

HOSPITALITY

SUMMER EDITION
APRIL - JULY 2022

Friends of Eastbourne Hospital

QUARTERLY MAGAZINE
NUMBER 166

www.friendsdgh.org.uk

*Carpet Gardens,
Grand Parade*



"VOLUNTEERING
CHANGED MY LIFE"
Reflections from
one volunteer

FROM CURRY TO
CATWALK
2022's Fundraising
Events So Far...

Inside:

**OPEN GARDEN
PROGRAMME**

- cut out for reference



1952 - 2022

Jubilee Year
What the Friends and the
Queen have in common

**PLUS: News from the Trust and
Shop, Fundraising Round-ups, Dates
for the Diary, and all Donations**

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Friends of Eastbourne Hospital

Open Gardens 2022



18 May to 17 September

All Gardens open from 10.30am - 4pm

Weds 18 May
Cowbee Farm



Sat 28 May
Bates Green Farm



Weds 15 June
Friston Place



Weds 13 July
Knightsbridge House



Weds 3 August
No 6 Pashley Road



Sat 13 August
Hankham Hall Cottage



Weds 31 August
Chalvington House



Sat 17 September
Folkington Place



Gardens open in all weather

Entry by Donation

Refreshments will be served

Raffle and Stalls

We regret, no dogs at any
gardens

Further details on reverse and
website:

www.friendsdgh.org.uk





Open Gardens Programme 2022



All Gardens open from 10.30 - 4pm

Please check our website www.friendsdgh.org.uk, Facebook page or ring the office on 01323 749503 for up to date information before visiting each garden.

Wednesday 18 May

Cowbeech Farm, Cowbeech, BN27 4JF

Take the A22 to Boship roundabout and turn right onto the A271 towards Bexhill. At Amberstone turn left towards Cowbeech. Follow the open garden signs. Off-road parking, with disabled parking closer to the house, but we regret this garden is not disabled-friendly.

Saturday 28 May

Bates Green Farm, Tye Hill Road, Arlington, BN26 6SH

From the A22 turn left into Arlington Road West. Follow the open garden signs. Off-road parking.

Wednesday 15 June

Friston Place, Friston BN20 0AH

Take A259 towards Seaford. At the top of the hill past East Dean turn right towards Jevington. Follow the open garden signs. Off-road parking.

Wednesday 13 July

Knightsbridge House, Grove Hill, Hellingly, BN27 4HH

Take the A22 to Boship roundabout and turn right onto the A271 towards Bexhill. At the traffic lights on Upper Horsebridge Road turn left into Park Road. Follow the open garden signs. Off-road parking.

Wednesday 3 August

6 Pashley Road, Eastbourne, BN20 8DU

At the Victoria Drive/Summerdown Road traffic lights on the A259 turn left into Summerdown Road. Take first right into Pashley Road. On-road parking.

Saturday 13 August

Hankham Hall Cottage, Hankham, Pevensey BN24 5AH

From Stone Cross take the Hailsham Road going under the Pevensey bypass. Take the first right into Hankham Road. Follow the open garden signs. Off-road parking.

Wednesday 31 August

Chalvington House, Chalvington, BN27 3TQ

Take A22 to Golden Cross & turn left towards Ripe and Chalvington. Follow the open garden signs. Off-road parking.

Saturday 17 September

Folkington Place, Folkington BN26 5SD

From the A27 towards Lewes take the 3rd left into Folkington. Follow the open garden signs. Off-road parking.

Disabled parking will be available where there is off-road parking.

Please note, these are all private gardens and we cannot guarantee full disabled access, although every effort will be made where possible.

We regret, no dogs at any gardens

DATES FOR YOUR DIARY

11 MAY

Dine Around the World
Dem Shish, 85-87 South St
7pm, Tickets £20
(see flyer on p14)

11 JUNE

Barn Dance
Carters Corner Farm
7pm for 7.30pm dancing
Tickets £15 adult, £8 child
(see flyer on p31)

MAY TO SEPTEMBER

Open Gardens
(see flyer, left,
for full information)

22 JULY

FoEH Quiz Night
The Fishermen's Club
7pm, Tickets £10
Teams up to 7 people

22-23 OCTOBER

17th Annual Art Exhibition
St. Andrew's Prep
Saturday October 22nd &
Sunday October 23rd
10.00 am - 4.00 pm

23 NOVEMBER

FoEH AGM
Victoria Baptist Church,
Eldon Road, 2pm - 4pm

25 NOVEMBER

FoEH Quiz Night
The Fishermen's Club
7pm, Tickets £10
Teams up to 7 people

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Friends of Eastbourne Hospital

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Auditors: Watson Associates, Chartered Accountants

CHAIRMAN'S REPORT



I can't believe it is three months since my last report. But so much has been happening in the world since then. Covid restrictions have been lifted but the disease is still out there so I am sure, like me, you are still taking precautions, such as mask wearing, when in enclosed spaces. And of course the dreadful atrocities occurring

in Ukraine and its threat to world peace. Fingers crossed a solution can be found very soon.

