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QUARTERLY MAGAZINE



WINTER EDITION

October 2016 - January 2017

Number 144



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DATES FOR YOUR DIARY FOR 2016

- 28th – 30th October Autumn Art Exhibition, St Andrew's School, Meads Street
- 12th November 10 am – 12 pm Christmas Coffee Morning St John's Parish Hall, Meads Street
- 25th November Quiz, Fishermen's Club
- 30th November 2 pm AGM Education Centre, Eastbourne DGH
- 6th December Arndale, Christmas Win a Car Raffle
- 8th December 3 pm Carol Service Chaplaincy Centre, Eastbourne DGH

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CHAIRMAN'S NOTES

The summer break is over and I hope you all had good holidays - but the Friends activities have not stopped during this period and our volunteers, supporters and staff have been very busy.

The Open Gardens were even more successful than in previous years, with several gardens that were new to us. Fortunately the weather was generally fine, allowing visitors to enjoy the gardens at their best. We would like to thank all the volunteers involved for their hard work and the owners for generously opening their beautiful gardens for us.

The annual Sugar Ray golf tournament took place at the beginning of September with over 100 people participating. This was followed a week later with the last of this year's medical lectures given by Ophthalmology Consultant, Mr Kashani, on treatments of Diabetic Eye Disease. This was very interesting and slightly scary; I will certainly be keeping a better eye on my general health! Speakers for next year have already been pencilled in and we may even run four talks instead of three.

By the time this magazine goes to print we will just have had two exciting events, the Indian meal in conjunction with Sovereign Rotary and the Ashoka Restaurant and the Ridgeview Wine Tasting. I am sure they will both have been a success and will include them in my next report.

There are several events coming up including the annual Art Exhibition, Christmas Coffee Morning and a quiz night. On top of that we have the Friends AGM on 30th November and the Carol Service in December.

I'm delighted to say that fundraising is going well for the FoEH Special Project of a second CT scanner for Radiology, with two thirds of the money raised. But we must keep the momentum going.

As some of you may have seen or heard the Radiotherapy build has restarted, which is very exciting for Eastbourne. This will mean that East Sussex patients will no longer have to travel to Brighton for radiotherapy treatment but will come to Eastbourne; a big bonus for the local community. The Friends have been approached to ask if we could fundraise for equipment for the new unit, which of course we are very keen to do – however, can we raise the money for both the CT scanner and Radiotherapy? It will be a major challenge but, with your help, I am sure we can.

Harry Walmsley

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REMEMBERING GEORGE WEIGHT and the evolution of Hospitality

We are sorry to have to tell you that George Weight, who was the first editor of this magazine, died in July of this year.

George was influential in launching Hospitality. At the beginning of the 1980s the Friends were looking for a way of reaching the increasing membership to let them know about forthcoming events and how to get involved. George had been in charge of publicity at BP and was therefore the ideal person to launch the Friends' Newsletter, which first came out in 1981.

The third edition of the newsletter was called 'Hospitality' a name thought up by Ann Goodge, who was the assistant to the Voluntary Services Officer, Joan Williams and this is the name we still use today. By the end of October 1981 George had changed the format of the magazine from a newsletter to a booklet, which gave it a more professional and engaging appearance. He produced Hospitality for many years before handing the role to Denis Lambird.

Production of the magazine was brought into the Friends Office in 2007 but we are always looking for a volunteer to take on the role. If you or someone you know has experience in publishing, with a creative flair and would be interested producing and editing Hospitality magazine, then please do get in touch with us here in the office.

The magazine is a wonderful way of reaching members of the friends and the general public. It is now also available online – something that wouldn't have been dreamt of in 1981.

Debbie Wicks

ANNUAL MEMBERSHIP

Thank you to all the annual members that have either renewed their membership or converted to a lifetime one. At the time of writing there are just a few annual members that haven't yet responded to their invitation to renew. We will not be sending any further reminders, so this will be the last copy of Hospitality for those few people.

Sue Duffell

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NEWS FROM THE OFFICE

It always surprises me that the time to write this article comes around so quickly; the last few months of summer have gone past in a flash and I hope you have all enjoyed the sunshine, when it appeared and feel rested and refreshed, ready for the shorter days.

