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Front cover: Merit Award Winners at the 2019 AGM



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DATES FOR YOUR DIARY FOR 2020

- | | |
|-----------------------------|--|
| ➤ 4 February | Charity Meal at Raipur Pevensey Bay |
| ➤ 26 March
2.30 pm | Fashion Show
All Saints Parish Hall, Grange Road |
| ➤ 2 April
7 pm | Dine Around the World
Spice Garden, Church Street |
| ➤ 26 April
1.30 pm | Mixed Doubles Tennis Tournament
Beresford Courts, Summerdown Road |
| ➤ 1 May
7 pm | Quiz
Fishermen's Club, Royal Parade |
| ➤ 14 June
1.30 – 4.30 pm | Cream Tea & Summer Fair
East Dean & Friston Village Hall |

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 Editor and PR
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www.friendsdgh.org.uk

Debbie Wicks
 Joan and John Wilson



FRIENDS OF THE EASTBOURNE HOSPITAL

Registered under the Charities Act 1960 (220592) and affiliated to ATTEND
(formerly the National Association of Hospital and Community Friends)

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Friends of the Eastbourne Hospital, District General Hospital, Kings Drive,
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Committee Members

Mrs S Boyce-Sharpe, Mrs A Caffyn MBE, Mrs R Cameron, Mrs T Hamblin,
Mr A Holter, Mrs C Lock, Dr M Lonsdale, Mr H Parker, Mrs G Perry,
Mrs B Phillips, Mr G Stone, Mrs G Woolley

Hon Solicitor: Mrs C Busuttil

Auditors: Watson Associates, Chartered Accountants

CHAIRMAN'S REPORT

Can I wish you all a very happy New Year and hope none of you caught any of the horrible bugs that have been around?



The year ended once again on a high with both the Art Exhibition and Christmas Coffee Morning making record amounts this year for the Friends. Also, we held an excellent Dine around the World, this time at the Thai Marina; an outstanding venue with wonderful food which helped the Friends raise £750.

One person I wish to mention and thank is Kristine Powley, the widow of John Powley, who held an art sale of John's paintings at the new Welcome Centre in Eastbourne in December. A huge number of the paintings were sold and, although I haven't heard the final amount yet, I believe Kristine raised about £5,000 for the Friends. I would like to say a huge thank you to Kristine on behalf of the Friends.

The Friends' AGM was held in November where I was able to announce that the Friends had achieved its target of raising £500,000 for the Urology Investigation Suite. The Suite is now fully up and running, seeing an enormous number of patients each week. Steve Garnett, a consultant Urologist, gave a short presentation on how the Friends' contribution had made their department a state of the art unit for Urology.

So what about this coming year's major project? The Friends want to raise £500,000 to replace 50 patient monitors with more modern and greatly upgraded ones. These will, with the agreed upgrade of the Eastbourne DGH Wi-Fi Network that the Trust are paying for, allow medical and other clinical staff to centrally observe seriously ill patients being monitored in the Emergency Department, Critical Care, Coronary Care, Medical Assessment Unit, Theatre Recovery and the Stroke Unit and store all their vital signs and results. This will enable even quicker interventions in patient care and potentially help save lives.

I am sure you and the population of Eastbourne will support the Friends and help us raise the money for this much needed monitoring equipment as you have done for many, many years. Thank you in anticipation.

Harry Walmsley

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or contact: rachel@barry&co.org



CHRISTINE M. BARTON

m.e.a.ch. m.a.c.pod

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CHRISTMAS COFFEE MORNING 2019

All the excitement of the Christmas Coffee Morning is a very happy memory but the wonderful sum of £3,900 raised is being used to make up the £500,000 for the new equipment for the Urology unit which is truly very impressive.

This would not have been achieved without the baking, donating and selling, whether of raffle tickets or on the stalls, and everyone who came along and supported the event; a heartfelt thank you to everyone.

David Salmon kindly donated a very picturesque painting. Keith Pratt produced his very popular wine hamper. Bentons supplied a hamper of savoury goodies. Heath Butchers kindly donated a voucher. Mrs Tompsett donated a lot of new, collectable soft toys and many other new gifts that raised a lot of money. A special thank you to all of you.

I wish you all a very Happy New Year and look forward to seeing you at the next event.

