

HOSPITALITY

AUTUMN EDITION
JULY 2026 - OCT 2026

Friends of Eastbourne Hospital

QUARTERLY MAGAZINE
NUMBER 183



www.friendsdgh.org.uk



OFFICIALLY OPEN!
HRH The Duchess of Gloucester opens the Sussex Surgical Centre, containing £1 million in donated equipment from the Friends

OUR OPEN GARDENS SO FAR
News from our first three gardens, and the satellite events held for us too



In this issue:

Would you like to take part in a **Sleep Survey**?

The inaugural **DGH v Conquest Ryder Cup**.
See who won!

Learn about **Medical Simulation**
- come to our free talk and interactive tour

PLUS: News from the Office, Forthcoming Events, Fundraising Roundups, Corporate Supporters & all Donations



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at 2pm

Sunday 25 October 2026

10am - 4pm

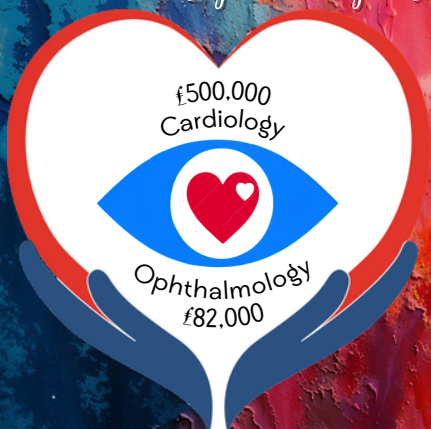
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ART

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& SALE OF PAINTINGS

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2026 Major Project*



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fundraising for
additional
equipment,
amenities and
services.*

would like to invite you to their

Annual General Meeting

**THURSDAY
19 NOVEMBER
2026**

2PM
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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

COMPLETION OF OUR 2025 MAJOR PROJECT



This plaque honours the great generosity of the
Friends of Eastbourne Hospital
whose **£1 million donation** has helped provide
vital equipment for the Sussex Surgical Centre
and Sussex Endoscopy Unit.

Their kindness and dedication to our community
is deeply appreciated, and their contribution will
benefit patients for years to come.

CHAIR

Sandy Boyce-Sharpe

President

REPORT OF THE EXECUTIVE COMMITTEE

Dr Harry Walmsley

Chairman

TREASURER'S REPORT

Peter Skilbeck

Treasurer

GUEST SPEAKER

To be confirmed

DATES FOR YOUR DIARY

25 JULY

Barn Dance

Carters Corner Farm

£12 Adults, £8 Children

Cash Bar

7pm for 7.30pm dancing

OPEN GARDENS

1 AUGUST

Hankham Hall Cottage

22 AUGUST

The Gardens of Waldron
Village

12 SEPTEMBER

Folkington Place

4 SEPTEMBER

Quiz Night

The Fishermens Club

£5 per person

Teams of up to 7 people

7pm

25 SEPTEMBER

Wine & Cheese Tasting

St Wilfrid's Church Hall,

Pevensay Bay

£25 per person

7.45pm for 8pm

7 OCTOBER

Education Lecture

'Medical Simulation'

Lecture Theatre, DGH

Please see p.26 for details

Admission Free

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Friends of Eastbourne Hospital

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CHAIRMAN'S REPORT



What a hot summer we are having. I hope you have all been surviving. We have had seven fans on at home on the hottest days!

One of the highlights of the last three months was the official opening

of the Sussex Surgical Centre (SSC) to which, as you know, we donated £1 million last year. The opening was performed by the delightful Duchess of Gloucester. Due to a shortage of space I, as chair, was the only member of the Friends allowed to meet the Duchess in the Unit, but Ann Caffyn and Hugh Parker joined me outside for the ribbon cutting.

The Trust has agreed for us to have 8 large locked boards in the hospital foyer with information about what the Friends have achieved over the years and how people can help and support the Friends. On top of that we have also been allowed to put up paintings by Eric Ravilious in the hospital canteen. We all know how much of a boost to staff and patient morale art is.

The Open Garden season has reached the half way stage with 3 gardens opened. The first one it was too hot, the second too windy, but the third was just right. Sounds a bit like Goldilocks and the Three Bears! All in all so far £11K has been raised. My particular thanks go to Sue Duffell who has led an astonishing team of volunteers, and to Henry Grant, Hugh Parker, Peter Skilbeck, and others for their car parking skills. Here

is to the next three gardens which start in August.