I have visited quite a few groups and clubs over the last few weeks and they have all been extremely welcoming and generous in their response to what I had to tell them about what the Friends are doing. I would like to say a big thank you for all the invitations I have had to go and speak. Please keep the invitations coming in.

Our stand at the Good Life Show was well received by visitors to the exhibition, who chatted to us and bought remade cards and flower arrangements. We were very pleased to be there and met some lovely people.

There are a few dates for your diaries between now and the end of the year. On Friday 25 November there is a Quiz at the Fishermen's Club on the seafront; please call the office on 01323 438236 to book your tickets and chose your food. The AGM, to which you are all invited, will be held in the Lecture Theatre in the Education Centre on Wednesday 30 November at 2 pm. Also our annual Carol Service in the Chapel at the hospital is on Thursday 8 December at 3 pm after which we will be serving tea and mince pies, so we would love to see you there.

We are once again fortunate to be a beneficiary of the "Win a Car for Christmas" raffle in the Arndale Centre. If you can help us sell raffle tickets on Tuesday 6 December for a couple of hours during the day, we would be very grateful. Please call us in the office if you can help.

I have been Secretary to the Friends for just over two years and I have enjoyed the role enormously but my time in Eastbourne has come to an end and I will be leaving at the end of October and moving away.

Debbie and Sue are joining forces and will be sharing the job of Secretary to the FoEH and running the office. They will cover the office from midday on Mondays until close of play on Friday, if you would like to call or pay them a visit.

It has been a privilege to represent the Friends to the people of Eastbourne and to get to know quite a lot of you over the last two years and I am confident that with your support the charity will continue after I am gone.

Ann Wilson



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FUNDRAISING NEWS

We are always amazed and impressed at the varied and imaginative ways people raise money for us. To all of you, we are very grateful.

The customers of Heaths Butchers in Albert Parade continue to support us generously by putting their odd change and donations for plastic bags and dog bones into our collecting bucket. When this was collected and counted up recently it contained over £415, which is incredible.

Willingdon Church Players donated £750 from the pantomime they put on in January. This money is going to the Cardiac unit in appreciation of the fine service one of their Church members received following a recent heart attack.

Don't forget to recycle your old printer cartridges for our benefit. If you haven't already picked up an envelope either at one of our events or in the shop, give us a ring and we can put one in the post for you. Once you have sent one off you will get a new supply come through. These donations are received by us anonymously so we are unable to thank individuals, so please take this as our thank you.

We were very grateful to Edward Dickinson who on behalf of the publishers of the most fascinating book 'Eastbourne in Detail' let us sell these at the gardens this year and donated £8 to the Friends for each copy sold. If you missed your chance at the gardens and would still like to buy a copy, there will be another opportunity at the Christmas Coffee Morning on 12 November. It would make a lovely Christmas present for someone who has an interest in the town.

The collection of bottle tops still amazes us. We have just been presented with a cheque for £200 which is the result of John and Mary Carden collecting, storing and selling 2 tons of plastic bottle tops. This brings the total they have collected over the years to 13 tons, which is rather a lot of bottle tops! They still want more, so please don't give up collecting these for us. They can be dropped off in the shop, left in the metal box just in front of the back entrance to the shop or brought to any of our events. It is the bottle tops from supermarket cartons of milk that have the recycling triangle in that are collected, and once sold they are converted into things like traffic cones and garden furniture. Recycling at its best!



Donations come in many forms: grateful patients who may have received one of our courtesy packs of toiletries for an unexpected stay in hospital, regular donations from clubs, societies and masonic lodges, one-off donations in memory of lost friends and family or maybe in appreciation of us going to speak to groups. Wherever the money comes from we are so thankful that we have such generous and loyal supporters.

Sue Duffell

STAMPS AND POSTCARDS

It has been quite a busy few weeks recently, because I received some old 'real' cigarette cards, which I was able to sell very easily. I also had some really interesting postcards, which I have also sold, so thank you so much for your continuing generosity.

Since the last edition of Hospitality, the Friends 2016 project has benefited from these sales by £700.

