



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

Autumn / Winter 2015

**The Newsletter of Torbay Hospital  
League of Friends**

**THIS IS CRITICAL!**

As I reported in the spring, as part of our Diamond Anniversary, we decided to throw our support behind the Hospital's request to fund the cost of equipment for the new Critical Care Unit (CCU) to be built at Torbay Hospital. This is a huge project costing £14.5m and will deliver a brand new, state-of-the-art CCU with dedicated facilities for relatives. This major investment project will see a 14-bed CCU that will have all the latest technology and equipment required to provide a modern, patient focused environment.

Work began to prepare the site back in March 2015 and the green light has now been given to the Trust's main contractor to start work. It is expected that the CCU and main entrance project will be

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[New Main Entrance External View](#)



**The Queen's Award  
for Voluntary Service**

*The MBE for volunteer groups*

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# Presidents Report

This year we have given ourselves an enormous task – some say “daunting! Torbay Hospital is building a new Critical Care Unit – to be completed in 2016 and the League of Friends has undertaken the financing of the equipment at a cost of £1.6m

Amazingly we have reached the halfway mark of £800,000 but we still have a long way to go.

How do we manage to get this amount of money?

Well, our volunteers within and outside the hospital do a wonderful job, giving their time and spreading the word. Members of the public are very generous and we receive money from bequests.

Local hospitals, that have their own League of Friends, realize that people from their area will benefit from such a wonderful unit and have given us generous donations - Dawlish, Newton Abbot, Dartmouth and Kingswear, Totnes, Bovey Tracey, Paignton and Teignmouth.

We are always delighted to know how the work of the League is appreciated by patients and the hospital staff and we enjoy working alongside them.

I really hope that we can achieve our target of £1.6m without it being at the expense of helping other hospital departments

Thank you all for your generosity and remember that we are “A Local Charity for Local People”



Our new and improved website is up and running,  
take a look to find out about the latest events and  
information on the League @

[www.thlof.co.uk](http://www.thlof.co.uk)

Or Scan the QR code



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completed by late 2016.

The Trust’s Chairman (Sir Richard Ibbotson), Chief Executive (Mairead McAlinden), together with representatives from the League of Friends and partners, marked the beginning of construction for the new unit.

Sir Richard said: “The ground-breaking ceremony was a proud day for the Trust as this project will transform the delivery of care for our patients, visitors and staff.



“The ambitious vision for a new critical care unit began many years ago and, although there is still a lot of work to do, getting this far signifies the huge amount of progress that has been made.

“Our current 10-bed Critical Care Unit is now nearly 30 years old and whilst the unit manages to support our patients to a high standard it’s now time to enhance these facilities and ensure they are fit for the future.

Mairead McAlinden, Chief Executive of South Devon Healthcare NHS Foundation Trust, said: “It was a pleasure to be joined at the ceremony by our partners, members of our local community and

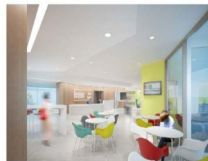
our League of Friends.”

The Torbay Hospital League of Friends is both proud and delighted to be able to say that, as the sum collected has passed through the £800,000 figure, it is already half way to their target of raising £1.6million for the new CCU. This incredible sum has been raised through the generosity and inventiveness of hundreds of people who have taken this cause to their heart.

Chairman David Rogers said: "It is absolutely fantastic and the public at large have really turned out and really supported us.

"Everybody is doing their little bit and the public have been amazing. The team of trustees have also really risen to the challenge and we are so determined that we are going to raise this money.

### Reception and Information Zone



3d visualization (for illustration only)



"We have also had tremendous support from the community hospitals."

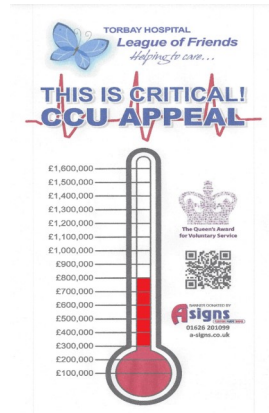
Secretary Philip White said: "We are very pleased. It is going well and we are slow-

ly getting there."

There are several stories in this Newsletter which record the donations made by so many people and everyone in the League gives their grateful thanks to you all for your support. In particular we are immensely grateful to the local League of Friends who have supported our Appeal. We have received a pledge from Paignton League of Friends for the incredible amount of £300,000.00 which gives us real hope that with continuing support from all and sundry we shall actually reach our target. In additions we have received donations from the other local Leagues – Dawlish, Newton Abbot, Dartmouth and Kingswear, Totnes, Bovey Tracey and Teignmouth. We know they need to support their own Hospitals

so a donation of funds to the "This is Critical" Appeal is generous and much appreciated.

We still have many more fundraising activities planned over the coming months so if you are around a League of Friends event please give generously. Remember also that for every £1 you donate to the League 96p goes to the Hospital.



## Happy Birthday Butterflies!

April 10<sup>th</sup> 2015 saw the first Birthday of our new Café "Butterflies". It was a year ago, to the day, that our doors were opened and we started serving our first customer.

We kicked off a year ago with a terrific fanfare and a blaze of publicity by having a Party attended by many important people from the Hospital as well as Trustees, Members and Volunteers of the League. Since then we have gone on to serve everyone who wants to drop in for a "cuppa".



