

**friends of  
crowborough hospital**

# **Annual General Meeting 2013**

**Thursday 27th  
June 2013**

**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**

**Tel: 01892 664626  
Fax: 07092 865667**

**Registered Charity No: 231379**

# Please Support Crowborough Hospital Shop

situated in the foyer

Open from 10.00 am to 4.00pm Monday to Friday

Toiletries

Confectionery  
Biscuits,  
Crisps & Soft  
Drinks

Plants

Local Eggs &  
Honey  
Homemade  
Marmalade &  
Jam  
Cilla's Cakes

A Wide  
Selection of  
Greetings  
Cards &  
Notelets

Toys &  
Puzzle Books

China Mugs,  
Trays etc.

Books – Good  
condition  
Paperbacks &  
Hardbacks

Knitted Baby  
Clothing &  
Tea Cosies

## All profits support your hospital

Friends of Crowborough Hospital, Southview Road, Crowborough TN6 1HB  
01892 664626 Registered Charity No. 231379 [www.foch.org.uk](http://www.foch.org.uk)

## Record of Large Donations made by the Friends to the Hospital in 2012

Ref.no.	Description	Where	Amount
004/11	Perinatal Mental Health Support Year 2	Birthing Centre	35,000.00
001/12	Dermatoscope	Outpatients	499.70
002/12	Promotional Material 12 month funding	Birthing Centre	781.44
003/12	Ottobok nerve stimulation equipment	Rehabilitation	2,700.00
004/12	Replanting Atrium	Grove House	300.00
005/12	2 Swivel chairs	Outpatients	312.60
006/12	Clippers, charging base & Heads	Outpatients	242.21
007/12	Tab's Pressure Monitors	General Ward	1,264.93
008/12	Office Chairs	General Ward	396.90
009/12	Closed End Stairs	General Ward Rehab	895.00
010/12	Toys for Child Development Checks by Health Visitors	Grove House	237.47
011/12	Garden Works	Hospital Forecourt	750.00
012/12	Vital Signs Device	General Ward	1,000.00
			£ 44,380.25

# CONTENTS

<b>Content</b>	<b>Page</b>
<b>List of Officers &amp; Trustees .....</b>	<b>iii</b>
<b>Minutes of AGM 29 June 2012 .....</b>	<b>v</b>
 <b>President's Annual Report .....</b>	 <b>1</b>
<b>Chairman's Report .....</b>	<b>3</b>
<b>Treasurer's Report .....</b>	<b>7</b>
<b>Fete .....</b>	<b>9</b>
<b>Specialist Perinatal Mental Health .....</b>	<b>11</b>
<b>Birth Centre &amp; Obstetric Scanning .....</b>	<b>15</b>
<b>Rehabilitation &amp; Transport .....</b>	<b>17</b>
 <b>Donations to the Hospital in 2012 ....</b>	 <b>rear cover</b>

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

# WardMackenzie

Accountants • Registered Auditors  
Licensed Insolvency Practitioners • Taxation Consultants

We are pleased to announce the recent acquisition of  
D F Puttock & Co, Crowborough

We believe in a personal approach to clients' business affairs and provide an individual service tailored to our clients' needs with easy access to partners and a realistic fee structure which ensures we maintain our competitive edge.

Call us for a **FREE** consultation.

Mackenzie House  
Coach and Horses Passage  
The Pantiles Tunbridge Wells  
Kent TN2 5NP

T: 01892 514451 F: 01892 516651

Sussex House  
Farningham Road  
Crowborough  
East Sussex TN6 2JP

T: 01892 662211 F: 01892 667343

5-6 The Courtyard  
East Park  
Crawley  
West Sussex RH10 6AG

T: 01293 447799 F: 01293 447800

[info@ward-mackenzie.co.uk](mailto:info@ward-mackenzie.co.uk)

[www.ward-mackenzie.co.uk](http://www.ward-mackenzie.co.uk)

# Friends of Crowborough Hospital

## Officers & Trustees at 27th June 2013

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

### General Committee (Invited Members)

Dr Cathryn Stokes MD  
Mrs Elaine Cox  
Mrs Jane Murphy  
Mrs Maureen Barton

☒ Trustee

§ 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 29th June 2012

### **In attendance:**

67 people were present.

