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QUARTERLY MAGAZINE



Spring Edition
January – April 2016
Number 141



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Mrs S Boyce-Sharpe, Mr Rodney Browne, Mrs A Caffyn, Mrs R Cameron,
Mr A Holter, Mr D Lambird, Mrs C Lock, Mrs C Naylor, Mr H Parker
Mrs G Perry, Mrs B Phillips, Mrs G Woolley

Trust Representative:

Mr Richard Sunley, Chief Operating Officer

Hon Solicitor: Mr Glendon Stone

Auditors: Watson Associates, Chartered Accountants



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DATES FOR YOUR DIARY FOR 2016

- 24th February Dine Around the World, Spice Garden
- 12th March FoEH Ball
Winter Gardens, Eastbourne
- Date TBC American Doubles Tennis Tournament
- 19th June Annual Cream Tea and Grand Draw
1.30 pm East Dean Village Hall, East Dean
- 28th – 30th Autumn Art Exhibition,
October St Andrew's School, Meads Street
- 12th November Christmas Coffee Morning
St John's Parish Hall, Meads Street

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CHAIRMAN'S (FAREWELL) NOTES

A Happy New Year to you all!



As ever, the New Year is a time to reflect on the past and to look forward to the future with, perhaps, a fresh start, none more so than this year – these are my 41st and final Chairman's notes. At the AGM, I am standing down after ten years in post and I am able to look back and see what has been achieved in that time.

The last ten years have, for me, been most enjoyable and in that time the Friends have made major contributions to many departments throughout the Hospital. There have been major projects in cardiology, physiotherapy, post-anaesthetic care, radiology, a minimally invasive operating theatre (pictured right), the hospital chapel (pictured below), intensive care, endoscopy, stroke unit, with some areas



benefitting more than once. In addition there have been hundreds of smaller items that have enhanced the services provided at the DGH. The high points came in this last year, with the opening (at last) of the refurbished Pevensy Ward

(pictured right) and the acquisition of the Da Vinci surgical robot. They have been fantastic achievements and I must say a huge thank you to my fellow Trustees and, above all, our volunteers and those who have helped so much at various events and functions raising the funds to enable us to do this. None of it could have been achieved without such fantastic support. It is you that make the Friends the huge success that they are. Thank you.



As to the future, it is a fresh start for both the Friends and East Sussex Healthcare Trust. Following the critical CQC report, we are, at the time of writing, awaiting the announcement of the appointment of their new chairman, who will then commence the recruitment process for a new chief executive. There are already signs of a more positive approach which is very welcome. At the same time, it will be all change in the officers of the Friends. At the AGM,

Ann Caffyn, our President (pictured left), will also be standing down. Ann was appointed Chairman of the Friends in November 1985 and held that position until November 1996 and has been the President ever since – a total of 30 years' service, a superb record that is unlikely to be broken.



Subject to approval at the AGM, the plan is that I shall become President, whilst Dr Harry Walmsley (pictured left) will take over as Chairman. I have known Harry ever since he was appointed as a Consultant Anaesthetist at the DGH. He has held many management roles in the DGH and has a national reputation in the field of resuscitation – I know that the Friends will be in safe hands. In addition, Rodney Browne will be standing down as Honorary Treasurer, a post that he has held with distinction. I am pleased to report that we have found a very able successor in the form of Peter Skilbeck, a Chartered Accountant, who will shortly be retiring from the local firm, Humphrey & Co.

The future is bright and there is a great deal to look forward to in 2016.

Peter Nash



Peter Nash has done many things for the Friends during his 10 years including visiting equipment that the charity has purchased (top left and middle), Summer Fairs (top right), retirements (middle right), Balls (bottom left), cheque presentations (bottom right) and has drawn many raffles (middle left)



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GRAND DRAW

This year the Grand Draw will take place at the Cream Tea and Summer Fair at East Dean and Friston Village Hall on Sunday 19 June 2016. Once again the lucky winner will receive a cheque for £1,000 with a second cash prize of £300! There will, of course, be many other fantastic prizes, donated by generous local and international businesses.

Last year, with the help of more than 50 volunteers selling raffle tickets in the DGH main foyer, approximately £4,000 was raised.

The Friends Office will once again be organising the rota for the sale of Grand Draw tickets in the hospital foyer leading up to the Draw. If you would like to help, please ring us on 01323 438236. We look forward to hearing from you and thank you for your support.

