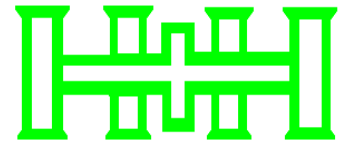


# The Friends of Holy Cross Hospital



## NEWSLETTER

### Purchase of winch for minibus

Now Spring has finally arrived we are able to take the patients on outings including the Sister's holiday cottage in Selsey. Many of the patients' wheelchairs are heavy and have until now been difficult to get into the minibus. We are indebted to the Friends for solving this problem for us by providing the funds to purchase a winch system which enables us to get our patients on board without manually pushing them up the ramp. This means we can take patients out who we couldn't in the past. It has also made it possible for the wife of one of our patients to take him out so they can have time together as a couple away from the hospital.

### New warm water classes

We at the Physiotherapy Centre were proud to open our doors to see our first outpatient on 16<sup>th</sup> June 2009. A few weeks later we were also able to see our first patient in the hydrotherapy pool on 8<sup>th</sup> July. Since then we have received many referrals from GPs consultant and physiotherapy colleagues and even some familiar faces from Holy Cross have referred themselves to the service.



Hydrotherapy has been a particularly popular treatment and patients have been able to take advantage of one to one sessions with the physiotherapist and then progress to self directed exercise sessions. Our patients are very complimentary about the facilities we have here at Holy Cross Hospital and find the views a welcome distraction during the often difficult task of their rehabilitation.

Our patients come to us for help with a variety of problems post surgery or injury, during pregnancy and also support to manage long term conditions such as arthritis or back pain. We have recently introduced three new classes which provide patients with an affordable and social way to enjoy their therapeutic exercise.

***Backsplash*** is for people with back pain and is aimed to relieve pain whilst improving strength and flexibility.

***Lower Limb Water Gym*** is for people with hip knee or ankle problems, so whether they've had surgery or a fracture, we help to get them back on their feet in no time.

***Joints in Motion*** is also very popular and helps people with joint problems or arthritis who would have difficulty exercising on land. This class helps improve strength, endurance and flexibility. Patients may wish to use these classes for a short time to recover from a flare up or regularly to assist self-management.

Each class is run in a circuit style, so no time to get bored or stuck on any exercise and class size is restricted to allow some time for personal tuition with the physiotherapist

The committee of the Friends of Holy Cross Hospital would like to start this newsletter by thanking some of the commercial sponsors, who by providing services free of charge or sponsoring events, allow the fundraising events to be so successful. These include:

- World Transport Agency Ltd (they were a major sponsor for the golf tournament).
- Coutts and Co who also sponsored the golf day.
- Petworth Marquee Hire (they provided tables and chairs free of charge for the wine tasting evening).
- Ellis of Richmond Wine Merchants who ran Wineman's Bluff and provided the wines that were tasted during the evening.
- Waitrose Supermarket who nominated the hospital as one of their monthly local charities.

**E-mail Address** The committee would like to compile a list of the e-mail addresses of the Friends of Holy Cross Hospital. This is to enable it to contact Friends if fundraising events (such as the Occam Singers) occur at short notice or if dates etc are set or changed in between the issue of the six-monthly newsletters. Friends could also elect to receive their newsletter via e-mail instead of the post. Please could e-mail addresses be e-mailed to [rachelsy@btinternet.com](mailto:rachelsy@btinternet.com)

### ***Events***

**Occam Singers** 17 Oct 2009 A wonderful evening which although arranged at quite short notice raised the sum of £661. Thank you to the Occam Singers for nominating Holy Cross Hospital as the charity for the evening.

**Wineman's Bluff** 6<sup>th</sup> Nov 2009 A good nose and an ability to sort fact from fiction was demonstrated by some of those that attended this enjoyable event. Others.....! A sum of £1,020 was raised and feedback was so positive that it has been decided to repeat the experience in a larger venue in 2010.

**Bridge Supper Saturday 21<sup>st</sup> November 2009**  
Another sell out! Many thanks to Michele and Geoffrey Arkell-Hardwick who organised this evening of bridge, supper and a raffle and to those

who helped with the catering and in the kitchen. £1,275 was raised.

### **The Boxing Day Fun Run 2009**

A sum of £2,000 was raised for Holy Cross Hospital by Matt Dellar and his friends who organise this annual run. This money will be used to start the fundraising for a new project that is in the early stages of development.

### ***Dates For The Diary***

#### **Annual General Meeting of The Friends of Holy Cross Hospital**

**The Annual General Meeting of the Friends of Holy Cross Hospital will be held in the Hospital Living Room at 7.30pm on Tuesday 20<sup>th</sup> April. All Friends are welcome.**

#### **Opening of Senses Garden 30<sup>th</sup> April 2010**

The garden will be officially opened by Pippa Greenwood. This will be a small-scale function as the garden is in the centre of the hospital and not open to the general public. However if any Friends would like to attend they would be most welcome, places are limited so please phone Reception on 01428 643311 or e mail [diana@holycross.org.uk](mailto:diana@holycross.org.uk) if you would like to attend. The Garden was a major project for Friends funding last year.

#### **Haslemere Charter Fair 3<sup>rd</sup> May 2010**

The Friends of Holy Cross will be hosting a stall at the Haslemere Charter Fair selling cakes. Four members of the Physiotherapy team from the Hospital will be giving shoulder, neck and hand massages. Please come and support the stall. (All donations of cakes gratefully received. Please drop off at the stall on the day and specify the ingredients used).

#### **Golf Day – September 16<sup>th</sup> 2010**

**Sponsored walk – October 17<sup>th</sup> 2010.** Enjoy the delights of the Surrey countryside whilst raising money for Holy Cross. All walkers welcome, for details contact Jamie Sehmer 01428 681998 [jamie@sehmer.demon.co.uk](mailto:jamie@sehmer.demon.co.uk)

**Tennis Tournament – Date to be confirmed.**

**Wineman's Bluff – Date to be confirmed.**

**Bridge Supper - Date to be confirmed.**