

HOSPITALITY

QUARTERLY MAGAZINE

2021 Open Garden Programme inside



SUMMER EDITION

April - July 2021

Number 162



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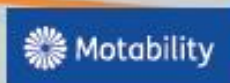
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DATES FOR YOUR DIARY FOR 2021

- 5 June Sponsored Car Wash
9 am – 2 pm Birch Close, Eastbourne BN23 6PE
- 30 June Open Garden Programme
22 September
- 23 – 24 October Art Exhibition
10 am – 4 pm St Andrew's Prep, Meads Street

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CHAIRMAN'S REPORT

Well here we are again in another easing of lockdown after our second peak of the virus. Hopefully most of you have had at least one dose of the vaccine by now. Fingers crossed that we don't have a third peak so that we can get back to some degree of a normal life and the Friends can start to fundraise again for our hospital.

So what has happened since our last edition of Hospitality?



In February we had our much delayed 2020 AGM via Zoom and despite this being a novel way of holding the meeting it worked very well. We were very grateful to Nicky Fisher, from local company Herron Fisher Insolvency Services, who hosted the AGM for us,

meaning that we were able to complete the meeting in one go without having to log in again. We hope that we will get back to our normal face to face AGM this year, in November.

The funding for last year's major project was completed in March, taking a few months longer than expected. So what have we decided as our next major project? In order to get back to announcing our annual project at our AGM each November we have taken on a relatively small project for the next six months. We are pleased to announce that the Friends wish to raise £72,000 for improvements to the Resuscitation Room in the Emergency Department, where the most seriously ill patients arriving at the hospital are treated. I really hope you will all support this brilliant project that you can read more about on page 11.

We are hoping that our fundraising activities will start to resume in the coming months, as long as the pandemic stays under control. Plans have been made for the Open Gardens to restart this summer and for the Art Exhibition in October. Local restaurants have been approached for us to restart our Dine around the World dinners later in the year and we have received a positive response. Much awaited chances to socialise as well as to fundraise.

So fingers crossed we can start to get back to some degree of normality very soon. I look forward to welcoming you all back to our events.

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OPEN GARDENS

You will see on pages 19 and 20 that we have a programme of open gardens again this year. As there is still some uncertainty about how we can go ahead, we have decided against printing our usual programme so do cut out the page with the dates on as a reminder. We will also have information available about subsequent gardens at the ones that are open earlier in the season. We will be adhering to any Covid-19 restrictions that are in place at the time of opening each garden.

Because things are still rather unsettled and unclear we will be putting up to date information about each garden on the website and our Facebook page nearer the time, so we do urge you not to visit without checking online or ringing the office.

The programme starts on 30 June and for the first time we have gardens open in September. We are pleased to be able to offer some of our favourite gardens, along with a return to the gardens of Hellingly village, that we last visited in 2014. We plan to serve refreshments at each garden as we know how much our visitors enjoy these.

There should be a selection of stalls at each garden including our very popular plant stall which is sure to be a great attraction as always. Helena has been working hard throughout lockdowns to bring on as many plants as she can and will have her wide range of usual and not so usual varieties on offer. Once again contributions of cakes for our cake stall will be very welcome. Bruce and Ann will be running the bookstall at most of the gardens, so time to restock your bookshelves.

Do please come along and support us. We look forward to welcoming visitors and friends, old and new. As a tempter here are some photos of the last visits to Ocklynge Manor and Folkington Place.



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Tweed, The Emilie Galloway Home of Rest
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KNITTING



Something that has proved popular while people have had more time on their hands at home is knitting and crafts. We are extremely grateful to Gwen and Wendy Payne who look after all the knitted goods

that are brought into the shop, which are so popular with our customers. We often get asked what can be sold and what we currently need, so they have helpfully put together some guidance for us.

AS OF MARCH 2021 WE WOULD GRATEFULLY RECEIVE DONATIONS OF:

BLANKETS - any colours, patterns and wool types, knitted or crocheted ('Granny square' type). Blanket sizes from 60cm (24") to 100cm (40") are the most popular.

