

**friends of
crowborough hospital**

Annual General Meeting 2012

**Friday 29th
June 2012
at the
Day Centre
Crowborough Hospital**



CARING AT THE HEART OF THE COMMUNITY

**Friends' Office
Crowborough War Memorial Hospital
South View Road
Crowborough TN6 1HB**

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Fax: 07092 865667**

Registered Charity No: 231379

Major Donations by the Friends since 1998

Year	Patients & Staff		Ambulance		Maternity	Buildings	Re-development	Present Value	Items Donated
	Equipment	Costs							
1998	£2,216.00	£4,649.00	£1,787.00	£49,400.00			£1,000,250.00	£1,428,708 Hospital Redevelopment plus Maternity unit running costs	
1999	£3,010.00	£550.00	£1,517.00	£24,700.00			£175,000.00	£268,258 various plus Maternity unit running costs	
2000	£2,204.00	£5,987.00	£2,645.00				£150,000.00	£207,478 various	
2001	£2,018.00	£5,857.00	£2,442.00					£12,896 various	
2002	£2,222.00	£1,913.00	£1,911.00			£18,354.00	£75,000.00	£122,262 various, Day Centre conservatory	
2003	£1,582.00	£8,096.00	£2,141.00			£563.00		£14,982 various	
2004	£1,494.00	£2,614.00	£6,824.00	£10,284.00				£24,823 various plus wheelchair ambulance	
2005	£11,130.00	£9,347.00	£15,480.00					£40,991 Training costs MIU, various plus Physiotherapy Curapulse, new minibus	
2006	£2,001.00	£27,714.00	£16,060.00					£50,810 various plus profiling beds, Nasendoscope, 2 cardiac ECG monitors	
2007	£2,580.00	£6,848.00	£15,466.00	£329.00	£2,940.00			£30,134 various plus profiling beds, Day centre awnings	
2008	£2,339.00	£11,055.00	£8,969.00			£13,596.00		£37,038 various, air conditioning MIU & solar reflective film general ward	
2009	£2,124.00	£17,658.00	£7,613.00	£2,302.00	£43,948.00			£72,909 various, hi-lo bed, replacement wheelchair ambulance, solar film Day centre & Physiotherapy plus Day centre extension and rehabilitation kitchen	
2010	£2,683.54	£1,489.94	£7,266.39	£893.00	£32,836.94			£46,977 various, air conditioning X Ray, Day Centre therapeutic garden	
2011	£2,828.83	£11,589.00	£8,339.93	£663.88	£24,775.14			£48,197 various, Thera Vital unit, flat screen DVD TV's plus necessary cabling and aerial upgrades throughout hospital	
2012		£80,000.00		£12,500.00	£20,000.00			£112,500 Est @ May 2012: Dermascope, Birthing Centre Publicity, Perinatal Support, Ultrasound Scanner, Garden	
TOTAL	£40,432.37	£195,366.94	£98,461.32	£101,071.88	£157,013.08		£1,400,250.00	£2,518,962	

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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

Officers & Trustees at 29th June 2012

Vice Patrons	Dr Colin Ruck Mrs Chantal Wilson	§‡
President	Mrs Ros Marriott	
Vice President	-	
Chairman	Mr Russell Wakefield	
Vice Chairman	Mr Alan Hooper	
Treasurer	Mr Terry Moon	
Fête Committee Chairman	Mrs Janie Hooper	
General Committee (Elected Members)		
	Mr Richard Hallett	
	Mrs Miriam Boobier	§‡
	Mrs Barbara Divall	§‡
	Mrs Sheila Barnard	
	Mrs Patricia Parker	†

§ Trustees resigning

‡ Trustees willing to stand for re-election

† Co-opted during the year and standing for election as Trustee

FRIENDS OF CROWBOROUGH HOSPITAL

MINUTES OF ANNUAL GENERAL MEETING

Friday 15th July 2011

In attendance:

53 members were present.

