



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



**Torbay Hospital
Friends' Bed Push
Brings Community
Together and
Raises £1,223**



On a very warm Bank Holiday Sunday, members of the Torbay Hospital League of Friends set out on their annual bed push.

Starting at the bus shelter opposite the Grand Hotel, they walked along the seafront towards the Princess Theatre, then onwards across the inner marina bridge, up to the end of the pier, before heading back to rest at the Off Shore Bar, who made us very welcome as they do every year. We also called in at Harbour Gifts and Antiques, who always support us.

After a well-earned rest, it was back to the starting point for a change of personnel, before setting out again on the same route.

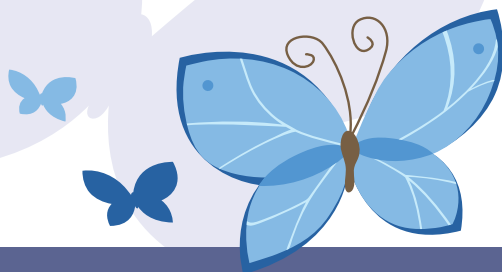
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If you would like to volunteer for one of our committees, or for any other enquiry, please contact:

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.DuoDot.co.uk



2025 Charity Bed Push

It was a wonderful day, with many generous people dropping coins into our collection buckets or using our card machine. Along the way, we rattled our rattles, blew our whistles, banged our drum and called out on the megaphone. Some people asked who we were, while others told us what a wonderful job we were doing.

Thanks must go to our photographer, Paul Levie, and to staff from Facilities at the Hospital for all their help.

Who can forget the sight of Barney Bear all bandaged up (thank you, Warrington Ward) or Dave being accidentally run over by the bed and having to be helped to his feet by a kind member of the public?

Our thanks go to all the pushers and collectors, every one of them a volunteer. Without them, the event would not have been so successful.

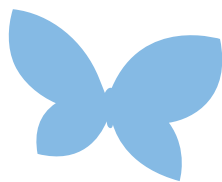
**In total, the
amount
raised was
£1,223.84.**



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

Report by Martin Tucker, Chairman



By the time this report goes to print, the long hot days of summer will be behind us, the children will be back at school, and thoughts will be turning to autumn walks in the country and, yes, you've guessed it, Christmas.

"Christmas?" I hear you cry. "Not this early in the year, surely!" Well, it's never too early to start planning. Let me take you back to a glorious summer day on Sunday 10th August, when the League of Friends had a stall at Babbacombe Fair. The sun shone, shady spots were at a premium, and there were long queues for cold drinks and ice creams, but at our stall we were busy running a tombola and selling Christmas cards.

The cards proved quite a talking point and sales went well. We have a good selection of both traditional and contemporary designs, so if you find yourself at Torbay Hospital on a Wednesday, do come along and see for yourself. You'll find us by the main reception on Level 4.

Babbacombe Fair wasn't our only successful event this summer. The annual "Bed Push" along Torquay seafront on August Bank Holiday

Sunday proved as popular and lucrative as ever. And the events keep on coming. The next important date for your diary is Sunday 28th September: come along to Ipplepen Village Hall, enjoy a delicious afternoon cream tea, and help raise money for the League of Friends.

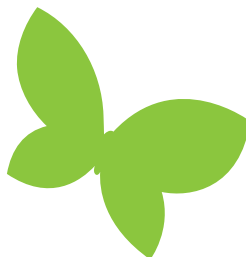
The money raised by the League of Friends goes to buy much-needed equipment for the hospital, benefitting patients, their relatives, and the staff who work so hard to look after everybody. Back in June, I was extremely proud to represent the League at the formal handover of a new CT scanner costing over £420,000. This machine will help reduce waiting times and speed up the diagnosis of various conditions.

