

HOSPITALITY

SPRING EDITION
JAN 2023 - APRIL 2023

Friends of Eastbourne Hospital

QUARTERLY MAGAZINE
NUMBER 169

*The Cuckmere Valley,
East Sussex*

www.friendsdgh.org.uk



CHILDREN'S ART
COMPETITION
Design a front cover
for this magazine!

WELCOME TO THE
TEAM
The Friends taking
on new roles in 2023

MEMBERSHIP FORM INSIDE

£4,445

*raised at the
Annual Art Exhibition*

PLUS: News from the
Office, Shop and Trust,
Fundraising Round-ups,
Dates for the Diary, and
Agreed Gifts to the DGH

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for our sponsored match

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Highlights will include:

- A half-time penalty shoot-out between players from Eastbourne's DGH Team and an Eastbourne Borough goalie
- Easter Egg presentations to the winners of our Children's Art Competition* (and a kick at goal if they want to!)
- Spin-to-Win Easter Eggs!

*For further information on the Children's Art Competition, please see p19

*Tickets can be
bought on the gate!*



For further info:
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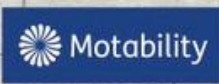
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DATES FOR YOUR DIARY

4 FEBRUARY

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Kick Off 3pm
ebfc.onlineticketseller.com

15 MARCH

Dine Around the World
Dem Shish, South Street
7pm for 7.30, Price £22

7 APRIL

Sponsored Football Match
EBFC v Dartford FC*
Kick Off 3pm
ebfc.onlineticketseller.com
See full details on p3

21 APRIL

FoEH Quiz Night
The Fishermen's Club
7pm, Price £5
Teams up to 7 people

12 MAY

Race Night
Eastbourne Borough FC*
7pm, first race 7.30pm
Price £5
See full details on p10

28 MAY

Car Boot Sale
Eastbourne Borough FC*
See full details on p.12

28 MAY

Charity Football Match
DGH v Conquest
Eastbourne Borough FC*
Kick Off 12pm
Price £2

*Priory Lane, BN23 7QH

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Friends of Eastbourne Hospital



Friends of Eastbourne Hospital

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Editorial Team : Amy Williams and Sue Duffell
Email: esh-tr.friendsdgh@nhs.net
Tel: 01323 749503

Proofreading: Joan and John Wilson

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Friends of the Eastbourne Hospital, District General Hospital,
Kings Drive, Eastbourne, East Sussex, BN21 2UD

Tel. No. 01323 749503

e-mail: esh-tr.friendsdgh@nhs.net www.friendsdgh.org.uk

COMMITTEE MEMBERS

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TRISH HAMBLIN, TERRY HENSON, CATHY LOCK, HUGH PARKER,
BO PHILLIPS, GLENDON STONE, GILL WOOLLEY**

Hon Solicitor: Claire Busuttil

Auditors: Watson Associates, Chartered Accountants

CHAIRMAN'S REPORT



By the time you read this we will have entered 2023. So I hope you all had a good Christmas and I wish you all a very happy new year.

At the AGM in November 2022 I announced that we had finished our fundraising of £500K for the replacement Da Vinci robot for the Urology Department. This was helped by a very generous donation in October from the Medi Tech Trust of £25K. So what is next year's major project? As you may have heard, after the public consultation, it was agreed that all the Trust's invasive cardiology would be centralised at Eastbourne DGH. As a result the cardiology department needs a lot of new equipment for the cardiac catheter laboratories so the Friends have agreed to raise £250K towards this. It is so nice to see a service being centralised at our hospital after so many moving to the Conquest in recent years. I know this will be a very popular fundraising venture and that you will all look forward to supporting it.

Since my last report the Friends have had several very successful fund raising events. Firstly the Art Exhibition in October which was as usual a great success. This was followed by the Autumn Fair (previously the Christmas Fair), another quiz, and the latest Dine Around the World which was held at the Thai Marina. What a great meal, which was sold out almost as soon as it was advertised.

We have three new appointments too. Terry Henson joined us a trustee, an

extremely enthusiastic lady with a string of new ideas. Rai Hitchen was appointed as shop manager and has hit the ground running. And Sandy Boyce-Sharpe, formerly a trustee, has now taken over from Peter Nash to become President of the Friends. We welcome them all and look forward to them working with the Friends in the years ahead.

