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*The Friends of Crowborough Hospital wish to
acknowledge the generous support of WardMackenzie in
the preparation of their annual accounts.*

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Friends of Crowborough Hospital

Patron

Rt. Hon. Sir Geoffrey Johnson Smith DL PC

Officers & Trustees at 25th June 2009

Vice Patrons	Dr Colin Ruck Dr Allan Winter Mrs Chantal Wilson Dr Duncan Watney	§‡
President	Mrs Ros Marriott	
Vice President	-	
Chairman	Mr Russell Wakefield	
Vice Chairman	Mr Alan Hooper	
Treasurer	Mr Terry Moon	
Fête Committee Chairman	Mr Martin Bagge	
General Committee (Elected Members)		
	Mr Richard Hallett	
	Mr Derrick Bedwell	§
	Mrs Miriam Boobier	§‡
	Mrs Barbara Divall	§‡
	Mr Richard Smith	

§ Trustees resigning

‡ Trustees willing to stand for re-election

FRIENDS OF CROWBOROUGH HOSPITAL

MINUTES OF ANNUAL GENERAL MEETING

Wednesday 25th June 2008

In attendance:

48 Trustees and officers of the Friends, volunteers, members, staff and guests

Apologies:

Sir Geoffrey Johnson Smith and others

Welcome (delivered by Vice Patron Chantal Wilson)

A welcome was offered to all the guests, especially to Mayor of Crowborough, Cllr Philip Fermor and Cllr Julian Salmon, and to Rhiannon Barker, Flowie Georgiou, and Elaine Randall from East Sussex Downs and Weald PCT. The Vice President drew attention to some of the refreshments which had been prepared by patients attending the Rehabilitation Clinic, which, appropriately, was the subject of the evenings presentation.

Minutes of last Annual General Meeting held on 21st June 2007

Acceptance of 2007 minutes proposed by Miriam Boobier, seconded by Mike Eldred and accepted nem con. There were no Matters arising

Re-election of Trustees

Richard Hallett, Russell Wakefield and Alan Hooper stood for re-election.: Richard Smith, Seconder: Dr Chris Sampson. These were accepted by all those present. The Vice President emphasised that there was space for more people. She also offered congratulations to Russell Wakefield on the production of the Annual Reports.

President's Report by Ros Marriott

The President said that she could add little to what she had already written in the AGM brochure. However, she remarked upon the outstanding success of the Day Centre development in the last year and said that the patients to whom she had spoken seemed "thrilled to bits" with it. All concerned in its development merited congratulations.

Chairman's Report by Richard Hallett

The Chairman asked those present to turn particularly to the second half of the AGM brochure where they would find Staff reports on all the activities taking place around the Hospital in the last year. Elaine Randall's looked at the development of community services and the current work going on to bring together various bodies within the locality.

The Report by new Matron, Tarnia Taverner, reflected on the work of the General Ward and the close working partnership developing between the various teams.

The Chairman continued to review the departments around the Hospital and to describe the contribution made by the Friends to each department. The biggest project was the Day Centre. Two years ago, members of the committee had visited Coxheath Day Centre at the suggestion of Flowie Georgiou and seen a vision of what could be done. Flowie's vision had been continued by Elaine Randall. The results are what could be seen today around us. This was a big project with more to do. A walk-way around the outside was planned.

Volunteers at the Fete, in the Shop, and all the drivers had made all this work possible. Roughly half the money in the Friends' Accounts was already committed. It was important to raise more to replace what had been spent so that the Friends could respond quickly to the needs of patients and staff.

The Vice president thanked Richard for his report and asked the Treasurer to give his report.

Treasurer's Report by Terry Moon

The Treasurer directed the meeting to pages 11 & 12 of the AGM brochure for a complete picture of the financial state of the Friends at the end of the 2007/08 year.

The Hospital Shop had performed extremely well, raising over £8,000 in spite of the bad spring weather which had adversely affected plant sales.

The Fete regularly raised over £9,000 which amazed other community hospitals.

Events, donations, subscriptions and recycling had raised £30,162.63 in the last year.

Expenditure had gone on many pieces of equipment and improvements around the Hospital and on ongoing painting therapy and ambulance costs. A disadvantage of living in this age of litigation was that there had to be some expenditure on insurances for volunteers.

As at 31st March 2008 there was a cash balance of £243,245.31.

