

Supporting excellent care at the heart of the local community

friends of crowborough hospital newsletter

Tel: 01892 664626



Volume 15 Issue 1 February 2019

Two Major Projects funded by Friends

The Trustees of the Friends of Crowborough Hospital are delighted to have been able to provide substantial funds for the upgrading of the X Ray department (now completed) and the Birthing Centre (nearing completion)

X Ray

After a number of weeks working in Uckfield, and with our mobile X Ray machine we are finally back home in our X Ray room. Our patients have told us how happy they are to be able to attend their local Hospital and benefit from our new modern equipment, and are surprised and pleased that we have such equipment in a Community Hospital.

The building project went really well.

Cont. on P2



Crowborough Birthing Centre

Our first new birthing room is now up and running and we have had lovely feedback from the mums who have used it so far. The refurbishment works are continuing but we are making good progress and it is exciting to come on shift and see the changes happening. We are keeping the disruption to a minimum and the builders have been easy to work with.

Cont. on P2

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IN AND AROUND THE HOSPITAL

X-RAY cont.

We hardly knew that the team of builders was there. The old room was stripped out completely and has been redecorated and fitted out with a wonderful new Digital X Ray system.

We have found that it is very easy to use producing great X Ray images, speedily, and with a reduction in radiation dose. The X Ray tube is moved around by remote control and the height of the equipment is easy to adjust. The X Ray table comes down so that patients can get on and off the table easily. The ergonomics of the room are greatly improved for both staff and patients.

Grateful thanks to the Crowborough Friends for such a wonderful gift, and for all of your hard work.

Kathryn Haghighat, Senior Radiographer



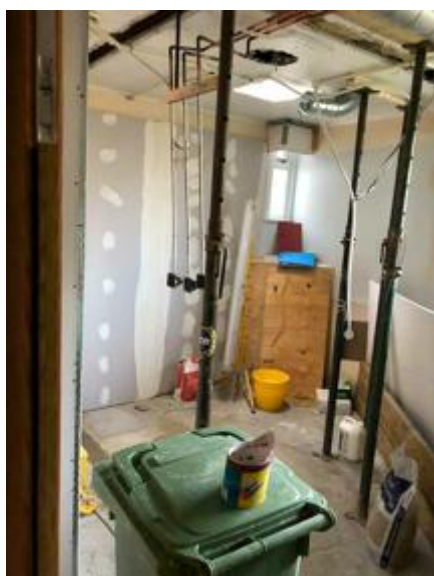
From this to this!

(Thanks to models Holly and Linda!)

N.B. The new X-ray machine was paid for on a 75%/25% basis in partnership with SCFT. The Friends paid the larger amount of £166,000.



CBC cont.



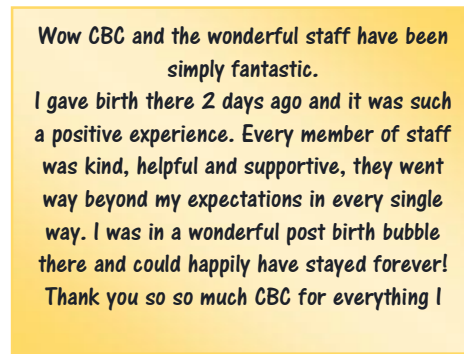
We are now starting to plan our opening event, when we are going to celebrate our newly refurbished unit. Details are waiting to be confirmed at this time.

Going forward we are looking now to raise money for accessories to go into the new rooms, to make them even more homely for the families receiving care from us. As always, the Friends have been instrumental in supporting us with this and have allowed us to use their "my donate" page so that we can also receive online donations.

IN AND AROUND THE HOSPITAL

CROWBOROUGH BIRTHING CENTRE

Our numbers overall are increasing, which is brilliant news, and during December, as a team, we attended 21 births at home or in the birth centre. We didn't have a Christmas day baby but we did welcome a baby on Christmas Eve, which is always a privilege. Our transfer rates remain within national guidelines and we continue to have good breastfeeding rates as well.