We have also had other fundraising events including a Dine around the World at the Ganges that raised just over £1000. The food was excellent and we were very well looked after. And we have had the second of this year's quizzes raising £330. Please get a team for one of the remaining two this year in September and December.

In the coming three months fundraising events include a Barn Dance, a cheese and wine evening, and further Hydro lunches. Later in the autumn we again have the annual Art Exhibition, and the Christmas Fair. Also we are finally able to do our Education Talk on simulation now that all the equipment has finally arrived for their department. This will be a combination of a talk and hands on tour which should make for an excellent and interesting evening.

Fundraising by Dawson Hart Solicitors for fridges on Pevensy Ward in each side room is going well and the Friends are extremely grateful to Dawson Hart for making us their charity of the year.

And fundraising for our major projects this year in ophthalmology and cardiology is going to plan.

Before I finish I would personally like to thank Simon and Carolyn Farrar who collect all the stamp donations and sell them. After a few hiccups they have finally been able to open an eBay account and have already sold stamps through that outlet.

Stay safe in this heat and we hope to see you at some of our summer events.



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NEWS FROM THE OFFICE

TRUSTEE RESIGNATION

As this issue of our magazine was being prepared for print, we were given the news that long-standing Trustee Rosemary Cameron will sadly be resigning from her role. There is so much to be said about Rosemary and the wonderful contribution she has made to the Friends that whilst we are acknowledging her pending departure here, a full feature on Rosemary and everything she has done for the Friends will be published in our next issue.

EDUCATION TALK - 7 OCTOBER

We're very pleased to announce that the education talk we had to cancel back in April has now been rescheduled for 7 October. Coming to you from the Training and Simulation Team, please see p26 for more details and contact the office if you would like to book a place.

THE DGH V CONQUEST RYDER CUP - BY PAUL GOSLING

On Friday 12th June, the inaugural 'DGH v CQ Ryder cup' teed off at Lottbridge golf club. 28 players across all divisions of ESHT, split in to two teams with one target, win the match and bring home a point for their hospital. The players' abilities reflected the diversity of ESHT, with some seasoned golfers and some almost complete beginners, but all enjoying the course, camaraderie and friendly competition. As the first group returned to the club house, the DGH took a quick and comfortable '1 up' lead. The next group was much tighter, but the DGH edged by one point, and collectively team DGH were '2 up'. Group 3 repeated, and now the DGH was comfortably 3 up. But, as we have learnt with the football over the years, Conquest always dig deep, and the 4th group to come in bought a CQ point. 3-1. Group 5 came in, and again, it was the Conquest who were victorious, 3-2. Two matches still to come in, still battling, and group 6 were very competitive, so competitive that they came in 'halved'. DGH 3.5, Conquest 2.5. The final group could confirm the DGH win, or force a draw, and this was a very tight group. In fact, it turned out to be as tight as group 6, and



repeated their draw, handing an overall very narrow win, and the all important trophy to the DGH.

The competition has been well received, and so the competition will return as an annual fixture, with a Hastings area golf club set to host 2027. Keep an eye out for full details next spring.

EASTBOURNE HISTORIC VEHICLES DONATION

Showing their support for the Friends once again this year, Eastbourne Historic Vehicle Club made a donation of £650 to the Friends of Eastbourne Hospital, raised from the proceeds of their 2025 Festival of Transport. Vice Chairman Hugh Parker received the donation and thanked the Historic Vehicle Club for their long-standing support.

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www.friendsdgh.org.uk/how-can-i-help/legacies

NEWS FROM THE OFFICE

THE HYDRO HOTEL LUNCH CLUB CONTINUES

The last luncheon of the first season of the Hydro Hotel Charity Luncheon Club, with the Friends of Eastbourne Hospital as beneficiaries, was held on Thursday 7th May when Donna Lane, an Eastbourne Stylist, gave a relaxed and enjoyable talk exploring how colour can make a real difference to how you look and, more importantly, how you feel.

The luncheon Club will re commence on 17th September with a speaker from the Lord Lieutenant's Office and in October a talk on the British Raj, December we welcome back Alex Polizzi for a third luncheon and speakers are already in place for many 2027 luncheons. Bookings are coming in already and certainly the December booking for the talk by Alex is over half sold out already, so please book early to ensure a place.

