nurse and Jill Sadler,  
also from the Friends  
standing by the window  
and the plaque

**A very good use of our local health facilities!**

**Please do stay safe and keep well.**

**This Month's Short Quote:**

“A banker is a fellow who lends you his umbrella when the sun is shining, but wants it back the minute it begins to rain”, *Mark Twain*

*The Editor is always grateful for any interesting articles for the Bulletin.*