

# HOSPITALITY

SUMMER EDITION  
APRIL 2023 - JULY 2023

Friends of Eastbourne Hospital

QUARTERLY MAGAZINE  
NUMBER 170



[www.friendsdgh.org.uk](http://www.friendsdgh.org.uk)



**FRIENDS DONATIONS**  
The Da Vinci Robot,  
The Staff Restaurant  
& Occupational Therapy

**FUNDRAISING EVENTS**  
Good Friday Football  
& Dining at Dem Shish

**PLUS**  
News from the Office,  
Art Exhibition entries open,  
Volunteering Opportunities  
& the meaning behind  
this Mural!



**£400k**

**Our 2023  
Major Project**

To raise £400k for the  
expanding cardiology  
services at the DGH



Inside:

**OPEN GARDEN PROGRAMME**

- cut out for reference

# CAFFYNS

FOR ALL  
YOUR MOTORING  
NEEDS

NEW CAR SALES  
USED CAR SALES  
SERVICING  
ACCESSORIES  
MOT



VOLVO



CAFFYNS  
MOTORING



WWW.CAFFYNS.CO.UK



Friends of Eastbourne Hospital



# OPEN GARDENS 2023



17 May to 9 September

All gardens open from 10.30am - 4pm

## DATE

## VENUE

Weds 17 May Carters Corner Farm

Weds 31 May 12 Granville Road  
& 51 Carlisle Road

Weds 7 June Old Vicarage, Firle

Weds 14 June Barrack Cottage,  
Bishopstone

Weds 28 June Friston Place

Weds 12 July Ocklynge Manor

Sat 9 Sept Folkington Place

Gardens open in  
all weather

Donations welcome  
on entry

Refreshments,  
Raffle and Stalls

We regret, no dogs  
at any garden

For further details, please see reverse, or contact the Friends on:

01323 749503 / [esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net) / [www.friendsdgh.org.uk/events](http://www.friendsdgh.org.uk/events)

# OPEN GARDENS PROGRAMME 2023



All Gardens open from 10.30 - 4pm

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

## Wednesday 17 May

**Carters Corner Farm, Cowbeech Hill, BN27 4JA**

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.

## Wednesday 31 May

**Chelmsford Lodge, 12 Granville Road, Eastbourne, BN20 7HE  
& 51 Carlisle Road, Eastbourne, BN21 4JR**

Take the seafront road towards Beachy Head, turn right into Carlisle Road and continue to the junction with Granville Road and turn left. Buses 3 & 3A. Street parking only.

PLEASE NOTE, REFRESHMENTS WILL BE SERVED ONLY AT THE GRANVILLE ROAD GARDEN

## Wednesday 7 June

**Old Vicarage, Firle, BN8 6NR**

Follow the A27 towards Brighton and take the left turn to Firle. Follow the Open Garden signs. Off road parking.

## Wednesday 14 June

**Barrack Cottage, Bishopstone, BN25 2UD**

Take the A259 through Seaford towards Newhaven. At the base of the hill take right hand turn into Bishopstone and follow the open garden signs. Off road parking

## Wednesday 28 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 12 July

**Ocklynge Manor, Mill Road, Eastbourne, BN21 2PG**

From the A2270 Upperton Road turn into Mill Road by the Hurst Arms. Follow the open garden signs. Limited street parking. Several buses serve this area.

## Saturday 9 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

12 MAY

Race Night

Eastbourne Borough FC\*

7pm, first race 7.30pm

Price £5

See back cover for details

17 MAY TO 9 SEPTEMBER

Open Garden Programme

Weds 17 May

Weds 31 May

Weds 7 June

Weds 14 June

Weds 28 June

Weds 12 July

Sat 9 September

See flyer on pp.3-4

for full details and listings

28 MAY

Car Boot Sale

Eastbourne Borough FC\*

See details on page 14

28 MAY

Charity Football Match

DGH v Conquest

Eastbourne Borough FC\*

Kick Off 12pm

Price £2

See details on page 14

21 JUNE

Dine Around the World

Spice Garden, Church St

7pm for 7.30, Price £22

7 JULY

FoEH Quiz Night

The Fishermen's Club

7pm, Price £5

Teams up to 7 people

\*Priory Lane, BN23 7QH

# CONTENTS

Open Garden Programme	3-4
Chairman's Report	7
Open Gardens Information	9
News from the Office	11, 13
2022 Major Project: Target Met	15
Trust Focus: The After Trauma Team	16
Friends Donate to Occupational Therapy	17
Friends Donate to Staff Restaurant	19
Changes to Cardiology Services	20
2023 Major Project	21
Fundraising News: Dining at Dem Shish	24
Fundraising News: Good Friday Football	25
Volunteering Opportunities	26-27
Membership Form	29
Gift Aid Declaration and Standing Order	30
Dine Around the World at Spice Garden	31
Invitation to our Race Night	32