There have once again been very few bids from departments for equipment for the Friends to fund. However we have supported Rosy Shrubbs in her therapeutic garden, a peaceful area for patients to visit. We bought a camelia for the garden as a memorial to our late queen, and are supporting the purchase of equipment for the therapeutic kitchen to help patients adapt to various needs they may have.

Once again the Friends have given donations to the various wards that were working on Christmas Day for the support of staff. This was used for food for staff and gifts for patients who unfortunately are in hospital over Christmas.

Lastly can I once again make a plea for more volunteers. We are always in need of more and without them the Friends cannot function. Even a few hours a week will be much appreciated.

We have an exciting calendar of events ahead for 2023, including the usual favourites such as Dine Around the Worlds, Quiz Nights and of course, Open Gardens (full details to be announced in the next issue of Hospitality), but also new events such as a Race Night and a Car Boot Sale.

I look forward to seeing you at some of these events, and wish you all a happy, healthy and prosperous New Year.

WILL WRITING SERVICE

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Lasting Powers of Attorney £470 + VAT

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NEWS FROM THE OFFICE

OUR RADIO STARS

On Monday 9 January, our Office Manager Sue Duffell, and long-time volunteer Gill Conlon were interviewed by Seahaven FM about the work of the Friends and the value of volunteering.

If you missed it, please do find an hour to put on the kettle and sit down to listen to the archived copy. It is a fun chat, full of Friends info and an insight into volunteering. Plus, great music, chosen by Sue and Gill themselves.

Listen to the show here:

<http://listenagain.seahavenfm.com/index.php?id=67497>



FREE WILLS

We are working closely with local solicitors to offer free wills in March this year. At the time of writing we don't have a full list of participating solicitors, but this will be available on our website and in the Friends Office shortly.

YOUTH VOLUNTEERS

Volunteering is a great opportunity for college students to boost their UCAS forms, so if you know anyone who may be applying to further education in January 2024, encourage them to contact us for volunteering shifts during 2023 to add to their work experience.

OPEN GARDENS 2023 - CALLING ALL BAKERS

This is the time of year when the team is busy planning the summer's open garden season. We are delighted to welcome Liz and Robert Johnson who have volunteered to lead the team for the 2023 season and as always the programme with full details will be in the April edition of Hospitality.

One of the things that visitors enjoy most about visiting the gardens is the chance to sit with a cup of tea or coffee and some lovely home-made cake. We are very lucky that many members of the

team are keen bakers and happy to continue making the cakes, but we would also be interested in hearing from anyone that maybe isn't part of the team but would be able to make some cakes for us, either on a regular or occasional basis. If you are based in Eastbourne but not able to visit the gardens, we should be able to sort out a way we can collect the cakes from you, and if necessary can reimburse you for any costs involved. If you think you might be able to help in this way, please contact the office in the first instance and we can pass your details on to Liz and Robert.

"TWEED"

The Emilie Galloway Home of Rest

Manager: Jacqueline Bradley



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**THE RACES ARE
COMING TO YOU!**



The Friends of Eastbourne Hospital

present a virtual

RACE NIGHT

on **FRIDAY 12 MAY**

at Eastbourne Borough Football Club
Priory Lane, BN23 7QH

Tickets £5

(redeemable as 5 tote tickets on the night)

Doors open at 7pm, with first race at 7.30pm

Features will include:

- 10 UK Horse Races, plus novelty race
- Option to own and name a horse - prize if it wins
- Option to be a virtual jockey - prize if you win
- Race sponsorship options - ideal for local companies
- Drinks and meals available to purchase at the venue

Full details: www.friendsdgh.org.uk/events/race-night

Advance booking is essential.

Please contact the Friends on 01323 749503 / esh-tr.friendsdgh@nhs.net



NEWS FROM THE OFFICE

REMADE CARDS

It is with quite a heavy heart that we must announce that we will not be resuming our remade card production. There were several factors that we had to take into account, including a lack of space for both storing the donated cards and to hold sessions with our volunteer team. Add to this the growing trend for people to send digital cards and messages, along with the expense and unreliability of the postal service and the increasing costs of the various components needed to complete the cards.

Over the years our dedicated team of volunteers have made countless thousands of cards from used greetings cards donated by the public, which has generated a considerable income in its time. They were a popular attraction at the open gardens and our various events and we know that they will be missed by some of our loyal customers.

