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Information correct as at June 2017.

Friends of the Hospital of St Cross. Registered address: Brookfield House, Hospital of St Cross, Barby Road, Rugby CV22 5PX.
Registered Charity number 218485. Coventry Building Society. Principal Office: Economic House, PO Box 9, High Street, Coventry CV1 5QN.



Friends of the Hospital of St. Cross **ANNUAL REPORT 2016** *Presented to the Annual General Meeting on 28th June 2017*



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Registered Charity number: 218485



Special Award
Winner 2014



Team of the Year
Winner 2016





Hospital Report



Previously, I have shared with you our progress on increasing the elective (pre-booked) theatre activity at the Hospital of St Cross, and this Annual Report is going to be no exception.

There has been a fabulous increase, of over 4.6%, in the total number of surgical procedures undertaken at St Cross in 2016, from the previous year. This means that more patients have been able to receive their elective surgery in Rugby. We have also seen an improvement in the number of theatre lists held at St Cross, and better utilisation of those lists.

It would be remiss of me not to draw your attention to the new car park, by the Friends Blood-Taking Unit. This has created additional spaces for phlebotomy patients, including a number of disabled spaces. We've seen a steady increase in the number of attendances at the Unit, as word has spread about the excellent service we give to the people of Rugby. Even if the phlebotomy car park is full, patients having blood tests continue to get 30 minutes' free parking, in any of the hospital's car parks.

Stepping away from service developments, I am delighted to share with you that our Rehabilitation patients have recently benefitted from new hand-painted murals, which make the area feel more relaxing and less clinical. Lynne, the artist, incorporated ideas for the artwork from patients on the ward, as well as visitors and staff. We are truly indebted to the Friends, for supporting this project.

In October, the hospital took delivery of a new MRI scanner, which is now fully operational. This is great news for residents of Rugby and surrounding areas, as it means that more complex scans can be undertaken at St. Cross than before. The temporary scanner is soon to be replaced with a different specialist facility, that will be new to Rugby.

Later in 2017, everyone at the hospital is delighted that - thanks to support from the Friends of St. Cross - we will be welcoming a new Sleep Studies facility, which will benefit patients throughout the West Midlands. The Friends are also supporting a refit of Children's Outpatients, to make it more child-friendly.

We remain most grateful for the generosity of the people of Rugby who, with our Friends volunteers, help us make a real difference for the patients who attend the hospital.

Juliet Starkey

Group Manager St. Cross
& Trauma Orthopaedics



The Friends received more great recognition in 2016 when they were awarded the *Pride of Rugby* 'Team of the Year' and a UHCW 'Volunteer of the Year' OSCA. They also received a number of other nominations at both the *Pride of Rugby* and UHCW OSCA awards ceremonies.



Front cover photos are of volunteers, in various settings, with 'Ellis', the WCAVA Rugby World Cup Mascot!



Public Fundraising Report for 2016



During the year, there has been a variety of events which have raised funds and the profile of the Friends. These were in addition to the activities reported by Doris and Tracey, on previous pages.

In April, the Romna kindly offered us their restaurant, for an ‘Indian Evening’, with a three-course meal, including drinks.

In May, we took a stand at the Rotary ‘Spring Fair’, and our two tombolas catered for adults and children. The Rugby Male Voice Choir held a concert, and the Friends were the charity to benefit from the proceeds.

Rugby Community Choir held a concert in July, and money came to the Friends.

A very successful ‘Cuppa & Cake’ event, organised by Pauline Masterman, at which the Hillmorton Community Choir sang, took place in September.

Our ‘Curry & Quiz Night’, in October, was held at the Indian Community Centre, and we were delighted that all the proceeds were donated back to the Friends.

In December, not only did we have our annual Christmas raffle, but we benefitted from the ‘Jingle Jog’, the Rotary Club of Rugby Dunsmore’s Christmas Carol Service, and the Christmas Market held at the Benn Hall.

There have also been a number of organisations who have held events and donated their profits back to the Friends. In particular, the Friends would like to thank the ladies of Hannover Gardens, for their continued support through the events they hold, and the wonderful knitted items that they provide as raffle prizes.



‘Ellis’ at the bookstall in Outpatients. Kathryn Lawrence



With Romna restaurant owner Zahed Saddique.

