



LRGS and Alumni News during lockdown

June 2020

School continues to deliver lessons, extra curricular activities and support to pupils online.

The latest [letter to parents](#) from the Head gives a better idea of everything currently going on within school.

We hope that you are continuing to enjoy our Throwback Thursdays, thank you to everyone who has sent photos and stories through, we have been delighted with the response. The current theme is Boarding and if you do have any photos or memories that you would like to share, we would love to hear from you!

LRGS and the response to Covid 19

Volunteering within the community

In addition to our students taking up voluntary roles to support front line workers, our very own Mr. Ledward has taken to the streets on his motorbike to deliver prescriptions to the community from the local chemist.



Alumni Covid 19 experiences



OLs joining the fight against Covid 19

We would like to share some experiences of life during the pandemic / lockdown through the eyes of some of our OLs with you, these range from accounts from the frontline to those becoming inspired and creative due to the extra time spent at home.

A view from the frontline

Dr Ben Fischer (89-96)

OL, Dr Ben Fischer, Consultant Orthopaedic, Major Trauma and Limb Reconstruction surgeon at Aintree, the Merseyside, Cheshire and Isle of Man Major Trauma Centre describes the effects of the pandemic on both patients and staff and to his working and personal life.

The picture above shows Ben with the Proning Team. To find out more, read Ben's account in full in the [Life in Lockdown](#) section on our website.



Dr Nick Airey (91-98)

"I work as a consultant in anaesthesia and intensive care at Liverpool University Hospitals Foundation Trust. Having worked in the NHS for nearly 20 years this has been an extraordinary time and one never seen before by myself or my colleagues.

The scale and pace of change across our hospital has been unprecedented. We had to stop all routine surgery and redeploy and retrain staff to work in critical care. In our Trust we would normally have approximately 15 patients on ventilator but during the response this number more than doubled. Having not

done resident nights since my time as a junior doctor I found myself doing 12 hour shifts again caring for patients who required ventilation in ITU and A&E.

It was shocking to see patients who were in their early 40s becoming severely unwell, developing multi organ failure and in some cases dying from the virus. It was made all the more difficult due to working in full protective equipment which is incredibly hot, claustrophobic and difficult to communicate in.

I was amazed at the dedication of all the staff working on our ITU who had to endure these difficult conditions and see some harrowing sights. I feel very proud of the team I work with who have responded amazingly to the extra demands placed on them and the ability of the hospital to rapidly adapt to this challenge."

Dr Ben Allen (06-13)

OL, Dr Ben Allen, a newly qualified doctor working at Arrowe Park Hospital describes how the pandemic meant that he and his colleagues were required to take on new duties in order to support the predicted influx of Covid 19 patients.

Despite concerns from Ben and his colleagues about their ability to cope with the predicted number of Covid 19 patients requiring hospital treatment, Ben is keen to encourage anyone who believes that they need hospital treatment, for non Covid-19 related issues, to attend hospital as normal.

To read [Ben's story](#) in full, as told to Lancashire Life magazine, please read the excerpt on our website.



Dr Jim Gardner (74-81)

OL, Dr Jim Gardner, is currently the Executive Medical Director for Blackpool Teaching Hospitals. Cases of Covid 19 within the Blackpool area remain high although a plateau stage appears to have been reached at the moment.

Research has been recognised as hugely important for the future treatment of this and other similar

illnesses and Jim's team have actively been recruiting patients to support a variety of research projects to benefit future patients and increase the understanding of the spread of this and other viruses. Please see [Jim's statement](#) on YouTube for more details.

Dr Ben Morton (93-00)

OL, Dr Ben Morton, has been an NHS Consultant in Critical Care Medicine since 2016. He is currently on a sabbatical in Malawi working as a Senior Clinical Lecturer at the Malawi-Liverpool Wellcome Trust Clinical Research Programme.

Ben has recently been awarded a significant grant from Wellcome-DFID to support COVID-19 preparedness in Malawi. This award will allow patients to gain better access to testing, help to create more robust hospital systems and support public health management. Click [here](#) to read more about the work of the Malawi-Liverpool Wellcome Trust Clinical Research Programme.



Life in Lockdown

We have created a [Life in Lockdown](#) page on the website, this is a collection of photos, stories and memories from alumni recording their experiences during lockdown. We will be adding to this page over the coming weeks, please feel free to [send any photos or memories](#) that you would like us to include on the page.

Below is a taster of what some OLs have been getting up to over the past few weeks....



Enjoying the view

Christopher Henderson-Fairey (71-77) and his husband have been enjoying the amazing views that Switzerland has to offer from their terrace.

Trying a new hobby

Bill Eaton (56-63) and his wife, whilst enjoying their spectacular views have also discovered a love of yoga thanks to a fellow resident who is currently unable to teach classes at her usual venue. Regular poolside yoga classes have meant that Bill and co are feeling flexible and relaxed during lockdown.



Getting creative

OL Club Chairman Martin Alexander (68-73) has been taking advantage of the (unusually!) dry and sunny weather by starting a huge gardening project. Martin and his wife, Rosalie, only recently moved back to the Lancaster area and have been able to give their new garden some much needed TLC. As you can see from the photo that despite all the hard work needed in

the garden, Martin has found time to have a bit of fun too!

Fundraising in Lockdown

A group of 15 OLs have organised and are taking part in a 'One Day Relay' - a 24 hour relay run - on 18/19 June. These young men left LRGS 3 years ago and many are graduating this summer.

The 24hr relay run is to raise funds for POPYRUS - Prevention of Young Suicide - a cause very close to their hearts with the loss of OL Greg Place 18 months ago. Mental health is also of particular concern to so many in the current lockdown.



They have an Instagram page @onedayrelay if you would like a look and the link to their JustGiving page is <https://www.justgiving.com/fundraising/1dayrelay>.



No Audience with Jon Richardson

OL Jon Richardson (94-01) live streamed a montage of curated videos from a variety of guests on May Bank Holiday Monday, with all proceeds going to charity.

Jon and friends have raised in excess of £26,000 so far and a significant amount of money raised will be going to St John's Hospice.

You can still enjoy the show from the comfort of your own sofa by using the link below. The fundraising page is live until 25th June 2020.

<https://unitedwestream.co.uk/stream/no-audience-with-jon-richardson/>

Thank you to everyone who contributed to this newsletter

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