We would like to thank everyone involved in the card process, from the shop volunteers who, especially after Christmas, helped us with the mountains of cards that were brought in, the band of volunteers that came along to help sort the cards, those that set up production lines in their homes and Winnie Watkins who for many years oversaw the stock of cards and made sure they all were up to standard.

Finally we must thank you for all the cards that have been donated and the customers that have bought them. We are not aware of any other local outlet for used cards now so would suggest that you include them with your household recycling, following any guidelines given by your local council.



Above: Volunteers sorting cards in 2018



Sunday 28 May, 10am-12pm

Friends of Eastbourne Hospital



Food & Drink
on sale
at the venue

**CAR BOOT
SALE**

Venue: Eastbourne Borough FC,
Priory Lane, BN23 7QH

Buying?
Free entry,
10am to 12pm,
parking
available

Early Bird?
£1 early entry
between
9 and
10am

Selling?
£10 per car
booked and paid
in advance,
set-up between
7am and 9am

Advance booking and payment essential for sellers

For further info, please contact the Friends Office
01323 749503 / esh-tr.friendsdgh@nhs.net / www.friendsdgh.org.uk

And then, whether you've sold, bought or just browsed, come and join the football fun with a (fiercely competitive) charity match between players from Eastbourne DGH and Hastings Conquest Hospital

CHARITY FOOTBALL MATCH

THE (SURGICAL) GLOVES ARE OFF

IT'S FOOTBALL'S MOST FIERCELY CONTESTED TROPHY

EASTBOURNE
DGH

VS

HASTINGS
CONQUEST

SUNDAY 28 MAY, 2023

KICK OFF : 12PM

DGH staff interested
in playing, please contact
Paul Gosling

Conquest staff interested
in playing, please contact
Oliver Weeks



Cheer on the staff of your local hospital!

Entry £2

Venue: Eastbourne Borough Football Club, Priory Lane, BN23 7QH
All proceeds going to The Friends of Eastbourne Hospital

NEWS FROM THE SHOP

FOEH HANDKNITS AND CRAFT ITEMS 2023

Thank you to everyone who has made and donated items for us to sell in the Friends Shop in 2022. Nearly £10,000 has been raised from the sale of handmade items alone, making 2022 the most successful year to date. We've been amazed at the beautiful and unique items that have been donated and our customers always look forward to seeing what's new on the shelves.

If you would like to help with our ongoing fundraising please see the following guidance.

As of January 2023 we would gratefully receive donations of:

BLANKETS

Any colours, patterns or wool types. Knitted or crocheted ('granny square' type). Sizes from 60cm (24 inches) to 100cm (40 inches) are the most popular.

BABY CLOTHES

Any pattern or style, knit or crochet. We currently don't need green or yellow items but all other colours would be welcome.

- cardigans - sizes 0 to 12 months
- Bootees and mittens - sizes 0 to 6 months

***Please note that we currently do not require any baby hats as we have a good stock.**

TOYS

Knitted or crocheted toys up to 20cm (8 inches) are the most popular. Please use new, fire-retardant, safety toy filling. Please use safety eyes or securely embroidered features and ensure any embellishments are securely attached. Seasonal knitted toys always sell very well, so Easter chicks or egg holders in the spring and Halloween or Christmas characters in the second half of the year.

HATS

Adult hats, any colour, patterns etc, knit or crochet.

***We are unable to accept adult knitted or crocheted garments, other than hats.**

***We do not currently need Twiddlemuffs for use in the DGH.**

Please hand items in to the Friends Shop in the main foyer and include your name, contact number, address and/or email for our records.

Thank you for your support.



A photograph of an elderly couple embracing outdoors. The woman has short white hair and is smiling warmly. The man has grey hair, wears glasses, and has his arms around her. They are both wearing light-colored sweaters. The background is a soft-focus outdoor scene with green foliage and bright sunlight.

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NEW APPOINTMENTS

2022 SAW A NEW APPOINTMENT IN THE TRUSTEE TEAM AND TWO FAMILIAR FACES STEPPING INTO NEW ROLES...

WELCOME TO THE TEAM

Rai



Rai Hitchen was promoted to the role of Shop Manager after six years serving as Deputy, with a number of years volunteering for the Friends prior to that. Popular with everyone who knows and works with her, Rai works incredibly hard to maintain the excellent service the shop has always provided, and will regularly cover for volunteers who have been unable to make their shift, in order to ensure the shop stays open for the benefit of the staff and visitors of the DGH.

