

Supporting excellent care at the heart of the local community

friends of crowborough hospital newsletter

Tel: 01892 664626



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Day Service Welcomes RITA

April has seen the arrival of RITA at the Friends Social Day Service.

RITA (Reminiscence Interactive Therapy and Activities) is a wonderful piece of equipment that will enable us to work with both groups and individual clients in a new and exciting way.

From providing a backdrop of relaxing music and images, to offering poetry, speeches and games, the Sensory Unit can be used to stimulate discussion. It can help to revive memories of different times and places, enabling individuals to work on their life stories.

It stores vast quantities of images, different music genres, radio programmes, videos and movies. It has interactive games that can be used by the group, including bingo and quizzes. It also has exercise sessions that can be done from a client's chair.

It certainly opens up many new ways of interacting with clients and offers volunteers new learning opportunities. We are absolutely delighted with it.

Many thanks go to the Friends for providing such a stimulating piece of equipment.



A training session took place at the Day Centre. The photograph shows from left to right:

Alex Herring, My Improvement,
Dr. Kate Stokes, FoCH President,
Jane Hayward, SDS manager,
Miranda Davis, SDS volunteer.



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IN AND AROUND THE HOSPITAL

THE FRIENDS' SOCIAL DAY SERVICE cont.

April has also seen us install new troughs for our patio. The old ones were becoming somewhat dilapidated as well as needing new soil and replanting. The new troughs will be dedicated to Devon, who attended the Service for many years and sadly passed away in 2017. Our thanks go to Devon's husband and friends, who kindly made donations in her name. A plaque will be placed on one of the troughs and will read "In fond memory of Devon Millman".



The old troughs need a new home, they may be reusable with a bit of repair. The size is about 1.8m x 77cm, if anyone wants them they should contact me, a small donation would be appreciated.

Jane Hayward, Manager



NEWS FROM THE GENERAL WARD

As of 2nd April 2018 Sussex Community Foundation NHS Trust is employing our own locum Doctor Joy Kyeyune to provide medical support to Crowborough inpatients. We are also in the process of recruiting a permanent doctor to this post to ensure long term sustainability.

The new arrangements put in place have been a great success for both patients and staff and have enabled us to move towards 7 day, nurse-led admissions, supporting timely admission and discharge planning for our patients as well as enabling patients and relatives to book time to see a doctor to discuss any queries or concerns they may have. We welcome Dr Joy to our team.

We would also like to take this opportunity to thank our GP colleagues for supporting our patients and staff over the last 30 years. Our nursing and medical team will continue to work closely with both local GPs and Dr. Peter Tsang, our Community Geriatrician, to ensure we continue to deliver co-ordinated comprehensive care for our patients.

We have some staff members moving on to new roles. Staff Nurse Dee Pullinger, who has worked at Crowborough for over 10 years, will be moving nearer to her home in Eastbourne. Staff Nurse Mihaela Tirtau will be moving to London and Staff Nurse Lorna Goldsmith will be moving to Uckfield Hospital. Health Care assistant Edelyn Roma has been offered a full time Team Leader Post in a local Care Home. We would like to wish them well in their new Jobs. Recruitment is under way to continue to expand the team and we look forward to introducing our new staff members as they join the team.

Marianne Marden-Grove, Ward Matron

IN AND AROUND THE HOSPITAL

PHYSIOTHERAPY AT CROWBOROUGH HOSPITAL

You may be aware that the physiotherapy department at Crowborough Hospital is no longer open. Physiotherapy is provided locally by Sussex MSK (musculoskeletal) Partnership East which is the local NHS organisation that manages the care and treatment of patients with bone, joint and muscle conditions. The service was commissioned in 2015 by the Clinical Commissioning Groups (CCGs) that manage health services in the majority of East Sussex (High Weald, Lewes and Havens CCG and Eastbourne, Hailsham and Seaford CCG). Their aim was to make MSK care more efficient, cost effective and more accessible for patients in this area.

Currently they only have sufficient work in Crowborough to use the physiotherapy facilities for one day a week and it is not cost effective to pay full time rental on the facility for that. Therefore a smaller space in Grove House will be used for a day a week. This has come about partly due to the increased in GP referrals to the Horder Centre for orthopaedic cases.

This Physio arrangement is in addition to that planned for the long-term pain management clinics being run by SCFT. (see below)

A certain amount of the physio equipment will be used at Grove House and there is a possibility of some more being used in the neuro rehabilitation sessions in the Day Centre.

At the moment, various groups including the Friends are looking into possible alternative uses for the old physiotherapy unit.

PAIN MANAGEMENT PROGRAMME

Recently, Angel Busuttil, Consultant Clinical Psychologist and Joanna Fry, Service Manager for Clinical Health and Psychology, of Sussex Partnership Trust, attended a Committee meeting of the Friends to introduce the pain management programme, currently run in Eastbourne, which was due to start at Grove House one day per week.