**CAF**  
Charities Aid Foundation



[www.cafonline.org](http://www.cafonline.org)

to donate to  
**Friends of Eastbourne Hospital**



**Friends of Eastbourne Hospital**

*Help us help them help you*

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

Proofreading: Joan and John Wilson

**TANSLEYS**  
**PRINTERS** LIMITED

**High quality  
lithographic  
and digital  
printers**

**T: 01323 891019**  
E: [info@tansleysprinters.co.uk](mailto:info@tansleysprinters.co.uk)  
[www.tansleysprinters.co.uk](http://www.tansleysprinters.co.uk)

19 Broad Street  
Seaford  
East Sussex  
BN26 1LS



## FRIENDS OF EASTBOURNE HOSPITAL

Registered under the Charities Act 1960 (220592) and affiliated to  
ATTEND

PATRON / BISHOP OF LEWES, RIGHT REVEREND WILL HAZLEWOOD

### EXECUTIVE

President / SANDY BOYCE-SHARPE

Chairman / DR HARRY WALMSLEY

Vice-Chairman / DR MARGARET LONSDALE

Treasurer / PETER SKILBECK

Office Manager / SUE DUFFELL

Fundraising & Publicity Manager / AMY WILLIAMS

Shop Manager / RAI HITCHEN

Deputy Shop Manager / TRACIE SHEPHERD

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](mailto:esh-tr.friendsdgh@nhs.net) [www.friendsdgh.org.uk](http://www.friendsdgh.org.uk)

### COMMITTEE MEMBERS

SANDY BOYCE-SHARPE, ANN CAFFYN MBE, ROSEMARY CAMERON,  
TRISH HAMBLIN, MIKE HARRIS, TERRY HENSON, CATHY LOCK,  
HUGH PARKER, BO PHILLIPS, GLENDON STONE, GILL WOOLLEY

Hon Solicitor: Claire Busuttil

Auditors: Caladine Limited

# CHAIRMAN'S REPORT



As spring approaches a lot has been happening for the Friends since the beginning of the year and a lot has been planned for the months ahead. The first of our sponsored games at Eastbourne

Borough took place on February 4th. The junior team did a bucket collection around the ground wearing their kit with the Friends logo on it. About £200 was raised despite Borough losing! There was plenty of advertising of the Friends both around the pitch and over the loudspeaker system, and 5 members of the DGH team took penalties against a Borough keeper at half time. A great day for all.

And on March 15th we held another Dine around the World at the Dem Shish restaurant. Not only was it the biggest attendance ever at 130 but it also raised £1600, a record for Dine around the World. The next meal is at Spice Garden on 21st June so book early to avoid disappointment.

We have also had the opportunity to visit the Therapeutic Garden and the Occupational Therapy kitchen for which the Friends bought lots of equipment. This really is a brilliant facility and will hugely aid the rehabilitation of patients. We also were invited by the Trust to visit the staff restaurant and its new furniture for which the Friends donated £10,000.

It really looks a relaxing environment. We were provided with a cream tea and were thanked by the Trust Chief Executive and other members of the Board. It is really great for the Friends to be so appreciated.

There are a lot of other fundraising activities planned or already booked for the coming months. The ever popular Open Gardens start soon, and I have already mentioned the Spice Garden. And I am delighted to say that the Sugar Ray Golf Tournament and the Fashion Show are both making a return in September. We also have further events at Eastbourne Borough including another sponsored match, a Race Night and a car boot sale. And on 28th May the annual DGH versus Conquest football match is being played on the Borough main pitch. Please do come and support us at any and all events to raise more funds for this year's major project and other bids. On that note I am delighted to say that the Friends have been able to increase the amount of funds we are raising for state of the art robotics and imaging for the new cardiology suite from £250K to £400K.

Lastly, I would like to welcome Mike Harris as our newest trustee. Mike comes with a wealth of experience in fundraising and supporting charities and we are really excited to use his vast experience.

Once again I plead with you all for more volunteers. We cannot survive without you.



---

*On the occasion of the Coronation of King Charles III,  
the Friends of Eastbourne Hospital wish to extend  
congratulations and best wishes to His Majesty The King  
and Her Majesty The Queen Consort.*

# WILL WRITING SERVICE

Usual fee per Will £185 plus VAT

Free Wills Brochure available on request

**Lasting Powers of Attorney £470 + VAT**

**Barry & Co**  
SOLICITORS

Bay Terrace, Pevensey Bay, East Sussex BN24 6EE

**(01323) 766370 or 768382**

Contact: [info@barryandco.org](mailto:info@barryandco.org)

## Hankham Lodge

Residential Care Home

Hankham Hall Road, Westham, Pevensey BN24 5AG



*A delightful home from home  
personally run by Mr & Mrs P Sims*

**01323 766555**

[info@HankhamLodge.com](mailto:info@HankhamLodge.com)