As you know the major project this year is to raise £500K towards a replacement robot for Urology. People have said to me that we only bought one 7 or so years ago so why do we need another? After years of continuous use and successful treatment of hundreds of patients, the old machine has finally broken down beyond repair. It is very important that this machine is replaced for several reasons. Firstly Eastbourne is a regional centre for Urology cancer and an updated robot ensures the DGH remains at the forefront of Urology Surgery. Secondly, the robot provides excellent opportunities for training so attracts future robotic surgeons to Eastbourne. And thirdly patients experience gold standard care with faster recovery times and reduced lengths of hospital stay. So I am sure you will agree with me that it is important that we support fundraising for this project.

As well as the robot the Friends have been able to purchase an additional machine for PCR testing for Microbiology. This will speed up the turnaround of results and can also be used for other testing too. Currently other big bids have had to be put on hold due to lack of funds but hopefully we will be able to consider them in the future.

Special thanks need to go to all those who have kindly donated money to the Friends in the last 3 months, and a special thank you also to Langney Sports Club that made us their charity for their February quiz which raised £631.

As I mentioned in my last report the Friends have restarted the fundraising events. Upcoming ones include Dine Around the World at Dem Shish on 11 May, a Barn Dance on 11 June, and the Open Gardens which start on 18 May. I hope to see you at some of these. Once again, I really appreciate your continued support to the Friends.

Please note:
New Office Number



01323
749503



And please visit:
Our new-look website!

Same address:
www.friendsdgh.org.uk



but with many new
features, such as

- event reservation request forms
- image gallery
- volunteer case studies
- blogs

NEWS FROM THE TRUST

CONSULTANT ORTHOPAEDIC SURGEON APPOINTED PRESIDENT-ELECT OF THE MEDICAL WOMEN'S FEDERATION.

One of our consultant orthopaedic surgeons has been appointed president-elect of the Medical Women's Federation. Mrs Scarlett McNally, who has worked at East Sussex Healthcare NHS Trust (ESHT) since 2002 and has been a key role model in the Women in Surgery initiative over the past three decades, was elected to the role in February.

The Medical Women's Federation (MWF) is the voice of UK medical women on medical issues and aims to improve the working lives of women doctors, amplify their voices and provide a unique network of women doctors in all stages of their career.

Scarlett said: "I am delighted to have been elected! I want to see women doctors and medical students supported to thrive in the NHS. I also hope that we can influence across other sectors, so the whole population is supported to keep healthy."

Alongside her clinical role at ESHT, Scarlett is deputy director at the Centre for Perioperative Care, where she works across royal colleges to get people as fit as possible for their surgery. She also works to make processes better and cross-skill workforces to empower patients and staff.

She said: "I have recently returned to work part-time after ill-health. I feel that my experience of being a patient has helped with being a surgeon, giving me a different view on health and how the NHS should work. For example, I built up my fitness with electric cycling, so that I could be eligible for a stem cell transplant for myeloma with cardiac



amyloidosis. I now fit chemotherapy around work. I also had a hip replacement last year and now understand just how amazing orthopaedic surgery really is!"

Scarlett was the ninth woman elected to the Council of the Royal College of Surgeons of England, serving on the council between 2011 and 2021, and is a key voice in raising awareness of the importance of avoiding unconscious bias and taking the pressure off doctors.

She said: "There is lots of evidence now that the experiences of women as doctors, medical students and citizens are different from those of men. There are many ways that we can make things more equal, as individuals and as institutions. I am passionate about getting everyone to be the best that they can be. Change is possible. This means improving respect, support, opportunities, culture and education for staff and students."

