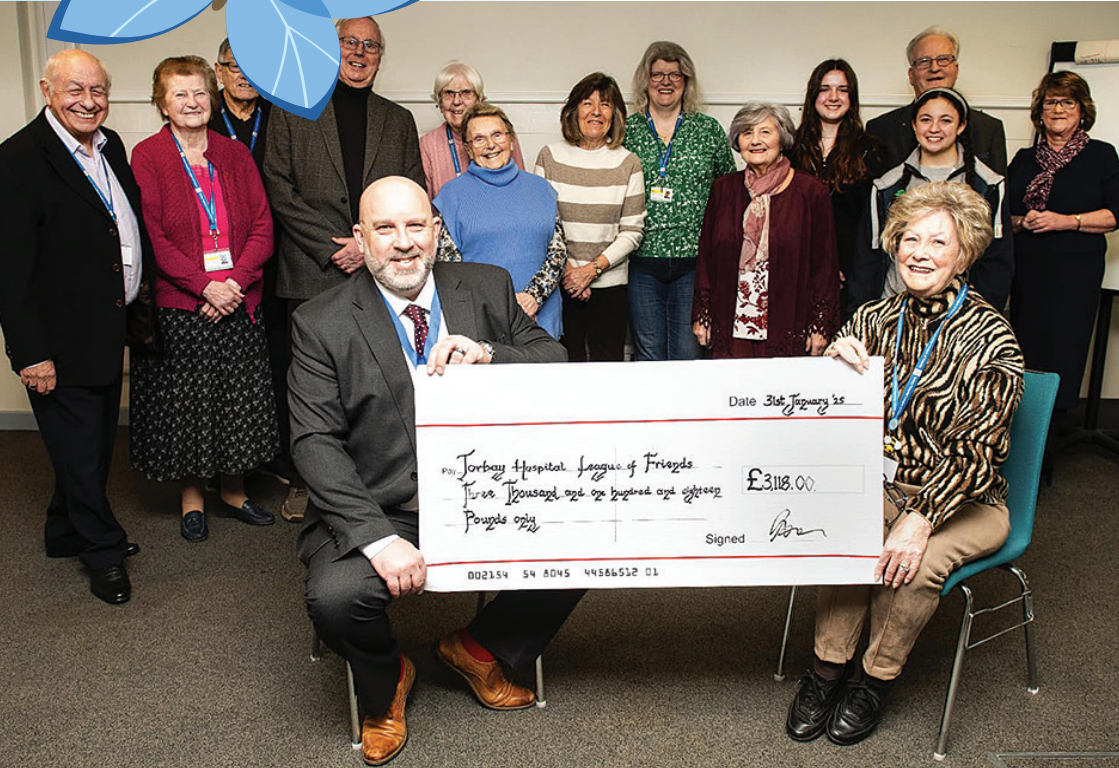




TORBAY HOSPITAL *League of Friends* *Helping to care...*



When Mark Spacagna, Councillor for Chelston, Cockington and Livermead was in office as the Mayor of Torbay, he not only helped push a bed along Torquay sea front on August Bank Holiday Sunday, he chose Torbay Hospital League of Friends and Rowcroft Hospice as his charities. We were delighted to receive our part of the amount £3118.00.

Mark said "I wholeheartedly support the Hospital and all it does for the people of Torbay".

Contents

Lynne Hookings.....	2
Martin Tucker / Kathryn Westaway.....	3
Torquay Girls Grammer Junior League.....	4
Dave Rogers.....	5
Winter Draw / 2024 approved and paid for items	6
Curry's Ice Bucket Challenge.....	7
Mr Kirk Bowling	8
Pennies in Plastic / Trolleys.....	9

THANK YOU FOR YOUR SERVICE



Lynne Hookings

One of the Leagues Vice Presidents, **Lynne Hookings**, has been honoured in the Kings New Year Honours list.

She has been awarded with an MBE for services to unite and promote the English Riviera's hospitality sector over many years. She has helped to raise millions of pounds for Torbay Hospital League of Friends.

If you would like to volunteer for one of our committees, or for any other enquiry, please contact:

Mr P.F.V White (Secretary).....01803 298170
Highlyn, 6 Haldon Close. Torquay,TQ1 2NA
Email.....info@thlof.co.uk

With Special Thanks

We would like to thank all of you who have contributed to making the Torbay Hospital League of Friends such a success, and we hope you will enjoy reading about how we continue to raise funds to carry on the good work.

We have over 250 members who give us valuable support throughout the year.

Edited by - Dave Rogers,
Kathryn Westaway,
Patricia Roberts



Designed and Printed by
www.frankman.co.uk

When you have read this newsletter please pass it to a friend or neighbour to help publicise the work of **Torbay Hospital League of Friends**.