In the Corporate Diamond a/c there was £90,538.05 of which £65,000 had already been spent and was awaiting billing. The Treasurer reiterated the Chairman's message of replacing that money as it was spent so that commitments could be made immediately in response to requests, not one year down the line.

There were no questions.

Approval of Accounts

The Treasurer recommended the Accounts for acceptance.

Proposer: Alan Hooper, Seconder: Russell Wakefield. Acceptance was given by those present.

Appointment of Auditors

Re-election of Denis Puttock as Auditor who had kindly agreed to continue in that role if required:

Proposer: Barbara Divall, Seconder: Pam Wickins. Acceptance by all present.

Election of Treasurer

Terry Moon agreed to act as Treasurer again:

Proposer: Russell Wakefield, Seconder: Miriam Boobier. Acceptance by all present.

Closure of formal part of the meeting

The Vice president gave a special mention to Events Organiser, Miriam Boobier, who had worked particularly hard on fund-raising activities in the last year and was now making preparations for refreshments at the National Gardens Scheme Open Garden event at Winsley in South View Road.

Presentation on Occupational Therapy at the Day Centre by Lesley Reid, Alison Cornford and Nina Booth

Introduction by Elaine Randall

Elaine Randall thanked the Friends for their unswerving support. She said that the Chairman of the Friends had given her the credit for the exciting changes taking place in the Day Centre, but the whole team had been responsible for carrying through the vision of care close to patients' homes.

She introduced Lesley Reid, Leader of the Community Rehabilitation Team.

Lesley described how physiotherapy was now being carried into the ward and home environment, and the Falls Prevention group (Sound Steps), and Life Skills sessions for the rehabilitation of patients were being offered at the Day Centre. The latest addition to the new equipment, the new Balance Master, which had been purchased jointly by the Friends of Crowborough Hospital and the Friends of the Home Physiotherapy Service, was now in its permanent position in the Physiotherapy Dept.

She invited Occupational Therapists, Nina Booth and Alison Cornford, to talk about their day-to-day work at the Day Centre.

Alison described the Life Skills sessions on Thursday mornings. The team consisted of Alison, herself, Nina Booth, Care Assistant, Pat Hoyl, volunteers and minibus driver, Mike Eldred. The focus was on the patients' own goals which they formulated at the beginning of their treatment. After six weeks they rated the success of their achievements.

Each session started with the use of the exercise equipment, followed by a period of actively developing balance and fine motor skills. The latter may be helped by such things as the use of adapted pens for arthritic hands, kneading dough or using different sized paint brushes to improve grip.

A P.A.T dog was sometimes brought along to encourage patients to use their fine motor skills through stroking and giving treats.

This was followed by a course of 'Extend exercises' with Pat.

Nina Booth presented a series of photographs showing activities at the Day Centre. She started with a picture of a patient varnishing the table which now stood in the Rehab kitchen. A pilot project had been run, based on increasing the confidence of patients. They had been encouraged to set

themselves simple goals such as getting in and out of a car, working a DVD player, and cooking a meal. The largest increase in confidence was found to be among those in their 80s and 90s.

Cooking used to be done at tables in the main room but now it could be done at a worktop in the new kitchen. In fact, a number of traybakes and cakes on offer as refreshments at this AGM had been made by patients using the new facilities. She invited visitors to view the kitchen afterwards.

Gardening was beneficial. A bed had been cleared outside by a volunteer and flowers had been grown there from seed and planted by the patients. There were future plans for raised beds, rose bushes, and for fruit bushes, the produce of which could be made into jams and chutneys. The team would like a walkway of different textures to be constructed.

Sheila Austin and Tricia Woods were valued volunteer members of the team who regularly helped patients on a one to one basis.

A printing press and spinning wheel were pieces of equipment which had been acquired and remained to be put to use in the development of patients' hand/eye coordination and fine motor skills. Nina appealed for anyone with expertise in these areas.

Question/ Answer Session

Q. How many patients attend each session?

A. 6 - 8 patients in a morning on a 1:1 basis with staff and volunteers.

Q. What happens after 6 weeks?

A. There is a peak of improvement at 6 weeks. Afterwards, patients are encouraged to take up activities in the community, such as Adult classes to carry on using the skills they have acquired. Some go on to attend social activities at the Day Centre on other days.

Dr. John Davies remarked on the uncharacteristic enthusiasm displayed by one of his patients in the slides!

President's Award to Long-serving Volunteers

Evelyn Wickham was awarded a certificate of long service and a bouquet of flowers for her years of dedication to the Friends for weeks before each Hospital Fete, besides her volunteering work at the Day Centre.

