

# Friends

# 2016 MAGAZINE

Incorporating 2014-2015  
Annual Report & Accounts

St Richard's Hospital, Spitalfield Lane,  
Chichester, West Sussex, PO19 6SE.  
Tel: 01243 831843  
Registered Charity No. 225858

**Friends**  
of Chichester Hospitals  
Supporting St. Richard's Hospital  
and local mental health services



# Friends of Chichester Hospitals Trustees & Officers 2014-2015

## **President:**

Mrs Angie Hobson

## **Honorary Vice-President:**

The Right Worshipful the Mayor of Chichester

## **Officers**

### **Chairman:**

Mrs Jane Ramage

### **Vice Chairmen:**

Mrs Jacqui Hepworth (till May 2015)

Mr Tony Hembling

### **Honorary Secretary:**

Mr Paul Green

### **Honorary Treasurer:**

Mr Jonathan Rowden

### **Membership Secretary:**

Mr Ray Howarth

### **Committee:**

Mrs Sue Barge (till May 2015)

Mrs Kay Donaldson

Dr Barbara Ely

Lady Haddacks

Mrs Corina Hall

Mrs Tricia Robertson

Mr Jim Sewell (Assistant Hon Secretary)

Mrs Chris Sheppard

Mrs Elaine Williams

# CONTENTS

- 1 What are “The Friends” ?
- 3 How we make a difference
- 9 How we raise funds
- 13 Our Friendly face
- 16 Donations / Dates for your diary
- 17 Volunteers, fundraisers  
and supporters

***“Without our Friends,  
we could not equip  
half of our hospital....”***

**Marianne Griffiths**

Chief Executive,  
Western Sussex Hospitals NHS Foundation Trust

20 Chairman’s report

22 Treasurer’s report

23 Income & expenditure

# WHAT ARE “THE FRIENDS” ?

*Put simply, the “Friends” is a charity made up of a group of members and volunteers committed to “Making a Difference for patients and staff” in St Richard’s Hospital and local mental health services (now based at the Chichester Centre, Graylingwell).*

## WHY THE FRIENDS EXIST

The Friends started out as a voluntary support group for Chichester’s hospitals when the NHS was set up in 1948. Our founders saw a need for community support for the work of medical staff and the provision of “patient comforts” such as Christmas gifts, entertainment, or comfortable seating. In those days, the charity was known as the “League of Friends”, a title which changed in the 1990s to just “Friends of Chichester Hospitals”

to reflect a more modern approach and independence from the national organisation of “Leagues of Friends”.

As our hospitals grew, and patient numbers increased especially at St Richard’s Hospital, Friends’ activities expanded alongside new developments. The much-valued Ward Trolley service now requires two teams daily, and is supplemented by a smaller trolley which serves the Women & Children’s Block. The Friends’ Shop



also grew, from a small cupboard to the present well-stocked service in Main Reception, open daily (except Christmas Day) to serve visitors, patients and staff conveniently and quickly.

Today, the Friends fund a much wider range of equipment than most people realise – from a set of 20 high-tech X-Ray compatible comfortable A & E trolleys or over £400,000 of hi-tech equipment for Eye Surgery to less expensive items like neonatal monitors

(£4,500 each) and smooth gliding modern wheelchairs (£28,000) for porters who cheerfully transport patients around the hospital. The variety and high cost of equipment reflect rapidly improving technical developments in medical care, which hospital budgets cannot routinely cover. In addition, the Friends have significantly supported all St Richard's special appeals to increase or improve facilities, such as the Fernhurst Centre Cancer Day Unit.

## **ALL VOLUNTEERS**

We employ no paid fundraisers. All the Friends are volunteers, from the regular "Trolley Dollies" and shop staff to the occasional helpers at a collection or event – and the Trustees who manage the charity and associated fundraising activities. All give their time and talent freely to support patients,

staff and visitors, and to put something worthwhile back into our community.

Our Shop & Trolley volunteers provide an immensely appreciated service, with the added benefit that all profits are returned to the hospital via funding of equipment to help staff. The volunteers also have an important role in just being "friends" to the customers, many of whom are anxious about a relative or friend, or who are themselves unwell and worried about test results etc. A friendly face, and a cheerful conversation over a small purchase, can make a real difference to someone's day.

## **11,000 HOURS A YEAR**

Each year, Friends' volunteers, in various capacities, give around 11,000 hours of service to support our hospitals, both in directly

practical ways such as the Shop and Trolley, and by raising additional funds to provide equipment which would otherwise be unaffordable. Friends' funding nowadays is mostly used to purchase expensive medical equipment, items which assist staff to care for patients more effectively, or enhance the hospital environment in some way. You can read about some examples on pages 3 to 8.

## **JOINING US**

Anyone who wants to support and enhance the care given in St Richard's Hospital or by local mental health services can be a "Friend" of Chichester Hospitals, simply by joining our volunteers or by subscription as a member (£10 annually or £50 Life membership). Details are on the back cover.

# HOW WE MAKE A DIFFERENCE - OUR PURCHASES

*From garden amenities to porters' wheelchairs, the Friends provide both "patient comforts" and modern equipment which enables clinicians and nursing staff to introduce new treatments or better care for patients.*

**E**ach year, the Friends' committee considers requests from staff in many wards and departments, for equipment to help them improve the service they can provide.