Best wishes, Bo Phillips

Quiz Night

Friday 1 May 2020

7.00 pm for 7.30 pm

upstairs at the

Fishermen's Club, Royal Parade, Eastbourne

Teams of up to 7 people

£10 per person

to include supper

contact the Friends Office to book

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Tweed, The Emilie Galloway Home of Rest
8/10 Silverdale Road, Eastbourne BN20 7AL

LISA HARRISON'S FUNDRAISING MEAL



The Friends of Eastbourne Hospital would like to thank Lisa Harrison for organising a very successful fundraising evening at the popular Shiplu Tandoori Restaurant in London Road, Bexhill. Lisa and her supporters raised a fantastic £1,000 which will go towards the Eastbourne DGH and the Friends Special Project for 2020 to raise £500,000 to upgrade 50 high acuity patient monitors for A&E, Critical Care, CCU, MAU, Theatre Recovery Unit and the Stroke wards at the Eastbourne DGH.

The Friends would like to thank Abul Azad for providing the venue, Amelia Harrison for helping to organise such a great evening, Julia Tomlin for selling raffle tickets and 16 year old magician Sam Tomlin for entertaining the guests. Our thanks also go to the guests, whose generosity helped to make the evening such a success.

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The existing number will continue to work for the time being



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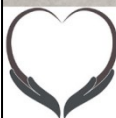
Friends Office staff will be pleased to provide additional information

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

01323 438236

email: esh-tr.friendsdgh@nhs.net

www.friendsdgh.org.uk



**Friends of
Eastbourne
Hospital**

Help us, help them, help you

FASHION SHOW - A NEW FUNDRAISING VENTURE!

On Thursday afternoon, 26 March, at All Saints Church Hall, Grange Road in Eastbourne, Travelling Trends will be putting on a fashion show of new and highly discounted seasonal clothes. Tickets are limited and must be bought in advance and will cost £6 to include a glass of bubbly. On the catwalk will be two or three professional models and one or two brave supporters of the Friends!

The Friends will be selling marmalades and homemade cakes and there will also be the usual raffle and refreshments. All proceeds from the ticket sales, refreshments, the raffle and the produce will go directly to the Friends, as well as a percentage commission on clothes sales.

This is a new venture and we hope it will be popular and a happy, different way of fundraising. Do come along and enjoy a relaxed and fun afternoon!

Advanced booking is essential; please call the Friends Office on (01323) 438236.

Charity evening at Raipur Indian Restaurant

TUESDAY 4 FEBRUARY 2020

2 Course meal to raise money for



Friends of Eastbourne Hospital

£25 per person

entertainment by an Elvis tribute singer

**To book ring the restaurant on
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**Friends of
Eastbourne
Hospital**



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THE FRIENDS 14TH ANNUAL ART EXHIBITION 2019

This year we had a wonderful response from 73 local artists who together entered a total of 373 paintings to display in our exhibition, held at St Andrew's Prep. The school gym was once again kindly lent to us by Mr Gareth Jones, the Headmaster, who arranged a show of the pupils' exciting art. We were also very grateful to the Society of Eastbourne Artists for lending us their screens.

Rachel Fielding, the actress who performed in the Oscar winning film *The Silent Child*, opened the Exhibition and Peter Rimington, Consultant Urologist, gave an interesting talk about Urology. Nigel Greaves judged the best picture in the show. This was won by Tracy Gross, while the public's favourite picture was won by Michael Clampitt.

Dr Harry Walmsley auctioned a painting by Julian Sutherland Beatson which raised £150. Angela Perrin donated a painting for the raffle which raised £293 and Christopher Osborne donated a painting for the silent auction which raised £275. Jackie Hurwood's 17 year old grandson entertained the guests by playing the piano for two hours, whilst Elaine Browne ran a very popular bottle tombola raising £192. Ellen Crockford donated all the wine for the Preview Evening and Eastbourne College lent us wine glasses. Anne Williams donated a beautiful flower arrangement.

On the Saturday we very much enjoyed a painting demonstration by Roz Nathan, a professional art teacher who runs holidays in Africa to paint pictures of wild animals.

The Friends very much value the support of PlanAHead who take care of all our printing work and all the local businesses who advertised in the catalogue.

I am extremely grateful to the planning team of Hugh Parker, John Gross, Elaine Browne, Jackie Hurwood, Anne Williams and Cathy Lock together with much support from the Friends Office and the Treasurer as well as all the volunteers who gave their time during the weekend. They all worked so hard to make sure the event was a success. We were delighted to welcome over 400 visitors to admire the great variety of paintings and help us to raise a record sum of £4,900 towards our special project for 2019, to raise £500,000 to equip the newly enlarged Urology Investigation Suite at the Eastbourne DGH.