*Photo shows Pat and June, our 2 Voluntary organisers cutting the cake looked on by Fidelma "Dell" Fortune and Dave Rogers Chairman of the League*

We are absolutely delighted with the way our new café has performed. We knew we were onto a winner as the builders began to clear away and we could see the remarkable transformation from the previous layout.

The overwhelming feedback from everyone who either works in the café or visits has been both positive and appreciative and this is something we value and will work hard to maintain.

Pat Pope, one of our Voluntary organisers who has been with us for 7 years, says

“We are so much busier than we were before the new café opened. We are constantly on the go the whole time the café is open and it is really rewarding to see it so busy – even if we don’t get so much time for a chat as we used to! Stock just seems to fly out through the window so I find myself constantly re-ordering”

Our café is usually opened well before 9.00am to cope with the morning rush and goes on to about 4.30pm 5 days a week. We are now able to sell a much wider range of foodstuffs than before including sandwiches, cakes, chocolate and a much better variety of coffees and flavoured teas than before.

Our Volunteers work very hard to make a success of our new premises and we are very proud to have so many satisfied customers

This year also saw another milestone in

that – much to our surprise – we proudly served our 100,000<sup>th</sup> customer. We did not really expect that this would happen for some time yet. The closure of the Main Entrance to the Hospital whilst the building of the new CCU takes place, has inevitably led to a massive increase in the number of people using the Outpatients entrance on level 2 and we have been delighted to witness a corresponding increase in customers to Butterflies. Our Voluntary Organisers and all the Volunteers behind the counter have risen magnificently to the challenge of these extra numbers and will continue to do so for the foreseeable future. On September 1<sup>st</sup> Annie Routley dropped in for a cuppa and became our 100,000<sup>th</sup> customer. Luckily our Chairman Dave Rogers was there to witness this historic event and to take the picture.

*“Annie said “It’s a lovely cup of tea””*



*Sue Priestley, Kathryn Westaway (Trustee and Volunteer) Pat Pope (Voluntary Organiser) Rosie Woodhouse behind the counter serving Annie with her cuppa]*

**We are very proud as a local charity, for every £1 donated, 96 pence goes to the Hospital!**

# And They're Off!

Striving as we always are at the moment to raise £1.6m for the Critical Care Appeal fund we were delighted when the Management of Newton Abbot Races offered us facilities for a Collection on one of their Race Days.

Lynne Hearne made all the arrangements for this new venture direct with Pat Masterson the Managing Director of the Racecourse who was extremely helpful in accommodating our requests. We were allowed to bring the Minibus, all decked out with a wand banner and posters, we also had two banners displayed on the rails of the Paddock so they could not be missed by anyone. Additionally we were allowed four collectors with buckets to operate before and after racing itself. The Hon. Sec.'s son Mark, who was working at the Racecourse, was promoted temporarily to Head of Racecourse Publicity and put together for us a couple of static adverts which were included with the other adverts shown on the big screen visible to

the entire crowd. We also had a page in the Official Programme for the day so one way or another we were pretty conspicuous.



Accordingly the arrangements having been made Lynne accompanied her sister Julia and also by no less than our President Patricia Roberts and Chairman Dave Rogers duly set off for a day at the Races on behalf of the League. It's a tough job sometimes but someone has to do it...

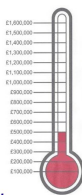
The party was joined by the Hon. Sec. and his wife Mary who combined their day at the Races with helping out with the Bucket collection so that no-one had to stand too long.

You would think, wouldn't you, that a day in mid-June could reasonably be expected to be sunny. Well, it wasn't. It started grey and cold and got worse and worse as the day wore on so that by mid-



**This Is Critical CCU Appeal**  
**Our Target is to Raise £1.6m**  
To equip the brand new Critical Care unit at Torbay Hospital

To Donate please visit: [www.thlof.co.uk](http://www.thlof.co.uk)



afternoon it was raining quite hard most of the time. Nevertheless our collectors were undaunted in their determination to raise money so they braved the weather and stood resolutely across the entrance to the Paddock with the buckets at the ready. Both the collecting sessions, before the races started (when the punters were gleefully expecting large wins on the way in) and the session after racing had finished, (when the punters were not always quite so gleeful) were well received so our buckets were pretty busy the whole time. There were the usual jokes when the punters were leaving about having no money as the bookies had cleaned them out but in general the crowd were good natured and generous.



*Bob with Julia (left) and Pat (right)*

Whilst the racing was going on the Hon Sec and his wife diligently set about the business of comparing the competing benefits of £2 placed as a tote quadpot or tote trifecta. Unfortunately it made little difference and they did not “Cruise in Style” as did a horse in the 7<sup>th</sup> Race

but were better described as “Going Nowhere Fast” as was a horse in the 2<sup>nd</sup> Race.

The remainder of the party stayed round the Paddock area sheltering from the rain and the girls spent the time chatting up the stable lads. In particular - as one of our photos shows -the girls were quick to spot Bob Champion MBE in the crowd and collared him for a photograph. Bob, as readers may know, was a highly successful jockey with 350 wins when he was diagnosed with testicular cancer in his early thirties. After severe treatment and a great deal of hard work he bounced back and went on to win the Grand National on “Aldaniti” in 1981. Subsequently he founded the Bob Champion Cancer research Unit in 1986 with the Royal Marsden Hospital.