Debbie Wicks

SELLING DATES

WEEK 1 February 22nd – 26th

WEEK 2 March 21st – 24th

WEEK 3 April 25th – 29th

WEEK 4 May 23rd – 27th

WEEK 5 May/June 31st – 3rd

WEEK 6 June 6th – 10th

WEEK 7 June 13th – 17th

SHIFT TIMES

10am -12noon} on all

2pm - 4pm } selling dates

CHRISTMAS COFFEE MORNING 2015

You have all contributed to raising a spectacular £3,000 at our Christmas Coffee Morning – whether you sold raffle tickets, donated items for sale, set up a stall baked delicious cakes or made “much in demand” marmalade – all your help and support was invaluable. Special thanks go to the office for producing the raffle tickets, fliers and much more.

Thank you to the tea ladies who worked so valiantly all morning producing around 300 cups of coffee or tea. Well done.

Of course none of this would be possible without the support of our wonderful friends who come along on the day. Thank you heartily.

Best wishes from

Rosemary, Gill, Di, Gilda and Bo

WOULD YOU LIKE TO:



HOW ABOUT VOLUNTEERING
for a Friends' shop or trolley service
at the Eastbourne DGH?

Interested? Please contact us on:
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THE FRIENDS 10th AUTUMN ART EXHIBITION OCTOBER 2015

We were delighted with the wonderful display of 252 pictures at the 10th Annual Exhibition. The fund-raising event was supported by 63 local artists with a great variety of original paintings, together with a colourful selection of art by the St Andrew's pupils. The event raised a record £3,200 for the Da Vinci Robot Fund. We were very grateful to St Andrew's Prep School for giving us the use of their gym for the event and also to the Society of Eastbourne Artists for the loan of their screens, on which the pictures were displayed.

Peter Rimington, Consultant Urologist, opened the exhibition and gave an interesting insight into the workings of the robot, which is used to treat patients with prostate cancer. Around 150 people, including our Patron, the Bishop of Lewes and the Mayor of Eastbourne, attended the opening. The prize for the 'Best Picture in Show' was awarded to John Gross by the judge, Nigel Greaves and presented to him by Rupert Taylor of the Eastbourne Herald. The trophy was donated by Semantics of Grove Road. Esther Bird played a programme of light piano music and Rodney and Elaine Browne ran a successful tombola.

Over 300 visitors came to admire the great variety of pictures on show and 26 were sold with 20% of the sale price donated to the Robot fund.

Local artist, Alan Everard, donated a popular painting of the Thames Barges for the raffle and Josie Tipler gave a pastel demonstration of a landscape of Firlie Beacon, which was auctioned by Geoff Duffell.

Over the weekend the public were invited to vote for their favourite picture. This was won by Alan Everard, who received a trophy donated by Eastbourne Engraving of North Street.

Also, my thanks to our many sponsors: PlanAHead for all their printing work; Ellen and Paul Crockford for donating wine for the preview party and Orchard Frames, Eastbourne Framing Centre, Gallery North and Prime Care for sponsoring the catalogue.

As always I am deeply indebted to the army of volunteers who helped in a variety of ways, including the organising team of Hugh Parker, Peter Nash, John Gross, Rodney and Elaine Browne, Jackie Hurwood, Anne Williams and John Powley, who ensured the smooth running of the event.

Finally thank you to all who came to see the 'show'. I am delighted to tell you that St Andrew's Prep School has kindly invited us to hold another Art Exhibition in their gym from 28 - 30 October 2016.

Ann Caffyn, Art Exhibition Organiser

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WHAT'S YOUR NEW YEAR'S RESOLUTION?

Did you know that one of the top ten New Year's resolutions is to volunteer or "do something useful". Thousands of people in this country alone resolve to volunteer and make a difference each year – why not be one of them?

This New Year we are launching a recruitment drive to get more people supporting the Eastbourne DGH by volunteering for the Friends. So why not get in touch?

Our shops are managed by Sue Hitchen, who is assisted by Tracy and an army of volunteers. Sue is responsible for the Hospital Shop, the Flower Shop, the Corner Shop, the Trolley Service and the Sandwich Trolley Service and she could not do it without the help of our fantastic volunteers.

Volunteering roles in the shop include: Stock Management, Administration, Counter Staff, Newspaper Co-ordinator and many other roles. Volunteers are needed from first thing in the morning until the end of the day, so there will usually be a shift to suit each individual.

Flower Shop volunteers provide a full florist's service for the local community as well as for the staff, patients and visitors of the Eastbourne DGH. Volunteers can be involved in flower arranging, conditioning stock, counter duties and delivering flower arrangements to the wards.

The Sandwich Trolley provides a lunch service to the staff in offices and on the wards. It goes out each morning, 365 days a year - if you decide that this is the role for you, you won't have to do them all!

