

Supporting excellent care at the heart of the local community

# friends of crowborough hospital newsletter

Tel: 01892 664626



Volume 16 Issue 3 August 2018

## AGM 2018

The AGM of the Friends took place on August 9<sup>th</sup> attended by guests:

Community Geriatrician Dr Peter Tsang,

Mayor of Crowborough Cllr. Greg Rose

Deputy Mayor Martin Garrett

Chairman of Wealden, D.C. Cllr Chris Hardy

Mr & Mrs David Tate

Mr. Ashley Scarff from the HWHL CCG

Dr & Mrs Colin Ruck

plus volunteers and friends

Reports were presented by the President, the Chairman and the Treasurer. These plus reports on the Social Day Service, Crowborough Birth Centre, Neuro rehabilitation and the work of the Trustees are in the Annual Report which can be found on the website or obtained from the friends office.

**President Dr Cathryn Stokes** spoke of changes in the way the NHS is run locally.



"This coming year, as they have since 1911, the Friends will continue to support our local healthcare through its many changes". As you may know, five local CCGs including our own (High Weald Lewes and Havens), have now joined together to form the NHS Central Sussex and East Surrey Commissioning Alliance. This NHS Alliance is collaborating with Councils to improve health and care services. Within our Commissioning Alliance there are now 20 'care hubs' in the process of integrating community health, mental health, social care and third sector support to improve care provided to the local population, in order to improve health outcomes and to drive greater efficiency across the whole system.

What does that mean for us?

The Friends are a third sector voluntary organisation playing an important part in the history of Crowborough, a value driven organisation motivated by the desire to achieve social goals, not by profit. We are in a position to lobby on your behalf for the right services in our area and as a respected local organisation we can expect to be listened to.

This coming year the Friends will continue to raise funds to support all the patients and staff that come to Crowborough Community Hospital.

We plan to invest current funds as follows:

We have agreed to fund the capital cost of £166,000 for an X-ray upgrade at Crowborough Hospital. The Friends have already provided capital funding for a modern ultrasound machine already in operation which will be in continual use alongside the upgraded X-ray machine, together with the supporting software to provide digital images.

The Birth Centre is to have an additional, new birthing pool in the second birthing room which is also to be enlarged. together with redecoration and an upgrade of the ensuite facilities for both birthing rooms. The cost for this work will be supported by the Friends' contribution of £92,000.

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## **AGM cont.**

One of the most significant and exciting changes this year for the ward has been the welcome introduction of a dedicated fully qualified doctor to provide medical cover for the patients who stay at Crowborough Hospital. The cover is provided for whole mornings or afternoons (alternating with Uckfield Hospital), five days a week. The current doctor is Dr Kahn who is supported by consultant geriatrician Dr Peter Tsang. He supports him with weekly ward multidisciplinary meetings to discuss current and future care for inpatients and offers advice whenever needed.

What is pleasing to see is the way this service has been commissioned by High Weald and Havens CCG, supported by a Consultant who works for

Maidstone and Tunbridge Wells Trust together with a Ward Doctor who is employed by Sussex Community Foundation Trust and how well this integration of care is working!

The Friends of Crowborough Hospital often remark that with so many different Trusts working at the Crowborough Hospital site we have a pivotal role in not only understanding what is going on but also helping to shape and support services for our local population.

Thank you to all our Hospital supporters here this evening."

*Cathryn Stokes MD  
President*



**Chairman, Chantal Wilson**, spoke of how delighted the Friends were to learn that the Mayor of Crowborough, Councillor Peter Ellefsen, had nominated the Friends as his charity of the year in 2017– 18.

"It is a great honour to be recognised in our own town in this way and to know that the Friends are held in high regard in our own community. The Mayor kindly presented a cheque for £4351 at the annual town meeting at the end of the financial year. This will be a great help towards the purchase of a new wheelchair vehicle which will bear the town council's livery alongside our own in recognition of the generous donation.

### **Transport**

The large minibus, a well-known vehicle around town, finally had to be put out to grass this year, being beyond economical repair. It had been showing its age for some time and did not offer the level of comfort the Friends would like for the users. Thanks to our excellent transport manager, Jim Kingsford, we sourced a very attractive, comfortable and appropriate vehicle for our needs which arrived in the autumn. I mentioned that the town mayor's donation will be contributing to the replacement wheelchair vehicle. This vehicle is particularly useful in bringing patients to the exceptional neurophysiotherapy clinic held in the day centre for which the Friends provide equipment.