Our first venture in conjunction with Newton Abbot Races was a great success and very enjoyable notwithstanding the appalling weather. We are very grateful to Pat Masterson and all his team at Newton Abbot Races for allowing us the opportunity to hold a collection on a Race Day and perhaps being able to return again next year. During the day we collected a total of £364.07 which included a very generous personal donation from a Director of the Race Course.

## Fibroscan Hepatic Fibrosis Measurement System.

A new machine for measuring damage to the liver has been bought for Torbay Hospital by the Torbay Hospital League of Friends. Death from liver disease is increasing substantially and the new Fibroscan machine dramatically increases the Hospital's ability to diagnose liver problems much quicker than before.

Dr. Keith George said "The Fibroscan machine kindly purchased by the League of Friends has changed the way patients with liver disease are assessed at Torbay Hospital. The Fibroscan machine can accurately assess the degree of damage suffered by the liver due to a variety of conditions thus helping make more informed treatment decisions. It is a quick and painless test. Previously the degree of liver damage was assessed by a biopsy of liver (potentially uncomfortable and time consuming) or a Fibroscan performed in Derriford Hospital, Plymouth (time consuming). Patients with liver disease at Torbay Hospital can now have a Fibroscan performed as part of their initial consultation in the outpatient de-

partment helping make quicker treatment decisions for our patients."

David Rogers Chairman of the League said the League was delighted to have been able to find the money for this machine and was delighted "that the League could provide a machine which would have such an enormous benefit to patients with liver problems in the Torbay area"



*[Photo shows (l to r) Peter Welch and Philip White Trustees of the League of Friends; Sheila Need Clinical Nurse Specialist; Patricia Roberts President of the League of Friends; Dr Keith George Senior Consultant Gastroenterologist; Dr James Neale Consultant Gastroenterologist; David Rogers Chairman of the League of Friends]*

## St George's Dinner

Saint George is popularly identified with England and English ideals of honour, bravery and gallantry, but actually he

wasn't English at all. Very little is known about the man who became St George.

St. George is believed to have been born



in Cappadocia (now Eastern Turkey) in the year A.D. 270. He was a Christian. At the age of seventeen he joined the Roman army and soon became renowned for his bravery. He served under a pagan Emperor but never forgot his Christian faith.



When the pagan Emperor Diocletian started persecuting Christians, St. George pleaded with the Emperor to spare their lives. However, St. George's pleas fell on deaf ears and it is thought that the Emperor Diocletian tried to make St. George deny his faith in Christ, by torturing him. St. George showed incredible courage and faith and was finally beheaded near Lydda in Palestine on 23 April, 303.

In 1222, the Council of Oxford declared April 23 to be St. George's Day and he replaced St. Edmund the Martyr as England's patron saint in the 14th century. In 1415, April 23 was made a national feast day.

I know what you are thinking; "what on earth is all this doing in my Torbay Hospi-

tal League of Friends Newsletter" The answer is twofold. First it's interesting and secondly we as a League celebrated our Patron Saint's Day in style with a superb Dinner and Dance organised by the Wellswood District under its Chairman Vice President Lynne Hookings and her very hard working Committee.

About 165 people attended this Black Tie evening on the 24<sup>th</sup> April (as near as could be got) and enjoyed a traditional Dinner of Roast English Beef and all the trimmings. The evening was made even more special as we were able to welcome not only Sir Richard Ibbotson Chairman of the South Devon Health Foundation Trust and his wife but also Mairead McAlinden our new Chief Executive and her husband. As is the tradition on this occasion the "Beef" was ceremoniously paraded around the assembled diners and then "addressed" in suitable style by Sir Richard who found it acceptable for consumption – probably just as well considering the ticket price!



After Dinner and the Toasts Lynne thanked her team from Wellswood and

everyone for coming and especially the very strong contingent from the Hospital who were all clearly enjoying a well-deserved evening away from work. She reminded everyone that this year – and most of next year as well – the League was striving to raise money for the Critical Care Unit. The amount required is of course £1.6m and it was appropriate that our Chairman Dave Rogers was able to confirm that to date we have got £600k put towards our total.

Matt Wilding then gave a wonderful rendition of the ever popular



“Nessun dorma” from the final act of Giacomo Puccini's opera Turandot following this with Jerusalem and leading the company in some of the more traditional English songs of Jerusalem, Land of Hope and Glory and finishing (fittingly as Sir Richard is a Vice Admiral) with Rule Britannia.

Nick Bye then, as he has on previous occasions, conducted a swift and telling raid on our wallets with a very entertaining Auction. The prizes had been kindly donated to the League by a variety of people and companies and these were snapped up by an appreciative audience as witness the total of just over £1000 raised for the Appeal. In addition to the auction there was a fabulous raffle with some 20 spectacular prizes on offer.

There then followed an evening of Dancing to music from DJ Ady Byng which took some of us into the small

hours.

The evening was a great success and the whole League is indebted to the whole of the Wellswood Committee for all their hard work in making all the arrangements. The net result was a staggering sum of over £5700 profit for the Appeal. WELL DONE WELLSWOOD!!

## PILGRIMS PROGRESS

A PAIGNTON Tai Chi instructor has completed the Three Caminos pilgrimage, walking over 1,000 miles through Spain, to raise money for our “This is Critical Appeal”.

Sifu Colin Stevens, the founder of Wuji Taiji tai chi Academy in Paignton, set off on three pilgrimages through France and Spain to Santiago, in a bid to raise money for the Torbay Hospital League of



Friends.