# OPEN GARDENS 2023

We are extremely grateful to Liz and Robert Johnson for taking over the mantle of the open gardens this year. Alongside a team of regular volunteers, they have created a full and varied programme for visitors to enjoy. Please do cut out the programme on page 3 to keep somewhere prominent to remind you when to visit. Many of the gardens are 'old favourites' but each year the owners strive to make their gardens look different and are constantly making changes to reflect the changes to the climate and growing awareness of the importance of gardens for the environment. So even if you have visited some of them before, please consider a return visit as you may be surprised at what changes you might see. Like all our events this summer money raised at the gardens will go towards the 2023 special project to raise £400,000 towards the cardiology department, as detailed in Harry's report earlier in the magazine.

We are lucky that we have such a keen and dedicated team of volunteers who



are always keen to welcome new people into the team.

Helping at a garden can involve anything from selling raffle tickets to making tea and all things in between, and people can choose to do a full or half day to fit in with their commitments. The volunteers are a jolly, sociable group who will make sure any new team members are always looked after, and not thrown in at the deep end. If you would like to find out more please contact the office in the first instance.

As always, there will be our popular plant and cake stalls at each garden, and where space allows some other stalls as well. You will be able to buy tickets at each garden for raffles that will be drawn during the afternoon, and after a good look round of the gardens sit back and relax with a cup of tea or coffee and a piece of homemade cake. We are always keen to find bakers who might be able to make cakes or savouries for the cake stall or refreshment table, so get in touch if you think you might be able to help in this way.

We hope to see you!

## OPEN GARDENS ON THE RADIO

Open Garden volunteers Ros and Ana will be talking about the Open Garden season at 7pm on May 9, on Seahaven FM's Community People show.

Listen in on 95.6FM in Eastbourne, or 96.3FM in Newhaven, Seaford, Lewes or Peacehaven. If you miss it, you can listen again on [www.seahavenfm.radio](http://www.seahavenfm.radio)

## BRING CASH IF YOU CAN!

Just a little note to remind you that card payments can be a little unpredictable at the gardens so to be sure you can complete any purchases, please do bring cash if you can.

**"TWEED"**

## **The Emilie Galloway Home of Rest**

Manager: Jacqueline Bradley



Situated near the Grand Hotel, local shops and the sea front. Tweed is a superior quality care home for 21 residents run by a charitable trust established in 1930. The trust seeks to keep its fees to a minimum and tailored to the needs of the resident, whilst providing a high standard of care and accommodation.

**01323 733223**

Email: [info@tweedcarehome.co.uk](mailto:info@tweedcarehome.co.uk) [www.tweedcarehome.co.uk](http://www.tweedcarehome.co.uk)

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

**QUIZ**

**NIGHT**

**Tickets £5**

Teams of up to 7 People



**Friday**  
**7 JULY**

7pm for 7.30pm

The Fishermen's Club, Royal Parade,  
Eastbourne

Contact the Friends Office for tickets or more information on: **(01323) 749503**

[esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net)  
[www.friendsdgh.org.uk](http://www.friendsdgh.org.uk)

# NEWS FROM THE OFFICE

## CALLING KEEN GARDENERS! DGH GARDEN PROJECT 2023

A project is presently underway to uplift the courtyard gardens within Eastbourne DGH, to bring them back up to a standard which can be enjoyed by staff and patients alike.

If you have gardening skills or horticultural knowledge which you would like to share, or would simply like to be involved in an outdoor project to tidy and restore the garden areas at the hospital, then please do contact:

A volunteer group for this project intends to meet one Saturday each month, with forthcoming dates as follows:

29 APRIL (if it is dry)

27 MAY

24 JUNE

29 JULY

26 AUGUST

30 SEPT

28 OCT



[esht.edghgardenproject@nhs.net](mailto:esht.edghgardenproject@nhs.net)

## DONATIONS TO THE FRIENDS

We feel privileged to be fundraising in such a supportive community. Since the start of the year we have received, with enormous gratitude, donations from Eastbourne Chamber of Commerce for the proceeds from their Christmas Raffle; The Eastbourne Historic Vehicle Club, from the proceeds of the Hellingly Festival of Transport; from the South Street Masons; and from Cuckmere Valley Lunches, the members of which decided to donate remaining funds to local charities on the sad news that the club would henceforth be folding. We thank everyone for their support and generosity.



## LIGHTHOUSE ART

Our front cover image features a mural which hangs proudly on the main corridor of the DGH, and at other Trust sites, marking the COVID-19 pandemic, and the hard work of everyone at East Sussex Healthcare NHS Trust. It features a collage of the faces of as many Trust staff as could be convinced to stand still long enough to have their picture taken. Vital in the creation of this work were Friends Chairman Harry Walmsley and long-time Friends Volunteer and regular Friends Photographer, Geoff Duffell, who devoted days to snapping the hundreds of faces you see.



