

HOSPITALITY

QUARTERLY MAGAZINE



WINTER EDITION

October 2019 - January 2020

Number 156



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2019 Special Project

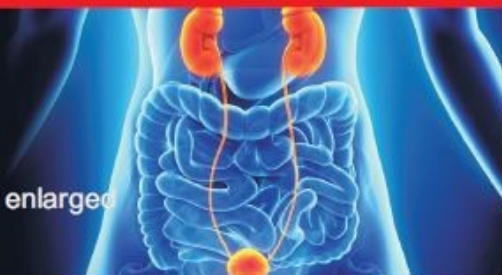
to raise

£500,000

to provide equipment for the new enlarged

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2019 Venue

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Saturday October 26th

10.00 am - 4.00 pm

Sunday October 27th

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DATES FOR YOUR DIARY FOR 2019



- 26 – 27 October Art Exhibition
10 am – 4 pm St Andrew’s Prep, Meads Street
- 7 November Dine Around the World at the
Thai Marina, Sovereign Harbour
- 15 November Quiz Night
Fishermen’s Club
- 16 November Christmas Coffee Morning
10 am – noon St John’s Parish Hall, Meads Street
- 21 November AGM
2 pm Education Centre

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Mr A Holter, Mrs C Lock, Dr M Lonsdale, Mr H Parker, Mrs G Perry,
Mrs B Phillips, Mr G Stone, Mrs G Woolley

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CHAIRMAN'S REPORT

Well, after a relatively quiet summer period for the Friends things are now starting to hot up as autumn approaches. In this report I have two people I particularly want to thank. The Open Gardens, one fundraising event that has continued through the summer, have this year again raised around £26K for the Friends. The team do so much work to make the gardens such a success. But they need great leaders, Gill Woolley and Heather Harper. Heather has decided after 7 years to take a break from this. I cannot thank her enough on behalf of the Friends for all the work she has done. She has, however, said she will continue supporting the Friends and to host any functions in the future; Possibly another Barn Dance!

The second person I want to thank is June Tickner. June has been one of the Friends volunteers since 1983 but has not been well recently and has decided to cease being one of our money counting team, a role she has fulfilled weekly for the last 36 years. As many of you know June has also made over £43K from the sale of stamps and postcards and she intends to carry on doing that for the foreseeable future. The Friends, once again, cannot thank her enough for all she has done.

The fundraising for this year's major project, raising £500K for the Urology Unit, has almost reached its conclusion. Two big donations were received over the summer that I want to particularly mention. Both captains of the Royal Eastbourne Golf Club made the Friends their charity of the year. We recently received £11K from them towards our Urology Special Project. Secondly, the Willingdon Golf Club chose the Friends to benefit from their charity golf day raising £2K. I thank both these golf clubs for their support and for all their hard work in making so much money for the Friends.

As the Friends new financial year starts we will soon be raising money for a new major project for 2020. This will be announced at this year's AGM which is on 21 November. We hope to see you there.

Lastly, I wish to once again thank all of our fundraisers and volunteers for all that you do for the Friends. Without you we would not exist. Thank you.

Harry Walmsley

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CHRISTMAS COFFEE MORNING 2019

Dear Friends

We are fast approaching that time of year when our thoughts turn to Christmas and presents. This year's Christmas Coffee Morning is on Saturday 16 November at St John's Parish Hall in Meads Street, Eastbourne from 10 am – 12 noon and we hope to see you there.

The bathroom and gift stalls are always very popular and we would appreciate any donations of **new**, unwanted gifts or bathroom products. Toys, which grandchildren may have grown out of, could find a new home. Please ring me on 01323 722985 or the office if you need us to pick up. We would also welcome any cakes big or small, quiches or pies to sell. Rosemary Cameron is organising the cake stall and you can read in the piece below what they would like and how to you can get your donation to us.