Welcome by Vice Patron, Chantal Wilson:

All guests were welcomed and a special welcome was given to the evening's speaker Charles Hendry, M.P., Councillors Kay Moss, Anthony Quin, Elizabeth Fermor, Richard Stogdon, Diane Phillips and to representatives of East Sussex Healthcare NHS Trust, Nigel Bayley and Flowie Georgiou.

Apologies:

Several apologies had been received from invitees, including Canon Andrew Cornes, Mike Harris, Alice Webster and Cllr Philip Fermor.

Prominent Absences:

Friends' patron, Sir Geoffrey Johnson Smith, and Vice patrons, Dr Allan Winter and Dr Duncan Watney who had all died during the last year.

Address by Charles Hendry, M.P. for Wealden on "The Big Society"

Mr Hendry began by thanking all present for helping the Friends of Crowborough Hospital. He said it was poignant to be standing under a plaque about the opening of the Day Centre extension by Sir Geoffrey Johnson Smith, a staunch Friends supporter and their last Patron, in view of Sir Geoffrey's death last year.

Referring to current changes in the NHS he said that the Government was bringing these about because doctors were often over-ruled by those on PCT's with no medical training. It wanted to put doctors back in charge. The new approach will benefit smaller hospitals which have a critical role to play; Crowborough doctors have said that they want to make greater use of community hospitals such as Crowborough's. Although some doubts have been expressed about the reforms, the Government wants to make the system more responsive to patients' needs.

Mr Hendry said to those present "You are the Big Society in Crowborough". In order to steer away from reliance on central or local government local people are needed to provide the solutions to problems and bring decision-

making closer to communities. He called for younger members of the community to get involved to provide succession.

He referred to Friends President, Ros Marriott's report which stated, "red tape and bureaucracy made our job a little difficult this year..." The government wanted to deregulate and reduce bureaucracy in order to make the job easier. This will be achieved by removing or adapting rules which make life difficult. For example, he said, "When you raise funds it doesn't make sense for them to be stuck in the NHS system for a year." He wanted to hear where rules caused problems for the voluntary sector.

Mr Hendry concluded by thanking the Friends for all they had done.

Summary of Questions and Answers raised:

Q. How are you going to do what you want to do when directives come from Brussels?

A. The main issues have already been debated fully. We will need to be assertive with Brussels if directives are added to. I believe problems are caused more by the present litigious culture than by Brussels.

Q. Will it dilute the GPs' power to have hospital consultants on boards?

A. Yes, it will make it harder. If GPs feel disempowered we will look again at adaptation of the system.

Q. Should such tasks as clerical help be performed by skilled NHS personnel.

A. People should be doing the appropriate skilled jobs they trained for. There are a variety of job roles within the NHS including clerical ones.

Q. Eastbourne D.G. Hospital has been told that it hasn't come up to scratch. If it doesn't, by September this year, they will be prosecuted. Isn't this counter-productive?

A. It is important to have this fall-back position. People have been so sickened by the loss of life elsewhere within the NHS.

Q. What will be the position of the Horder Centre in the future in light of government reforms.

A. The Horder Centre has carried out much valuable work in terms of knee and hip replacements and suchlike and their services will continue to be used.

Chantal thanked Charles Hendry for his presentation.

Presentations

Certificates and flowers were presented by Charles Hendry and Friends' President, Ros Marriott to Stella Eames for her 16 years of work in the Day Centre and to Maureen Bagwell for her commitment to the Friends over many years both working in the Friends' Office and managing the Friends' Shop.

Minutes of the last Annual General meeting held on 21st July 2010

Proposed acceptance of the minutes by Miriam Boobier, seconded by Mrs Anne Torrens and accepted nem con.

There were no matters arising.

Re-election of trustees

Richard Smith had been obliged to stand down.

Three trustees standing for re-election by rotation were Russell Wakefield, Richard Hallett and Alan Hooper.

