

## PARISH NURSE

Anyone familiar with the Charlie Mackesy book 'The Boy, the Mole, the Fox and the Horse' may have read the lines -

***"We are out of our depth",  
said the boy,***

***"Just breathe", said the horse  
"and hold on".***

As we have gone further into the pandemic it has felt at times as though we are indeed 'out of our depth', but we have continued to offer quiet support often on a One to One basis as little opportunity for groups again over the last year.

The range of issues I have been called on to support have included diagnoses of cancer, bereavement, postnatal depression, poor mental health, severe anxiety, debt, parenting, heart failure, entering residential care, loneliness, school issues arising from cerebral palsy and support to an ex drug user. A very mixed bag, some of it arising as a result of large gaps in services during the pandemic.

I have continued to send out regular newsletters to our elderly group as although a monthly gathering has been reinstated (and then stopped in its tracks by Omicron), funding is currently not available to provide the weekly meeting they enjoyed before the pandemic. Ring and Ride has also not been able to resume its services, meaning we have had to provide transport on several occasions.

Doorstep deliveries have also taken place of both Fish and Chips and other goodies all supported by volunteers. This has often been a good way of keeping in touch and becoming aware of other issues in the life of our elderly clients.

Lateral flow tests also featured in our armoury to keep folk safe and allowed us to make a limited number of (masked!) home visits.

There still feels to be storm clouds on the horizon with energy crisis looming (and some elderly



already turning off their heating), but to return to Charlie Mackesy -  
***"We have a long way to go", sighed the boy -***  
***"Yes but look how far we have come" said the horse.***

**Mary Carroll**  
Volunteer Nurse



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