Our second-hand book sales, in Outpatients, have risen to £3,095 in 2016. At 50p per book, this really is an encouraging result – so a big ‘thank you’ to everyone who donates books. Please continue to bring them to us, but we should mention all books have to be vetted, to ensure unsuitable material is not put out for sale.



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Acknowledgments

Photographs throughout this report were taken by the following Friends volunteers, unless otherwise stated, George Ballard, Leigh Cosby, Bob Mercer, Navin Mistry and Eddie White. George, Navin and Eddie are also members of Dunchurch Photographic Society.

Design of this report, and the posters and tickets for our various fundraising events, has been undertaken by Alan Wiggins.

Thank you.

Letter from the President



Dear Friends,

Welcome to the 62nd Annual General Meeting.

Once again, we are able to inform the meeting of a very fruitful year in 2016. Developments continue, both in service and fundraising, enabling the Friends to support various projects identified by Juliet Starkey, who is the

Group Manager for St. Cross, as well as Trauma and Orthopaedic services at St. Cross and University Hospital, Coventry. We were also able to meet identified requests, for the community and mental health services.

I'm aware, as I am sure are you, of some of the difficulties facing an ever-changing National Health Service, and the importance of ensuring the local population receive the best health care possible, when needed. That's where the Friends organisation helps to make a difference to the patient experience; by supporting projects which develop health services locally.

None of this can happen without the incredible support we receive from the local community, who dig deep into their pockets to give what they can afford.

I am also aware of the commitment shown by our volunteers, who provide various services across the hospital, and their fundraising activities, all culminating to meet our philosophy of making a difference! I feel very proud to have been part of a dedicated group, who have achieved a great deal.

Unfortunately, due to my current circumstances, and in the foreseeable future, I will not be standing as president, and I will be resigning as a trustee of the Friends, following this meeting.

However, I know the Friends will go from strength to strength - and I wish you all, most sincerely, good wishes for the future.

Yours sincerely,

Joan Jesson

WHY NOT REQUEST A ROADSHOW?

Organisations wishing to find out more about the Charity can request a free roadshow

- call 01788 663754 or email roadshow@fsx.org.uk

More information about the Charity is published on our website at www.fsx.org.uk



2016 IN PICTURES!



The Coventry Building Society donation.

To see more please visit www.fsx.org.uk

Hi-Lo beds.



Sponsored fundraisers after the Wolf Run.



AMONG FRIENDS:



Sponsored fund raisers, before the 'Jingle Jog'.



Epilepsy monitor for the Community Service.

To find out more about volunteering, call us on 01788 663754 - or look up the 'for volunteers' section of our website, at www.fsx.org.uk

Special equipment for dermatology procedures.



Pupils from Bilton C of E Junior School planted purple crocuses as part of the Rotary campaign to eradicate Polio.

Report of the Board of Trustees - 2016



2016 was another great year for the Charity!

In May and September 2016, the support that the Charity has given to the Hospital of St. Cross over the previous 60 years, was recognised with nominations and awards at the *Pride of Rugby* and *UHCW OSCA* celebrations.

At the *Pride of Rugby* awards, we were selected as 'Team of the Year', as well as being short-listed for the overall 'Pride of Rugby' award.

At the OSCAs, the Charity was declared 'Volunteer of the Year'.

Doris Froggatt, one of our long-serving Trustees, was short-listed for the same award - and twelve volunteers, who rallied round when one of the machines used to pack test kits for the Bowel Cancer Screening Programme hub broke down, were also nominated for this award.

These awards were the 'icing on the cake' of two years of celebrations, which started in 2014 - with a Special Award at the *Pride of Rugby* ceremony - and, of course, the Queen's Award for Voluntary Service. This continued with the celebration of our Diamond Jubilee, and the success of both the Diamond Jubilee Appeal, and the delivery of the re-located and re-equipped Blood-Taking Unit at St. Cross, which opened in December 2015.



Vein viewer, for Friends Blood-Taking Unit.



'Ellis' meets the board.

Report of the Board of Trustees - 2016 (Contd.)

Volunteers are the mainstay of the Charity. Their dedication to the hospital and its patients reflects the passion that the people of Rugby have for the hospital, and enhances the reputation of the hospital and the Charity. We have over 200 volunteers undertaking a wide variety of activities and are constantly working the Trust to extend this range, and seeking new ways of working together, to make a real difference for the community.