Acceptance proposed by Miriam Boobier, seconded by Barbara Divall, accepted nem con. An invitation was made for new members of the committee.

Election of trustees

Sheila Barnard agreed to stand as a trustee. Acceptance proposed by: Richard Hallett, seconded by Miriam Boobier, accepted nem con.

President's Report

Ros said that although it was customary in her report to look forward she simply could not tell what would happen in the NHS in the next year because of all the changes, so she had put down some of her worries instead. She said that she felt somewhat reassured by Charles Hendry's words.

Treasurer's Report

Income – Terry said that legacies had been important to the Friends to support the larger projects but these were not a certain source of income.

The Hospital Fete had produced record amounts in the last two years and Terry thanked Martin Bagge, who was present, and his wife Jane for their work. He expressed his appreciation to the new Fete Team: Janey Hooper, Dorothy Creelman and Richard and Janet Kent for taking on the job this year. The Shop hinged on Maureen Bagwell and he thanked her for all her

hard work.

Gift Aid: none had been claimed in the last two years but this task had now been taken on by Jane Murphy who had applied for some of the back payments and one cheque had already been paid into the Friends' account.

Outgoings – Ambulances: these had been under pressure during the last year; Patients' Christmas presents; Day Centre: donated equipment in the last year had included the deep beds outside the Day Centre, a trophic stimulator, Thera Vital machine; Training for members of staff; Microwave for staff use; Flat-screen digital TV system throughout the Hospital

In reserve – Ultrasound scanner - the old machine had not been adequate to meet modern needs and had been withdrawn. Immediately, £80,000 had been raised from the Fete, Sir Geoffrey Johnson Smith's In Memoriam collection and an anonymous donor to purchase a new machine.

£70,000 had been set aside for 2 years of peri-natal mental health support for the Birthing Centre.

In reply to a question about an apparent discrepancy in miscellaneous expenses between this year and the previous year, Terry explained that Friends' printing costs for signage, the Newsletters, reports, stationery, etc. were in one year covered under "Fund-raising" and in the other year were not; the lack of consistency was dependent upon which accounting column the individual auditor had chosen to place it.

Appointment of Auditor

Ward MacKenzie have been the honorary auditors for the past year and have kindly indicated their willingness to continue.

Proposer: Russell Wakefield, seconded by Ros Marriott, accepted nem con by those present.

Election of Treasurer

Terry Moon again agreed to act as Treasurer for the forthcoming year

Proposer: Jane Murphy, seconded by Maureen Bagwell, accepted nem con.

The meeting closed at 9pm.

Date of Next AGM

To be arranged.

PRESIDENT'S ANNUAL REPORT



ROS MARRIOTT

The changes and re-organisation of local health services continue apace and we are all gradually becoming aware of how they will affect us as individuals and the institutions that deliver the help we need when sick. Above all, we watch closely how the changes affect our beloved Crowborough Hospital and the services it can offer the local people. I am pleased to report that Crowborough Hospital will continue to offer a wide range of outpatient clinics, physiotherapy and rehabilitation services, whilst we may see the number of General Ward beds made available increase and the ever popular Birthing Centre go from strength to strength as the ultrasound scanner, recently installed, becomes available to pregnant mothers over the coming year. The excellent service offered by the Minor Injuries Unit is now well known and appreciated by the wider community – how often have you heard people report with amazement how they have received quick and efficient help?

The potential facilities offered by Crowborough Hospital are exciting and the embryonic GP Commissioning Group is poised to grab the opportunity to expand and improve the services available to the local communities in North Wealden; Crowborough Hospital is ideally placed to offer efficient delivery of these and we look forward to working with all concerned to bring these to fruition.

Obviously the prime source of help to patients at Crowborough Hospital comes from the staff but volunteers play their part too, helping in all sorts of

ways, both in the help offered to support the professional staff in their work and in the support given to raise funds to provide the benefits that the Friends supply when asked. Red tape and health and safety, irritating though they be, can be and are worked through and we can be proud of what has been, and will be, achieved..

