

HOSPITALITY

AUTUMN EDITION
JULY - OCTOBER 2022

Friends of Eastbourne Hospital

QUARTERLY MAGAZINE
NUMBER 167

*The Eastbourne Eye,
Western Lawns*

www.friendsdgh.org.uk



COULD YOU BE A
TRUSTEE?
THE FRIENDS
NEED YOU!

VOLUNTEERS'
WEEK - THANKING
OUR INVALUABLE
VOLUNTEERS



More Open
Gardens!
Mid-summer
dates for your
diary

Fundraising Round-Ups

See how much this little star and
all our supporters raised
at the Barn Dance

**PLUS: News from the Office and
Trust, Future Events, and all Donations**



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2022 Special Project target

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(by invitation)

Saturday October 22nd
10.00 am - 4.00 pm

Sunday October 23rd
10.00 am - 4.00 pm



**Friends of
Eastbourne
Hospital** *would like to invite you to their*

Annual General Meeting

**WEDNESDAY
23 NOVEMBER
2022**

2PM
VICTORIA BAPTIST CHURCH
ELDON ROAD, BN21 1UE



Please visit

www.friendsdgh.org.uk

to view the agenda
for this AGM

.....
Nominations are invited for
the positions of President
and Trustees, and must be
received by October 1, with
agreement of nominee and
a brief CV.

.....
For more details, contact the
Friends Office on:

01323 749503
esh-tr.friendsdgh@nhs.net
www.friendsdgh.org.uk

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Dr Peter Nash
President

REPORT OF THE EXECUTIVE COMMITTEE

Dr Harry Walmsley
Chairman

TREASURER'S REPORT

Peter Skilbeck
Treasurer

GUEST SPEAKER

Dr Peter Rimington
Consultant Urologist

DATES FOR YOUR DIARY

03 AUGUST

Open Garden
6 Pashley Road

13 AUGUST

Open Garden
Hankham Hall Cottage

31 AUGUST

Open Garden
Chalvington House

17 SEPTEMBER

Open Garden
Folkington Place

All Open Gardens open
10.30am - 4pm

Entry by donation
For full information,
see flyer p.19

30 SEPTEMBER

Battle of the Bottles
The Hawthorns
7.45 for 8pm, price £25

22-23 OCTOBER

17th Annual Art Exhibition
St. Andrew's Prep
Sat Oct 22 & Sun Oct 23
10.00am - 4.00pm

11 NOVEMBER

FoEH Quiz Night
The Fishermen's Club
7pm, Price TBC
Teams up to 7 people

23 NOVEMBER

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

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Friends of Eastbourne Hospital



Friends of Eastbourne Hospital

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MR G STONE, MRS G WOOLLEY**

Hon Solicitor: Mrs C Busuttil

Auditors: Watson Associates, Chartered Accountants

CHAIRMAN'S REPORT



Summer is now well underway which means the Friends Open Gardens have already started. At the time of writing we have had the pleasure of visiting three with a further five to follow over the next three months. I can thoroughly recommend spending a half or whole day at each as they are beautiful gardens, accompanied by tea and cakes when you fancy a rest.

We are now just over half way to our target of raising £500K for the replacement Urology robot. We are very grateful to have received £50K towards this from the Masonic Charities with the cheque being presented to us at the Hospital.

The 'Dine around the World' at Dem Shish in May was a huge success with over 120 people attending and raised £953. The food and service were superb and the owners are keen to have us back in the future. A similar success was the Barn Dance held on 11th June at Carters Corner Farm. Excellent dancing, with a BBQ too. It was a perfect opportunity for me to dust off and wear my Stetson! The event raised about £1400.

As well as the remaining Open Gardens we have other fundraising events planned. A wine tasting 'competition' by two experts in the field is being held on 30th September and will be hugely entertaining. A must for wine lovers. And there will be another quiz in November, as well as the annual Art Exhibition in October.

Thank you as always to all the companies and individuals who have donated money to the Friends.

We are still in negotiation with the Trust to establish a small Flower Shop outlet in the foyer. Fingers crossed. And we are hoping, if Covid stays under control, to restart our Education Lectures for the public later in the year.