Peter Munday was awarded a certificate and a pair of cufflinks which bore toucans (a pun on 'tokens'!) for his 15 years of service to the Hospital conveying patients in his own car.

Date of Next AGM

To be arranged.

PRESIDENT'S ANNUAL REPORT



ROS MARRIOTT

Over the next twelve months the funds raised by the Friends will continue to support the excellent work done in the day centre to help people regain their confidence to carry out everyday tasks and manoeuvres before returning home to lead an independent life. Following Mrs Booths inspirational talk last year about the rehabilitation services offered, the Committee were eager to fund the development of facilities outside.

Phase one is almost finished and at the time of writing, awaits only the rails and planters. I am sure this area will prove popular with all who use the day centre. We now look forward to the next stage which will involve the laying of paths with varying surfaces. This will allow patients to experience different and uneven walking surfaces in a safe environment. The whole project will be finished off with some raised flower beds so that patients can enjoy practising their gardening skills.

Yet again we find ourselves in changing times. In the year ahead the Friends will have to keep abreast of different ways in which hospital services are going to be commissioned by doctors and how the hospital will respond to demand. It is our firm intention to help Crowborough Hospital be an efficient organisation which is well placed to respond to the kinds of treatment and clinics which are needed for our residents. It has always been our clear desire to keep the hospital as one which serves the whole community and we will do our best to support our hospital to offer a wide range of services needed by local people.

However, none of this could be done without the wonderful support we receive from members, volunteers and many, many people in Crowborough who cherish and value our wonderful hospital. Thank you, everyone, who contributes in any way.

Rosalind Marriott

President

CHAIRMAN'S REPORT



RICHARD HALLETT

Developing Day Care Rehabilitation

Last year at the 2008 AGM we were able to report that, with a total funding of over £40,000 from the Friends, that vision of day centre as a rehabilitation centre was a developing reality, with the day centre having a new extension, equipment and kitchen provided by the Friends. That vision was for a day centre that would be multi-functional, better used and providing greater community value within Crowborough and the wider area. That project has been further funded by over £20,000 this year with the very visible creation of the basic therapeutic gardens at the front of the day centre.

The quite substantial building works now complete can be used as they are for the 'falls rehabilitation session' helping patients re-learn ability and confidence in different walking situations and on different surfaces. This coming year we hope to fund additions to this basic structure (for example by introducing raised flower beds) that will help to add the 'gardens' part of 'therapeutic gardens'. Not only, then, will this have a rehabilitation function, but it will also enhance the main entrance aspect of the hospital.

Ongoing Friend's Activities

The shop continues to flourish with a loyal and hard working band of volunteers keeping it stocked and open Monday to Friday 10 am to 4 pm. Shop takings are up year-on-year and we are very grateful to the shop

committee and all the volunteers, who have helped to make this possible.

The two ambulances continue to provide much needed transport for the day centre, with especial flexibility now needed for the rehabilitation sessions as well as the traditional social day care. Mike Eldred has taken on organising the transport for which we are very grateful, as this had been an undue burden on Terry Moon (who is really our treasurer!). Mike continues to drive the new wheelchair ambulance, with which we have replaced the old 'manual' ambulance that was proving too difficult for some of our drivers.

Fundraising has more than matched our considerable donations to the work of the hospital which is a very satisfying position. Last year's fete was an excellent event, and raised £8,000, which went towards the day centre rehabilitation project mentioned above. We are continually encouraged by the generosity of the local community and again a number of local organisations hosted Christmas events on our behalf, raising both our profile and funds, for which we are very grateful.

In conclusion my thanks go to the General Committee of Trustees and many volunteers who have supported and advanced the work of the Friends during the past year. I should especially mention and thank Derrick Bedwell, who today steps down as a trustee after 28 years continuous service. We all wish him well in his 'second retirement'.

Richard Hallett

Outgoing Chairman of the Trustees

FUNDRAISING REPORT



MIRIAM BOOBIER

Last July 6th, Kathryn and Robi Willig were kind enough to host an Open Garden Event at their home in South View Road, with Crowborough Hospital being one of the charities fortunate enough to benefit from the proceeds. Although the day was unfortunately very wet, around 103 people went through the gates to view the lovely gardens. Afternoon Teas were served by a cheerful group of volunteers from the Fiends, within the confines of Kathryn and Robis house, owing to the inclement weather. Many kind people had generously donated a lovely array of delicious cakes and scones, which were easily devoured by those brave enough to face the rainy conditions.