BABY CLOTHES - any colour, pattern or style for all items (knitted or crocheted):

Cardigans - sizes 0 to 12 months

Bootees - sizes 0 to 6 months

Mittens - sizes 0 to 6 months

Please note that we **DO NOT** require any baby hats at the current time as we have a very good stock.

TOYS - knitted or crocheted toys from 15cm (6") to 25cm (10") are the most popular. Please use new, fire retardant safety toy filling. Please use safety eyes or securely embroidered features and ensure any embellishments are securely attached.



HATS - Adult hats, any colours, patterns etc – knitted or crocheted.

* We are unable to accept adult knitted or crocheted garments, other than hats.

* The Maternity Unit does not use knitted IV covers. Other hospitals do but it is best to check with them directly.

Please hand items in at the Friends Shop in the main foyer and include your name and a contact number and/or address for our records.

Thank you for your support and happy knitting (crocheting!).

Gwen and Wendy



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2021 SPECIAL PROJECT:

Improvements to the Resus Room in A&E at the Eastbourne DGH

The Friends of Eastbourne Hospital are pleased to announce a six month Special Project to raise £72,000 for improvements to the Resus Room in A&E at Eastbourne DGH. The Resus Room has six bays and is where the most seriously ill or injured patients arriving at the hospital are treated.

Currently each bay is set up individually and equipment is stored across the room. This means that staff have to leave the bay to gather the specific equipment that they need. For their own safety, staff also sometimes have to leave the room when a patient in another bay is being X-rayed.

The £72,000 being raised by the FoEH will fund lead-lined dividing walls between each bay. These walls will have built in storage on both sides meaning that every bay can be set out in the same way and stocked with all the key equipment necessary, therefore saving valuable time in an emergency. The lead-lined walls will enable staff to stay with their patient safely, even if another patient in the room is having an X-ray. Each bay will have a computer terminal, essential in a department that went paper-free in December 2020.



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*Leaving a gift to charity in your Will is
an amazing way for your generosity
to last beyond your own lifetime*

Friends Office staff will be pleased to provide additional information

The Friends Office, Eastbourne DGH, Kings Drive, EASTBOURNE BN21 2UD

01323 438236

email: esh-tr.friendsdgh@nhs.net

www.friendsdgh.org.uk

NEWS FROM THE OFFICE

This is a more hopeful report than the last few as we are gradually emerging back into some sort of normality and are feeling confident that we can start thinking ahead more. We would like to thank Gill Woolley for all she has done to put together an open garden programme for 2021, details of which are elsewhere in the magazine. Our main concern with everything we do is the safety of our volunteers and visitors, so you may find things a little different this year.

You will see in the centre pages photos of the staff and volunteers who have kept the Friends shop and sandwich trolley going over the last year, despite all the challenges that came along. We cannot thank them enough for their continuing support. As we move forward we will start to open up the staff shop downstairs and the Flower Shop. If you think you would like to join our team of volunteers, do give us a call and we can talk through the current options.

As we move into an increasingly cashless society we have been looking at how we can make it as easy as possible for people to make donations to the Friends. You will see from the back cover that we have truly joined the 21st century by having our own QR code. Simply scan the code with your phone's camera and you will be taken straight to our Virgin Money Giving page where you can donate the amount of your choice. You will also be able to claim Gift Aid on the donation if applicable.



During lockdowns many people have taken to doing jigsaws and other puzzles. We have started to put one online each week via our Facebook page and on our website, using some of the photos in our archive from previous open gardens and events. These are a fun way to remind yourselves of happy visits and keep you in touch with any current plans the Friends have. Do have a look, they are good fun and generally available from Friday of each week. If you have a lovely photo that you have taken that would make a good puzzle, please email it to us.

We were delighted when Chris Broad of Eastbourne Coach Finishers offered to hold a sponsored car wash to raise money for the Friends. There are certainly a lot of cars about that could benefit from this, ours included! You will see from the advert on page 1 that booking is essential and there will be a limited number of places, so don't leave it too late to book your car in.