That is all from me for now. Only to say we are still in need of volunteers for our shops and trolley rounds. So even if you can only spare half a day, do contact us.

Many thanks.



The Open Gardens so far, and those still to come pp18-20



The Masonic Charities donation to our 2022 Special Project, p25



Dining Around the World at Dem Shish, p13



Our fundraising Barn Dance, p15

NEWS FROM THE TRUST

LORD-LIEUTENANT FOR SUSSEX VISITS EASTBOURNE DGH

The Lord-Lieutenant, Andrew Blackman, visited Eastbourne DGH to thank staff for their efforts during the COVID-19 pandemic. The Lord-Lieutenant is the Queen's personal representative in Sussex.

The Lord-Lieutenant met with Joe Chadwick-Bell, Chief Executive, and Steve Phoenix, Chairman, before being escorted on a tour of the Trust by Dr David Walker, Medical Director. In the Emergency Department, he was shown around by Dr Shaymau Habeeb, Chief of Emergency Medicine and Alex Brown, Matron.

The Lord-Lieutenant also visited and met with members of staff from Jevington Ward, the Critical Care Unit, and the Outpatients Department.

Dr David Walker, Medical Director, said: "It was a real pleasure to have the Lord-Lieutenant visit Eastbourne DGH today, following on from his visit to the Conquest in November 2021. Throughout the visit the Lord-Lieutenant expressed his appreciation to all our staff for their hard work and dedication throughout the pandemic."



Left: Andrew Blackman, Dr David Walker, Dr Shaymau Habeeb, Alex Brown.
Centre: Dr David Walker, Andrew Blackman and Matron Andrea Dyer, for Jevington Ward
Right: meeting members of staff

OVER £27 MILLION INVESTMENT TO IMPROVE ENERGY EFFICIENCY

The Trust has received over £27 million of investment to improve energy efficiency and reduce our carbon footprint at Eastbourne DGH.

The money is part of £553 million in Government funding, announced in May, for affordable, low carbon heating and energy efficiency upgrades across the public sector.

The funding through the Public Sector Decarbonisation Scheme will see clean, efficient heat pumps installed and energy efficiency upgrades across the majority of the Eastbourne site. This will involve insulation being added to the outside of the building, new fascia, new windows,

new roofing, air source heat pumps and the addition of solar panels.

These improvements to the building will reduce the heating required and the upgraded heating system, powered by cleaner renewable energy, will reduce the use of fossil fuels, reducing our carbon footprint.

The Public Sector Decarbonisation Scheme supports the aim of reducing emissions from public sector buildings by 75% by 2037, compared to a 2017 baseline. The Eastbourne DGH scheme is one of the first to take a whole building approach with work due to be completed by April 2023.

ALDONS CHUA APPOINTED HONORARY RESEARCH FELLOW



Aldons Chua, Endocrine Specialist Nurse on the Endocrine Investigation Suite at Eastbourne DGH, is now an honorary research fellow at City, University of London.

Aldons said, "It is such an honour to receive this appointment. It will allow me to conduct the research project for which I recently received a Society for Endocrinology grant award." The project was entitled, 'What do patients with Adrenal Insufficiency say? Exploring patient experiences on using the current parenteral hydrocortisone injection device to manage adrenal crisis'.

Adrenal crisis is life-threatening and the emergency injection of hydrocortisone can save a patient's life. Exploring the experiences of AI patients on their use of the current hydrocortisone device during an adrenal crisis will provide evidence of barriers associated with the use of the current parenteral hydrocortisone in preventing adrenal crisis and will inform the development of future interventions.

NEW CHECK-IN TABLETS SPEED UP EMERGENCY DEPARTMENT ASSESSMENT PROCESS



A new tool to help us speed up the assessment process in our emergency departments has been launched today.

eTriage helps us to identify what patients need quickly, reducing waiting times and improving the experience for patients. Patients arriving at our emergency departments will be asked to check in using our new eTriage tablets. The tablets ask a series of simple questions to enable us to assess everyone and see the most urgent patients first.