Visit our website at www.thlof.co.uk

CHAIRMAN MESSAGE



Report from Kathryn Westaway Present Chairman

It has been a great privilege and pleasure to have been the Chairman of Torbay Hospital League of Friends for the last two years.

During my term of office the League has, once again, been able to supply the Hospital with a myriad of equipment for the benefit of the patients, the Hospital and also of the staff in many cases. From a scanner for the precise detection of cancer, making subsequent radiotherapy treatment much more accurate, costing £590K, to pelvic floor stimulators for Physiotherapy costing less than £100. Although these are very different pieces of equipment, they both can be life changing for the patients involved.

None of our work would be possible without the kindness of the people of Torbay who give to us so generously. I thank everyone for supporting us in the various events that we hold during the year, our Wednesday stall on Level 4, and our Christmas Draw which is supported by patients and staff alike.

I would like to thank my fellow Trustees for all their hard work, and I wish my successor Martin Tucker all the best as he becomes our new Chairman.

Kathryn Westaway



Martin Tucker Future Chairman

I'm looking forward to the challenge of taking over as Chair of Torbay Hospital League of Friends in April and continuing the great work the League has done for the last 70 years during which time we have raised a staggering £22 million plus for the Hospital.

I had assumed that my time as chair would coincide with a major rebuild of the hospital under the government's New Hospital Programme. Sadly, this will not be the case as the much needed rebuild has been put back and will not start now until 2033 at the earliest.

This decision will put more pressure on the Hospital as they continue to deliver the level of exceptional care we have come to expect and the people in Torbay and South Devon deserve. With your continued generous support, we in the League will do all we can to raise money and purchase a wide range of equipment for the Hospital that improves both the level of care provided to patients and the working lives of all the NHS staff.

Thank you for your continued support.

Martin Tucker



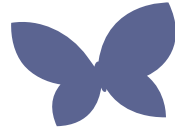
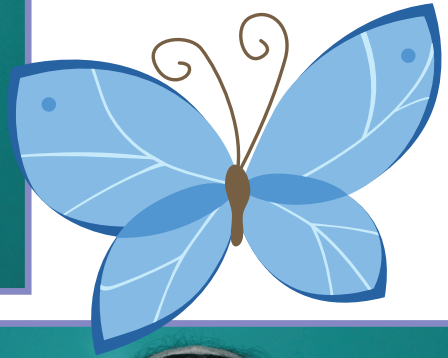
Torquay Girls Grammar Junior League

The Junior League of Friends have been serving refreshments at school events and selling Valentine's Day Roses between the Boys and Girls Grammar Schools in Torquay. More events to come!

Since becoming the new representatives of the Junior League of Friends, we have been up to a lot of different things! That includes serving tea, coffee and homemade cakes at events within school, such as GCSE options evenings. These events have gone very well, and we have even taken on the role of being Cupid and have been helping send Valentine's roses between both Torquay Grammar Schools!

We have such an incredible team at Torquay Girls Grammar School helping us to run these events. We all agree it is such a privilege to be a part of the Junior League of Friends, and we will see what other achievements we accomplish further down the year!

Imogen and Halla





***Report from David Rogers,
Vice President***

Over the past 14 years there have been a great many changes within the NHS and Torbay Hospital, some not affecting us and some that impacted us directly. The largest being the loss of our Butterflies Café to make way for the New Acute Medical Unit, but this was not the end of the League.

We still get asked about the Butterflies Café, as it was a meeting place for those waiting for their appointments to catch up with friends. Although we lost the café staff and the guides, the League continued to support the Hospital wards and departments to make sure patient's experiences are as smooth as possible. **The money we raise helps every ward and department in the Hospital** from Ainsley Ward to Urology, supplying everything from medical equipment and scanners, to beds, TVs, and chairs.

Once a week, usually on a Wednesday, our Trustee's run the sales table in the main entrance of level four, where we sell a variety of items such as stationary, knitted items, jewellery, and jigsaws. All the money raised helps to fund our vital work, and we are always looking for new members to join the League. Membership starts from just 10 pounds per annum and donations help us buy the very best equipment which in turn attracts the best staff to help run our hospital. If you would like to further get involved, there is the chance to join our management committee and help us with events and sales if that is something you are interested in. I myself decided to join the League after I retired, and I have met some amazing people along the way and enjoyed every moment of it knowing I am giving something back.

Dave Rogers

Winter Draw

The winter draw this year was a great success and all winners have been contacted with most prizes collected. The winner of Jane the Llama was pleased to have won but was unsure where he would keep it. The winners of the Christmas Hamper were delighted and enjoyed a very festive Christmas. They will be returning the hamper to the League ready for the next draw.

