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QUARTERLY MAGAZINE



SUMMER EDITION

May - July 2016 Number 142



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DATES FOR YOUR DIARY FOR 2016

>	7 pm	CT the Future Today
>	19 th June 1.30 pm	Annual Cream Tea and Grand Draw East Dean Village Hall, East Dean
>	7 th July 7 pm	BBQ on the Pier Ocean Room, the Pier
>	28 th July 7 pm	Education Lecture Dementia, a Snippet
>	15 th September 7 pm	Education Lecture By Ophthalmic Consultant, Mr Kashani
>	28 th – 30 th October	Autumn Art Exhibition, St Andrew's School, Meads Street

Hospitality Magazine Printed by:



MANOR GROUP

7 & 8 Edison Road, Eastbourne BN21 8PT 01323 514400

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Editorial Team

Editor and PR Debbie Wicks

Proofreading Richard Austin-Cooper

CHAIRMAN'S NOTES

This is my first report since taking over from Peter Nash as Chair of the Friends' at the AGM; I doubt I will ever match the 41 Chairman's notes that Peter wrote in his ten years as Chair. I am sure you would all join me in thanking Peter for all he has done in the ten years in the role. He is a difficult act to follow but I will do my best with all the support of the Trustees and volunteers. Peter is staying on as President so I can always call on his knowledge and experience. Ann Caffyn has stepped aside as President after a long career as Chair and President but is staying on as a Trustee and we thank her for all that she has done for the charity over many years. Peter Skilbeck was appointed as the new Honorary Treasurer, succeeding Rodney Browne; my thanks to Rodney for all his hard work.



So what has happened in the short time I have been Chair? On the 4 February Her Worship the Mayor opened the Stroke Therapy Room on Sovereign Ward. This was the Friends' 2014 major project and the Mayor tried out much of the equipment. The equipment is very impressive and is vital for the rehabilitation of stroke patients to get them back to as near normal a life as possible. The stroke unit at the DGH is one of the biggest in the country, if not the biggest.

At the end of February a fund-raising event was held at the Spice Garden where we had a really good meal and raised about £700. The Ball in March was the last fund-raising event for the Da Vinci Robot, which is now fully paid off. What a success this fund-raising venture has been raising £1 million much faster than expected. The DGH is now a centre of excellence for this Urology surgery. Most people I have spoken to have said the Ball was the best the Friends' have ever held and, although the final

total is not definite yet, it appears that it will have made well over £20K for the Friends'. I would like to thank the sponsors of the event for their generosity - Johnstone Press, Brufords (pictured right), Stephen Rimmer, Warren's and Gaby Hardwicke. And the Rotary Club who also benefit from the Ball for their charity work.



This year's major project is to raise £500K towards a new CT scanner. Work is starting soon to build a purpose built CT Unit within the X-ray department that will hold two CT scanners. This unit will offer much improved patient privacy as well as increased efficiency. Patients will get quicker access to investigations, which is vital to support the stroke unit and make

treatment decisions quicker. The scanner will also be used to help diagnose other conditions such as cancer.

The Trust has appointed both a new Chairman (David Clayton-Smith) and Chief Executive (Adrian Bull). I have met both and was very impressed with how engaging they are, which will be a breath of fresh air. There is a lot of work to be done to restore morale within the hospital, however, but I think I have already noticed a difference.

As always there are several fund-raising events coming up within the year but can I highlight two of them. Firstly there is the annual cream tea at the East Dean village hall on Sunday 19 June. You may have realised that this is Father's day and what better way to celebrate than by bringing your father for a cream tea?

The second event I want to mention is a BBQ on the Pier which is being held in the Ocean Room at the end of the pier on Thursday 7 July. The price will be $\pounds20$ per head to include a delicious BBQ and entertainment. Please put the date in your diary and contact the Friends' Office for tickets. The FoEH would like to thank Sheik Gulzar for offering this facility to us at cost.

I have heard some people say "what is the point of raising money for the DGH when several services have moved away from the hospital in recent years - does it have a future?" Well, as I have already said, the DGH has the largest Stroke Unit in the country, the biggest cancer ward (Pevensey) in Sussex and the Regional Urology Centre, with the Da Vinci Robot. To add to that the work on the Radiotherapy Unit will restart very soon meaning Eastbourne patients can be treated in Eastbourne rather than having to travel to Brighton. So although the DGH is different it is still strong, with some areas growing. So please keep supporting the Friends'.

