



Friends' News



Newsletter of the Friends of St Cross

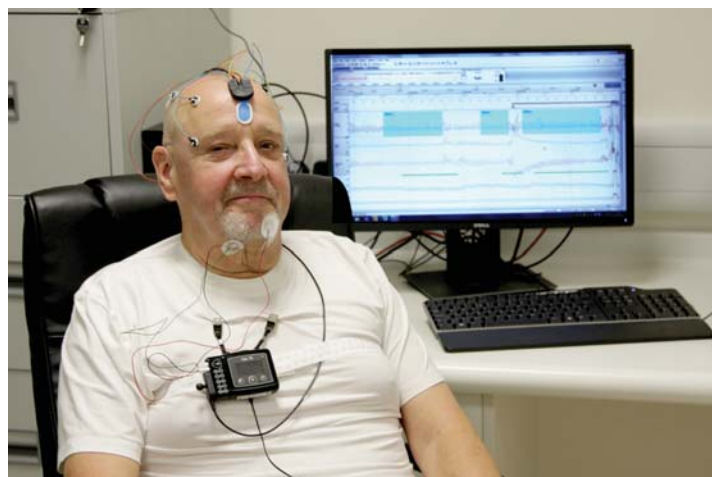
We support The Hospital of St Cross, Rugby
and the local community and mental health services

Issue No. 26 – November 2018

Two new services are offered at St Cross thanks to the Friends



A new Hysteroscopy Service has been set up at St Cross for women who have been referred by their GP after suffering abnormal bleeding. Abnormal bleeding can be a sign of a number of gynaecological conditions, including some cancers, so this is a vital service. By expanding this service to the Hospital of St Cross, the department will be able to reduce the waiting time for a hysteroscopy and provide this service closer to home for many women.



The In-Patient Sleep Studies Unit will shortly welcome their first patients for diagnosis and treatment of complex sleep disorders. Currently such patients have to travel far and wide and join waiting lists of up to 12 months. This service will be unique in the West Midlands and reinforces the importance of St Cross in the local health economy.

The Friends have contributed £157,000 to help bring these services to St Cross.



No-one should be alone at Christmas

We will be running our successful Festive Befriending scheme again this year. We have agreed with the team at St Cross that members of the public can register to be a friendly face to patients who'd otherwise be in hospital at Christmas time without regular visitors. The initiative will run from 22nd December to 1st January inclusive. Anyone interested in cheering up patients during this time should register with us **as soon as possible** by emailing volunteer@fsx.org.uk or calling 01788 663736.

New ways of supporting the Friends ebay.co.uk

If you are selling unwanted items on eBay please consider donating some or all of the proceeds to the Friends!

Or if you buy goods from Amazon then please log on to smile.amazon.co.uk and select the Friends we will receive 0.5% of amount you pay on selected goods!

Find out how on our website - www.fsx.org.uk

 **amazon**smile
You shop. Amazon gives.



We have some 200 volunteers and no paid staff. Since 1955 we have spent over £3.6 million on equipment and support for projects and all monies donated go directly to improving the experience of patients in Rugby



The Mayor presents Simple Thank You's to the Friends and St Cross!



The Mayor of Rugby was taken on a tour of the Hospital of St Cross when he visited staff to present a Simple Thank You. Cllr Tom Mahoney launched his Simple Thank You campaign at the start of his Mayoral year to highlight the work of individuals and organisations who serve Rugby's communities.

He visited St Cross to present certificates to staff who work in the hospital's out-patients department and the Friends Blood Taking Unit. Cllr Mahoney had previously presented the Friends with a Simple Thank You at the charity's annual general meeting and trustees of the charity joined him on his tour of the hospital.

Cllr Mahoney was welcomed to the hospital by Lisa Kelly, Chief Operating Officer of University Hospitals Coventry and Warwickshire (UHCW) NHS Trust, who outlined the trust's commitment to St Cross and its plans for the hospital's future.

During the visit, the Mayor met volunteers from the Friends who run the St Cross tea bar, organise the charity's book sales and help visitors navigate the hospital.

He toured a number of departments, including the Cardiac Rehabilitation Unit, the Urgent Care Centre, Children's Outpatients, the Ash Dialysis Unit and the soon-to-be opened Sleep Studies Unit.

Cllr Mahoney, a former army medic when he served with the Queen's Own Hussars, said: *"My Simple Thank You campaign celebrates the theme of my Mayoral year, service."*

"The staff of the NHS embody the idea of service, dedicating themselves to a demanding profession and delivering the highest standards of care while often working under considerable pressure."

"I was delighted to meet so many of the team at St Cross during my visit, including volunteers from the Friends, who do so much to support both the frontline staff and the hospital as a whole."

"After hearing so much about the Friends' work, it was great to see the fruits of the charity's fund-raising and see for myself the wide range of health services available at our hospital."





Recent equipment donations

A wide range of new equipment has been donated and put into use in recent months to improve the patient experience!