The first season has raised in excess of £3,000 in donations from the Hydro Hotel which will go towards Friends of Eastbourne Hospital major projects for this year to further equip the Ophthalmology and Cardiology Departments at your hospital, the DGH.



Speaker Donna Lane with
Friends President Sandy Boyce-Sharpe

HOW WELL DO YOU SLEEP? TAKE PART IN THE MINDER SLEEP SURVEY

East Sussex Healthcare NHS Trust (ESHT) is proud to be a research-active Trust that supports studies that help improve the health and wellbeing for our patients, staff and wider community. We are delighted to invite you to take part in the MINDER Sleep Survey, a research study exploring attitudes towards sleep and memory.

Good quality sleep plays a vital role in both our physical and mental health, while memory problems can have a significant impact on everyday life. This survey aims to improve our understanding of people's attitudes, perceptions and experiences relating to sleep habits and memory concerns.

Participation is quick and easy, taking approximately 5-10 minutes to complete.

The study is led locally by Jo-Anne Taylor, Head of Research at ESHT, who is the Trust Investigator for the study.

We would love as many people as possible to take part. Every response helps contribute to valuable research that could improve our understanding of sleep and memory and their impact on health and wellbeing.

To take part, simply scan the QR code:

When prompted, please select "East Sussex Healthcare NHS Trust" from the list of participating organisations.



Thank you for supporting research at ESHT and helping to advance our understanding of sleep and memory.

DONATIONS TO THE DGH

SEAFORD WARD QUIET ROOM

The Friends were pleased to be able to support the request from Seaford ward to transform an old store room into a pleasant quiet room. Out went years of old boxes and all the general clutter that store rooms always attract. With great enthusiasm, Matron's Assistant, Leigh House rallied the team to create a comfortable and relaxed room, where patients, family and sometimes staff can sit and enjoy a cup of coffee and maybe a biscuit. The room has some very snazzy chairs and sofa, that although are completely compliant with hospital hygiene requirements make the room look much more homely and not at all like a room in a hospital. With soothing artwork on the walls and even a few books available for people to read if they wish, there is the opportunity for moments of calm during tough times.

As Matron, Hanne Peasgood explained, there are often times when difficult conversations have to be had, and it is easier if they can be done in more



Above: Leigh House with Harry Walmsley



SEAFORD WARD & INTERMEDIATE CARE

pleasant surroundings, away from the activity in the ward. On occasions, family members benefit from having somewhere they can go for some undisturbed quiet times, and the staff also appreciate the space.

Hanne expressed the ward's thanks to the Friends for helping to bring this idea to fruition, and also Leigh who from the beginning has been the driving force behind this project, even learning to assemble flat pack furniture along the way.



MOBILE THERAPEUTIC SCREEN DONATION TO INTERMEDIATE CARE

Every donation you help us fund in the hospital has the power to improve patients' experiences in meaningful ways. We were recently approached by the team in the Intermediate Care Ward to fund the purchase of a giant TV screen in order to aid with short term rehabilitation and reablement, allowing therapy sessions, movement programmes and shared activities to improve recovery. Immediately upon receipt, this screen was being put to regular use in order to share exercise

videos for patients on the ward, enabling the team there to give varied levels of instruction to as many as 10-15 patients in one group. The possibilities we were told though, are numerous, and the ward is now looking into interactive options for the screen, to give them the versatility of therapies such as giant puzzles, visual stimuli, soothing music, meditation and much more. We hope it has been to some use over Wimbledon too!





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HRH THE DUCHESS OF GLOUCESTER



Harry Walmsley, Ann Caffyn and Hugh Parker outside the SSC on the occasion of the official opening



Above: HRH The Duchess of Gloucester tours the SSC
Below: Meeting Steve Phoenix, Jane Black & Josh Babarinde



Friends Chairman Harry Walmsley meets HRH The Duchess of Gloucester

OPENS THE SUSSEX SURGICAL CENTRE

The Sussex Surgical Centre at Eastbourne District General Hospital was officially opened on Wednesday 3 June 2026 by Her Royal Highness The Duchess of Gloucester, and to mark the Friends' £1 million contribution to equipment in the centre, the Friends were invited to attend the ceremony.

Representing the Friends were chairman Harry Walmsley, Vice Chairman Hugh Parker and Trustee Ann Caffyn.

