



# THE FRIENDS OF BLANDFORD COMMUNITY HOSPITAL

Charity No. 800482

Milldown Road, Blandford Forum, Dorset, DT11 7DD – Tel/Fax 01258 450095

Newsletter No. 31

Summer 2007

## The Mill Singers entertain us .....



Saturday 19th May saw a new event in the Friends' Fundraising calendar when the Mill Singers Male Voice Choir entertained us in the Corn Exchange. An audience of over 75 very much enjoyed a varied programme of love songs, spirituals, piano music, American songs, poetry and readings by the 24 strong, male voice choir. Indeed the choir includes our very own Chairman, Peter Fale, as a first tenor.

The Mill Singers were originally formed in Sturminster Newton in 1994 but now include members from across the county. Their repertoire is wide and varied and they sing in a relaxed and

congenial atmosphere that is in keeping with the best traditions of male voice singing.

Thanks to the Choir's assistance the Friends' funds have been boosted by approximately £470 which adds to the figure of over £20,000 that the choir have raised for charities and other organisations since they were formed.

The Friends are very grateful to the Mill Singers for putting on such a great concert and would like to thank all of the Choir for the time they gave to support us. We hope we will be able to join forces again soon.

# FUNDRAISING NEWS

## FASHION SHOW 10<sup>th</sup> MAY 2007

This ever-popular event took place on Thursday 10th May when our team, including some new models, entertained us with a wonderful range of summer clothes. Tickets sold out way in advance and after enjoying a delicious buffet provided by the Hotel Services team at the hospital, we sat back, catalogues in hand, to see the clothes on offer.



After the event the rush to buy both the ladies and gents clothes resembled something out of the Harrod's Sale! Susan and Gordon Adam and the wonderful team of volunteers and models should all be most sincerely thanked for all the time they have given to make this event such a success. As a result of the show, the Friends' funds benefited by approximately £1200.

## AUCTION 9<sup>th</sup> JUNE 2007

As we go to print, final arrangements are being made for our Auction on Saturday 9th June. We will let you know how the Auction went in our next issue out in the Autumn.

*Have you visited our charity shops recently?  
You will find us in Barnack Walk, Blandford  
and Innes Court, Sturminster Newton.  
You will always receive a friendly welcome and  
there are new bargains on offer every day.*

## AUTUMN FASHION SHOW

### 5th September 2007

We are holding our Autumn/Winter show slightly earlier this year and will stage the show in the Sealy Suite of The Crown Hotel, Blandford. Please see the enclosed flier for further details and your opportunity to buy tickets.

## STURMINSTER CHEESE FESTIVAL

### 8th-9th September 2007

We are once again looking forward to the Cheese Festival in Sturminster Newton. The weekend was great fun for all those that attended last year and we can only hope that the glorious weather is repeated. If you are able to visit the festival this year then please look out for our stall. We shall have a lovely range of goods on sale and it will be your first opportunity to buy raffle tickets for this year's Grand Raffle.

## AUTUMN FAIR

### 10th November 2007

All change this year for the Autumn Fair when we will hold it in the Corn Exchange in Blandford. In a break from tradition we will also be opening up at 9.30am so you will have extra time to visit our fair and also enjoy Blandford on Market Day. We are always looking for extra help at our events so if you would like to join our team and help out on the day then please phone Emma in the Friends Office on **01258 450095**.

## 2008, A DIAMOND OF A YEAR!

You may or may not be aware that next year sees the 60th anniversary of the Friends Organisation. We intend to celebrate in style and hope you will all join us at our events. Alongside our usual schedule of events we will be holding a Summer Garden Party, a Race Night and a concert given by the Band of the Royal Signals. Plans are in the early stages and we will let you have those dates for your diary very soon.

# WANTED

One of the most popular stalls at the Annual Autumn Fair is the gift stall. For some reason this year we do not have so many gift items ready for the stall. If you have received a gift that perhaps you don't need, please could you consider donating it to the Friends specifically for sale at the Autumn Fair? Thank you.