I am looking forward to the future working as Chair of the Friends' but know I have a lot to learn. With the support of the Trustees, the volunteers and the people of Eastbourne I am sure the FoEH will go from strength to strength. I thank you all for the support you have given the charity over the years and I am sure this will continue.

Harry Walmsley

You can read:

The Chairman's Annual Report 2015

and 2014 - 2015 Financial Documents

on the FoEH website at:

www.friendsdgh.org.uk/about-us/annual-general-meeting



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THE GRAND DRAW 2016 - WIN £1,000!

We hope that you will be able to sell the book of raffle tickets that are enclosed with this magazine, to help us towards our target of £500,000 for a second CT scanner for the Eastbourne DGH.

This year's Grand Draw is taking place at 4 pm at our Cream Tea and Summer Fair, which is being held on Sunday 19 June from 1.30 pm at East Dean and Friston Village Hall and you will, of course, be able to buy more tickets there.

Please let us know in the Friends' Office if you would like more tickets to sell to friends and family and we will get them to you, or you can pick them up from one of our shops or notice boards when you are next in the hospital. You can pick up more tickets from Sue Duffell on the Friends' Stall at any of the Open Gardens leading up to the Draw. Sue will also be happy to take your ticket stubs and payment, to save you posting them or bringing them in to the hospital.



We would like to thank everyone who has already kindly volunteered to sell raffle tickets in the main foyer at the Eastbourne DGH. We are still recruiting volunteers for the last two weeks of May and the first two weeks of June, so please do get in touch if you can help. It's a nice way of spending a couple of hours and is not too taxing, so it may be the perfect volunteering opportunity for you.

Debbie Wicks

ANN CAFFYN - 30 YEARS WITH THE FOEH

At the AGM on 20 January 2016 Ann Caffyn retired as President of the Friends'. Ann has played a long and distinguished part in the Friends' activities holding the office of Chairman for 11 years from November 1985 until November 1996, when she was elected as President - a position she held for 19 years. With a total of 30 years' service in a leadership position, a record that



is unlikely to be beaten, she has seen many changes in both health service provision and in the Friends'. I am most grateful to her for the support given to me during my tenure as Chairman and we are very lucky that she will remain as a Trustee so that the Friends' will continue to benefit from her experience and wisdom for years to come.

Peter Nash



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CREAM TEA AND SUMMER FAIR

This year the Cream Tea is on Sunday 19 June, which is Father's Day, so why not get your children or grandchildren to join you that afternoon for a sumptuous cream tea, entertainment and a traditional summer fair? Or perhaps you would like to bring your dad for a Pimms in the garden and a mooch round the stalls?

Once again we have hired the East Dean and Friston Village Hall for this event, which starts at 1.30 pm and is open until 4.30 pm. We will be serving the cream teas in the main hall where our guests will be able to enjoy the musical entertainment on offer.

Prices start from £5 for a traditional cream tea or tea and a slice of cake. You can of course have both for a few pence more! Tickets can be bought in advance by contacting the Friends' Office on 01323 438236 or they will be available on the day. Please note that we will



not have card facilities at the event (cash or cheque only) but you can purchase your tickets over the phone in advance, using your card.

There will be free entry to all of the stalls, some of which will be in the small hall, some outside in the garden and a few at the front of the venue. The stalls will include: Cakes and Preserves, Bathroom, Silver and Jewellery, Stamps, Books, Cards and Flower Shop. There will also be a Tombola and Grand Draw tickets for sale. Visitors who would like to enjoy a taste of summer can visit the Plant and Pimms Stalls in the garden, where we will have seating for those who want to linger.

If you have a donation for any of the stalls please get in touch with us on the number above and we will be happy to collect it. Cakes, pies, jams etc can be brought to the cake stall on the day. Jeanette Evans would like items of silver, jewellery and bags for her stall; she often sells donated items at auction and is very grateful to Jeannette May and her team at Eastbourne Auctions.

Bo Phillips would like items for the bathroom stall and you can either bring these to the hospital or to Rosemary's Coffee Morning on Friday 20^{th} May (see page 16 for details). Ann and Bruce would like books for their stall and are happy to collect them, so please call us in the office and we will put you in touch. We would also welcome new gift items or bottles for the bottle tombola. We will not be having a bric-a-brac stall so please only send in new items for us to sell.