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Unwanted gift?

Have you had a present that
'wasn't really you' or a bottle of
'what were they thinking'?

Here's an idea!

You can donate new, unwanted gifts
to the Friends of Eastbourne Hospital

Simply bring them into the Friends Shop
in the main foyer of the EDGH



Raising money to support
the Eastbourne DGH



THE FRIENDS 16th ANNUAL ART EXHIBITION

St Andrew's Prep, Meads 22 – 24 October 2021

St Andrew's Prep have very generously invited the Friends back for their 16th Annual Art Exhibition, which will be held in the school gymnasium from 22 – 24 October 2021. We very much appreciate this support and also the kind support of the Society of Eastbourne Artists for allowing us to use their screens on which the paintings will be displayed.

If you or any of your friends would like to exhibit and sell your paintings, please visit the Friends website at www.friendsdgh.org.uk and download an entry form or call the office on 01323 438236 to obtain a form.

A small hanging space fee and donation of 20% of the selling price of any picture sold will go towards supporting the Eastbourne DGH.



Saturday 23 October at 2 pm Christopher Osborne, a well-known professional artist, will give a painting demonstration. We are hoping we will have a large display of paintings for sale, so do come along to St Andrew's Prep for the show.

We look forward to welcoming you and your friends to the Autumn Art Exhibition on Saturday 23 and Sunday 24 October from 10 am – 4 pm.

Entry is free.

Ann Caffyn, Art Exhibition Organiser



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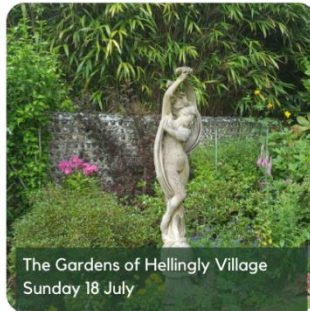


CHANCTONBURY
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Open Gardens 2021

30 June - 22 September

All Gardens will be open from 10.30 am - 4 pm
subject to Covid-19 restrictions - please check online before you visit
www.friendsdgh.org.uk



Please check our website www.friendsdgh.org.uk, Facebook page or ring the office on 01323 438236 for details about parking facilities, wheelchair access and up to date information before visiting each garden

All gardens will be open subject to Covid-19 restrictions in place at the time so please do check online at www.friendsdgh.org.uk before you visit

Wednesday 30 June

Flint House, Church Street Willingdon BN20 9HR

★ limited on street parking

Wednesday 7 July

Ocklynge Manor, Mill Road, Eastbourne BN21 2PG

★ limited on street parking

Wednesday 14 July

Glydes Farm & Little Midge, Ashburnham TN33 9PB

Sunday 18 July

The Gardens of Hellingly Village

Saturday 14 August

Hankham Hall Cottage, Hankham Pevensey BN24 5AH

Saturday 11 September

Folkington Place, Folkington BN26 5SD

Wednesday 22 September

Bates Green Farm, Arlington BN26 6SH

ALL GARDENS WILL BE OPEN FROM 10.30 am to 4 pm
Refreshments will be served in line with any Covid-19 restrictions at the time
We regret, no dogs at any gardens

THE ZIFFIT EXPERIENCE



Like many people over the last year I have built up quite a collection of books at home as the usual outlets to pass them on have not been available. The Friends use Virgin Money Giving for online donations so when they sent us details of how you could

declutter and donate to a charity at the same time I thought it would be worth a look into.

I am not the most tech savvy person but found the whole process really straight forward. On a wet Wednesday morning I downloaded the (free) Ziffit app on to my iPad; you can also do it from onto an iPhone. It was a very simple process to set up my account and I was ready to go.

You have to scan the bar code of each book using the camera on your chosen device and then Ziffit will respond by identifying the book and offering a price for it. They do assume that the books are in a decent condition, and some will come up as not being required at the current time. If you decide to go ahead then the book is added to your 'basket'. You can also scan CDs and DVDs in the same way. It was interesting to see what was offered for the various books, sometimes it was pence but there were several where two or three pounds were offered. You do need to get to £5 in your 'basket' before you can go on to 'trade'. Overall, I was able to donate 26 books that came to just over £16.