VOLUNTEER TERESA IS 90 YEARS YOUNG

Volunteer Teresa Crofts turned 90 recently – after volunteering at Eastbourne DGH for almost 16 years. Teresa volunteers in the main reception area two days a week in a meet and greet role, assisting visitors with checking in for appointments or to find their way around the hospital. Teresa has helped to develop her volunteer role, which changed from an information desk position to a meet and greet one during the pandemic.

Teresa always shows respect and compassion to visitors and patients who need help when they come into hospital or seek support through the bereavement

service. Teresa enjoys volunteering and has been a great role model for new volunteers who join our service.

Teresa was presented with flowers and a gift by Lorraine Mason, Assistant Director of HR, to mark her 90th.



CELEBRATING NATIONAL CANCER CNS DAY

In March 2022 the Trust celebrated cancer clinical nurse specialists (CNS) on the first National Cancer CNS Day.

The day highlights the role clinical nurse specialists play in supporting people with cancer. Cancer clinical nurse specialists are experts in different types of cancer and help patients to understand their diagnosis and support them through their cancer experience.

Katy Hollobon, Macmillan Breast Clinical Nurse Specialist, joined our Trust in 2011, first on Pevensy Day Unit and then later as a breast CNS. She says:

"I became a Macmillan Breast CNS because I wanted to make a difference to patients' lives by supporting them through their diagnosis and subsequent treatments. To be able to help, at possibly the toughest time of someone's life, makes me feel very privileged and I love doing what I do!"



**IF YOU ARE INTERESTED IN A CAREER AS A CNS
OR IF YOU WOULD LIKE TO FIND OUT MORE ABOUT
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DIGITAL PATIENT RECORD SYSTEM FOR MATERNITY

A new digital patient record system called 'BadgerNet' has been introduced in the Trust's maternity department, which means paper maternity notes are now a thing of the past.

BadgerNet provides a full electronic patient record for pregnancy, birth and the post-natal period. Pregnant people can access information about their pregnancy through the BadgerNotes app, while clinicians can input information in real-time during appointments. This completely removes the need for mums to carry paper copies of their notes.

Further information on:

[www.esht.nhs.uk/service/
maternity/yourpregnancy/
badgernet/](http://www.esht.nhs.uk/service/maternity/yourpregnancy/badgernet/)

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JUBILEE YEAR CELEBRATING ALONGSIDE THE QUEEN

Whether you're unfurling the bunting, planning to plant a tree, or simply intending to enjoy the additional bank holiday gifted to the nation on this jubilee year, this summer we celebrate a historic 70 years of Queen Elizabeth II's reign.

In the same year the Queen acceded to the throne, Eastbourne's formerly-named Patients Association (established in 1948) was renamed The Friends of the Eastbourne Hospitals, and so our own history of serving our community as the 'Friends' began. Our purpose at the outset was to provide support to eight of Eastbourne's hospitals - Princess Alice, St Mary's, The Leaf, Merlynn Convalescent, Gildredge, Downside, Eye Hospital and the ENT Hospital. Closures and consolidations over the decades have seen seven of the original eight hospitals close their doors, meaning that the Eastbourne DGH now stands as the only hospital receiving Friends' support. It is the location of the Friends' office, and the base for a team of over 100 in-house volunteers.



From the proud notation in 1956 that a total of £1000 had been raised to gift to the hospitals across the year, to our biggest ever project in 2015 which raised £1 million for a Da Vinci surgical robot, it is recorded that over £18 million in total has been raised over our 70+ years.

So, in a happy coincidence, as we celebrate the Queen's 70 years of service, we also mark 70 years of bearing the name of the Friends, reflecting on the work we have done, the achievements we've had, and how we have grown since 1952.



Gildredge, 1950



Downside



Princess Alice, 1958



Littleton Maternity
St Mary's, 1967



Eastbourne DGH



Installation of the
Da Vinci Robot, 2015



Stephen Lloyd, MP meets
the Friends, 2019



Open Garden Team,
2022

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THE FRIENDS FASHION SHOW



Paris, Milan, Eastbourne - the scenes of some of fashion's greatest shows! Certainly we thought so when we assembled at All Saints Church on Grange Road for the long-awaited and three-times-postponed Friends Fashion Show, brought to us by Rosemary Cameron and her terrific team of helpers, along with the fundraising fashion organisers, Travelling Trends. On arrival, guests were greeted with a glass of bubbly

(generously provided by Barry & Co), and the opportunity to visit the raffle, cake and marmalade stalls before taking their seats alongside the catwalk. Over the hour that followed we saw collections spanning the seasons, occasions and ages - many modelled by our very own Friends' guest models Jasmine and Trish - well done girls! It was a fabulous, fun and lively event, and it raised a very stylish £1,135!