Debbie Wicks

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STAMPS AND POSTCARDS



You have kept me so busy with your donations recently that I have able to sell some old postcards for £145 and I still have some left!

Lots of stamps have gone to be auctioned but I am awaiting a cheque from the auctioneer, so I must learn to be patient.

I am sorry that I cannot acknowledge every donation, as sometimes I do not have an address or phone number to reply to. So please accept my very sincere thanks for all your support in helping the Friends' funds in this way and if you do have a stamp or postcard collection to donate, please do leave your name and address so that I can drop you a line.

June Tickner

REMADE CARDS

The remade card team have been working very hard, sorting the thousands of Christmas cards that were donated at the beginning of the year; I am pleased to say that they have nearly finished. It is always a tremendous team effort and we are very grateful to them all for their hard work. We are not taking any more Christmas cards now but would welcome your birthday, general greetings, get well, sympathy and new home cards, so please keep sending them in.

Winnie Watkins checks and packs every single card and either puts them out for sale in our main shop in the foyer or sells them at outside events such as the open gardens or the Cream Tea. If you are a member of a group or organisation and would like us to bring the remade cards to one of your events, please get in touch with us in the office and let us know where and when and we will try to come along.

I have been "looking after" the remade card team with Winnie for 10 years and have enjoyed it immensely – they really are a lovely group of people and I have been very fortunate to work with them and to share many a happy afternoon. However, I am also responsible for the Friends' social media, which is taking up an increasing amount of time. So I am handing over the remade card reins to Sue Duffell; I'm sure that she will be a big hit with the volunteers as well as helping to increase the card sales. Sue always has a good selection of remade cards on her Friends' stall at the open gardens – yet another good reason to stop by and say hello.

Debbie Wicks

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SHOP REPORT

Once again the shops are thriving and we continue to look for new ways to support the hospital.

Research has shown that people with dementia are constantly moving their hands, which is where 'Twiddlemuffs' come in! These hand-knitted muffs (pictured right) have lots of differently textured items attached to them (like buttons, ribbons etc.) so that the patients have something to fiddle with, which in turn helps to



keep them stimulated. If you would be interested in helping us make these, the pattern is available on our website or call into the shop and we can give you a copy. They can be made in any colour combination, using up all those little bits of wool that you might have lying around.



We are currently looking for some more people to help us take the sandwich trolley round to the staff in the wards. This much-welcomed service operates **every** day of the year and without it some staff would not have the chance to have any lunch, as often they are not able to visit the staff restaurant. If you are a 'morning person' and could be here

at the hospital by 8.40 am to help with this we would love to hear from you. We can arrange for you to have a taster session so that you can see how much this service is appreciated. Then we very much hope you will want to pursue this role and we can help you through the hospital volunteer recruitment process.

Our new range of summer nightwear has now arrived – do come in and have a look. This is not just for patients so why not treat yourself? We also have a selection of new paperback books selling for £2.99 and those for children are only £1.99 each.

In addition to the main shop in the hospital foyer we have a smaller 'corner shop' on the ground floor near the staff entrance. This sells a selection of drinks, snacks, newspapers and other items and is ideally situated for the staff. If you think you might like to volunteer in either of our shops do let us know.

Sue Duffell



ANNUAL CREAM TEA & SUMMER FAIR

East Dean & Friston Village Hall

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OPEN GARDENS 2016



We do hope you like our colourful new gardens leaflet enclosed with the magazine. Thanks to you we raised £18,000 last year. With the superb gardens in the programme this year we are hoping to raise even more towards the purchase of a much needed second CT scanner.

We start off the season on May 18 with the beautiful ten acre garden at Framfield Grange with its lakes, woodland walks, rhododendrons and walled kitchen garden. Apart from the usual refreshments we shall also be offering a Ploughman's lunch, so why not make a day of it! This is a new garden to the Friends'. Other new gardens this year include the Eastbourne Gardens on 8 June, Folkington Place on 22 June, the Meads Trail 2 July with Ploughman's lunch in St John's Parish Hall and Tithe Barn at Milton Street on 20 July.