Comments from users of the new facility



Hannah Crook Waldock, senior midwife

Please note that my Donate is to close later in the year, further information about an alternative way to make donations will be in the next newsletter. Ed.



OUT PATIENTS DEPARTMENT

We would like to wish everyone a Happy New Year and hope that 2019 is a healthy one for all.

I am very grateful to the Friends of Crowborough Hospital for the purchase of 4 new clinical trolleys for the nurses to use in their clinics. These trolleys are taller, easier to clean so we can still maintain our high standards of infection control and they glide around with minimal effort. They also have lots of storage space which will make us even more efficient in our clinic

In April we look forward to a new clinic starting for the Maidstone and Tunbridge Wells Trust. The Pain Clinic will be held here twice monthly.

We welcomed back the diabetic retinopathy clinic in December and they will be with us until the end of February, They will then return to Uckfield Hospital for three months. For any queries about this service please call - Brighton Retinal Screening on 01273-664962 and not the Outpatient department as we do not book this clinic

We also welcomed back the Aortic Aneurism Clinic following their Christmas break, again any queries please call 01903-843834 and not the Out patients department.

From 1st March 2019, the nursing and administration teams will no longer work for East Sussex Healthcare Trust but will be employed by the Maidstone and Tunbridge Wells Trust.

Sandra Barnes, Out patients Sister

AROUND THE HOSPITAL

GROVE HOUSE

For those who may not know, Grove House is the building at the top of the drive, behind the main hospital building. As is the hospital, Grove House is owned by NHS property services and rented out to the various local Trusts who use it. The main switchboard for the hospital is in the Reception Area of Grove House.

The area to the right is known as Beechgrove and is mainly used by **Sussex Partnership NHS Foundation Trust**. Services there include

Older people's mental health

Counselling

Health in Mind

Camhs Child and Adolescent Mental Health Service

Dementia Research where clinical trials take place into treatment for dementia

Kent Community Health NHS Foundation Trust

runs the Childrens Integrated Therapy Service (CITS) which covers

Speech Therapy

Physiotherapy

Occupational Therapy

East Sussex Healthcare NHS Trust (ESHT) provides

Podiatry

Adult physiotherapy

Health visitors



Sussex Community NHS Foundation Trust (SCFT) provides

Diabetic podiatry

District nurses

Sussex MSK Partnership runs

Pain management clinics

A dietician attends Grove House twice a month; a diabetic dietician and consultant hold clinics; STAR, the East Sussex Drug and alcohol Service hold sessions and rooms are used for training purposes.

So all in all, there is a lot going on at the top of the drive!

With thanks to Louise LeValee, receptionist



Crowborough Health Visitors invite parents, carers and their children to Child Health Clinics for which no appointment is needed.

These are held on the 2nd and 4th Tuesday of the month at Grove House
1.30 - 3.15 pm

Crowborough Postnatal Workshop is held at Grove House on the 1st Thursday of the month 1.00 - 3 pm and covers topics: living with your new baby, introducing solids, your baby's development.
Please ring the team on 01892 669393 to book your place.

AROUND THE HOSPITAL

FRIENDS SOCIAL DAY CENTRE

On January 17th the Social Day Service held its annual New Year Tea Party. Many clients and friends of the centre attended. As usual the tables were decorated with brightly coloured cake stands and an abundance of cakes, sandwiches, choccies and nibbles. The entertainment was delightful, the Victory V's graced us with their presence and sang a selection of 40's swing songs, there was a great deal of foot tapping and some dancing from one of our energetic clients! All in all a lovely afternoon, made possible by the volunteers who gave their time to set everything up and to make it such a success.



We have a garden fairy who I think needs a mention. This is a photo of one of our volunteers, Linda, tending the garden in her favourite costume!

Jane Hayward
Day Service Manager
Friends of Crowborough Hospital Social Day Service



VOLUNTEERS NEWS

SINGING FOR FUN

Once again, Singing for Fun put on a concert in All Saints with proceeds to Crowborough Hospital. The very appreciative audience was treated to a wide selection of music and carols. Refreshments were provided by Miriam Boobier and her team.