### **Welcome by Vice patron Chantal Wilson**

All guests were welcomed, especially Hon. Charles Hendry; M.P., Lady Jeanne Johnson Smith; the Chairman and Deputy Chief Executive, Stuart Welling & Associate Director, Jayne Boyfield, of E.S.H.T. Also, Dr. Katy Stokes; Cllrs Sylvia Tidy, Elizabeth Fermor & Kay Moss; Anthony Quin & Di Phillips of Wealden District Council, and Richard Stogdon of ESCC.

### **Apologies**

Apologies received included those from Dr Morris of Beacon Surgery, Dr Wolfe of Groombridge Surgery, Cllr Philip Fermor, Canon Andrew Cornes of All Saints Church & Darren Grayson, Chief Executive of ESHT.

### **Address by Hon. Charles Hendry, M.P. for Wealden Constituency**

Mr Hendry said he was delighted to have been involved in the official launch of the new ultrasound scanner (which preceded the meeting), having talked many times about the £80,000 raised towards it last year. The money had been raised very quickly by two significantly large donations, one of which was in memory of Sir Geoffrey Johnson Smith. The benefit of convenience to local people would be immense. A sonographer was to start employment next month. He was hoping for the additional service of obstetric scanning in due course. He was very glad that Lady Jeanne had been present at the ceremony in view of her family links with the medical profession.

Mr Hendry then talked about the future of the Hospital within the new clinical management framework. He said it was important that GPs should make decisions about referring patients & that patients were able to make positive choices. Although the Tunbridge Wells Hospital at Pembury was an extraordinary state of the art hospital the like of which will probably never be built again, it did not suit everyone. For instance, not all patients would necessarily want to be in individual rooms, particularly once the critical stage of their illness was over & some might prefer to come to Crowborough Hospital. In the case of maternity services it was important that mothers were encouraged to use the facilities available here; the new scanner would be a great asset in this. All the Friends present needed to inform the wider



community of the specialisms & services on their doorstep.

Mr Hendry said that next year marked the 50th Anniversary of the Friends of Crowborough Hospital and that since 1963 £2.5 million had been raised (£4.7 million in today's terms). He thanked all those who had been involved for their hard work.

There were no questions. Chantal thanked Charles Hendry for his talk and for his consistent support & encouragement. Then Mr Hendry & Lady Jeanne left the meeting.

### **Presentation of cheque by Wealden Cycles to the President of the Friends**

Dave & Simon, representing a group of cyclists from Wealden Cycles, presented the President with a cheque for £613, which had been raised over the last few months from shaking tins & from Monday quiz nights held at the Wheafsheaf pub. An additional £48 was presented in a collecting tin. Thanks were given by Treasurer Terry Moon.

### **Tribute to Pam Wickins by the President, Ros Marriott**

Ros paid tribute to Pam Wickins, a long-term & much valued member of the Friends who had passed away during the year. She described the main events of her life from an account provided by Pam's daughter. Pam had resigned from the Friends Committee in 2003 but she would be best known for her work for the annual Fete, especially the Raffle. Ros described her as 'a remarkable lady'.

### **Information about this year's Fete**

Terry gave general information about this year's Fete on 27th August. He said raffle tickets were now on sale. Volunteer help was wanted and the usual goods, books, nearly new clothes & plants, including cuttings & seedlings, would be needed nearer the time.

### **Minutes of last AGM**

Acceptance was asked for the minutes of the last AGM held on Friday 15th July 2011.

Proposer: Richard Hallett, seconder: Russell Wakefield. Accepted nem con.

There were no matters arising.