**OVER THE LAST 10 YEARS, THE FRIENDS HAVE DONATED EQUIPMENT AND FACILITIES WORTH OVER £4MILLION TO CHICHESTER'S HOSPITALS**

**Our purchases in the last year have included:-**

## **Neonatal Unit – Vital signs monitor - £4,610**

A Philips Intellivue Monitor is helping staff quickly to detect minute changes in a baby's blood pressure, blood gases, temperature etc. Throughout 2015, support for the Neonatal Unit has continued, with fundraising for a new Giraffe Incubator, led by an appeal committee, which organised various events including a successful Christmas Bazaar.

## **Porters – lightening the load with new wheelchairs - £28,536**

The cheerful St Richard's porters push patients from ward to clinics or diagnostics every day, covering miles each day. Their wheelchairs were very heavy and awkward to push, so the Friends were delighted to fund 20 new





Stryker wheelchairs, which glide and turn smoothly, and are much more comfortable for patients as well as easing the porters' load.

### **Infection Control – the Vital Role of “Good housekeeping” - £9,091**

Cleanliness in wards and throughout the hospital plays an essential role

in preventing infection. The army of cleaners who go round wards several times each day follow a meticulous routine to ensure that cleaning is carried out efficiently and cross-infection is avoided. To support this, the Fiends have funded new trolleys to carry cleaning supplies and enable efficient management of “clean” and “dirty” mops and cloths etc. Most of the cloths are disposable, and once used have to be kept separate from other items, to avoid contamination.

### **Munro Unit – Rehab Gym equipment and refurbishment - £13,536**

The Munro Unit provides support for patients with a range of conditions, including stroke, TIA, Parkinsons, and elderly care. The heavily used Day Room and Physiotherapy Gym were much in need of refurbishment and re-equipping. Friends have funded new flooring and furniture, plus physio equipment.



### **TIA/Stroke care – Coagucheck - £399**

Even a small and inexpensive item of equipment can make a big difference to staff trying to care for patients more efficiently. When a TIA or stroke is suspected, staff need to decide rapidly whether the patient is suitable for thrombolysis, by testing a drop of the patient's blood. The time saved by getting readings almost instantly can make an enormous difference to stroke recovery by minimising brain damage. Every second counts in early stroke diagnosis and treatment. The machine is used in Lavant ward and can be rushed to A&E if required.

### **Stroke Care - £14,419**

Lavant Ward cares for stroke patients, many of whom require

assistance to move from bed to chair or to stand up. Thanks to a generous donation from the family of a former patient, the Friends have been able to buy an additional hoist and stand aid for this busy ward, enabling nursing staff to care for patients more efficiently.

### **Breast Cancer –**

#### **Faxitron Tissue Analysis - £54,507**

The Surgery team caring for patients requiring breast cancer treatment were thrilled to take delivery of



in-theatre imaging equipment which enables rapid analysis of tissue samples during surgery. This identifies cancerous cells within minutes, during breast surgery, and ensures that all affected tissue can be removed in a single procedure, reducing time in surgery and recovery time. It is a huge benefit to patients.

### **Gynae –**

#### **Hysteroscopy Clinic - £18,415**

In the summer of 2015, the OPD Hysteroscopy Clinic moved from a shared space in Women & Children's Block to a dedicated suite in the main Outpatients Department. Imaging equipment already provided by the Friends moved across, but a specialised examination chair was needed, improving patient comfort, and assisting staff to perform procedures more efficiently (£11,375). An additional enhancement to the treatment room is an air-conditioning unit, which makes an enormous



difference for patients and staff in the summer months (£5,040).

### **Improving the Environment –**

#### **Gardens for Health and Tranquillity**

#### **Outpatients Courtyard Garden -**

#### **£35,000**

The courtyard near the main Outpatient entrance and RVS Café had been in a state of neglect for some time when it was suggested to the Friends – by a patient – as a worthwhile project to enhance the facilities and improve the view from the café area, where patients and carers often wait for transport, or pause between appointments.



With helpful advice and support from Estates, in April 2015 the Friends embarked on a major project to clear the courtyard of scrubby planting, remove sagging decking, and to re-lay the paving and install a safe ramp for disabled access. New flower beds were created, and an unsightly concrete wall cleaned and repainted. Eventually in July it was possible to begin planting, and finally to install seating to make the courtyard a pleasant place to sit in dry weather. It has proved a huge success, attracting admiring comments. The project attracted support from various sources, including generous donations from residents of Bosham

and the surrounding area, who heard about the project from the patient who first made the suggestion, **Mrs Rennie Wells**, a keen gardener who has become a Friends supporter. She designed the new layout of the garden, and took charge of the planting scheme and organisation. Her time and talent have helped to make a very noticeable difference for anyone who sees the courtyard and can now enjoy its amenities.