The Trolley Service provides a shop service to the wards, Monday to Friday, for those who cannot get down to the main foyer. Two trolleys, manned by two volunteers each, go around the wards in the afternoon.

If you are interested in volunteering in one of our shops please call us on (01323) 438236 and we can arrange a taster session so you can see if your chosen role is right for you.

We also need volunteers to help in many other ways including: selling raffle tickets; running a stall at one of our events; helping at the Art Exhibition and delivering this magazine plus many more. If you would like to chat about what opportunities there may be for you, please give us a call on the number above.

Go on, do it today and really make a difference!

Ann, Debbie and Sue



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SILVER AND JEWELLERY

You will be pleased to know that we made £107 at the Sunrise Christmas Fair, £99 at the FoEH Coffee Morning and £8 from the sale of handbags at Eastbourne Auctions, which makes a grand total of £206 to add to our running total. At their sale in January 2016, Eastbourne Auctions are also kindly selling a silver cigarette case, gold chain, gold chain and cross, cornelian necklace and silver belt buckle, so we will hopefully have more good news to report.

We are fortunate that we continue to have the generous support of the residents of Eastbourne with both donations and purchases. The stall is starting to become quite well-known, with regular customers waiting for the doors to open at an event.

Jeanette Evans and June Biscoe

STAMPS AND POSTCARDS

As you know, this is the time of year when I let you know how much your donations have realised for the Friends' latest project. In the last 12 months (January – December 2015) sales have raised £1,991, bringing the running total to £33,224.

I am so grateful to everyone who gives their unwanted items so generously and send my most sincere thanks to you for your continued support.

I wish you all a belated Happy New Year.

June Tickner

CHRISTMAS BRIDGE AT SEAFORD (BLATCHINGTON) GOLF CLUB

The Christmas Bridge Afternoon took place on Thursday 26th November and 56 players participated. The clubhouse was decked out for Christmas and there was a lovely atmosphere.

The golf club were pleased to welcome four Friends Trustees who joined in the fun: Rosemary Cameron, Gill Woolley, Bo Phillips and Gilda Perry. Mary Adams presented a cheque for £500 to the charity and at the same time thanked Seaford Golf Club and staff for the use of their attractive dining room. Thanks also went to all the lady members, who had so generously provided cakes and raffle prizes to make the event a success.

Mary Adams



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FUND-RAISING ACHIEVEMENTS

Where to start this time? We have so many generous supporters with ever more imaginative ways of fundraising for us, that it is hard to fit them all in.

In December we were fortunate to secure a slot in the Arndale Centre selling tickets for the 'Win A Car'. Thanks to the hard work of the volunteers who helped on the day we sold £391 worth of tickets and all that money has come to us. Carrying on with the car theme, one of our members had no further use for her car and disposed of it through www.giveacar.co.uk, donating the proceeds to the FoEH.

Eastbourne Lodge 7057 donated £200 towards the Da Vinci Robot. Pictured on the back cover are Simon Hall and Laurence Arnold presenting the cheque to Dr Peter Nash. Jane Bradley and her team of helpers organised another successful quiz evening, which raised just over £300. Strands hairdressers, opened their new salon in Meads Street in November raising money for Pevensey Ward in memory of Katie England.

We had £40 in donations from the Christmas collection by a local book group, East Dean Farmer's Market chose us to benefit from their festive raffle which gave us over £200 and Trinity Church in Willingdon donated its Christmas day collection to us. We are so grateful.



We have a member who keeps a collecting pot at home for any bits of loose change she has and brings it in when it gets full. If you would like to do the same please contact the office and I will be happy to arrange this for you. Sunrise Retirement Living chose us to benefit from their Christmas Fair, which made a total of £573.

Member, Margaret Clare and her friends organised a fund-raiser at Redman King House which raised £410, including a one-off donation of £50 from someone who attended. Thank you so much. Once again the customers of J Heath & Son Butchers supported us by giving donations for dog bones and plastic bags, collecting £476 over 6 months in their collecting bucket. On the Sunday after Christmas a young man called Thomas entertained visitors in the hospital foyer with his trumpet playing, while asking for donations to the Friends. Thank you, Thomas.

Space doesn't allow us to mention all the fund-raising which has been done for us. We have had some regular seasonal donations, some of the wards in the hospital and other work places have given us money instead of exchanging Christmas cards and we have had donations from groups we have given talks to. Please don't feel that if your donation isn't included here it isn't valued; we appreciate everything that is given to us and it is all put to very good use.

Sue Duffell



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SHOP REPORT

As we have got over the hustle and bustle of the Christmas and New Year period it is time to start thinking ahead. After an unseasonably warm winter so far, we are told to expect a cold snap. Don't get caught out; the Friends Shop has a good supply of warm nightwear – this is not just for the patients, so do come and have a look.

