



NEWSLETTER

Summer 2016



Meet the 'Pink Angels'

Sussex Community Foundation Trust breastfeeding volunteers visit new mums on the post-natal ward. They offer practical guidance and promote the initiation and continuation of breastfeeding. The Friends funded the new polo shirts so the peer-support volunteers are easy to identify as part of the whole team.

Friends Chairman Glynn Jones writes: 'We hope to see many of you at the Annual General Meeting. I also hope you will join with me and my colleagues in the coming year to look for innovative ways of raising money to ensure the experience of you and your family, should they need health care, is a positive one where they have access to the most appropriate and leading edge facilities and where their personal experience as patients is one we can all be justifiably proud of. If you wish to say thank you to the NHS for any treatment you or your relatives have received, please do contact us: no contribution is too small'.

Look out for the images below appearing on the hoardings outside the **Royal Sussex County Hospital** as part of the site redevelopment. Images are by Stacey Thomas <http://paintyfeet.tumblr.com/> Read the full story on page 4.

Friends of
Brighton & Hove Hospitals

ANNUAL GENERAL MEETING

Monday 6th June
6pm

Audrey Emerton Building
Eastern Road Brighton
BN2 1HU

You are warmly
welcome to our
Annual General Meeting

Speaker:

Spencer Prosser

Chief Financial Officer BSUH

*Come and meet the
Trustees and hear about
the work of the charity
over the last year*

Refreshments Served

EVERYONE WELCOME

Please RSVP

hospitalfriends@lineone.net

or call 01273 664936



‘The essence of good dementia care is human connection and music lets us connect’

Lucy Frost, Dementia Specialist Nurse and Nurse Consultant

Wishing Well Music Programme has been running on the Emerald Unit at Royal Sussex County Hospital for over a year. Musicians Kate Murdoch and Russ Callaghan Grooms visit each week to play Music for and with everyone on the ward. Music has long been used as a therapy in hospitals and helps to humanise the clinical environment, nurturing and engaging patients.

The Emerald Unit is for patients with dementia who require acute inpatient care for a range of medical needs. Patients may stay a few days or much longer and do really respond to live music as a respite from clinical interventions.

People can map out their lives in music; it can help connect people and provide a catalyst for interaction, to begin a conversation.

Each patient will communicate in different ways and professional musicians in healthcare are specially trained to reach out and be responsive to individuals. Playing live allows them to slow things down, to ‘stretch time’ and offer a large repertoire, from rock and roll, jazz, show tunes to classical, as may be requested.

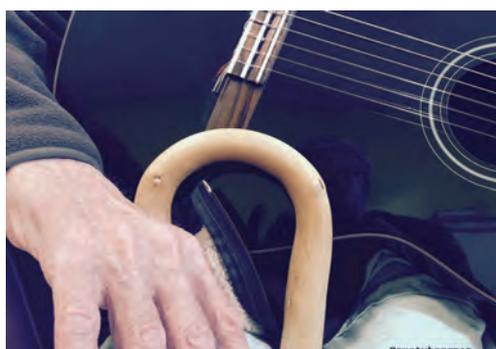
We visited the unit to watch Kate and Russ singing and playing with the patients. The sessions are gentle and calming and also very interactive and it was a joy to see patient responses. Some began singing as they remembered lyrics or a melody, leading to reminiscing about dancing and listening to live bands. One patient said he had been bass guitar player and was able to try out Russ’s guitar. iPad apps allow less dextrous patients to join in the music making.

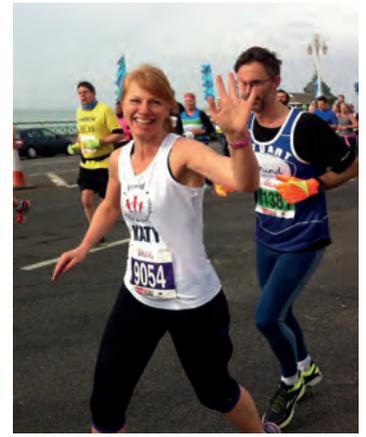
Wishing Well Music in Healthcare Settings www.wishingwellmusic.org.uk is a Rhythmix programme.

Rhythmix is a charity and music agency that develops innovative practice promoting self-expression and encouraging self-esteem through music.

Friends of Brighton & Hove Hospitals were approached by Lucy Frost to co-fund this project at the Emerald Unit and it was a pleasure to see how the project has become established and trusted within this specialist ward at Royal Sussex County Hospital.