Unfortunately, since the brochures were printed, Bill Allison and Roy Patrick have had to withdraw their garden, which was to be one of the Eastbourne Gardens on 8 June, following devastating damage caused by storms Imogen and Katie earlier this year. We hope to find another garden in the area for you to visit, but meantime there are still two beautiful gardens for our delight.

It is over ten years since we visited Cowbeech Farm, which is now under new ownership. It will be interesting to see what changes, if any, have been made when we visit on 25 May. 15 June sees us at Waldron where the three gardens proved so popular last time. The tranquil setting of Limekiln Farm on 13 July is always a draw to our members. Finally on Saturday 20 August we visit Hankham Hall Cottage, a magnificent garden to end our season.

We thank all the owners for their generosity in offering their gardens to us and we look forward to having a record number of visitors. A stroll around an English garden on a summer's day is something quite special, so do please come along and bring your friends. We welcome contributions to our plant and home-made cakes stalls and look forward to seeing you.



Gill Woolley



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ANNUAL GENERAL MEETING

It was very fitting that at Dr Nash's final AGM as Chairman of the Friends' we were able to welcome such special guests to our meeting. We were delighted that the Lord Lieutenant, Mr Peter Field, the Bishop of Lewes and Patron of the FoEH, the Rt Rev Richard Jackson, the Mayor of Eastbourne, Councillor Janet Coles, Mr Steve Garnett, Consultant Urologist, members of East Sussex Healthcare and many other guests all attended our meeting.

At the meeting I paid tribute to Peter Nash's outstanding Chairmanship over the past 10 years, during which time he led the Friends' through a particularly difficult period with great diplomacy and charm. His communication skills have been invaluable, explaining to our members the reasons for the delays in the Pevensey Ward project. This allowed our fund-raising to continue unabated, culminating in the highly successful project raising a million pounds for the Da Vinci Robot, which is now operational. As I said, he achieved all this with huge charm and tact but with a steely determination that we were to succeed. Then, thanking him for his tremendous leadership, we presented him with a garden bench (shown on the screen) from all the Trustees. We hope he will be relaxing on this bench while admiring his garden this summer.

After 19 years of you allowing me to be your President I have decided to retire and hand over the honour to Peter. I have found it very humbling to see the huge number of volunteers who give their time in a variety of ways to raise funds to provide support for our local hospital. It has also been very exciting to see the FoEH go from strength to strength, with much goodwill from the local community of Eastbourne, who attend our events and some who show their paintings at the Art Exhibition, which I am still organising in October.

I would like to wish Peter a long and happy retirement after his great contribution leading the charity over the last ten years and I am sure that he will find the role of President as rewarding as I have.

Ann Caffyn

Ann Caffyn would like to thank the Trustees so much for the beautiful crystal bowl presented to her by the Lord Lieutenant at the AGM. It is very special as it is engraved with the Friends' Logo and the dates of her 30 years as Chairman and President. She will take great care of this lovely present.

SILVER, JEWELLERY & BAGS

Our stall has been very successful in raising extra funds towards the Friends' good causes, mainly due to the exceptional generosity of both the Eastbourne community and our supporters at the summer and Christmas fairs. It is so encouraging, and a pleasure for us to know, that our community cares and contributes to the work we do.

We are looking forward to more telephone calls about items that you would like to donate. Thank you all once again for your constant generosity, for which we are forever grateful.

Jeanette Evans & June Biscoe

GIFTS, LEGACIES AND DONATIONS

Donations in lieu of Flowers

During the past three months we have received with gratitude donations totalling £1,945.00 in memory of:

John Bishop, Ivy Breach, Frederick Downer, Harold Frankland, Brenda Hall, Raymond Hedges, Norman Holloway, Ellen Jones, Edyth Macqueen, Muriel Mayhew, Clive Medhurst, Sheila Smith, Irene Spalding, Sylvia Tyrie, Doreen Warren and Kinley Williams

Legacies

During the past three months we have received, with gratitude, legacies from the estates of:

Mrs V Kirby, Sylvia Moret and Miss V R Oliver

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OPEN Monday - Friday 10am-4pm for FREE VALUATIONS

> Saturday Sales: 2nd April, 7th May

Next Antiques Sale: 12th & 13th May

Contemporary, Decorative & Collectables Sale Saturdays 9th April 14th May

As seen on BBC TV's Bargain Hunt and Flog It!