We shall continue to welcome requests from staff for support to provide equipment that will improve patient experience and the service provided at Crowborough Hospital and in the wider community. We shall continue to provide the shop, so useful to patients, visitors and staff, and we shall continue to put on the famed Crowborough Hospital Fête. This popular institution is the envy of all local community hospitals, not only because we have a core of enthusiastic volunteers who work throughout the year to make sure the Fête is a great event, but also for the wonderful community who support our local hospital by attending in vast numbers and happily snap up the bargains and by having a thoroughly enjoyable afternoon – see you all there on August Bank Holiday Monday!

So, here's to the coming year. Let's hope that, by this time next year, we will know how the new NHS works and will still be saying "How fortunate we are to have Crowborough Hospital as part of our community"!

Rosalind Marriott

President

CHAIRMAN'S REPORT



RUSSELL
WAKEFIELD

It is normal at this time of the year for me to look at what the Friends have achieved over the past 12 months. This year, though, I thought that it might be appropriate to look a little further back at what the local Crowborough Community has done for its hospital.

There have been, and continue to be, many significant changes that have the potential to affect our hospital and the services that it offers. Not least are the reorganisations in management that seem to occur with regular monotony; changes that mean that we lose the continuity of relationships with members of the hospital staff that have been built up over many years; and with that loss also goes the knowledge and experience of the contributions that the community has made over more than 60 years of the Friends' existence.

The one constant, however, is the dedicated support from the people of Crowborough and the surrounding villages to not only maintaining the facilities at Crowborough War Memorial Hospital but wherever possible to enhance and extend them for the benefit of the local community.

I thought that I would take a look at the contributions that you, the community, have made to our hospital since the major redevelopment of the hospital in 1998 that was funded to the sum of £1.5 Million, principally by local donations.

The people of Crowborough have always valued the existence of their local community hospital and have never held back in supporting it with words and deeds. Over the years when facilities have been wanting, or

funding crises have threatened to reduce the services provided you have always been there to express your desires and to back that up with action and fund-raising.

It is easy to underestimate just how much a community of not many more than 35,000 (from Crowborough and the surrounding villages) can do and raise for a cause so close to its heart.

At today's value, you have contributed to the hospital more than £4½ Million pounds over the past 50 years; £2½ Million of which has been donated during and after the major redevelopment, that is over the last 15 years.

Although many of the items are relatively small, they often make a disproportionately large contribution to the benefit of the patients and staff, by making simple improvements to the facilities within the hospital. Your funds are also used to provide superior facilities (exceeding the basic provision of the NHS) to better the conditions of those working or being treated in the hospital. Only very recently did we hear a comment that the rehabilitation facilities available at Crowborough, and in no small way funded by yourselves, were directly comparable with facilities in specialist units.

You will see (inside back cover) that your generosity has enabled us to purchase nearly £200,000 of equipment; more than £200,000 of building development beyond the original £1½ Million; and to contribute over £100,000 specifically for the benefit of the Birthing Centre and the next generation of our community.

Without your dedicated support, none of this would have been possible; with your lasting support we can continue to ensure the vitality of this hospital, providing its caring at the heart of the community.