The Charity continued its support for the Friends Blood-Taking Unit, with the donation of a vein viewer, which helps the phlebotomists to detect difficult to locate veins in patients who, for a variety of clinical reasons, have small veins. The viewer uses infrared light, which illuminates the blood in the veins, as seen in the photograph on page five.



'Ellis', at a volunteer training day.

This enables the phlebotomists to take samples from these patients more quickly, and with less stress for all concerned. In some cases, in the past, a number of patients have had to be referred to the hospital in Coventry. The unit at St. Cross is the first one in the Coventry and Warwickshire Pathology Network to use this equipment, and the other units are hoping to follow their lead, in due course.

In November 2016, the Charity committed £80,000 to support a project for 2017 which will bring a NEW service for the West Midlands, to St. Cross! The project will deliver a 'gold standard', comprehensive neurological sleep medicine service, close to where patients live, further reinforcing the importance of St. Cross in the Coventry and Warwickshire health economy!



The team who helped the Bowel Screening Programme on a tour of the BSP facility.

Our final event of 2016, was originally advertised as a 'Saturday Lunch at Ferguson's Restaurant'. After the sudden closure of this popular local eatery, almost at the last minute, we had to find a new venue.

We managed to keep the date and, instead, our event took place at The Old Lion, Harborough Magna - where landlord Steve and his team cooked, served and delighted more than 50 guests with a delicious two-course lunch. On the day, we were also wonderfully entertained by local singer and actor Aaron Gibson, performing some of his favourite songs. Including a raffle, this event raised just over £600.

Tracey Lennard

*Mayor of Rugby,
Councillor Richard
Dodd, Tracey,
Anne-Marie Robinson
and Norman Clarke at
Flower Power IV:
Fit for a Queen.*



Collections Co-Ordinator's Report



The year got off to a magnificent start, with our annual house-to-house collections, which this year amounted to £2,261. This was a superb amount, considering the amount of collectors taking part. A very big thank-you to all my collectors - this is not the easiest job, and I am very grateful for all of the support they unfailingly give me, each year.

The many shops and business in Rugby that have our collecting tins, make a valuable difference to our finances. During the year, we also have tin collections at two supermarkets, when once again I will be calling on my hard-working collectors, for support.

Our Christmas raffle raised £2,029 due, in part, to very generous donations of prizes from various shops and businesses. These included a £100 travel voucher, a £100 jewellery voucher and two grandstand tickets for a Wasps rugby game. There was also a lot of hard work by those people selling tickets; one group worth special mention, are the ladies working on the tea bar - who managed to sell tickets whilst dispensing teas and coffees!

I would like to extend my sincere thanks, to all of those I have mentioned above.

Doris Froggatt

Social Fundraising Report for 2016



Thanks to *five* organised events, in 2016 we raised a grand total of £8,914.

In April, to celebrate our monarch's 90th birthday, we brought together two popular local florists – Anne-Marie of Dunchurch and Norman 'Country Bunches' Clarke – to present our *fourth* flower-arranging extravaganza, *Flower Power IV: Fit for a Queen*. Held at Castle Keep, Woolscott – in the presence of Rugby Lord Mayor, Councillor Richard Dodd – and including a delicious clotted cream and jam scone with tea, the event raised £650.

In 2016 entitled a 'Summer Ball Dinner & Dance', our annual black tie event was once again held at Castle

Keep. Over 90 guests enjoyed a superb three-course dinner – specially prepared and presented, by Rugby's own *Chef's Kitchen* – spectacular live entertainment, by local group *The Bees*, and a disco by Mark Homer. Held on Saturday 18th June, including a raffle and an auction, this packed event raised an incredible £5,380.

On Saturday 3rd September, we ferried a coach-load of Friends supporters across the West Midlands, for 'a bostin' day by buz', up the Black Country Living Museum!

On arrival, we enjoyed a special introductory talk

on Black Country history, and

later took a 45-minute boat trip 'up the cut'. Although the rain persisted, it didn't spoil our day out – and the event, plus a raffle aboard the home bound coach, raised over £400.

It's Showtime!, our fourth event of 2016, featured 'songs from the shows' – from *Phantom of the Opera* to *Les Misérables* – as well as many comic songs, performed with great panache by Barbara Rodway and local singing group, *Cavatina*. Held on October 1st at Castle Keep, the event was staged in memory of long-serving fundraising sub-committee member, Julie Gordon, who died in August. With a licensed bar and a raffle, *It's Showtime!* raised an incredible £1,860 – and proved a very fitting tribute to Julie!