The annual Summer Fair organised by the Town Council, was held at The Goldsmiths Ground on Saturday July 12th. It was a very busy occasion, attracting many families, residents and visitors, duly encouraged by the good weather, which was a real bonus. Once again the stall was manned by a small team of Friends and volunteers and although unfortunately the takings were possibly a bit down on this occasion, which was possibly due to the recession, it was a good opportunity to sell raffle tickets for the forthcoming Fete in August, to meet people and promote the Hospital.

In sharp contrast to the summer event, the Town Christmas Fair in November was an extremely cold day. Trade and local charities manned the stalls that lined the High Street, attracting a good mix of people looking for Christmas cards and gifts. Members of the Hospital Friends and kind volunteers were present to man the

stall throughout the day, doing their best to keep warm, stay cheerful and get into the Christmas atmosphere.

Singing For Fun, which was held at All Saints Church on December 15th, was once again a very popular and successful event, raising a fantastic amount of money. As usual the singing was of a very high standard, including traditional carols and lullabies, which was enjoyed by a large audience and bringing a real feel of Christmas into the evening. The Committee of Friends and volunteers served refreshments during the interval and similarly to previous years, it was very manic during that time!

These events have taken place during the past year and are ones that The Friends have been directly involved in.

There are other Fundraising Events that have also taken place, which have been organised by kind and generous supporters of our wonderful hospital and to those people we are most grateful and appreciative to for their kind efforts.

On a personal note, I would like to convey sincere thanks to the wonderful team of people who are always on hand to help with functions, sometimes at a moments notice, never complaining, always cheerful and supportive, and also a special thank you to the ladies who prepare the lovely selection of goods for us to sell at Town Events. We are fortunate to have such a wonderful team of people.

I look forward to meeting some of you at future functions and thank you for your continuing support.

Miriam Boobier

TREASURER'S REPORT



TERRY MOON

THE FRIENDS OF CROWBOROUGH HOSPITAL

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31st MARCH 2009

<u>INCOME</u>	<u>31.3.09</u>	<u>31.03.08</u>
Appeal Funds,Subscriptions,Donations and Collections	27467.43	30,162.63
Legacies	110115.61	2,877.33
Annual Fete	7843.54	9,485.11
Hospital Shop	8478.21	8,144.51
Daycare Centre	84.41	166.93
Gift Aid tax refunds	1120.44	1,632.59
Interest on Investments:		
Corporate Diamond Reserve	1507.65	5,042.95
Interest received from HMRC	-	0.32
Payroll Online tax free incentive	100.00	400.00
Profit on disposal of fixed asset	500.00	-
	<u>157217.29</u>	<u>57,912.37</u>
 <u>EXPENDITURE</u>		
Equipment for Hospital	63907.41	24,650.65
Daycare Centre	-	-
Painting Therapy	1680.00	1,841.50
Ambulance Costs	6756.68	5,756.20
Patients & Staff - Gifts & Christmas Expenses	443.75	497.86
Bank Charges	32.31	37.31
Insurances	848.92	925.45
Miscellaneous Expenses	-	175.55
Depreciation - Property improvements	1084.09	1,045.07
Depreciation - Computer equipment	504.34	462.31
Depreciation - Ambulance	856.13	3,212.63
	<u>76113.63</u>	<u>38,604.53</u>
 <u>EXCESS OF INCOME OVER EXPENDITURE</u>	<u><u>£81,103.66</u></u>	<u><u>£19,307.84</u></u>