More images available to view in the gallery on our updated website: www.friendsdgh.org.uk

Dem Shish

85-87 South Street, Eastbourne

DINE AROUND THE WORLD

7pm for 7.30pm

**Wednesday
11 May 2022**

Price per person

£20

half price for
DGH staff & volunteers

Advanced booking essential

(01323) 749503

esh-tr.friendsdgh@nhs.net



Price includes a meze platter of Hummus, Cacik, Babaganoush, Ali Nazik, mixed olives & vine leaves, plus fresh bread and dips, followed by a main, served with rice and salad. Choose from...

Chicken Shish

Skewers of diced chicken breast, seasoned with traditional herbs & charcoal grilled

Chicken Wings

Delicately seasoned chicken wings, charcoal grilled

Adana Kebab

Delicately spiced, hand-minced lamb kebab, grilled on open charcoal

Vegetable Grave

A classic Turkish casserole of aubergine, mushroom, peppers and onion, baked in a tomato & garlic sauce

Halloumi Grave

Turkish casserole, containing Halloumi

*Chicken &
Mushroom
Pasta*

Penne pasta and succulent chicken breast, in a creamy white wine sauce, topped with mushrooms, mixed herbs & parmesan



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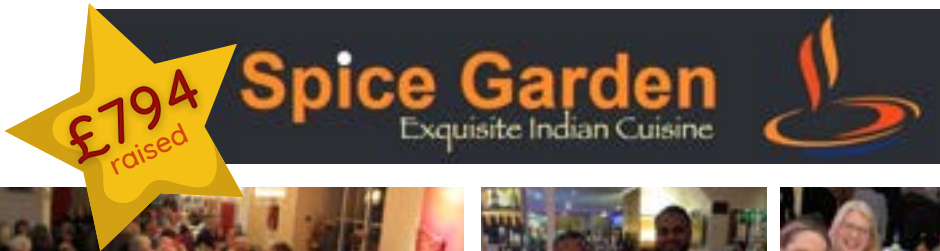


DINING AROUND THE WORLD AT THE SPICE GARDEN

Good things come to those who wait! Postponed from its original date in January due to Covid-19 concerns, our first Dine Around the World of 2022 was held at the Spice Garden on 16 March with a lively and joyful atmosphere as tables of friends, family members and colleagues came together to enjoy some of Eastbourne's finest Indian food. Beginning with a platter of assorted starters, the meal moved on to a buffet of four different curries, plus sides, followed by dessert and coffee.

As everyone readied themselves for the after-dinner raffle, the restaurant owner, Mozmil Hussein kindly presented the Friends with a Spice Garden gift card to add to the table of raffle prizes. It was quickly claimed! We would like to thank everyone who came, and of course, many thanks indeed to the Spice Garden.

Our next Dine Around the World event will take place at the Turkish tables of Dem Shish on May 11 - see details at the top of opposite page.





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FUNDRAISING NEWS

Fundraising got off to a great start in 2022, with generous contributions coming in from across the community.

In January, the **Eastbourne Historic Vehicle Club** made a generous donation of £1000 to the Friends from the proceeds of the Hellingly Festival of Transport held over the last August Bank Holiday weekend. Club Secretary, Dave Bone, said, "After Covid caused the 2020 show to be cancelled, the 2021 Festival of Transport last August was blessed with fine weather for all three days, which boosted record numbers of entrants and visitors."

In February, we were delighted to attend the **Charity Quiz** at Eastbourne Borough FC as its nominated recipient. The evening raised over £600 for the Friends, and we thank the organisers and all the quiz-goers who regularly support such a fantastic initiative.

And in March we heard that **Ocklynge School** had just held a cake sale for the Friends, raising £294.35 in total. Huge thanks go to all who baked, bought and supported this wonderful idea.


Right: Eastbourne Historic Vehicle Club present their donation to Harry Walmsley





Left: Ocklynge Bakers, Rosie, James, Raf and Callia



Sometimes donations are received where the donor, or in some cases the family of someone who has sadly passed away, ask for the funds to go a specific ward, either for the benefit of the patients, staff or in some cases both. There have been a few examples of this recently where we have been able to liaise with the wards directly and from generous donations received in this way have been able to provide:

 A fridge for the staff in Seaford ward, with help from **DB Domestic**, to keep their food fresh; along with a piece of equipment for examining patient's ears.

