



# NEWSLETTER

Autumn / Winter 2014-15



## Carols by Candlelight

Thursday 18 December 2014

St George's Church,  
Kemp Town, BN2 1ED

**5.30pm: Wine & Mince Pies**

**6.30pm: Carol Service**

Three amazing choirs

**Sing to Enjoy Choir**

**Come and Sing**

**St George's Church Choir**

**Free: all welcome**

## Sally Gunnell: Patron of Friends of Brighton & Hove Hospitals

**Chairman Glynn Jones writes:** I would like to extend a warm welcome to our new Patron Sally Gunnell, OBE DL.

I am delighted that Sally has very kindly agreed to become a patron of the Friends. As well as being a leading world class athlete with many outstanding and unmatched achievements, Sally has strong local links and her three children were all born in and are now at school here in Sussex.

We look forward to working closely with Sally and have no doubt that she will help raise the profile of the Friends.

### ***Sally explained her interest in the Friends:***

*"As both an athlete and a mother I value the NHS and the vital role it plays providing healthcare to everyone when and where it is needed. Charities such as the Friends work to support our NHS, fundraising to provide additional - often innovative - equipment to help patients lead happy, healthy lifestyles.  
Please help the Friends however you can.*

Being healthy and active is good for all of us - whether we're working or playing.

Between 1990 and 1994 Sally won gold medals in the 400 metres hurdles at the Commonwealth Games, the Olympic Games, the World Championships and the European Championships. She is the only woman to hold four track titles simultaneously.

Since retiring from competitive athletics, Sally enjoyed a successful media career as a commentator, is still seen regularly on TV shows and Breakfast News sofas and also conducts a business in public speaking to companies and organisations all over the world.

Today, Sally's mission is to promote health and well-being for everybody in the UK. She is a passionate supporter of initiatives that encourage families to be more active. Her corporate work helping companies to bring health and well-being to the workplace confirm her formidable reputation as an influencer in the business sector.

## Care and Compassion

Jowers Ward at Royal Sussex County Hospital cares for a high percentage of elderly patients. They approached the Friends to fund a Stand Aid machine.

Similar to a hoist, this is used to transfer patients between bed, chair and commode with greater dignity and ease than traditional methods. Patients who have some strength left in the muscles of their legs can be easily transferred and they feel more confident they are not going to fall. Maintaining physical functioning helps people return home more quickly and to a more independent life.

Stand Aids machines are also used by Physiotherapists helping people relearn how to walk. It is also easier and safer for staff to use the Stand Aid when transferring patients.

Karen Lee, Ward Manager commented *'The Stand Aid has helped us no end.'*

More recently Karen has set aside an area of Jowers Ward where patients can sit to eat, talk or relax away from their beds. Patients commented via Patient Voice that they would like to be able to watch films, particularly in the afternoons.

A further request to the Friends has provided £300 to purchase a DVD player and TV now installed on the ward. Karen has spoken publicly about her strong sense of compassion and the caring qualities she brings to her role at Jowers Ward and has been recognised at the BSUH Hospital Star awards.



**Ward Manager Karen Lee and - right: the stand aid machine**



## National Citizen Service with Albion in the Community

Over Summer 2014 the Friends hosted two community projects, each involving 12 young people in the City. One group of 16 - 17 year olds repainted The Friends Shop and a second group tackled the overgrown areas of Sussex House garden to open up the pathways and create a more inviting space. Working in association with Albion in the Community who administer National Citizen Service locally, we really enjoyed working with the participants and have greatly benefited from the work they undertook. Thanks from the Friends Trustees to everyone who worked so hard and we welcome suggestions for projects in 2015.



**NCS participants welcomed the Mayor of Brighton & Hove Cllr Brian Fitch to see the revamped garden**

## Supporting the Friends

### *How you can continue helping the Friends raise money for our local Hospitals*

- undertake a **sponsorship challenge** such as the **Beacon Vitality Half Marathon** in 2015.
- arrange your own **event** or **sale**: BSUH Comedy Revue 2014 donated all proceeds to the Friends; a cake sale at a local school raised £20.
- shop online via [www.giveasyoulive.com](http://www.giveasyoulive.com) or [www.easyfundraising.com](http://www.easyfundraising.com) and a percentage of your spend will be donated to us at no extra cost to you.
- a **gift** or **bequest** in your **Will** is a valuable way to remember a charity.
- **make an Instant Donation: Text FBHH10 £2 or £5 or £10 to 70070 eg FHBB10 £5**

### **Volunteer Helen Dodds provides complementary therapies for patients at Royal Sussex County Hospital. We asked Helen to tell us about her work.**

How did I get involved? I am passionate about providing therapies in clinical settings, adapting to the changing environment, integrating with the rhythms of behaviour of patients and staff with the motivation of giving compassionate touch.