## How to Contact us...

The Friends Office at the hospital is open from 10.00am until 4.00pm from Monday to Friday. The Tel/fax number is 01258 450095 and we can also be contacted by E-mail on [FriendsBlandford@DORSETC-TR.SWEST.NHS.UK](mailto:FriendsBlandford@DORSETC-TR.SWEST.NHS.UK)

In the office you will find Sarah Connors (Office Manager), Jean Durrant (Community Services Co-ordinator) and Emma Campbell (Fundraising Co-ordinator) and they will each be able to help you with your request or enquiry.

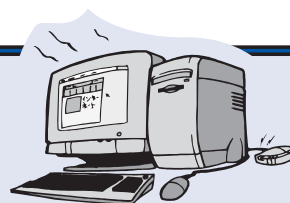
## ANNUAL GENERAL MEETING

WEDNESDAY 11TH JULY 2007  
at 6.30 pm

To be held in the Day Hospital at  
Blandford Community Hospital  
Milldown Road, Blandford

*ALL ARE WELCOME*

Refreshments will be available



## THE NEW WEBSITE [www.friendsblandford.org](http://www.friendsblandford.org)

Our website is now up and running and worth a visit. The site will be regularly updated to give details of our activities and events. On the website you should be able to find all the information you might need about the Friends and our services. You will also be able to download the membership, gift aid and RNIB forms and there is a direct link to contact the office. We would love to hear your ideas and comments about the website and are always open to suggestions. Our sincere thanks must go to Chris Vass of Spiracle Dot Net Ltd of Salisbury who has donated and will maintain the site for us.

## Can you help us?

Most of you will have received this copy of your newsletter thanks to our team of volunteers that deliver them for us. We produce 3 newsletters each year and are always in need of new delivery people, particularly in some areas of Sturminster Newton and Blandford Forum. If you feel you would be able to help out, then please contact the Friends Office on 01258 450095.



# Matron's Update

## **TRADITIONAL VALUES AND THE MODERN MATRON**

*When I was first asked to write a piece for the Friends Newsletter, I was reluctant to undertake this as my present role as Acting Matron is for an interim period only. However, it may be such that the interim period lasts until the back end of September 2007, therefore, everyone has a right to know who is looking after their local Community Hospital.*

My name is Erika Barrow, it could be said that I am a local Blandfordian, as I came to Blandford when I was thirteen years of age, my father was in the army. I attended Blandford Secondary Modern School and subsequently Blandford High School. That's where I met Mr. Paulley, everyone knows Mr. Paulley from Durweston, he was my careers adviser, and he was the one who set me off on my career to becoming a nurse. I undertook my training at Salisbury General Infirmary, qualifying in 1970 as a State Enrolled Nurse; I worked on the women's medical ward. Following a break from nursing after having my three daughters, I came to Blandford Cottage Hospital in 1984, for an interview, I remember that interview well because Matron, Mrs Rutter interviewed me, and yes we have gone full circle. I was extremely pleased to be given the job, as this was a local hospital valued by everyone in the community. I remember Matron's cottage being in the grounds, although I don't think she lived there. I also remember Father Pedrick, who visited patients on a Sunday afternoon, and having tea and a slice of victoria sandwich, made by Grace Williams, the cook, in the staff room. I also remember the welcome I received from Dr. Roger Prior. Dr. Wilson asked me back in 1993 to represent the nurses on the Friends Finance and

Projects Meetings, so I also have known many of you for a few years, making my small contribution to the brilliant work that the Friends of the Hospital have undertaken over so many years.

A great deal has happened to Blandford Cottage Hospital since I started, all are far too many to mention within my write up. I have continued my own personal and professional career over the years undertaking training for Registered General Nurse in 1994, Diploma and Degree in Professional Clinical Practice. I have worked in most of the Departments, starting on Portman Ward, then Tarrant Ward, Theatre and Outpatients, even a shift or two on the old Langbourne Ward. My time as Sister in the Outpatients Department gave me further opportunities, one of which was to undertake the ENB N18 in Wound Care and the successive development of the leg ulcer clinic. Of course the name has changed, 'Blandford Community Hospital', that means a great deal to so many, it's the staff and patients that make it such a great place to work and be treated. That's why I have such a commitment and passion for the place; it's like an old 'Friend' now, and one that I would wish to nurture and cherish, even if my role is currently as caretaker.