Sandy



Sandy Boyce-Sharpe is a long-standing supporter of the Friends, originally a trustee for almost 20 years and an attendee (if not organiser!) of many Friends events. Invited to become President on Peter Nash's retirement, she became immediately active in the role, firstly tackling the ongoing problems faced by volunteers regarding card reader machines, and regularly representing the Friends and making important new contacts at events hosted by Eastbourne's Chamber of Commerce.

Terry



A new and energetic presence at our Trustee meetings is new Trustee Terry Henson, appointed at the end of 2022. Following a career in teaching and Arts Education Management, Terry now divides her time working for the Towner Gallery offering Art Store tours and supporting the Open Ended Dementia programme. She is a part-time Marriage Registrar for East Sussex, and in the summer also works as a House Guide at Farley Farm in Chiddingly.

TRUST NEWS

Putting the focus on the people within our hospitals, this quarter the Trust shares some of its staff profiles and the work each staff member does.

MICHELLE BRIDGER: RESTORATIVE SUPERVISION



Michelle Bridger is a Professional Nurse Advocate delivering restorative supervision to colleagues in nursing and beyond. The Professional Nurse Advocate Programme was set up in March 2021, towards the end of the third wave of COVID-19. This was the start of a critical point of recovery: for patients, for services and for our workforce.

"Professional nurse advocates deliver restorative clinical supervision in 1:1s or to groups of people. We look at reflecting,

summarising, and at the formative side of things which is the education and quality improvement side. It also encourages nurses to advocate for themselves. I'm there to listen, to help staff to be solution-focused and to advocate for themselves moving forward. It's looking after the wellbeing of staff, listening and helping people to feel valued, as well as to learn from their experiences.

I am passionate about restorative supervision because I care about my colleagues. I really care about them and I don't like to see anyone struggling. Especially when it's not necessary. We talk about making nurses resilient, but they are already so resilient. There's only so much resilience a person can have before they hit a wall and they can't do anymore.

It's so important that people look after themselves. You can't give the best of yourself to others if you don't look after yourself first."

ALICE JEAVONS: THE LIGHTHOUSE TEAM



Alice Jeavons, Team Leader and Lead Specialist Midwife for Young Parents, works in the Lighthouse team.

"The Lighthouse team is a continuity of carer midwifery team. We specialise in providing enhanced care to pregnant young people across our trust. Each young pregnant person is allocated a named midwife from the team, has an increased schedule of appointments, longer appointments and a flexible location for their care – for example some may prefer that we visit them at home."

GEORGIA DAINES: COMMUNITY REHABILITATION



Community rehabilitation plays a central role in many patients' journeys of care, but also plays an important part in getting patients safely out of hospital and back to their homes – as well as stopping them from coming into hospital in the first place.

"There are two parts to the service," says Georgia Daines, one of our Associate Practitioners in the Community team. There's the rehabilitation side which people are more familiar with, where occupational therapists and physiotherapists provide clinical care. That's often after people have been unwell and need support to recover strength and mobility or special equipment to move around. But the service is broader than that – we provide reablement as well, something that's essential to many patients.

The team was created in 2019 after the Better Births Maternity Review recommended this model of care.

"My job is to oversee the midwives in the team and coordinate the care of young parents receiving care in our maternity services. In labour our young people are cared for by a member of the Lighthouse team. If possible this is their named midwife. In the postnatal period each family is seen for midwifery checks at home for an extended period of 28 days as many times as their individual circumstances require. Regular midwifery care delivers approximately three to four visits in 10 days.

Reablement is the support that patients need to get back to living their life. "It's about supporting them in relearning the skills they need to cope at home, to regain their independence and their confidence."

Georgia works largely in patient assessment, working with referrers from the trust and primary care to understand the patient's needs and support continuity of care, but also delivers reablement treatment directly to patients. For referrals from GPs, the involvement of the team can make the difference between someone staying active in their own home or needing a trip to hospital, putting further pressure on hospital services.

Having worked in acute and intermediate care before, it's the satisfaction of being involved in the final part of a patient's journey of care that Georgia finds most rewarding in her role.