Ann Caffyn

DINE AROUND THE WORLD AT THE

Spice Garden

6 Church Street, Old Town, Eastbourne BN21 2HT

7 pm Thursday 2 April

£20 per person
for a 2 course meal

Advanced booking essential on

(01323) 438236

esh-tr.friendsdgh@nhs.net



Mixed Doubles Tennis Tournament

Sunday 26 April

from 1.30 pm - 6 pm

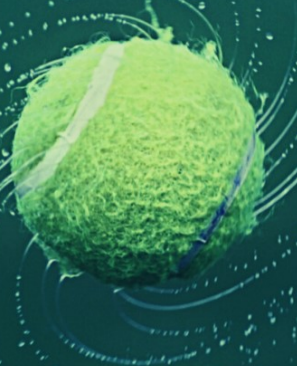
Entry £15 per adult

to include a splendid tea

Advanced booking is essential

(01323) 438236

Tennis partner not required



FUNDRAISING REPORT



In October, Sally Mason and Amy Pennells, pictured here, chose one of the most challenging marathons in the UK to complete in, the Beachy Head Marathon, which finishes with a gruelling slog over the Seven Sisters and Beachy Head. Through the Friends they raised a staggering (no pun intended!) £2,154 for the Cardiology Department and Cardiac Rehab. Whilst they were doing the full 26 miles, Debbie was 'running' the 10K route raising £300 plus Gift Aid for this year's major project. Debbie said: "It was a fun run and the atmosphere was great. I was particularly grateful for the strong winds which blew me back over Beachy Head!"

We have received another £129 from Recycle4Charity, so do keep on sending in your ink cartridges. Envelopes are available from the Friends Shop and the office. Please check the Recycle4Charity website for the cartridges that they accept or give us a ring in the office.

Wendy and Jane, volunteers in the Friends Radiotherapy Café, organised two Coffee Mornings for Macmillan, making £240 and helping to raise awareness of this new café. Mr Serafino generously donated a gorgeous Christmas hamper which we raffled at the Mince Pies for Macmillan Coffee Morning raising another £70 for the Friends. Our thanks go to Mr Serafino for his generous donation.

MBH Wealth Management donated £157 to the Friends instead of sending Christmas cards to their clients.

Don McPhee and his daughter, Abby, raised a fantastic £822 for the Friends from their Christmas Charity Party Night. This was a full and fun evening at All Saints Chapel on the Saturday before Christmas, with a jam-packed schedule of entertainment and amazing local support. The Friends are very grateful to Don and Abby for the incredible effort that they put in to making the evening such a success.

This is the time of year when we ask for donations of unwanted (new) gifts that have been received as Christmas presents. Please bring your repurposed gifts into the Friends Shop – we will use them in raffles or on our stalls at the Summer Fair or Christmas Coffee Morning. We would also welcome any bottles that you may have received for Christmas and know that you are never going to drink.

NEWS FROM THE OFFICE

First we would like to wish you all a very happy 2020 and hope that you will continue to support us so well this year. We couldn't achieve all that we do without our members and the local community.

We would like to thank all those that came to the AGM in November. The full accounts and the revised constitution are now on the website, or ring the office if you would like a paper copy.

You will have read elsewhere in this magazine about some of the events we have coming up for you this year; some old favourites like the Cream Tea in June but also some new events like the Fashion Show that Rosemary Cameron and her team are organising for us. As this is being held on 26 March it will be the ideal time to start thinking about your summer wardrobe and a wonderful opportunity to pick up a bargain and help the Friends at the same time.

We are busy planning the 2020 Open Garden season and the programme will be included with the April magazine. We are hoping that we might be luckier with the weather than we were for the first part of last season, although that still didn't deter a lot of our regular visitors. The Friends were saddened to hear of the death before Christmas of David Attree who for many years helped Malcolm Lawrence ensure that all the equipment for the smooth running of the open gardens was in the correct place at the correct time. We would like to pass on our condolences to his family.

We would like to thank everyone who has given us their Christmas cards this year and the dedicated team of volunteers who have risen to the challenge of sorting the cards so quickly. We regret that we cannot take any more Christmas cards as we literally have nowhere to store them, so please put any cards you may have thought of bringing to us in your household recycling. We are though grateful for any general cards throughout the year. If you are in any doubt about what we can currently accept, please ring the office.

STAMPS

June Tickner has been doing a wonderful job with the stamps that are so generously donated to the Friends and over the years has raised around £46,000 from these. She is now feeling that the time has come to share her knowledge and expertise with someone and so we would be very keen to hear from anyone that might be interested in helping with this. Please contact the office.