THE FRIENDS OF CROWBOROUGH HOSPITAL
BALANCE SHEET AS AT 31st MARCH 2009

	<u>31.3.09</u>	<u>31.3.08</u>
ACCUMULATED FUNDS		
Balance as at 1st April 2008	243,245.31	223,937.47
Add: Excess of income over expenditure	81,103.66	19,307.84
Balance as at 31st March 2009	<u>£ 324,348.97</u>	<u>£ 243,245.31</u>
CASH AT BANK		
Main Account:		
Current Account	4,668.37	226.93
No 2 Current Account	125.48	95.48
Corporate Diamond Account	68,513.43	99,538.05
Fete:		
Current Account	1,372.54	60.69
Reserve Account	33.81	1,002.12
Day Care Centre:		
Current Account	263.01	684.69
Deposit Account	3,881.03	4,063.11
Hospital Shop:		
Current Account	3,688.30	3,028.47
Appeal Fund:		
Current Account	10.00	1,970.00
Imprest Account	0.00	760.29
Reserve Account	213,659.27	109,773.59
Events Account	170.75	72.00
	<u>296,385.99</u>	<u>221,275.42</u>
CASH IN HAND		
Day Care Centre	-	-
Appeal Fund	0.12	0.12
	<u>0.12</u>	<u>0.12</u>
INVESTMENTS		
Day Care Centre:		
National Savings Investment Account	8,022.37	7,777.95
	<u>8,022.37</u>	<u>7,777.95</u>
DEBTORS		
Shop Takings	269.51	349.06
STOCK		
Shop	3,927.33	3,848.68
CREDITORS		
Shop Purchases	(708.26)	(328.05)
Wages	(166.40)	(116.72)
Inland Revenue	(41.60)	(32.78)
	<u>(916.26)</u>	<u>(477.55)</u>
FIXED ASSETS		
Wheelchair Ambulance cost	-	6,500.00
Ambulance cost	26,771.88	26,771.88
New Ambulance cost	6,849.00	
Depreciation to date	(27,628.01)	(33,271.88)
	<u>5,992.87</u>	<u>-</u>
Shed cost	10,450.70	10,450.70
Improvements to property	1,783.84	
Depreciation to date	(2,129.16)	(1,045.07)
	<u>10,105.38</u>	<u>9,405.63</u>
Computer equipment cost	1,528.31	1,528.31
Depreciation to date	(966.65)	(462.31)
	<u>561.66</u>	<u>1,066.00</u>
	<u>£ 324,348.97</u>	<u>£ 243,245.31</u>

AUDITORS' REPORT

We have examined the above Balance Sheet and Income and Expenditure Account with the books and information supplied to us and certify the same to be in accordance therewith.

Ward Mackenzie
Accountants and Registered Auditors
Sussex House
Farningham Road
Crowborough
East Sussex

19th June 2009

Locality Report 2008/9

As the newly appointed Locality Manager with responsibility for Crowborough Hospital I am pleased to be attending the AGM and thank the Friends of Crowborough Hospital for the excellent level of support provided to the hospital this year.

This has been an eventful and exciting time for the Community services in the Crowborough locality as Provider services move to become an independent organisation with the new management structure. A huge amount of work taking place to become an 'arms length' operational unit, meaning that we are working as a distinct business unit within the PCT. This has required putting in place 'service specifications', and a 'service level agreement' with the commissioning arm of the PCT. Crowborough Hospital now sits within the Unscheduled Care business unit which is headed up by Alice Webster.

As you may know Flowie Georgiou is now the Lead for Business and Performance across county and Elaine Randall is leading the Productive Community Hospital project cross county. I would like to thank them for all their hard work for the Crowborough locality and wish them success in their current roles.

The next step for the Community Services Directorate is to develop options for the future organisational model for Community Services. There are several options, amongst which are to remain as an arms length organisation, or to separate into an independent business such as a Community Foundation Trust or a Social Enterprise.

I will be keeping you in touch with this as work progresses.

I know the individual teams have thanked you for the generous support you have given them but I would like to thank you once more on their behalf

David Jones

Locality Manager (Adult Services)

Intermediate Care Manager (West)

Minor Injuries



LYNDA MULLINS

The Minor Injury has had another productive and busy year and despite having almost 6 months of reduced hours closing at 6pm we still saw almost 7,000 patients.

I am happy to say that we are now back to normal hours of 8am-8pm and are very happy to welcome a new member of staff Karen Turley who joined us in May. Karen is an Emergency Nurse Practitioner with lots of experience who will be working full time.

The team has had a few changes in the past year Lilian Dame retired in March after 5 years in Minor injuries and we were very sad to see her go. Norma Johnston, Alison Cantwell, KarenTurley, Helen Paine and myself make up the rest of the nursing team supported by the healthcare assistants Luisa Rogers and Margaret Curtis.

Margaret joined us last year as Emily Jennings left to under take further training.

Mr. Webb the Consultant from the Kent and Sussex (K+S) A+E department continues with his clinic on a Tuesday afternoon dealing with Minor Operations, referrals and reviews from the nursing team, Tuesdays continue to be notoriously busy and we see large numbers of patients.

Dr Richard Pace from Beacon surgery continues with his Minor Operation Clinic on a Friday afternoon and saw lots of new patients last year.