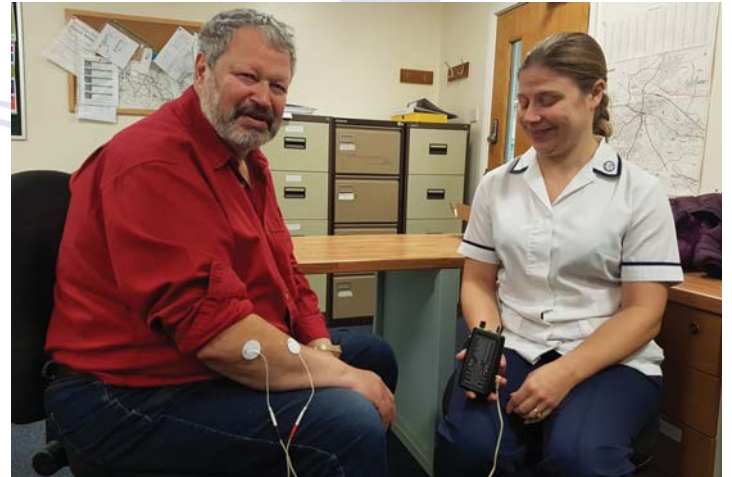
The Physiotherapy team, which is part of the world-leading Hip Preservation Service at St Cross, has taken delivery of a shockwave unit which treats patients with chronic severe hip pain which cannot be resolved by surgery.

A specialist freezer is used to rapidly stabilise bloods samples for testing as part of the various research trials undertaken in the Macular unit.

The Early Supported Discharge team based at the Orchard Centre now have two muscle stimulators which can aid the rehabilitation of patients who have suffered a stroke.

Little things such as hairdressing equipment and a DVD player make a difference for patients in Mulberry and Hoskyn Wards.

A table which can be adjusted to suit the height of the patient helps the team fitting wrist supports.



Different forms of support from the community



Local author Julia Fox donated copies of her book Tim-Tim and the Sickly Monster for the team in Children's Outpatients to give to selected patients. Julia wrote the book on hearing the story of a young boy from the Ukraine who had Leukaemia and his strategy for coping with his treatment was to characterise it as a sickly monster which he needed



to fight off. The book is also on sale in Hunts Book shop and they will donate profits to the Friends.

The team from the Hindu Swayamsevak Sangh (UK) – Rugby branch returned to St Cross on Sewa Day this October and gave the Friends office and book store a much needed coat of paint!

Dates for the Diary

FRIENDS OF THE
HOSPITAL OF
ST. CROSS

(REGISTERED CHARITY
NUMBER: 218485)



CHRISTMAS FUND-RAISING EVENTS

CHRISTMAS BOOK SALE

20th NOVEMBER - 10am until 3pm

CHRISTMAS CARDS • CHRISTMAS JIGSAWS • CHRISTMAS RAFFLE
IN OUTPATIENTS

THE LADIES FROM HANOVER GARDENS

SALE OF CHRISTMAS ITEMS

27th NOVEMBER - 10am until NOON

IN OUTPATIENTS

**HANOVER GARDENS ALBERT STREET
COFFEE MORNING**

1st DECEMBER - 10am until 2pm

GIFTS • HAND-KNITTED ITEMS • TEA • COFFEE • CAKES



IN AID OF THE
FRIENDS OF THE HOSPITAL OF ST. CROSS
& ROTARY RUGBY DUNSMORE



Rotary

Rugby Dunsmore



Reg. Charity No: 1070897

Reg. Charity No: 218485

**CHARITY
GALA
CONCERT**

SATURDAY 23rd FEBRUARY 2019

TEMPLE SPEECH ROOM, RUGBY

RUGBY PHILHARMONIC CHOIR

JAGUAR LAND ROVER BAND

DOORS OPEN at 6pm/CONCERT at 7pm

TICKETS £12.50 IN ADVANCE

OR £15 ON THE DOOR (IF NOT SOLD OUT!)

AVAILABLE FROM 1st DECEMBER

ONLINE AT www.fsx.org.uk

OR FROM RUGBY VISITOR CENTRE

COME ALONG, SING ALONG - AND RAISE THE ROOF!



Hospital Management Report

We are proud of the amazing work all our staff do for our patients at the Hospital of St Cross in Rugby. In August, the Care Quality Commission (CQC) published its latest inspection report into the Hospital of St Cross and UHCW as a whole. St Cross maintained its rating of Good overall, and I was proud that the inspectors found the hospital had improved in a number of areas since they last visited three years ago and was particularly pleased to see that staff were recognised within the report to be caring for patients with respect and compassion and that the feedback from patients during the inspection was very positive. Our challenge now is to continue to build on that solid foundation and 'wow' the inspectors when they come back again!

It was a pleasure to show the Mayor around the services on site and hear him say a personal thank you to our staff. People are often surprised at the range of services that we are now able to offer at the hospital although we hope in the coming months to be able to share some of these developments such as the Vascular access procedures for renal patients which are now undertaken in theatre at St Cross for the first time ever, with a wider audience. One of the ways in which we hope to share the developments is through the use of social media. We were really pleased earlier this month when our new Twitter page for our Rehabilitation wards, Oak and Mulberry went live "@uhcw_stx_rugbyrehab". I would encourage those of you who are Twitter savvy to take a look at the great work the teams are doing.

Thank you for your continued support of our local hospital, as you've read, you really are making a difference!

Juliet Starkey, Group Manager of the Hospital of St Cross, Rugby, and Trauma and Orthopaedics

To find out more Tel: 01788 663754 Email: office@fsx.org.uk Web: www.fsx.org.uk /FriendsStCross/

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Registered Charity No: 218485. Please contact us if you require any additional copies of the newsletter.

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