Colin's first Camino was the Camino de Santiago, a 1,000-year-old pilgrimage to the shrine of St James which is displayed in the Cathedral, Santiago de Compostela. Over 100,000 travellers make the pilgrimage to the city every year.

The first Camino, a distance of 546-miles, took Colin 27 days to complete, travelling through, Pamplona, Burgos, Leon, Astorga and Molinaseca.

Colin said: "When you come to Molinaseca you have reached the highest point on the Santiago Camino.

"A very spiritual place where pilgrims or pilgrinos as we are called, stop and place

messages to loved ones and lost loves plus many other personal feelings. They place a stone, a picture, beads and many religious artifacts.

"It's a very moving human experience. You place what you want to leave behind on one side and walk to the other side, feeling a sense of a new beginning."

As Colin approached Santiago he noticed that the route had become busier, and more and more people joined the pilgrimage to the cathedral.

Colin said: "On reaching Santiago you see the people you met along the way, there is a lot of hugging and back-slapping to celebrate your achievement.

"The Piligino Mass for travellers at the cathedral is very moving, especially when they swing the incense urn from the ceiling of the Cathedral."

After completing the Camino, Colin decided to take on a second journey, travelling another pilgrim route, the Camino de Fisterra, from Santiago to Finisterre.

This Camino route pre-dates Christianity, and Pagans would make the pilgrimage





I did the round trek starting in St Jean Pied du Paul to Santiago, Finisterre, and Muxia, back to Santiago then Comino del Norte back to St Jean du Luz."

Colin added: "Your faith in human kindness is restored and it warms your heart — from remote villages to towns and cities, people go out of their way to help you."

to Fisterra on the Costa da Morte, known as the coast of death to make offerings and prayers to the gods, as it is where they believed the end of the world was. As the sun set, it was a common idea at the time, that Finisterre was where the sun died, and that there may even be a link there between the worlds of the dead and the living.

"I would also like to thank the whole team at the Wuji Taiji Academy, through my Tai Chi and martial arts I was able to achieve what I set out to do. Without the training I doubt if I could have lasted."

Colin said: "When you reach Cabo Fisterra it is the end of the Comino, and there is a plaque there that says zero km. Ninety five percent of pilgrims finish in Santiago. But I carried on to Finistere, then to Muxia and back to Santiago again. The scenery and the sunsets take your breath away, you can see why they thought it was the end of the world."

Colin completed one final walk from Dorset to his home in Torbay. Colin said: "The walk will follow the Jurassic path from Poole, Weymouth, Bridport, Lyme Regis, Seaton, Exmouth, Dawlish, Teignmouth, Torquay and into Paignton.

The third Camino Colin embarked on was the Camino Del Norte, this 546-mile journey takes walkers from Santiago to Irun.

On Saturday 29th August several members of the Torbay Hospital League of Friends joined Colin and his family and students to walk with him along Torquay Sea Front to celebrate the end of his epic

Colin added: "Irun is hard and tiring, but with stunning views.

"I walked the reverse way to everybody else. People normally end up in Santiago;



walk of over 1000 miles

support for our “This is Critical” Appeal

The League of Friends would like to give a huge “thank you” to Colin for completing this incredible journey and for his

To date Colin has raised the sum of £2931 for our “It’s Critical” Appeal

## ‘LINEN LEAGUE’ WINS A WOW! AWARD

The nimble fingered ladies of the Torbay Hospital League of Friends’ ‘Linen League’ have won a coveted Wow! Award from South Devon Healthcare Trust.

The merry machinists meet every week around their sewing machines to produce just about everything the hospital could want. From curtains to premature baby ‘keepsake bags’ and breast-feeding aids to fracture slings, the ladies will undertake any task asked of them.

They were nominated by an anonymous admirer, but just about anyone who works at the hospital could have sung their praises.

The citation reads: ‘This team of wonderful women led by Rachel Evans are available for ANY needlework project great or small anywhere throughout the hospital.

Without fuss and with too little recognition, the League gives a service that no other provider could supply. Their skills and commitment to the hospital community – patients and staff – is discreet and generous.’

David Rogers, the League of Friends

Chairman said: ‘Much of the work of Rachel and her colleagues goes unnoticed by the public but those of us who work or stay in hospital know what a fantastic job they do. It is wonderful that they have been recognised in this way.’

*Picture shows the Ladies of the Linen League with their Wow Award*



*Back row l to r Dot Lang, Barbara Lawton, Alice Summers, Jan Draper, Jean Endicott, Anne McDonald; Front row l to r Diane Coop, Rachel Evans, Mary Whitechurch*

# Summer Garden Party 2015

This year the Party fell half was through our Appeal to raise £1.6m to help equip the new Critical Care Unit now being built at Torbay Hospital so we really did want to make sure it was a success.



Once again we were able to hold it at the Palace Hotel Torquay. As in the previous year the decision was taken to hold it indoors in the covered Tennis Courts at the Palace Hotel to save damage to their lawns, which were quite damp and inclined to get muddy with lots of people walking all over them. This year the weather on the day was in fact quite kind to us being mainly sunny and without rain but the days before had been a bit iffy and unfortunately you never quite know with British weather and so a policy of better safe than sorry was followed.