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SunriseEastbourne.co.uk

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FUND-RAISING

Nick Tuffs and his brother Simon ran the Beachy Head 10k in October, raising £1,255 in memory of their granddad, Don Annison, who was such a great supporter of ours. He would have been so proud of his two grandsons who came 17th and 79th out of a field of 357. Here they are pictured with Don's great grandchildren, Oscar and Harry. Vodafone generously donated £500 as part of their matched funding scheme for employees and we thank them for their contribution.



The Spice Garden restaurant was host to the members and supporters of the Friends of Eastbourne Hospital on Wednesday 24 February 2016. It was an extremely enjoyable evening with excellent food and good company. The evening raised £700 and the charity is very grateful to the Spice Garden and the guests for their support.

Every month Asda stores choose three charities to represent in their Green Token Vote; customers are able to choose which cause they would like to support. The FoEH were fortunate to take part earlier this year and would like to thank Asda's staff and customers for the £50 donation.

Last September, Cornfield Law, Mayo Wynne Baxter and Stephen Rimmer LLP took part in the FoEH Free Wills Fortnight, which resulted in donations totalling $\pounds 2,400$. We would like to thank the Solicitors and their clients for their generous support.

Debbie Wicks



CHRISTINE M. BARTON

m.e.a.ch. m.a.c.pod
HOME VISITING
FOOT HEALTH PRACTITIONER

TEL: 01323 502867

Qu?z Night

Friday 13 May 2016

7.00 pm for **7.30 pm** start

at The Fishermen's Club

Royal Parade, Eastbourne

Teams of up to 6 people

£10 per person

to include supper

Places must be booked in advance – please contact the Friends' Office on (01323) 438236 or email: esh-tr.friendsdgh@nhs.net



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"Love levels all ranks" – but can it really cross strict social boundaries?

Evenings at 7.45 pm

Wednesday and Saturday Matinees at 2.30 pm (No performance on Wednesday Evening)

Ticket Prices: Tues £13 (No concessions)

Wed – Sat £16 concessions £15

Under 16s £5 all performances

Groups: buy 10 get 11th free

Box office: 01323 412000 www.eastbournetheatres.co.uk

Affiliated to The National Operatic and Dramatic Association Registered with The Charity Commissioners No 803334

FLOWER SHOP

Next time you visit the hospital take a look in the window of the Friends' Flower Shop, as the volunteers are preparing a series of themed displays to coincide with events taking place throughout the year, such as the Queen's 90th birthday and the Friends' Cream Tea.

In May the Flower Shop will have been open for 30 years and this event will be commemorated by one of the new window displays. The shop has gone through several incarnations over the years and even spent a few weeks in a port-a-cabin outside the hospital during one revamp. Now it is the first thing that visitors see when they come into the hospital, brightening up the entrance with its colourful display.

If you would like a new home for any silk flowers that you no longer have on display, please donate them to the Flower Shop and the volunteers will work their magic, freshen them up and use them in new arrangements to help raise money for the Friends'.

The Flower Shop offers a florist's service to the people of Eastbourne, which includes funeral flowers. We now have a volunteer who will deliver funeral flower arrangements to a Funeral Director or to a private home. Please contact the shop on (01323) 417400 ext 4033 for details.

Debbie Wicks



You are invited to join us for a

Family BBQ & Magic Show Ocean Room, Eastbourne Pier

THURSDAY 7 JULY 2016

7.00 pm for 7.30 pm

£20 per person

Tickets available from Friends office: 01323 438236

The Friends' invite you to the next in a series of talks on Advances in Medicine and Surgery



Thursday 19 MAY 2016 at 7.00 pm "CT the Future Today"

Dr Neil Barlow Consultant Radiologist, Eastbourne DGH



Thursday 28 JULY 2016 at 7.00 pm "Dementia, a Snippet"

Natalie Stephens, Sunrise Senior Living



Lecture Theatre, Post Grad Suite, Eastbourne DGH
Disabled Access

FREE to include parking

Please contact the Friends' Office Eastbourne DGH, Kings Drive, Eastbourne, BN21 2UD

01323 438236

email: esh-tr.friendsdgh@nhs.net

The talks will last approximately an hour and we invite you to join us for refreshments afterwards

NEWS FROM THE OFFICE

Following the success of the Ball we are extremely pleased to say that we have now successfully raised £1,000,000 to cover the cost of the da Vinci Surgical Robot. This has been done with the help of lots of people who have raised money in all sorts of ways, so a big thank you to everybody who helped in this. A substantial amount of the money needed was given to us by means of legacies for which we are extremely grateful. If this is something you would like to know more about then please give us a call.