### **Social Day Centre**

No report from the Friends would be complete without mention of the excellent social day centre run by the Friends under the exceptionally capable and professional management of Jane Hayward. The service continues to run on a Monday and Friday and goes from strength to strength, catering for people of any age who are lonely or socially isolated.

Again, the Friends' transport is a vital support to this service. Even more vital to the service are the volunteers who support Jane during the day and the volunteer drivers and escorts who help bring attendees in and take them home again.

The Friends have invested in the service this year as part of continuous improvement. We have bought a new fridge/freezer to help avoid food wastage. We have also bought digital reminiscence equipment called RITA (Reminiscence Interactive Therapy & Activities) which is a large, touch screen, containing information on a huge variety of topics, plus films, music, historical features to name but a very few.

### **Donations to the Hospital**

As always, I would like to bring everyone up to date on other, smaller, donations the Friends have made to the hospital during the year. We have committed to the purchase of a new patient trolley for the Minor Injury Department to give more comfort to the patient and easier working conditions for the staff. We have also bought specialist armchairs and wheeled walkers for the in-patient ward. For outpatients we purchased an unpronounceable piece of equipment called a Naso-Pharyngo-Laryngo Fibrescope.

## **AGM cont.**

### **Bursary**

One of the long-standing assistants in Minor Injuries has started her training to become a nurse in the hospital. The Friends are keen to encourage homegrown staff and are delighted to have offered a bursary to assist with the costs of the course."

*Chantal Wilson, Chairman of the Trustees*



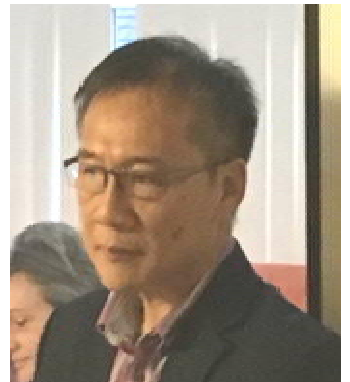
**Treasurer Terry Moon** was able to report that the finances of the Friends are in a healthy state with funds put by for the refurbishment of the Birthing Centre and towards the upgrading of X ray facilities, both of which are due to begin shortly. However, he said that we should not become complacent. Although the fete continues to produce a good income and we have been fortunate to receive some substantial donations and bequests, smaller donations and the income from the shop have reduced. Terry called for new, younger volunteers with new ideas and perspectives to come forward. Anyone who might be interested in further supporting the Friends can contact the Friends Office.

The invited speaker for the evening was **Dr. Peter Tsang, consultant geriatrician, Maidstone and Tunbridge wells Hospital NHS trust** who gave a presentation entitled "Developing care for the elderly within Crowborough community"

Dr Tsang spoke of our aging population – in 2014, 17.7% of the population was over 65 years, in 2016 it was 19.9% and in 2034 it is estimated to be 23.3% Older people are the main users of the NHS and in particular of A & E.

As people age, they may become more frail leading to a decrease in their physical and psychological reserves and a decline in the efficiency of multiple systems. Then, what might be considered to be a fairly small event, can tip them over into becoming seriously unwell.

Elderly people benefit from personalised, comprehensive, holistic and multi-disciplinary assessment. This need is, unfortunately, not always apparent until an emergency admission to hospital - and hospital is not necessarily the best place for elderly people to recover.



The new Community Geriatrics Service led by Dr. Tsang, aims to see people closer to home and within 2 weeks of referral. Dr Tsang can initiate onward referrals to appropriate secondary care and specialists as



well as signposting patients to other services within hospitals and the community. There is also a recently appointed Frailty Nurse Specialist who can visit patients at home or locally. Clinics are held at GP surgeries where support can also be offered to GPs in the management of complex frail elderly people and their medication.

Dr Tsang presently visits the general ward at Crowborough hospital one morning a week where he supports the work of Dr Kahn and the ward team.



## **VOLUNTEERS NEWS**

As is customary, the Friends like to recognise at the AGM volunteers who have given exceptional service. This year, the award went to **Gill Stanbridge**. Gill has been a Shop Volunteer for over 10 years and has also organised the regular Christmas lunch and cream tea for shop volunteers. Congratulations, Gill. And thank you for all your work.