VOLUNTEER AND EXPERIENCE THE BENEFITS

This is the time of year when we take stock of our lives and think about what we can do differently or how we can improve our health, fitness or happiness. Volunteering for the Friends could help you fulfil many of your goals.

We all have busy lives and it can be hard to find time to volunteer. However, the benefits of volunteering for the volunteer can be multiple: it can help you make new friends, learn new skills, advance your career and help you to feel healthier and happier. Giving your time to help others can also help protect your mental and physical health; it can reduce stress, combat depression, keep you mentally stimulated and provides a sense of purpose.

While it's true that the more you volunteer the more benefits you'll experience, volunteering doesn't have to take a huge amount of time out of your busy day. It can be a regular weekly or every other week commitment or you can volunteer more often or even less – it is up to you.

The Friends are looking for volunteers for the Radiotherapy Café in the foyer of the Radiotherapy/Day Surgery/Endoscopy building so that we can open the café for longer periods during the day. At the moment the café is open from 10 am – 2 pm Monday to Friday and the hope is that we will be able to open from 9 am – 4 pm in the future when we have enough volunteers.

We are also looking for volunteers to work in our shops. The main shop is open seven days a week and volunteers can work the morning or afternoon shift or a late afternoon/early evening shift. There are even some roles for the early risers that start at 7 am.

At the moment we are looking for volunteers for the weekend Sandwich Trolley which provides a lunch service for the staff who may not be able to leave their post during their shift to buy their lunch.

The Friends have one off events such as the Christmas Coffee Morning and Cream Tea and Summer Fair, which are great opportunities to get involved if you are not able to commit to a regular volunteer role.

If you are interested in finding out more, please contact Debbie or Sue in the Friends Office on (01323) 438236 or pop in and see us. Our office is on the main corridor leading from the foyer, at the Eastbourne DGH.

Go on, make this year the year that you help us, help them, help you.



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early 2020

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Call in at **Earlsfield Court, Brooklands Road, Little Common, Bexhill-on-Sea, TN39 4FQ** to view this exceptional new care home.

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Residential Care | Dementia Care | Respite Care



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Earlsfield Court Care Home, Brooklands Road, Little Common, Bexhill-on-Sea, TN39 4FQ
t: 01424 863 497 e: earlsfield.haa@cinnamoncc.com w: cinnamoncc.com

REMEMBERING RICHARD AUSTIN-COOPER

It is with much sadness that we report that Richard Austin-Cooper died in October 2019. Richard was the Vice Chairman of the Friends from 2003 until 2006 and was a valuable member of the board of Trustees during that time, bringing a wealth of business acumen to the role.

Following his retirement Richard continued to proof-read Hospitality magazine until 2017 when he gave up through ill health. His attention to detail was second to none. He was a stickler for precise spelling, grammar and punctuation; all necessary traits when proof-reading a magazine.

EASTBOURNE BOROUGH FOOTBALL CLUB

On a rather cold and windy Tuesday evening at the end of October, Friends Trustee, Hugh Parker sponsored a home game for Eastbourne Borough FC in the name of the Friends of Eastbourne Hospital. Harry Walmsley and other representatives from the Friends enjoyed watching the game in the warm and dry of the hospitality area. It was an evenly



matched game against Weymouth FC which was reflected in the 1-1 final score. Harry had the unenviable task of choosing the Man of the Match and the photo shows the winner, Charlie Walker, receiving this. Charlie also scored the Eastbourne Borough goal.

REMADE CARDS

Our congratulations go to the remade card team for an outstanding year. During 2019 the team made 3,527 Christmas cards and 6,976 other types of cards (best wishes, birthday, get well, sympathy etc), which is an amazing achievement. We'd like to thank the team for all the hard work that goes into producing the cards, from the sorting, to the sticking and on to the packing and pricing. Everyone plays their part and their efforts are much appreciated.

The cards are sold in our main shop and at several outside events. They are great value and not only raise money for charity but also help in a small way to reduce waste and recycling, so do come and look next time you are in the hospital.

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or visit our website www.sussexsecretaries.co.uk
to see what services we can offer you

Unwanted gift?

Did you get a gift this Christmas 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**

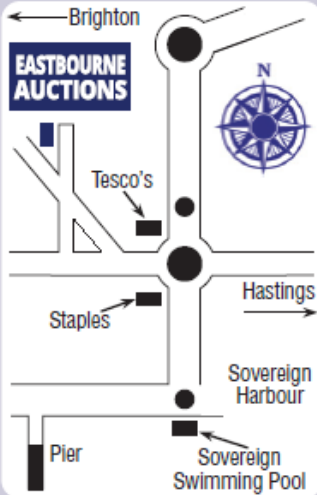


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www.eastbourneauction.com



WANTED



Do you have any spare wool that could be donated to our army of knitters? If so, please bring it into the main shop and we will make sure that it is put to good use.