Thank you

Russell Wakefield

Chairman of the Trustees

TREASURER'S REPORT



TERRY MOON

THE FRIENDS OF CROWBOROUGH HOSPITAL

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31st MARCH 2012

<u>INCOME</u>	<u>31.03.12</u>	<u>31.03.11</u>
Appeal Funds, Subscriptions, Donations and Collections	83,362.82	21,513.18
Legacies	10,000.00	15,000.00
Annual Fete	13,876.70	15,437.43
Hospital Shop	8,492.56	8,984.61
Daycare Centre		0.00
Gift Aid tax refunds	2,372.64	0.00
Interest on Investments:		
Corporate Diamond Reserve	208.91	242.27
Interest received from HMRC		0.00
Payroll Online tax free incentive		0.00
Profit on disposal of fixed asset		0.00
	<u>118,313.63</u>	<u>61,177.49</u>
 <u>EXPENDITURE</u>		
Equipment for Hospital	30,800.97	37,933.02
Daycare Centre	1,815.07	1,060.92
Painting Therapy	1,619.50	1,783.50
Ambulance Costs	4,678.55	7,216.27
Patients & Staff - Gifts & Christmas Expenses	349.35	140.33
Bank Charges		-
Insurances	787.60	835.02
Miscellaneous Expenses	3,602.27	3,791.60
Depreciation - Property improvements	864.05	940.24
Depreciation - Computer equipment		57.32
Depreciation - Ambulance	842.75	1,123.66
	<u>45,360.11</u>	<u>54,881.88</u>
 <u>EXCESS OF INCOME OVER EXPENDITURE</u>	<u><u>72,953.52</u></u>	<u><u>£6,295.61</u></u>

THE FRIENDS OF CROWBOROUGH HOSPITAL
BALANCE SHEET AS AT 31st MARCH 2012

	<u>31.03.12</u>	<u>31.03.11</u>
<u>ACCUMULATED FUNDS</u>		
Balance as at 1st April 2011	341,688.70	335,393.09
Add: Excess of income over expenditure	72,953.52	6,295.61
Balance as at 31st March 2012	<u>£ 414,642.22</u>	<u>£ 341,688.70</u>
<u>CASH AT BANK</u>		
Main Account:		
Current Account	3,789.40	2,799.16
No 2 Current Account	215.48	185.48
Corporate Diamond Account	224,681.32	23,408.94
Fete:		
Current Account	111.96	915.27
Reserve Account	5,042.83	5,040.02
Day Care Centre:		
Current Account	474.46	729.90
Deposit Account	8,069.45	1,568.49
Hospital Shop:		
Current Account	6,049.65	5,788.49
Appeal Fund:		
Current Account	0.00	0.00
Charities Account	85,128.39	0.00
Reserve Account	75,103.63	87,113.46
Events Account	72.00	72.00
	408,718.57	317,622.01
<u>CASH IN HAND</u>		
Day Care Centre	0.00	0.00
Appeal Fund	0.12	0.12
	0.12	0.12
<u>INVESTMENTS</u>		
Day Care Centre:		
National Savings Investment Account	0.00	8,060.23
		8,060.23
<u>DEBTORS</u>		
Shop Takings	362.00	370.53
Prepayments	678.00	0.00
Accrued Income	316.38	0.00
	1,356.38	370.53
<u>STOCK</u>		
Shop	3,974.47	4,740.12
<u>CREDITORS</u>		
Shop Purchases	(437.17)	(441.67)
Wages	0.00	(139.08)
Accrued donations	(8,750.00)	0.00
Inland Revenue	(24.60)	(31.80)
	(9,211.77)	(615.55)
<u>FIXED ASSETS</u>		
Wheelchair Ambulance cost	-	-
Ambulance cost	33,620.88	33,620.88
New Ambulance cost	-	-
Depreciation to date	(31,082.53)	(30,249.89)
	2,528.35	3,370.99
Shed cost	12,234.44	10,450.70
Improvements to property	0.00	1,783.84
Depreciation to date	(4,958.34)	(4,094.29)
	7,276.10	8,140.25
Computer equipment cost	1,528.31	1,528.31
Depreciation to date	(1,528.31)	(1,528.31)
	£ 414,642.22	£ 341,688.70

INDEPENDENT EXAMINERS' 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

2012

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

ONGOING SUPPORT FOR LOCAL MATERNITY CARE

The Development of Midwife-led Maternity Care.

In 1997, just 15 years ago, the very existence of a small maternity unit at Crowborough Hospital was under threat because an 'acute hospital obstetric unit' was seen as the best place for women to receive their maternity care. A visionary campaign and funding support of £48,000 from the Friends of Crowborough Hospital for a 2 year trial period was sufficient to create, in April 1997 the UK's first official midwife-led maternity unit.

