



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.18 November 2014

The Diamond Jubilee Appeal has already raised over £27,500

Since the launch of the appeal at the AGM in June, donations and offers of support have been pouring in from all corners of the community. We are well on our way towards reaching our target of raising at least £60,000 to fund the relocation of the Blood Taking Service at St Cross. 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 10,000 5p coins – equivalent to 220 sample pot donations! The total of all contributions taken from the cylinders alone is over £1,500.

Volunteers and members of the Blood Taking team have been holding coffee mornings at which they have sold cakes, bric a brac and invited local craft stall holders to sell their wares! In September alone they raised over £1,000! Several of these events were

attended by The Mayor, Councillor Ramesh Srivistava, who has chosen the Friends as The Mayor's Charity.

The Mayor also awarded medals to members of the Blood Taking Team who took part in the 10k Run for Rotary and raised another £1,000!

Since our last newsletter, we have also had support from local businesses and community organisations Sainsbury's Clifton Road, The Railwaymen's Club, Tesco and Sainsbury's who hosted in store collections, Asda who have donated cakes, Take Heart Cardiac Exercise Club, the Indian Yoga Centre, the Rugby Spiritual Centre, Rugby Christian Fellowship, Rochberie Tabernacle, The Rugby Summer Darts League, The Merchants Inn and many other members of the public who have chosen to make a donation several of which have been made in memory of recently departed friends or relatives. All donations are greatly appreciated and

will help us not only fund the relocation of the Blood Taking Service but will ensure that we are able to continue making a difference for Rugby patients.



Photo by Eddie White*



Photo by Bob Mercer*



Photo by Navin Mistry*



Photo by George Ballard*



Photo by George Ballard*

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

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

The Lord Lieutenant presents the Queen's Award for Voluntary Service



Photo by Eddie White*

On the 1st September, the Friends of St Cross formally received the Queen's Award for Voluntary Service from the Queen's representative, Tim Cox, Lord Lieutenant of Warwickshire. Mr Cox was accompanied by Mr Hamish Gray-Cheape, Vice Lord-Lieutenant of Warwickshire, and Mr Eric Wood, Deputy Lord Lieutenant of Warwickshire, who were members of the evaluation panel which examined our nomination

and recommended it for approval by the Cabinet Office.

Presenting the award Mr Cox said: "It is a pleasure to come back to the hospital for the second time this year having attended when HRH Princess Alexandra opened the Queen's Diamond Jubilee Rehabilitation Centre which was part funded by the Friends of St Cross. I am delighted to be commanded by the Queen to present the charity with

this award in recognition of excellent work that the charity has done over the past 59 years – recruiting over 200 volunteers to serve in various ways in the hospital and raising over £3m which has provided much needed equipment which improves the patient experience in the hospital and the local community and mental health services. The scale of the achievement of this honour is reflected in the fact that you are the only charity to receive this award in Warwickshire and one of only 111 nationally recognised this year".

Eric Wood, who lead the evaluation visit said: "It was clear from the outset that the Friends is an outstanding charity, well organised and highly regarded by all concerned. The award is thoroughly deserved and the team wish them every success for the future".

Accepting the award Joan Jesson, President of the Friends of the Hospital of St Cross said: "All of the volunteers feel honoured and very proud to have their work acknowledged by being presented with this prestigious award".



Photo by Eddie White*

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. All of these will enhance the experience of

patients in Rugby. More details about these and other donations are published on our refreshed website – www.friendsofstcross.org.uk!



Foetal Heart Monitor Calibrator
Photo by Bob Mercer*



Crosstrainer for Cardiac Rehab
Photo by Eddie White*



Atlas Frames for Oak & Cedar Rehab
Photo by Bob Mercer*



Physiotherapy Plinths for Out Patients
Photo by Bob Mercer*

The Fund-Raising team take volunteers and supporters for a cruise!

In August eighty two volunteers and supporters took a one hour scenic cruise on the River Avon before reparing to the Bear Inn for a hearty lunch. A good time was had by all and the event raised a wonderful £960 – almost double the estimate when the event was planned. Many thanks to everyone who came along and to M&M Watch Gallery who donated the top raffle prize of a £50 gift voucher.