Thank you

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 for volunteers 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 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

Jeanette and June collect any items including broken watches and costume jewellery for sale on their stall. 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 Recycle4Charity envelopes. Pick an envelope 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 01323 438236 and we will can discuss possible collection options.

TRUST NEWS

As we start a New Year the Trust would like to thank the Friends of Eastbourne Hospital for all their amazing support last year and your continued support this year.

The Trust showed improvement across a number of important areas in the CQC's Children and Young People's Patient Experience Survey 2018. The survey showed the Trust is better than most Trusts in five areas and showed significant improvement in twelve areas from the corresponding survey undertaken in 2016. The survey results recognise that the hard work of our team is valued by our parents and carers and their children. We will use this feedback to develop and enhance the service further as we work towards becoming a provider of outstanding care.

The Department for Health and Social Care has confirmed that it will be investing £13.86m as a capital loan into the Trust over the next three years, with £4.6m being invested this financial year alone (before 31st March 2020). This investment is additional to our capital funding for the year. It is welcome news and will go towards upgrading our 40 year old hospital at Eastbourne, with the money primarily spent on internal fire compartmentalisation works such as replacing and updating fire doors, floors and walls. While this upgrade is happening, wards may need to move to allow the vital work to take place. This will provide us with an opportunity to also improve the quality of our ward accommodation.

Visitors to the hospital may have heard a voice alert smoking message at the main entrance. It is part of a pilot to deter smokers and remind them they are only permitted to smoke in the designated smoking shelters. The pre-recorded messages can be activated by patients, visitors or staff by pressing a button. As a healthcare provider it is unacceptable for patients and visitors, including new born babies and those arriving via ambulance, to have to pass through cigarette smoke at our hospital entrances; so too is it unacceptable for our staff to have to suffer smoke wafting back into the hospital through open windows.

As part of an upgrade to our telephone system, we have introduced a new main 0300 telephone number. The new number is 0300 131 4500 which goes through to a central switchboard with calls charged at a caller's usual network rate. The existing DGH numbers will be operational for a while but will be phased out at some point.

GIFTS AND DONATIONS

Donations in lieu of Flowers

During the past three months we have received with gratitude donations totalling £2,573.00 in memory of: Richard Austin-Cooper, Andrew Martin, Eric Miller, Barbara Pope, Gwendoline Shepperd, Leslie and Yvonne Sturney

Legacies

During the past three months we have received with gratitude, legacies from the estates of: Dorothy Allen, N Cowland and Sidney Smith

Recently agreed gifts to the Eastbourne District General Hospital

Interactive reminiscence tool boxes for dementia patients	£20,400
BIA Scales for dietetic team	£ 7,500
128 footstools to aid staff	£ 5,980
Yoga classes for Psychiatry department	£ 1,680
ECG machine for young babies and children	£ 2,851
Annual donation to Radio DGH	£ 500
Annual donation to Library in Education Centre	£ 3,000
Donations to wards open on Christmas day	£ 2,880
Total	£44,791

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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.

- 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.

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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:
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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

SHOPS

Having had a very successful Christmas period we now turn our thoughts to the spring and the celebration days ahead. We have Valentine's Day on 14 February when our Flower Shop volunteers will once again be happy to make up any arrangements you might like. They will also be in the Beacon Shopping Centre on the 13 February with a wide selection of arrangements and can take orders in advance to be collected there or from the shop.

This year Mother's Day falls on Sunday 22 March and the Flower Shop will be in the Beacon on Friday 20 where they can once again have your pre-ordered arrangements ready for collection, as above. The volunteers will also be happy to talk to you about any Easter requirements you may have.

We have a new local ice cream supplier now, so do treat yourself to one of the tasty tubs available in the main shop. There is a large range of flavours and we welcome your feedback on which ones are your favourites.



Look out for the hand knitted toys that will be arriving in the shop shortly. They do not stay on the shelves for very long as they are so popular. Once again we would like to thank those that spend their time at home making these for us.

We would still like to hear from anyone that might be interested in going out on the sandwich trolley round at the weekend. If you are not sure about this and would like to have a trial go before committing yourself fully, do let us know and we can arrange this.

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