The 'birth centre' as it was known, was included in the total refurbishment of the Community Hospital (towards which the Friends contributed £1.5 Million) that was completed in 1999. Since then the Friends of Crowborough Hospital have continued to provide funding support to enhance the facilities available for women & midwives, and have assisted in making the Crowborough Birth Centre well-known nationally as a recognised model for low-risk birth place choice.

In 1994 the National Service Framework for Maternity included recognition of the importance of midwife-led care, and the 1997 'implementation plan' called "Maternity Matters" strongly supported the wider development of midwife-led birth centres as one of the birth place choice guarantees. In 2011 a major study "Birth Place" from the National Perinatal Epidemiology Unit at Oxford University endorsed stand-alone birth centres (such as Crowborough) as safe, cost-effective and highly valued by women.

The Community View of Local Maternity Care

Maternity care is about much more than just a 'place for birth' and as a community organisation the Friends have been anxious to support a community view of local maternity care that provides a holistic one-stop shop for local mothers-to-be.

For some women, due to clinical factors, birth in an obstetric unit with full medical support at hand is the right choice. But increasingly the antenatal care (ie: care before the actual birth) is seen as just as important for a good

outcome as the actual place of birth. This antenatal care is best delivered locally for all women, wherever they intend to choose for the birth itself.

One of the common misconceptions about the birth centre at Crowborough is that it is only for an 'elite' group of 'low risk' women who are fortunate enough to be 'allowed' to have their baby born there. Nothing could be further from the truth as more than half of the work at the birth centre is the ante-natal care that the midwife team provide for all women in the local area irrespective of where they intend to have their baby born. Including the post-natal care that midwives provide for all local women, it is evident that significantly less than half the work of the birth centre relates to the birth itself.

Holistic Local Maternity Care

Across the UK and national media there has been increasing awareness of the importance of dealing with mental health issues for overall health and well-being. Pregnancy and birth is an anxious time and stressful time for women, and post-natal depression can be severely damaging to new families at the very time when there is a high 'happiness expectation' from all around.

As part of their commitment to supporting local maternity care the Friends have supported specialist perinatal mental health care locally by providing £70,000 to fund a 0.5 (part time) post for a local specialist mental health nurse during 2012 & 2013. This specialist nurse from the Sussex Partnership works closely with local midwives to provide community mental health care for pregnant women and new mothers in the North Weald area of East Sussex, with most clinics held at Crowborough.

Without this provision, North Wealden women would probably have to enlarge the waiting list for an Eastbourne based clinic. In the first quarter of 2012 some 28 individual women were supported by this service, and it is hoped that a peer support group can soon be formed. For obvious reasons it is not appropriate to give this service a high media profile, but it is an important 'behind the scenes' service that gives added depth and meaning to our commitment to local maternity care for all women.

Ultrasound Scanning

Until 2010 the birth centre at Crowborough had about 300 births per year. Sadly during 2011 and 2012 this level of birth activity has dropped to around 240 births per year. Most local women express a 'wish' to have their baby born at Crowborough, but the prime reason given by local women for not 'actually booking' to have their birth at Crowborough is the lack of local maternity ultrasound scanning.

A local woman who books for a birth at Crowborough will be offered ultrasound scans at Eastbourne District General Hospital. This is a more than 50 miles round trip that will have to be repeated several times during the pregnancy. Inevitably, many women prefer to go to Pembury or Princess Royal Hospital (Haywards Heath) for their ultrasound scans, and therefore get booked to have the birth at whichever obstetric unit they have chosen for the scan. This has the potential to undermine activity levels at birth centre at Crowborough as seen during 2011, and threatens the centre's future economic viability.