In October another group attended a superb luncheon at Ferguson's restaurant in the town centre and were entertained by Kenny Robinson and Sally Jones rendition of lots of favourite Songs from the Shows as well as a number of delightful parodies of popular tunes. Another great event organised by Tracey Lennard and her team which raised a fabulous £810.

The team will have hosted another event as this newsletter goes to press and are confident that they will have raised a fantastic £10,000 this year.

Many thanks to the team for all the hard work they have put into this!

Plans are already underway for next year with a Summer Ball, Day at the Races and Christmas Concert and other events under discussion. Watch the website and Facebook for the latest news.



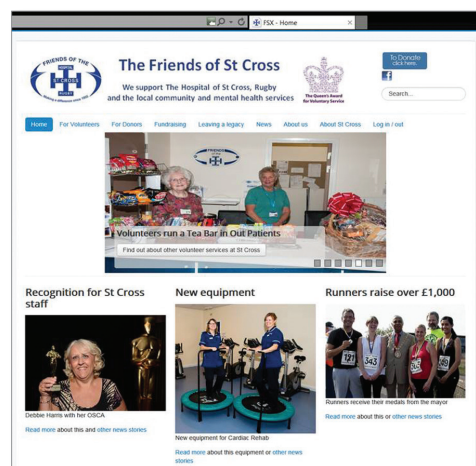
Photo by George Ballard*



Photo by Eddie White*

Warwickshire College student competition helps design our new website

Over the spring and summer months we worked with college lecturer Ed Shuker to run a 3 stage project for 11 first year students taking a Foundation Degree in Computing Management. The students were given an outline brief of our requirements and then asked to present their design



ideas and recommendations. After 2 rounds of competition the Sub-committee selected the winning design by Lewis Flavell who then set about the work of transferring the design from the college systems

onto the Internet where the service is now available. New content is added almost every week and future plans include more history content and a members only area as well as working with the college to improve the site performance.

**The new version is at
www.friendsofstcross.org.uk**

Some different ways to donate!



**Doubling
online
donations
up to £10**

Matching funds are available from the government's Office for Civil Society via our on-line donation service for a limited period. Individual donations of up to £10 will be matched and with Gift Aid could become £22.50 for the Friends! Monthly donations of up to £10 will also be matched for 6 months!

**Click on the Donate
links on our website**



Lottery is operated by Rugby Town Football Club and offers supporters the chance to win £200 every week in the knowledge that 50% of all subscriptions will come to the Friends.

The cost is £4.33 per entry per month and subscription forms are available at the Tea Bar or find out more at:

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

The St Cross Saver Account, operated by the Coventry offers supporters the opportunity to save. Every year the Coventry



makes a donation equal to 1% of the balances held in all St. Cross Saver accounts, on average, over each 12 month period. The total raised in this way over the last seven years amounts to £136,310.

Hospital Management Report

Many of you will be aware of the recent expansion to St Cross with the installation of a new mobile operating theatre located in the Day Surgery car park. This 'laminar flow' theatre has enabled us to increase our theatre capacity and the numbers of patients undergoing surgery at St Cross which had been increased earlier in the year thanks to the theatre equipment donations made by the Friends of St Cross. In addition to this, the new theatre has provided us with the opportunity to expand the range of specialities operating out of St Cross, improving access to these specialities for Rugby residents.

For the first time the Hospital of St Cross hosted UHCW's AGM meeting in July. Although this has historically taken place in Rugby in alternate years, this time the meeting was actually held on site in the Outpatients department. This was well received and those who attended had an opportunity to experience some patients' food first hand (which seemed to be received very positively!) and to raise any questions either in the public meeting, or afterwards more privately with any member of the Executive or Management team.

We were also really pleased that Debbie Harris, Specialist Nurse Mental Health based at St Cross, was asked to give a presentation on Dementia Services within the organisation. Debbie, her team of Dementia Friends and all the staff have worked really hard to improve care for people with dementia or those who are confused. In recognition of this, at the recent UHCW Outstanding Service and Care Awards Celebration (the OSCAs) Debbie received two awards - the Going the extra mile for patients Award and the Chief Executive Officer's Award as a member of the Frail and Older People's Team.

All in all it has been a very positive last few months at St Cross!

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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