Once you decide to 'trade' you have options to either receive the money yourself via a cheque, Paypal or directly into your bank account or you can donate to a charity that is registered with Virgin Money. Search for Friends of **the** Eastbourne Hospital. If you select this option, you then can Gift Aid the donation as well. When the deal has been done you can choose what day you would like a courier to collect the goods. There is no charge for the collection.

The books, CDs or DVDs do need to be individually wrapped which I did in newspaper and packed in a strong box. I used a couple of the wine boxes that are freely available in supermarkets. The courier picked them up on the day I had chosen and two days later I got a confirmation email to say they had arrived and were being checked, and then the next day confirmation that all was in order and the money would be transferred shortly.

Overall it was a very simple process and a satisfying way of both supporting the Friends and freeing up some space on the overloaded bookshelves.

FUNDRAISING

Once again we continue to be amazed at the different ways that our supporters raise money for us and are so very grateful to you all. Many people like to organise their own events and we do have some guidance notes on our website to help you. If you are looking for an easy way of donations being made online, we would prefer that you use Virgin Money Giving, as we are registered with them and it makes the accounting process more straightforward for us. We must pay special thanks to Don McPhee and his daughter Abby, who used Virgin Money Giving for another successful online quiz in February raising £1,385. Don is planning a charity golf day in August which will also benefit the Friends.

In January we received £200 from an anonymous donor in thanks for care given by staff from the Orthopaedic Dressing Clinic, Podiatry team and Community Physiotherapy team whose joint diligence over three years prevented her from having to have an amputation of her right foot. Particular thanks were given to: Amelia, Emma, Karen and Mika, with all staff involved in her care given the accolade of “unsung heroes”.

We were pleased to be nominated as the charity of the year in 2020 by Eastbourne Townies WI, who despite not being able to meet or hold events donated £200.



**Support local good causes
Win up to £25,000!**

We would like to thank everyone who supports us by buying tickets in the Eastbourne Borough Council local lottery. At just £1 per ticket you have the chance to not only support the Friends but to win the top prize

of £25,000. We are pleased to announce that we are to receive an additional grant of £850 from the lottery 'good cause' fund thanks to the number of tickets purchased by people who regularly support us. To find out how you can join please visit www.eastbournelocalottery.co.uk.

Although the prepaid envelopes are no longer available to send off your used cartridges for recycling to benefit the Friends, you can download your own Freepost labels at www.recycle4charity.co.uk or bring the cartridges into the Friends shop. This is an excellent way of keeping the cartridges out of landfill and generating funds to support the hospital. The cartridges that they will recycle are: HP, Canon, Epson, Brother, Kodak, Dell, Frama, Pitney Bowes, and Neopost. Please put other brands and 'own' brands in your household recycling.

Is your car in need of a clean? ECF Car Care is doing a sponsored car wash on Saturday 5 June to raise money for the Friends. If you would like to have your car cleaned for a good cause, see the advert on page 1 and call ECF Car Care to book a slot.

STAMPS



Our 'new' stamp volunteers, Carolyn and Simon, had a chance conversation last year which led to them being asked to sell a van-full of stamps (yes, a whole van full of stamps!) for 50% of the profits. They spent many hours sorting through the stamps and advertising them for sale online and made approximately

£3,000 for the Friends. This was a one-off windfall and will obviously never be repeated, but it was a fantastic opportunity and too good to miss. We are very grateful to them for the hours that they spent doing this.

Carolyn and Simon would like to know if you have been clearing out your cupboards during lockdown and if you have any stamp collections that you would like to donate? They have had some very successful sales at Eastbourne Auctions and also on eBay, so are able to reach a very wide audience of collectors. If you would like your collection to go to a good home and to raise money for a very good cause, please call us on 01323 438236 or drop your donation into the main shop at the hospital and we will pass it on to them.