Sincerely yours, June Tickner

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**FRIENDS ANNUAL ART EXHIBITION St Andrew's School, Meads
10 am – 4 pm Saturday 29 October and Sunday 30 October 2016**

We have a wonderful variety of paintings to display at our annual Autumn Art Exhibition. St Andrew's Prep School, for the eleventh consecutive year, are generously allowing us to use their gymnasium to stage the Exhibition. We are most grateful for their support and also to the Society of Eastbourne Artists for kindly lending us their screens to display the paintings. This year there will be 285 framed and portfolio pictures for sale. We thank the many local Art Groups who have supported this fund-raising event by entering their paintings for the Exhibition.

John Gross, a well-known local artist and winner of last year's Artists' Award, has painted the beautiful picture shown here entitled *Tranquillity*, which he has donated for the raffle.



Alan Everard, also a well-known artist, has kindly agreed to give us a painting demonstration at 2.30 pm on Saturday 29 October 2016 and the picture will be auctioned after the demonstration.

Do come – admission is free and you and your friends might like to vote for the best painting in the show or buy an early Christmas present.

We look forward to welcoming you over the weekend.

Ann Caffyn, Art Exhibition organiser

FUNDRAISING EVENING

Following surgery for a rare form of cancer and specialist care, Lisa Harrison was inspired to help others and to raise funds for the FoEH Special Project for 2016, a second CT scanner. With the help of her family and friends Lisa organised a dinner and an evening of entertainment at Highwoods Golf Club, Bexhill on Sea, raising a magnificent £6,750.

Organisers of the event were very grateful to the remarkable number of donors and attendees who supported the evening. There were some wonderful prizes and donations; as well as some astonishing bids including £400 for a bottle of whisky and over £500 for a meal cooked by Peter Rimington, Consultant Urologist at the DGH.

Special thanks go to Phase Electrical for sponsoring The Chandeliers, a fabulous local band which had everyone up and dancing as well as to the staff and members of Highwoods Golf Club. Thanks also go to: Robin Lloyd as the Master of Ceremonies, Neil Simon, The Romantic Tenor, who serenaded diners and to Robert Marchant of Clive Emson, Property and Estates Auctioneers.

The FoEH would like to thank Lisa for organising such a successful event for the benefit of the charity and wish her the very best for the future.



Pictured from left to right are Robin Lloyd (Highwoods Golf Club), Ann Wilson (Friends of Eastbourne Hospital), Grant Young (Phase Electrical/The Chandeliers), Amelia, Lisa and Lydia Harrison, Tessa Richardson (organisers) and Sam Kinloch (Clive Emson)

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OPEN GARDENS SUMMER 2016

Well, what a year it has been for the Open Garden team. We visited in total 16 glorious and diverse gardens, many of which were new to us. A big thank you must go to all the generous folk who opened their gardens for us, to the helpers and to those of you who visited. We raised a magnificent £21,000 which will go toward the purchase of a second CT scanner. Well done everyone.



The weather was not always kind to us but that did not deter you from visiting in your hundreds. This kept our stalls busy especially the tea and cakes! We introduced serving a ploughman's lunch at three of the gardens and this seemed to be well received. Where facilities allow we shall do similar next year.

We are now in the process of planning next year's programme and we have had a plea for more gardens to visit in Eastbourne. Here it works well to have a group of gardens within walking distance. So do you have some neighbours or friends who would join you in what proves for many, a most enjoyable day! Do please call the office on 01323 438236 with your ideas.



Have you visited the Friends website at www.friendsdgh.org.uk? There you will find some lovely photographs of this year's open gardens taken by Geoff Duffell, which capture some of the highlights of 2016; do take a look.

Thank you all for supporting us. Till next year, happy gardening!

Gill Woolley

CHRISTMAS COFFEE MORNING

Dear Friends

On Saturday 12th November from 10 am to 12 noon in St John's Parish Hall in Meads Street we will be holding our Christmas Coffee Morning hopefully offering you the opportunity to kick start your Christmas shopping.

We would appreciate any donations of unwanted gifts or bathroom products which we can sell on our stalls. Please ring me on 01323 722985 or the Friends Office. You may also leave donations in the Flower shop or we can arrange for goods to be picked up.