For those romantics reading this you will know that we are fast approaching Valentine's Day, which this year falls on a Sunday. The Flower Shop will be happy to provide you with red roses or any other appropriate flowers you might like, but please order in advance to save any disappointment, as demand will be high. Also, be aware that the flowers will need to be collected on Saturday between 1.30 – 4.00 pm.

Now is the time to stock up on chocolates as unfortunately the suppliers will soon be increasing their prices, which we must regrettably pass on.

It is too late now to buy our Christmas jigsaw puzzle as they have all gone, but do watch out for next year's offering. We would like to thank the artist, Lyndsey Smith, for kindly letting us use her image of 'The Christmas Swim' which enabled us to produce this challenging, colourful, popular puzzle. We do still have a few diaries and calendars for sale, but these are going fast so please hurry if you do not have yours yet.



Sales of knitted toys, booties, matinee jackets and novelty gifts have gone through the roof recently; no sooner do we put the items on the shelf than they fly right off again. We would welcome any donations of unwanted balls of wool, which our wonderful knitters turn into beautiful gifts.

Finally, we always welcome enquiries from anyone who might be interested in helping us in the shops or our trolley service. It can be great fun, is very rewarding and no two days are the same. If you would like to come along and have a taster session to see if this is for you, please contact the office and we will pass your details on. All of our shops and trolley services are happy, fulfilling places to volunteer and we would like to welcome you as a new member of the team. Please see the advert on page 8.



Sue Duffell

GIFTS, LEGACIES AND DONATIONS

Donations in lieu of Flowers

During the past three months we have received with gratitude donations totalling £2,088 in memory of:

Mrs Jean Breach, Mrs Brenda Hall, Mrs Sydney Kennedy,
Miss Isobel Kite, Mrs Shirley Rivett, Mr Stephen Rooke, Mr Douglas Rose,
Mr William Simmons

Legacies

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

Mrs Pamela Clements, Miss Marie Fryett, Mrs Ann Green,
Mr William Moore, Miss Sylvia Moret

Recent gifts to the Eastbourne District General Hospital

Video Conferencing Equipment	Children's Services	£6,518
6 Total Care Beds	ITU	£99,960
Urodynamic Equipment	Obs & Gynae	£17,040
Total		£123,518

RECYCLE UNWANTED GIFTS

At Christmas time we all receive gifts that are kindly meant but "not really us". These are the items that we put in the cupboard or try to pass on to someone else – if they'll take them!

The Friends would welcome any new, unwanted gifts whether they are bottles, edible items, knick-knacks or books etc. In fact almost anything that is new, in good condition, in date and in need of a new home.

Please bring your donations to the hospital and leave them in one of our shops or give the office a call on (01323) 438236 and we may be able to collect. Your donation will be used in a raffle or at one of our events, such as the Summer Fair and you will have our very grateful thanks.

Debbie Wicks



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- ◆ Paintings
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- ◆ Postcards & Stamps
- ◆ Scent Bottles
- ◆ Sewing Items
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- ◆ Toys & Dolls
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VOLUNTARY SERVICES

The Voluntary Services team have been restructuring the Hospital volunteer recruitment process to make it more efficient. This is good news for any of you who become Friends Volunteers because all the necessary checks and references that need to be taken up, which are done by the Voluntary Services team for the Friends, will be done 'in-house' making it a much quicker process.

We also deliver the training sessions that Friends volunteers need to attend and these have been re-worked to ensure they are as informative and effortless as possible for all potential volunteers.

Our new style recruitment days will start soon and we look forward to a good 2016 alongside the Friends of the Eastbourne Hospital.

Chris Durber

Voluntary Services (01323) 417400 ext 4880

A FLORIST'S SERVICE FOR EASTBOURNE



The Friends Flower Shop is situated in the hospital foyer and offers a florist's service to the people of Eastbourne. This includes providing flowers for Valentine's Day, Mothers' Day, Easter and Christmas as well as other occasions. The volunteers are very experienced and are passionate about the professional service that they provide.

The Flower Shop volunteers can create beautiful table arrangements, flowers for special occasions, silk flower arrangements and flower arrangements for offices – in fact they fulfil nearly all your floral needs apart from wedding flowers.

The volunteers also provide floral tributes for funerals and have a volunteer who can deliver them to Funeral Homes in the Eastbourne area. Alternatively arrangements can be collected from the shop. Customers are asked for a 50% deposit when ordering with the balance payable before collection.