"We can help patients return to a good quality of life, even after they've been quite seriously ill. It's the last part of their journey; after going through a lot. We're there to help them get over that last hurdle. It's helping people get on with living their lives, and that means a lot to me."

The best part of being in this team is providing holistic care to families, including emotional support, support with safeguarding issues, and with housing and financial difficulties. The midwives are dedicated to empowering young parents to become independent and confident. Due to the trusting relationships midwives are able to foster, this model of care results in better outcomes for women and babies, reflected in our data over the past three years.

Our team support one another and are able to work flexibly and maintain good work/life balance. This is reflected in job satisfaction and low rates of sickness among the team."



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CHILDREN'S ART COMPETITION



Design a front cover for our magazine!

The Friends of Eastbourne Hospital are inviting children in the age categories:

Under 5s

6 - 10 years

11 - 16 years

to submit a piece of art with one of the following themes:



Doctors & Nurses



Being a Friend and Helping



Eastbourne in the Summer

Please share with friends, family and any young artists you know!



The artwork of the overall winner across all three age categories will feature on the cover of the July edition of our Hospitality magazine, circulated around Eastbourne. The winner in each category will be invited to our Good Friday event at Eastbourne Borough FC where they will be awarded a prize. All submitted artwork will feature in an online gallery and Friends publicity.



For full details and to download an entry form, please visit www.friendsdgh.org.uk/blog/art-competition or contact the Friends for further information: 01323 749503 / esh-tr.friendsdgh@nhs.net

THE FRIENDS 17TH ANNUAL ART

At the end of October we were delighted to display 285 original paintings created by 60 local artists, including paintings by members of four generations of the Gross family - the youngest aged one year old. Once again Mr Tom Gregory, the Headmaster of St Andrew's Prep generously lent us the school gym to stage the event. And he also arranged a display of the pupils' art on the stage. We were also very grateful to the Society of Eastbourne Artists for lending us their screens to display the paintings, to Plan Ahead who take care of all our printing work and to the Eastbourne Motoring Centre for lending us their van for Ali and Ian to transport the screens.

Thirty seven paintings were sold over the weekend and 444 visitors came to admire the colourful display.

Mr Peter Rimington, Consultant Urologist, opened the Exhibition at the Preview Evening and spoke about the huge number of patients who receive treatment from the Da Vinci Robot in Urology. The wine for the evening was donated by Mr and Mrs Paul Crockford, and Eastbourne College lent us their glasses. A record number of 144 guests were entertained by Dr Brian Steer and Rachael who played the piano for two



Event organiser Mrs Ann Caffyn with Consultant Urologist Mr Peter Rimington

hours, Anne Williams provided the beautiful flower arrangements, Nigel Greaves judged the best picture which was won by Christopher Osborne. He also won the public's favourite picture award. Robert Stevens donated a painting for the Raffle which raised £529 and Alan Everard donated a painting for the Silent Auction which raised £200. The bottle tombola, which was organised by Elaine and Cathy, was a great success and raised £290.

On Saturday we very much enjoyed a painting demonstration by well-known local artist Jackie Hurwood who painted a beautiful seascape. This year, for the first time, Jackie's demonstration was projected on to a screen to enable the audience to have an uninterrupted view



Left to right: Flower arrangement provided by Anne Williams; Fiona Bottomley mans the bar; Christopher Osborne wins Best Picture and People's Favourite; pianists Dr Brian Steer and Rachael

EXHIBITION, OCTOBER 21 - 23, 2022

of her working. We were very grateful to Jackie and to the Wannock Art Group for making this such an enjoyable occasion.

There are an army of volunteers to thank. The teams who transported and erected the screens, the artists who checked and registered the paintings, the team who hung all the paintings so brilliantly and all the artists and Friends who helped with stewarding over the weekend.

I am very grateful to the hardworking Art Planning Team of Hugh Parker, John Gross, Jackie Hurwood, Anne Williams, Elaine Dardashti and Cathy Lock, and to the Friends Office and Treasurer who all helped to ensure the Exhibition would be a success.



Thank you so much to all the local artists who entered their paintings and to the local businesses for their support in helping us to raise £4,445 towards the funding of a Da Vinci Robot for Urology at the Eastbourne District General Hospital.