Paul Cloves, Head of Emergency Care, said: "Our priority is to provide timely and appropriate urgent and emergency care. eTriage will enable us to see which patients need our care much earlier than our current process allows, while also reducing waiting times and improving the privacy afforded to our patients."

eTriage has been developed by clinicians to check in and assess patients arriving in emergency departments. eTriage books the patient in and triages them to the correct clinician based on their medical need, highlighting those who present with the most urgent conditions to ensure they are seen first. If an emergency department is not the right place to care for you, you will be booked an appointment with your GP or other appropriate healthcare professional there and then.

Paul said: "If you attend our Emergency Department or Urgent Treatment Centre but do not require urgent or emergency care, we will advise you of an alternative healthcare provider that can better meet your needs."

We hope that patients will find the tablets simple to use, however our reception team will still be on hand to support with the check in process, answer any questions or to help to check in any patients who are unable to use the system themselves.

The new system will speed up the book in time for patients, with most patients taking an average of four minutes from arrival to check in.

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NEWS FROM THE OFFICE

FRIENDS PURCHASE MOVING AND HANDLING MANIKIN

We were delighted to respond to a request for a replacement manikin in the Moving and Handling Department of the DGH.

Catherine Broadbent, advisor and trainer explained that "These manikins will help us to reduce risk and avoid injuries associated with 'high risk moves' through the ability to practise the correct and safe procedures for patients and staff within our training session. This will also include us being able to practise evacuation procedures for patients during an emergency scenario.

Weighing 50kg, the Patient Handling Manikin has been specially designed to give staff the experience of a real patient's movement and weight during training. It has enabled us to increase participation from staff within the training sessions which was difficult when restrictions were in place.

The manikin has enhanced the training that we deliver for staff to ensure they keep safe whilst delivering safe care to patients and will further develop their skills with Moving & Handling to the ultimate benefit of the patient."



FOEH MEMBERSHIP RENEWAL

We will shortly be contacting those annual members that don't pay by standing order inviting them to renew their membership subscription.

Membership is currently £10 per year or £30 for life. Please contact the office if you have any queries about your membership.

HELP WANTED IN ALFRISTON

Following the success of the Arts & Crafts Fair held at Bodle Street Village Hall over the weekend of 30 April / 1 May (see fundraising news, p.24), further events are planned for 30/31 July and 10/11 September. Volunteers are needed to serve drinks (tea, coffee and squash) and to offer a range of cakes, biscuits and snacks. All proceeds from the sales of drinks and food will come to the Friends of Eastbourne Hospital.

Stalls will be open from 10.30am to approximately 3.45pm each day, but shifts will be organised to suit availability.

If you are available and would like to help, please contact Denise Bliss, via the Hailsham Artists Network on:

info.hailshamartists@gmail.com



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DINE AROUND THE WORLD: DEM SHISH

Our biggest Dine Around the World to date, our first foray to the tables of Turkey was held at Dem Shish in May and we couldn't have been more thrilled with the turnout, or your support. Over 120 bookings saw every table taken (the table planning kept us on our toes in the office that week!), and once our work was done and everyone had been invited in, then it was over to the superb,

skilled, staff of Dem Shish to ensure the cocktails flowed and the mouthwatering assortment of meze and mains followed swiftly on. The evening raised £953, and with an atmosphere as fantastic as the food, we fully intend to dine again at Dem Shish. Thank you to all who came, and to the simply terrific team at the restaurant - we hope they enjoyed a well-earned rest afterwards!

£953
raised

Dem Shish
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*Photography taken pre COVID-19



BARN DANCE

So, it took a tiny bit of getting used to, but once everyone was clear on exactly which way to turn, who to grab next and how to find their way back to their original partner, it was barn dancing at its very finest. Until the announcement of the next dance, and a whole new set of instructions! Suffice to say (and we had comments to a similar effect as everyone left at the end of the night), we think cheeks will have been aching just as much as muscles the next day! It was an enormously fun event, with everyone getting entirely into the spirit - stopping only for a BBQ break halfway through.

Enormous thanks go to the hosts at Carters Corner Farm, who gladly opened the barn doors to us all and got fully involved in all the organisation. Equally, to the local Long Man and Gun Breweries who both donated barrels of beer, and to J. Heath and Sons who supplied the meat. The raffle hampers were conversation pieces in themselves, and for those we are grateful to everyone who donated items to fill them; to Grand Flowers who helped put them together; and to Greens, who donated an entire hamper of fruit. The evening raised £1400 - we think that calls for a yeehaw!





