

Message from the editor

Here we go .. it's Issue No.3, bringing you all the latest news ... And introducing this chap >>



Arthur

We need YOUR help to sell Grand Draw Raffle Tickets

VOLUNTEERING News

Volunteering support to Patients



Ann Sherwood works on the main reception with the hospital staff who provide 'first point of contact' for patients and visitors. She does a very important role.

Ann can be seen at her desk most mornings collating the busy daily flow of appointment letters.

Great job Ann!!

Trustee Question Time.. Your opportunity to meet other volunteers and 'Quiz the Trustees', let's get to know each other better and share ideas. Please tell Lou your choice of session:

- ❖ **Wednesday 20 Nov** 9:30-11:30 (Seminar Room A&B)
- ❖ **Monday 25 Nov** 18:00-20:00 (The Atrium)
- ❖ **Wednesday 27 Nov** 14:30-16:30 (Seminar Room A&B)

"Lou's Snippets"

- ✓ Thanks Kay, Dorothy and all our fabulous bakers. Our 3rd cake sale raised £211.50 .. Next one Tuesday 3 December
- ✓ Please also support the Children in Need cake sale in the Forest Assessment Unit on 15 November 9:00-12:00 Noon
- ✓ Our Grand Xmas Draw will take place on 20 December ... see over for more details
- ✓ Christmas cards coming for the shop!!
- ✓ Christmas Opening Hours .. We close the office at 1pm on Christmas Eve and re-open on Thursday 2 January

Just ask Louise ...

◆ Please pop in for a chat anytime ... *Lou*

**** Stop Press ****

Grand Draw Raffle (see over)
Ask Lou how you can help.

Volunteer Roll Call

We value the support of all of the new volunteers joining our great team.

Take a few minutes to say hello to all our recent volunteers and help them to settle in to their new roles.

New Starters

Welcome to our new recruits:

- ❖ Sheila Quinn (shop and befriender)
- ❖ Susan Longyear (shop)
- ❖ John Fox (shop and befriender)
- ❖ Keith Davis (guide and befriender)

Did you know all the ways volunteers support Hospital patients? Here we go ...

- ✓ Shop & Café
- ✓ Trolley & Papers
- ✓ Guides & Befrienders
- ✓ Office admin
- ✓ Fundraising
- ✓ And ... Cake Baking!!
- ◆ *Would you like to join in?*



**"Thank you"
Lunch for Volunteers**

**Save the Date
Wed 29 January**

.. details to follow



FUNDRAISING News

Fundraising

In October we raised more than £3,500, including people donating funds in memory of loved ones ..
Thank you to all who support us.

Grand Xmas Draw



Help us sell tickets in the hospital, to your friends & family and local contacts.



League of Friends, Lymington Hospital
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Lymington Hospital Grand Draw
Fantastic prizes. You could win spa vouchers, pub meals, wine, cream tea, ladies haircut, wine bar, hampers, chocolates ... and more!
Draw on Friday 20th December 2019 - 2.00pm
Promoter: Louise Harfield, Operations Manager, League of Friends, Lymington Hospital, SO415QD Registered Charity No. 1092333
Printed by Raffle Tickets 4U www.raffletickets4u.co.uk

We need help from all volunteers, trustees, staff, members & friends to hit our grand target of 8,000 £1 tickets!!

Xmas Charity of Year



We are also the Xmas Charity in 2 local Pub/Hotels, raising cash + displaying donation leaflets

- The Huntsman, Brockenhurst and
- The Walhampton Arms, Lymington

Tell your friends they can support us there ..

TRUSTEE News

Three Priorities ...

The Board of Trustees spent a very productive day outlining the three key priorities noted below:



Hospital Site & Strategy (Mike)



Fundraising (Harry)



Community & Communications (Arthur)

Close up on Harry Nash

Harry is Treasurer and Joint Chair of Trustees. Born in the Lymington area, he returned to live in Barton on Sea when he retired from a career as a Chartered Accountant in Financial Services, having held several leadership positions in Governance, Operations, Change and Risk Management.



Harry loves retirement, watching cricket, football and spending more time with his family. He has been Treasurer for several local charities. Harry enjoys using his broad professional experience to ensure our strong financial stewardship and to contribute generally to the Board of Trustees and League of Friends.

HOSPITAL News

Use the Right Service



Use the Right Service

... aims to help people access NHS services across Southampton and SW Hampshire.

The website below explains what service is best for you, and how you can make an appointment or visit the most suitable one.

 <p>Self Care Care for yourself at home</p> <p>Minor cuts & grazes Minor bruises Minor sprains Coughs and colds</p>	 <p>Pharmacy Local expert advice</p> <p>Minor illnesses Headaches Stomach upsets Bites & stings</p>	 <p>NHS 111 Non-emergency help</p> <p>Feeling unwell? Unsure? Anxious? Need help?</p>	 <p>GP Advice Out of hours: Call 111</p> <p>Persistent symptoms Chronic pain Long term conditions New prescriptions</p>	 <p>UTCs Urgent Treatment Centres</p> <p>Breaks & sprains X-rays Cuts & grazes Fever & rashes</p>	 <p>A&E or 999 For emergencies only</p> <p>Choking Chest pain Blacking out Serious blood loss</p>
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Use the Right Service .. find out more at <https://usetherightservice.com/>