Black Tie Summer Ball - with a special guest stand-in!

Report of the Board of Trustees - 2016 (Contd.)

This service is particularly important for people in the transport industry, who require regular medicals, and can lose income until their sleep disorders are treated. Currently patients are referred to Leicester General and Birmingham Heartlands hospitals, where they can wait up to six months to be seen!



The Sleep Physiology Team.

The new service builds on the current outpatient service at St. Cross – which the Friends supported through the provision of equipment to help diagnose Sleep Apnoea – and will be equipped with two observation rooms, in a quiet area of the hospital. Currently patients are observed in a busy ward, where noise levels are not conducive

to the range of studies needed for a full service.

The new unit will perform both daytime and overnight sleep latency tests.

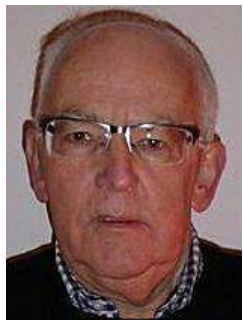
Overall, in 2016, the Charity has provided equipment and support for projects with a total value of £87,254. Before the year end we committed another £123,000 to projects which are to be delivered in 2017, making this another highly successful year.

Willy Goldschmidt
Chairman

The Social Fundraising Team's 'bostin' day by buz' up the Black Country Living Museum.



Treasurer's Report



In my first year as treasurer, I am pleased to report another very successful year for the Friends, from a finance point of view.

Our income totalled £126,328, almost the same as 2015, despite there being no major fundraising appeal during this year. This income was greatly boosted by a single bequest of £44,464, for which we are very grateful. All of our regular fundraising activities performed well, and we are very appreciative of the efforts of both trustees and volunteers in raising these amounts, both large and small.

Our expenditure on gifts totalled £87,254 during the year: please see the gift list, on page 12, for details of each individual gift. As a consequence, and despite historically low rates of interest being earned on our reserves, we ended the year with an uncommitted cash balance of £191,493: this is after allowing for already-committed future purchases, and designated amounts, totalling £123,911.

We are committed, as a board, to maintaining a cash balance of at least one year's average expenditure in hand, so that we can continue to meet our forward commitments. As ever, our modest administrative costs were more than met by the surplus from the tea bar, so that 100% of donations and gifts, from every source, are used to support St. Cross Hospital, and the people of Rugby and the surrounding areas.

In 2016, we adopted a policy that both respects donors' desire to make donations for a specific purpose or department, and that funds should not lie unused for a prolonged period. The policy is that any donations received for a specific purpose in one year must be spent, or committed to an approved request, by 31st December of the following year – or they will be reallocated to the general funds available, to meet requests for equipment or support for projects.

David Roberts



Treadmills for Cardiac Rehab.



Volunteer Co-Ordinator's Report



With over 200 volunteers helping the Friends, we are delighted to report all our services to support St. Cross have been maintained, and there still remains ample opportunity to accept new volunteers. With over 100 volunteers in our tea bar and on our help desks, we regularly need new volunteers to join our teams.

The nurses who look after patient feeding would like some additional names to support this important, busy meal-time service. Our Befriending & Dementia Friends Service is being reviewed, and additional volunteers will be required in due course.

The cataract service at St. Cross has expanded from one day per week to two and a half days per week. Our volunteers on 'Holding Hands in Theatre' have also expanded to nine, in support of this important service. This is another success for St. Cross, and for our volunteers.

If you are retired, or have some spare time available please consider the Friends. Your free time is most valuable, and you will be made most welcome as a volunteer. We estimate that, on the basis of the minimum wage, our voluntary series contribute over £95,000 to the service at the hospital.

Mike Rigby

*To find out more about volunteering,
call us on 01788 663754 or look up the
'for volunteers' section of our website,
at www.fsx.org.uk*



Five New 'Life Members'

At our AGM, we will honour and thank five new life members, who have each served the Charity for 15 years.

Margaret Bowman, Janet Empsys and Kathleen Jones volunteer at the tea bar, while Dave Proctor and Alan Wiggins are both members of the Social Fundraising Team.

They will bring the number of Life Members who are still active volunteers, up to an amazing total of 34. We thank them all for their dedication, and invaluable contribution to the Charity, and the Hospital.