### **Mortuary Garden**

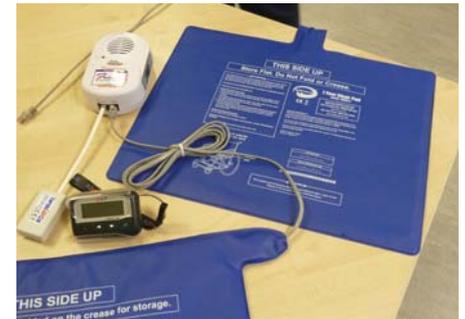
Sometimes a very small financial investment can make an enormous difference to visitors, and thanks to the efforts of a self-motivated volunteer, the tiny garden leading to St Richard's mortuary has



been renovated and turned into a tranquil area appropriate for bereaved relatives visiting the mortuary. **Hannah Farish** approached the Friends for funding for some attractive pots, gravel and shrubs – for just over £130 plus many hours of work in her spare time, she has made a big difference to an out of the way and rather neglected area, and the Friends are very pleased to have been able to help her.

### **Patient Safety - £20,065**

For frail elderly patients a fall can have devastating consequences, requiring emergency hip replacement



or other major surgery. One of the challenges for staff is to prevent vulnerable patients from attempting to be too independent, by getting out of bed or rising from a chair. Some years ago, the Friends provided sensor pads which sound an alarm if a frail patient moves in such a way as to risk falling. As more frail and elderly people come into hospital, often with a dementia or other condition which means they do not judge risk well, more falls prevention pads were needed, and the Friends were happy to support this new equipment, which gives a silent alarm to duty staff, thereby preventing the additional risk posed by a patient being startled by a highly audible alarm.

### **Our youngest patients in the Neonatal Special Care Unit – the Giraffe Appeal**

St Richard's Neonatal Unit cares for vulnerable newborns, and staff rely on highly sophisticated equipment to monitor and stabilise fragile

infants in the first couple of weeks of life. One of the most important pieces of equipment is a Giraffe incubator, which can regulate a baby's temperature and environment, monitor its heartbeat, blood pressure



and oxygen levels etc. Its design means that through “port-holes”, staff can carry out every aspect of care from changing a nappy to inserting a drip without opening the incubator or disturbing the baby in its protected, quiet environment. It

is even possible to take XRay images by inserting an imaging plate in a slot underneath the mattress, and to rotate the baby within the confines of the incubator. It is a marvellous piece of equipment, which really makes a difference for its small patients at a challenging, early point in their lives. Each Giraffe costs approximately £16,000, and so the Friends decided to support this very worthwhile equipment by making it our flagship fundraising item for 2015. Thanks to an immense amount of work by a special Giraffe Committee, chaired by volunteer Stella Hadley, support was generated from many quarters, and through a range of successful events and donations. The Committee succeeded in its aim of raising enough funds to buy a Giraffe. They did a tremendous job, untiringly working to publicise the Appeal, which finally reached its target in early 2016. (See our event pages for photos of some fundraising activities).

## Music and social activities for mental health

Oaklands Ward patients at the Chichester Centre in Graylingwell Park are taking part in musical therapy sessions using a variety of percussion instruments (£1,080) funded by the Friends. The LifeMusic therapy programme was developed in association with the University of Chichester to give patients an opportunity to be creative, to relax, and to gain confidence. The Friends have also funded inexpensive items for aromatherapy, personal grooming. All of these items help to promote self-esteem and reduce stress in vulnerable patients. A daily afternoon tea group enjoys using a china tea service for cake, tea and a chat, when staff, patients, and visitors gather in a central area. Other funding, which we provide each year, ensures that everyone, whether in Harold Kidd Unit, Connolly



House or Chichester Centre, can join in festive meals and activities at Christmas, and includes Christmas gifts, food, entertainment and other social activities.

Committee members visited Oaklands in July, and were very impressed by recent modernisations and the use of equipment funded by the Friends.

## Enhancing the environment and improving a patient's stay

The tradition of making a small gift to patients unlucky enough to be in hospital at Christmas continues and is much appreciated. At St Richard's,

attractive gift bags are packed by our volunteers, with toiletries and stationery items, and are delivered on Christmas Eve by a team of Committee members and helpers. Around St Richard's Hospital, a display of art which changes twice yearly (£4,400) relieves the monotony of plain walls and corridors, and summer hanging baskets and garden items also help to improve the environment for patients, visitors and staff.

*Every purchase is carefully scrutinised to ensure good value and durability, as well as clear benefits for patients and staff.*

*The Friends' priority is always to help make a difference for patients by:-*

- *providing staff with the best medical equipment*
- *making a hospital stay more pleasant*
- *supporting new initiatives to enhance our hospitals' service*

# HOW FRIENDS' FUNDS ARE RAISED



*'Every pound makes a difference'*

**F**riends' funds come from a variety of sources, from small individual donations to substantial grants and legacies. Our core annual funding comes from the profits of the Friends' Shop and Trolley service, along with members' subscriptions – but of course we could not support the many requests each year without considerable additional cumulative resources.

**LEGACIES**, large or small, have over the years enabled the Friends to support the more expensive commitments to St Richard's Hospital – all the major appeals such as the Fernhurst Centre, the Chichester

Treatment Centre, Donald Wilson Neurological Rehabilitation Centre, new A & E trolleys, to name just a few. Even a small bequest, or a portion of the residue of an estate, makes a difference to our ability to fund more modern technology and ensure that as far as possible St Richard's staff have the best equipment available to help them treat patients effectively. It can also be beneficial to the estate as a whole, due to reduced IHT if there is a charitable bequest.