The draw was made by
Kate Lissett, Chief Medical Officer



We have in the last few months of 2024 approved and paid for:

Pelvic Floor Exercisers for Hutchings Ward

£199.98



Tablet /Fixed Hight interactive Table for Ainslie Ward

£4,975



Television for Antenatal Clinic

£300



Clothing / Bedding / Toiletries for Discharge Lounge

£5,000



The Editor would like to take the opportunity of thanking Torquay United Football Club for their support over many years by allowing us the use of their franking machine when we send out these Newsletters. Having to stick stamps on several hundred envelopes is not a lot of fun so the use of a franking machine not only saves us having to stick hundreds of stamps but money as well as postal rates for franked post are less.

Our tabletop sales rely on the kind-heartedness of people like Shelia Stott, Celia Woodgates, Annie Price and Ann Bedford who bring in knitted items for us to sell.

Currys's Ice Bucket Challenge



The staff of Currys's electronics store in Torquay made quite a splash when they kicked off a year of fund-raising events for the Torbay Hospital League of Friends with a dramatic 'Ice Bucket Challenge'

Brave members of staff sat in front of the store as volunteers from the Friends drenched them in icy cold water.

Sales Manager Jamie Troath-Pond said: **'We are raising funds for the Paediatric Assessment Unit at Torbay Hospital and we're delighted to start the year off with such a splash.'**

'I am delighted to say that **the Ice Bucket Challenge raised £550 towards ground breaking new technology** – something that Currys knows a lot about.'

'We are hoping to bring some comfort to those children who will benefit from the new unit'.

He added: 'Currys is a huge company dedicated to helping everyone enjoy technology. But we also want to help our local community where we can.'

Patricia Roberts, President of the Torbay Hospital League of Friends, said **"We were delighted with Currys unusual plan to raise money for the Paediatric Assessment Unit at Torbay Hospital.** The amount raised was very well earned by the Currys Team who bravely faced an absolute drenching!

'I'm just glad it was them and not us who were sitting in front!'



THANK YOU FRIENDS



Thanks to the generous donation from the League of Friends in 2015 we were able to purchase a laparoscopic intraoperative ultrasound machine (LUS).

This allowed us, when performing keyhole surgery, to remove a patient's gallbladder and scan intraoperatively their bile duct in real time which drains their liver. This allows us to see if any stones have slipped out of the gallbladder pre or peri operatively.

Around 10-25% of patients will have stones in their bile duct; certain risk factors in preoperative testing allows us to pick those at highest risk. A bile duct stone left in place can be disastrous for a patient following removal of their gallbladder leading to post operative jaundice or pancreatitis that can be life threatening.

With the LUS machine we are 99% accurate at picking up these bile duct stones and dealing with them. Indeed, in high-risk patients we move straight to keyhole surgery to remove their gallbladder instead of having to acquire

expensive and lengthy wait tests such as MRI. Often when we get these tests, patients may wait another three – six months for removal of their gallbladder; one could therefore argue the scan is 'out of date' by the time of the surgery.

We have performed over 1499 laparoscopic ultrasound scans since 2015. We now run three national courses to teach others how to use it and have three USS machines running across 3-4 theatres.

Since 2015 – minimum estimate this has saved the trust:



**460.41 inpatient bed days
856.6 MRI scans**

It paid for itself within 2 years according to our estimates and resulted in the publication of a groundbreaking paper on its cost effectiveness we still nationally quote today. I advise on two national councils advocating its use as gold standard practice. We are we believe the highest volume bile duct exploration service in the UK if not the world; this would not have been possible without the League of Friend's fiscal match that lit the fire allowing us to deliver this platinum care to our patients.

Mr Kirk Bowling

Consultant Upper GI Surgeon

President of the British Benign Upper Gastrointestinal Surgical Society presenting at international AUGIS conference

Pennies in Plastic

Several years ago, we started Pennies in Plastic. The idea was to put loose change whether it be a penny or anything up to £2 coin, into a plastic container.

We had everything from plastic milk bottles to plastic 5 litre oil containers.

Your container can be dropped off at our sales table on a Wednesday.

We are still organising this although since the pandemic the numbers have dropped off so remember every penny helps.

If your firm or place of work would like to help then why not ask for one of our blue collection tins.

At certain times of the year we could do with assistance, helping out with our sales table or selling draw tickets. This would be at the Hospital Level 4 main entrance.

If you could help out with a morning or afternoon giving just a couple of hours to help you will be making a difference.