On arrival, Her Royal Highness was welcomed by HM Lord-Lieutenant of East Sussex, Mr Andrew Blackman, before being introduced to Councillor Margaret Bannister, Mayor of Eastbourne, and Josh Babarinde, MP for Eastbourne. She was then greeted by Steve Phoenix, Chairman, Jayne Black, Chief Executive, Dr James Evans, Clinical Lead, and Justine Trueman, Head of Nursing.

During the visit, The Duchess was shown around the purpose-built facility, meeting the clinical, operational and project teams who played a key role in bringing the Centre to life following its opening last year. The tour mirrored the journey experienced by patients, taking in reception, pre-operative assessment, the operating theatre and second-stage recovery, providing Her Royal Highness with an insight into both the patient pathway and the colleagues delivering care.

On introduction to Harry Walmsley, Her Royal Highness was informed of the Friends' contribution to the centre and was interested to learn about such successful fundraising by the supporters and members of the Friends.

Throughout the tour, Her Royal Highness met and spoke with staff representing nursing, theatres, anaesthetics, operations, estates, facilities and major projects.

In the second-stage recovery area, Her Royal Highness met patients recovering from procedures carried out earlier that day and heard directly about their experiences of treatment and care.

The visit concluded outside the building with the official opening ceremony. Following a short welcome from Chairman Steve Phoenix, Her Royal Highness marked the occasion by cutting a ceremonial ribbon to formally open the Sussex Surgical Centre. Children from local schools, whose artwork is displayed throughout the Centre, then presented Her Royal Highness with flowers and a commemorative gift.

Speaking after the event, Steve Phoenix said: "It was an honour to welcome Her Royal Highness to the Sussex Surgical Centre and to showcase the exceptional work of our colleagues. This facility represents a major investment in modern, patient-centred surgical care for our communities, and today's opening is a proud moment for everyone involved.

Jayne Black, Chief Executive, continued: "The Sussex Surgical Centre is one of the most significant developments in planned surgical care for our region in many years, and is already making a real difference for patients across all our specialities, by expanding our capacity and reducing waiting times. We were thrilled to welcome The Duchess of Gloucester and show Her Royal Highness the wonderful work of our brilliant teams."



QUIZ NIGHT

Friday 4 Sept

7pm for 7.30pm

Tickets £5 pp

Teams of up to 7 people

Venue

The Fishermen's Club, Eastbourne

Contact the Friends Office for tickets or more information on:

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

OPEN GARDENS 2026



Open from 10.30 until 4pm, join us
at our final 3 gardens of the season:

Saturday 1 August

Hankham Hall Cottage, BN24 5AH

Saturday 22 August

Gardens of Waldron Village

Saturday 12 September

Folkington Place, BN26 5SD

01323 749503

www.friendsdgh.org.uk/events

OPEN GARDENS 2026

Having ended last season with monumental downpours, we started this one with an unprecedented May heatwave. It is starting to feel that the weather gods have got a grudge against us!

The Friends are very grateful to Ian and Liddy Davidson and their family for letting us kick start the season with the Art In the Garden event on 23 May. This was an opportunity for Liddy and her talented young granddaughter Abi, to display their artwork, much of which was on sale with 10% of any proceeds coming to the Friends. Not only were visitors able to buy framed and unframed pictures, but there were greetings cards, book marks and jewellery for sale as well.

Visitors were able to see a lovely garden with far reaching views out to sea, and enjoy drinks and homemade cakes, which were served by some of the open garden volunteers. This was the first time in a while that the Friends have supported a smaller garden opening and hope that there might be others out there that might consider this for the future. If you have a garden that you think would bring pleasure for others to enjoy but are worried about being overwhelmed if it was to be promoted as a full scale open garden, do speak to us and we will discuss how we could work together.

We quickly moved on to the 27 May when we visited Carters Corner Farm, which was looking magnificent, especially with the roses in full bloom. A real tribute to the hard work put in by



Right: Organiser of
'Art in the Garden'
Liddy Davidson



OPEN GARDENS 2026



the owners. A particular talking point was the scarecrows, put in place to scare off deer. Many a visitor (and volunteer) got caught out by the realistic looking figures standing guard over the flowerbeds. Although the high temperature might have put off a few visitors those that came stayed a long time and explored all areas of the garden. Thanks to Andy and his helper Charlie who bring all our 'kit' and help us set up each day, the tables and chairs were all placed in the shade and the stall holders all found shady spots under the trees.