This year saw the return of many of our regular stall holders along with some new faces who we are always ready to welcome. It never fails to surprise just how much variety of stalls there can be at an event such as this. As well as the

Refreshments being served all day by the League there were stalls selling Cards, Jewellery, Lotions and Potions, Toys, Books, Sweets, Bric a Brac, and Cakes. In addition you could have had

your Nails Painted, listened to PalmFM, entered two tombola competitions, bid at a Silent Auction, frolicked in the Bouncy Castle, enjoyed a couple of minutes Splatting the Rat, had your face painted, purchased numerous raffle tickets or, if any of this was too much and you felt overcome by it all, then you would have been revived by a couple of cheerful St. Johns Ambulance volunteers who were longing to try out their new defibrillator (the Organisers were very thankful however that this was not necessary on this occasion).



The day started at about 11.00 when Peter "Mac" Dell commenced with a medley of songs to bring back memories of the 1940's 50's and 60's. We were once again very lucky to engage Mac's

services because as an experienced performer with his repertoire of classic songs from upbeat showstoppers he has held much of Torbay captivated over many years and this Garden party was no exception as he performed on and off for most of the day invariably earning great applause.



There was also music by Terri-Kate Lee, who although only 12 years old, has a remarkably powerful voice which she used to the full in entrancing the audience in her two singing spots during the day including one song from the ever popular film “Frozen”.

There was entertainment also from the Marissa Burgoyne School of Dance who were well supported and also from the Grimspound Border Morris Men. Not your run of the mill Morris Dancers, these men from Grimspound. Legend has it that back in the Dark Ages they performed secret rituals and were revered by all; that they held many of the secrets of ancient Celtic life, passing them down through the generations of



Andrew Park Photography

their kind by word of mouth. Whatever the truth behind the story, Grimspound is an ancient hut circle on a western facing slope on Dartmoor. The atmosphere of the place has inspired this team of Morris dancers to try to re-create the way things could have been for the people who lived there in terms of their rituals and their approach to life. Right from the outset they all set out to dance with vigour with the dancers dressed in camouflage costumes with their faces blacked. Rumour has it that this enables each dancer to experience empathy with the ancient spirits but others suspect it may just be to shield their identity when they go about their days jobs. Whatever



Andrew Park Photography

the truth, these Men of Grimspound bring a whole new energy to the rituals of Morris Dancing in a way which is very appreciated by everyone who sees them perform.



This year we were particularly lucky to persuade Lesley Pearse to perform the formal opening which she did at around midday. Lesley is one of the UK's best-loved novelists with fans across the globe and sales of over 7 million copies of her books to date. She has written crime as in 'Till We Meet Again', historical adventure like 'Never Look Back', or the passionately emotive 'Trust Me', based on the true-life scandal of British child migrants sent to Australia in the

post war period. Lesley now lives in Torbay and very kindly gave up her day to support our Garden Party and to spend time meeting stall holders, guests and members of the League.

As can be seen from the pictures the day was a full one with, we hope, something for everyone to enjoy. Chairman David Rogers said it was a really good day out and he praised all the volunteers and stall holders who had worked so hard to make the day a success as well as the commercial supporters and of course the public who supported us so well. We were delighted to have been able to raise over £6000 from the Garden Party and the Summer Draw which is a very welcome contribution to the £1.6m we are seeking to raise for the CCU.



## PAIGNTON ROTARY CLUB CRAB SUPPER

Each year Paignton Rotary Club holds a Crab Supper and donates the proceeds to a charity. This year we were delighted that they decided to give the proceeds

to the League of Friends in support of our "This is Critical" Appeal to raise £1.6m towards equipping the new CCU at Torbay Hospital.



Accordingly our “Ambassador at Large” Vice President Lynne Hookings was invited to one of their weekly lunches and to tell them about ourselves and especially the Appeal that we are running.

The Supper was then held on the 7<sup>th</sup> May in the Spanish Barn next to Torre Abbey. This was the first time Paignton Rotary had held the supper at this venue and it was a great success. The evening included a tour of the newly refurbished Abbey, with Friends of Torre Abbey in attendance, to



add fascinating details about the house, its history and the exhibits. Almost without exception everyone said they would have liked more time to enjoy the exhibits and many will undoubtedly return to explore at more leisure. After a refreshing glass of complimentary wine in the Abbey we all repaired the few yards to the Spanish Barn for the famous Crab Supper.

The Barn had been beautifully decorated with floral table displays, overhead curtain effect lighting and balloons on the tables all in the themed colours of the League. The overall effect was spectacular and a far cry from what the original Spanish prisoners would have enjoyed all

those years ago.

Paignton Rotary Club with its Master of Ceremonies Chris Sumner, their friends and guests then enjoyed a superb three course meal with wine served by professional (and extremely efficient) caterers. As the name implies the main course was a generous shell full of crab although there were alternatives for those

who could not eat shell food. After the meal there was a raffle efficiently conducted by John Hopkin which raised something over £700 and a short presenta-

tion by our own Lynne Hookings who talked about the new Critical Care Unit to be built at the Hospital and our efforts to raise the £1.6m to equip it. She said that we had managed to raise £600k to date and were now only looking for the balance of £1m! She stressed the voluntary nature of the League and the fact that over the last few years 95p for every £1 collected had been paid over to the Hospital. She paid special tribute to the members of the Paignton Rotary Club for having us as their chosen charity for tonight and for all their hard work in arranging such a successful occasion.

