



Friends' News

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



Issue No. 19 May 2015

The Diamond Jubilee Appeal is making great progress!

By the end of February we had received over £46,000 and decided that we would hold back on publishing updates on progress until the AGM which will be held, for the first time, in the Benn Hall in order to accommodate what we hope will be a larger than normal attendance – see overleaf for details!



Rotary Cheque Presentation - Photo by Eddie White*

We intend to keep the Appeal running for the remainder of our Jubilee year as several people and organisations have told us they are planning to raise funds for the Appeal throughout the year. We hope to exceed our initial target of £60,000 as we have committed £100,000 to the project to relocate the Blood Taking Service at St Cross and are continuing to make donations of equipment as reported on page 3 of this newsletter.

In January we received a second large cheque from the Rotary Club of Rugby Dunsmore – this time for £2,700. The total donated by the Club and its members is now approximately £5,000!

The real success of the Appeal has been the ever widening engagement with the community that has been achieved.

A couple of inspiring examples are that three Sixth Form students from Lawrence Sheriff School organised a sale of donuts and raised £187 and Lee Anthony New ran two half marathons to raise another £500.

Since the last newsletter we have received donations from Aphrodite Beauty and Spa, Barr Construction, Bilton Methodist Church, the Merchants Inn, Rugby Rokeby Lions Club, St Andrews Church, Thurlaston Ladies Club and the Warwickshire Women's Bowls Association and many more personal donations!

We have also heard that the Mayor's Charity (which this year is the Friends of St Cross) has received donations from the Cemex Foundation, the Rugby Hindu Temple and the Rugby Male Voice Choir. We look forward to reporting on the total raised by Councillor Ramesh Srivistava around the time this newsletter is published.



Lawrence Sheriff School - Photo by George Ballard*

Still the most popular way in which people have contributed is through collecting 5p pieces in sample bottles and depositing the contents in the cylinders located in Out Patients and the waiting room at

Blood Taking. So far we have counted over 30,000 5p coins – equivalent to 650 sample pot donations! The total of all contributions taken from the cylinders alone is over £3,500.



Les and Lee-Anthony New after the Coventry half marathon

Breaking news

Project Update Work on the new Blood Taking Service location is expected to be underway at the time that this newsletter is published! It has been decided that the best place for the new unit is in the former Mulberry Ward which will have easier access than the original planned location in the former Hawthorn Ward and will also enable the Trust to make better use of Hawthorn Ward as they expand the services at the hospital. More information about the new plans and other services that the Friends are supporting will be published on our website when they become available.

2015 will be the Diamond Jubilee for the Friends. Since 1955 we have spent over £3 million on equipment and support for projects. We have no paid staff and all monies donated go directly to improving the experience of patients in Rugby



Special Award
Winner 2014

Volunteers are thanked for their support of the hospital



Volunteers and Executives from University Hospitals of Coventry and Warwickshire NHS Trust - Photo by Bob Mercer*

The Chairman, Chief Executive Officer and three members of the Executive team from UHCW hosted a coffee morning just before Christmas to thank volunteers from the Friends of St Cross, Rugby Hospital Radio and the team of other hospital volunteers for their dedication and the great range of services they have provided over this and previous years at the Hospital of St Cross.

Six volunteers will become Life Members at the AGM

Six Volunteers will soon become Life Members of the charity after volunteering for 15 years. They join 30 others still serving for a combined total of 876 years!



Isabel Liddle, Tracey Lennard & Julie Gordon - Photo by Eddie White*

Tracey Lennard is pictured with Julie Gordon and Isabel Liddle who recruited Tracey to take on the role of Chair of the Fundraising Sub-Committee. Since then the committee has raised over £70,000 for the Charity. Tracey rapidly recruited Julie as the member of the committee who choreographs dance routines at many of the social functions and helps out in lots of other ways!

Tracey has been short-listed for the Pride of Rugby Long Service Award and we are eagerly looking forward to the Awards ceremony on 15th May

as the Charity has also been named as a finalist in the overall Pride of Rugby Category!

Farmer's daughter and farmer's wife, Beryl Makinson was recruited as a volunteer by the late Derrick Masters who was a family friend and a stalwart of the Friends of St Cross. Ever since then she has done a regular shift on one of the Help Desks showing people round the hospital to the location of their appointments.



Beryl Makinson and Doris Kilby - Photo by Leigh Crosby*

Doris Kilby took up volunteering with the Friends when she retired from working at the hospital as a staff nurse. She served on the main committee for nine years organising occasional fundraising events such as plant sales, a charity performance of the Barby Players and a folk evening held in the Barby Village hall.



Maureen West and Sally Bishop - Photo by Leigh Crosby*

Maureen West was originally a volunteer visitor at St Luke's Hospital, which has long since gone from Lower Hillmorton Road. When St Luke's closed she continued to visit Oak Ward at St Cross and joined the team at St Cross in January 2000. She not only does one shift a month in the Tea Bar but does the occasional shift covering for others and also helps with the cleaning and tidying of the St Elizabeth Chapel in the hospital.

Sally Bishop was recruited by veteran Mary Lock, who is one of Sally's neighbours and recently celebrated her 92nd birthday! Ever since then Sally and Mary have done a regular shift on the Tea Bar and were two of the guests of honour when the Charity was presented with the Queens Award for Voluntary Service last September.