We would welcome any cakes big or small, quiches or pies to sell on our stall. Please let us know if you are able to help with baking or just bring your delicious goodies along on the day.

If grandchildren have grown out of their toys we have a toy stall and maybe the toys will find a new home. Please contact the Friends Office if you need us to pick up.

We look forward to seeing you on the 12th.

Best wishes, Bo Phillips

You are personally invited join us at

The Friends AGM

on Wednesday 30 November 2016 at 2 pm

in The Lecture Theatre, Education Centre, EDGH
and afterwards for tea and light refreshment

Guest Speakers:

Dr Neil Barlow, Consultant Radiologist

This is your opportunity to come and meet the
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achievements of the Friends over the last year

We do hope you will be able to join us

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HELP US TO HELP YOU CONTACTS

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Tel No. 01323 438236 or email: esh-tr.friendsdgh@nhs.net

PHOTOGRAPHS All contributions and photographs are welcome and can be sent to the Editorial Team at esh-tr.friendsdgh@nhs.net

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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

VOLUNTEERING Please contact the Friends Office on 01323 438236 if you would like to volunteer in one of the Friends shops or for the Trolley Service. If you would like to volunteer elsewhere in the DGH please contact: Voluntary Services Co-ordinator, Voluntary Services Office, Eastbourne DGH, Kings Drive, Eastbourne BN21 2UD Tel No. 01323 417400 ext 4880

ITEMS WE COLLECT please see page 27 for a list of what we collect

FOR MORE INFORMATION about the FoEH and how you can support us please visit our website at: www.friendsdgh.org.uk



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MAKE VOLUNTEERING A NEW YEAR'S RESOLUTION

We were delighted when a volunteer gave us a quote to use to encourage others to volunteer: "Association with the Friends works both ways; I meet lovely people and do something which is relaxing and hopefully makes money for a very good cause." In fact the benefits of volunteering are well known and include: Feeling as though you are making a positive difference in your community, boosting career options, providing a structure for your week, improving long-term health (yes honestly!) and making new friends, to name but a few.

The Friends are recruiting volunteers for our Shops and Trolley Services. For instance, we need morning people to take the Staff Sandwich Trolley around the wards and offices, providing lunch and snacks for staff who sometimes find it difficult to leave their desks.

The staff shop is another area where we would love to have some new volunteers. It is a much quieter place to work than the main shops and volunteers have the chance to chat to staff and even to read the paper.

We are looking for volunteers to help us on 7 days a week in a variety of roles so, if you have some time to spare, please give us a call and we can arrange a taster session for you. You can give as much time as you like to suit your commitments – we are very grateful for any time that you can spare. Between the shops and trolley rounds, we have something to suit you.

Please give Sue Duffell a call in the office on 01323 438236 and she will organise a taster session for you.

Debbie Wicks

SILVER, JEWELLERY AND BAGS

June and I are very grateful for the items that you donate to our Silver and Jewellery Stall. Please think of us if you have any bits and pieces that you would like to find a new home for; they can be dropped in at the Friends Office - the ladies there will make sure that they get to us.

We are very fortunate to receive the generous support of Eastbourne Auctions who are able to sell some of the special items we receive and the handbags that you give us.

We look forward to seeing you at the Christmas Coffee Morning where we will have lots of reasonably priced, small Christmas gifts for your sister, your mum, daughter or a friend. So please visit us there.

Jeanette Evans and June Biscoe



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NEWS FROM THE FRIENDS SHOPS

With Christmas looming now is the time to start thinking about buying presents. Do have a look in our shops as you might be surprised at what you find and be able to get those perfect gifts for your friends and family. We have an exciting new jigsaw this year that has been produced especially for us, with a very amusing picture of a 'Glyndebourne Picnic', which you can see in the advert on page 14. This would be ideal for local opera lovers as well as for 'puzzlers'. There is also a wide selection of confectionery, nightwear and Ulster Weaver bags.

The shop also sells our own, very popular, remade cards. The Remade Card Team are currently very busy making Christmas cards which are sold in packs of 5 or 6 for only £1. There are also some really lovely 'special' Christmas cards that only cost 30p each but look like something you would have to pay over £3 for in the shops.