**PERSONAL DONATIONS**, made for a variety of reasons – appreciation of good treatment received, in memory



of a loved one, or because of an Appeal – also help the Friends to build up sufficient funds to purchase large items of equipment. Some donations are made for a specific purpose or department and we are happy to help donors direct their gifts appropriately. Local funeral directors regularly help by collecting and passing on In memoriam donations.

**EVENTS** are part of the “fun” in fundraising - by bringing people together to enjoy themselves and also support a really good cause, our excellent local hospitals.



In the last year, these have ranged from small groups of friends or neighbours holding a coffee morning or cake sale to large public events such as the [Christmas Bazaar](#) or [Curry Night](#) in aid of our [Giraffe Appeal](#) for the Neonatal Unit (see pages 17-19).

For example, a dinner with a difference was held at Great Ballard School in October, when [Funtington Players](#) presented an exciting Murder Mystery Evening, and our guests enjoyed a (fairly) traditional School Dinner to stimulate their little grey cells to solve the “crime”. The result was almost £1,200 raised towards

Friends’ support for innovative prostate investigation equipment.

Participating in local fetes such as [Petworth’s Fete in the Park](#) or Christmas Lights event also raises funds, and brings awareness of the Friends’ work closer to the towns and villages served by our hospitals. Similarly, pop up sales at local garden centres such as Manor Nursery are well patronised and enjoyable ways to meet local people who appreciate the benefits of living close to St Richard’s Hospital. Every small sale of Christmas cards, or raffle tickets adds up to a surprising amount of money to be spent of new



equipment for our hospitals.

Sponsored events and activities are a great way for individuals and teams of friends to make a difference for others by taking on a personal challenge and raising funds as well as achieving a goal.

### **SPECIAL STORIES**

Last year, [Sophie Mantell](#) and [Clare Nicolson](#) chose the [Great South Run](#) as their personal challenges, for different reasons. Sophie realised, when her friend’s father Paul died after fighting cancer with wonderful support from St Richard’s ITU, that she could contribute a larger donation in his memory if she trained hard and completed the 10 mile course. Clare too wanted to do something positive in appreciation of the care her father had received during illness a few years ago - and he hugged her proudly when she reached the finish!

By coincidence, a team from ITU

was also taking part, to raise funds for more Optiflow equipment to help patients with severe breathing difficulties - and overall, the runners raised almost enough to fund all the Optiflow units needed!

They have made a real difference through their efforts, and the Friends were delighted to help them with publicity and fundraising support.

### **LOCAL GROUPS AND ORGANISATIONS**

The Friends value the support given by a number of local organisations, notably [Lions Clubs of Chichester District](#), and [Rotary Clubs of Bognor Regis and Chichester](#). Donations from other local groups with a charitable purpose are gratefully received - [Paghram Pram Race](#), parish councils and residential homes have all made much-appreciated donations, as have other charitable trusts.

Sometimes a gift can take the form of talent - last year, the Lions put together a very enjoyable concert at

St Paul's Church, in aid of Faxitron breast tissue analysis equipment for cancer surgery - with [Arun Sounds](#), and [Budd and Saunders](#). The combination of talent for organisation, and musical talent, enabled a very worthwhile sum to be raised for this important equipment.

**A GIFT OF TIME** can also be of great value, and is welcomed by the Friends, whether for a long term commitment or just once a year to help with a collection or event. Volunteering can be very satisfying whether as a regular commitment like the Shop (see page 13), or occasionally for a particular event.



Although the majority of our regular volunteers are to be found in the Shop and Trolley service, our office volunteers give valuable time in dealing with correspondence, liaising with hospital staff - and also often help out at events.

*Thank you for helping  
the Friends to:  
Make a Difference*

Without the generous support and friendship of our local community, the Friends would not be able to help our hospitals. We would like to thank everyone who helps the Friends to make that difference a reality.

It is impossible to name everyone who has helped to make that difference, but we would like to acknowledge support from many businesses and organisations, including:

**Coutts Charitable Trust**

**The Dennis Curry  
Charitable Trust**

**The Patricia Routledge  
Charitable Foundation**

**Great Ballard School**

**Breathe Easy Chichester**

**Funtington Players**

**The Three Ts Charity**

**Chichester Lions Club**

**Rotary Club of Bognor Regis**

**Rotary Club of Chichester**

**Rotary Club of  
Chichester Priory**

**Southern Fabrications  
(Sussex) Ltd**

**FTT Global**

**Mercers**

**The Seaman  
Partnership**

**Domusea**

**Dunham Bush**

**Labfacility**

**Paine Manwaring**

**Henry Adams**

**Arun Sounds**

**Petworth Business  
Association**



**David Cover & Son Ltd**

**Hilliers Garden Centre**

**Manor Nursery**

**Chichester Voices**

**Q Hair & Beauty**

**MHA Greenways Care Home**

**Owen Kenny Partnership**

**Concept Building Services  
(Southern) Ltd**

# Our Friendly face - the Friends' Shop & Trolley Service

## *Our Volunteers - very special people*

The Hospital Shop and the Trolley service are at the heart of the Friends' activities which support patients, visitors and staff at St Richard's Hospital.