In the Friends view the first step towards re-establishing obstetric scanning is to re-start general ultrasound scanning for GP referral diagnostics. This in itself is an entirely worthwhile aim, and is strongly supported by local GPs who have championed the business case for a new state-of-the-art ultrasound scanner. This scanner is now in place, fully funded by the Friends at a cost of £65,000, with additional start-up funding also available. East Sussex Healthcare Trust have been able to recruit a local sonographer to operate this service so that ultrasound scanning can re-start in early July. We celebrate the 'launch' of this new scanner at today's Annual General Meeting.

Obstetric Ultrasound Scanning

For the future viability of the birth centre the Friends are anxious to see a re-start of local obstetric scanning so that the Crowborough Birth Centre can provide a one-stop-shop maternity service that is local and easily accessible. Great care has been taken by both the East Sussex Healthcare

Trust and the Friends to ensure that the new scanner has the technological specification required for obstetric scanning.

Of course, there is much more to providing a service than just having the right equipment in place, as trained staff and appropriate protocols are required to ensure that the quality of service provided meets expectations and national standards. Discussions about this issue are ongoing between the Trust and local stakeholders, but the Friends remain committed to provide sufficient resources for the re-start of obstetric scanning if the Trust are able to progress this 'in principle'.

Birth Centre Refurbishment

The birth centre has not had a 'make over' since it became a midwife-led unit some 15 years ago, and is beginning to look 'tired'. In addition to this, parts of the layout are less than ideal and could be improved. The midwife team have initiated a project called "changing rooms" which is designed to improve and enhance the physical facilities & infrastructure of the birth centre. Plans are at an early stage, but the Friends have agreed that this is a project they could support in principle as part of their ongoing commitment to a local, high quality maternity care centre at Crowborough.

Community Support shown by Financial Commitment

When the funding for these projects are totalled up, the Friends of Crowborough Hospital will have provided over £250,000 specifically to support the birth centre and the local maternity care it provides. This will have included funding for both equipment and staff, designed to provide a service that is available over a wide geographical area and meeting the maternity needs of as many women as possible.

This support is given willingly and gladly as the Friends believe it reflects the depth of community support that exists for the birth centre and the midwives who work there.

Richard Hallett

Trustee

WHAT HAPPENS AT THE DAY CENTRE?

For those who have suffered injury which has severely affected their mobility, the immediate delight of being home after hospital discharge can often be quickly cut short as stark reality hits:

What now?
I can't walk
I can't look after myself
I can't go out
I'm cut off and lonely.

With the valuable transport service provided by volunteer drivers, people experiencing such dilemmas can greatly benefit from the services provided by the Day Centre.

Three days a week, the Crowborough Rehabilitation Team provides dedicated treatment sessions there for people with reduced mobility and independence. Both individual and group programmes are held within the safe and spacious environment of the Centre. An intensive rehabilitation programme for people with neurological problems such as stroke, spinal injury and multiple sclerosis has proved particularly valuable.

Specialist rehabilitation equipment and treatment plinths, generously purchased for the Centre by the Friends of Crowborough, enable the Team to deliver effective and efficient treatment. Everyone who comes to the Centre for treatment wants to feel that they are making progress every day; the Team's aim is to provide the best possible support and therapy to achieve that goal and to optimise recovery.

Two days a week, the Day Centre provides a social day care service to residents in the Crowborough community. Lunches, bingo, craft and games are provided. This is supervised by a nursing assistant and volunteers.

Coming to the Centre brings great psychological benefit. For those attending for rehabilitation, improved muscle strength, balance and exercise leads to

increased self-confidence and independence. And for everyone who attends, there is the lift of being out of the home - a place which can begin to feel like a prison without such outings – and the opportunity to meet and talk to people. When people feel more independent and more mobile, they gain greater happiness and self-esteem. Their mood lifts, which is good for them and good for their families and carers, who have also had a period of respite whilst the person for whom they are caring has been at the Centre.

Claire Mccauley
Physiotherapist Community Rehabilitation Team