June and Jeanette will be there with their silver and jewellery stall. They always welcome donations and would be grateful for any silver or jewellery you might like to pass on – real or costume, working or broken, they would like it all. Let the office know if you have a donation or you can leave it in the Friends Shop.

We look forward to seeing you on 16 November and please bring along a friend or two.

Best wishes, Bo Phillips

FOOD, GLORIOUS FOOD AT THE CHRISTMAS COFFEE MORNING!

It would be wonderful to have contributions for the Cake and Preserves Stall at the Christmas Coffee Morning; sweet or savoury, large or small - all would be very welcome! If you cannot bring them along on the morning, I will collect from you, or you could leave them on my doorstep! I will return your containers if you mark them clearly. Thank you so much.

Rosemary Cameron - 35 Compton Drive, Eastbourne ☎ 638877.

CHANGES TO THE FOEH OBJECTS

The Friends of Eastbourne Hospital have made some small changes to their Objects with the Charity Commission, which will be ratified at the charity's AGM on Thursday 21 November 2019.

You will be able to view the changes on our website under 'About Us' or you can call the Friends Office on 01323 438236 for a hard copy.

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OPEN GARDENS 2019

Well summer has drawn to a close and the Open Garden team are looking back on yet another successful season. We raised a magnificent £26,000 which has gone towards supporting the Eastbourne DGH and buying vital equipment for the newly enlarged Urology Suite. This wonderful result



was despite the weather, which at times seemed to be working against us! We faced rain, winds and finally a gale but still our loyal supporters were not deterred. Thank you one and all for your support.



I would also like to thank the volunteers who work at the gardens, manning the stalls, making numerous cakes, producing plants for the plant stall, the kitchen team, sign erectors and finally the car parkers. More than a few of the faces will be familiar to you as they have been volunteering for the Friends for

many years; we have also welcomed several new members to our team this year so we feel duly refreshed and replenished!

We would also like to thank all the open garden visitors that allowed us to claim Gift Aid on their entry donations, which resulted in £2,800 towards the total from coming from HMRC. Thank you to Margaret for recording the donations, often in uncomfortable weather conditions.

We are now looking forward to next year and are currently seeking gardens to include in our programme. Do let us know if you have one or know of one where we might approach. We try to make it an enjoyable day for both the owners and visitors alike. On that note I should like to end by saying a huge and sincere thank you to all those who opened for us this year. You are all so generous in your support for the Friends and it is much appreciated.

Gill Woolley



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**FRIENDS 14th ANNUAL ART EXHIBITION, St Andrew's Prep, Meads
10 am – 4 pm Saturday 26th & Sunday 27th October 2019**

We are delighted that over 60 local artists have entered our Art Exhibition. A great variety of paintings will be displayed at St Andrew's Prep, who are generously allowing us the use of their gymnasium for the fourteenth consecutive year. The Society of Eastbourne Artists is kindly lending us their screens to display the paintings.

Three local, well-known artists are very generously donating paintings to raise funds: Angela Perrin for the raffle, Christopher Osborne for a silent auction over the weekend and Julian Sutherland Beatson for an auction at the pre-view evening.

On Saturday 26th October at 2 pm Roz Nathan, a professional artist, will give a painting demonstration to which you are all invited. I know it will be very exciting.

On Sunday afternoon Ian Parratt, a Cartoonist, has been invited to do quick sketches for our visitors for a small donation, which he will donate to the Friends.

We look forward to welcoming you over the weekend to a wonderful show of 350 paintings. Admission is free and you and your friends will have the opportunity to vote for your favourite picture. You may also be tempted to buy a painting.