Once Gift Aid and expenses have been applied, the total raised will be around £500.

Our thanks go to Singing for Fun, members of the audience and volunteers.



THE FRIENDS SHOP

We continue to receive generous gifts of baby knitwear, aprons, bags, lavender bags, jigsaw puzzles, books etc. Thank you to everyone who generously donates their time and gifts these things to the Shop. Our usual stock of eggs, jams and preserves, Cilla's cakes, sweets, cards and small toys is ready and waiting for you. Crowborough is very fortunate to have lots of super markets but please remember our shop, we need your custom and our volunteers enjoy seeing you – they are always ready for a chat! We now have Easter cards and items suitable as gifts available.

We would like to thank members of the hotel and portering staff who are always friendly and ready to offer their services lifting and carrying for us.

Maureen Bagwell



The Friends lost its longest standing canine volunteer when Rollei passed in November. He was just a month short of his 17th birthday

Since a puppy Rollei had taken an active part in the office, transport, outside events and importantly guarding the stall proceeds on Fete day.

Our thoughts go to the Moon Family.

VOLUNTEERS NEWS

CAN YOU HELP?



The Trustees are seeking people interested in joining the Friends committee with a view to becoming a trustee, subject to bringing a suitable skill set and after interview etc. If anyone is, or might be, interested, they are invited to make contact to discuss this further, without commitment, to learn what might be involved.

Many of our Trustees have been involved for decades and we seriously need some more and younger people both to bring new perspectives and replace those who feel they are unable to continue to give as much time and energy as they have previously done.

We need people who do not necessarily see everything as we do; we need people who will roll up their sleeves and get involved, people who are committed to the hospital and community, people to carry the work of the Friends forward for the next 25 years and who think in the 21st century.

We are also looking for more drivers for our minibus and wheelchair ambulance which provide transport to and from the Day Centre. You would need to have a driving licence for manual vehicles and for the mini-bus only, this would need D1 classification (which most licences issued before 1997 will have). You would also need to undergo a DBS (previously CRB) check.

The amount of commitment is up to you although it would usually be regular on a once a week basis, the same day each week and on that day either 1 or 2 sessions. Sessions are about 1.5 to 2 hours long. A trained escort accompanies passengers, usually another volunteer. Drivers are provided with a training module which is a nationally recognised qualification, MiDAS (Minibus Driver Awareness) plus other modules at the discretion of the Friends.



NEW WHEELCHAIR AMBULANCE

In the President's Annual Report presented at the AGM, friends were informed that the wheelchair ambulance used to ferry clients to and from the Day Centre was coming to the end of its useful life. The money received from the Town Council via former Crowborough Town Council Mayor Peter Ellefsen, who nominated the Friends of Crowborough Hospital as his Charity of the Year, has been used towards the cost of a replacement wheelchair ambulance. This should make for a more comfortable journey for clients and a slightly easier job for drivers and escorts.



FRIENDS OF CROWBOROUGH HOSPITAL SUPPORTING LOCAL HEALTH STAFF

Charitable organisations, such as the Friends, have traditionally been good at providing new and innovative equipment for local health service providers. Over the past decades of rapid technological advances in medical equipment technology this has been an important contribution to the retention of local (often diagnostic) health services rather than centralised in larger, but more remote centres.

However, the Friends of Crowborough Hospital are aware that, increasingly, the resilience and development of local health services now depends more on the availability of qualified and loyal staff to provide local care using such equipment than just the equipment itself. This is especially so for Crowborough Hospital in a rural setting less convenient from major centres of population and with less developed transport infrastructure and links.

To help redress the “equipment / staffing” balance and to support the staffing of services at Crowborough Hospital, the Friends have developed a Bursary Policy (with funding) that can assist local health service staff who might wish to develop their skills and obtain relevant qualifications.

The basic Bursary Principles are set out below:

The FoCH may, from time to time, be in a position to offer assistance with training and skill development for Crowborough Hospital staff.

We would be looking to assist staff with an existing link to Crowborough Hospital.

Such assistance could be in the form of a bursary to help buy books, on line training subscriptions, or course attendance when used to achieve a relevant qualification.

