



NEWSLETTER

Winter 2017 - 18

The opportunity to support a wide variety of wards and departments is vitally important to Friends Trustees. Thanks to your donations the charity provides innovative new equipment to enhance patient treatment. The Friends work with clinicians at Royal Sussex County Hospital, Mill View Hospital and Community Services across Brighton & Hove to identify areas where funds can make the most impact on patient care. Read about recent equipment purchased in this newsletter and thank you for your continued support.

Instant blood analysis: safer and cost-effective

We met Anita Sugavanam, Consultant Anaesthetist at BSUH who told us *'Viscoelastography is a technology that analyses a drop of a patient's blood very quickly giving meaningful information to a clinician within minutes of running the test'*.

A grant of £19,000 enabled the purchase of a viscoelastography machine for use in main operating theatres, the first such machine within BSUH. With immediate blood analysis clinicians have the detailed information needed to assess a patient during their operation. Immediate assessment can result in a reduction in transfusion requirements without increasing the incidence of bleeding - safer for patients and reducing costs in the use of inappropriate blood products.

Viscoelastography machines can also be used pre-operatively to assess if a patient's blood levels are appropriate for them to undergo surgery – reducing last minute surgical cancellations or confirming that surgery can go ahead.

Anita and her team are auditing the results obtained through use of the new machine and will present their results both internally to BSUH colleagues and internationally at a conference.



CAROLS BY CANDLELIGHT

Thursday 21 December

Drinks from 5.45pm Carol Service 6.30pm

St George's Church

Abbey Road Brighton BN2

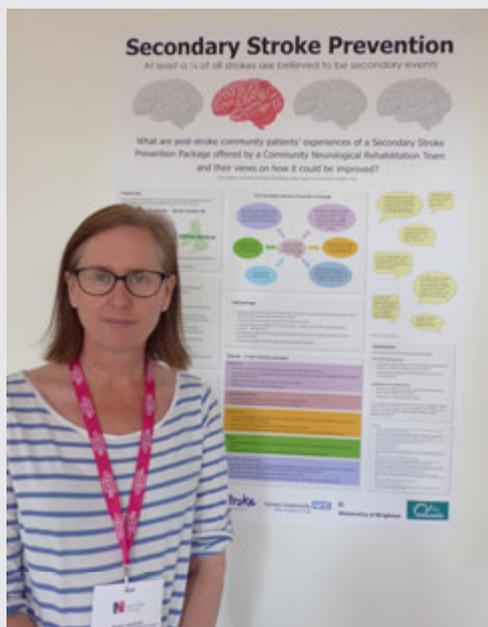
RSCH COMMUNITY NHS CHOIR

BRIGHTON BELLES CHOIR

THE CHOIR OF ST GEORGE'S CHURCH

All Welcome

Remember a loved one with a star on our Christmas Tree



Equipment for the Stroke Prevention Team

Karen Jephson recently completed an MSc in Health Promotion for which she undertook research into secondary stroke prevention. Karen presented her work at the BSUH Trust research conference and the RCN research conference and prepared a package of materials to use when talking to people in their home in her role as a Community Neuro Rehab Nurse. The Friends provided funding for anatomical models of a brain and an artery and for an iPad to show short videos to patients.

Karen explained: *'stroke prevention helps to empower patients and their families by offering information and advice in many different formats aiding understanding for different patients.*

During home visits following a stroke, some people want lots of information and some want very little'. Karen provides support, signposting how lifestyle changes can make a massive difference to someone's chance of having a second stroke.

Trustee News

Friends Chairman Glynn Jones writes

'We are delighted to welcome John Austin, Stef Bruemmer-Smith, Peter Orpen and Debbie Reeder as new Trustees at Friends of Brighton & Hove Hospitals. In addition Pam Hayward re-joins the board. I wish to thank Doug Rath and Michael Whiting who stood down as Trustees in 2017 after both serving two terms. Their hard work and commitment to the Friends is recognised and we are grateful for everything they have done for the charity'. All Trustees can be contacted via the Friends Office



Dorothy Seymour: 1932 – 2017

Dorothy had a long association with the League of Hospital Friends both as a professional healthcare administrator and for over 20 years as a valued Trustee at the charity.