With best wishes for 2023,

Ann Callyn

Below, left to right: Alan Everard with *Sunset Sailing*; Robert Stevens with *Summer of '22*; and one-year-old Mason's *Mystery Mash*



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 events. We also welcome unopened bottles of wine, spirits, chocolates and jams etc with time before their use by date which make welcome raffle prizes.



KNITTING WOOL

Our volunteers make many items from donated wool including baby clothes and toys. 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 used by our volunteer knitters and crafters.



NEW BATHROOM PRODUCTS

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



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 money 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 NO LONGER COLLECT GREETINGS 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.

CASH OR AUCTION

in Association with Eastbourne Auctions Your Local Saleroom with the International Reputation

Bring items along for a **FREE Friendly Advice**

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**Valuations are
FREE in 2023**



Sold for
£22,000



Sold for
£13,000



Sold for
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Sold for
£9,600



Sold for
£6,000



Sold for
£4,200



Sold for
£3,800



Sold for
£3,500



Dinky
Sold for
£2,200

Items Wanted

Gold and Silver Jewellery in any condition
Costume Jewellery • Watches working or not
Coins and Medals • Wines & Spirits
Oriental items – even when chipped or damaged
Wines & Spirits • Antiques & Collectables
Records • Any quirky items



Sponsoring
the weather

Eastbourne Auctions

www.eastbourneauction.com

Auction House, Finmere Road, Eastbourne BN22 8QL



FULL Probate and House Clearance Service in Operation

Our services include:

- Companionship
- Housekeeping
- Medication Support
- Washing and Dressing
- Personal Care
- Dementia Care
- End of Life Care
- Transport and Errands
- Post-operative Support
- Live-in Care

And much more...



**CONTACT US FOR A FREE CARE ASSESSMENT
FOR YOU OR YOUR LOVED ONE**

 **01323 414 658**

 eastbourne@rightathome.co.uk

 www.rightathome.co.uk/eastbourne



**Dementia
Friends**

An Alzheimer's Society initiative

Inspected and rated

Good



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

FUNDRAISING NEWS

We acknowledge bittersweet gratitude to two former, local clubs who donated funds to us last quarter, sadly just before they permanently disbanded. **Willingdon Table Tennis Club** donated £881, from remaining funds, in memory of Janet Hooker, the club chairman's late wife who worked in radiology. **Eastbourne & District Old Time Dance Club** donated £1000. We are sorry to hear neither will be continuing their activities, but thank them very much for their donations.

We hope you all remembered to use **Amazon Smile** for your Christmas shopping! We received £68.60 last quarter, and imagine the Christmas shopping season may bump the next total up too!



Amelia Harrison smashed her fundraising target of £500 when she ran the London Royal Parks Half Marathon last autumn, raising a final total of £1026! Amelia's motivation to fundraise for the DGH was the life-saving care her mum, Lisa, received here. Amelia wrote on her fundraising page, "In 2014 my Mum was diagnosed with Uracal Adinocarcinoma, a rare form of Cancer that until recent years had a 100% fatality rate. In 2015 my Mum was able to have life-saving surgery due to the Friends of Eastbourne Hospital raising crucial money to buy a Da Vinci robot. This robot enables surgeons to perform surgeries that are impossible with human hands and without it my Mum would not have been able to be operated on." Mum Lisa responded by applauding Amelia's efforts, "Amazing Amelia - thank you so much for this fantastic challenge. We always remember Peter Rimington and Friends of Eastbourne Hospital, and are now looking forward to the next challenge. Love Mum x"

DINE AROUND THE WORLD: THAI MARINA

Our final fundraiser of the year was a meal at the Thai Marina. Booked out within days of being announced, our only regret is that we could not accommodate everybody who would have liked to have been there. It was indeed a wonderful evening, superbly delivered by the brilliant team at the Thai Marina, raising £731. We are pleased to announce that the next Dine Around the World event is now open for bookings. It will be at Dem Shish in South Street, on March 15. Please see the details on p.31 and get in touch to secure your seats!