If you would like to place an order please call the shop on (01323) 417400 ext 4033. Alternatively you can visit the shop and take advantage of the 30 minutes free parking in the main car park.

Debbie Wicks



The Rotary Club of Eastbourne
with The Friends of the Eastbourne Hospitals

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REMADE CARDS

The remade card team made and sold approximately 3,500 Christmas Cards at the end of last year, which shows incredible dedication to their voluntary work. Each year they make, in total, approximately 11,000 cards all of which are sold to raise money for the charity. We would like to say a huge thank you to them all.



Just when the team are fed up with glitter and robins, they are plunged into the post-festive task of sorting the thousands of donated Christmas cards, to choose pictures for remaking later in the year. Fortunately the sorting sessions are always full of fun and

chatter and everyone enjoys getting stuck in, so it's not too onerous a task. If you still have your Christmas cards sitting in a pile on a shelf, please bring them into the hospital shop before mid-February and we will include them in our sorting sessions.

Don't forget that we would like you to keep donating your greetings cards throughout the year and you can leave them at the shop too. We remake: get well, best wishes, happy birthday, sympathy and plain greetings, as well as some special ones such as moving home or milestone birthdays, for example.

The remade cards are for sale in our main shop, at special events and at our Open Gardens. Sue Duffell has a great selection of cards on her stall at the gardens and can always bring a particular card to the next event, if you are looking for something in particular.

The cards are very good value at only 30p - 50p according to size and decoration and a pack of 5 or 7 cards is only £1. So why not come to the shop in the main foyer and see what we have?

Debbie Wicks



Friends Re-Usable Shopping Bags Only £1.50

from the Friends Shops

Made of an extremely light yet durable material, these bags are useful for all of your shopping needs and a great way of promoting the Friends Charity.

WHY NOT BUY ONE? (OR TWO!)



If you would like to leave a Legacy in support of the
FRIENDS OF THE EASTBOURNE HOSPITAL
ask your Solicitor to include it in your Will

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

Office staff will be pleased to provide
additional information or to help in any way

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

01323 438236
email: esh-tr.friendsdgh@nhs.net
www.friendsdgh.org.uk

WOULD YOU LIKE TO ADVERTISE IN THIS MAGAZINE?

Discover a cost effective way to
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Please contact the Friends Office
(01323) 438236 for more information

NEWS FROM THE OFFICE

As we set out on a new year it is traditional to take a backward look and 2015 was quite a remarkable year. We have all but raised £1million pounds to purchase the Da Vinci Robot, the Open Gardens had the best year on record in terms of funds raised, the Art Exhibition was a resounding success as were the smaller events like the Cream Tea and the coffee mornings.

The Carol Service was much enjoyed by those who had to be in the hospital over Christmas and our Annual Donations were very much appreciated by all those who had to be here for whatever reason.

2016 will bring changes as Ann Caffyn, Peter Nash and Rodney Browne step down, Peter to become our President and Ann and Rodney to remain as Trustees. Our new Chair will be Dr Harry Walmsley, who has a long association with the DGH and will be a good successor to Peter Nash. I am sure you will wish them all well as they take up new challenges.

We have a number of things already in the planning for this year, the first of which will be an evening at the Spice Garden on Wednesday February 24th and you will find details of that on page 14. The Annual Ball will follow on Saturday 12 March and things are falling neatly into place to ensure that this will be a very enjoyable evening resulting in the completion of the Robot fund. We are also looking to repeat our visit to Sovereign Harbour Yacht Club for another Hog Roast but this time in the summer when the days will be long and hopefully warm and we can enjoy the outside space they offer.

A volunteer recruitment drive is planned for later this month as we are always in need of people to help in the shops and take the trolleys around the wards. If you know of anybody who would like to come and have a taste of what there is to do please point them in our direction.

We will also be launching our new website where you will be able to get the latest news and details of what is in the planning by way of events and lots of other information. You can also follow us on Facebook or on Twitter, if you are interested in using social media, and keep up to date that way.

None of what we have done or hope to do could be achieved without your support and generosity so many thanks to you all and may 2016 be a good year for you all.

Ann Wilson



Visit the Friends Shop

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.

- 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 – 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

Home address.....

.....

..... Post Code

Signature..... Date

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

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

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:

1. 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 ¼ in (½ 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: Lackadaisy at the Black Pearl, Rosemary Cameron, Carrie Taft and Di Paterson at the Christmas Coffee Morning, Alan Everard (winner of Public's Favourite Picture), Simon Hall and Laurence Arnold 7057 Eastbourne Lodge, OSNA presentation, John Gross (winner of Best in Show) and Rupert Taylor

Front Page: Opening of the redeveloped Pevensey Ward