As a Trustee she encouraged members to robustly support community services across the city, leading in 1998 to the name of the charity being amended to reflect this new focus – the organisation became known as the League of Hospital and Community Friends.

Dorothy helped in the planning, organisation and opening of The Friends Shop in St James's Street and worked there as a volunteer for several years.

Dorothy will always be remembered for her kindness and support and for giving her time freely to enable the charity to provide so much for NHS patients in the city.

Dorothy had a lifelong association with St Bartholomew's Church in Brighton, participating fully in the activities and management of the church community.



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

Redevelopment at Royal Sussex County Hospital

Richard Beard writes:

After eight years of preparation works the £485 million redevelopment of the Royal Sussex County Hospital is now very visibly under way. The south-east quarter of the hospital is the construction site for the first of the redevelopment's two new buildings. Scheduled to open in the winter of 2020/21 this building will be eleven stories high and have four times the internal floor area of the Royal Alexandra Children's Hospital.

Both new buildings will include underground parking for patients and visitors. This requires a lot of excavation work and that is what will be happening for the first building into the early parts of 2018. At the same time the foundation piles that will support the walls of the new building are being drilled into place. It requires 413 piles of between 13 and 33 metres depth each. The piles will be completed by the end of 2017.

Once both the piles and excavations are complete the foundation slab will be laid in the spring of 2018. By the middle of 2018 the beginning of the building's framework will become visible above ground level. Once the framework reaches this level it will progress upwards quite rapidly.

Meanwhile on the roof of the Thomas Kemp Tower, the support steels for the helideck are almost complete. Before the end of 2017 parts of the helideck framework will become visible from the ground. The entire helideck will be completed and ready for use by the middle of 2018. The arrival of the first helicopter bringing patients directly to the hospital rather than to East Brighton Park will be a real cause for celebration.



Matron Linda Hooper and HCA Neel Dourgah with a new BIPAP (non-invasive breathing machine) at the Acute Respiratory Unit, RSCH.



New wheelchairs in reception at the Barry Building, RSCH, are free to use allowing visitors and patients to move around the building safely.



"I welcome Small Acts of Friendship as a new initiative to support elderly patients in our local hospitals. With opportunities for social activities, a little pampering and a focus on maintaining mobility we are sure people will benefit in many ways and be able to return more quickly to their community. Please support this exciting campaign".



Patron Sally Gunnell OBE DL

Help us raise £65,000

for elderly care at

Royal Sussex County Hospital

Elderly care is a vital and growing part of hospital care. But older patients particularly can find being in hospital a confused and disorientating experience.

Small Acts of Friendship is a unique charitable programme designed to help elderly patients to retain dignity, social activity, mobility and well-being, so they feel less institutionalised when in hospital and better able to rejoin the community when they leave.

Created by the Elderly Care Team at Royal Sussex County Hospital and the Friends of Brighton & Hove Hospitals it will offer a more sympathetic environment, better nutrition and entertainment and activities.

The Friends are funding this innovative programme for a year but in order for it to continue beyond this we need to raise £65,000 by the Summer of 2018.

Donate now at www.justgiving.com/campaigns/charity/fbhh/smallactsoffriendship



ENJOY CRAFT OR DIY?

Use your skills to support Small Acts of Friendship

We are looking for things to keep our patients on the elderly care wards occupied. Tactile, colourful items which can be fiddled with help keep hands busy and can improve mood. So if you knit, crochet, sew or enjoy DIY you can help us help our patients. Twiddle Muffs are double thickness Knitted or crocheted muffs used to calm the restless hands and minds of

older hospital patients. They are usually made using thick yarn and have attachments to increase interest. They are an ideal project to use up a mixture of yarn remnants.

Fidget Lap Quilts, DIY boards and Activity Aprons are also ideal for bed-bound patients. The colours and shapes often inspire memories of past times. These items are all very easy to make.

Download complete instructions at www.brightonhospitalfriends.org.uk

Paola, Small Acts of Friendship co-ordinator can be contacted at: paola.o'sullivan@bsuh.nhs.uk

Friends of Brighton & Hove Hospitals | www.brightonhospitalfriends.org.uk

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