 A TV and music system for the benefit of both patients and staff in the Critical Care Unit. We would like to thank **Mike Davis of Davis TV** for his help with these.

 A coffee machine, pancake and omelette makers for the staff to use in A&E.

We also received a £500 donation from **Pentrunder UK Concrete Cutting Systems** in lieu of sending cards and gifts to customers, in appreciation of the care the family have received in the DGH.

REMARKABLE RECYCLING!

Every bottle top team, John and Mary, recently popped in to the shop with a cheque for **£750** from selling 7.5 tons of bottle tops, nearly 4 million actual tops.



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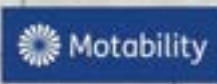
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CALLING ARTISTS AND COOKS

THE FRIENDS 17TH ANNUAL ART EXHIBITION St. Andrew's Prep, Meads 22 - 23 October 2022

As I write it is the beginning of April and we are making plans for our 17th Annual Art Exhibition. The Friends are most grateful to Mr Tom Gregory, Headmaster of St. Andrew's Prep for kindly agreeing to lend us the school gym to stage our exhibition. We very much appreciate this support and also for the kindness of the Society of Eastbourne Artists for allowing us the use of their screens on which the paintings will be displayed.

Last year, 66 local artists entered a total of 322 paintings to display at the Exhibition, while some of the St. Andrew's pupils' works of art were displayed on the stage.

If you or any of your friends would like to exhibit and sell your paintings, please visit the Friends website at www.friendsdgh.org.uk and download an entry form or call the office on 01323 749503 to obtain a form.

A small hanging space fee and donation of 20% of the selling price of any picture sold will go towards our 2022 Major Fundraising Project for an updated Da Vinci Robot for Urology at the Eastbourne District General Hospital.

On Saturday 22 October at 2pm Mrs Jackie Hurwood, a well-known local artist, will give a painting demonstration. We are hoping like last year we will have a large display of paintings for sale so do come along to St. Andrew's Prep to see the show.

We look forward to welcoming you and your friends to the Autumn Art Exhibition on Saturday 22 and Sunday 23 October from 10am – 4pm.

Entry is free.

Ann Caffyn,
Art Exhibition Organiser



THE ARTIST'S KITCHEN RECIPE BOOK

Last winter during Lockdown, Anne Williams had the inspiring idea to compile a recipe book to sell in aid of the Friends. Anne and I contacted local artists and friends for their favourite recipes over the winter months. We received 80 recipes which are illustrated with appropriate drawings. There are recipes for Starters, Mains, Puddings, Cookies, Cakes and Condiments. The books are for sale at £5 per copy in the Friends Shop at the DGH and also at The

Willingdon Post Office, Grand Flowers in Meads and the Ripe Village Shop. And during the summer they will be for sale at the Open Gardens. They are selling well, and I heard this week that a copy has been sent to Dubai and another to Slovenia. Our congratulations to Amy Williams for, shortly after starting her job in the Friends Office, organising a most professional presentation and printing of the Artist's Kitchen Recipe Book.

Ann Caffyn

COVID WELLBEING FUND

During 2021 the Friends were pleased to provide donations to wards from our Covid Wellbeing Fund. We received this wonderful feedback.



Donated by the



Friends of
Eastbourne
Hospital



I use the microwave almost daily. I would be lost without it. It has improved my wellbeing, allowing me to have my soup, especially during the cold days and I do appreciate not having to make more coffee when a mug has gone cold.

All the staff would like to say a big thank you to the Friends for providing the essential items they require for the Staff Tea room. The staff now have a well-equipped area where they can have a break and are able to have their meals out of hours.

The kitchen cupboards have been invaluable, all staff bags are stored in the cupboards making the staff room safer and tidier!

I would like to offer my thanks for the kitchen appliances donated by the Friends of the Hospital to the Education Centre, I use them most days and appreciate being able to have hot food at lunch time. The microwaves and the Toaster so conveniently placed take the stress out of lunchtime and contribute to my health and wellbeing.

Being able to bring food from home that can be heated up has meant we can have proper lunches and save time from queuing in the canteen/cafes and saves money too.

Thank you to the FoEH for all that they do and for funding these items for us. It may not seem like much but makes all the difference to our staff.

It's been fantastic being able to heat up drinks rather than throw them away when we've got too busy to have a break.

