

Wishing all our readers a Happy Christmas and New Year



friends of crowborough hospital newsletter

Tel: 01892 664626



Volume 15 Issue 4 November 2019

Successful fete in scorching weather



Just over £11,000 net was raised from this year's Crowborough Hospital Fete on Bank Holiday Monday despite the lower turnout because of the heatwave. The raffle, street collection and eBay sales helped to make up this fantastic figure.

Stalls included bric-a-brac, collectables, clothes, toys, games, books, plants and flowers, cakes and a children's corner which included entertainment by Jimmy the Jester. Teas and cakes served in the hospital Day Centre were very popular on the day and in the outside areas hot food and, even more popularly, ice creams were available.

Inside this issue:

The fete	2
Jumble Sale, Social media	3
The General Ward	4
OPD & CBC	5
Two do Tea	6
Friends' Shop	7
Donations	8
Christmas event	9



FETE cont.

Roger Bishop of the Friends of Crowborough Hospital praised the exceptional effort of the volunteer stallholders:

The fete was another great success despite the sweltering weather which I feel sure kept some people away, or meant they headed south towards the beaches.

The annual fete is the Friends' biggest fundraising activity during the year. The money raised will go towards providing equipment and services that support patients and to fund the Social Day Centre which the Friends' pay for completely.

Some local businesses kindly sponsor some of the cost of putting on the fete. We are very grateful to them for enabling the Friends to put on the event. Any businesses that would be interested in supporting next year's fete in this way are invited to contact the Friends.



POST FETE JUMBLE SALE

The customary post-fete jumble sale was held on October 20th in the day centre and by dint of further hard work on behalf of volunteers, raised £672



SOCIAL MEDIA



The general committee of the Friends is always trying to publicise the hospital and the work the Friends do to support it so that in turn, we hope more and more people will support and value the hospital.

However, the traditional means of publicising what the Friends do are waning. Many fewer people read hard print newspapers or take the trouble to read notices. We have discussed many times whether we should embark on social media to get our message out

to a wider and, dare I say it, younger audience.

Some years ago we set up a closed Facebook page and a Twitter account, but the trouble was, we had no-one very skilled in using them effectively, nor anyone who had the time to learn and then take the lead. So, nothing new ever got put on either Twitter or Facebook.

Imagine our delight, therefore, when out of the blue came a knight in shining armour! Chris Guiton is a Crowborough resident who is a professional wordsmith specialising in social media. He knew about the Friends and wanted to help, noticed that we were invisible on social media and totally spontaneously offered to help! Suddenly we had an expert in our midst.

Since coming on board as a volunteer, Chris has developed a social media strategy for us, backed up with an operational plan which he largely implements, on a totally pro bono basis. We now have all sorts of information on our Facebook page and frequent messages on Twitter.

We would like to thank Chris very much for volunteering and joining our marvellous team of existing volunteers carrying out a myriad of functions and without whom the Friends would not exist.

Chantal Wilson, Chairman, FoCH

Stay in Touch

Want to keep in touch with what we're doing in between newsletters? We regularly post updates on Twitter and Facebook, along with other material we think you might find interesting. Crowborough Hospital is our hospital. It's an essential community asset. Stay up to date with the latest news, and help us support the Hospital, by following/liking our Twitter and Facebook accounts and by liking/retweeting/sharing our posts.



You can find us at: twitter.com/foch_org_uk and www.facebook.com/FoCH.org.uk. Please encourage others to do the same and help us spread the word!

Chris Guiton



AROUND the HOSPITAL

GENERAL WARD

The General Ward has recently received 4 new Profile beds and Hybrid Power mattresses paid for by the Friends of Crowborough Hospital. These are more comfortable for patients as they are adjustable to many positions. They can be lowered near to the ground for patients to get out of bed unaided. They can be raised to a height that makes nursing tasks easier for staff. The mattresses are the latest design which give greater comfort and less likelihood of pressure sores. Matron Marianne Marden–Grove is delighted with them. The Friends were pleased to have the finances available to cover the cost of £10,600 and to spend it for the benefit of the community.



Normal position



low



high

The Dementia team has funded the refurbishment of the Day Room in the Ward. This includes redecoration of the whole room in a gentle blue colour, a new wood effect floor, a large flower meadow wall mural (immediately visible as one enters the ward) and new, brighter lighting. New infection control chairs have been ordered. As part of encouraging patients to be less “bed-bound” and more active while in hospital, the ward staff are keen to make meal times a more significant communal activity. Unfortunately funding did not stretch to new tables so the Friends have stepped in and agreed to purchase 5 new circular tables which will give an improved look to the room, making it less formal and encouraging more interaction during meal times as well as being more versatile when the room is used for other activities. The cost to the Friends will be around £940.



Occupational therapists Susie Sedgewick and Sarah Harding have been trialling a walking training aid which they have had on temporary loan. This has been so successful that they have asked that the Friends consider purchasing one for permanent use on the ward. The Friends Committee members were very impressed by the report and have agreed to the purchase. We hope to have further news on this in the next Newsletter.



