

Friends of Holy Cross Hospital Newsletter

SEPTEMBER 2019

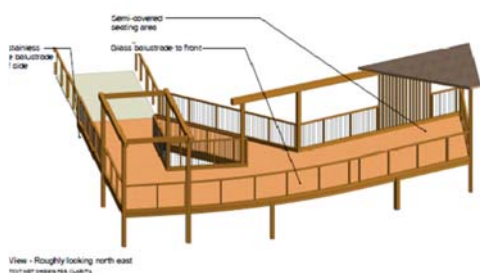
ISSUE 41

Message from Holy Cross CEO – Ross White

The Friends of Holy Cross is a cause very close to my heart. With brain-injured patients remaining at Holy Cross Hospital for many months or years, activities which enhance the experience of patients (in addition to expert medical care, intensive nursing and skilled therapy input), are invaluable for improving the wellbeing of the people we look after. Over the years, the Friends have supported not only patient well-being activities and equipment in support of this (such as replacement ambulances for patient transport) but they have also seed-funded new services such as Music Therapy.

The hospital's 40-bed in-patient unit has been full throughout the summer. Patients enjoyed monthly visits with their families to Marley Manor in Haslemere for afternoon tea, as well as regular off-site visits to our holiday cottage in Selsey. Following a successful upgrade of the kitchen area of the Selsey Cottage earlier this year (part-supported by the Friends), we hope to be able to upgrade the bathrooms in early 2020.

In July, we marked the 10th Anniversary of the opening of our Physiotherapy Centre. The Centre has a state of the art gymnasium and hydrotherapy pool run by a highly skilled team of physiotherapists. We not only provide services for in-patients, but also offer a vibrant range of outpatient classes to groups and individuals, several 'get fit' series (such as 'Fit to Ski') and a varied seminar series called Let's Talk Physio, all of which are open to the general public. To mark the 10th anniversary, we launched a new physiotherapy service aimed at post-natal mums who want to return to fitness.....and they bring their babies along too! For more information about the Physiotherapy Centre call 01428 647647 or email therapy@holycross.org.uk.



Treehouse Update

The Friends of Holy Cross Hospital have generously pledged £10,000 towards the construction of a walkway in the trees, known as 'The Tree House'. A redesign took place during the summer to improve the experience for patients and families and we anticipate that construction will commence in the autumn, subject to planning approval.

CEO sent over the top!

Finally, I will be climbing over the O2 Dome with the Mayoress of Haslemere Cllr Jacquie Keen on Sunday 29th September to raise money for Friends of Holy Cross Hospital and for the Mayor of Haslemere's charities.

The Mayor of Haslemere's charities are The Stroke Club (which meets every Wednesday at Holy Cross Hospital), The Haslemere Museum, and Haslewey (Haslemere's Community Centre). Each one of these great causes is making a positive difference to people in the local community, so, along with supporting the Friends of Holy Cross, I am happy to support them too. JustGiving will send your donation straight to the Friends and we will ensure that your donation is split between the Friends of Holy Cross Hospital and the Mayor of Haslemere's charities.

<http://www.justgiving.com/owner-email/pleasesponsor/Ross-White12>



**Do you know your Pinot from your
Burgundy?**

Wineman's Bluff

£25/ticket

Saturday 23rd November 2019

7pm for a prompt 7.30 start

Northchapel Village Hall

Pipers Lane

GU28 9JA

Join us for this popular, light-hearted event.

Roger Austin (ex-Ellis Wines) picks some interesting wines. There is a panel of three. Everyone is given a small amount of one of the wines to taste. The panel then takes it in turn to describe the wine being tasted; origin, colour, profile etc but only one is telling the truth. Each table of eight decides which they think it is! At the end of the evening the table with the most correct answers is the winner and receives a prize. Come either as a table or individually to share a table. Contact Sue for ticket (sue.j.mitchell@btinternet.com). Tickets include the wines being tasted and supper.

Fundraising events

Sponsored Cycle Ride £3,171 raised.



The 60 milers enjoying a well-earned pint at the end of the cycle.

Eight riders took part in the Little Lumpy 2019, two doing the 100 mile cycle and the

rest the 60 mile. It was a beautiful day, the hedgerows of Surrey and Sussex were full of wild flowers and there was a plentiful supply of cakes at the rest stops. All the cyclists completed the courses, with those doing the 100 miles finishing not long after those doing the 60. Congratulations to all cyclists. Thanks to Torquil for organising the riders.

Sponsored Walk £3,676 raised



A day of rain was forecast but although there was a shower at the start, the rest never materialised and the rain macs seen in the photo were soon discarded. The circular walk started at Camelsdale school and took in the ponds at Waggoners Wells where the dogs showed off their swimming prowess. The lunch stop was at The Prince of Wales pub in Hammer. We were able to sit outside in the sun and enjoy chips and sandwiches. Thank you to Sue and Nick Mitchell for organising the route and coordinating lunch.

Dates for the Diary

Tennis Friday 4th October A friendly tournament for players of all abilities. Play takes place on courts in Haslemere, Godalming and Elstead, followed by lunch. To take part please contact Marie-Claire (marieclairewilson@btinternet.com) or Rachel (rachelsy@btinternet.com).