The impact of living with pain on physical and mental health, including increased risk of heart disease, depression, suicide and substance abuse and dependency has been recognised. The programme, which has been designed to bring all services dealing with spinal, rheumatologic and muscular skeletal conditions together, will provide an applied pain management scheme through e.g. gardening, exercise programmes and kitchen skills and will build skills for those who wish to return to work. There is no age restriction on attendees who may self refer via an online form on MSK's website.

The scheme, which is part of MSK will offer physiotherapy, rheumatology and occupational and orthopaedic therapy. Psychologists will be involved both individually and in groups; groups have been shown to be of particular benefit and support with those attending remaining in contact with each other afterwards.

Assessments started on 3rd April and the interview rooms, former dining room and kitchen, store rooms and courtyard garden at Grove House will be used.



IN AND AROUND THE HOSPITAL

MINOR INJURIES UNIT

In a recent communication Chloe Rogers (Interim Area Director of High Weald Lewes and Havens) gave the following information:

"I've had a look at the most current Crowborough MIU data, and though this dropped in the last four months of 2017, it has since picked up and is currently 14% above the planned target for the 2017-18 financial year. We recently invested in further training for the nurses there to ensure they are able to treat as many different complaints as possible to avoid patient journeys to A & E."

Chloe Rogers

It is good to see this most valuable service being well-used. Patients with minor injuries are treated quickly and efficiently without the travelling and waiting times that can be experienced when visiting A & E.

VOLUNTEERS NEWS

THE FRIENDS' SHOP

The shop has been stocked with lots of new cards. We have also been given some very nice homemade cards. We have beautiful homemade toys and a large selection of baby and toddler cardigans. Thank you to everyone who spend hours making lovely things and then donating them to us.

The homemade preserves in their little hats continue to be very popular and make very nice gifts. Cilla's cakes and farm eggs are in the shop along with garden plants now that the weather is improving.

We appreciate seeing all of our regular customers. Please tell your friends about the shop.

Maureen Bagwell, Manager

Hospital estates have put up some new signage on the corner of Southview Road, including a reference to the shop. We hope this might encourage some more potential customers.



VOLUNTEERS NEWS cont.

Behind the scenes of the Committee of the Friends

As a registered charity, the Friends has to comply with various regulations made by the Charities Commission, many of these regulations have recently changed and the Committee has continued its consideration of the Charity Governance Code for Smaller Charities

The number and value of donations we receive is an indication of the trust donors have in FoCH and therefore of our integrity.

In relation to safeguarding and promoting the charity's reputation, there has been discussion about acceptance and refusal of donations according to their origin. A policy will be created covering this, having first checked what larger charities in the sector do.

Code of conduct – adherence to the Charity Governance Code satisfies this requirement.

Nolan Report - Seven Principles of Public Life – years of existence and experience without serious difficulty or challenge demonstrate we have upheld the 7 principles and served the public well.

We have policies in place to deal with all forms of **conflict of interest**. However, we do not specifically have a policy on declaring hospitality; therefore in future we will include declarations of hospitality in our declaration of interests and gifts policy.

Safeguarding - The Charity Commission has issued a reminder document about safeguarding. It contains nothing new and we are fully compliant.

Raffle tickets and General Data Protection Regulation,

A local supermarket has declined to continue to allow us to sell raffle tickets in their shop because we collect personal data when we sell the tickets (name and phone number). Revised guidance will be issued to ticket sellers to overcome concerns. Any purchaser may choose not to give personal contact data and will then have to check if they have won a prize by looking at a list of winners which will be posted in the location where they bought the tickets and on the notice board in the hospital.

OBITUARY

George Underhill: 24th October 1928 - 28th August 2017



We have recently been informed of the death of member, George Underhill, who died in August 2017. George first came to the attention of the Friends in 2008; he announced that he was going to celebrate his 80th birthday by performing a sponsored tandem sky-dive! True to his word, on 23rd October 2008, the day before his birthday, he made a tandem sky-dive above Headcorn Airfield, jumping from 12,000 feet. He was thrilled to bits with the whole experience. George had many sponsors and the following December he was delighted to present to the Friends' Treasurer, Terry Moon, a cheque for £1,234.

Ex-milkman George was cheerful & outgoing. Among his interests he enjoyed playing petanque and was Chairman of the Crowborough Club for a while. Sadly, he died, aged 88, in August after a series of falls. Belated condolences to his wife, Joan, and family. His cheery smile is missed by all those who knew him.

Hilary Wakefield



DONATIONS, PURCHASES and REQUESTS

CROWBOROUGH TOWN COUNCIL'S NAMED CHARITY

The Mayor of CTC, Peter Ellefsen, has named FoCH as his charity . At the recent annual town conference, our president was very pleased to accept a cheque for £4350.59 for which the Friends are very grateful.