The Major Project for the rest of 2016 is to raise £500,000 towards the purchase of a CT scanner, which will sit alongside the one we purchased five years ago. If you would like to know more about CT scanning, join us for an Educational Talk on Thursday 19 May 2016, where consultant Radiologist, Neil Barlow and CT Superintendent, Rebecca Ayling, will be giving a talk entitled "CT the Future Today". Call the Friends' Office to book your place and don't forget parking is free.

With the coming of summer we are looking forward to enjoyable days visiting the gardens that will be open to us this year. There are three that will be open all day where you will be able to buy a Ploughman's Lunch as well as tea, coffee and cake and all the usual things that are part of our Open Gardens programme.

We will be selling Grand Draw tickets up until 19 June and we have some days when we are short of sellers so if you feel this is something you could help with we would love to hear from you.

We will be hosting a BBQ on the Pier in the Ocean Suite at the end of the pier on the evening of Thursday 7 July so please put the date in your diary. More information is available on page 23.

Sue Hitchen our Shop Manager, is organising a Quiz at the Fishermen's Club on the seafront on Friday 13 May, the tickets are $\pounds10$ to include hot food and the maximum number in a team is six people. Please see the advert on page 22 for details on how to book.

The planning for the Art Exhibition in October is well under way and the registration forms are available from the office if you would like to exhibit your art work.

Our new website is very much up and running and can be viewed at www.friendsdgh.org.uk where you will be able to keep up to date with all our news and events so do take a look at that.

Ann Wilson



in the DGH Foyer and discover the great variety of goods on sale

Confectionery, Drinks, Toiletries, Toys, Stationery, Nightwear, Slippers, Norfolk Lavender products, Aprons, Bags, Tea towels plus a great selection of Books, Magazines and Newspapers

OPEN MONDAY- FRIDAY 9.00 am - 6.30 pm SATURDAY 10.30 am - 4.00 pm AND SUNDAY 1.30 - 4.00 pm

Tel: 01323 - 647188

The Friends' also have the Corner Shop near The Restaurant and provide a Trolley Service to the wards















Flowers for All Occasions

call in and see us at the

Friends' Flower Shop

in the Hospital Foyer

Open Monday -Friday 9.00 am – 4.00 pm Saturday 1.30 pm – 4.00 pm

Telephone Orders: 01323 417400 ext 4033

All profits go to the Hospital

* You can have 30 mins FREE PARKING in the car park whilst you shop

FRIENDS OF THE EASTBOURNE HOSPITAL

Registered under the Charities Act 1960 No 220592

Please enrol me as a Member.

I enclose the sum of/I have completed the Banker's Order form.

Annual Subscription	£	:	£5
Renewal of Annual Subscription		:	£5
Life Membership	£	:	£25
Donation	£	:	
	£.		

If you are a tax payer please complete the Gift Aid Declaration form. The Friends' can reclaim tax on your membership subscription and any donation.

Please do not feel under any obligation, but if you can help in any of the following ways please tick the appropriate box.

Volunteer work in the DGH			
delp with fund raising activities			
Mr/Mrs/Miss/Ms			
Address			
	Postcode		
Telephone	Date		
Email			
LIIIQII			

Please return to

Hon Membership Secretary Friends of the Eastbourne Hospital District General Hospital Kings Drive Eastbourne BN21 2UD

Tel 01323 438236

Data Protection Act 1998

Please note that the Charity uses computer systems to record membership information. Under the Data protection Act 1998, it is necessary for you to be informed of this. The information you provide on your application and renewal form will only be used by the Charity's officials and task holders to conduct Charity business and will not be supplied to outside bodies in any form. If you have any questions or concerns over the data held, please contact the Secretary.