The volunteers who organise and staff the services give their time and energy not only to the essential tasks of filling shelves, managing orders and using the till, but also making customers welcome, helping ward-bound patients to buy anything from a daily paper or toiletries to a birthday card, or providing staff and visitors with snacks, inexpensive gifts, etc.

Shop volunteers work 3 hour shifts, while each of the two trolley rounds takes approximately 2 hours, plus a

few minutes to check the stock. The shifts fit in with other commitments. Why do they volunteer, and what makes them feel their volunteering is worthwhile?

### **Here are some of the volunteers' personal reasons:**

**Gordon** (trolley) - "I'm getting older and struggle with walking long distances since my knee replacement. I enjoy doing the trolley even though I'm worn out by the end, because I know how much the patients appreciate us coming round. The staff are very friendly and I'm lucky enough to do the trolley with two lovely ladies on alternate weeks. It is rewarding and I look forward to it."



**Sue** (shop & trolley volunteer) - "When I retired I felt very alone and with nothing to do. It felt like I was already dead. Working in the shop and taking the trolley round makes me feel useful. Also, I have made new friends and enjoy the hustle and bustle of the shop, and I know the patients really look forward to the trolley coming round."

**Linda** (shop volunteer) - "There are several reasons for joining the Friends, but the most important one to me is the feeling of still being needed since the passing of my husband".

**Barney** (16, weekend paper round) - “I have been taking the paper trolley round the wards on Saturdays as part of my Duke of Edinburgh scheme. I hope to go to medical school after my A levels. However, I really enjoy the contact with the patients and have said that I would like to continue doing the Saturday papers, even though I will soon have done my required time for D of E”.

Our volunteers know that their gift of time helps to make a real difference in many ways, not least the financial support the Friends are able to give to the hospital through equipment



purchases, as, with no staff wages, all Shop and Trolley profits go straight back into patient benefits.

In 2014-5 the Shop and Trolley profit was an amazing **£75,325**, thanks to the volunteers’ efforts and the carefully chosen stock - which has been compared to a “mini Harrods”! It is a combination of practical items to meet everyday needs, plus books and puzzles which help to while away time in hospital, and gifts to cheer up a sick friend or relative - or to celebrate a new baby!

### **Going the extra mile!**

Last year the Shop volunteers also put in extra efforts and enthusiastically adopted our Giraffe Appeal for the Neonatal Unit. Their collecting box and a variety of fun draws and tombolas plus sales of craft donations directly helped to boost the Appeal funds – by £1350!

Above all, the volunteers help to make a difference just by being there, ready



to serve, with a smile, sympathy for an anxious visitor or patient, or a friendly chat with a customer.

Comments from visitors who have to spend long hours in the hospital show their appreciation of the friendliness and helpfulness they find in our Shop.

### **Some thoughts of a long-term volunteer**

Many of our volunteers have been with the Friends for many years. Angie Hobson has been a volunteer and trustee so we asked for her thoughts on her experience. (Angie has served on the committee, as Vice Chairman,

Chairman, and currently as President, so although she does not hold the record for length of service, her continuing commitment has made a huge difference to the Friends – and to our hospitals.

### **Angie says:-**

#### **Why I became a Friend - over 20 years ago.**

I had been heavily involved in a project for my children's primary school to raise funds for and construct a building to cover the swimming pool. Once this was done my friend and co-worker Marion suggested I applied to become a Friend. As my father had recently died in A & E, in stark and uncomfortable surroundings, I knew the hospital was in need of equipment and support. I also knew the NHS couldn't provide everything and that the Friends helped to 'ice the cake'.

#### **Why I am still a Friend**

There is a great deal of enjoyment to

be had when working with like-minded people (Friends as well as friends) for a very worthwhile cause. Organising events to raise money and then buying the much needed equipment is very satisfying. The hospitals will always need our help but particularly so in this financial climate.

When we take the trolley into a ward, patients' faces light up because the papers have arrived or they need face cream or a sweet treat! More mobile patients, and staff, come down to our much loved shop.

I like to think we are ambassadors of our hospitals providing a link with the community, we can often explain for example why there sometimes long

waits or why they may not see the consultant on every visit. It is also rewarding to receive positive feedback from ex-patients".

Not all Friends' volunteers serve in the Shop or on the trolley rounds. A Gift of Time is welcomed by the Friends, whether for a long term commitment or just once a year to help with a collection or event. For example, our office volunteers give valuable time in dealing with correspondence throughout the year, filling envelopes, liaising with hospital staff - and also often help out at events. In short, not only every pound, but every hour of time and effort given does help to make a difference for patients.

## ***Interested in Volunteering?***

***Please contact the Friends on 01243-831843***

***or email: [admin@friendsofchichesterhospitals.org.uk](mailto:admin@friendsofchichesterhospitals.org.uk)***

# Donations to the Friends

*There are several ways to make a donation*

You can send a cheque, payable to “Friends of Chichester Hospitals” to the **Friends’ Office, St Richard’s Hospital, Spitalfield Lane, Chichester PO19 6SE**, or for a regular donation, complete the Bankers’ Order form in our general leaflet.

You can also donate online, via BT MyDonate  
<https://mydonate.bt.com/charities/friendsofchichesterhospitals>



You can text **FOCH13** plus amount of donation to **70070**

Every donation, however small, is appreciated, and helps to build the Friends’ funds for equipment purchases – it all adds up!