**Eastbourne Motoring Centre Ltd**  
In Eastbourne & Uckfield

## Your Motoring One Stop Shop!


Vauxhall and Suzuki Approved Sales,  
Motability, Service & Repair


Plus over 250 pre-loved vehicles for sale, all  
makes and models


Fixed price servicing & repair for all cars and  
vans with FREE local collection & delivery

FREE MOT test with every service

Call us today!

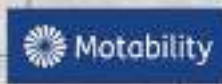
 Eastbourne: 01323 720681

 Uckfield: 01825 700500

 [emcgroup.co.uk](http://emcgroup.co.uk)

FREE  
MOT  
FOR LIFE

ALL  
MAKES  
SERVICING



# NEWS FROM THE OFFICE

## 18TH AUTUMN ART EXHIBITION ENTRIES NOW OPEN!



St. Andrew's Prep have very generously invited the Friends back for their 18th Annual Art Exhibition which will be held in the school gymnasium from 27th - 29th October 2023. We very much appreciate their support and also the kind support of the Society of Eastbourne Artists for allowing us the use of their screens on which the paintings will be displayed. Last year 60 local artists entered a total of 285 paintings 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](http://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

price of any picture sold will go towards our 2023 Major Fundraising Project to raise funds for new equipment for the cardiac catheter laboratories at the Eastbourne DGH Cardiology Department.

On Saturday October 28th at 2pm, Terry Hobbs, a well-known local artist will give a painting demonstration. We are hoping we will have a large display of paintings for sale, so do come along to St. Andrew's Prep and enjoy the show.

We look forward to welcoming you and your friends to the Autumn Art Exhibition on Saturday October 28th and Sunday October 29th, from 10am - 4pm.

Entry is free.

With best wishes,

*Ann Caffyn*

Art Exhibition Organiser

## COMMEMORATING QUEEN ELIZABETH II

Wishing to commemorate the historic reign of Queen Elizabeth II, the Friends bought a camellia and an accompanying plaque which they donated to the Therapeutic Garden in the Occupational Therapy Dept. It has been snugly planted by Rosy Shrubbs who said, "Please pass on our thanks to the Friends for thinking of us as a suitable place to put this commemoration to the Queen. Really lovely gesture."



## AMAZON SMILE ENDS

Sad news from Amazon earlier this year as they announced that Amazon Smile would be ending in February. We thank all those who used it as a way to support us while they shopped, as it all added up. We need another excuse to shop now!

## CONQUEST FRIENDS

Featuring 27 stalls, free entry and free parking, our Friends at the Conquest are bringing you a packed Craft Fair on May 13 at Ewhurst & Staplecross Village Hall. Please do support if you can!

**Sunday 28 May, 10am - 12pm**

Friends of Eastbourne Hospital  
FrEH

Food & Drink  
on sale  
at the vanilo

**CAR BOOT SALE**

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

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

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

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

Advance booking and payment essential for sellers

For further info, please contact the Friends Office  
01323 749505 / [esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net) / [www.friendsdgh.org.uk](http://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

# MAJOR PROJECT 2022: TARGET MET

To raise half a million pounds for a replacement surgical robot was an ambitious project for 2022, especially with fundraising events and attendance still recovering from the pandemic, but the members of the Friends and the incredibly supportive community around us rose to the challenge and joined us in a year of phenomenal fundraising and very generous donations.

On the occasion of the Friends AGM in November last year, Chairman Harry Walmsley was able to announce that the target had been reached. He said, "It was a pleasure to make the replacement Urology Robot the Friends of Eastbourne Hospital's major project for 2022 and help keep Eastbourne Urology a regional centre of excellence and at the forefront of Urology Cancer services. The £500K was raised through fundraising, legacies, and donations, including generous ones from the Sussex Masonic Charity and the Medi Tech Trust. We are as always extremely grateful to the people of Eastbourne for their continued generosity in helping the Friends support our hospital in Eastbourne".

Pictured below: the Robotic surgery theatre team with the new Da Vinci Robot, and above: Consultant Urologist robotic surgeons Mr Steve Garnett, Mr Karl Spiteri, FoEH Chairman Dr Harry Walmsley and Consultant Urologist Sarah Tang



In 2023 we were able to visit the robot in situ, and meet the Urology team who expressed the following, "We are so grateful to the Friends of Eastbourne Hospital for raising the funds to enable us to replace our old faithful robot, with a brand new, state-of-the-art model. This will enable us to continue giving patients robotic surgery for removal of cancerous kidneys, bladders and prostates, as well as some important operations for benign conditions. Using the robot for surgery means smaller incisions, better preservation of functional nerves which historically were sacrificed in an open operation, and overall a quicker recovery time for patients to return to normal."

On behalf of the Friends and of Urology, whatever part you played in helping us reach this vital target, we thank you from the bottom of our hearts.



# TRUST FOCUS: THE AFTER TRAUMA TEAM

Trauma patients are those that have suffered and survived some of the most severe, life-changing injuries that the NHS treats, requiring serious and often complex surgery to save their lives.

Kirsti Bennett-Koster, Clinical Lead Physiotherapist in our after trauma team, talks about her team's work in helping these patients return to their lives following their injuries.

"These patients have many complex needs. An individual patient may have suffered a brain injury, a spinal injury, have needed abdominal surgery or have needed treatment for broken or even missing limbs. The after trauma team works with our ward teams to coordinate and deliver the wide range of complex care that these patients need to be able to return to their lives."

The complicated nature of these patients' needs is reflected in the scope of the expertise of the team, made up of rehabilitation consultant therapists, specialist acquired brain injury occupational therapists, specialist orthopaedic physiotherapists, specialist neurological physiotherapists, and orthopaedic specialist nurse practitioners as well as the essential rehabilitation, trauma, audit and research network and trauma nurse service coordinators who help manage the extensive, interlinked treatment pathways. The extreme nature of trauma patients' injuries can have a serious psychological impact, so the team also works with clinical psychologists attached to the critical care unit.

Many of the patients the team see have had their initial urgent treatment at the Major Trauma Centre for the region, based at Brighton's Royal Sussex Hospital.

"We speak to the Major Trauma Centre every week to make sure we are working closely with them, as well as a few days before a patient is transferred back to us," says Kirsti. "It means that we can make sure that the patient can be admitted smoothly, even when we are busy. That's really important because of the level of care and support that they need."

As well as these transfers, the team also looks after other patients who need complex, trauma-related care.

"We can support any patients with complex, trauma-related needs. We take patients from wards and from the surgical assessment unit, as well as intensive care, high dependency and critical care units."

Patients who have suffered trauma often have difficult prognoses. The care provided by the after trauma team can address the range of needs patients may have and provide a road map to recovery – even if their injuries are life-changing.

"Our aim is to get patients up, get them going and get them home, but that isn't always straightforward. It's about helping these patients achieve the best outcome possible for their situation. Many can go back to their lives with comparatively few changes, but that's often not the case."

The unique role of the after trauma team means that they are able to see patients who wouldn't be suitable for other teams.

"Patients who have suffered brain injuries often aren't fully aware of their situation and may not be able to engage with conventional rehabilitation and therapy," says Kirsti. "Our team can support these patients, as well as those with other significant impairments – up to and including comatose patients."



## THE FRIENDS DONATE TO OCCUPATIONAL THERAPY



At the end of 2022, the Occupational Therapy Department approached the Friends with a bid for £4,500, to buy numerous pieces of equipment that would improve their new assessment kitchen.

Following repeated flooding and a reconfiguration of space, the OT treatment area had been turned into a dual-purpose room suitable both for kitchen assessments and a range of OT assessments including cognitive assessments, upper and lower limb therapy.

However, the equipment available to the team had not been updated for over 20 years and the OT department felt they were at a point where they were unable to effectively assess their patients' needs nor support their decision-making. They therefore submitted their bid to the Friends, with a shopping list of scores of specially-adapted, day-to-day items, which they felt would make a real difference to patients' independence, dignity and potentially even length of stay as they were encouraged to re-engage with the normal activities of daily living.

Rosy Shrubbs, Clinical Lead Occupational Therapist explained that, "Enabling patients to participate in normal activity can help motivate towards an earlier discharge, reduce carer burden and improve quality of life. For some individuals these devices can also

significantly reduce risk and pain, with items adapted for visual impairment. The use of colour can enable individuals on their dementia journey, and adapted seating benefits the arthritic and fatigued."

Named the 'Friends Kitchen', not only to reflect the support of the Friends of Eastbourne Hospital, but also to give the space a nice ring to it when bringing patients down, the new kitchen is indeed a very calming space.

Specialist Occupational Therapist Fraser Walsh-Beney told us he felt it was a place where patients could now really "decompress". During one patient's assessment, the decision was made to bake some scones, and with all the equipment now available to the team, this was done successfully. The patient proudly returned to the ward with his baking and has since been back to do more. Fraser explained that the kitchen is so versatile now that some patients don't even really realise they are having a cognitive assessment. He said it is also a place which "just makes difficult conversations easier".

Furthermore, Fraser believes the new facility is a real asset for the Trust itself, and should serve as a selling point for other therapists to come to the DGH. It demonstrates a commitment to reablement and hope for the future, which is at the heart of every Occupational Therapist's role.



# Retirement Apartments

Style and practicality,  
now & long term in the future



Independence within a supportive community

Marlborough Court, Southfields  
Road, Eastbourne,  
East Sussex, BN21 1BT

Contact 01323 749924

or visit

[retirementsecurity.co.uk](http://retirementsecurity.co.uk)

## THE FRIENDS DONATE TO STAFF RESTAURANT REFURBISHMENT

Alongside the gratitude we received from Occupational Therapy for our contributions to the 'Friends Kitchen', we were also delighted to have our £10,000 donation to the Staff Restaurant acknowledged with an invitation to see the refurbished area, meet the team whose vision it was, and enjoy a cream tea reception prepared by the manager of Catering Operations, Andrew Park. We spent a lovely couple of hours doing all three!

The successful bid, submitted by the Building for our Future team in 2022, was for the Workspace Project, requesting funding for furniture to improve and enhance both the Staff Restaurant and Coffee Shop areas.

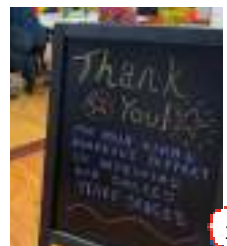
The project was completed at the beginning of the year and the restaurant now features a mixture of modern, vibrant furniture in an open and spacious environment; achieving the aim of providing flexible space for staff breaks and lunch, but also facilitating informal conversations outside of the lunchtime period. The coffee shop area has been designed with a similar, modern theme, in fresh greens and greys, and is permanently open for staff to use on their breaks.

Joe Chadwick-Bell, Chief Executive of ESHT, attended the event and spoke very highly of not only the area and the Friends' donation, but of the team who had made it happen. She explained that the previous, tired furniture had been there for some 30 years and looked dated and uninspiring. The Building for our Future Team's hard work and vision meant that the space was now a fresh, new environment which would provide necessary time out for colleagues. She also thanked the Friends not only for their contribution to the restaurant but for all the fundraising they do on behalf of the DGH.

We received some wonderful feedback from the staff themselves when we posted this news on social media too. One staff member wrote "It looks amazing in our restaurant, thank you" while another posted "It's so much nicer and brighter in there now, thank you." A Trustee herself, as well as a current member of clinical staff, Trish Hamblin sent a message to all Trustees and supporters of the Friends to say that she wanted everyone to know the restaurant transformation had had a massive impact on staff morale, and that staff now look forward to visiting their restaurant. She thanked everyone very much.



Representing the Friends at the reception were Chairman Harry Walmsley, President Sandy Boyce-Sharpe and Trustees Margaret Lonsdale, Ann Caffyn and Terry Henson.



# CHANGES TO CARDIOLOGY SERVICES

The proposed improvements to cardiology services within the Trust were approved at the end of last year and the work has now begun to implement them.

Here's what it means for your hospital; how and why some services will be concentrated at the DGH; and, on the facing page, how the Friends will be supporting the expanding cardiology department in Eastbourne with their major fundraising project for 2023.

The following information is taken from news published by East Sussex Healthcare NHS Trust:

The East Sussex Health Overview and Scrutiny Committee (HOSC) has endorsed proposals to improve cardiology services for the people of East Sussex.

The proposals, which aim to improve the quality of care for all those who need it, cut waiting times, reduce how long people have to stay in hospital, and the number of times they need to visit for appointments or tests, were developed by hospital doctors, GPs and other health professionals.

The vast majority (97%) of cardiology services will stay the same at both the Conquest and the DGH. To make sure that the majority of patients receive good quality care close to home outpatients, non-invasive diagnostics, cardiac-monitored beds, cardiac rehabilitation and heart failure services will stay at both hospitals and in the community (where these services are already provided).

Cardiology care at both the Conquest Hospital and Eastbourne DGH will be enhanced by creating new cardiac

response teams to attend at the front end of the hospitals. This will ensure that people are assessed quicker, when they first come into the emergency departments of the hospitals, meaning that emergency patients start receiving specialist care more quickly.

However, following consideration of all the evidence, it was recommended that highly specialist cardiac services be sited at Eastbourne DGH.

Concentrating the most highly specialised interventional and specialist inpatient cardiology services on one site meets national best practice and will mean the highest standard of care for patients. This will also allow staff to develop greater expertise in new treatments.

Although neither hospital was specified as the preferred site to base these services (as both sites are fully able to deliver the new model of care safely, with the right staff and to the highest quality and standards), an independently-facilitated site panel meeting was held on 12 September as part of the wider engagement and public consultation process. The criteria (listed on the opposite page) and weighting used at the meeting was informed by feedback from consultations and other evidence.

These plans are the culmination of a comprehensive programme of work that has considered the best clinical evidence, recommendations from clinical experts and a review and evaluation of feedback from two separate public consultations in which hundreds of people, including service users, carers and their families, as well as a wide range of organisations, took part.

# & THE FRIENDS 2023 MAJOR PROJECT

The criteria considered at the independently-facilitated site panel meeting included:

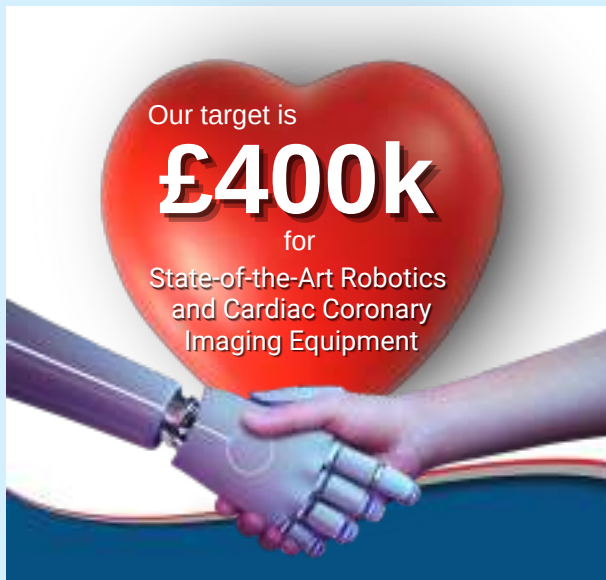
- Population demographics
- Health needs
- Health inequalities
- Travel times
- Accessibility of services
- Conveyances and inter-hospital transfers
- Differences of infrastructure on each site
- Patient, public and cardiology service staff views
- Activity by point of delivery and site, including the number of patients impacted
- Implementation and operational issues
- Finance
- Best use of resources

Professor Nik Patel, Senior Cardiologist and Cardiovascular lead at East Sussex Healthcare NHS Trust, said:

"We will now be able to provide timely cardiac expertise to all our East Sussex patients. We will see the benefits of a faster and more responsive cardiac service with new state of the art facilities."

Dinesh Sinha, Chief Medical Officer, NHS Sussex, said:

"I would like to thank everyone who has got us to this point, in particular our dedicated clinical teams and our engaged local communities, who use our services and helped us shape our plans. The improvements we can now start to make mean that patients will see many benefits in terms of the quality of care they receive and their experience when using services."



## 2023 Major Project

At the AGM for the Friends of Eastbourne Hospital, held in November 2022, Chairman Harry Walmsley announced that the 2023 Major Project for the Friends would be to raise £250k to buy specialist equipment for the cardiac catheter lab at the DGH. Following recent discussions with the Trustees of the Friends of Eastbourne Hospital, and the Cardiology Department of the DGH, this target has been raised to £400k and the required equipment confirmed to be state-of-the-art robotics and cardiac coronary imaging equipment.



**HA**  
HOSPITALITY  
ASSURED  
ACCREDITED



The Hawthorns

EASTBOURNE

# DINE IN WITH US

All-inclusive living at the Hawthorns retirement communities means you can relax and enjoy restaurant-quality meals in sociable dining rooms with no need to venture out for shopping or do the washing up.

Chefs use a thoughtful approach to develop nutritional and delicious menus, offering choices at every meal to suit all tastes and dietary requirements.

**01323 342551 | [hawthornsretirement.co.uk](http://hawthornsretirement.co.uk)**

**Call today to find out about our 28-day trial stay**

The Hawthorns Eastbourne | 4 Carew Road | Eastbourne | East Sussex | BN21 2BF

# CASH OR AUCTION

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

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

**CASH OFFER** or entry into our forthcoming Auction

To book an appointment or use the Royal Mail **FREE** postal service  
call Rosie on **01323 431444** option 2-1-1



Sold for  
**£14,500**

Valuations are  
**FREE** in 2023

## 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](http://www.eastbourneauction.com)

Auction House, Finmere Road, Eastbourne BN22 8QL



**FULL Probate and House Clearance Service in Operation**

# FUNDRAISING: DINING AT DEM SHISH

Dem Shish has been doing great things recently. Inviting people in who would otherwise be alone at Christmas; staging an enormous fundraiser for the victims of the earthquake in Turkey; winning the Fine Dining Restaurant category of the national British Kebab awards; and on 15 March, the Dem Shish team opened their venue to the Friends of Eastbourne Hospital to hold what became a record-breaking fundraiser in our Dine Around the World programme - raising £1600!

The evening consisted of Dem Shish's trademark cocktails, platters of sharing starters, and the tasty main courses for which the restaurant has become famous. We had wonderful raffle contributions from the community, including experiences at the Hydro Hotel, the Grand Hotel and Eastbourne Borough FC, which boosted the raffle proceeds and contributed greatly to the total amount raised. Thank you to the team at the restaurant, to our volunteers on the night, and to all who came to support.





# FUNDRAISING: GOOD FRIDAY FOOTBALL

Following on from our inaugural sponsorship match at Eastbourne Borough Football Club which raised over £200 in bucket collections and draw donations in February, we returned as match sponsors on Good Friday, this time bringing with us a wheel of fortune, a temporary tattoo station, some fine Easter weather and a 2-1 win for Eastbourne too! We were joined on the day by players from the DGH team, who took to the pitch for a fun penalty shoot-out at half time; the winner of our recent children's art competition, who is a keen football fan (and whose artwork you will see on the front cover of next issue's Hospitality); and our incredible volunteers who circulated with buckets and manned our stands, including a youth volunteer from the Duke of Edinburgh scheme who took charge of the tattoo team. Our Good Friday fundraising total was a fantastic £350.



Above: Players and family from the DGH team  
Below: Art Competition winner, Caitlin Lynch, on the right, with her family, joined by Trustee and Art Judge Ann Caffyn, back left



Below: Some of the lucky wheel of fortune winners; tattoo volunteer Evie modelling the EBFC logo; and our tattooed Trustee Ann Caffyn



Chairman Harry Walmsley with Sue Duffell and Amy Williams, joining the EBFC youth football team, wearing the shirts sponsored by the Friends.

# Could you volunteer?

(or know someone else who could?)



Do you have any spare time each week?

Are you, or do you know someone who has retired from work but would like to:

- keep busy
- meet new friends
- give back to the hospital



Are you a college student, or the parent/friend of one, who would benefit from volunteering experience to expand their UCAS form or CV?



Volunteers are the mainstay of the work of the Friends of Eastbourne Hospital; the organisation could not function without their help and support.

Whether you have great practical, personal or organisational skills, or want to volunteer to meet people, stay active, add to your CV or simply help the hospital, then we have something that suits.



We are the **Friends of Eastbourne Hospital**, and we need you.



Friends of Eastbourne Hospital  
Help us help them help you

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

# Volunteering Opportunities

All the below roles are carried out at Eastbourne DGH

## The Main Shop

An often-essential service for patients, visitors and staff, the Main Shop sells a wide variety of items. It is headed by a shop manager and is run by a dedicated team of volunteers. No previous experience of shop work is required to volunteer in the shop as on the job training is provided.

## The Radiotherapy Cafe

The Radiotherapy Centre provides treatment for patients from across East Sussex. People receiving a cancer diagnosis, plus their friends and family, may need information and support or simply somewhere to wait. Volunteers here provide a quiet coffee and snack shop, but also help healthcare professionals signpost anyone seeking support to the info they need.

## The Corner Shop (also known as Staff Shop)

This shop is situated at the back of the hospital, and its customers are predominately members of staff. It can consequently be a quieter shift than in the Main Shop. It sells a similar array of goods as the main shop but on a smaller scale. It's run by volunteers under the supervision of the Main Shop Manager.

## The Trolley Service

Invaluable for staff and patients who can't leave the wards, a Sandwich Trolley goes out twice a day providing food, drinks and papers. Each trolley is manned by two volunteers, and not only are these volunteers providing a much appreciated service, they are also raising the profile of the Friends of Eastbourne Hospital in a very positive way.

## The Volunteering Process

- ✓ The first thing to do is to contact Amy or Sue in the Friends Office (01323 749503 / [esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net)). You will then be put in touch with the shop manager who will talk to you about current opportunities and arrange with Voluntary Services for you to start the recruitment process.
- ✓ You will be given an application pack to complete. This includes a DBS check, which is an easy process and can be done quite quickly. The Voluntary Services team will be happy to help you to do it.
- ✓ A taster session will then be organised in an area that interests you. You can have more than one session in more than one area. During a taster session you will be looked after by an experienced volunteer or staff member.
- ✓ You can start as soon as you like once the application is complete. You will work with experienced volunteers while completing the training. This includes learning modules organised by Voluntary Services.
- ✓ You receive your ID badge, your car parking permit, and a very warm welcome to the team!

*Rai Hitchen, Shop Manager*



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



Care Quality  
Commission

## 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 CO1 1DA 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 Spice Garden



Wednesday 21 June, 7pm

Spice Garden, Church Street, Eastbourne

A variety of dishes, desserts and coffee

**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](mailto:esh-tr.friendsdgh@nhs.net)  
[www.friendsdgh.org.uk/events](http://www.friendsdgh.org.uk/events)**



# 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:

- 8 UK Horse Races, plus novelty race
- Option to own and name a horse - prize if it wins
- 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](http://www.friendsdgh.org.uk/events/race-night)



## **THE RACES ARE COMING TO YOU!**



Advance booking is essential.

Please contact the Friends on 01323 749503 / [esh-tr.friendsdgh@nhs.net](mailto:esh-tr.friendsdgh@nhs.net)