But the help we provide doesn't end there. Future projects we have pledged to support include a state-of-the-art ward monitoring system and an up-to-date online resource available to all resident doctors and consultants. The latter will allow access to the latest medical research from all over the world, enabling our hospital to provide the best diagnosis and care possible. Both these systems should be live in the hospital by the time of our next newsletter.

Thank you for your continued support.

Martin Tucker

**Chair, Torbay Hospital League
of Friends**



Report by Roy Tuttle, Vice President



I feel honoured to have been elected Vice Chairman and Vice President of the Torbay Hospital League of Friends.

Over a period of 71 years, we have donated more than £22.3 million to Torbay Hospital, and we will be providing a further £950,000 for new equipment in the near future.

Our table-top sales on Wednesdays in the Level 4 reception area continue to be very successful. Please also continue to support us through memberships and legacies. We were pleased to support Aspire Job Coaching, Supported Internships, and we are glad we could help.

Looking ahead, I would like to introduce a few more social events this year for our members, trustees, friends, and hospital staff.

It is a busy year for me personally, as I also serve as President of Torquay Rotary Club. My nominated charity is, of course, Torbay Hospital.

Roy Tuttle

***Vice President,
Torbay Hospital League of Friends***

Rotary on the Downs

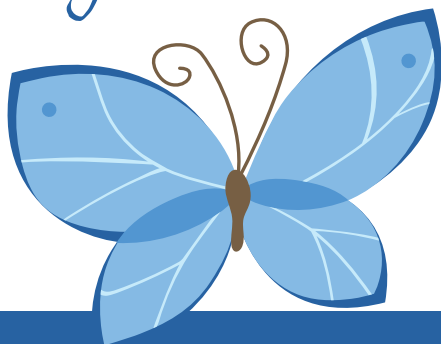


On a beautiful Sunday, volunteers manned the Torbay Hospital League of Friends stall at the Rotary Day on Babbacombe Downs.

It turned out to be one of the hottest days of the year, with hundreds, (if not thousands) of people visiting the many stalls on display.

Visitors enjoyed trying their luck at the League's tombola stall. Over the years, we've noticed that young people particularly enjoy having a go, but of course not everyone can win. To soften the blow, the firm So Sweet kindly donated lollipops for youngsters who missed out.

*A merry day was
had by all.*



From Joe Teape, Chief Executive, Torbay and South Devon NHS Foundation Trust

As I reflect on my first six months in post, I'm filled with gratitude, for the welcome I've received, the dedication I've witnessed, and the shared ambition that runs through our organisation. From day one, I've prioritised listening and learning.

Whether through my open house sessions for colleagues, service visits, or conversations with partners and stakeholders, I've been struck by the passion and pride people have in the care we provide.

These months have not been without challenge. We've faced financial pressures, estate constraints, and the ongoing demands of recovery and change. But I've seen incredible resilience and creativity across our teams. Together, we've made real progress, improving how quickly people are seen and treated in urgent and emergency care and in planned care, launching new services, and securing vital investment for our infrastructure.

Among the new services I've been proud to support are the installation of a new CT scanner at Torbay Hospital (generously funded by Torbay Hospital League of Friends), the expansion of our children's community respiratory physiotherapy service, and the continued development of our 0–19 Service's health visiting team, recently recognised by the Government's Mission Delivery Unit as an area of national good practice. These initiatives reflect our commitment to delivering care that is both innovative and responsive to local needs.

One of my first events as Chief Executive was the reopening of St Edmunds in Torquay following its major refurbishment. It was a privilege to join colleagues and community partners to celebrate the transformation of this important site. The newly upgraded facilities now support a wide range of integrated health and care services, and the energy and

pride among staff was truly inspiring. It was a powerful reminder of what we can achieve when we invest in spaces that bring people and services together.

I'm also keenly watching the progress of the building work at Torbay Hospital to expand and improve our Emergency Department. This will make a significant difference to everyone who uses or works in the department. We're also bidding for further capital investment, both for Torbay Hospital and to improve our community estate.