Next came The Old Vicarage, Firle, which is a garden we haven't visited for a few years. This is a beautiful garden in a magnificent Downland setting. This visit wasn't without its meteorological challenges, but this time it was the strong gusty winds that kept us all on our toes. But we were pleased that so many people disregarded the weather forecast and came along to appreciate the many different aspects of the garden.

On Sunday 14 June the Friends were delighted to be one of the beneficiary charities of the 20th and final garden party organised by Michael and Pippa Logan. They had been able to draw on all their local Seaford connections, and with support from all their family, friends and neighbours put on an event that was enjoyed by many. Guests were able to enjoy a Ploughmans Lunch or Cream Tea, while sitting in a beautiful garden and listening to some lovely local musicians and singers. Over the 20 years they have been running this annual extravaganza over £60K has been raised for charities – some local and some overseas. Everyone at the

THE STORY SO FAR

Friends would like to thank them for the hard work involved and wish them a more relaxing time in the future. Please do read Pippa's account of the day on the following page.

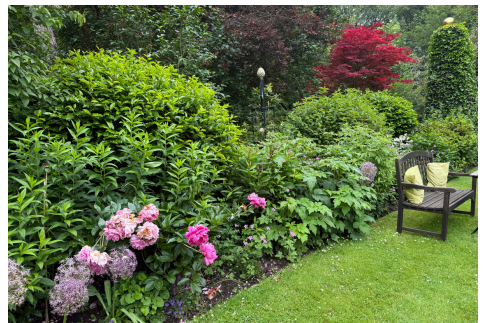
The first half of the season came to a very successful conclusion with a visit to the ever popular Friston Place. No matter how many times people visit this spacious attractive garden, they always manage to find something they haven't seen before. As always the volunteers worked hard to keep the guests topped up with tea, coffee and homemade cake, which they were able to enjoy while taking in the pleasant surroundings. Not only did the owners supply and sell ice creams for us, but they also made a generous donation, both of which we are very grateful for.

Below: Harry Walmsley receives the donation from the Logans following their final garden party



After a short break there are still three more gardens for you to enjoy. On Saturday 1 August we are visiting Hankham Hall Cottage, with its vibrant colourful borders. Then on Saturday 22 August the gardens of Waldron village will be open for us. There will be at least four different gardens for guests to visit, each one unique in its own way and with its own charm. The season finale is a visit to Folkington Place. Many people were disappointed when this had to be cancelled on the day last year due to safety concerns relating to the extreme weather, we are very hopeful that history never repeats!

At the time of writing the 2026 open garden season has so far raised just over £11,000, but none of this could have happened without the owners, the volunteer team and the visitors that are so supportive. We thank you all.



Seaford Garden Party

Wow, we did it, raising £3700 at our 20th and final charity garden party, with another day of glorious sunshine. Our direct line with the sunshine maker has never let us down!

Over the years we have supported numerous local charities alongside Mary's Meals, where the monies raised, especially at the garden party, goes to the annual sponsorship of a school of 140 children in Liberia with a daily bowl of rice at school for a whole year. This year our local recipient was Friends of Eastbourne Hospital, and the cardiac and ophthalmology departments of the DGH.

Preparation for the garden party is a logistical operation. Co-ordinating tables, chairs, gazebos etc from three churches, neighbours, friends etc - all needing collection and return after the event. Without the support of great neighbours and our local post service none of this would happen.

My day began at 5am making scones (nearly 200), ably assisted by Izzy my 10-year-old granddaughter. In fact, she was up and dressed before me saying she was ready to "rock and roll". If anyone requires scones to be made I have a willing trainee!!!! Mission accomplished, we then had all the other external prep to do. The neighbours, family etc arrived at 9am and hey presto, everything was in place for the opening at 11am.

In true Garden Party style our most dedicated supporters arrived queuing at the gate at 11am and left the party at 4pm - they never fail to attend. This year I reserved them a table.

The day went with a real swing - live music from Hi Time, Ewan, and my grandchildren. The atmosphere was colourful and lively.

Cream teas and ploughmans were flying out of the kitchen. Two of my helpers have been helping since day one so they know the ropes. It was especially lovely to see our guests leave the party clutching trays of plants, tombola and raffle prizes.