## Joining the Friends

Just complete our membership form – available from our Shop or office, or online ([www.friendsofchichesterhospitals.org.uk](http://www.friendsofchichesterhospitals.org.uk))

Our members receive three or four newsletters each year, and are invited to our Annual General Meeting, where they elect the committee of Trustees and can hold the committee to account for its decisions. A presentation by staff who have benefited from Friends’ funding provides plenty of interest.



## DATES FOR YOUR DIARY

**Wednesday 1st June 2016**

Friends’ AGM,  
Chichester Medical Education Centre,  
St Richard’s Hospital.

Followed by presentation by  
Mr Paul Carter on Men’s Health,  
Prostate Care and Innovations in  
Imaging and Diagnosis.

Parking available in  
North Car Park from 5.15pm

**Saturday 25th June 2016**

Street Collection,  
Chichester City Centre



Further information  
and updates can be  
found via our website:

[www.friendsofchichesterhospitals.org.uk](http://www.friendsofchichesterhospitals.org.uk)

# Our Volunteers, Fundraisers and Supporters

*Volunteers who offer their time and talent make a huge difference to patients, by direct contact, by personal efforts, and by helping to organise events. They are the backbone of charity work and the Friends committee values them enormously.*

## Special appeals and projects

In 2015 the Friends focused on the **Giraffe Appeal**, to provide the Neonatal Unit with the latest in high-tech incubators. The name Giraffe raised eyebrows – and smiles - and brought together an amazing range of support from within our community, as giraffe-themed items were gathered for the Christmas bazaar and other events. Enthusiastic knitters and needlewomen, bakers and jam-makers provided a wealth of attractive goods for sale, and Giraffe Calendars, small T Shirts etc proved very popular!

The Giraffe Appeal committee

included regular Friends volunteers plus individuals able to give their time and abilities to this special cause. Chaired by Stella Hadley, they organised and coordinated other volunteers and supporters, including Residents of Lacy House, Chichester, Lavant WI, Emsworth WI, Sidlesham Knitters, Spirit FM, Chichester Police Cadets, Chichester College of Technology, Eternal Maker, Manor Nursery, Bookers and many others.

Several events throughout the year helped to raise the final total. These included a Craft Day with the Eternal Maker, a hugely popular Curry Night, Charity Dinner at Chichester College



of Technology, Christmas Bazaar, Manor Nursery Christmas Raffle, Craft table in the Hospital Foyer, Birthday donations.

Support came too from local businesses which sponsored events or made donations, including Southern Fabrications (Sussex) Ltd, Dunham Bush, FFT Global Ltd, Mercers Insurance, David Cover & Son Ltd, Labfacility, PaineManwaring, The Seaman Partnership, Domusea – and the many shops which donated raffle prizes for these events.

The Friends are very grateful to all who helped the Appeal, by giving

time and effort, their craft skills and other valuable support. The Neonatal Unit staff, who also helped with fundraising, are thrilled to have the much-needed equipment for their small patients.

## **A new focus – Men’s health and prostate care**

In 2016, the Friends will be raising awareness of Men’s Health issues. We have already approved a funding contribution of £29,500 towards innovative equipment for prostate cancer ultrasound imaging and Template Biopsy. For those patients whose condition is suitable, the equipment offers a minimally invasive technique to pinpoint with great accuracy the area of the prostate requiring biopsy, as predicted by prior MRI scanning, by using a method of cross-referencing coordinates. This does not replace the conventional screening method, but is especially helpful for cases where a suspected tumour is difficult to locate. The method is transperineal, rather than

transrectal, and so reduces the potential for infection. Availability of this equipment at St Richard’s Hospital will make a real difference for patients requiring this type of investigation, who otherwise would have to travel a distance to Surrey or Hampshire, and will subsequently reduce waiting times for treatment.



Men’s health matters to everyone, so support will be ongoing. The successful Funtington Players’ Murder Mystery last October has contributed, as have Chichester Lions, who donated the proceeds of their last street collection to the cause Our Friends’ Shop will be focusing on this too – look out for special promotions and activities.

Support from the community is welcomed – and already this year members of Chichester Golf Club at Hunston have been building up funds for the Veterans’ Section Captain’s Charity of the year. Jim Robertson heard about the Prostate Template Biopsy equipment appeal from his wife, Tricia, who is a Friends’ trustee

and part of the Shop and Trolley management team. Inspired by the difference such equipment could make for local men by speeding up diagnosis, reducing discomfort, waiting times and travel to other centres, Jim chose to support the Friends' Men's Health focus. Various fundraising initiatives are planned over the summer months.

## Street & Supermarket Collections

collections are a valuable means of raising public awareness of our work. Last year we held a collection in Chichester in June, and a separate collection at The Cross in the run-up to Christmas, thanks to the support of the Rotary Club of Chichester, and with a little help – once again - from some festive canine "Friends".

Thanks to the Desai family, a Curry night in Westbourne in September raised £1200, for the Neonatal Unit Giraffe Appeal. Joshna and Ranjit Desai produced a delicious curry, and a challenging quiz on little known



facts about giraffes kept the diners thinking hard! Local businesses generously supported the evening by donating delightful raffle prizes.