The Officers and Trustees of FoCH are  
**Patron:** Mrs Sara Stonor DL, H.M.'s Vice Lord-Lieutenant of East Sussex  
**Vice Patrons:** Dr Colin Ruck, Mrs Chantal Wilson DL  
**President:** Dr Cathryn Stokes MD  
**Vice President:** Mr Richard Hallett MBE  
**Chairman:** Mrs Chantal Wilson DL  
**Treasurer:** Mr Terry Moon  
**Secretary:** Mr Russell Wakefield  
**Fête Committee Chairman:** Mr Ricky Booth  
**General Committee** (Elected Members): Mrs Barbara Divall, Mr Mike Eldred, Mrs Ros Marriott  
**General Committee** (Invited Members) Newsletter Editor: Mrs Maureen Barton  
 Minutes Secretary: Mrs Barbara Kingsford  
 Gift Aid Administrator: Mrs Jane Murphy

## **DONATIONS, PURCHASES and REQUESTS**

### **DONATIONS**

- Crowborough St Johns coffee morning £125
- Crowborough united church Wednesday fellowship group £30
- Individual donations and subscriptions £120
- Donation towards the plant stall at the fete £50

### **COLLECTING BOXES** were opened from:

- Chappells
- Minor Injuries Unit
- This and that
- Morrisons pharmacy
- News plus
- Value essentials
- Hospital shop
- Kreshaa express
- Bricklayers arms
- Poundfield post office

Which totalled £316

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

### **IN MEMORIAM DONATIONS** totalling £546.50 were received in respect of:

- The late Patricia Marguerite Fletcher
- The late Margaret Freda May Barnes
- The late Jean Hart

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

### **PURCHASES**

- General ward—crash mats £365
- General ward—magnetic indicators £182
- Neuro physio exercise cycle—£5290
- General ward activity trolley—£304
- Hotel services food blender—£15

### **REQUESTS APPROVED**

In-patient therapy cushions and steps £441  
 MIU patient trolley £3275

# Crowborough Hospital Fete

## Bank Holiday Monday August 27th 2-5



### Fête Donations

Donations of good quality books, clothes, collectables, bric-a-brac and jewellery are urgently needed for some of the Fête's busiest stalls. Contributions can be received at the hospital in Southview Road, Crowborough at the sheds adjacent to the main hospital roundabout, on Friday afternoons leading up to the fete (between 2.00pm and 4.00pm)

### Parking

As there is limited parking at the Hospital and on Southview Road, visitors are encouraged to use a park-and-ride service from the Croft Road car park.



Image from 2017

## **IN AND AROUND THE HOSPITAL**

### **Celebrating the NHS at 70 years NHS Big Tea**



A tea party was held at Grove House to celebrate 70 years of the NHS. Many volunteers within the NHS were invited as a thank you for the work they do. Representatives of the Friends attended.

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### **OUT PATIENTS DEPARTMENT**

To celebrate the 70th birthday of the NHS on July 5th 2018 we decorated the department with blue 70th birthday balloons and posters. Suzanne and I dressed in traditional nurses uniforms for the day, we had some wonderful compliments from patients and staff and although it was an exceptionally hot day we survived the heat thanks to the air-conditioning kindly donated by the Friends of Crowborough a few years ago. One patient thought how quaint it was that the cottage hospital staff were still able to wear a proper nurses uniform. Although it was fun, it was hot and restrictive it certainly made us appreciate how comfortable today's uniforms are.



### **Other news from OPD**

Our hand hygiene and cleaning audits are still getting 100% and 97.3% respectively.

Diabetic retinopathy returned for their 3 month stint with us in June.

We welcomed the Myalgic encephalomyelitis (ME)/Chronic Fatigue Syndrome (CFS) Trust to the department in July. They held their first clinic on the 20th July for people affected by ME/CFS. They will hold clinics on the third Friday of every month in the department. Further details for booking can be found on the ME Trust website [www.metrust.org.uk](http://www.metrust.org.uk) and not through the OPD team.

At the end of July we said goodbye to our Matron, Caroline Stacey. Although Caroline was based in Uckfield Hospital, she frequently travelled to Crowborough to support us. Caroline has been a wonderful Matron and we would all like to say a great big THANK YOU from all in the OPD team past and present, we are all going to miss you and wish you well in your new adventure.

*Sandra Barnes  
Out patients Sister*



## **IN AND AROUND THE HOSPITAL**

### **GENERAL WARD**

The General Ward held an afternoon tea to raise awareness and funds to support patients with dementia. We raised £107.92 from the afternoon tea event on 10<sup>th</sup> June. It was a great success and everyone enjoyed it very much.

I contacted Morrisons before hand regarding the event and spoke to the donation champion, Keleigh, to see if Morrisons would donate any food. She kindly brought in a big box of goodies for the event and also said she is happy to support us with donations in the future as it's a great cause which is brilliant.