### **Re-election of trustees**

Chantal Wilson, Miriam Boobier & Barbara Divall were due to retire by rotation and were all willing to stand for re-election.

Acceptance proposed by Sheila Barnard, seconded by Pete Chappell



Accepted nem con.

Chantal invited those who would be interested in standing for election to contact the Friends.

### **New trustee**

Tricia Parker, a previously co-opted committee member, agreed to stand for election.

Proposer: Miriam Boobier, seconder: Ros Marriott. Accepted nem con.

### **President's Report by Ros Marriott**

Ros said that we were all very proud of our community hospital. In this present time of change & reorganisation of local health services Crowborough Hospital, it was hoped, would continue to offer a wide range of out-patient clinics, rehabilitation services & physiotherapy. The popular Birthing Centre would go from strength to strength as the ultrasound scanner became available to pregnant mothers. The excellent service offered by the Minor Injuries Unit was now well-known & appreciated in the community.

The Deputy Chief Executive of ESHT assured those present that he would support the Hospital.

### **Treasurer's Report by Terry Moon**

Drawing attention to the financial sheet accompanying the AGM Report, Terry said that the balance sheet remained strong but it should be remembered that the figures included the sinking fund & financial commitments to which the Friends were already pledged. Funds were falling but the Fete & Shop continued to give good income & he thanked the volunteers responsible.

Terry commented particularly on the £2,400 recovered in Gift Aid on donations through the hard work of Jane Murphy. There had been a couple of very large donations during the year.

He had opened new accounts with Scottish Widows & Hanleys Economic Building Society in order to spread the risks. £85,000 would be the maximum amount in each account.

Chantal thanked Terry for the vast amount of work he did for the Friends.

### **Acceptance of Treasurer's Report**

Proposed by Terry Moon, seconded by Janie Hooper. Accepted nem con.

## **Re-appointment of honorary Treasurer, Terry Moon**

Proposed by Tricia Parker, seconded by Bron Tankard. Accepted nem con.

### **Questions/Answers**

**Q** (*Mrs Barbara Page*): In spite of dwindling numbers of social users at the Day Centre, GPs are saying that the Day Centre cannot take the 20 or so theoretical maximum. Why?

**A** (*Chantal Wilson*): Patients at the Day Centre are now assessed on clinical need not on social need. ESCC is responsible for social need.

(*Dr Cathryn Stokes*): GPs are in a transitional phase at the moment but they will eventually be looking at this carefully.

(*Cllr Sylvia Tidy*): Social Day Care is available at two sites elsewhere in Crowborough (sic). We would like to get Day Care at Pine Grove. We would hope to work more closely with other teams.

(*Andy Miller, Chairman of Rotherfield St Martin*): A more holistic approach is needed and can do far more good than all the fancy equipment.

**Q** (*Clive Wilson*): Why does it cost more to have 11 patients at the Day Centre than 7?

**A** (*Claire McCall*): The managers decided that we don't know what we're going to be doing in the future so we will not take on any more users. Some social users might stay for 20 years but funds are not limitless & have to be spread over large numbers of people. At present on the clinical side there is an 8-week rehab course.

**Q** (*Day Centre volunteer*): I don't understand what is happening. 20 people have reduced to 7 on Fridays.

**A** (*Chantal Wilson*): There is a polarization of two specialisms of care.

(*Terry Moon*): There is no statutory obligation of the NHS to pay for social care. The answer may be for volunteer groups to set themselves up, as encouraged by 'the Big Society'. Talk to health providers & social services.

(*Jane Boyfield*): the Trusts provide formal therapies. I think there may be a case for health services & social providers to move closer together.

(*Chantal Wilson*): This is a very strong note to end on.

The meeting ended.

### **Date of Next AGM**

To be arranged.