There after there was a spirited Auction, conducted with great skill and persua-

sion by Richard Bearne, of some fabulous prizes all of which had been generously donated by various organisations to Paignton Rotary Club so they could raise monies for their charities. The items included a two hour session in the Virgin Trains Pendolino Simulator in Crewe plus First class travel from Paignton; a flight experience at the Virtual Jet Centre in Chudleigh; a beautiful presentation hamper of perfumes from Hoopers; a Volvo Truck and Car waterproof jacket and last but not least a Bath Rugby shirt and Ball signed by the 2014 Bath Rugby team. Richard managed to extract a total of £840 for these various gifts which was a very good result indeed for the 20 minutes or so that it took.

President Derek Brown of the Paignton Rotary Club then gave a Vote of Thanks to everyone from his club for helping to make the occasion such a success and said he was delighted that his club was able to support the League of Friends in their daunting target to reach £1.6m.

#### *BUT THIS IS NOT THE END OF THE STORY*

Paignton Rotary Club then took a leaf out of TV quizmaster Hughie Green's book with their own version of the 60's

favourite 'Double Your Money'.

On Friday the Rotarians had promised Torbay Hospital League of Friends £1000 towards their £1.6 million Critical Care Unit Appeal.

But by the time President Derek Brown came to present the cheque on Monday – it had doubled to a whopping £2,000!

Derek said 'When we came to do a final count up of raffles, auctions and very generous individual donations, we found we could double the money to £2,000.

'I felt just like Hughie Green!'

Events chairman John Hopkins said: 'We'd even written out the cheque. But when it came to it, we had to cross out the 'One' and put 'Two'. I just hope the bank accepts the alterations!' (Editor's Note – It did!)

The League's Lynne Hookings said: 'Never were so many crabs scooped in such a good cause.

'A few weeks ago we had a 'chish and fips' supper in aid of the appeal, and now we've gone a little upmarket. So if anyone fancies a charity Caviar Night....let us know!'

## THE EYES HAVE IT FOR LEAGUE OF FRIENDS

Torbay Hospital Eye Department has opened a dedicated eye surgical simulation lab after a generous donation from the Torbay Hospital League of Friends.

According to Consultant Ophthalmologist Tamsin Sleep, 'Simulation is the way forward in surgical training and this cash from the League has enabled us to have

this facility which is a tremendous help with our training programme.



‘The ability to easily access realistic high and low tech simulation models are transforming surgical training, by prioritising patient safety, and improving the quality of training opportunities’.

The General Medical Council and the Royal Medical Colleges have recommended that simulation is used to support training, and will soon recommend that its use is mandatory.

South Devon Healthcare Trust has always been ahead of the game in providing simulation facilities to trainees in the region, and the eye department is no exception, demonstrating its commitment to patient safety and the quality of

the training it provides.

This donation by the League of Friends to the ophthalmology department at Torbay Hospital has allowed the department to remove any barriers to the uptake of simulation in training by providing a bespoke Simulation Lab right in the heart of the Eye Surgery Unit.

Patricia Roberts, President of the Torbay Hospital League of Friends said “ Some time ago we were left a sum of money to be used specifically as may be required by the Eye Department and I am delighted that we were able to use these funds for something as important as training for future doctors”



## David Benson Charity Show

We have received the following email from David Benson which really needs nothing more to be added – except do please put the date in next year’s calendar and come along to the Devonport Arms on the 27<sup>th</sup> February

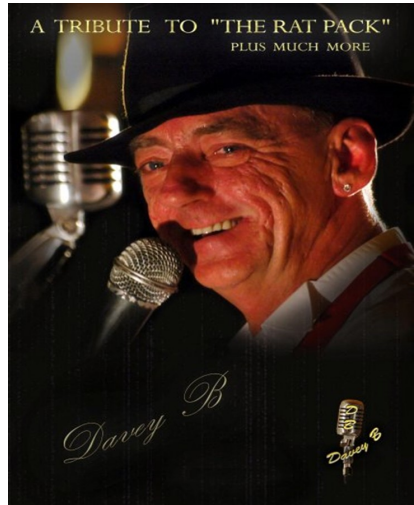
*After having spent 5 months in Torbay*

*hospital (9 weeks of that on life support), I feel have to do something in return for all the hard work Mr Andrews and his team did for me. I can't have been the most patient of patient as being an Entertainer; I did do my bit to keep the Al-lerton ward jovial whenever I could.*

Therefore I am organizing a **Charity Show to be held at The Devonport Arms in Paignton S Devon on the 27th of February 2016**, it may seem a long way off but there is so much I have to do, with friends coming from Glasgow, London, and Birmingham. I would so love to see as many doctors and nurses at the event as possible as I think they deserve a great night of entertainment. So please come along and support the I.C.U. Unit and let's get as much as we can towards the 1.6m they need for the new equipment.

Yours (with many thanks for my life).

David Benson



## Christmas Cards

We are pleased to offer Christmas cards which are available every weekday from the League of Friends Butterflies Café on Level 2 at the hospital.

There is a wide choice of cards and a large variety of wrapping paper. We hope you enjoy choosing from our selection.