OUT PATIENTS DEPARTMENT

I am delighted to report that the nurses will soon be helping the Tunbridge Wells Hospital at Pembury, Cardiology department with their 24hr ECG service. We are hoping to start the service in October using the four monitors previously purchased by the Friends of Crowborough Hospital.

The Naso-pharyngeal fiberscope I mentioned in the last newsletter still has not arrived, there has been a hiccup in the ordering, but I'm hopeful it will soon arrive and we can start using it in the ENT clinics. I returned from holiday to find the new LED light had arrived. It was kindly purchased by the Friends of Crowborough and once it is logged into the asset book we will be able to use it in the department.

AROUND the HOSPITAL

OPD cont.

I am also pleased to say that the infection control team for Maidstone and Tunbridge Wells NHS Trust (MTW) paid us a visit recently and the only issue we had was to update our notice board with Trust infection control information - this has now been done and we are now compliant with the acute hospital in Tunbridge Wells.

The admin team have been actively getting to grips with the recent upgrade to the Allscripts system. Allscripts is the system that tracks the pathway of services patients who have been referred by their GP or Consultant.

Karen Bailey and Sandra Barnes are pleased to say they have achieved their 20 and 39+ years working for the NHS. Both have received their NHS long service badges from MTW. Suzanne, Sinead and Jan have all worked for the NHS for over 10 years and will receive their 15 years badges in due course. I would like to welcome back Caroline Jones who has joined the MTW nurse bank. Caroline will be helping out in the Outpatient Department by covering the nurses annual leave and their training dates.

OPD would like to take this opportunity to wish everyone A VERY HAPPY CHRISTMAS AND A HAPPY NEW YEAR. May 2020 be productive and healthy for all.

Sandra Barnes, Out patients Sister



BIRTH CENTRE



We have been wonderfully busy here at Crowborough birth centre with a 22% increase of births compared to this time last year! Each Crowborough birth centre baby has a leaf added to our Crowborough birth tree and it keeps growing.

We have received some lovely feedback from our women and families. This is what one of our women had to say ...

We had the most amazing labour and birth..... All the midwives at Crowborough were wonderful I felt that our birth plan was welcomed and I felt safe and trusting..... I can't tell you how much we value the care and support we were given.

This December we will be starting to offer more continuity to our women with the aim that they will know their midwife in pregnancy, labour and after their birth with positive outcomes for all involved.

Seasons greetings from the Crowborough team.

Chloe Ronaldson, Senior Midwife

As some of you may be aware, the amazing midwife Cheryl retired in September. She will be missed by us all here and by all the mums who she has cared for over the years. We wish her all the best.





FRIENDS NEWS

FRIENDS SOCIAL DAY SERVICE

Macmillan coffee morning

The Day centre held a Macmillan Coffee Morning which was enjoyed by all and raised a wonderful £363 for the charity.

Two do tea

Two do Tea was set up by two of our social day service volunteers with the support of FoCH. Having been involved with the Crowborough lunch club which closed, they felt that clients of this and many other people would welcome the opportunity to meet over a sociable afternoon tea, They were right! Two do tea is going from strength to strength and seems to be filling a need. I recently met a lady on her way for her first time and also on her way out. When I asked about her afternoon, she said "It was really lovely"! Well done to volunteers, Linda and Sheila.



TWO DO TEA

Come for Afternoon Tea, Everybody Welcome

at

The Day Centre, Crowborough Hospital, Southview Road.

on

First Thursday of every month

2pm - 4 pm

£3.50

(Price includes tea / coffee / sandwiches & cakes)

Tel: Linda (01892) 664966 or Sheila (01892) 664576

Booking Essential as places limited

FRIENDS NEWS

FRIENDS HOSPITAL SHOP

Have you visited the Friends' shop recently, located in the hospital foyer? We have a great range of merchandise to suit everyone. There is a huge selection of cards for any occasion, plus puzzles, books, toys and games for children. We sell a selection of snacks and drinks plus a range of toiletries for those staying in the hospital. There is a good range of second hand books for sale at just 50p each. We also stock a range of fresh cakes, homemade preserves and jams, and fresh eggs every week.

The shop offers a valuable service to patients staying at the hospital and those visiting them, in addition to those attending the many clinics that are held at the hospital. Most importantly, it raises much needed funds to help support the work of the Friends of Crowborough Hospital.

Xmas has now arrived at the Friends Shop. We stock Xmas cards, wrapping paper, money wallets, labels, tags, bottle bags and small gifts. A large number of baby cardigans have been knitted for us in all colours and sizes. We also have chutney, marmalade, jam and honey that make a nice gift.

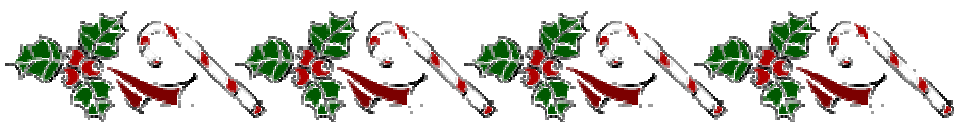
We are looking for extra help in the shop and would be pleased to hear from anyone able to do a 2 hour shift on a regular basis. Please contact the Friends or leave a message on 01892 664626 and we will get back to you.