Here’s a link to a film made with families on the Emerald Unit: wishingwellmusic.org.uk/film/





Sunday February 28 dawned cold and bright, perfect for the 2016 Brighton Half Marathon. Ten runners (including Team Anaesthetics) represented Friends of Brighton & Hove Hospitals, raising over £2,500.

Sally Gunnell, OBE DL and a Patron of the Friends, sounded the starting klaxon at 9 am sending the runners off on the 13.1 mile route around the city. Sally explained that the half marathon is a fantastic Sussex based event *'a great opportunity for local charities to raise funds through the dedication and commitment of individual runners who give their time to train and participate in the event.*

Well done to all the runners involved in the Brighton Half marathon, a great morning had by all'.

A local to the Sussex area, Sally is a former track and field athlete who won the 1992 Olympic gold medal in the 400m hurdles. Today Sally champions health and wellbeing initiatives and works closely with individuals and businesses across the UK promoting the benefits of sports and a healthy lifestyle - www.sallygunnell.com

Team Anaesthetics was organised by ICU Consultant Dr Kate Regan. She described how *'The Friends have been great supporters of critical care and anaesthesia, and have helped us to purchase vital equipment for the ICU and theatres over recent times to improve the care of our patients. They have funded a videolaryngoscope, encephalography machine, i-Pads, oesophageal doppler monitors, and much more, helping us to provide high quality care for our patients. Jim, Sandy, Mark, Alison and myself are keen to give something back to Friends of Brighton & Hove Hospitals, and help with fundraising, and so we submitted ourselves to the pain and muscle aches of running the Brighton Half Marathon... At our ages! What were we thinking!'*

Trustees would like to thank everyone who participated and also those who supported our runners. There is still time to make a donation: <http://www.justgiving.com/Kate-Regan2>



Superintendent Radiographer Alex Catlow wrote to say thank you for 6 padded x-ray back-rests which provide comfort and support to patients having antero-posterior chest x-rays. The rests are particularly beneficial to elderly or thin patients and those with bad backs or limited movement, provide optimal positioning and enhance well-being.

DOCTOR TALKS

For details of forthcoming talks follow us on Social Media

facebook



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 or eat cake and ask your friends to sponsor you
See www.justgiving.com/fbhh/ for inspiration and ideas
- In Memory Giving – Funeral Directors can arrange for donations to be directed to the charity of your choice
- A legacy in your will can help us in the future – contact us for information and local will writing services
- Shop and support us at www.easyfundraising.org.uk

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

Thank you for your continued support

Jo Koffman became a Trustee in 2015. We asked what attracted her to the role:

We attended Professorial Lectures at the University over a period of years and heard of the 'Doctor Talks' through this. We began attending the talks and became supporters of the Friends.

I enjoy my role as it gives one the opportunity to discuss funding requests with other trustees who all have different skills and experience in medicine or with hospitals over a period of time.

The main achievement of the Friends is they are able to make a difference to patient comfort by ensuring the equipment donated really does make a difference to their experience in our hospitals. I appeal to all patients and their families: please do continue to support us.

3T's Redevelopment: Just what is going on at Royal Sussex County Hospital?

Richard Beard, 3T's Head of Communication and Engagement writes: *The modular buildings that will house clinical services on site during the redevelopment are nearing completion. In May the Courtyard Building next to the Thomas Kemp Tower will welcome the wards from the Jubilee Building. In June the Hanbury Building at the front of the hospital will be completed ready for the Rheumatology, Outpatient Physiotherapy, Nuclear Medicine and Radio-pharmacy services to move in. The new modular buildings offer a far better environment than the wards' and services' current locations they are temporarily replacing.*

Work has started on the helideck on top of the Thomas Kemp Tower. Currently the builders are fitting the safety equipment that will make sure nothing can fall off the roof during the construction of the helideck itself. It is not likely to happen but there are three layers of safety protection being put in place just in case. A tower crane will be installed on the roof of the Thomas Kemp Tower to lift into place the materials to build the actual helideck.

As part of the helideck and Stage 1 Building works the South Service Road at the base of the Thomas Kemp Tower is closed for nine months. The easiest way to reach the Thomas Kemp Tower is via the main entrance in the Barry Building. Between April and August 2016 the south east quarter of the hospital site, excluding the Cancer Centre, will be fenced off ready for the construction of the Stage 1 Building. There are a lot of changes coming over the next year and a great deal of planning has gone into how the hospital will continue to work. For more information:

On the web: www.bsuh.nhs.uk/3ts

On Facebook: Search for 3Ts Redevelopment

By email: hospital.redevelopment@bsuh.nhs.uk

By phone: 01273 523375

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

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