*Every pack purchased helps us to support our hospital – all profits from card sales go directly to the League of Friends*

## Christmas Draw

### First Prize £500

Tickets for our Christmas Draw are on sale in the Outpatients Department on Level 2

**Please support us if you can**



# Chairman's Report

Our "This is critical" appeal was launched in December 2014 and I have been staggered by the response from the community as we are half way to our target.

I have been involved with charity fund raising for nearly 40 years in one form or another and enjoyed the way people rise to a challenge.

And now the people of Torbay and surrounding area have risen to the challenge by giving £800k so far; we have received support from the local community hospitals, The Breeze (formerly Palm 105.5FM) and Herald Express.

We have also been asking support from local business and sure enough Seymour Horwell at Kingsteignton, Sainsbury, Co-op in St Marychurch and The Shack in Torquay to name a few have become great supporters of the league.

Everyone at the League is astonished by the way money is being raised; Coffee Mornings, donations instead of birthday presents, walking over 1000 miles, London Marathon, bike rides, car boot sales and making things to sell are just a few.

We are now entering the next stage £800k to go and we are hoping more and more people and companies will get behind us. If you would like a League member to come and give a talk to a group of people or a business about the work of the League we can arrange it.

In England we have a NHS service that the rest of the world is envious about and on a recent trip I had an audience from people living in Australia, New Zealand, Malaysia and Singapore. They all were in agreement that the NHS was great so I went on and explained about the work of the League and how individual hospitals have a League

It all started 60 years ago on a sunny afternoon when Joan Williams, our founder, was having a cup of tea with a few friends. They had a dream and now 60 years later we are carrying on that dream to enhance the patients care experience through medical equipment and other items.

With the formation of Torbay and South Devon NHS Foundation Trust the hospital is going through an exciting time and we are delighted to be part of it.

I would like to take this opportunity to thank the hospital for their continued support and assistance, Trustee's, committee and district members for the continuing support while not forgetting the Café and Guides on level 2 outpatients for their amazing work - but mainly I would like to thank the community at large for their help, and if you are still thinking about supporting our "This is Critical" appeal or in other ways, it's never too late.



## Spring Fashion Show

Torbay Hospital League of Friends were delighted to welcome over 90 people to their Spring Fashion Show held at the Horizon Centre at Torbay Hospital. The Frock Exchange of Preston provided a stunning collection of day, special occasion and evening wear. The clothes were modelled by volunteers from the League of Friends, together with models supplied by Maggie Instrall from The Frock Exchange. Several were modelling for the first time and put on an excellent show.

Music and lighting was provided by Peter 'Mac' Dell, who also entertained with a selection of easy-listening classics. Backstage they were lucky enough to have Rachel from The Cutting Room who worked her magic and ably created several changes of hair style to complement the outfits.

The evening was enjoyed by all who attended and raised almost £700 towards equipment for the League's 'This is Critical' project.



The League would like to thank everyone who contributed to the success of the evening including : Maggie, Jack and friends from The Frock Exchange, the models, Peter 'Mac' Dell, Rachel from the Cutting Room, Tesco Metro Torquay and of course the staff of the Horizon Centre and Bay View at Torbay Hospital..

**96p** in every pound goes to the Hospital, as the Charity is organised and run by volunteers. If you can help please see page 27.



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

St Marychurch and Babbacombe



# CHRISTMAS CARD SALE TEA PARTY



*Wednesday 4<sup>th</sup> November 2015*

*2.30 pm – 4.30 pm at*



*The Anchorage Hotel,  
Aveland Road, Torquay*



*Raffle*

*Jewellery*



*Books*

*Christmas Cards*

*Tickets £5 to include Tea, Mince Pie and Surprise Gift*

*from Myra Wise 01803 327145 or Julia Hearne 01626 777658*

Reg Charity No 200905

thlof.co.uk



## Running the extra Mile for “Critical”

Ian Bennun, Head of Department of Clinical Psychology at Torbay Hospital along with other (very fit!) members of Staff at Torbay Hospital ran the Totnes 10k run in August to raise money for our “This is Critical” Appeal and Ian himself raised £130 from his Sponsors.

*Photo shows Ian (kneeling front right No.120) and other members of staff who ran the Totnes 10k run*



## Sanctuary Housing support the Appeal

Our “This is Critical” Appeal is benefiting from a donation of hundreds of pounds thanks to the generosity of patrons at a glittering awards ceremony.

Guests at Sanctuary Housing’s inaugural Torbay Community Star Awards 2015 donated nearly £500 through an exciting charity raffle for Torbay Hospital League of Friends’ Critical Care Unit appeal.



Sanctuary’s local neighbourhood team joined Youth Champion Award winner Sophie Hickey to present the funding

award to the League of Friends at the hospital.

Torbay Hospital League of Friends’ President Patricia Roberts, said: “We’ve still got a way to go before reaching our fundraising target but everything helps, so we’re really grateful to Sanctuary for donating their raffle funds to our Critical Care Unit appeal.

“If everything goes to plan the Critical Care Unit really will provide a crucial hospital service that will benefit people across the Bay and beyond.”

Sophie Hickey added: “I was thrilled to join Sanctuary in presenting the raffle funds to the Torbay Hospital League of Friends. The two organisations have similar values in supporting the local community and trying to offer the best service possible.



“I’ve had great support from Sanctuary in delivering my community-led programme and I look forward to seeing what other projects are backed in the future.”