Ann Caffyn, Art Exhibition Organiser

You are personally invited to join us at the

Friends of Eastbourne Hospital's

AGM

2 pm Thursday 21 November 2019

Lecture Theatre, Education Centre, EDGH
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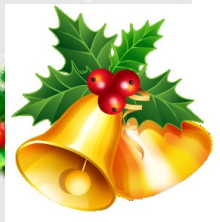
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 **CHRISTMAS
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**Saturday
16 November 2019
10 am – 12 noon**

St John's Parish Hall
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**Raising funds for the Eastbourne DGH
and the 2020 Special Project**

BELLA VOTED TOP PAT DOG AT CRUFTS 2019

This article was published by the Communications Team at Eastbourne DGH in March 2019. Everyone at the hospital is very proud of Bella and Barry and we thought that our readers would like to hear about this amazing little dog and her owner, who bring a little bit of joy to patients and staff alike.

Bella and owner Barry Coase, who visit patients at Eastbourne DGH, have won the HiLife Pets as Therapy Dog of the Year award at Crufts 2019. The award was voted for by readers of Yours Magazine and presented by James Middleton, Ambassador for Pets as Therapy.



Since starting her role at Eastbourne DGH, Bella, a four-year old Bichon-Frise, has been a hugely popular part of the team at Eastbourne DGH. On her weekly visits with owner Barry, who works part-time as a parking officer at the hospital, she brings a smile to everyone who meets her.

Barry Coase said: “I’d like to thank everyone who voted and supported us in our journey, it is an absolute pleasure to work with patients and staff at Eastbourne DGH and long may it continue.”

Vikki Carruth, ESHT Director of Nursing said: “Bella and Barry have made a real difference to patients and staff alike. They’ve touched so many people’s lives by coming onto the ward. It’s great to see the positive effect that Bella’s visits have on patients. Well done Barry and Bella.”

Bella was rescued from the Bichon-Frise rescue service when she was only twenty weeks old. Originally very timid, she has developed into a very sociable dog with the perfect qualities for her Pets as Therapy role.

VOLUNTEERING – WE NEED YOU!

Volunteering for the Friends is a hugely rewarding activity. Our volunteers say that it has brought them new friendships, given them a sense of well-being, a structure to their week and made them feel that they make a difference – which they really do!

We always need new volunteers and at the moment we are particularly looking for people to volunteer in the new Friends of Eastbourne Hospital Radiotherapy Café, which is situated in the foyer of the Radiotherapy/Endoscopy/Day Surgery building. This is a joint venture with Macmillan Cancer Support and the role will get busier as the Radiotherapy Centre broadens the types of cancer it treats and the

number of visitors increases. At the moment we are suggesting to our volunteers that they bring a magazine with them for the quieter times. The café volunteers are not councillors for Macmillan but they do direct people towards the literature that is available, so that anyone who would like to find out more can pick up some information.

You may have seen the advert for a Macmillan Biggest Coffee Morning which is being held from 10 am – 2 pm on Thursday 31 October 2019 at the FoEH Radiotherapy Café. If you would like to visit the café and find out more about what is involved in volunteering there, please do come down. Even if you are not thinking of volunteering for the Friends, do pop in and support the event; there will be a mouth-watering selection of homemade cakes and treats. Donations given for the cakes will be for Macmillan whilst hot and cold drinks will be charged as normal. Remember, parking is free for the first 30 minutes.



We are also looking for more shop volunteers, particularly for the weekends. Do you think you could spare some time? The shop is open from 10 am to 4 pm on Saturdays and from 1.30 pm to 4 pm on Sundays. There are two shifts on Saturdays from 10 am – 1 pm and 1 pm to 4 pm and one shift on Sundays. There are 3 shifts each weekday: morning, early afternoon

and late afternoon until 6.30 pm. Volunteers rotate between roles and go from serving customers on the till to restocking and tidying the shop. Training is given and no previous experience is necessary.

When someone gets in touch to enquire about volunteering for the Friends we ask them what days they are available to work and invite them in for a taster session. If they enjoy the session we give them an application pack to complete and send to Zoe in the Voluntary Services Office. We then find them a shift to suit their availability. Volunteering is a regular commitment and the shops and trolley services have shift times that need to be covered which are usually 3 or 4 hours long.

