

Friends of Holy Cross Hospital Newsletter

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ISSUE 40

Message from Holy Cross CEO – Ross White

I am writing this having just attended a Friends of Holy Cross meeting. This small group of enthusiastic people who have held the work of Holy Cross close to their hearts and have gone out of their way to raise funds for the benefit of patients at Holy Cross. If the main work of the hospital is the cake, then the focus of the Friends goes towards the icing – that bit of work, beyond the medicine, nursing and therapy, which is focused on patient wellbeing. Last year the Friends contributed to the cost of running the holiday cottage in Selsey (a bungalow that patients visit from Spring through to Autumn and that provides a wonderful change of scene right next to the sea), they pledged a generous contribution to the Treehouse project, and they bought an electric piano which is in great use in the Day Activity room. This year the Friends have pledged funds towards the refurbishment of the Selsey cottage (please see the picture of the new kitchen) and to set aside funds for when one of the ambulances needs replacing.



The support of the Friends is invaluable to the life at Holy Cross, and I would like to thank those who have attended past fundraising events and encourage those who are considering attending future ones. It really makes a difference! Thank you.

Ross White – Chief Executive, Holy Cross Hospital



Treehouse Project

Spring at Holy Cross hospital is a glorious time of year, and the full benefit of being in these beautiful grounds begins to become clear. It is therefore exciting to report that due to some generous grants from the Surrey Community Foundation, the National Lottery, some fundraising and a pledge from the Friends of Holy Cross, the Treehouse Project (a wheelchair accessible platform into the woods) is about to go ahead. Conceived by friends of a Holy Cross patient who loved nature and the outdoors, the idea was to create a safe space where patients can be in and amongst nature and where the views across the valley, as well as the sights and sounds, can be an immersive experience.

Trio run to raise money for the treehouse project

Three runners representing Holy Cross, took part in the Brighton Half Marathon in February. As well as achieving some very impressive finish times they also raised money for the treehouse project.

A colleague of a patient completed the 13.2 mile run in a very respectable 2 hours and 12 minutes while Manuela Maxwell from The Physiotherapy Centre finished in the top 15% of runners with an excellent time of 1 hour 44 minutes.

Finishing among the top 40 (of 3,000) female runners was physiotherapist Rosie Cranmer. The marathon was Rosie's first experience of a large-scale competitive race which makes her finish time of just 1 hour 30 minutes a truly amazing feat.



Therapists Rosie Cranmer and Manuela Maxwell

Let's Talk Physio

The Physiotherapy team is raising money for the Treehouse project with their new lecture series, Let's Talk Physio.

In a series of one hour lectures, the physiotherapists will share their knowledge and provide practical advice about some common conditions.

The first lecture is on Monday 29 April from 6-7pm and is called Living well with osteoporosis.

Tickets cost £5 and all proceeds will be donated to the Treehouse project.

Email therapy@holycross.org.uk, call 01428 647647 or pop into Reception to book your ticket.

Please join us for;
The Annual General Meeting of
The Friends of Holy Cross Hospital
7.30pm Wednesday 5th June
The Living Room
Holy Cross Hospital

Fundraising Events

Quiz night 17th Nov £1800 raised. A taxing quiz put together by Richard Royds, of Haslemere Wine Cellar (who also provided the wine that was on sale), fabulous meal cooked by members of the committee and Annabel Khursid and competitive participants were the components that resulted in a tremendous evening enjoyed by all. The money raised was for the Treehouse Project more details of which were given in a presentation by Tom and Anna over supper.



Boxing Day Fun Run £4200 raised. This year was the most successful ever, with hundreds of runners taking part in one of two races; the drinkers (one way to continue Christmas festivities) and non-drinkers. The three and a half-mile run taking in the Devil's Punch Bowl and Gibbet Hill is organised by Matt Dellar and his friends who, very kindly, donate proceeds to the Friends.

Dates for the Diary

The Little Lumpy 19th May Please sign up for this popular local cycle ride and ask your friends to sponsor you to raise funds for the Friends. Choose between the 40, 60 or 100 mile courses. Littlelumpy.co.uk If anyone would like to know more please contact Torquil (tcfbsy@btinternet.com).

Sponsored Walk Sunday 7th July The route is being finalised but the principles remain the same; not too onerous, a maximum of 12 miles, a good pub for lunch and a get out at half-way for those that need it. If you would like to take part please let Sue know (sue.j.mitchell@btinternet.com)

Golf Day Tuesday 17th September The first to be organised by Phil Craig who has taken over from John Wharton. The committee has been informed that, 'all is in hand'.

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).

Wineman's Bluff Saturday 23rd November at Northchapel Village Hall. Thank you to Roger and Anna Austin for agreeing to host this popular event. For those that have not had the opportunity to attend, Roger (who has recently retired from Ellis Wines) picks some interesting wines. Three members of a panel then provide information about each bottle of wine in turn but only one of them is telling the truth. Everyone tastes the wine and then each table has to decide which description is correct. Much mirth ensues!