Throughout the year, a number of smaller events have again taken place, thanks to the support of local businesses and organisations which have invited us to use their premises or share their events. For example, a Friends' stall at Manor Nursery, and a raffle, raised some £500, while Christmas cards sold at West Wittering, and at Cards for Good Causes in Chichester and Midhurst also helped to boost our funds.

Friends' stalls at Petworth's Fete in the Park and Christmas Lights Event brought us into contact with another community which values our work.

In the community, businesses which hold our collecting boxes make a steady contribution to our funds through the small change donated by customers

Other supporters and volunteers contribute in other ways – often behind the scenes, such as our long-serving office volunteers, Jenny and Diane, who deal with most of our correspondence, and general administration.

Even an hour or two a year can make a difference – helping at a stall or collection, filling envelopes, or attending an event.

**Every pound makes a difference**

so if you think you can help, please contact the **Friends** on **01243-831843** or email:

**[admin@friendsofchichesterhospitals.org.uk](mailto:admin@friendsofchichesterhospitals.org.uk)**

# Chairman's report on behalf of the Trustees of the Friends of Chichester Hospitals for the year ended 30th September 2015



The Friends' volunteers and supporters have again made a real difference for patients and staff at St Richard's Hospital and the former Graylingwell site.

Through personal service, or by making donations, local people have shown their commitment to helping our hospitals provide the best possible care for patients. That our hospitals provide good care is evident from the letters we receive from appreciative patients and relatives, and from the genuinely caring behaviour of staff.

The Treasurer's Report shows that the Friends spent a lot of money on a large number of projects during the year. We have been fortunate to receive, at the end of the financial

year, two generous legacies. Such legacies do make a real difference, especially when they accumulate a little, and enable the Friends to fund a major item of equipment or a new service, to benefit more people. The Friends could not fund such expensive items without the build-up of legacy income.

The backbone of the Friends' fundraising is the core group of volunteers who organise our services to patients and visitors – the Shop and Trolley. Each year the Shop committee hopes to equal the previous year's earnings – and each year they do just a bit better! The quality and variety of goods available in our Shop, coupled with the friendly manner of the volunteer staff, who get to know the regular or

long-term visitors, puts St Richard's Shop high on any list of hospital shops – and our customers say so, as they are often astonished at what is available, even in such a small area. These regular volunteers make a real and lasting difference to our local community.

In turn, the Friends are fortunate to receive support from many local businesses - and local voluntary organisations such as Lions Clubs of Chichester District, Rotary Clubs in Chichester and Bognor Regis, – as well as the many individuals who have made donations. We are grateful to them all. Such support demonstrates how much people value our hospitals and the equipment or amenities the Friends provide.

In the last year, the Friends have helped improve services in many departments, notably Gynae Outpatients, the Neonatal Unit, and Stroke diagnosis and care - vital areas of the health service for all age groups. We are delighted when it is possible to support innovation which will have a significant impact on enhancing patient care, but we also fund more mundane but necessary equipment such as monitors or, this year, cleaning equipment to help support infection control.

It is important to the Friends that most of the medical equipment purchased by us lasts a long time. The Trustees seek to ensure that equipment is high quality, represents good value, and unlikely to become obsolete within a short while. Hence, although some items such as hoists may seem mundane, they make a huge difference to patient care, and are robust, and therefore offer significant value. At the other end of the spectrum, innovative high quality technology must also satisfy

the Trustees that it is robust and will justify the expense by durability and performance.

Our special appeals provide a helpful focus on specific aspects of diagnostics or treatment. The past year saw a successful Giraffe appeal to support hi-tech incubators for the Neonatal Unit, and the coming year will see some special events focusing on Men's health. This is a cause often neglected in the past, but which the Friends are already supporting with a contribution to sophisticated prostate template equipment which will make less invasive tissue sampling possible for many patients.

We continue to provide more traditional Friends' donations – Christmas gifts for 337 patients in St Richard's, and funding for festive celebrations and gifts, plus social and therapeutic activities, for patients of Sussex Partnership NHS Foundation Trust. At St Richard's the overall environment is enhanced at

relatively small cost by the provision of a changing art exhibition and colourful hanging baskets in the summer

As a charity, which employs no professional fundraisers or shop staff, the Friends are able to keep fundraising costs to a minimum. By doing this the Friends are able to ensure that gifts and legacies received by the Friends are spent on helping the hospitals supported by us.

Lastly, I thank all the Friends for their continuing support, and the commitment of time and effort they give to the various activities and responsibilities they undertake.

*As in previous years, a full set of accounts is available on request – please enclose a large stamped addressed envelope.*

**Jane Ramage** Chairman,  
Friends of Chichester Hospitals

# Treasurer's Report



In the year to 30 September 2015 the Friends showed a surplus for the year of £291,908. This compares with a deficit last year of £42,028.

The surplus in the year is mainly attributable to the significant increase in legacies, up to £443,336 from £134,123 last year. The accounts show that as at 30 September 2015 we had been notified of, but had yet to receive, legacies totalling £400,000 (2014: £nil). These legacies will make a significant difference to the support the trustees will be able to offer the Chichester Hospitals in the future.