If you think that you might like to volunteer for the Friends and be part of our amazing team, please do get in touch. You can phone the Friends Office on: 01323 438236 and talk to Sue or Debbie and we will get you started on your journey.

Our motto is “help us, help them, help you”; you really can make a difference by volunteering for the Friends at the Eastbourne DGH.



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FUNDRAISING REPORT

Once again there has been a wide range of different fundraising events since the last magazine. Dr Walmsley has already mentioned the two very successful Golf Days in his report, which took place at the Royal Eastbourne Golf Club and Willingdon Golf Club. Sue Hitchen organised another of her famous quizzes in July, which raised just over £600. These evenings are always popular and we are so grateful to Sue for the hard work she puts in, thinking up the questions and organising the evening, to ensure that all the guests have a good time.

Jeanette and June had some very good results with the jewellery sales in the summer, with nearly £1,100 coming from Eastbourne Auctions. We thank them for all they do in sorting the donated jewellery and everyone who donates it to us. The Christmas Coffee Morning is the next event where Jeanette and June will have their stall, so please think of us if you are 'having a clear-out' and have any silver or jewellery to donate.

Several local groups gave us money from summer events they held, including the South Downs Singers, Stud Farm Allotment and Garden Society, Westham Pop-in Club, Sussex Strings and the Warbleton Horticultural Society. We would like to pass on our thanks to all those involved in these events.

We have members who make regular donations, including Mr Seaman and others who choose to remain anonymous. This regular giving really does make a difference

We continue to receive money from the used ink cartridges that are sent for recycling, purchases made via Amazon Smile and the Eastbourne Borough Council Lottery. If you would like any more information about how you could support the Friends in these ways, please ring the office or visit our website.



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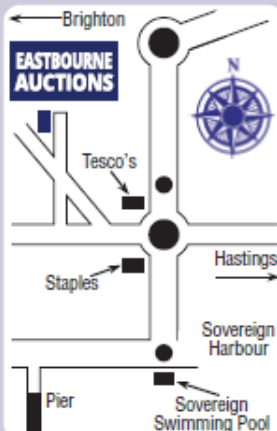
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Thank you

SHOPS

Alongside the popular remade cards made by volunteers, there is now a new selection of greetings cards in the shop, including some more humorous ones. The display changes regularly and all the cards are very competitively priced, so they are well worth a look when you are passing.

You may not be aware that the shop sells locally sourced honey, which is especially good for people suffering from allergies. You can choose between set and runny, in a variety of sized jars.

The 2020 diaries and calendars are in stock and going fast, so don't leave it too long before buying yours. Also, thinking ahead to Christmas, do make a point of looking at the seasonal knitted toys and gifts that our army of volunteer knitters make. These are always popular and never stay on the shelves for long.

Once you have been to the shop and made your purchases, why not go along to the new Friends Radiotherapy Café and have a cup of tea or coffee. This is currently open from 10 am to 2 pm Mondays to Fridays, although we are hoping to extend the opening hours in the future.

NEWS FROM THE OFFICE

First we have some sporting news! Debbie is taking part in the 10K race in the Beachy Head marathon on 26 October. If you would like to sponsor her please go to: uk.virginmoneygiving.com/DebbieWicks1 or click on the link on the Friends' Facebook Page.

Also, Amy Pennells and her friend Sally are running the complete Beachy Head marathon to raise money for the Coronary Care and Cardiac Rehab Units at the Eastbourne DGH. You can sponsor them at: uk.virginmoneygiving.com/Team/SallyandAmydoBeachyHeadMarathon. Looking further ahead, Respiratory Nurse Georgie Luxford, who gave such an entertaining talk for the Friends earlier this year, is running the London Half Marathon and is looking for sponsorship; she will create a fundraising page on Virgin Money Giving. She too is running for the benefit of the Friends. We would like to thank them all for their efforts and wish them well with their training and for the races themselves. Debbie says she's going to need all the good wishes she can get!