There is always change in the NHS and we have just undergone a merger, which has made the Trust a much bigger organisation. It is even more important during these times to maintain consistency to ensure staff feel secure so that they can provide care to the highest standard for our community. It is my intention to rely on traditional values in these modern times to ensure that we continue to treat people with dignity and kindness in an environment as near to their own home whilst providing clinical care based on up to date evidence based techniques. I am pleased that the hospital and staff still have an old friend to rely on in "the Friends" and an old Friend in me to carry the torch forward.

Erica Barrow  
May 2007

# Focus on.... Occupational Therapy

## Firstly what is Occupational Therapy?

In a nutshell Occupational Therapy, or “OT” as it is often called, is the rehabilitation of people following illness or disability to enable them to regain as many independent living skills as they are able – this may involve teaching people new ways of doing something or using equipment to help people achieve a task. The ultimate aim of OT is to help people return to or remain as independent as possible.

So do we weave baskets? The answer is yes sometimes but an activity like that is likely to be used in a specialist Hand Therapy unit where perhaps someone has had a tendon repair and needs to replicate a certain movement to strengthen the hand – weaving a basket is an activity that can be made more difficult by using different materials enabling the activity to be graded as the hand improves.

The Occupational Therapy team in Blandford Community Hospital are a small but dedicated team who serve a large catchment area in North Dorset. Head Occupational Therapist Helen Lawes leads the team of 2 qualified OT’s and 3 OT assistants. The department consists of an assessment kitchen, a treatment room and a splinting room.

Referrals to the Occupational Therapy department come from a variety of sources namely GP’s, District Nurses, Social Workers, Consultants, Carers and Self referrals and the service is available for all adults aged 16 or over.

The types of intervention that we use in the department tend to be home visits and modifications, mobility practice, transfer practice, washing and dressing practice, meal and hot drink practice, upper limb movement and remedial activity, splinting, cognitive assessment/treatment, pressure care and education.



*Members of the OT team, April 2007.*

The team provide an inpatient service on the wards where they form part of the multidisciplinary team and work closely with the other team members to discharge patients back into the community as smoothly as possible.

An outpatient service where patients come to the hospital for treatment such as Upper Limb work and Splinting is also provided.

A community service that offers assessment and treatment at home is also available and one element of this service is the Pre-operative home assessment that is offered to patients who are waiting for planned orthopaedic surgery such as hip and knee replacements.

This links closely with the acute hospitals in Dorchester, Salisbury, Bournemouth and Poole. This element of service has proven to be a valuable aspect of the hospital as equipment and education required by these patients is in place prior to surgery and the hospital stay in the acute and community hospitals has been greatly reduced. The community service also encompasses palliative care to enable people to remain at home whilst problem-solving things that occur as and when they happen, to make life easier for the patient and their family.

In 2003 the Friends helped with funding a wheelchair adapted, rehabilitation vehicle that has enabled us



to provide a much better service to our patients. For example, if a patient was wheelchair dependent and needed a home assessment in the past the ambulance service would transport the patient to the home and collect them again. However, collection could be several hours later and a member

of staff would have to stay with the patient until they were collected and returned to the hospital. The vehicle enables us to transport any patient and any amount of equipment and is invaluable to the patient and the OT dept.

# How do we make a Difference ?

During the past year our Community and Hospital Volunteers have expanded their support roles both within the Hospital itself and the role they play in the community.

We now have a dedicated volunteer that works on both Tarrant and Portman Wards, supporting patients who do not have many visitors. This project is called "Let's have some Fun". Alison reads to them, plays board games, or just talks and listens, and hopefully they all have some fun. A very positive feedback tells us that, as a result, patients have a much more pleasant stay in the hospital.



In the community, we are now working in co-operation with the Stroke Association by providing transport to take stroke patients to and from their twice a month meetings in Shaftesbury. We now have two cars regularly taking people from the Blandford area to this group.

In Blandford itself, District Nurses working from Whitecliff Surgery have started a weekly Leg Club, which combines nursing care with social activity. Our volunteers support the group by assisting with the social aspects, including providing the ever popular refreshments.