A recent ‘case study’ offered £500 per annum over a 3 year period, specifically to provide text books, and although the policy is flexible on a ‘case-by-case’ basis it is suggested that this precedent offers useful guidance to applicants.

- The candidate would need to present an application to the Trustee Board and if approved be prepared to provide periodic updates on how the bursary is furthering their qualification.
- Ideally applicants would wish to continue working at Crowborough Hospital, if possible.
- The Board have absolute discretion to decide whether or not an application is successful.
- An informal discussion with the Friends prior to a formal application is always welcome.



Dr Kate Stokes, President FoCH



DONATIONS PURCHASES AND REQUESTS

Boxes totalling £940 were returned from

AB&C shoe repairer	Grove House	Middle House	Hospital Shop
Boarshead Golf Centre	J & K Gallery	Morrisons Pharmacy	St Dunstons Pharmacy
Bricklayers Arms	Jarvis Brook Bakery	Nevill Crest and Gun	This and That
Cro & Sons	Martletts Court	News Plus	Value essentials
Fieldbuss	Mayfield Dental Centre	Sacred Heart Hardware	Zest

This included £314 from Martletts Court whose residents are very regular and generous donors. Thank you very much ladies and gentlemen.

DONATIONS PURCHASES AND REQUESTS cont.

Individual donations and subscriptions were received which totalled £2082.

£40 of this was given in gratitude for care received on the general ward and will be allocated as requested.

We also received £170 from St Michaels and all Angels Church and £1,200 from the Highfields Trust.

As always, we are extremely grateful to all donors, friends and businesses who so generously support us.

In memoriam gifts and legacies were received totalling £1630 in respect of:

- The late George Rhodes, from members of Wolfe Bowling Club
- The late Winifred, mother of Mrs Suter
- The late Mr Brodie
- The late Margaret Pierson
- The estate of the late Marion Julia Gardner

We extend our condolences and our grateful thanks to their families and friends for thinking of the Hospital .

PURCHASES and REQUESTS

In patient therapy - flipchart / whiteboard paper pens -- £62.66

Out Patients Department - 4 x Caretray trolleys - £1449.50

In patient therapy - fold down seat to provide a resting point for patients practising using a staircase - £ 99.99

Two large sums have recently been budgeted and paid for.

The new wheelchair ambulance reported on previously cost just under £10,000

The new X-ray machine (which was paid for on a 75%/25% basis in partnership with SCFT.) The Friends paid the larger amount of £166,000. (See front page)

A request has been received from Minor Injuries for an electro cardiogram (ECG) machine. The Trustees have reserved £1823 for this purchase.



COMMUNITY NEWS

New website to support young people's mental health and wellbeing launched in Sussex

Children and young people across Sussex can now get advice about mental health and wellbeing from a dedicated NHS website, which was launched to mark Children's Mental Health Week (4 – 10 February).

The site, www.sussexcamhs.nhs.uk, has been created by Sussex Child and Adolescent Mental Health Services (CAMHS), which is provided by Sussex Partnership NHS Foundation Trust. It will help children and young people across the county learn more about their mental health and emotional wellbeing, and how they can get support.

The site also contains useful information for parents and those working with children and young people, and has been divided into three areas to make it easy to navigate: Children and Young People, Parents & Carers and Professionals. Each area provides information and top tips about how to manage and where to get help and support for some of the key mental health difficulties and concerns that young people might experience as they grow up, including anxiety, depression, obsessive compulsive disorder, eating difficulties and psychosis.

Jacqui Batchelor, Deputy Service Director for Sussex CAMHS and Dr Elaine Creith, Clinical Lead for Sussex CAMHS, said: "We are delighted to be launching this new website. The project all started from listening to young people who said that they wanted to have a website which was just for them, and not aimed at adults."



**Caring for the Heart
of the Community**

Friends of Crowborough Hospital

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Email: info@foch.org.uk
Web: www.foch.org.uk

Registered Charity No. 231379

Inland Revenue Charity Code:
YAF88PG



Friends Social Day Centre Tea Party

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