You may like to give floral gifts at Christmas, so don't forget our Flower Shop. The ladies who work in the shop are always happy to personalise any arrangements or displays. So, if you have something specific in mind, why not pop in there for a chat about your requirements and they will be happy to try to accommodate them, whether you are looking for a fresh flower arrangement or a long lasting silk one. You can have 30 minutes free parking whilst you pick up your arrangement and this will save you the hassle of a trip into town when everywhere is so busy.

We have been lucky in finding some new and keen volunteers to help in the shop and on our trolley rounds from our requests in previous magazines, but there are still a few 'shifts' that we would like to find someone to cover, for example, alternate Mondays. We are also looking for someone who is able to help us with the stock deliveries that come in on Monday and Wednesday mornings. This person would need to be available from about 7 am for 3-4 hours. As this involves some lifting anyone that is interested would need to be fairly fit. If you think this might be for you please ring the office or call into the shop. For 'early morning people' this is an ideal way of having the satisfaction that comes with volunteering but still having most of the day free.

The Shop Manager is always delighted when she gets compliments on both the contents of the shop and the good service and friendliness of the volunteers, who we couldn't manage without.

Sue Duffell

Donations in lieu of Flowers

During the past three months we have received with gratitude donations totalling £1295.00 in memory of:

Christopher Baker, Joyce Chapman, Joseph Flint, Christina Haylor, Timothy Hitchen, Christopher Knight, John Lloyd, Eric McCaffrey, James Spiers and Walter Watson

Legacies

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

Alistair Bawden and Joan Foston

Recent gifts to the Eastbourne District General Hospital

| | | |
|------------------------------|---------------------|----------------|
| Ultra Sound Scanner | Ophthalmology | £21,495 |
| Heavy Duty Wheelchair | Main Theatres | £365 |
| Ben NG Wheelchair | Main Theatres | £157 |
| Sertain Electric Hi Lo Chair | Main Theatres | £4,999 |
| Dermatoscope & Camera | Medical Photography | £1,190 |
| High Back Chairs | Berwick Ward | £7,016 |
| Slippers to Reduce Falls | Firwood House | £3,469 |
| Total | | £38,961 |



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!)

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 – multiple donation

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.

In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £ and any donations I
make in the future of have made in the past 4 years to:

Name of Charity: *Friends of the Eastbourne Hospital*

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

Signature..... 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 CO1 1DA 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

WE COLLECT



GREETINGS CARDS

Birthday, get well, sympathy, new home, greetings and thank you cards are collected and remade throughout the year. Easter and Christmas cards are collected for 6 weeks following the event.



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

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.

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 arrange for someone to pick it up from you.



Friends of the Eastbourne Hospital

Invite you, your friends and family to join us for our

Christmas Carol Service

**The Chaplaincy Centre,
2nd Floor, Central Block, Eastbourne DGH**

on

Thursday 8th December 2016 at 3.00 pm

And afterwards for coffee and mince pies

Qu?z N?ght

Friday 25th November 2016

7 pm for 7.30 pm

Upstairs at The Fishermen's Club, Royal Parade, Eastbourne

Teams of up to 6 people

Tickets £10

to include supper

**To book call 01323 438236
or email: esh-tr.friendsdgh@nhs.net**



Friends of
Eastbourne
Hospital



CHRISTMAS COFFEE MORNING

Saturday

12 November 2016

10 am – 12 noon

St John's Parish Hall

Meads Street, Eastbourne

*Start your Christmas shopping early
at the FoEH Christmas Coffee Morning*

**GIFTS * CAKES * PRESERVES * TOYS
CHRISTMAS CARDS * JEWELLERY
PATCHWORK * FLOWER SHOP
STAMPS & MANY MORE STALLS**

Suggested entrance donation of £1
includes coffee and a mince pie

Raising funds for the Eastbourne DGH and
the 2016 Special Project, a second CT Scanner



Clockwise from top left:

- Tithe Barn Open Garden
- Serving teas at the Open Gardens
- Twiddlemuffs made by the ladies of Meads WI
- Open Garden visitors enjoying the sunshine
- Poppies at Tithe Barn Open Garden
- Ann Wilson & Ronnie Pal, owner of the Ashoka Restaurant, at the Indian Meal