One of my key priorities is refreshing our organisational strategy following the publication of the 10-year health plan this July. That work is now well underway, shaped

by extensive engagement and a renewed focus on delivering care that's closer to home, clinically excellent, and financially sustainable.

Compassionate leadership is at the heart of our people approach. I've made it a priority to model openness, empathy, and respect, and to support a culture where everyone feels heard and valued.

I've also been proud to champion innovation, from virtual immersive therapy for people living with chronic pain to our nurse training partnership with The Open University, and I continue to campaign for the resources we need to deliver safe, high-quality care.

I know there's more to do, but I'm confident that, together, we can build a brighter future for Torbay and South Devon. Thank you for your support, your challenge, and your commitment to helping to care. I'm excited for what's ahead.



Joe Teape
**Chief Executive, Torbay and
South Devon NHS Foundation Trust**



Torbay is leading the way in virtual reality immersive therapy

People with chronic pain conditions are the first in the country to use new, cutting-edge virtual reality (VR) immersive technology to help manage their conditions.

Over the past 18 months, the Pain Rehabilitation Team and Digital Futures at Torbay and South Devon NHS Foundation Trust (TSDFT) have worked with around 50 patients, all with different physical challenges resulting from chronic pain, or living with severe anxiety, to test a range of VR products. Their aim is to assess the benefits and explore alternative solutions to treatment in order to help combat these conditions.

The team held a summer showcase at Torbay Hospital on Monday 7 July, where people could learn more about the range of treatments on offer. The event was joined by former patients, who are now volunteering to support this method of treatment, and by the Torbay Hospital League of Friends, who generously funded key equipment to enable this vital service evaluation and research work to take place.

Physiotherapist Phillippa Newton-Cross, service lead for the Pain Rehabilitation Team, said:

"We are the only NHS Trust in the country using CUREO VR therapy software to offer patients an alternative solution to chronic pain rehabilitation. For the past two years, we have been exploring how to improve patients' lives using methods that avoid medication and instead promote movement and wellbeing through VR immersive therapy.

"We have run one-to-one VR clinics with patients and found some incredible results and health benefits. These include alternatives to medicated pain relief, and the use of new technology to support people living with chronic pain, long-term health conditions, anxiety and low mood in new and innovative ways.

"This is bespoke software, and we feel very fortunate to be the only NHS setting in the UK

using this particular therapy to help people living with chronic pain."

Trust Chairman Chris Balch added:

"Our physiotherapy teams are taking this portable technology into people's homes to help patients manage chronic pain. This means you don't have to travel into a hospital setting. It's better for many people, as they can work on their condition in a location where they feel most comfortable.



"We have recently seen the launch of the new 10-year plan for the NHS, which highlights three key shifts, from hospital to community, from analogue to digital, and from treatment to prevention."

Martin Tucker, Chair of Torbay Hospital League of Friends, who attended the summer showcase event, said:

"The League of Friends are delighted to support the Pain Rehabilitation Team. We funded and donated the two headsets and the licence needed to allow the team to start exploring this new way of working.

"This is cutting-edge technology, and we are so proud to see the Trust trying something new and innovative — making real strides in developing this new way of looking at health and rehabilitation."

CT Scanner



On 11 June, the Radiology Department welcomed a brand new £421,695 computed tomography (CT) scanner, made possible thanks to the generosity of the Torbay Hospital League of Friends.

Around 40,000 CT scans are carried out every year, and scanners play a vital role in reducing waiting times for people needing diagnosis or follow-up care across a wide range of conditions.

The new Canon system uses cutting-edge technology to significantly improve diagnostic quality while reducing radiation exposure



for patients. It can also be used to perform biopsies, drainages, injections, and gated imaging to produce detailed images of the heart.

Special thanks go to Matt Guppy, Senior Project Manager, Caroline Cozens, Director of Capital Developments, and the wider Capital Developments Team for all their hard work in bringing this project to life. This achievement would not have been possible without their support.

