

Friends' News

Newsletter of the Friends of the Hospital of St. Cross, Rugby.
We support St. Cross, Rugby Community and Mental Health Services



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HRH Princess Alexandra opens the Diamond Jubilee Rehabilitation Centre

HRH Princess Alexandra officially opened the new Diamond Jubilee Rehabilitation Centre at the Hospital of St Cross on the 16th of April.

During the visit to the Rugby hospital the Princess spoke with staff and patients who use the facilities. Her Royal Highness also spent time speaking with members of the Friends of the Hospital of St Cross and UHCW Charity, whose kind donations have enabled the project to take place. At the end of the tour Princess Alexandra unveiled a commemorative plaque to mark the occasion and was presented with a posy by Mary Lock. Mary was chosen as at the age of 91, she is the oldest serving volunteer and has been an integral part of the Friends team for over 17 years. The Princess also spoke to Joan Jesson, President, and Heather Green, Chairperson, about the work done by the Friends.

The Diamond Jubilee Project has been undertaken to reorganise inpatient rehabilitation services at the Hospital of St Cross. The project has seen the move of

the Cardiac Rehabilitation Unit into a new area. This has facilitated a new therapy gym attached to both a relocated Mulberry



Rehabilitation Ward and Oak Rehabilitation Ward. In addition a new day hospital/ activities area has also been introduced. The Friends contributed £44,563 towards the cost of the project and 6 new bikes for the Cardiac Rehab gym.

Andy Meehan, Chair of University Hospitals Coventry & Warwickshire NHS Trust which runs St Cross said: "Today's visit by HRH Princess Alexandra is a glowing tribute to the extreme hard work of the Friends of St Cross and UHCW Charity. I know I speak on behalf

of all the staff when I say that the Hospital of St Cross is a fitting recipient for a royal visit. This is truly a memorable occasion."

Juliet Starkey, Group Manager at the Hospital of St Cross said: "To have an official royal opening is an amazing seal of approval for the great work of both the staff and charitable organisations that have created this project. The rehabilitation centre will greatly benefit the patients who use this and is another example of the recent improvements that have been made to the hospital."



Photos by Martyn Hewitt from UHCW

Donations for Hoskyn ward

It is amazing how big a difference £3,000 makes for patients in the hospital. Forty new patient information noticeboards have been located by the beds in the wards. These let the nursing staff know who are the named contacts as well as any special instructions and patient preferences such as the type of mug or cup that they like best.

Ward sister Clare Noden is pictured with Peter Matwijiwskyj of Vinci Facilities Management who kindly donated some technician time to erect the noticeboards.

Staff nurses Kate Phillips and Laura Butterworth are pictured trying out new equipment which is used to help patients stand up or sit down

when they move from a chair into a bed or vice versa. When the patient is standing on the platform the aid can be rotated so that the patient's back is towards the bed or chair they are going to.

*Photos by Eddie White & Bob Mercer **



2015 will be the Diamond Jubilee for the Friends. Since 1955 we have raised over £3 million. We have no paid staff and we aim for 98p in every pound raised to go directly to supporting St Cross and Community and Mental Health Services in Rugby.

** Bob Mercer, Eddie White, George Ballard and Navim Mistry are Friends volunteers and members of Dunchurch Photographic Society*

ANNUAL GENERAL MEETING

The AGM will be held in Out Patients at St Cross at 6:15pm on the 16th June.

Our guest speaker will be David Moon, Chief Strategy Officer of UHCW Trust.

We will be announcing the launch of a major project and other plans to mark the Diamond Jubilee of the Friends.

The Coventry donation 2013



Many thanks to the Coventry Building Society and the many holders of the St Cross Saver account whose combined support and generosity has resulted in a fantastic donation of £15,111 which brings the total raised in this way over the last seven years to £136,310.

Photo by Rugby Advertiser

Have you liked us on Facebook?

The latest news about equipment donations and fund raising activity is published on Facebook where you can sign up for email newsletters. These will be distributed more frequently than the printed versions and will enable us to say more about events and donations.

Fund Raising Social Events aim to raise £10,000 in 2014

This year's social events got off to a cracking start with the traditional Valentines' Dinner and Dance which raised a record £4,140 towards their target some of which has already been spent on a set of instruments, pictured below, which will extend the services that can be provided in the newly re-furbished operating theatres.



Future events planned are:

Wild West Hoe Down - 7th June,

Scenic Cruise & Pub Lunch - 30th August

Songs from the Shows & Saturday Lunch - 11th October

Flower Power III - 20th November

To book your ticket call Tracey Lennard on 01788 815788

If you cannot make any of the events then you can support the team by donating on www.localgiving.com/stcross2014

Thank You to Tracey and her team who put a great deal of time and energy into planning these events

*Pictures by Bob Mercer**

Rugby Golf Club ladies swing into action

The ladies section of Rugby Golf Club presented Heather Green with a cheque for £2,100 after a fantastic year of raising funds. Ladies Captain Caroline Brown nominated The Friends as the Lady Captains' Charity of the year saying that she selected the Friends because "the majority of the members at RGC are local people who will benefit from the services provided by the Hospital of St Cross which is a cornerstone of our community which needs the on-going support of local people."