As we pass the one year anniversary of the start of lockdown due to the Covid-19 pandemic, Vikki Carruth, pictured left, has been looking back at a very difficult year. Vikki is the Chief Nurse for East Sussex Healthcare NHS Trust, with additional responsibility for Infection Control.

Vikki said that the first wave wasn't as severe as had been expected but that the latest wave had a massive effect within our trust. She said: "In December, things took off exponentially. It wasn't a slow increase, it was sudden, huge and almost like a tsunami. In the peak during January, between 50 and 60 per cent of all of the beds across the Trust were occupied by people who had tested positive for the virus.

"Outside the hospitals, the numbers in the local population testing positive for the virus were huge.

"It was the duration that made it so difficult. It wasn't just days or weeks, it was a prolonged period and it had a huge impact.

"It has been very distressing and very exhausting. We are all exhausted from it, everyone, but it is not just physical, it is very much about the emotional impact. Staff have been tearful. I have been tearful. I have cried with staff. They are not crying for themselves but for the impact it has had."

She continued: "One of the really difficult things has been to restrict visitors. That has been very difficult and distressing and something that we will look forward to easing as soon as it is safe to do so."

Staff at the Eastbourne DGH, and across the Trust, are receiving support for their emotional wellbeing and this will continue to be available into the future.

Vikki went on to say: "I'm hugely proud of all our staff and not just the doctors and nurses but the hundreds that were redeployed. I am enormously proud of each and every one of them and the strength they have shown. The camaraderie has been amazing to witness – it really is quite extraordinary."

Vikki was keen to acknowledge: "The support from the local community has been amazing. It was hugely kind and supportive and that meant a

huge amount to staff and was massively appreciated. It would be really hard to pick just one thing, as it has all meant so much, but we received a lot of cards, pictures and letters which we really appreciate. We have them all up on the walls. Some were from children and it just meant a great deal and we are very grateful.”

At the beginning of lockdown last year the FoEH launched an appeal to support the staff at the Eastbourne DGH, which raised £57,038. The money has been spent on items to improve the comfort and wellbeing of staff; from small items such as lip salve and fruit to larger items such as recliner chairs and microwaves. Any remaining funds, once the pandemic is over, will be returned to the restricted fund that the FoEH maintain specifically for the benefit of Eastbourne DGH staff.



At the time of taking this photo the wearing of masks was not required.

Looking to the future Vikki said: “I think we will see masks, especially in the winter, for a little while yet but of course we all want to return to some normality. We don’t want to work with masks all the time forever”.

With spring coming and the hope of brighter times ahead, Vikki concluded by saying: “The final plea has to be for people to stick to the restrictions. We are all fed up but if people can do as they are being asked and follow the rules that is such an important help and is hugely appreciated.”

To mark one year since the start of the first lockdown, ESHT across our hospitals and community services joined in the National Day of Reflection at midday on 23 March and observed a one minute silence. This was followed by a short service held digitally and was a chance to remember and reflect on what has happened over the last year. The service ended by highlighting the support on offer to members of staff.

GIFTS AND DONATIONS

Donations in lieu of Flowers

During the past three months we have received with gratitude donations totalling £918 in memory of: Sharon Adams, Albert Berry, Miguel Biblioni, Martin Etchells, Anthony Furner, Jayshree Jasani, Tony Morrison, Arabi Sharif and John Surtees. This figure includes some anonymous online donations in memory of lost loved ones.

Legacies

During the past three months we have received with gratitude, legacies from the estates of: Harold Firmin, Janet Harding, Pearl Smith and Raymond Sutton

Recently agreed gifts to the Eastbourne District General Hospital

Fitbits and exercise bikes for Urology department	£1,000
Bladder scanner for Community Response team	£6,605
80 x one legged stools for Moving & Handling team	£3,276
Total	£10,881



**In 2020 donations
in lieu of flowers
totalled £9,775**

We would like to thank all those families who named the Friends of Eastbourne Hospital to benefit from cash donations in lieu of funeral flowers, in memory of their loved ones

All money raised goes towards extra services, equipment & amenities for the patients & staff at the Eastbourne DGH

FRIENDS OF THE EASTBOURNE HOSPITAL

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

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- Volunteer work in the DGH
- Help with fund raising activities.....