At Royal Sussex County Hospital I visit the Emerald Unit (which specialises in Dementia care), Solomon & Donald Hall (Stroke), Chichester (Elderly Care), Baily (Acute Medical & Diabetes) and Gynaecology. At the Royal Alex I started the Reiki project on HDU as requested by Lead Paediatrician, Kamal Patel.

Referrals are made through discussions with ward staff and directly with patients.

The therapies I offer are Foot and Hand Reflexology, Shoulder, Neck and Head Massage and Reiki, alongside the therapeutic role of Active Listener.

There are numerous benefits to patients. I simply observe, feel and listen to the change in the person receiving therapeutic touch. I see anxiety reduce in Dementia patients during head massage; Gynae patients say their post operative pain reduces (sometimes disappearing completely) during a reflexology treatment; Baily Ward male patients, when receiving hand massage, respond positively either by falling asleep or expressing their inner thoughts and feelings, as a way of releasing tension. I enjoy the "active listener" role which is a valuable therapy for all. Stroke patients receiving head, neck and shoulders or hand/foot massage enjoy the touch as they perceive an improvement in wellbeing. There is potential with regular massage for the disoriented body parts to communicate more effectively with each other.

In fact, this type of touch has the universal effect of reconnection and flow, so it supports our positive inner connection and thus has the potential to stimulate a healthier (more grounded/stable/balanced) nerve activity, physically and psychologically, connecting us more "ably" with our outer world.

A 70 year old patient on Chichester said he 'thoroughly enjoyed' the first ever foot massage of his life.

A blind and deaf Dementia patient on Chichester, who would frequently shout out and want to walk about, responded to head massage by becoming verbally and physically peaceful.

A 70 year old Dementia patient on the Emerald Unit is very anxious, has difficulty feeding himself and his head is always bent forwards in his chair. I arrived on the ward during lunchtime recently, helped him finish his lunch and massaged his neck and shoulders and stroked his hair, during which he gradually began to sit more upright, straighten his neck and relax his head back against the chair.

A 102 yr old Dementia patient on Emerald received hand massage. The texture of her hands was delightful to massage: the patients give me so much in return by allowing me to help them in this way.

A small grant from the Friends helps provide the oils and creams used during treatments.



## Dora Bryan

### *Kemp Town remembers 'national treasure'*

As we confirmed our new Patron we also remembered Dora Bryan who served as a Friends Patron for many years. Dora died peacefully on 23<sup>rd</sup> July 2014 aged 91.

A long-time Kemp Town resident Dora was a great supporter of this charity and particularly enjoyed visiting the Friends Shop in St James's Street. Trustee Freda Long remembers *'Dora was very fond of the shop and always interested in browsing through the handbags, often buying one or two.'*

Dora won a BAFTA for her role in A Taste of Honey and also starred in Last of the Summer Wine and Absolutely Fabulous.

Along with her husband Bill she ran Clarges Hotel on Brighton seafront, which was also their home for many years.

Her son Daniel Lawton paid tribute; *'she loved being on stage - she was a star and a mum with a huge heart'*.

[http://www.theargus.co.uk/news/11392084.Dora\\_Bryan\\_s\\_life\\_celebrated\\_at\\_her\\_funeral/](http://www.theargus.co.uk/news/11392084.Dora_Bryan_s_life_celebrated_at_her_funeral/)



Dora is pictured with Freda and former Trustee Diana Gould at the Friends Christmas Fair at Hove Town Hall circa 2002



*'As a keen runner I really enjoyed taking part in Brighton Marathon and choosing the Friends of Brighton & Hove Hospitals as my charity was a very easy decision to make'* **Matthew Kershaw, CEO, BSUH**

Could you say the same in 2015? We have places for the **Vitality Brighton Half Marathon** on Sunday 22<sup>nd</sup> February 2015 and welcome runners who have places in other events, such as Brighton Marathon, who wish to raise sponsorship for the Friends.



### **Friends in the Community**

Trustees are happy to do a presentation about our work for groups and social clubs.

If you run an organisation and would be interested in hearing more about the charity and watching our Friends film featuring staff and patients in the City, do get in touch.