*Picture by Eddie White**

New equipment for use in the Community

The Virtual Ward at the Orchard Centre in Lower Hillmorton Road has just taken delivery of a selection of breathing and health monitoring aids. The Virtual Ward is a service that supports patients with long term conditions in particular those with chronic lung conditions. The service aims to empower patients to 'self manage' their own health needs. Amanda Roberts, a physiotherapist at

the Centre, is pictured with a selection of the equipment which cost £1,200 and is loaned to patients to assess for use at home before they decide to buy their own. Until now there was no provision in Rugby for patients to access these devices.

*Picture by Navim Mistry**



Pre Christmas events

Christmas seems like a long time ago but it was one to remember with the Christmas Raffle draw being made by World Champion Crossbow Shooter and Paralympic Torchbearer, Iris Bingham and four girls taking part in the Jingle Jog organised by the UHCW Charity. The events raised £966 and £1015 respectively.

Andy Hardy, CEO of UHCW NHS Trust, hosted a Pre-Christmas Coffee Morning at St Cross to thank volunteers for their service to



the hospital. Andy said "Every time I come to Rugby I am impressed by the high regard that the people of

Rugby have for both the hospital and the support it receives from the Friends of St Cross and the Hospital Volunteers"



Pictures by Eddie White and a fellow jogger*

The Coventry and The Friends open the Sunflower Room

A team from the Rugby Branch of The Coventry got together with The Friends of St Cross to transform a dull admin office in the hospital into the Sunflower Room where recently bereaved relatives can meet hospital staff to receive personal effects or meet with the hospital chaplain. The room was painted by staff from The Coventry and The Friends funded the carpeting, new furniture and wall decorations. Staff in

the hospital were invited to propose a name for the room and the team from the Coventry picked their favourite – the room name was suggested by Kay Holleran, Emergency Nurse Practitioner. Kay said "my inspiration for the name came from yellow being my favourite colour and I felt that a sunny and bright feel to the room would be uplifting at a time of bereavement."

*Picture by George Ballard**



Pride of Rugby Awards

Edie Freeman has been nominated and short listed as a finalist in a new category of the Pride of Rugby Awards - Long Service Volunteer of the Year Category. Edie has helped out in various roles over the last 50 years and fully deserves this recognition for all her hard work. Over this time she has sold bric-a-brac at antique fairs and worked in the tea bar and on the Help Desk, where she

was recently pictured (right to left) with Help Desk Co-ordinator Chrysanda Gilbert and her partner on the Help Desk rota Audray Allen. The award ceremony took place shortly after this newsletter went to press and we will let you know how she got on at the AGM!

Picture Eddie White*



Spring Fayre first



Mike Hutton, President of the Rotary Club of Rugby Dunsmore kindly nominated The Friends as his Charity of the Year and invited us to various fund raising events throughout the year including a Jazz Night, a Forties Night and the Spring Fayre held on the 6th of May. This was the first time we have attended the Fayre and there was a lot of interest. We hope to hear how much their supporters have donated to the Friends at the AGM.

Picture Bob Mercer*

HOSPITAL MANAGEMENT REPORT

The last 6 months have been a really exciting time for us at St Cross; we've seen a substantial investment of cash into our Theatre accommodation which, amongst other work, saw the replacement of the obsolete ultra clean ventilation (UCV) canopy in theatre 2 with a new model. This was in support of the plans to maximise use of theatres at St Cross and increase activity. The use of UCV has been proven to reduce the occurrence of micro-organisms within the operating theatre and more specifically at the wound site and is a pre-requisite for all major 'open' procedures such as joint replacement and spinal fusions etc.; surgeries performed by Orthopaedic and Neurological surgeons. These works have ensured that 3 of the 5 theatres are equipped with UCV canopy's and we look forward to seeing the numbers of patients safely passing through our wards gradually increasing over the next few months. The Friends are currently raising money to buy additional equipment to support this expansion of our services.

We have also celebrated the openings of 2 facilities supported by the Friends; the Diamond Jubilee Rehabilitation Centre and the Sunflower Room. Events such as these are a pleasure to be a part of and it was an honour to share the experiences with such a large number of the wider Friends community. These events showcase the close relationships that the Friends and the hospital have.

We have also recently participated in the annual 'Patient-led Inspection of the Care environment' (PLACE) and are eagerly awaiting the outcome of the report. We constantly invest both time and money in trying to improve the experiences of our patients and visitors and the appointment of two Patient Advisors in conjunction with the continued support of both the Friends and our Executive team helps us to achieve this.

This newsletter has been kindly designed and produced by the Coventry on behalf of the Friends of the Hospital, Brookfield House, Hospital of St. Cross, Barby Road, Rugby. CV22 5PX.

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