The new chairs have provided us with comfortable seating during the ePMA rollout when we need to have a little break. The bright colours have cheered up the room

For me, the sofa kindly purchased by the Friends has been an incredible asset in my being able to support our doctors, and other staff, over a difficult winter. It has helped facilitate an open, comfortable and welcoming environment that our doctors have been able to use to seek pastoral support in the height of difficulties.

The fridge means we can have a good supply of milk and keep our lunch (plus other goodies) in there, and the little freezer box means we've been able to keep a cheeky of supply of lollies.

When I've had to work late, I've been able to grab something hot to eat.

Thanks again for your generosity, the items really have made our life easier.



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SHOP REPORT

RESCUED SEEDS RAISE NEARLY £1,500 FOR THE FRIENDS

The friends are so grateful to Pam and Helena from the open garden team who stumbled across a large supply of flower and vegetable seeds that were destined to be thrown away. These packets were all in date (many had a use-by date of end of 2023 on) and with the increased interest in gardening since lockdowns they thought this was too good an opportunity to miss. The seeds were all sorted and then various ways of using them to help the Friends came to light. With the help of Wendy, one of the shop volunteers, over a hundred 'stocking filler' gift bags were made up and sold in the weeks before Christmas. Then in the New Year the seeds were on sale in the Friends shop and at various other places. Local gardening societies took interest and made donations for some of the seeds, along with the green fingered

members of the open garden team itself. Helena was able to make good use of her lockdown purchase greenhouse to start growing things she hadn't before, many of which will be available on her famous plant stall at the gardens this year. If you missed the 'stocking fillers' there should be a few of these on sale in the autumn, but otherwise all the seeds have now gone.

Overall this was a real win-win situation, as not only were the seeds saved from being thrown away, they have been put to good use, and hopefully many people will be able to enjoy lovely displays of flowers and picking home grown vegetables in the months to come. More importantly these have raised nearly £1,500 for the Friends. So a very big thank you to Pam, Helena, Heather, Wendy and everyone who made a donation.



TWIDDLEMUFF HEAVY-WEIGHT

Lorraine Weight of Reading in Berkshire has been knitting Twiddlemuffs for the past five years, producing a staggering total of over 3,000 to date. She sends them to hospitals and care homes nationwide for use as an aid in dementia care, and earlier this year her son Kevin got in touch to ask whether he could donate 100 to the Friends. We were delighted to receive them, and to hear just what an inspiration Lorraine is. We think the next phone call should be to Guinness World Records! Thank you so much Lorraine and Kevin.



For details of all items that we collect, re-use and recycle, please visit:
[www.friendsdgh.org.uk/
how-can-i-help/we-collect](http://www.friendsdgh.org.uk/how-can-i-help/we-collect)

VOLUNTEERING NEWS

The Friends are blessed with the volunteer team that help in the shop and on the trolley rounds. Without them neither of these would function. Being part of the team is very rewarding and we know of many friendships that have started this way. All volunteers are encouraged to come along to our many fundraising events where they can enjoy meeting others in a more relaxed and social setting.

“ When I retired from work nearly six years ago I didn't know what to do until I thought about volunteering after a few months off. I went to the DGH and met Sue the manager of the Friends Shop who told me about the different volunteering roles. Then after filling in the paperwork and having a taster day in the shop I started working there and have not looked back since. I can honestly say it has changed my life meeting a great crowd of other volunteers and also helping to raise funds for the hospital. Living on your own can be very lonely so I say to anyone who is not sure about volunteering why not give it go; you might surprise yourself and like me,

change your life. ”

- Main Shop Volunteer, DGH

It is not all work when you sign up to volunteer, as Louise one of the trolley team discovered when she recently celebrated a 'milestone' birthday.



If you think you may like to become part of the team either pop into the shop next time you are passing for a chat with the manager on duty, or contact the office and we can talk you through what opportunities are currently available.

The Friends of Eastbourne Hospital

Needs YOU

Volunteers urgently required particularly weekend staff, for 3-hour shifts

If you have any time to volunteer for the Friends, or know someone else who might benefit from doing so please contact 01323 749503 or esh-tr.friendsdgh@nhs.net for details



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COURT
CINNAMON LUXURY CARE

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PERSONALISED
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Discover Peace of Mind at Earlsfield Court

As well as offering exceptional residential care and short stays, Earlsfield Court has a dedicated dementia community where our trained team celebrates the uniqueness of every individual with specialist care, engaging activities and uplifting living experiences.