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Telephone Date

Email

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.

GIFT AID DECLARATION

Boost your donation by 25p of Gift Aid for every £1 you donate
Gift Aid is reclaimed by the charity from the tax you pay for the current tax year.
Your address is needed to identify you as a current UK tax payer.

Please complete the information below and return it to:

The FoEH, Friends Office, Eastbourne DGH, Kings Drive, Eastbourne BN21 2UD

I confirm that I would like all my donations, past, present and future to:
FRIENDS OF EASTBOURNE HOSPITAL (Charity No: 220592)
to be treated as Gift Aid donations.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

My Details:

Title..... First name or Initial(s) Surname

Full Home address

..... Post Code

Date

Please notify the Charity if you:

- * want to cancel this declaration
- * change your name or home address
- * 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

To

.....Sort Code: A/c No.....
(Name and address of your Bank)

Please pay to Barclays Bank Plc (20-22-67) 9 High Street, Colchester CO11DA for the account of Friends of Eastbourne Hospital (No. 10039667) the sum of

£ : ()
(Amount in figures) (Amount in words)

on 20..... and thereafter on the 01 September each year until otherwise notified.

Signature Date.....

Full Name in Capital Letters (Mr/Mrs/Miss/Ms)

Address.....

..... Post Code

Registered Under the Charities Act 1960 No 220592

WE COLLECT



GREETINGS CARDS

Birthday, get well, sympathy, new home, greeting remade throughout the year. Due to limited storage collected for a short time at the beginning of January.



Not at the current time



POSTAGE STAMPS AND POSTCARDS

All kinds of stamps are collected and sold to dealers, private buyers and via Eastbourne Auctions, who support the FoEH. Please do not remove stamps from postcards, which are sold separately.



KNITTING WOOL

Our volunteers make many items from donated wool including: baby clothes, toys and Twiddlemuffs. If you would like to knit for us, please enquire in the Friends Shop.



HABERDASHERY ITEMS

Bits and pieces such as ribbons, buttons, beads and textured fabrics are given to volunteers to sew onto Twiddlemuffs for dementia patients and for card making.



PLASTIC MILK BOTTLE TOPS

Clean milk bottle tops are recycled by FoEH volunteers and are made into everyday items such as traffic cones and children's play equipment. Please ONLY collect milk bottle tops - we cannot accept any other types of bottle tops.



SILK FLOWERS AND FLOWER BASKETS

The Flower Shop volunteers welcome donations of silk flowers, baskets and pretty containers that they can use for new arrangements.



NEW GIFT ITEMS / UNWANTED PRESENTS

New, unopened/unused gifts are sold at our summer and Christmas fairs. We also welcome unopened bottles of wine, spirits, chocolates and jams etc with time before their use by date.



SILVER, JEWELLERY AND BAGS

We collect any items including broken watches and costume jewellery for sale on our silver and jewellery stall. Eastbourne Auctions support us by auctioning the more valuable items and selling bags to collectors.



NEW BATHROOM PRODUCTS

We take unopened / unused items such as make up, creams, soaps, hair products and gift packs that we sell at our summer and Christmas fairs.



INKJET PRINTER CARTRIDGES

We receive £1 for every HP, Dell, Cannon and Kodak inkjet cartridge that is recycled with Recycle4Charity. Please bring cartridges into the Friends Shop or download a label for free postage at: www.recycle4charity.co.uk

HOW TO DONATE

Please bring your donation to the Friends Shop or Office at the DGH. Alternatively, call the office on 01323 438236 and we can discuss possible collection options.

**Scan the QR code below for an
easy way to donate to the**



**Friends of
Eastbourne
Hospital**

**Raising money to support
the Eastbourne DGH**



Help us, help them, help you

Thank you