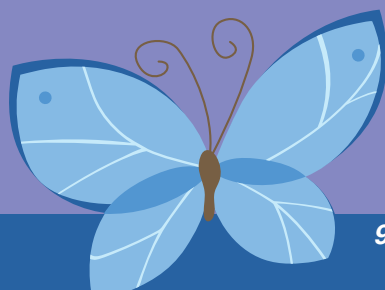


Trolleys

Torbay Hospital League of Friends were asked by General Theatres for £130,000 to purchase trolleys which will improve the experience of people having surgery.

The donation has funded **15 operating trolleys** which transport people into theatre, with most operations able to be carried out on the trolley.

This prevents multiple transfers to different units making for a more comfortable experience.



How you can help...

If you wish to support the League by becoming a Friend, visit our website www.thlof.co.uk for details on membership.

Donations...

Donations can be sent to our secretary **Philip White, Hightlyn, 6 Haldon Close, Torquay, TQ1 2NA**. If your donation can be 'gift aided' this will significantly increase the value to the Charity. Please contact the Secretary if you would like a Gift Aid form.

Volunteer

Even a couple of hours a week can make a real difference. If you would like to become a more active member of the League such as helping with Fund raising or with League events, **please contact the Secretary Philip White**

Leave a legacy

We hope our hospital plays a role in everyone living a long and happy life. Leaving a gift to charity is an amazing way for you to say thank you



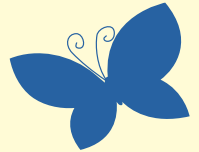
Future Events

Although we publish a newsletter in Spring and Autumn we also send out a regular update by e-mail, to receive this e-news message us on **info@thlof.co.uk**

Everyone is very welcome to join us at any of our fundraising or information events. Information on any of these events can be obtained by emailing **info@thlof.co.uk**.

Details will also be in the regular e-news, nearer the time; so please make sure we have your e-mail address.

We would love to see you.



95p in every £1

Donated goes directly to supporting our charitable causes.

TORBAY HOSPITAL

League of Friends

Helping to care...

As from February 2023 Amazon are stopping their Amazon Smile donation to charity. We have signed up to Easy Fund Raising. It is easy to sign up to. More places use it and what's more it costs you nothing.

Just follow the link

You can raise FREE donations for Torbay Hospital League of Friends every time you shop online - just use #easyfundraising! Over 7,000 brands will donate, including all the big names like John Lewis & Partners, Expedia, Argos, Just Eat and many more! Sign up here:

www.easyfundraising.org.uk/causes/torbayhospitalleagueoffriends/



TORBAY HOSPITAL *League of Friends*

*I Would Like To Donate and/or Become A Member**

Title	_____	First Name or Initial	_____
Surname	_____		
Full Home Ad- dress	_____		
Email Address	_____		

I would like to make a donation of £_____ to Torbay Hospital League of Friends by cheque / postal order made payable to: **TORBAY HOSPITAL LEAGUE OF FRIENDS**

I would like to become a member of **TORBAY HOSPITAL LEAGUE OF FRIENDS** and have:
Either: Enclosed my cheque/postal order for £_____

Or: Completed the Bankers Order Form overleaf

giftaid it

**Boost your donation by 25p of Gift Aid
for every £1 you donate**

*Gift Aid is reclaimed by the charity from the tax you pay for the current tax year.
Your address is needed to identify you as a current UK taxpayer.*

In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to **TORBAY HOSPITAL LEAGUE OF FRIENDS**

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Please notify the charity if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

SIGNED _____

DATED _____

* See overleaf

Please send completed form[s] to: Mrs J Hearne, Membership Secretary
TORBAY HOSPITAL LEAGUE OF FRIENDS
10 Abbey Close, Teignmouth TQ14 8FB

MEMBERSHIP OF THE LEAGUE

- Entitles you to receive a twice yearly newsletter which contains a comprehensive list of forthcoming events and latest news.
- Entitles you to attend our AGM each year and take part in the election of new trustees.
- The amount of subscription is entirely up to you but we respectfully suggest a minimum of £15.00 per annum.

Standing Order Mandate

To (Your Bank Name) _____

Postal Address _____

Please pay by banker's standing order

To: National Westminster Bank Torquay

Sort Code: 55-70-01

Account Number: 05909295

Name of Account: TORBAY HOSPITAL LEAGUE OF FRIENDS

Amount (Figures): £ _____

Amount (Words): _____

Date of First Payment: _____

And thereafter
ANNUALLY /
MONTHLY every

Until further notice and debit my account: _____

Account to be debited: _____

Account number: _____

Sort Code: _____

First Signature: _____

PRINT NAME _____

Second Signature: _____

PRINT NAME _____

Date: _____

Address: _____