Volunteers are always needed - We regularly have requests to operate new services or expand those that we currently operate. If you are interested in volunteering or becoming a trustee of the charity contact volunteer@fsx.org.uk.

The Friends equipment donations continue to make a difference

We are delighted to show pictures of a selection of the requests for equipment which we have fulfilled in recent months.

The Friends have helped bring a new service to the Hospital of St Cross for patients suffering from sleep disorders. The diagnostic device that we donated is a lot smaller than earlier models and has made domiciliary sleep studies much easier to tolerate. Used for the detection of Obstructive Sleep Apnoea (OSA), the equipment is taken home by the patient, and worn in the comfort of their own home.



Sleep Apnoea diagnostic equipment -
Photo by Leigh Crosby*

Andy Hardy, Chief Executive Officer of University Hospitals Coventry and Warwickshire (UHCW) NHS Trust recently said: "We are deeply grateful for the support of the Friends of St Cross which has done so much for the Hospital of St Cross through its fantastic record of donations and the superb voluntary services which have helped us expand our service in Rugby. For example we now carry out over 70% of all hip and knee surgery performed by the Trust at St Cross which is partly enabled by equipment provided by the Friends for both the theatres and the post operation rehabilitation of patients".

Donations which we have made to help achieve this are a set of specialist arthroscopy instruments, which help stabilise shoulder joints, and iliac supports which are used to secure patients who are having hip surgery. The supports are fully adjustable, were specially designed by the local surgeons and are a great improvement on the fixed supports that were used before!



Arthroscopy instruments - Photo by Eddie White*

Also pictured is one of two new patient supports for Oak Ward, which are of the same as those issued by Warwickshire County Council's Equipment Service, and are used to help patients and their carers become familiar with the aids before going home.



Iliac supports - Photo by Bob Mercer*



Patient turners - Photo by Bob Mercer*

New 'tub chairs' have also been delivered to the Urgent Care Centre. These are more comfortable than treatment trolleys for patients waiting for assessment or transport. Two of them are located in a side room which provides a better setting for holding sensitive conversations.



Tub chairs for the Urgent Care Centre

Annual General Meeting

will be held in the
Benn Hall

At 6:30 on Tuesday 23rd June

Special Guest Speaker – Tim Cox, Lord Lieutenant of Warwickshire

Hear the latest news on our

Diamond Jubilee Appeal

Volunteers, supporters and members of the public are **all** welcome to attend.

Light refreshments will be available at the end of the meeting.

We ask that all who intend to come let us know by email to office@fsx.org.uk or call 01788 663754 so that we know how many to cater for!

Christmas brought lots of cheer!

The Mayor supported the Christmas Bazaar and many other events and his deputy drew the Christmas Raffle which raised a record £2,727!



The Mayor, Councillor Ramesh Srivastava, Jamie-Lea Winch, Santa, Joan Jesson and Tony Cousins at the opening of the Bazaar - Photo by Leigh Crosby*



Kathryn Lawrence, Deputy Mayor, Councillor Richard Dodd, Chrysanda Gilbert, Doris Froggatt, Santa and Heather Green at the Xmas Raffle Draw - Photo by George Ballard*

The Coventry donated £17,252



Representatives of the Coventry, the hospital and the charity at the cheque handover - Photo by Navin Mistry*

Last November we were delighted to receive the latest donation from the Coventry which was over £2,000 more than in 2013 which means that the St Cross saver Account has increased in its popularity.

Another way to donate!

thebluechip

Rugby Town Football Club and offers supporters the chance to win £250 every week in the knowledge that 50% of all subscriptions will come to the Friends.

The cost is £4.33 per entry per month - find out more at

<http://fsx.org.uk/index.php/donate>.

Hospital Management Report

Over the last couple of months we have seen an increase in the numbers of patients coming through our hospital for elective (planned) surgery. To support this we are now extending our opening hours on Day Surgery into the evening and many weekends.


Our Bowel Cancer Screening Hub has once again thrust themselves into the limelight by winning a national competition with the creation of a poster explaining the benefits of using a particular type of test which they (and the Southern hub) have been piloting. Posters are used in academia as a key way of presenting complex scientific information. As the assessment was based on creativity, scientific method, contribution to science and/or medicine and communicative power we are very proud of this achievement.

As many of you will no doubt be aware UHCW NHS Trust has recently undergone a Care Quality Commission (CQC) planned inspection and we are now eagerly awaiting the outcome of the report which will be published publicly. The CQC inspect and regulate services to make sure that they meet fundamental standards of quality and safety. We were very fortunate to have some of the Friends committee members to support the inspectors with way finding and on the final day of the inspection the team fed back how useful this had been.

Children's Outpatients moved into a new location in Rainsbrook Wing back in March; this move will enable the service to expand slightly and means that we can then relocate the Therapy department currently housed at one end of Cedar to Rowan, to enable the creation of an additional 6 beds on Cedar ward later on this year.

* Photos were taken by Friends volunteers and supporters. Bob Mercer, Eddie White, George Ballard and Navin Mistry are also members of Dunchurch Photographic Society.

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

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