At Earlsfield Court, people will always come first.

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please call Sandy on 01424 863497
or email earlsfield.haa@cinnamoncc.com

 @EarlsfieldCourtCare

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Earlsfield Court Care Home
Brooklands Road, Little Common, Bexhill-on-Sea, TN39 4FQ
www.cinnamoncc.com/earlsfieldcourt

*Photography taken pre COVID-19



UPGRADE YOUR CLEAN TO HELP SUPPORT EASTBOURNE DISTRICT GENERAL HOSPITAL



Bronze
Clean
£15

We donate £5
of every Bronze clean to
Friends of Eastbourne
Hospital



Friends of
Eastbourne
Hospital

Help us help them help you

Wash & Wax,
Glass Cleaned,
Interior Hoover,
Mats & an
Air Freshener.

Accident Repair Servicing & MOT Centre

ECF Car Care Birch Close, Eastbourne BN23 6PE

info@ecfcarcare.co.uk

01323 725220 www.ecfcarcare.co.uk

ECF



GIFTS AND DONATIONS

Donations in lieu of Flowers

During the past three months we have received with gratitude donations totalling £1,030.49 in memory of: Steve Adams, Dorothy Barr, Hannah Blake, Jacky Chambers, Albert Hitchings, Eric Howse, John Llewellyn, Margaret Miles, Doreen Thomas, Margaret Threapleton and Phil Walker

Legacies

During the past three months we have received with gratitude, generous legacies from the estates of James Knowles, Albert Peters and Catherine Yallop.

Recently agreed gifts to the Eastbourne District General Hospital

PCR testing equipment for Microbiology	£23,798
Fridge for site office (from Covid appeal fund)	£328
Manikin for Manual Handling Team	£851
Oral Performance Instrument for Stroke Rehab Team	£7,872
Total	£32,849

SUSSEX SECRETARIES

DO YOU NEED HELP?

FOR REASONABLE HOURLY RATES WE CAN PROVIDE SUPPORT
FOR YOUR BUSINESS OR IN YOUR HOME



Call us to discuss ways in which we can help you.

Corinne Gibbons

Tel: 01424 892463

Mobile: 07940 886123



SUSSEX SECRETARIES

FRIENDS OF EASTBOURNE HOSPITAL

Registered under the Charities Act 1960 No 220592

Please enrol me as a Member.

I enclose the sum of/I have completed the Banker's Order form.

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

.....
£ _____

If you are a tax payer please complete the Gift Aid Declaration form overleaf.
The Friends can reclaim tax on your membership subscription and any donation.

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

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 Eastbourne Hospital
 District General Hospital
 Kings Drive
 Eastbourne BN21 2UD
 Tel 01323 749503

Data Protection Act 1998

Please note that the Charity uses computer systems to record membership information. Under the Data protection Act 1998, it is necessary for you to be informed of this. The information you provide on your application and renewal form will only be used by the Charity's officials and task holders to conduct Charity business and will not be supplied to outside bodies in any form. If you have any questions or concerns over the data held, please contact the Secretary.

GIFT AID DECLARATION

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

Please complete the information below and return it to:

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

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

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

My Details:

Title..... First name..... Surname

Full Home address.....

..... Post Code

Date.....

Please notify the Charity if you:

- * want to cancel this declaration
- * change your name or home address
- * no longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

STANDING ORDER

To

..... Sort Code: A/c No.....

(Name and address of your Bank)

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

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

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

Signature.....

Date.....

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

Address.....

..... Post Code



BARN DANCE

and BBQ*

(Burgers and Hot Dogs. Vegan option available.)

Saturday 11 June, 2022

Carters Corner Farm, Cowbeech

Post Code for Sat Nav: BN27 4JA. Venue will be signposted.

Doors open at 7pm for 7.30pm dancing

Finish time 10.30pm

LIVE MUSIC FROM DED EFFNIK
CALLER TONY DUNN

£15 per adult, £8 per child

* Ticket price includes food

Tickets available from Friends Office

Tel: 01323 749503

email: esh-tr.friendsdgh@nhs.net

Scan the QR code below for an
easy way to donate
via our online donation partner
Charities Aid Foundation



or visit:

www.cafonline.org

*Click on 'Donate' and search
'Friends of Eastbourne Hospital'*



Thank You

Help us help them help you