



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. 22 – November 2016

Project for 2017 to bring a NEW service to St Cross for the West Midlands!

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!

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 hospitals in Birmingham and Leicestershire, where they can wait up to six months.

The new service builds on the current out patient 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 the 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.

The service will be delivered by a Multi Disciplinary Team led by Dr Asad Ali, Respiratory Consultant, who trained the consultants at Birmingham and Leicester and Joanna Shakespeare, respiratory and sleep service manager. This April the team, pictured above, became the first Respiratory and Sleep Department to achieve the prestigious Improving



Quality In Physiological Services (IQIPS) accreditation from the Royal College of Physicians.

The Friends have committed to raise £80,000 for this project and hope to gain support from the local transport and distribution businesses in the area as well as from the wider community who will benefit from this new service.

More recognition – We won the Volunteer of the Year at the UHCW OSCAs!

The Friends were nominated for the volunteering and fundraising work they had done for the Hospital of St Cross in their Jubilee year. This included raising £130,000 towards the development of the Friends Blood Taking Unit, which opened at the hospital in December 2015.

This award is the icing on the cake for two years in which the dedication of the volunteers and supporters of the Friends of the Hospital of St Cross has been recognised nationally, with the Queen's Award for Voluntary Service and twice locally in the Pride of Rugby Awards. The success of our Diamond Jubilee Appeal, which was supported by the local media, reflected the passion that the people of Rugby have for both their hospital and the Charity.



Our volunteers are the mainstays of the Charity and it is great to see that one of these unsung heroes, Doris Froggatt, was also short listed at the Awards ceremony and to discover that twelve volunteers were nominated for their support of the Bowel Cancer Screening service – see next page!



Special Award
2014

**We have over 200 volunteers and no paid staff. Since 1955 we have spent over £3.25 million on equipment and support for projects.
All monies donated go directly to improving the experience of patients in Rugby.**



Team of the Year
2016

Volunteers come to the aid of the Bowel Cancer Screening Programme

Most readers will not be aware that one of only five hubs of the national Bowel Cancer Screening Programme is located at St Cross. Our hub was the pilot for the Programme and sends out over 1,000,000 test kits annually to people in the Midlands and North West. Of these approximately 650,000 are returned for examination. In addition the hub receives over 11,000 calls each month through the helpline. Not only do staff re-assure worried callers they make appointments for them at hospitals or clinics near them for any follow ups. The staff regularly receive praise for their compassion and knowledge of the vast area they are responsible for.

In February this year the service had a crisis when one of the machines which packs the test kits for the post broke down. A call



was made to Friends volunteers and twelve immediately rallied round and manually prepared over 20,000 kits to keep the service running until the machine was repaired. The volunteers all received a personal letter of thanks from Juliet Starkey who is the Group Manager at the hospital. It then came as a surprise that they had also been nominated for an OSCA. Several of them, pictured above, were available to meet and be presented with certificates by Juliet and were then shown round the hub by Rachel Baker, Quality Lead for the Hub.

Community plant crocuses to support the campaign to eradicate polio



The Rotary Club of Rugby Dunsmore are great supporters of the Friends of St Cross and the two charities approached the local hospital management who welcomed the idea of planting 5,000 purple crocuses in the hospital grounds to show their support for the Purple4Polio campaign

and to strengthen their and the charities engagement with the community.

The Friends approached Mrs Norton, Head Teacher at Bilton C of E Junior School, who held an assembly about the campaign and asked pupils to tell their parents and invited them to come with them to the hospital on a Saturday to help with the planting of 5,000 crocus corms. Everyone is looking forward to seeing the display of purple flowers in February. The purple crocus signifies the purple dye that is applied to an immunised child's little finger on National Immunisation Days so it is clear they have been immunised and no child has been missed.

Equipment donations continue to make a difference.

As a result of the success of the Diamond Jubilee Appeal and continued support from the community we have been able to continue to donate equipment to both the hospital and Community Health Service. Every department operated by the UHCW Trust at St Cross is using equipment donated in recent years!

Staff in the Friend's Blood Taking Unit are pictured demonstrating a Vein Viewer which helps the phlebotomists detect difficult to locate veins in patients who have small veins for a variety of clinical reasons.