FRIENDS OF THE EASTBOURNE HOSPITAL - Charity No 220592 District General Hospital, King's Drive, Eastbourne, East Sussex. BN21 2UD

GIFT AID DECLARATION – for a single donation

Please treat the enclosed gift/subscription of £.....as a Gift Aid Donation.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASC) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Donor's details:

Title First name or Initial(s)	Surname
nome address	
	Post Code
Signature	Date
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Please notify the Charity or CASC if you:

- 1. Want to cancel this declaration.
- 2. Change your name or home address.
- 3. No longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

STANDING ORDER

То				•••••
(Name and address of your B		de:	A/c No	
1 /	ys Bank Plc (20-22-67) of the Eastbourne Hosp	,	lchester CO11DA for the 67) the sum of	•
£: (Amount in figures) (Amo	ount in words))
on 20) and thereafter on t	he 01 September	each year until otherwise	notified.
Signature		•••••	Date	
Full Name in Capital Le	etters (Mr/Mrs/Miss/Ms)			
Address				
		D . C .		

The FRIENDS OF THE EASTBOURNE HOSPITAL was established in 1948 shortly before the introduction of the National Health Service when it became apparent that the resources would not be enough to meet the cost of all the necessities and amenities for Staff and Patients.

Originally called 'The Patients Association' it was renamed 'The Friends of the Eastbourne Hospitals' (FoEH) in 1953 and became affiliated to the National Association of Leagues of Hospital Friends, now renamed ATTEND. The charity is now known as the Friends of the Eastbourne Hospital.

The aims and objectives of the FoEH can be summarised:

- To provide funds for extra services, equipment and amenities for patients and staff and to make donations where the expenditure has been recommended by the relevant NHS Trust and has been approved by the Committee.
- 2. To encourage voluntary work in the hospital.
- 3. To provide a link between the hospital and the community.

Membership is open to anyone paying a Membership Fee. This is £25 for Life Membership and £5 for Annual Membership, which is due on 1st September each year.

The subscription also covers a free copy of this quarterly magazine, HOSPITALITY, which is delivered by volunteers, although all members with addresses outside our hand delivery areas are encouraged to supply postage stamps for their copies.

Enquiries should be addressed to the appropriate Official of the FoEH, whose names are given on page 1. When a reply is required a self-addressed stamped addressed envelope is appreciated.

HELP US TO HELP YOU CONTACTS

HOSPITALITY EDITORIAL TEAM, The Friends Office, Eastbourne District General Hospital, Kings Drive, Eastbourne, BN21 2UD. Tel No. 01323 438236 or email: esh-tr.friendsdgh@nhs.net

All contributions and photographs are welcome and can be sent to the Editorial Team at the above address.

HOSPITALITY DISTRIBUTION, records and envelopes for the attention of Mrs Sue Duffell, The Friends Office: 01323 438236.

REGIONAL COMMITTEES We have an active sub-committee in Seaford. We would like to re-establish Regional Committees in the Pevensey and Westham and the Hailsham regions. Would you be interested? If so please get in touch with the Secretary at the Friends' Office.

HOSPITAL RADIO PROGRAMMES For requests for music and dedications on Hospital Radio Programmes please call the Radio DGH Studio on 01323 435748 or visit their website at: www.radiodgh.com

REMADE CARDS You can leave your donated Birthday, Get Well, Sympathy and Best Wishes cards in the tin box at the back of the Main Shop's Stockroom at any time. PLEASE ONLY LEAVE CHRISTMAS CARDS UNTIL THE END OF JANUARY. Enquiries to Debbie Wicks, Friends' Office: 01323 438236.

USED POSTAGE STAMPS and POSTCARDS Mrs June Tickner, 7 Somerville Close, Eastbourne, BN23 6BP Tel No. 01323 729541. Both UK and foreign stamps are welcome. Please trim off surplus paper leaving about $\frac{1}{4}$ in ($\frac{1}{2}$ cm) all round the stamps to avoid any damage. Please DO NOT remove stamps from postcards.

VOLUNTEERING Voluntary Services Co-ordinator, Voluntary Services Office, Eastbourne DGH, Kings Drive, Eastbourne BN21 2UD Tel No. 01323 417400 ext 4880 or Debbie Wicks, Friends' Office: 01323 438236.













Clockwise from top left: Ed Giddins presenting Peter Nash with a cheque for the Da Vinci Cause Ball auction prize profits * Peter Field and Ann Caffyn at the AGM * Mike Sibson and Ann Wilson, Medical Library Donation * Opening of Friends Stroke Therapy Room * Dine Around the World at the Spice Garden * Winners of Heads & Tails at this year's Ball