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VOLUNTEERS' WEEK

Held during the first week of June, to coincide with National Volunteers' Week, the Voluntary Services team were delighted (after being unable to do so for such a long time during the pandemic) to invite volunteers from across the Trust to events in order to recognise and give thanks for the incredible work that they do. At the DGH, a day was set aside for all volunteers to attend, enjoy drinks, cakes and each other's company, and to share stories and experiences of their many and varied roles.

The event presented a chance to recognise and thank volunteers for all their hard work in the hospital and accordingly, thank you cards were presented, as well as Long Service certificates. Each volunteer's name was also entered into the raffle, which rewarded winners with treats such as afternoon tea, massage vouchers, family days out, bottles of spirits and chocolates.

We can't emphasise enough how valued our volunteers are. Without them, we simply couldn't do what we do. Thank you.



Above: Friends volunteer Carol receives her 15-year service certificate, with Office team Sue Duffell (left) and Amy Williams (right)



Above: Long Service certificates presented to volunteers across the Trust
Below: Eastbourne DGH volunteers



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.

OPEN GARDENS 2022

Open Garden season is now well underway. The weather has been kind and visitors and volunteers alike have enjoyed wonderful days at Cowbeech Farm, Bates Green Farm and Friston Place. We are very grateful to all the owners who work so hard to have their gardens in peak condition for opening.

If you haven't managed any visits up to now, there are still several gardens opening on behalf of the Friends throughout August and September. Don't miss out! Come along and wander through the beautiful gardens, get ideas for your own plot, buy a plant and enjoy delicious refreshments in lovely surroundings. We look forward to seeing you.

The Open Garden Team



Above: Open Garden volunteers Valerie and Ros with Olga Polizzi of Friston Place



Friends of Eastbourne Hospital

Open Gardens 2022



3 August to 17 September

All Gardens open from 10.30am - 4pm

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 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.

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SUSSEX SECRETARIES

WANT TO BE PART OF OUR TEAM?



Would you like to get more involved with the running of Friends of Eastbourne Hospital? Have you ever thought of becoming a Trustee?



WHAT DO WE EXPECT FROM TRUSTEES?

- You need to be available to attend between six and nine Trustee meetings per year, on Monday mornings
- Be available to help at some of the many fundraising events, which can often be in the evenings or at a weekend
- Have ideas for future fundraising events and a willingness to be involved with organising them
- Ideally you should be able to get support for the Friends through your own network(s)
- Be independent of management and campaign groups associated with the DGH or Trust
- Most importantly you should have a positive attitude toward the Eastbourne DGH and its services

It doesn't matter what your background is, everyone has their own strengths and valuable skills to contribute to the smooth running of the Friends. If you think this is for you or you would like to find out more, maybe have an informal chat with other Trustees or come into the office to learn a bit more about what we do, please get in touch. We will need to take references on any potential new Trustees and possibly a DBS check.

Please contact the office for further information on:
01323 749503
esh-tr.friendsdgh@nhs.net



FUNDRAISING NEWS

To emphasise just how much even seemingly small efforts can help our fundraising, a combination of recycling your used ink cartridges, stamps, and simply shopping via Smile on Amazon brought in around £750 for the Friends over this last quarter. Thanks go to all of you who collect these items, and those who shop with Amazon Smile! Here's the summary of your generous fundraising...

We received £59.25 in April from **recycled ink cartridges** - please do keep collecting! A reminder too, that the old prepaid envelopes are no longer valid. If you have any, please recycle in your household recycling as if they are sent in they will not generate any income.

Stamp sales made £636.11 in April. Please do keep all stamps coming in, and don't forget to include your details when sending in collections as we can let you know how much you raised, or if you submitted anything of special interest.

Our **Amazon Smile** donations amounted to £53.01 over the first three months of the year. A simple way of donating, this adds nothing to the price you pay for your items, nor changes the way you view the website, but sends us 0.5% of the purchase price. Sign up, select Friends of Eastbourne Hospital as your chosen charity, shop as you would normally, and remember to return to the Smile page for future shopping: smile.amazon.co.uk

We'd like to say thank you to Folkington Church whose members pool their recycling and have been sending bottle tops, stamps and other items in to us for many years now.