We are lucky to have to maintain a group of wonderful volunteers who continue to support the Unit, assisting

with some clerical duties and the ever-increasing paperwork.

Our ongoing thanks to Ann Parsons, Jan Russell, Margaret Hamer, Mary Lelliott, Margaret Watkins, Ann Torrens, Kate Tierney, Pat Martin, and Vanessa Howse, we really appreciate all their help.

We thank the Friends of Crowborough Hospital as always for their continuing support of our Unit, they very generously donate the toys and gifts we give to the children when they have been very brave during their time in MIU. And this year have bought the unit a specialized magnifying glass lamp, which has been put to good use.

We also thank Linda Francis, our clerical assistant who continues to wade through the ever-increasing paperwork required and to input all our patients onto a data base, so that statistical figures can be collated easily. There is apparently light at the end of the tunnel and plans are being developed for us to be computerized next summer but we will just have to wait and see.

Lynda Mullins

Senior Sister

Minor Injuries

CROWBOROUGH BIRTHING CENTRE



CAROLINE
HICKINGBOTHAM

The Birthing Centre continues to develop and evolve. We are beginning to work well as a more integrated team and our acting community midwife manager Jenny Crowe is a dynamic force in the implementation. Our team of four Maternity Care Assistants are invaluable in terms of the support they provide to the midwives and mothers. The re-provision of a once monthly consultant 'outreach' clinic for local women is once again proving a success making access for consultant opinion easier. Caroline Hickingbotham and Debbie Gowers are the two team leaders and committed to maintaining the ethos of the centre as well as the provision of a cost effective, safe service.

Our births for 2008/2009 were again over the 300 mark so we are maintaining numbers at present. We will continue to strive to increase those numbers with much more promotion of our services in future. Once Pembury new hospital is up and running we will have to work hard to continue to attract women from out of the East Sussex Area especially Tunbridge Wells. However we are quite unique so I am sure we can once again rise to the challenge.

These are challenging times for maternity services and the birthing centre is once again rising to the challenge.

Caroline Hickingbotham

OUTPATIENTS, APPOINTMENTS & MEDICAL RECORDS DEPARTMENT

The OPD Sister would like to thank the Friends of Crowborough Hospital for their continued support throughout the year. We are fortunate to be supplied with two new wall lights enabling all service users with the ability to examine patients more effectively.

The Dermatology clinic benefited from a freestanding minor procedure light which has been of immense use during our clinics.

2008 was another very busy year for the department and 2009 is already proving to be equally busy if not more so. The department is continually being contacted about additional clinics, which is a very positive sign and Dr Marriott who started a GYPsI Dermatology clinic last year has doubled his clinic with new patients being added weekly. The Maidstone and Tunbridge Wells Consultants continue to support our clinics and we now have the Medway Trust on board, having taken over the Dermatology department from Maidstone and Tunbridge Well Trust.

We would like to welcome two new members to the team. Jan Lewis and Cordellia Stocks who both started recently. We hope they will be very happy working at Crowborough.

Finally but most importantly thank you to the Friends for your continued support throughout the year.

Sandra Barnes (Sister), Carol falconer, Cordilia Stocks, (Medical secretaries). Carol McKay, Sue Cotton, Judy Streatfield and Jan Lewis (Clerical officers)

COMMUNITY REHABILITATION TEAM



LESLEY REID

The Community Rehabilitation team (CRT) had another very busy year.

We continue to see patients presenting with a range of conditions in a variety of locations. Rehabilitation can take place on the ward, in the home, in the day centre and even outside. We offer a range of different therapies including physiotherapy, occupational therapy (OT), speech and language therapy and dietetics.

The major project we have been involved in with the Friends this year, is developing the therapeutic garden outside the Day Centre. Gardening is a source of enjoyment and can improve balance, mobility, concentration and sequencing skills, and the raised beds will offer this type of therapy to all patients. We are very grateful to the Friends for funding this project, and also for the huge amount of time they have put into planning meetings over the year.

We continue to use the fantastic rehabilitation kitchen in the Day Centre, particularly in the OT run groups of Life Skills.

The Falls Prevention Group Sound Steps continues in the extended space of the Day Centre. This is led by a physiotherapist with support from our team, Day Centre staff and the wonderful volunteers.

In recent months our physiotherapist has been offering more intensive physiotherapy to Day Centre patients on a Monday and this has proved very popular.

