



**LEAGUE OF FRIENDS**  
**EDENBRIDGE & DISTRICT WAR MEMORIAL HOSPITAL**

Mill Hill, Edenbridge, Kent TN8 5DA

[www.ehlof.org.uk](http://www.ehlof.org.uk)

**AUTUMN NEWSLETTER 2014**

**Letter from the Chairman.**

Dear Friends,

Is it just me or are the days flying past now and Christmas is again, nearly upon us!

There has been much in the news regarding the NHS, Acute Hospitals, A and E departments and waiting times. Although we do not think of our own Hospital as like all the others, it is fair to say that the ambition of NHS England is to treat patients in the Community and only as a last resort, suggest a stay in Hospital- this means our own Hospital too. More and more emphasis is to be put on treating people in their own homes, at their local surgeries or in other community run establishments.



Edenbridge Hospital rather falls midway between an acute hospital and care in the home. Patients become inpatients by either being discharged from the Acute Hospital eg. Pembury or Maidstone and, being not quite well enough to go straight home, are sent to a Community Hospital (like ours) for on going treatment and care. Some patients at home need hospital care but not necessarily the sort offered by an acute Hospital and the Community nurses and GPs will suggest that they receive their care and attention at Edenbridge or similar. Our Hospital is key (like all Community Hospitals) in what the Government is trying to achieve and although you will see some changes as the Hospital gears itself up for a subtle change in emphasis, it is still there so please choose to use it!

Later on in the Newsletter there is a list of outpatient clinics held at the Hospital. The GPs and ourselves are continually asking for there to be more! Regrettably, the acute hospitals, where these Consultants and Doctors are normally based, are slow to respond to our "badgering", primarily because of the higher costs involved. Patient pressure helps so if you would like to be seen at Edenbridge by your specialist, please tell him/her just that!

The Hospital Summer Fete will be held again next year, 2015. Please put the date in your diary- Saturday 6<sup>th</sup> June from 2pm in the Hospital grounds. We very much hope that all our usual stalls and activities will be there- if you would like to do something to help the Hospital and in particular next year's fete please let me or any of the Committee know.

I wish you all a very Merry Christmas and Happy New Year. Thank you for your continuing support for the Hospital and the important work it does.

With best wishes,

*Jo Naismith*

### **VISITING CONSULTANTS AND CLINICS**

As mentioned, we have several visiting consultants and clinics and are constantly badgering (!) for more. Below is a list of our current clinics, some weekly, some monthly:

Mr Benson	<i>Orthopaedic</i>
Mr Mahmud	<i>Rheumatology</i>
Dr Day	<i>Paediatrics</i>
Dr Pattanshetti	<i>Care of the Elderly</i>
Dr Reynolds	<i>Care of the Elderly</i>
Miss Flint	<i>Gynaecology</i>
Mr Rowson	<i>Ophthalmology</i>
Mr Datta	<i>ENT</i>
Mr Shotton	<i>ENT</i>
Dr Kynenburg	<i>Psychiatry</i>

### **There are also regular clinics held by the following clinicians.**

*Dietician*  
*Speech and Language Therapist*  
*Heart Failure Nurse*  
*Community Paediatrics*  
*Audiologist*  
*Diabetic Specialists*  
*Podiatrist*

**Don't forget to ask your GP, Consultant or other Health Specialist if you can be seen at  
Edenbridge Hospital.  
On your doorstep, free car parking and hot drinks available!**

### **Could you become a Dining Companion?**

It is well documented that nutrition plays an important role in maintaining optimal health. The results of under nutrition can lead to muscle wasting and weakness, apathy and depression, a general sense of weakness and illness etc. Many hospitals, including our own, use Dining Companions to create a positive environment for eating, to encourage patients to eat and make sensible food choices, to make them comfortable and to help with hand hygiene. What is not included is for volunteers to feed patients!

The eating environment within the Hospital can make a significant difference to each patient's nutritional intake. Dining companions help ensure that patients are uninterrupted whilst they eat, that mealtimes are unrushed and that meals are enjoyable and social occasions. Nursing staff are on hand to assist at all times.

If you would like to volunteer as a Dining Companion please email me: [info@ehlof.org.uk](mailto:info@ehlof.org.uk) or call the Hospital on 01732 863164 and ask to speak to the Ward Clerk.

*Your own meal is provided free of charge.*

## REPORT ON HOSPITAL GROUNDS & BUILDINGS

The LoF takes an interest in the upkeep of the hospital and grounds for the benefit of the local community and the hospital staff. It achieves this by co-operating with the Kent Community Hospital Trust and providing finance to supplement NHS funding when necessary.

To assist with the maintenance of the hospital gardens, the LoFs employ their own local contractor and are very grateful for the assistance of local volunteers from the HFL residential home in Hever Road. This small group enthusiastically spends a few hours each week with their supervisor to keep the gardens tidy and their efforts are very much appreciated.

Replanting has taken place around the War Memorial at the front of the hospital, and replacing some of the herbs in the sensory garden in the central quadrangle of the hospital.

The main hospital building is generally in good condition but a number of minor routine maintenance tasks are being neglected as financial demands become tighter and tighter This is unfortunate as problems will only build up for the future and will cost more to put right further down the line. The property is no longer owned by Kent Community Health Trust and as tenants, they need to seek authority for these works.

Although the War Memorial at the Hospital may not have had as many poppies as The Tower of London we are pleased to say that, in this important centenary year, it has been thoroughly cleaned and the paving replaced.



## **PURCHASES**

The LOF has funded several new purchases for the Hospital wards and MIU over the past months including the following:

- Magnetic White Boards

You will find these boards in each of the patient's rooms at the hospital. Each board shows the name and importantly the name by which the patient would like to be known. It will have pictures of the staff that are looking after them so that the patient, family and friends can identify staff members. The boards also show any special dietary requirements, therapies or instructions for each patient.

- An ECG Machine for the ward
- Two upgraded suction machines, one each for the ward and the MIU
- Photographs of local scenes as an aide memoire for patients with restricted memory
- A urine analysis machine for the MIU
- A bladder scanner for the ward
- Art supplies for the Day Centre
- Wall Clocks for inpatients' use
- Anchor pads (table mats) to aid independent meal times
- A fridge for the use of staff on the community floor.



Staff Nurses Becky Thompson (on the left) and Jane Browning (on the right) standing in front of one of the newly purchased magnetic white boards.



## **IMPORTANT NOTICE**

*Our Christmas Fair this year clashes with the Edenbridge Shopping Extravaganza on December 6th and as a result we have decided to cancel the Fair and join in the fun instead. We will be offering hot drinks to shoppers from Rickards Hall. Come and say hello between 2 and 5pm.*