*Amy Miclea HSA*



We would like to thank HCA Amy Miclea for her hard work in organising a tea party in aid of Dementia Awareness. This raised £108 which will go towards art and craft materials for the Dementia activities.

We would like to congratulate Matron Marianne Marden-Grove, HCA Mirela Filipova and HCA Marilyn Crowther for achieving Infection Control Link Nurse status. They all attended the trust Infection Control Conference in Haywards Heath and were presented with their certificates and badges by Susan Marshall, Chief Nurse.

We would like to thank the Friends of Crowborough Hospital for the 4 new crash mats that arrived a few weeks ago, these are specifically for patients who are at high risk of falls especially out of bed.

We would like to thank the whole team at Crowborough for their ongoing hard work in maintaining exceptional care and achieving outstanding scores in all the audits.



*Lisa Armstrong  
Ward Sister*

## **CROWBOROUGH BIRTH CENTRE**

### **Birthing Rooms Refurbishment and New Equipment**

The whole team at Crowborough Birth Centre is very excited about the plans for the refurbishment of the birthing rooms with pools which are planned to start in September.

There may be some disruption, but one of the two birthing rooms shown will always be available throughout the refurbishment so that we are always open for births – 24 / 365 as they say!

We are very grateful to the Friends who have donated nearly £92,000 to fund this much needed refurbishment which will provide two homely and well equipped ensuite birthing rooms, each with a spacious birthing pool. Water births are increasingly popular with women, and over 80 % of our births make use of a birthing pool.

The Friends' continued support for the Birth Centre has encouraged other people and organisations to contribute to making the birth centre a superb facility for women to use.

Our thanks to Tom and Donna Woodgate, who had both their children at Crowborough Birth Centre. Edward is 5 and Elliott nearly 1, and the family have raised £809 for the birth centre.

At the same time Tony Timms and his wife Barbara presented cheques from Crowborough Beacon Lodge for £600. Both cheques were presented to Karen Leeson, Birth Centre Manager accompanied by Alison Mendes, Matron for Tunbridge Wells Community Midwifery.



new 'active birth' equipment is being purchased for the new, enlarged and refurbished birthing rooms. This will include several 'aqua births' birthing mats which are both comfortable for women and hygienic in a birth environment.

A number of birthing balls will also be provided along with vertical changing sensory mood soft lighting and a waterproof portable speaker so that women can play their own choice of relaxing music during labour.



The cheques are passed to the Friends of Crowborough Hospital who hold funds in a birth centre charity account from which the new equipment will be purchased.

To supplement the refurbishment, some





## **CBC Cont.**

Activity levels at the Birth Centre are now increasing and we are seeing many more women who are opting to birth with us.

We now offer tours and birth option assessments for women every day.

We have aromatherapy for women who are 'post date' to offer relaxation and increase their chances of going naturally into labour.

We have weekly hypnobirthing classes which are popular, and ante natal classes and early days classes each week to support and educate women about normal physiology of birth. This helps to prepare women for what to expect in the early days of having a baby.



All the Midwives support breast feeding and we have a breast feeding drop-in every Thursday morning. Once a month we host a positive birth morning, and on Saturday mornings we have Yoga for ante and post natal women. In September we are hoping to start 'Baby Bumkins' Yoga classes for mums and babies.

Last week was Unicef World breastfeeding week and our lovely Maternity Support Workers sold cakes in the reception of the hospital raising £77 to go towards the cost of our breast feeding "drop-in" sessions.

*Karen Leeson*  
*Birth Centre Manager*

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## **IN AND AROUND THE HOSPITAL**

### **Estates works recently completed:**

- \* Replacement generator fuel tank (above the Daycentre)
- \* Pedestrianisation of Crowborough site car park, including refreshing of road lining
- \* External cladding to Physio and Birthing Centre areas
- \* External Emergency lighting to the Ward
- \* Upgraded external signage

Grounds & Gardens staff have also been busy keeping our lawns mown, shrubbery tidy and providing colourful bedding plants in our pots

*Lindsay Ransome,*  
*Premises Manager*



Caring for the Heart  
of the Community

### Friends of Crowborough Hospital

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Registered Charity No. 231379

Inland Revenue Charity Code:  
YAF88PG



# Crowborough Hospital Fete

## Bank Holiday Monday

## August 27th 2-5

## All Proceeds to the Hospital

## 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.



## 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



Aug '18

### 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.*