Our Speech and Language therapist joined the team last year and has been a great asset to the team. She recently trained in the Lee Silverman Voice technique used to treat voice disorders, particularly for patients with Parkinson's Disease. The purchase of an adapted keyboard by the Friends has been much appreciated and as soon as it arrived it was out on loan to a patient.

We are involved once again in a research project run by Sheffield University looking at how we can improve our ways of working, proving that however busy we are, we always recognise the need for improvement.

We appreciate the ongoing support of the Friends of Crowborough Hospital and look forward to continuing to work together.

Lesley Reid
Team Leader.



COMMUNITY NURSING SERVICE



SALLY GUMMER

We have welcomed 4 new staff members to the nursing team this year.

We have purchased a new digital wound- imaging camera.

A team of nurses took part in the PCTs health awareness roadshows volunteering to take customers blood pressure in Waitrose Crowborough.

NHS supermarket road shows reveal those with increased blood pressure

Nursing staff taking blood pressure checks in three local towns have revealed 72 people out of 222 with increased blood pressure.

The checks were offered as part of a programme of NHS road shows organised by NHS East Sussex Downs and Weald during the past month.

So far they have been held at Uckfield Tesco, The Co-operative Foodstore in Heathfield and most recently (Friday 3 April) at Crowborough Waitrose.

The offer of blood pressure checks was taken up by people with a wide age range; from those in their twenties to retired people including some in their eighties.

The majority of higher readings came from those in the range of 40s to 70s, with a significant number in their 40s and 50s who were unaware of a possible issue beforehand.

A single higher reading can be an indicator of a problem, or simply a result of a busy and stressful day and each person was given the relevant advice according to their result and age.

Many retired people with high blood pressure are already under the care of their GP and having regular checks, but those who are still of working age may not be quite so aware.

At Uckfield Tesco, 8 referrals to see their GP out of 68 checks. Those checked were, mainly in their 40s and 50s.

At Heathfield Co-op, 25 referrals to their GP out of 58 checks. These were mainly people in the 50 to 70 age range.

At Crowborough Waitrose, 39 GP referrals out of 96 checks, mainly from people in their 40s to 70s.

Higher blood pressure may be a temporary response to fever, physical exertion or stress and approximately 30% of people over the age of 50 have high blood pressure (*NICE 2006).

Clinical Community Nursing Manager Sally Gummer says, "It is important to have your blood pressure, pulse rate and weight checked as part of any health screening assessment. Some readings can indicate an underlying medical condition and these should be followed up".

The road shows are aimed at getting information about local health and health promotion services out to people in their local communities.

There are for more planned this summer in Lewes and Seaford and in Eastbourne and Hastings in the autumn.

*NICE – National Institute for Clinical Excellence 2006

Sally Gummer



Clinical Community Nursing Manager Sally Gummer, taking a blood pressure of Linda Jackson, Assistant Section Manager Checkouts, at Crowborough Waitrose.

RAPID RESPONSE TEAM

The last twelve months have been very busy for the Rapid Response Team (RRT). Our referrals from April 2008 to March 2009 have been hectic with nearly 400 referrals keeping us busy! RRT have been expanding our team to include student nurses from the University of Brighton, and now have had a total of four student placements for students to learn nursing skills to assist them in their training to become registered nurses.

RRT have been receiving referrals from a wide range of health professionals to avoid acute hospital admission, and over the past year have received referrals from paramedics, as well as GPs and District Nurses. Our team work with other health professionals to ensure that the patient and the family plan their own care to ensure a patient led service.

Our patient information leaflet has been a great success, and the patients have indicated that they find it helpful. On assessment, the patients are given this leaflet to give them information that they may not have taken in on the first visit.

Congratulations to Heather and Mandy who have completed their NVQ 3 qualification, and good luck to Tina and Susanna who are due to commence their NVQ 3 this year.

The past year has been a successful year for the Rapid Response team and we look forward to continuing to expand in the next financial year.

Lizzie Silver

X-RAY & ULTRASOUND

I can't believe that a year has passed since I was last writing this!

We have had another busy year, and our GP workload is steadily increasing. Unfortunately we are still only open from Tuesday to Thursday, and are still hoping that in the future we can open for 5 days! Patients are very pleased with the facilities that we all offer here in Crowborough, and are happy that they are able to attend a local Hospital.

The majority of patients are seen well within 2 weeks of the receipt of their X Ray referral. Our service has been greatly improved by the fast reporting service that the Queen Victoria Hospital in East Grinstead provides for us. They report our Minor Injuries and GP referral images.