This new scanner will make a real difference to the Radiology Department – and, most importantly, to our patients.

Presentation



In June, our President Patricia Roberts and Chairman Martin Tucker attended a meeting of the St Marychurch and Babbacombe Conservative Club, where they were presented with a cheque for £1,700.

Our picture shows Patricia and Martin receiving the cheque from some of the club's members.

Image Guidance

Torbay Hospital's ENT and Theatre team enhance patient safety with new image guidance system.

Thanks to the generosity of the Torbay Hospital League of Friends, the ENT and Theatre teams at Torbay Hospital can now significantly improve outcomes and patient experience during sinus surgery with the introduction of a new image guidance system.

This cutting-edge equipment will enable medical teams to improve the accuracy of many ENT procedures while reducing the risk of complications such as vision loss.



Vinay Varadarajan, ENT Consultant Surgeon, said:

"We are extremely grateful to our Torbay Hospital League of Friends for their generous support. The new image guidance system will not only enhance the precision of our surgeries but also improve patient outcomes. Having this new system will help us reduce complications, speed up recovery times, and ensure that we can provide the highest level of care for our patients. It will be of particular benefit to those with complex conditions such as sinonasal disease with severe asthma, disease involving the eye sockets/orbits, and certain tumours."

Martin Tucker, Chair of the Torbay Hospital League of Friends, added:

"We are proud to support the ENT and Theatre teams at Torbay Hospital by donating £82,000 to purchase this vital new equipment. Our motto is 'Helping to Care,' and we are delighted that with this donation we are helping to improve the care local people receive."

The Torbay Hospital League of Friends, which celebrated its 70th anniversary last year, is one of the leading Leagues in the country. Over the decades it has raised millions of pounds to benefit local people and, in 2012, was honoured with the Queen's Award for Voluntary Service.

Static Bike Ride

First came the Ice Bucket Challenge by staff at Curry's in aid of the Paediatric Assessment Unit

Wanting to try something different, the team decided to organise a static bike ride to London over a weekend.

Staff took on the challenge in shifts, each pedalling for an hour at a time.



Pennies in Plastic

Several years ago, we started our Pennies in Plastic scheme.

The idea was simple: pop your loose change, whether a penny or up to a £2 coin, into a plastic container.

Over the years we've seen everything used, from plastic milk bottles to 5-litre oil containers!

When your container is full, you can drop it off at our sales table on a Wednesday. We're still running the scheme, although numbers have dropped since the pandemic, so please remember, every penny really does help.

If your workplace would like to get involved, why not ask for one of our blue collection tins?



In the last few months, we have approved and funded the following:

- Pelvic exercisers for Hutchings Ward - **£191.58**
- VR headset for Digital Futures - **£5,346.39**
- Software & VR headsets for Pain Rehabilitation - **£8,100.00**
- CT diagnostic scanner for the main hospital - **£421,695.00**
- Reclining chairs for Women's Health - **£8,260.00**
- Monitoring system for the main hospital - **£121,501.00**
- Interactive ceiling projector for the Children's Emergency Department - **£6,995.00**
- Up-to-date software for the main hospital - **£150,000.00**
- Rose garden parasol for Estates - **£9,000.00**
- Ultrasonic measuring equipment for the Children's Clinic - **£3,168.00**
- Three recliner chairs for John Mac Unit - **£2,571.00**



*The Editor would like to take this opportunity to thank **Torquay United Football Club** for their support over many years in allowing us the use of their franking machine when sending out these newsletters. Having to stick stamps on several hundred envelopes is not much fun, so the use of a franking machine not only saves us the effort but also reduces costs, as postal rates for franked post are lower.*

Our tabletop sales also rely on the kindness of people such as **Shelia Stott, Celia Woodgates, Annie Price, and Ann Bedford**, who generously bring in knitted items for us to sell.

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 Address	
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: