

# Friends of Holy Cross Hospital Newsletter

JANUARY 2026

ISSUE 51

## A word from Holy Cross Hospital CEO

Firstly, I would like to wish you all a Happy New Year! I hope you have had a wonderful, rested Christmas.

As you will shortly read, over the past few months we have organised many wonderful activities and experiences for our patients and Caregivers. The Holy Cross team have been busy and hardworking as ever, and I cannot believe we are now entering a new year already.

### New member of the Leadership Team

In September of last year, we welcomed our new **Director of Therapies, Rachel Bridge** to Holy Cross, who forms part of the Leadership Team. Rachel is a Neuro Physiotherapist and has worked in hyper-acute ICU environments, stroke units, as well as in the community and commercial healthcare sector. She joins Holy Cross after 10 years in the role of Clinical Lead in a Neuro unit, developing new services and creating and nurturing new teams.



### Allied Health Professionals Day

On 14th October, our amazing Caregivers came together for a joyful afternoon filled with tea, cake, and inspiring on-screen learning to celebrate **Allied Health Professionals Day**. ❤️

We took time to recognise the incredible work of our Allied Health Professionals and their vital roles in patient care. From physiotherapists to dietitians, occupational therapists and speech and language therapists — every AHP makes a difference.

We thank our wonderful team for all that they do for our patients at Holy Cross Hospital.



### Men's Health

I am delighted to announce that in November, we launched a new service within our Outpatient Physiotherapy Clinic - Men's Health! We will be providing confidential men's health physiotherapy dedicated to pelvic pain, incontinence, erectile dysfunction and bladder issues. We know that these are sensitive subjects and that this may be preventing males from accessing care, but physiotherapy is an effective treatment. Ed Carroll, our highly experienced physiotherapist will support patients with improving wellbeing and tackling the challenges which are unique to them.

## Christmas events

December was a very busy month full of celebrations!

**Salvation Army:** Kick starting the festivities at the beginning of the month, our patients, their families and our Caregivers were treated to a fantastic concert by the Salvation Army band. We had a wonderful turn out of attendees and everyone enjoyed the Christmas hymns and carols – so much so, we have already planned for the Salvation Army band to return this December!



**Christmas decoration competition:** We welcomed the Mayor of Haslemere, Councillor Jean Arrick who visited the hospital to judge the annual Christmas decoration competition. During her visit, the Mayor toured the wards and met patients and Caregivers.

Whilst on her walkabout, she also judged the highly creative decorations on display throughout the hospital and chose the winning entries for the Best Dressed Patient Door, Best Decorated Department and Best Eco Decoration.

The winners of the Christmas decoration competition were announced at the hospital's Christmas lunch a few days later, adding to the excitement and anticipation for staff and patients alike.

The Mayor praised the creativity and commitment shown by everyone involved and thanked our Caregivers for their dedication to creating a welcoming and uplifting environment for patients and their families during Christmas.





### Caregivers Christmas Lunch

Our Caregivers were treated to their annual staff Christmas Lunch which is served by our Leadership Team, who also like to sing a Christmas Carol or two during service! The Activities Lounge was set up beautifully and the food was absolutely delicious. Thank you to our Catering Team who pulled it out the bag once again. Congratulations to St Anthony's Ward for winning the Best Decorated Department!



### Christmas Panto

On 20th December The Haslemere Thespians performed a short version of their pantomime Aladdin to patients, their loved ones and Caregivers – oh yes they did!

This took place in our Activities Lounge. Thank you to The Haslemere Thespians who voluntarily created some traditional Christmas magic at Holy Cross.



## Boxing Day Run



Congratulations to everybody who took part in the annual Boxing Day Run.

The run is organised every year by Matt Dellar and raises valuable funds for Holy Cross. 524 people completed the run with a new course record set by Christopher Phillips-Hart who stormed to victory in the men's drinking race and claimed overall first place.

I would like to extend our sincere thanks to Matt Dellar for his dedication in organising the Boxing Day Run since 1997, and to every runner, sponsor and supporter who took part.

The continued generosity of the local community makes a real difference to the care we are able to provide to our patients, and we are extremely grateful for the support.

**Hospital Development:** December 2025 marked one year since we announced plans of our new Hospital Development.

During the past year we have been working on feasibility following the initial plans created. Thereafter, a detailed assessment by specialist healthcare architects, it became clear that the original plans were not feasible. As a result, a wide range of alternative options have been explored.

Following extensive review, it has been confirmed that the most viable and effective option involves significant development to the rear of the hospital site. This has been carefully considered by the Sisters and the Trustees. I am delighted to confirm that although the development has increased in price significantly, the Sisters have generously agreed to proceed with the development, funding it in its entirety. Our next step is to proceed to pre-planning in January.

**Patient Lounges:** Finally, it is with great pleasure that I share with you the new plaques which are on proud display in each of the patient lounges. The plaques read "With heartfelt gratitude to the Friends of Holy Cross. Their generous donations have refurbished this warm and comfortable lounge for the use of our patients and their families."



As you are aware, these lounges were refurbished last year with donations from the Friends. The lounges have become a welcoming and relaxing area for patients and families to congregate together in a homely environment.

We cannot thank you enough for your support.



## From the Friends - Dates for the Diary

Holy Cross Quiz  
7.00pm Saturday 28<sup>th</sup> February  
The Living Room  
Holy Cross Hospital  
Haslemere  
GU27 1NQ

The date of the quiz has been moved from the pre-Christmas rush to 28<sup>th</sup> February, which the committee hopes will enable wider participation and a more even distribution of fundraising events. The quiz master is the ever-popular Richard Royds, and the Hospital has kindly volunteered to provide a delicious supper. Tickets cost £25 and include nibbles and supper. There is a paying bar with wines provided by Richard Royds, beer and soft drinks. Come as a table of 8, or as individuals or smaller groups to join a table. If you would like to attend, please contact Rachel ([rachelsy@btinternet.com](mailto:rachelsy@btinternet.com), 07817034622)

### Holy Cross Tennis Tournament

This popular event will be returning this year in May/June. The format is tournaments on courts in and around Haslemere and Godalming, followed by lunch in Munstead. If you would like to participate or offer your court, please contact Marie-Claire ([marieclaire.wilson@btinternet.com](mailto:marieclaire.wilson@btinternet.com))

## Fundraising Events

**Golf Day 23<sup>rd</sup> September** £4,769 raised



This year's winning team, the Morris Minors with Phil Craig

Phil Craig organised a fabulous day of Golf and competitions at the West Surrey Golf Club. It was wonderful weather, which put everyone in a good mood for the evening's dinner and auction. With the offer of a trip to Loch Lomond, and competitive bidding for the lunch at Coutts, a magnificent amount was raised for the hospital.

**Sponsored Walk 5<sup>th</sup> October** £450 raised  
Sue and Nick Mitchell decided to revisit a favourite walk, along the canal from Godalming to Guilford and back, with lunch at the Weyside. Being flat, the walk can be widely enjoyed and participants can join or leave at different points along the way. A fantastic day was had by all. Thank you Sue and Nick



### Committee News

After many years of hard work Torquil Sligo-Young (Chairman) and Fiona Headon (Treasurer) have decided to step down from the committee at the next AGM (date to be announced). We would like to thank them for all their contributions to the committee and the very successful fundraising achieved during their tenure.

The committee is looking for new members, if you would like further information, please contact Rachel Sligo-Young ([rachelsy@btinternet.com](mailto:rachelsy@btinternet.com), 07817034622)