



NEWSLETTER

Winter 2016-17

**£101,454
CONFIRMED FOR
INNOVATIVE EQUIPMENT
SUPPORTING PATIENTS**



Wards and departments at Royal Sussex County Hospital will share funding of £68,700 for new equipment. Those benefitting include Solomon & Donald Hall Wards, Overton Level 9A, the High Dependency Unit, Main Operating Theatres and the Lawson Unit. The applications which staff submitted showed how the equipment would benefit patients and support new initiatives and best practice in care.

Adult Community Healthcare Services in the city will receive £17,124 to provide equipment including two Bladder Scanners, a Spirometer, a Veinfinder and new patient chairs and privacy screens. Mental health services at Mill View Hospital will receive £15,625 for an outdoor Multi-Gym, a table tennis table and other activity based therapies for use by all patients.

CAROLS BY CANDLELIGHT

Thursday 15 December

Drinks from 5.45pm

Carol Service 6.30pm

St George's Church

Abbey Road Brighton BN2

Featuring **SING TO ENJOY**

(the BSUH Choir)

COME AND SING

(the Cancer Support Choir)

THE CHOIR OF ST GEORGE'S CHURCH

All Welcome

*Remember a loved one with a star on
our Christmas Tree*

Harry Gaston

Former Friends Trustee Harry Gaston died on 2 October 2016 after a short illness.

Harry was a kind and generous man who enjoyed a varied and full life. He had a long and successful career as a Hospital Administrator, Teacher, Author and acted as Editor of The Bulletin, the long running staff magazine at Royal Sussex County Hospital. He served as a Trustee at Friends of Brighton & Hove Hospitals from 2008 – 2015; we valued his strong commitment to fair healthcare for all and his wide-ranging experience of the NHS in the city. He also loved the music of Van Morrison and all styles of Jazz.

Harry wrote several hospital histories covering healthcare in Brighton & Hove from the opening of the RSCH in 1828 to the advent of the NHS and more recent changes to health

provision in hospitals. The following are available from the Friends via this link www.hospitalfriends-brighton.org.uk/

Brighton's County Hospital 1828 – 2007

The Alex Story

A Lingering Fear

Lost Hospitals of Brighton & Hove

Brighton Born, Sussex Bred



Harry, 2nd right at Brighton's County Hospital book launch

New Email Address: office@brightonhospitalfriends.org.uk

Get social with us: Find our page on



Follow us on Twitter:



'The Friends continue to work tirelessly with our local NHS, further enhancing patient experience and boosting funds for specialist equipment and dedicated services where they're needed most. In the last year alone, countless areas of the Trust, patients, visitors and staff have benefited from the Friends' support. The Friends also provide an important gateway to our community. Plus, it means a lot to staff to know that we are supported by people locally. We continue to be blown away by the commitment, engagement and creativity that fundraising entails. I want to pass on our warmest thanks for everything you've done, you're doing and continue to do. It is making a very real difference, so thank you.'

SPENCER PROSSER, CHIEF FINANCIAL OFFICER – BRIGHTON & SUSSEX UNIVERSITY HOSPITALS NHS TRUST



As reported on page 1, Trustees were delighted to fund a range of new equipment which will be purchased shortly. We spoke to clinical staff at the Royal Sussex County Hospital to find out how previously bought items are aiding patient care.

Cross Trainer, Treadmill and Bodymax pulley for the Physiotherapy Department

Physiotherapist Sophie Griffiths explained: *'The weekly Osteoarthritis Group helps people manage their condition through education and exercise. The **cross trainer** provides exercise support for patients with OA and is effective and fun. The weekly Back Rehabilitation Class helps patients with long term back pain to improve strength and fitness. Both the **cross trainer** and the **treadmill** help increase patients' exercise tolerance and confidence when walking.'*



Occupational Therapy: eight **self-propelling wheelchairs** for use by amputee and polytrauma patients. Self-propelling wheelchairs encourage independence and thus speed up progress.

*'The **Body Max pulley** is an assessment tool to identify when patients are ready to use a gym or begin more rigorous rehabilitation exercises. It will soon be installed in Hove Polyclinic and will be in use daily both within exercise classes and one to one with patients recovering from certain conditions.'* BSUH Occupational Therapist

Elderly Care Wards: 56 **perpetual calendar clocks** to help patients waking up know the date and time, reducing confusion, and a **robust mobile hoist** to assist with moving patients.

HIV and Sexual Health Services: chairs, sofas, a bookcase and a TV with DVD player which will be used by patients in the new day room. Four **tablet computers and software** for patients to participate in research confidentially at local NHS Sexual Health clinics.

Imaging – X-Ray on level 5, Thomas Kemp Tower: Padded cassette backrests

'These are fantastic,' Alex Catlow, Superintendent Radiographer.