OTHER DONATIONS

Boxes totalling £312 were received from:

JB Bakery	Field Buss	Value Essentials
Wealden Cycles	Chappells Pharmacy	The Hospital Shop
Xray	News Plus	Flower pens sold at Grove
Nevill Crest and Gun	Cork and Keg	House made £17.90

Individual Donations totalled £285

In Memoriam donations of £650 were received in memory of:

The Late Alfred Smith

The Late Mrs Joan Dixon

The Late Eleanor Hope Hill

The Late Joan Cureton



We extend our condolences and our grateful thanks to their family and friends for thinking of Crowborough Hospital in this way.

In addition we have received a number of donations through **BT My Donate**
Since December, these have totalled £550

Once again, we express our grateful thanks to the individuals, groups and businesses who so generously support the Friends of Crowborough Hospital.

PURCHASES

RITA - £6495 (see news from the Day Service)

A tumble dryer for the general ward - £299

A donation to the Community hospitals association - £1000

Both shed roofs have been re-felted and sealed at a cost of £2,418, including a 30% reduction.

Dementia research unit patient entertainment - reserved £420

Claire McCall (neurophysiotherapist who works in the Day Centre) has requested another Physio Cycle Machine because there is often a queue for the present one. Claire sees a large number of clients during the week and the existing cycle is no longer sufficient. Purchasing a new one would be prudent to give more capacity and take some pressure off the existing one. The cost of an ideal Physio Cycle is £5,715

FUNDING REQUESTS AGREED

General Ward - magnet indicators - £182.26

General Ward - patient crash mats - £364

Friends of Crowborough Hospital – Fete 2018

The Friends of Crowborough Hospital fete will take place as usual on

August Bank Holiday – 27th August

Plans are well in hand for a very enjoyable event. Early planning is the key to success and we have in place all the licences and approvals we need for the activities on the day. We have also ordered all the tentage and equipment although this year we have also bought some gazebos to help save hire charges. The last couple of years we have appealed for loans of gazebos but it is unreasonable for private owners to continue to lend gazebos and find they do not come back in the condition they started in.

In the past we have been fortunate that large parts of the ground floor of Grove House has been available as a fallback in bad weather. However, that building is becoming more heavily used by permanent occupiers and we now can't rely on it so much. All the more reason to order a fine day!

All the usual stalls are lined up to be at the fete so that there will be something for everyone. We are repeating the silent auction which proved such a success last year so look out for that on the day.

We are grateful to all the stallholders for their efforts and loyalty to this special cause, and to Maggie Thurgood who is applying her considerable skills to getting sponsorship from local businesses so that as much money as possible which is taken on the day goes straight to the hospital.

In the meantime, we would welcome some more “promises” from local businesses and individuals for the auction. For example, a window cleaner could offer to clean the windows of someone's home. We would then auction this promise with the value of the gift. There are many more possibilities like key cutting, shoe repairs, picture framing, computer repairs, furniture repairs, electrical or plumbing services, printing services, gardening, decorating, home-made cakes, oven cleaning etc.etc etc.

If you would like to offer an auction promise, please contact Ricky Booth at fete@foch.org.uk

Chantal Wilson, Chairman
Ricky Booth, fete organiser



Caring for the Heart
of the Community

Friends of Crowborough Hospital

Crowborough Hospital
South View Road
Crowborough
TN6 1HB
Phone: 01892 664626
Fax: 07092 865667
Email: info@foch.org.uk
Web: www.foch.org.uk

Registered Charity No. 231379

Inland Revenue Charity Code:
YAF88PG

Crowborough Hospital Fete

Bank Holiday Monday

August 27th

Membership of the Friends

We hope that those of you who are not already Members would be interested in joining the Friends.

Membership is just £10 a year, or you can become a life Member for a larger sum. If you would like details of this, please get in touch.

If you would like to pay by standing order, we would be happy to arrange this for you.

For those who are tax payers we can arrange (at no cost to yourself) for the Inland Revenue to make an additional payment to us equal to the amount of tax that you would have paid on your donation or membership (Gift Aid). In this way, your donation can be of even greater value. Changes made by the Inland Revenue in respect of how Self Assessment tax forms are completed for charitable donations mean you will need the Code (shown above) if you complete such a form.

As a Member you can be as involved as you wish, joining one of the committees, or just supporting the work of the Friends by attending events during the year.

If you would like further information on any aspect of the Friends or would like to become a volunteer or a Member, please get in touch with us at the address above, or by phone or e-mail.



Office Opening Times

The Friends' Office is not manned every day due to lack of volunteers. If we are closed, please leave a message; written, telephone or e-mail and we will contact you as soon as we are able.

Mail can be left in the black letterbox outside the office.



Donations / Membership

I/we would like to make a donation to support the work of the Friends of Crowborough Hospital.

Our donation includes a £10 membership subscription (yes/no).

I/we enclose a donation of £

The Friends may reclaim tax ☐ (Gift Aid)

Name

Address

Post Code

Telephone

E-mail

Date

Please send details of how I/We may make regular donations ☐ (Standing Order)

Donations should be returned to:
Friends of Crowborough Hospital
Crowborough Hospital
South View Road
Crowborough TN6 1HB

May '18