Please see p.26 for all the items we currently collect.

Over the weekend of 30 April / 1 May, **Hailsham Artists Network** held an Arts & Crafts Fair at Bodle Street Village Hall, donating the proceeds from the refreshments, which came to £165.65. Thank you to Elaine, Lesley and Heather who helped serve over the weekend.

If you could help at future events, please see p.11

WAITROSE DONATION TO 2022 SPECIAL PROJECT

In May, we were given the great news that Heathfield **Waitrose** had chosen the Friends as the recipient of their quarterly charitable donation. This amounted to £900, specifically to go towards our 2022 Special Project.



DIAMOND ANNIVERSARY DONATION



In celebratory news, Robin and Sue Weldon, life long supporters of the Friends, recently marked their 60th Wedding Anniversary, holding a party at East Dean Village Hall. They asked guests to donate to the Friends in lieu of any gifts, and their generous friends and family gave a total of £926.75. We are so grateful to Sue and Robin for their donation, and congratulate them on their wonderful anniversary.

Happy Anniversary!

MASONIC DONATION TO 2022 SPECIAL PROJECT

As many of you know the Friends of Eastbourne Hospital are raising £500K towards a replacement Da Vinci Robot for the Urology Department as our major project for 2022. This will keep Eastbourne as a Regional Centre of Excellence for the treatment of kidney, bladder, and prostate cancer. I am

delighted to say that the Friends are now half way to their target following a recent donation of £50K from the Masonic Charities. The Friends are extremely grateful to the Masons for their generosity.

– Chairman, Dr Harry Walmsley



Friends Chairman Harry Walmsley and Sarah Tang, Consultant Urologist (centre left) invite Mike Harris of Sussex Freemasons (third from right) to the Urology Department, where the Masonic Charities donation will go towards the funding of the Da Vinci Robot.

WE CURRENTLY COLLECT...



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.



NEW GIFT ITEMS / UNWANTED PRESENTS

New unopened/unused gifts are sold at our summer and Christmas fairs. We also welcome unopened bottles of wine, spirits, chocolates and jams etc with time before their use by date.



KNITTING WOOL

Our volunteers make many items from donated wool including: baby clothes, toys and Twiddlemuffs. If you would like to knit for us, please enquire in the Friends Shop.



SILVER, JEWELLERY AND BAGS

We collect any items including broken watches and costume jewellery for sale on our silver and jewellery stall. Eastbourne Auctions support us by auctioning the more valuable items and selling bags to collectors.



HABERDASHERY ITEMS

Bits and pieces such as: ribbons, buttons, beads and textured fabrics are given to volunteers to sew onto Twiddlemuffs for dementia patients and for card making



NEW BATHROOM PRODUCTS

We take unopened/unused items such as make-up, creams, soaps, hair products and gift packs that we sell at our summer and Christmas fairs.



PLASTIC MILK BOTTLE TOPS

Clean milk bottle tops are recycled by FoEH volunteers and made into everyday items such as traffic cones and children's play equipment. Please ONLY collect milk bottle tops - we cannot accept any other types of bottle tops.



INKJET PRINTER CARTRIDGES

We receive £1 for every inkjet cartridge that is recycled with Recycle4Charity. Please bring cartridges into the Friends Shop or download a label for free postage at www.recycle4charity.co.uk



PLEASE NOTE WE ARE CURRENTLY UNABLE TO TAKE GREETING CARDS

HOW TO DONATE

Please bring your donations to the Friends Shop or Office at the DGH. Alternatively, call the office on 01323 749503 and we can discuss possible collection options.



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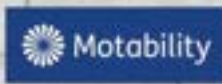
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FRIENDS OF EASTBOURNE HOSPITAL

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.....	£	:	

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£ _____

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.

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

Full Home address.....

..... Post Code

Date.....

Please notify the Charity if you:

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- * change your name or home address
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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 CO1IDA 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)

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..... Post Code

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May the Best Wine Win!



Friday 30th September, 7.45 for 8pm

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Thank You

Help us help them help you