As most fundraisers know, these events don't just happen. Without the help of family and friends for their time and generosity our total of £60,000 raised since we started the garden party would not have been raised.

Twenty years of raising money for good causes has been hard work, rewarding and good fun but like all good things they must come to an end.

Pippa Logan



Izzy on duty at the Garden Party

FUNDRAISING NEWS

We were virtually under starter's orders for our third, exciting race night when we got the news that our compere could no longer make the event. Luckily, we had our own dark horse, Harry Walmsley, who stepped up to the microphone and took charge of the runners, the riders and all instructions for our room of race-goers! Thanks to Harry, to our venue the Crown & Anchor who provided not only the room, but a fantastic buffet for the evening, and to the enthusiasm and energy of all who came, the evening was another runaway success and raised £1179. With particular thanks too, to our race sponsors including Eastbourne Chamber of Commerce, Travelosophers by Gareth Harding, Sarah Tang, Tansleys Printers, Eastbourne Music Fest, Deliciously Sweet Chocolate Company and J. Heath & Son Butchers.



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SCAN ME!



FUNDRAISING NEWS

Another firm favourite on the Friends calendar now is the Dine Around the World which we host at The Ganges restaurant at Sovereign Harbour. In the perfect spot for summer evenings and sunsets, we were delighted to be invited back on a magnificent evening at the end of May. The Ganges team catered for a completely sold-out event superbly

(compliments were received on both quality and quantity of food!), a generously-stocked raffle was held (including supportive donations from Oven Wizards, Drusillas Park and Pomodoro Mozarella) and a sizzling £1090 was raised - a naan-believable show of generosity!



Waddling their way to victory once again at our June quiz night were the power-team that is the 'Penguins'. With two more quizzes scheduled in the coming year, put your best feet (flippers?) forward and see if you can assemble a team to take them on! Book now for Friday 4 Sept.



Friends of Eastbourne Hospital

invite you for a presentation, tour and interactive, hands-on session
in the Education Department of the DGH



**INTEGRATED
EDUCATION**
SIMULATION AND
HUMAN FACTORS



**NEW
DATE**

**Wednesday
7 OCTOBER
7PM - 8PM**

**FREE
EDUCATION
LECTURE**

- **Tour the facilities of the Education Centre**
- **Meet the latest, highly advanced new mannequins used for medical simulation and training facilities**
- **Try out the new VR headsets now used for training NHS staff**

The Simulation Team use clinical scenarios that allow clinicians to test and practise their skills in a safe space that is as realistic as reasonably possible. Recently the department has been utilising new technologies to increase and improve what they can offer, including a few projects where these technologies can be used to also improve the patient rehabilitation experience. The scope for simulated practice is growing so quickly at the moment with the development of new software.

We expect our guests to leave the evening with a really good understanding of the educational practice we offer at the Trust to all of our Professionals, and to be excited by what is to come.

Held in the Lecture Theatre, Education Suite, Eastbourne DGH
Disabled Access and FREE parking
Discussion to follow the talk

Booking is essential as places are limited
Please call 01323 749503 or email esh-tr.friendsdgh@nhs.net

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

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Help with fund raising activities..... ☐

Mr/Mrs/Miss/Ms

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Telephone Date.....

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☐ Please tick here if you are happy to be contacted by email about future events and fundraising

Please return to Hon Membership Secretary
Friends of Eastbourne Hospital
District General Hospital, Kings Drive
Eastbourne BN21 2UD
Tel 01323 749503

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OUR CORPORATE SUPPORTERS

These local businesses support the DGH and the Friends of Eastbourne Hospital. Using their services means you are helping the hospital, so please do visit the Supporters Page on our website to find out more about what these companies can offer:

www.friendsdgh.org.uk/membership/our-corporate-supporters



Continue to keep our community connected.

For further information, or to become a corporate member,
please contact the Friends on: 01323 749503 / esh-tr.friendsdgh@nhs.net



Friends of Eastbourne Hospital invite you to

WINE & CHEESE TASTING

presented by renowned wine expert

Tom Surgey



**Friday
25 Sept**

**7.45
for 8pm**

£25
50% off for DGH staff
and volunteers



**Venue: St Wilfrid's Church Hall,
Eastbourne Road, Pevensey Bay, BN24 6HL**

Booking is Essential. Contact the Friends Office on:
01323 749503 / esht-tr.friendsdgh@nhs.net / www.friendsdgh.org.uk/events