This year the total incoming resources, after the costs of generating the funds, increased to

£591,558 compared to £263,471 last year. As with most charities there are always ups and downs in the sources of our income.

The backbone of the Friends' fundraising is the core group of volunteers who organise our services to patients and visitors - the Shop and Trolley. Each year the Shop committee hopes to equal the previous year's earnings - and each year they do just a bit better! This year the amount of profit generated by the Shop increased to £75,325 (up from £73,379 last year).

The quality and variety of goods available in our Shop, coupled with the friendly manner of the volunteer staff, who get to know the regular or long-term visitors, puts St Richard's

Shop high on any list of hospital shops - and our customers say so, as they are often astonished at what is available, even in such a small area. These regular volunteers make a real and lasting difference to our local community.

The Trustees were pleased that they were able to fund commitments of £294,017 this year compared with the previous year's total of £299,462.

Our costs of raising funds (excluding those items purchased for sale in the shop) are very low as The Friends rely on volunteers to run the Friends Shop and to undertake any fund raising. In the year to 30 September 2015 these costs totalled £5,652 compared to £6,415 in 2014.



# Income & Expenditure

*This financial summary has been agreed by Jones Avens Chartered Accountants as being consistent with the full audited financial statements for the year ended 30 September 2015. These were prepared in accordance with the Statement of Recommended Practice "Accounting and Reporting by Charities", and received an unqualified opinion on 27 April 2016.*

*The summarised accounts may not contain sufficient information to allow for a complete understanding of the affairs of the Charity. For further information the full annual accounts, the auditors report on those accounts and the Trustees annual report should be consulted. Copies of these can be obtained from The Friends of Chichester Hospitals. The full accounts have been approved by the Trustees and have been submitted to the Charity Commission.*

*Approved by the Trustees 27 April 2016.*

*In our opinion the summary financial information above is consistent with the full annual accounts.*

**Jones Avens**

27 April 2016

<b>Income</b>	<b>2015</b>	<b>2014</b>
Legacies	443,336	134,123
Subscriptions and donations	25,706	23,802
Shop profit	75,325	73,379
Fund raising	44,918	28,999
Interest Income	2,292	3,546
	<u>591,577</u>	<u>263,849</u>
<b>Expenditure</b>		
Medical equipment	242,663	280,023
Furniture and other equipment	44,456	436
Patient and staff benefits	6,898	19,003
Cost of fund raising	19	378
Management and administration	5,633	6,037
	<u>299,669</u>	<u>154,342</u>
Income less expenditure	291,908	(42,028)
Reserves brought forward	897,243	939,271
Closing Reserves	<u>1,189,151</u>	<u>897,243</u>
<b>Balance Sheet Extracts</b>		
Fixed Assets	10,098	11,445
Stock	16,337	18,386
Legacy debtor	400,000	-
Cash at bank and on deposit	834,591	976,981
Commitments to Hospitals	(59,251)	(90,418)
Other liabilities	(12,624)	(19,151)
	<u>1,189,151</u>	<u>897,243</u>

# Would you like to know more?



Why not visit our website: [www.friendsofchichesterhospitals.org.uk](http://www.friendsofchichesterhospitals.org.uk)

We are always pleased to be invited to talk about the Friends' work for our local hospitals, and offer illustrated talks for groups and organisations, with a Powerpoint presentation.

If you are interested please email: [admin@friendsofchichesterhospitals.org.uk](mailto:admin@friendsofchichesterhospitals.org.uk) or call **01243-831843** (answerphone).

## How can YOU Help the Friends to help You, Your Family and Friends?

We are always pleased to hear from people who can offer a few hours of their time, even if it's only once or twice a year, to help with an event or collection. Maybe you could get some friends or neighbours together for coffee and ask for a donation – **it all adds up**.

If you run a business, please consider holding a **Friends' collection box** – it's amazing how much can be raised from small change – and **every penny helps to make a difference**.

Follow us on **Twitter - @strichardchi** or on **Facebook**

For further information on how you can be involved please contact the Friends on: **01243-831843**  
or email: [admin@friendsofchichesterhospitals.org.uk](mailto:admin@friendsofchichesterhospitals.org.uk) (answerphone)

# Friends

## YOU can help the *Friends* to help you, your family and friends –

### MAKE A DONATION

Even a small amount helps to make a huge difference to what the Friends can do to help our hospitals. Please make your cheque payable to: **Friends of Chichester Hospitals** and send it to Friends' Office, St Richard's Hospital, Spitalfield Lane, Chichester PO19 6SE or donate online at <https://mydonate.bt.com/charities/friendsofchichesterhospitals>

### JOIN US

Anyone who wants to support and enhance the care given in St Richard's Hospital or by local mental health services can be a "Friend" of Chichester Hospitals, simply by joining our volunteers or by subscription as a member (£10 annually or £50 Life membership).

Our members matter to us, and are kept up to date with our events and activities. You can download a membership form from our website: [www.friendsofchichesterhospitals.org.uk](http://www.friendsofchichesterhospitals.org.uk) or ask our office to send one - email: [admin@friendsofchichesterhospitals.org.uk](mailto:admin@friendsofchichesterhospitals.org.uk) or Tel: 01243-831843



LOTTERY FUNDED