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

Help us help them help you

Quiz Night

Friday 21 April

7pm for 7.30pm

The Fishermen's Club, Royal Parade, Eastbourne

Tickets £5

Teams of up to 7 People

Contact the Friends Office for tickets or more information on:

(01323) 749503

esh-tr.friendsdgh@nhs.net

www.friendsdgh.org.uk



FUNDRAISING NEWS

What a summer it was in 2022, and as it drew to a close we heard from **Pippa Logan**, who had hosted a **fundraising garden party**, dividing the proceeds of which between two charities, the Friends being one of them. Pippa reports that,

"Once again the sun shone for the mini garden party. Having recently moved house, we weren't quite sure how it would work with a smaller garden and less seating capacity but with our usual team of helpers the day went with a swing. The event started at 11am, with two guests arriving at 11.05 who took their seats and stayed put till 4pm! Guests were entertained by the local singalong group HI Tyme and then by the Seaford Silver Bands quintet in the afternoon.

It really was a lovely day with delicious refreshments and our usual super raffle and tombola. We are pleased to say that we raised in excess of £2500 which will be shared between Mary's Meals and the Urology Department at the EDGH. This year Mary's Meals are celebrating 20 years of work now feeding 2.1 million kids a day in a place of education.

Our thanks go to all those people who supported the event in any way, gazebos, raffle and tombola prizes, and of course those folk that came along on the day."

On behalf of the Friends, and the DGH Urology Department, we thank Pippa and everyone involved in the event too.



Members of the public enjoying the tea, and top right, Mr and Mrs Logan (hosts) with granddaughter Sofia Begley and Gerrard MaHonan from Mary's Meals



GIFTS AND DONATIONS

Donations in lieu of Flowers

We continue to receive many donations in lieu of flowers and are always very grateful to the bereaved families for thinking of us in this way at such a sad time. With increasingly varied ways of making donations now it is not always possible to identify the origin of the donation or the intention behind it. So that we don't risk offending any families that feel they have not been correctly credited and to protect the privacy of others that may prefer no publicity we have decided that we will no longer publish details of these donations.

Legacies

A similar decision has been made concerning legacies that are left to Friends of Eastbourne Hospital. Although these are fully documented and accounted for, and amounts were never published, there are occasions where the deceased has expressed a wish that no details are made public. Legacies do remain a valuable source of income and we are grateful to everyone who considers us in this way.

Recently agreed gifts to the Eastbourne DGH

Equipment for refurbished OT assessment kitchen	£4,500
Annual donation to Radio DGH	£500
Annual donation to Medical Library	£3,000
Donations to wards open at Christmas	£3,360
Total	£11,360

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



If you would like to leave a legacy in support of **FRIENDS OF EASTBOURNE HOSPITAL** please ask your Solicitor to include it in your Will.

Friends Office staff will be pleased to provide additional information.
01323 749503 / esh-tr.friendsdgh@nhs.net
www.friendsdgh.org.uk/how-can-i-help/legacies

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

DINE AROUND THE WORLD AT

Dem Shish

85-87 South Street, BN21 4LR



7pm Wednesday
15 March, 2023



Price per person £22

We do anticipate high demand for these tickets,
so they will be sold on a first-come, first-served basis



Advanced booking essential on
(01323) 749503 / esh-tr.friendsdgh@nhs.net
www.friendsdgh.org.uk/events

An advisory message from East Sussex Healthcare NHS Trust

Our services are under extreme pressure.

We are seeing unprecedented numbers of people coming into our emergency departments and delays in discharging patients who are well enough to leave our care are limiting the number of beds we have available for those we need to admit.

Other NHS services, such as GPs and ambulances, are also facing huge pressures.

We are taking additional steps to ensure we continue to provide the care our communities need. These include a discharge intervention team to improve patient flow, the redeployment of staff to areas of greatest need and reducing activity that takes clinical staff away from the front line.

But we also need our communities to do their bit to help reduce pressure on services and make sure everyone can get the care they need as quickly as possible.

How you can help

- Only go to an **emergency department** if you have a life-threatening injury or illness.
- Call **NHS 111** if you need urgent medical help. They can direct you to the right place and help you get treated sooner.
- Consider using your **local walk-in centres** or **urgent treatment centre**. These can provide rapid treatment for injuries and illnesses that don't require emergency hospital care.
- You can also contact your **local pharmacist** or **GP**.

If you have a loved one or family member in hospital, help us get them home as soon as they are well enough to leave our care. People recover faster and more fully at home, and our discharge teams will make sure they have all the support they need to do so. In turn this helps us to make space on our wards to care for the growing number of people waiting to be admitted, either in an emergency or for a planned operation.

Thank you for helping and for treating our staff with the respect they deserve.