

PARTNERSHIP FOR HEALTH



FRIENDS OF DAVENPORT HOUSE

BULLETIN NO 17 – FEBRUARY 2021

MENTAL HEALTH DURING COVID-19

By Richard Munton, Chairman of the Friends of Davenport House

Mental health concerns have been rising up the NHS agenda for a number of years, starting well before the pandemic made them even more urgent. The uncertainties of the present situation, short gloomy days and physical isolation exacerbated by the current lockdown are all contributing to higher levels of stress. This is true among many social groups including students, those facing unemployment, parents trying to balance work demands and home schooling, and especially the elderly living at home alone.

At this time last year we canvassed your opinions about topics for future talks and mental health in various forms came top of the list. We could not deliver on this request last year because of the lockdown and we suspect we may not be able to do so again this year. We have sought an online presentation on this subject but NHS staff are very busy at present. We will continue looking but in the interim you might like to look at the very useful and practical NHS publication "Every Mind Matters: Looking after your Mental Health". This publication can be accessed on the following NHS web site: <https://www.nhs.uk/oneyou/every-mind-matters>

EXPERIENCE OF RECEIVING THE FIRST COVID-19 VACCINATION

By John Harris, Editor

At aged 79 I was delighted to receive a text invitation to book a COVID-19 vaccination at the Harpenden Public Halls just over a week ago. Booking was easy by text and I duly arrived at the Public Halls at the pointed time.

The arrangements were excellent with the process organised smoothly with the support of numerous volunteers from Harpenden Trust. I received the first Pfizer jab for which I didn't experience any side effects. You are asked to sit for 15 minutes after the vaccination to make sure you do not react and this too was organised very efficiently. I understand that you do not need to wait after the AstraZeneca jab.

I would like to place on record my congratulations to all those who set up the local vaccination facility and those who are administering the process so efficiently.

I too have also appreciated the regular updates on the vaccination programme circulated by the Friends of Davenport House. A further one will be circulated shortly.

**PLEASE SEE ARE REQUEST RE STANDING ORDERS AND DONATIONS
OVERLEAF**

NOTE TO THE FRIENDS OF DAVENPORT HOUSE
By John Harris, Treasurer

ACTION REQUESTED PLEASE

Standing Order donations in favour of Davenport House PPG

Many of you are continuing to "donate" to the Patient Group via a standing order which is credited to the former Davenport House PPG account. We transfer these amounts periodically to the new charity account, Friends of Davenport House.

The majority of the next standing order payments are due on 1 March 2021. It would greatly assist if you would complete a new standing order in favour of the new Charity using the authority overleaf at the same time cancelling your existing authority in favour of Davenport House PPG.

If you are a tax payer the form also provides the opportunity to Gift Aid your donation so that the Charity can claim a further 25p in the £ at no cost to you. If all standing order contributors were able to Gift Aid their donations it would generate a further £800 of income at no cost to the donors.

Please return these new instructions to me at 1a Oakwood Drive, Harpenden, AL5 2LR. If you have any queries please contact me on 01582 713246.

Those who use on line banking can create a new standing order in favour of the Friends of Davenport House themselves by using the Friends Bank details on the form overleaf. A Gift Aid declaration can be completed on line via the Friends web site quoted below.

Standing Authorities in favour of the Friends left in the Surgery Post Box

Unfortunately, we were not able to access the Surgery Post Box from March 2020 due to the COVID-19 Lockdown and precautions at the Surgery. Whilst these instructions were forwarded to your respective Banks in November 2020, the Banks have not processed the majority of these as they were over 6 months since you signed them.

You may have been approached to confirm your instructions. Please check whether your bank holds a standing authority in favour of the Friends and that they intend to process it. If you have any queries please contact me on 01582 713246.

Future Donations

As a Charity we now rely on donations to continue and expand our work in representing patients in partnership with the Practice and more widely with the Harpenden Primary Care Network (PCN). If you are not already making an annual contribution then please use the standing order authority overleaf, gift aiding it where applicable.

John Harris, Treasurer.

Friends of Davenport House

PLEASE COMPLETE APPROPRIATE SECTION (s) IN BLACK INK

1. APPLICATION TO BECOME, OR CONTINUE AS, A FRIEND OF DAVENPORT HOUSE

Title	First Name(s):		Last Name:	
Address:				
Town/City		Post Code:	Tel No.	
Email:		Date	Signed	
2. Gift Aid Declaration		Name of Charity: Friends of Davenport House, Registered Charity No:1184307		
I wish the Friends of Davenport House to treat all donations I have made over the past 4 years and any donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I am a UK taxpayer and understand that if I pay less Income Tax and /or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.			Yes	<input type="checkbox"/>
			No	<input type="checkbox"/>

Please notify the Friends of Davenport House if you want to cancel this declaration, change your name or home address or no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Full Name:		Signed:	Date:
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3. Standing Order Form for Annual Donation

To the Manager:		Address of Bank	
From Name:		Address	
Post Code		Account No.	Sort Code

Please pay to Barclay's Bank for the credit of the Friends of Davenport House (Sort code 20-05-73, Account No. 23828182 on and annually on the same date until further notice.

the sum of: £ In Words

This order supersedes any other order for the credit of Friends of Davenport House or for Davenport House PPG.

Signed:	Date:	Reference This should be your house number plus your postcode
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There are three ways to return this form to us:

1. Mail it to Friends of Davenport House, c/o Davenport House Surgery, Bowers Way, Harpenden, AL5 4HX
2. Drop it into the black post box, marked "Patient Group" on the wall to the left of the reception desk in the surgery.
3. Give it to the Surgery Receptionist

HOWEVER, until access to the Surgery returns to normal please return this form to the Treasurer, Friends of Davenport House, 1a Oakwood Drive, Harpenden, AL5 2LR

This information will be held on computer. The Friends of Davenport House complies with the GDPR and will not pass your details on to any third parties without your prior agreement. Our privacy policy can be found on www.friendsdavenporthouse.org.uk