The shop is currently open Monday – Friday 10am – 4pm. We recently trialled opening the shop at the weekend on Saturday and Sunday afternoon, and it proved to be a popular move. We would therefore like to start opening the shop every weekend 2-4pm. To be able to do this we would need more volunteers to work in the shop.

Are you able to offer one weekend afternoon a month to extend the shop opening hours? Full training will be given. If interested, please contact Juliet Morris at info@foch.org.uk or leave a message as above.

It's a pleasure to serve all our customers and we wish them a happy and healthy Xmas and New year.

Maureen Bagwell, Shop Manager & Juliet Morris, FoCH Trustee





DONATIONS

AmazonSmile



AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as Amazon.co.uk. The difference is that when you shop on AmazonSmile, Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) from your eligible AmazonSmile purchases.

On your first visit to AmazonSmile (smile.amazon.co.uk), you are prompted to select a charitable organisation from a list of eligible organisations. You can change your selection at any time. Friends of Crowborough Hospital is now registered with Amazon Smile so purchases through Amazon can now result in benefits to us. FoCH can receive a donation from Amazon for every purchase you would make from Amazon by going through smile.amazon.co.uk. Especially with Christmas coming up, please consider supporting us in this way.

Amazon provides a shortcut which links directly to our charitable registration. Supporters should use this shortcut to ensure that their purchases result in a donation to us.

<https://smile.amazon.co.uk/ch/231379-0>

Collecting Boxes

Boxes totalling £272.63 were opened from:

Miriam Boobier
Cro's Jeweller
Kreshaa Express
C.J. Leppard
Field Buss
Jarvis Brook Bakery
Minor Injuries Unit

Group donations

2 do tea £111
Wealden cycle club £750
St John's WI £100

Subscriptions and Individual donations

£975 was donated by individuals, including £100 ring fenced for the Birthing Centre and £200 for the Ward

In addition many members pay their annual subscription by standing order. If you would like to consider this, please see details of how to do so on the back page.

As always, we are extremely grateful to all donors, friends and businesses who so generously support us.

In Memoriam

A number of events took place to celebrate the life of local musician Derek Watmough. As a result, the Friends were very grateful to receive £660.

Our thanks and condolences go to Derek's sister, Mrs Sylvia Queldia and all his family and friends.



CROWBOROUGH'S CHRISTMAS CRACKER

FRIDAY 22ND NOVEMBER



4.00pm to 6.00pm

In Crowborough High Street

Santa's Grotto opens at 3.30pm.

Lloyd Warbey will be turning on the

Christmas Lights at 6.00pm

Stilt walkers, glow jugglers, Bubble Queen, land train and
live music. Lots of interesting stalls.

**The Friends will have a stall at this event and look forward to seeing you there.
We now have a debit/credit card machine which will be available to make larger pur-
chases easier at this and future events.**

Please come along and support us.



MERRY CHRISTMAS

and
HAPPY NEW YEAR






Caring for the Heart
of the Community

Friends of Crowborough Hospital

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Inland Revenue Charity Code:
YAF88PG



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The Friends of
Crowborough Hospital
supporting excellent
care at the heart of the
local community



ALSO VISIT OUR WEBSITE: www.foch.org.uk

Membership of the Friends

We hope that those of you who are not already Members would be interested in joining the Friends. Membership is just £10 a year, or you can become a life Member for a larger sum. If you would like details of this, please get in touch. If you would like to pay by standing order, we would be happy to arrange this for you.

For those who are tax payers we can arrange (at no cost to yourself) for the Inland Revenue to make an additional payment to us equal to the amount of tax that you would have paid on your donation or membership (Gift Aid). In this way, your donation can be of even greater value. Changes made by the Inland Revenue in respect of how Self Assessment tax forms are completed for charitable donations mean you will need the Code (shown above) if you complete such a form.

As a Member you can be as involved as you wish, joining one of the committees, or just supporting the work of the Friends by attending events during the year. If you would like further information on any aspect of the Friends or would like to become a volunteer or a Member, please get in touch with us at the address above, or by phone or e-mail.



Office Opening Times

The Friends' Office is not manned every day due to lack of volunteers. If we are closed, please leave a message; written, telephone or e-mail and we will contact you as soon as we are able.

Mail can be left in the black letterbox outside the office.

Donations / Membership

I/we would like to make a donation to support the work of the Friends of Crowborough Hospital.

Our donation includes a £10 membership subscription (yes/no).

I/we enclose a donation of £

The Friends may reclaim tax (Gift Aid)

Name

Address

Post Code

Telephone

E-mail

Date

Please send details of how I/We may make regular donations (Standing Order)

Donations should be returned to:
Friends of Crowborough Hospital
Crowborough Hospital
South View Road
Crowborough TN6 1HB