## *Café Times*

**SHOP/CAFÉ** (Outpatients Entrance - Level 2)

**OPEN 9.30am to 4.30pm**

Tea, Coffee, Chocolate; Cool Drinks, Hot Food, Pasties, Sausage Rolls, Cheese/Bacon Wraps.

Assorted Sandwiches & Rolls, Fresh Cakes and Buns. Toasted Teacakes, Toast.

*Seasonal Specials:* Mince Pies, Hot Cross Buns, etc.

**OPEN Monday & Thursday 9.30 to 4pm & Fri (am)**

## **CIVIC CAROL CONCERT**

**TUESDAY 8TH DECEMBER 2015 AT THE RIVIERA INTERNATIONAL  
CONFERENCE CENTRE COMMENCING AT 7.30PM (FREE CAR PARKING)**

**TORBAY BRASS BAND, BRIXHAM ORPHEUS MALE VOICE CHOIR,  
COMBINED SCHOOL CHOIRS**

**TICKETS £3.00 (INCLUDES PROGRAMME)**

**FROM RIVIERA CENTRE BOX OFFICE**

**TELEPHONE: 01803 206333**

**TICKETS ALSO AVAILABLE ON THE DOOR**

**ALL PROCEEDS TO  
TORBAY HOSPITAL LEAGUE OF FRIENDS**

## Irene Edna Savage

Irene Savage, universally known by all members of the League as Reenie, who died at the age of 93 was a long serving and passionate supporter of the League of Friends.

Reenie married Bruce soon after VE Day in 1945 and along with her family her greatest love was her garden where she was most at home and her knowledge of plants was immense.

After her children grew up Reenie turned her energies to local organisations and helping others.

She was a founder member of Babacombe and St Marychurch Inner Wheel of which she was President several times as well as becoming District Chairman.

From District, Reenie rose through Inner Wheel, both nationally and worldwide, to become National Treasurer and then International Treasurer

As if this was not enough Reenie was the organiser of the local "Meals on Wheels" service when it was run by a large band of volunteers based at Hatfield House.

Reenie has been involved with Torbay Hospital League of Friends for most of its 60 years. She was a dedicated committee member and organised the street collections for

many years as well as selling Christmas cards in the hospital.

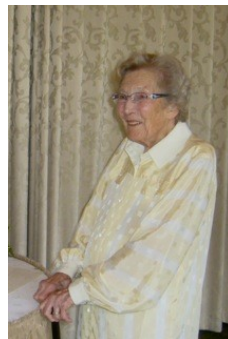
Fundraising for the League included her along with Irene Knight running a Bric a Brac stall during the Victorian evenings in the precinct. Both wore period costume and looked very smart.

Reenie was always there for other people and even in her late 80s she supported her neighbours when their new kitchen caught fire. Her first consideration was their safety and well-being and then a glass of wine!

Sadly her failing eyesight led to her having to curtail her activities for the League of Friends as well as her other interests and in March 2013 she felt she had to resign from the Management Committee and as our Flag Organiser which job she had performed with the utmost dedication for a number of years.

Reenie will be remembered by everyone who knew her, not only in the League of Friends, with great affection and she will be sadly missed.

*Irene Edna Savage born 28th May 1922, died 29th July 2015*





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



Do you have any spare time ?

Would you like to

## **VOLUNTEER**

to help in Butterflies Café or as a Guide ?

The services that the League of Friends offer to patients and staff at the Hospital are provided by volunteers and we are always pleased when new people come forward. Volunteers work a regular morning or afternoon, once or twice a week, and any time you are able to give will be much appreciated.



### *Butterflies Café*

in the Outpatients Department is open Monday to Friday. We serve hot and cold drinks, hot and cold snacks, cakes etc.

See notice board for Seasonal Fayre.

**Guides** are based in the Outpatients Department.

We provide a delivery service between hospital departments and are on hand to Meet and Greet patients who may need help to find their way.



**For further information please contact :**

June or Pat in the League of Friends Office, Outpatients Department, Level 2

Telephone 01803 654520 or email [thlof@tiscali.co.uk](mailto:thlof@tiscali.co.uk)

thlof.co.uk





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

I/WE enclose

£ \_\_\_\_\_

**SUBSCRIPTION FORM**

- Please enrol me as a member of the League of Friends
- I would like the League of Friends to treat donations I make from the date of this Declaration until I notify otherwise as a GIFT AID DONATION
- By cheque payable to "The Torbay Hospital League of Friends"
- By completing the Bankers order for below.

I am aware that I must pay an amount of Income/ Capital Gains Tax at least equal to the tax the Charity claims on my donation in the tax year.

Signature:

Date:

Name:

Address:

Postcode:

**BANKERS ORDER FORM**

To (Your Bank Name):

Address:

Postcode:

Please pay National Westminster Bank, Torquay, 55-70-01 for the credit of **TORBAY HOSPITAL LEAGUE OF FRIENDS** (Registered Charity No: 200905). Account No. 05909295 the sum of:

£

Words:

Commencing NOW

and thereafter annually every

(due date) until further notice from me/us in writing

Account to be debited:

Account Number

First Signature

Second Signature

Print name:

Print name:

Dated:

**Please send completed form(s) to Mrs J Hearne, Membership Secretary, Torbay Hospital League of Friends, 2 Heathlands Court, Heathlands Rise, Teignmouth TQ14 9HH**

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 | Keep up to date...Visit our website at [www.thlof.co.uk](http://www.thlof.co.uk)