## PRESIDENT'S ANNUAL REPORT



**ROS MARRIOTT**

The relentless march of change continues to affect Crowborough Hospital. We are now seeing these changes coming into effect. A whole new set of acronyms must be learnt! Crowborough Hospital is now owned and run by East Sussex Healthcare Trust (ESHT). ESHT also owns and runs the acute hospitals in Eastbourne and Hastings and four other community hospitals. The Trust provides health care in these hospitals which is commissioned and paid for by the Clinical Commissioning Groups (CCG) which hold all the budget.

So what are the CCGs? These groups have replaced the Primary Care Trusts (remember PCTs?) and they consist mainly of GPs representing the GP practices in an area. The CCG under which we come covers half of East Sussex and is called the High Weald, Lewes and Havens CCG (HWLHCCG).

The Friends of Crowborough Hospital have for years been actively supporting the development of services based at Crowborough Hospital; the most recent example being the funding of the Perinatal Mental Health Support. Committee members will be keeping in close touch with local GPs and liaising with HWLHCCG to see how we can support and promote future services that it may wish to commission.

Rest assured, your Committee is vigilant !

Amongst all these changes, our core aim of supporting patients and staff at Crowborough Hospital will continue – providing those extras that make the

patients' experience during their visit more comfortable and the equipment that makes the work of the staff just a little easier.

At this point I would like to thank Dr David Roche (GP from Wadhurst), chairman of the HWLHCCG for speaking at the Friends' AGM and telling us a bit more about how the CCG will work and how we can all co-operate and offer each other mutual support. I would also like to thank members of the committee who quietly get on with things. It is very much appreciated and if anyone is interested in joining us, we would welcome them with open arms!

We have interesting times ahead and I hope that by this time next year, we will begin to see the benefits of all these changes.

*Rosalind Marriott*

*President*

## CHAIRMAN'S REPORT



**C**HANTAL  
**W**ILSON

The year has been a busy and exciting one. The committee has kept a watchful eye on social day care and rehabilitation care which both take place in the Day Care Centre. The rehab service has done some wonderful work under the exceptionally caring and professional eye of Claire McCaul who has turned lives round. The Friends have been delighted to support her with specialist equipment to make her work even more effective.

Throughout the year we have paid for a perinatal mental care nurse who gives a very valuable service to women who are pregnant or have recently given birth. The service is based at the birthing centre so that it serves mainly women from Crowborough. The perinatal health nurse helps women through postnatal depression and all sorts of other emotional difficulties associated with pregnancy and childbirth and has made a difference to many lives. We expect that, having paid for the service on a short term basis to prove its worth, it will continue permanently funded by the Sussex Partnership NHS Trust.

An aim of the Friends is to support as many services in the hospital as possible so that as many different people as possible can benefit. We like to support the outpatient clinics because they really help people by avoiding long journeys and long waits in the main hospitals. This year we have bought equipment for the ENT clinic and the ECG clinic to assist the consultants who come and to encourage them to want to come!

As well as all these high profile donations, the Friends continue with their regular, smaller donations which nevertheless are much appreciated. Notable among these

are the toys we give to the minor injury unit which help distract children who arrive in distress or distract bored siblings! The teddy bears we give to each new baby are very well received and are certainly very cute. We also meet the needs of in-patients whenever we can by supplying equipment which enables better nursing but which the NHS would not normally supply.

We discovered that the Vice Lord Lieutenant of East Sussex, Mrs Sara Stonor, has an unexpected connection with the hospital because her children were born in the then maternity unit. In April she graciously accepted an invitation from the Friends for an informal visit to see the hospital and the birthing centre in particular. Mrs Stonor was so encouraging in the level of interest she showed in everything she saw and in the very generous remarks she made about the Friends. There is a full report of the visit in the May newsletter.

We had a very special reason to celebrate earlier this year when committee member and Vice President Richard Hallett was awarded an MBE for his distinguished contribution to maternity services nationally. I would like to offer my hearty congratulations for his well-deserved honour. We are all basking in the reflected glory!

As ever, there are so many thank yous to record. I would like especially to thank Russell Wakefield for the time he gave as chairman and due to his careful guidance, ensuring the Friends is in such good heart.

I would like to thank our new fete committee which is coming up with really innovative ideas. The committee now includes some much younger members who are using social media for the good of the hospital and fete and therefore making both more relevant to the younger generation.

We are still very fortunate to have a strong band of volunteers who keep our shop going. The shop is the main, on-going face of the Friends to the outside world and a very valuable source of income. Thank you to each and everyone who works in the shop and maintains its and the Friends' excellent reputation. I must also add a note of thanks to the Trust which kindly re-floored the shop (and our office) and made it look much smarter. Please support our shop which offers a surprisingly wide variety of good value stock all through the



year, supplemented by seasonal items.

Committee members Tricia Parker and Sheila Barnard have been doing an excellent job re-vitalising our scheme to place collecting boxes in shops; Miriam Boobier has been a tower of strength in always producing excellent refreshments at any event we care to throw at her; and Alan Hooper has been very generous with his time in doing repairs to sheds. Last but not least I must pay tribute to Terry Moon, who really is the Friends personified and basically does nearly everything, ably aided and abetted by some wonderful office volunteers.

Needless to say, this list hardly scratches the surface of what the full complement of volunteers does for the hospital, so please, all those unsung heroes, take this as a thank you for all you do.

My last thank you is to you, the people who support the Friends and whose money makes it possible for the Friends to help the hospital.

*Chantal Wilson*

*Chairman of the Trustees*





# TREASURER'S REPORT



**TERRY MOON**

## THE FRIENDS OF CROWBOROUGH HOSPITAL

### INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31st MARCH 2013

<u>INCOME</u>	<u>31.03.13</u>	<u>31.03.12</u>
Appeal Funds, Subscriptions, Donations and Collections	33,525.77	83,362.82
Legacies	3,000.00	10,000.00
Annual Fete	11,888.63	13,876.70
Hospital Shop	8,338.66	8,492.56
Daycare Centre	-	-
Gift Aid tax refunds	873.73	2,372.64
Interest on Investments:		
Corporate Diamond Reserve	1,473.09	208.91
Interest received from HMRC	-	0.00
Payroll Online tax free incentive	-	0.00
Profit on disposal of fixed asset	-	0.00
	<u>59,099.88</u>	<u>118,313.63</u>
 <u>EXPENDITURE</u>		
Equipment for Hospital	108,787.86	30,800.97
Daycare Centre	3,933.94	1,815.07
Painting Therapy	1,755.00	1,619.50
Ambulance Costs	7,300.35	4,678.55
Patients & Staff - Gifts & Christmas Expenses	690.45	349.35
Bank Charges	-	-
Insurances	850.26	787.60
Miscellaneous Expenses	1,519.74	3,602.27
Depreciation - Property improvements	1,525.32	864.05
Depreciation - Computer equipment	111.09	-
Depreciation - Ambulance	632.06	842.75
	<u>127,106.07</u>	<u>45,360.11</u>
 <u>EXCESS OF INCOME OVER EXPENDITURE</u>	<u><u>-68,006.19</u></u>	<u><u>72,953.52</u></u>

**THE FRIENDS OF CROWBOROUGH HOSPITAL  
BALANCE SHEET AS AT 31st MARCH 2013**

	<u>31.03.13</u>	<u>31.03.12</u>
<b>ACCUMULATED FUNDS</b>		
Balance as at 1st April 2012	414,642.22	341,688.70
Less: Excess of expenditure(income) over income(expenditure)	- 68,006.19	72,953.52
Balance as at 31st March 2013	<u>£ 346,636.03</u>	<u>£ 414,642.22</u>
<b>CASH AT BANK</b>		
Main Account:		
Current Account	1,416.38	3,769.40
No 2 Current Account	235.48	215.48
Corporate Diamond Account	100,855.40	224,881.32
Fete:		
Current Account	1,178.59	111.96
Reserve Account	4,044.59	5,042.83
Day Care Centre:		
Current Account	540.52	474.46
Deposit Account	7,072.78	8,069.45
Hospital Shop:		
Current Account	6,508.51	6,049.65
Appeal Fund:		
Current Account	512.00	0.00
Charities Account	85,000.00	85,128.39
Reserve Account	33,057.71	75,103.63
Reserve Account no.2	85,000.00	-
Events Account	72.00	72.00
	<u>325,493.96</u>	<u>408,718.57</u>
<b>CASH IN HAND</b>		
Day Care Centre	0.00	0.00
Appeal Fund	0.12	0.12
	<u>0.12</u>	<u>0.12</u>
<b>INVESTMENTS</b>		
Day Care Centre:		
National Savings Investment Account	0.00	0.00
	<u>-</u>	<u>-</u>
<b>DEBTORS</b>		
Shop Takings	54.72	362.00
Prepayments		678.00
Accrued Income	0.00	316.38
	<u>54.72</u>	<u>1,356.38</u>
<b>STOCK</b>		
Shop	5,416.63	3,974.47
<b>CREDITORS</b>		
Shop Purchases	(341.72)	(437.17)
Wages	(44.25)	0.00
Accrued donations	0.00	(8,750.00)
Inland Revenue	(11.00)	(24.60)
	<u>(396.97)</u>	<u>(9,211.77)</u>
<b>FIXED ASSETS</b>		
Wheelchair Ambulance cost	-	-
Ambulance cost	33,620.88	33,620.88
New Ambulance cost	-	-
Depreciation to date	(31,724.70)	(31,092.53)
	<u>1,896.18</u>	<u>2,528.35</u>
Shed cost	12,234.54	12,234.44
Improvements to property	7,952.00	0.00
Depreciation to date	(6,483.66)	(4,958.34)
	<u>13,702.88</u>	<u>7,276.10</u>
Computer equipment cost	2,107.91	1,528.31
Depreciation to date	(1,639.40)	(1,528.31)
	<u>468.51</u>	<u>-</u>
	<u>£ 346,636.03</u>	<u>£ 414,642.22</u>

**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*

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

18/6 2013

## FETE REPORT



**ELAINE COX**

The profits from the fete in 2012 exceeded £12,000. This is a little down on the previous year, in part because the British weather decided a heavy shower was appropriate at 4pm, which curtailed sales somewhat! Bric-a-brac continues to be a popular stall, raising over £2000, but the book stall seemed to suffer from the 'Kindle effect' with reduced sales. On a positive note more local companies generously sponsored the fete in 2012, with £800 coming from this source. There are plans to expand sponsorship in 2013, to help to offset some of the ever increasing fixed costs such as marquee hire. A wide variety of local shops and businesses will be approached and their logos or adverts displayed on our Sponsor Boards. Raffle ticket sales were again excellent, both on the day itself and in the preceding week from sales at local supermarkets.

The Fete committee for 2013 has expanded to include some younger members of the local community who are brimming with new ideas and aim to increase participation by their age group and add extra volunteer and income streams. The Fete has now 'gone online', with a Facebook page. This enables us to reach a wider audience with appeals for goods for the Fete and also to recruit new helpers. A link to the eBay charity arm has been established, so that those selling items on eBay may donate part of their sales money to the Friends of Crowborough Hospital. Publicity for the Fete was also expanded in 2012, with articles appearing not only in the Courier, but also in numerous Parish Magazines, in order to promote the Fete to a wider community.

There are also plans to introduce a Kids Zone in 2013, where several attractions can be grouped together including a bouncy assault course, the ever popular Rotary 'Human Fruit Machine' and the Toys and Puzzles stalls together with other child orientated entertainment. Grove House will this year be used not only for the Crowborough Art Group display and the excellent Cake Stall, but also for the Book Stall too. Hopefully this means that should the rain clouds gather yet again, there will be protection from the elements and no soggy books.

The Fete relies heavily on a band of devoted volunteers and the committee and Friends are very grateful to them for all for their continued hard work and support. Without them there would simply be no Fete.

Key dates for 2013 include:

Saturday 10th August	am Street Collection pm Stallholders Meeting
Saturday 18th August	Raffle ticket Sales in Supermarkets
Monday 26th August	pm Hospital Fete

*Elaine Cox*

*Member of the Fete Committee*

## **SPECIALIST PERINATAL MENTAL HEALTH**



**RACHEL WEST R**  
**MELISSA JOHNSON L**

Sussex Partnership NHS Foundation Trust has been commissioned to provide a Specialist Perinatal Mental Health Service (SPMHS) to serve the population of East Sussex. The service has been operational since July 2011, but with a 'one size fits all' format based on clinics in Eastbourne and Bexhill. In December 2011 the Friends of Crowborough kindly granted us funding to provide an enhanced service with the focus on the Crowborough area and we appointed a part time Specialist Perinatal Nurse into a two year post.

### **The Team**

The service for Sussex is led by three Consultant Psychiatrists specialising in perinatal mental health of which two provide clinics in Eastbourne and Bexhill. Women seen in the Crowborough nurse-led clinic can also see a Consultant either in Eastbourne or Haywards Heath, or prescribing advice can be sent direct to their GP.

The team has two Specialist Practitioner Mental Health Nurses. Both have a wealth of experience as well as a special interest in Perinatal Mental Health. Melissa Johnson has been working in the Friends of Crowborough Hospital funded post. She joined our team with 15 years of experience working at a Mother and Baby unit.

### **The Service**

The Specialist Perinatal Mental Health Service is designed to target antenatal women who develop



mental health problems related to pregnancy, women with post natal mental illness and women with a pre-existing psychiatric disorder. The SPMHS will work with women throughout their pregnancy until one year post childbirth. The team accepts referrals for women who are experiencing mental health problems, but will also offer advice, information and signposting for health professionals to help them identify women with potential need.

## **Service delivery in Crowborough**

Melissa Johnson, a Perinatal Specialist Practitioner runs these nurse-led clinics. She is a mental health nurse with previous experience of specifically working with women who have a young baby and are suffering with mental health problems.

The clinics are currently run fortnightly, but can be increased depending on need. The clinics are intended to cover women living in the Crowborough catchment area and surrounding rural parts of the county.

Women who are pregnant or have a baby up to the age of 12 months and suffering with moderate to severe mental health problems can be referred to this service.

Women can be referred by midwives at Crowborough Birthing Centre, community midwives, health visitors, GP's, obstetricians, community mental health teams and psychiatrists. Referrals are triaged by the Perinatal Specialist Practitioner and either booked into the clinic, visited at home or signposted to other community services.

We are more than happy to advise and discuss mental health issues with referrers and be available at Crowborough Birthing Centre on Thursdays for informal discussions. As a service we have found the support we have received from the CBC midwives really positive, and we have been made to feel very welcome as well as benefiting from the networking and integrated working opportunities that being based at Crowborough has offered.



## **A Case Study**

A mother was referred to the Specialist Perinatal Mental Health Service two weeks after having her baby. She had a history of depression but this had been well managed while she was in her early twenties, so this had not been disclosed to her midwife at booking. She was referred to her GP by her community midwife, who had significant concerns around how she was coping; the GP in turn referred her to the Perinatal Mental Health Service.

She was suffering with post-natal depression. Her husband was undertaking all of the baby care; she reported feeling like a shell, and that she had no attachment to her baby. At this point she was verbalising that it would be better if she were not around, and had some suicidal thoughts as a result of her depression.

The Perinatal Mental Health Service linked with her locality midwife to ensure that during the 28 days of enhanced visiting by her health visitor, she was also seen daily for those first four weeks by one of us. A Consultant Psychiatrist appointment was arranged in the first week of referral and medication was started that would treat her depression but would also allow her to breast feed.

As her mood lifted she was able to bond with her baby – a process that was supported by her Specialist Practitioner who set goals and objectives that enabled her to move from baby care to engaging in baby groups and making friends locally. While working with the Specialist Perinatal Mental Health Team some areas of her past life were disclosed that may have had an impact on her depression, and we supported her access to Psychology support via the local Assessment and Treatment Centre.

She now considers herself to have made a full recovery and is fully bonded with her child. She is pregnant again and this time – as the risk has been identified – will have comprehensive monitoring from our service both before and after the delivery.

## The Future

The funding received from Friends of Crowborough Hospital has been much appreciated and has led to improved outcomes for local women with mental health needs both during pregnancy and in the post natal period. The two years of the rolling funding would run until December 2013, by which time the full benefit of the locally based service will be evident. A sufficient number of women who were helped by the service during pregnancy, will have progressed through to well established and stable motherhood some 6 months after childbirth, including being involved in the newly established Inter-personal Therapy Group.

Our aim would be to build an evidence base that will include a benefit summary of the two year project, with example case studies, by late 2013. During 2014 we would use this as a case for accessing funding from commissioning streams with the NHS, looking to obtain approval in principle from the new commissioning groups by around mid-2014, with the detailed funding agreed (we hope) by the end of 2014.

To enable this we have asked the Friends of Crowborough Hospital to consider funding the Specialist Nurse Practitioner post in our team for a further year (i.e. during 2014). This confidence on funding for one more year would not only give us the time to argue for mainstream commissioning from the NHS, but would maintain continuity and allow us to develop the service further with the birth centre midwives, and continue to support more local women.

*Rachel West*

*Sussex Partnership NHS Foundation Trust*

## BIRTHING CENTRE



**DEBBIE GOWERS**

### Midwife-led Local Maternity Care

**M**aternity care is about much more than just a 'place for birth' and 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 antenatal 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, significantly less than half the work of the birth centre relates to the birth itself. 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 (i.e. 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 have the birth itself.

Until 2010 the birth centre at Crowborough had over 300 births per year. Sadly during 2011 and 2012 this level of birth activity has dropped to around 240 births per year. To help improve these numbers the Friends have generously supported widespread publicity about the availability of the birth centre as a birth place choice. 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.

## **Obstetric 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 and would threaten the centre’s future economic viability.

Through the generosity of the Friends a new modern scanner is now in place, and East Sussex Healthcare Trust were able to recruit a local sonographer who started work in Crowborough in July 2012. Unfortunately the Associate Director within ESHT responsible for the restart of obstetric scanning is on secondment and, for the moment, progress has stalled. For the future viability of the birth centre, and as midwives committed to providing a one-stop-shop maternity service that is local and easily accessible, we strongly support re-establishing obstetric scanning at Crowborough. This would also gain the maximum benefit from the newly installed ultrasound scanner.

*Debbie Gowers*

*Crowborough Birth Centre Maternity Matron*

*Midwife-led Local Maternity Care*

## REHABILITATION & TRANSPORT



**CLAIRE McCaul**

Despite the recent move of the community rehabilitation team to Sackville House, Lewes, the Day Centre programme of treatments provided by the therapists has never been busier.

We still provide a rehabilitation service for patients who have problems with their mobility and/or body and upper limb weakness. This could be as a result of having suffered a stroke, multiple orthopaedic trauma, multiple sclerosis, Parkinsons, spinal injury or polyneuropathies to name but a few.

The service for the Rehabilitation Days in the Day Centre on Tuesday, Wednesday and Thursday could not be as extensive if it were not for the attendance of the volunteers and the equipment provided by the Friends of Crowborough Hospital. The wonderful volunteers meet and greet the patients and provide company, coffee and encouragement. A service manned by volunteers provides transport for patients at home who would benefit from extensive rehab but who would otherwise be unable to travel to and from the Day Centre.

On behalf of the team of therapists and patients, I would really like to thank all these volunteers for their invaluable support.

*Claire McCaul*

*Physiotherapist Community Rehabilitation Team*