Alan, Juliet, Kathryn and Dave at the OSCAs.

Gift List for 2016

The full list of donations of equipment and support for projects, is set out below.

Item	Ward/department	Cost £
15 rechargeable table Lamps for nurses stations in ward bays	All Wards	240
Aids for patients with hearing difficulties or are visually impaired	All Wards	1,335
Gym treadmills	Cardiac Rehab	7,150
Equipment Trolleys	Cedar Therapy	750
Scales & other items	Children's Outpatients	231
Bladder scanner	Community Continence Team	7,200
Bi polar cauteriser and instruments	Dermatology Minor Ops	7,579
Chairs and an examination couch	Dermatology	801
Examination couch	Diabetes Ward	695
22 low height beds	Hoskyn ward	40,700
Mobility / patient transfer aids	Hoskyn Ward	2,200
Bariatric armchairs	Hoskyn Ward	158
Annual grant	Hospital Radio Service	1,000
Awareness equipment/teaching aids	Mental health service - Learning Disability aids	1,103
Journey stand	Mulberry / Medical rehab	1,745
Ward murals	Oak Ward	7,000
Surgery headlight	Oral Surgery Clinic	437
Vein viewer	Phlebotomy	4,885
Cubicle curtain track	Phlebotomy	464
Patient trolley system	Portering Dept	2,988
4 bariatric arm chairs	Rehab Therapy	1,291
TV	Urgent Care	303
	Total	90,255

Statement of Accounts - position at 31st December, 2016

Category	Note	Year end 31-Dec-16	Year end 31-Dec-15
Income			
<u>Voluntary income</u>			
Donations	1	47,487	89,469
Legacies	2	49,922	4,000
<u>Fund raising activity</u>			
Collections	3	2,865	3,618
Fund Raising	4	15,114	17,305
<u>Investment income</u>			
Bank interest		1,138	1,357
<u>Income from charitable activities</u>			
Tea bar	5	9,803	9,926
Income total		126,328	125,675
Expenditure			
<u>Charitable expenditure</u>			
Total gifts	6	90,255	177,594
<u>Support costs</u>			
Administration and marketing	7	2,650	1,982
<u>Governance costs</u>			
Subscription to Attend & AGM expenses		797	1,455
Expenditure total		93,702	181,031
Net incoming/outgoing resources for the year			
		32,626	-55,356
Balance brought forward at 1st January 2016			
			279,777
Balance carried forward at 31st December 2016			
		312,403	

You can find out more about the Friends of the Hospital of St. Cross on our website - at www.fsx.org.uk - or why not find us on Facebook?



Statement of Accounts - at 31st December, 2016 (Contd.)

Current assets	
Nat West Bank current & reserve accounts	169,834
Hodge Bank 90 day notice account	70,000
Barclays Bank Community account	75,485
Cash in hand (tea bar float/till)	85
Total assets	315,404
Outstanding liabilities	
Purchases authorised but not yet completed	3,001
Total liabilities	3,001
Net cash balance	312,403
Unrestricted funds	241,502
Funds at 90 days' notice	70,000
Restricted – Designated by donors	901
Total	312,403

Notes to 2016 accounts

Note

1	Donations	amount £
	From individuals	1,558
	From other organisations	6,272
	In memory	9,783
	Coventry Building Society	20,659
	Donations from book stalls	3,095
	All other donations	3,078
	Gift Aid	3,042
	Total	47,487

2	Legacies	
	Edric Edward Groves	44,464
	Dorothy Evelyn Potter	2,458
	Stanley Gordon Back	3,000
	Total	49,922
3	Collections	
	House to house	2,261
	At supermarkets	604
	Total	2,865
4	Fund raising (net of expenses)	
	Public fund raising	4,170
	Social fund raising	8,915
	Christmas raffle	2,029
	Total	15,114
5	Tea bar	
	Gross takings	15,936
	Less cost of sales	-6,133
	Total	9,803
6	Gifts	
	Gifts & grants to NHSTrusts (includes 3,001 authorised not yet completed)	89,255
	Donation to Rugby Hospital Radio	1,000
	Total	90,255
7	Administration & support	
	Printing	99
	Office, stationery & postage	401
	Travel expenses	589
	Marketing	1,098
	Fund raising equipment	298
	Sundries	165
	Total	2,650