September was Free Wills month and we would like to acknowledge the support of the local solicitors that participated this year: Cornfield Law, Hart Reade, Lawson Lewis Blakers, Mayo Wynne Baxter, McCarthy Webb and Stephen Rimmer.

We ended this year's programme of educational talks with a very interesting talk on the future of Urology by Peter Rimington. This was hugely popular and we are sorry to the people that we had to disappoint due to the unprecedented demand. The 2020 programme of talks will be publicised in the New Year once it has been arranged.

You will have read in Harry Walmsley's report that June Tickner has not been too well. We are still collecting stamps and are hoping we can add to June's very impressive total raised so far. Please continue to save your stamps for us and we will keep you updated.

We hope that you are able to come to the remaining events we have taking place this year: the Annual Art Exhibition arranged by Ann Caffyn, the ever popular Christmas Coffee Morning, kindly organised by Bo Phillips and her amazing team and the AGM. The AGM is followed by a splendid tea for our guests, so do join us.

We would like to thank all our members and supporters for their continuing support throughout the year and wish you all the best for Christmas and the New Year.

Dine Around the World at

Thai Marina

The Waterfront, Sovereign Harbour

7 pm Thursday 7 November

£22 per person

for a 2 course taster menu

of some of the restaurant's favourite dishes

to book call: 01323 438236

GIFTS AND DONATIONS

Donations in lieu of Flowers

During the past three months we have received with gratitude donations totalling £1,825.53 in memory of:

M Archer, Richard Basford, Valerie Betts, Mr Chatfield, Christine French, Irene Gunning, Derrick Jones, Douglas Mayhew, Nel Nicoll, Jean Ovenden, Victor Simmons, Rita Smith, Brian Tattam

Legacies

During the past three months we have received with gratitude, legacies from the estates of: Dawn Dale, Gwendoline Green, Annie Verrall

Recently agreed gifts to the Eastbourne District General Hospital

Ophthalmology- 2 x slit lamps	£14,672
Disability dentistry specialist equipment	£31,150
Tuning of piano in Chapel	£ 65
Podiatry – 2 x Doppler Units and probes	£ 922
Wellbeing garden – accessible bench and table	£ 978
Clinical Decisions Unit, A&E – 5 x specialist chairs	£ 6,968
Total	£54,755

CHRISTMAS CARDS

Please keep us in mind when buying your Christmas cards this year. In the Friends Shop you will find a lovely selection of our popular remade cards at very reasonable prices. If you belong to a group or organisation that might like us to bring the cards to one of your meetings, do get in touch as we would be very happy to do this.

Once again we will be collecting used Christmas cards for a **short time** in the New Year. These can be taken into the Friends Shop or left in the trolley that will be outside for a limited period. Please be aware that if you use staples, sticky tape, Blu Tack or similar or punch holes in your cards for display, we are not able to make use of them. If you are able to remove the backs from the cards it is very helpful and reduces the bulk we have to store. The reason why we can only accept cards for a short time is that we now have reduced storage space within the hospital. If you are in any doubt please ring the office before bringing the cards in: if we cannot take any more please put them in your household recycling. We are happy to accept general greetings cards at all times during the year.

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	£	:	£10
Renewal of Annual Subscription	£	:	£10
Life Membership.....	£	:	£30
Donation.....	£	:	

£ _____

If you are a tax payer please complete the Gift Aid Declaration form overleaf. 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.

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

Mr/Mrs/Miss/Ms

Address

..... Postcode

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 the Friends of the 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

TRUST NEWS



The Trust would like to say a big thank you to the Friends of Eastbourne Hospital for two new clinical tympanometers. These are used by our Audiology department to perform detailed assessments of the middle ear, eustachian tube and acoustic reflex pathway on patients of all ages, including new born babies. They will be

used in Paediatric Audiology clinics held at Eastbourne Park Practice and in the Audiology and Ear, Nose & Throat clinics at the Eastbourne DGH.