Crowborough patients now have access to the Bone Densitometry (DEXA) scanner, for the detection of Osteoporosis, at the Lewes Victoria Hospital, saving a trip to Eastbourne. The scanner was kindly donated by the Lewes League of Friends.

An Ultrasound Service for Obstetrics and General Ultrasound examinations is still provided by the Eastbourne General Hospital, and their Ultrasonographers come to Crowborough on Tuesday and Wednesday. Our regular Staff are Ida, Carol and Althea.

After a fantastic 8 years of Voluntary Service to Crowborough Hospital our friend Hilary Fitzmaurice has decided to take it easy. Hilary worked very hard

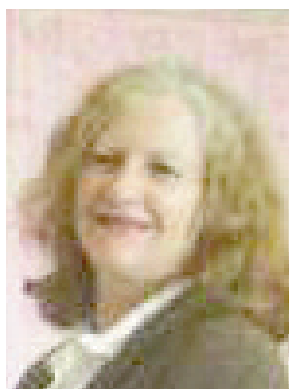
here with us in X ray, and we miss her, particularly Jacqui who worked with Hilary for 3 and a half years. Despite tuition I still can't fold the sheets for the X Ray table as well as Hilary, and we are trying hard to remember to water the plants. We are hoping that she will still call in for a cup of tea some times.

Fran Doggett has kindly stepped into the breach, and we hope that she will like working with us. Christine Bailey and Jim Kingsford regularly work with us too, and are a great help. We are very grateful to all of them for giving up their time for us.

We are all set for Summer now with our Air Conditioning Units in the X Ray waiting area and the Ultrasound room. These were generously donated by the Friends of Crowborough Hospital. We invite you to try them out when we get the searing Summer that we are all waiting for!!!

Kathryn Haghighat
Senior Radiographer

OUTPATIENT PHYSIOTHERAPY



CHRISTINE JONES

Musculo Skeletal Service — The musculo skeletal physiotherapy service provides physiotherapy advice, assessment and treatment as appropriate for people with soft tissue and bone problems and mobility difficulties. We see people from the age of 5 years and up. Our oldest patient is in their 90s!

We are pleased to welcome our new team leader, Hilary Sewell. Hilary is responsible for the day to day running of their department and ensuring that our patients have a satisfactory experience of their physiotherapy.

This has enabled us to increase the opening hours to offer early morning and late afternoon appointments to our patients.

We are also able to offer placements for Physiotherapy students from Brighton University.

The Friends have been very supportive of the department during the year. Following some structural damage they funded alterations during the repair process. This has enabled us to improve the patient reception area making it more welcoming.

Also an underused area has been converted adding desks for the physiotherapists to write notes, This has enabled the desks to be removed from the gym giving more space for patient treatment.

The Community rehabilitation Team and domiciliary physiotherapists also use the gym area to treat their patients. The Multiple Sclerosis society uses the gym once a week for their exercise group and a group for

people with Parkinson's Disease is being set up.

We have also received some higher chairs to enable our patients to sit more comfortably whilst waiting for their treatment session.

During the year we have been working closely with Freedom Leisure to set up a back class in the Crowborough Leisure centre. This has now started and offers an alternative method of managing low back pain.

Earlier in the year the Trust Chairman ran a competition to celebrate 60 years of the NHS. Crowborough Physiotherapy was joint winner of the award and was given a Wii fit system to enhance our treatment programmes.

We are very grateful for the help of the Friends. Our department environment has improved significantly due to their support.

Christine Jones

Clinical Team Leader

MAIN RECEPTION OFFICE



JULIE SCOTT

Gosh doesn't time go quickly! Julie, Stephanie and Lindsay still continue to provide admin support in the Main Hospital Reception office.

Julie is PA to Jayne Bruce, Locality Manager for Crowborough and Stephanie supports Michele Fleming, Head of Occupational Therapy Services, as well as carrying out all Reception duties. Lindsay, as Site Coordinator, helps with the site management of the hospital, Day Centre and Grove House and other PCT buildings in the Crowborough locality.

I'm sure with all the exciting changes that are taking place throughout the PCT our roles will no doubt change, but we will continue to support the general office.

We would like to thank the Friends' shop for supplying us with garden plants, eggs, and our regular sugar intake that we purchase on a daily basis.

Julie Scott

PA to Locality Manager