The Cardiac Rehabilitation team have recently taken delivery of 4 new treadmills which replace the 9 year old equipment previously supplied by the Charity.



Equipment donations continued

Many of the patients who undergo treatment at St Cross are frail and elderly and so have a potential to fall and injure themselves when they attempt to get out of bed un-aided. Beds which can be lowered close to the ground are one way in which such incidents can be prevented or the risk of serious injury is greatly reduced. The Charity has donated 25 such beds for use throughout the hospital.

Another donation which makes a difference is the provision of kits containing a number of aids for patients who are blind or visually impaired or others who are deaf or suffer from hearing impairments. These kits are used by the occupational therapists and allow patients to try equipment they might find useful at home.

The Friends have also donated a 'stand aid' for use in Oak Ward. Patients who are medically fit to go home may still need help transferring from chairs to bed at home. Before the patient is discharged they are trained in using equipment which is identical to that provided for use at home.

The Charity also supports the team of Community nurses based at the Orchard Centre who recently took delivery of a bladder scanner. Until now the team only had one scanner but now nurses visiting patients can take one out on home visits which means that they will no longer have to book out the one kept at the Orchard Centre and so reduces the number of visits and the length of time a patient is kept waiting for a scan and the subsequent treatment.

The Friends have also donated a set of baby weighing scales for use in the Children's Out Patient department, a set of bariatric chairs for the Diabetes Centre at St Cross and a new X-Ray trolley which is suitable for larger patients and can be used to transfer patients from the wards to the X-Ray department. More about these and other donations can be found on our website.

www.fsx.org.uk.



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

Still more fundraising success!



The Fundraising Team held another fabulous Black Tie Dinner and Dance in July which raised an amazing £5,380. This was followed by a trip to the Black Country Living Museum where volunteers and supporters enjoyed an interesting day out in spite of the rain! Most recently the team's 'It's Showtime' concert was dedicated to the late Julie Gordon who had been a member of the team for seventeen years.



The concert was performed by local singers group Cavatina, pictured above with Tracey Lennard taking a selfie!

Other choirs who supported the Friends in recent times are the Hillmorton Community Choir, who sang at a "Cuppa" event held at Paddox Methodist Church and the Rugby Male Voice Choir who held another Spring Concert in May.

Books, CDs, DVDs and wool wanted

Book sales in Out Patients are going from strength to strength and in addition to paperbacks we now have outlets for hardbacks, CDs and DVDs in good condition.

We also have the support of a great group of ladies who have been making all sorts of knitted goods which they have been selling in aid of the charity.

Please bring any spare wool, books CDs or DVDs along to the Help Desk in Out Patients and we will see it gets to the right place!



Hospital Management Report

Since the last newsletter work has begun in earnest to refurbish the MRI department to enable us to take delivery of a new MRI scanner with a higher specification than our existing one. The scanner was delivered at the end of October but won't be operational for a while after that as I'm told it's a little more technical than just plugging it in and switching it on! This is great news for residents of Rugby and the surrounding areas as it will mean that more complex scans can be undertaken at St Cross than are currently available here.

Next Spring a small cohort of patients will be able to undergo chemotherapy treatment at St Cross and we hope to develop this service over time so that more patients can be treated nearer to home.

Stepping away from service developments, I am delighted to share with you that our Rehabilitation patients on Oak have recently benefitted from the expertise of an artist who has spent some time on the ward painting murals to enhance the area to make it feel less clinical and to promote a sense of relaxation and well-being. Lynne ensured that she incorporated the ideas for the artwork from the patients in the ward at that time as well as the visitors and members of staff to make it an inclusive and bespoke piece of work and we are truly indebted to the Friends for supporting this project and making it happen. We have plans over the next few months to extend this out to other parts of the hospital as well.

We are now heading towards the 12 month mark since the opening of the new Friends' Blood Taking Unit and I really feel that this has been an absolute success. We receive lots of positive feedback from visitors to the unit now and in September had an average wait of just 14 minutes from the point of booking in to exiting the department. The service is planning to extend to include appointment booking and late night opening early next year giving more choice and opportunity for our patients.

Juliet Starkey, Group Manager - Hospital of St Cross.

* 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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