Patients admitted via the Emergency Department often require a chest X-Ray which is undertaken whilst they are on a trolley or bed. **Padded cassette backrests** slip onto the X-Ray plate which is then slid under the patient. The padded cushion is more comfortable for the patient, allowing better positioning, better diagnostic x-ray pictures and they also protect the skin of the patient during the procedure. The padded cushions can be left in place whilst the x-ray plates are checked and this stops unnecessary movement of often vulnerable patients.

This drawing is by Gerald R Lip, Cartoonist and Artist. During a long and varied career in print journalism in what was then known as Fleet Street, Lip was Cartoon Editor of the Daily and Sunday Express and the Evening Standard. He sketched many famous people and also painted landscapes but it is for his pen and ink drawings he is best remembered. Lip contributed to the popular 'Around Historic Sussex' series in the Evening Argus for many years. This original pen and ink drawing was discovered at the Royal Sussex County Hospital when offices were cleared to make way for the redevelopment of the front of the site. Originally from Essex, Lip lived in Hove for many years with his family.



Consultant Anaesthetist Peter Westhead demonstrates the **video laryngoscope**; 'At Royal Sussex County Hospital over 200 patients each year require intubation in A&E before being given a general anaesthetic. Doctors use a laryngoscope to insert a breathing tube. Traditionally intubation is done by bending the patient's head back so the Doctor can see to pass the breathing tube down past the vocal cords. Trauma patients may arrive with possible neck damage, so their head cannot be bent back making intubation much more difficult to achieve safely. In a Video Laryngoscope, instead of a light there is a tiny video camera so we can see on screen where the patients' vocal cords are. Inserting the breathing tube is easier, quicker and safer. Trainee Doctors can see the process as it happens and other clinicians can view the recording later, supporting care and enhancing learning'.

Sussex Partnership NHS Foundation Trust is responsible for mental health services in Brighton & Hove, providing care and treatment for people with conditions such as psychosis, depression, anxiety, dementia and personality disorder.

Meridian Ward at Mill View hospital is a mixed gender ward for mainly older (65+) adults.

The Friends bought a range of drums and hand percussion instruments for music and singing group sessions and workshops. Music is used a lot on the ward therapeutically as it promotes interaction and is inclusive. The Occupational Therapy team work with people who are often very unwell and music reaches out and engages at many different levels.

Occupational Therapist Mel Barr said, 'On behalf of Meridian ward service users and staff, we would like to thank the Friends for providing funds to purchase the djembe drums and percussion instruments. We are running weekly music making /drumming and singing groups on our ward and feedback from service users has been really positive.'



Service users commented
 'Fun singing along and then using music instruments – Great to be part of this in a non-threatening group. Loved it.'
 'Had great fun joining in, very recommendable. Brings out the best in patients.'
 'What a lovely way to spend an hour, music is so evocative.'
 'Brilliant, exciting.'
 'Brought life from within.'

FORTHCOMING EVENTS

Friday 2 Dec	Volunteers Thank You Tea	Mayor's Parlour	3 pm – 5 pm
Thurs 15 Dec	Carols by Candlelight	St George's Church	5.45 pm
Fri 16 Dec	Christmas Crackers Poetry Event	St Wulfrun's Church	Evening – tbc
2017			
Feb	Doctor Talks - tbc		
Sun 26 Feb	Brighton Half Marathon	Brighton & Hove	From 9am
Fri 3 Mar	Mayor's Charities Dinner	Royal Pavilion	Evening – tbc
Sun 23 Apr	Mayor's Charities Bike Ride	Meet at Hove Lawns	Daytime - tbc
Sun 30 Apr	Mayor's Charities – Health Walk	Around City boundary	9am – 6pm
Mon 8 May	Mayor's Charities Homecoming: Paris to Brighton Bike Ride	New Road	Daytime - tbc

We hope to see you soon!

WAYS YOU CAN SUPPORT THE FRIENDS

- A regular **donation** helps us plan and is easy to set up or amend
- Undertake a **challenge** – run, walk, cycle, swim or make cakes and ask your friends to sponsor you
See www.justgiving.com/fbhh/ for **inspiration** and **ideas**
- A **legacy** in your will can help us in the future – contact us for information and local will writing services
- **In Memory Giving** – Funeral Directors can arrange for donations to be directed to this charity
 - Shop and support us at www.easyfundraising.org.uk/causes/hospitalfriends/

We always claim Gift Aid on eligible donations making your money go further

Thank you for your continued support



Mayor of Brighton & Hove Cllr Pete West visited the Friends Shop on St James's Street to meet staff and volunteers.

The Friends are one of the 27 Mayoral Charities this year. #chosencharities

Friends of Brighton & Hove Hospitals | www.hospitalfriends-brighton.org.uk

Patron: Sally Gunnell OBE DL

The Old Chapel
37 St George's Road
Brighton, BN2 1ED

office@brightonhospitalfriends.org.uk
01273 664936
Registered Charity No. 209414

Newsletter by: Suzy Horne
Photographs: © Friends of Brighton & Hove Hospitals