The care of cancer patients at East Sussex Healthcare NHS Trust has again been highly praised in a national survey of patients who were diagnosed with the disease. The National Cancer Patient Experience Survey, now in its eighth year, has been published and was completed by over 500 local patients. Patients were asked to rate their care overall on a scale of 1-10 and patients in East Sussex rated their care as 8.8 out of 10.

Cancer care for Haematology and Lung patients scored particularly well with scores above the national averages. Out of the 59 areas looked at by the survey the Trust scored above the national average in five areas. Patients praised the care that they received from our Clinical Nurse Specialists with ease of access and having all their contact details being highlighted. Patients were particularly complimentary about the levels of information that they were given and the timeliness of it.

The report illustrates the excellent work being done by our multi-disciplinary teams and our chemotherapy units to care for cancer patients in East Sussex. We will be reflecting on the areas where further improvements can be made. Particularly in talking to our patients about how they can engage with research projects and clinical trials.

We are delighted our Consultant Cardiologist Professor Nikhil Patel has been elected Chairman of the Royal Society of Medicine (RSM) Academic Board. As Chairman of the RSM Academic Board, Professor Patel is a Trustee of the Society and oversees the network of 50 medical specialty sections. He will be supporting new educational strategies and developing programmes with the presidents of the society's specialty sections.



Simon Purkiss



The Queensmead
CHANCTONBURY
HEALTHCARE



*See our new refurbished lounge
and conservatory*

RESIDENTIAL

RESPITE

DAY SERVICES

LUNCH CLUB

FAMILY SUPPORT GROUP



The Queensmead, one of the **Chanctonbury Healthcare** collection is situated in the Wealden town of Polegate, near Eastbourne with views of the South Downs.

With personalised care, each day is meaningful and with purpose. Choice and independence is promoted throughout the home whether you are staying for a day, two weeks or making it your home.

If you have any questions about The Queensmead please visit us

Chanctonbury-care.com

Victoria Road, Polegate, BN26 6BU

We Care About Caring



Reception@queensmead-care.com



01323 487 931



@chanctonburycare

WE COLLECT



GREETINGS CARDS

Birthday, get well, sympathy, new home, greetings and thank you cards are collected and remade throughout the year. Due to limited storage space Christmas cards can only be collected for a short time at the beginning of January. If in doubt please phone the office.



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.



HABERDASHERY ITEMS

Bits and pieces such as: ribbons, buttons, beads, textured fabrics to sew onto Twiddlemuffs and for card making.



PLASTIC MILK BOTTLE TOPS – any colour

These are recycled by FoEH volunteers and are made into everyday items such as traffic cones. Please ONLY bring in clean milk bottle tops.



SILK FLOWERS AND FLOWER BASKETS

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



NEW GIFT ITEMS/UNWANTED PRESENTS

New gifts are sold at our Summer and Christmas fairs. We also welcome donations of wines and spirits and chocolates etc.



SILVER, JEWELLERY AND BAGS

We collect any items including broken watches and jewellery. Eastbourne Auctions support the ladies by auctioning the more valuable items and selling bags to collectors.



NEW BATHROOM PRODUCTS

We take unopened/unused items such as make up, creams and soaps which we sell at our fairs.



INKJET PRINTER CARTRIDGES

We receive £1 for every inkjet cartridge recycled in one of our Recycle 4 Charity envelopes. Pick them up from the main shop.

HOW TO DONATE

Please bring your donations to the Friends Office or the Friends Shop, which is in the main foyer of the hospital. Alternatively, call the office on 01 323 438236 and we can discuss possible collection options.



Clockwise from top left:
 Pevensey Bay Packers winners of the July Quiz
 Ocklynge Open Garden * Knightsbridge House Open Garden
 Captain's Charity Day Donation from the Royal Eastbourne Golf Club