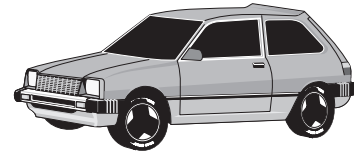


Dorset County Council have now ceased supporting the blind and partially sighted people in Dorset by paying for the RNIB Talking Book Service. As a result, the Friends



are now able to pay the subscriptions to the RNIB Talking Book service, so that people may still have access to this brilliant service.

In addition to the above, we now regularly support approximately 60 people each month throughout the local community. These are people, in need of some support or assistance, who are referred to us by their GPs. We help by providing an extensive transport service to take people to all the hospitals in the regions. Our volunteers also assist with the regular, more local journeys to the supermarket, bank, opticians, dentists, etc., not forgetting GP's surgery appointments.



We also help in so many other ways. We can change people's library books, walk their dogs, sit with their loved ones whilst the carer goes out, play chess, read newspapers and befriend anyone that is housebound.



Every year our volunteers provide approximately 9500 hours of voluntary work both in the hospital and the local community. We think that is an amazing achievement and are very proud of them all.

**If you would like to be part of this wonderful team of volunteers, please contact Jean in the Friends Office on 01258 450095.**

# A message from our Chairman, Peter Fale

The health service across the country, and, in particular, Dorset is in the process of significant change. This is driven by two factors, namely: the need to be more efficient financially, and the desire to make healthcare provision determined by local needs as perceived by G.Ps and other health professionals. The latter has given rise to what is termed 'Practice Based Commissioning', which means that groups of local G.Ps (there is a North Dorset Group covering Blandford, Shaftesbury and Sherborne) can determine what services are most appropriate for their patients and are then able to commission those services.

We, as Friends of Blandford Hospital, have a key role in this process. Through contact with our members (and this is where feedback from you is vital) and our volunteers working with patients we can inform the discussions of the G.P group about the deep felt needs of our health community. We have two representatives on the Blandford Locality Group that meets monthly under the chairmanship of a local G.P and consists of health practitioners and managers. It attempts to determine what the requirements of this area are and how to fulfil them. This affords us a two-way communication.

Furthermore, 'The Friends' can contribute to the success of this process directly through the work of our volunteers, responding as it does to whatever problems and needs that patients face; and, of course by our supporting initiatives of healthcare professionals financially.

The Friends of Blandford Hospital do not act in isolation. I am chairing an inaugural meeting of all the Friends groups in Dorset in March, the focus of the meeting being to establish how we see the

future role of Community Hospitals and how we, collectively, can further that role and also safeguard the continued existence of community hospitals.

Finally, I would like to say that I am convinced that all community hospitals, and Blandford in particular, will play a vital part in the process of delivering healthcare as locally and effectively as possible. In the best interests of everyone their future should be secure.

Peter Fale, Chairman, January 2007

## SUBSCRIPTIONS



**Thank you very much to all those members that have paid their subscription for the year 2007-2008.**

**If you haven't already done so please send in your subscription as soon as possible. If you no longer have the subscription form it can be downloaded from our website [www.friendsblandford.org](http://www.friendsblandford.org) or a further copy can be obtained by telephoning the Friends Office.**

**Thank you**

# Autumn Fashion Show



**5th September 2007**

**The Sealy Suite  
Crown Hotel  
Blandford Forum**

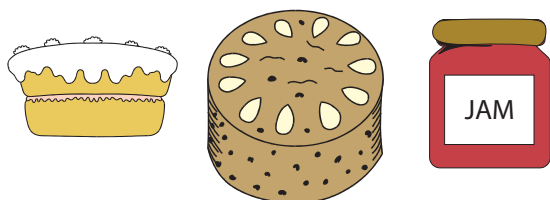
**(See enclosed flier for details and  
the opportunity to buy tickets in  
advance of general release)**

## Grand Raffle 2007



As always we will be holding our annual Grand Raffle at this year's Autumn Fair on Saturday 10th November 2007 and we are hoping to improve even further on last year's excellent prizes. If you have any contacts with local or national businesses that may be able to support us, by sponsoring or offering a prize, please let us know.

## Wanted...



One of the most popular attractions at the Autumn Fair is the Cakes and Home Produce Stall. Last year we did not receive so many donations of goods and quickly sold out of the delicious offerings. If you are baking or preserving during summer perhaps you could consider storing a few jars or freezing an extra cake to donate to us in November.

## Dates for your Diary

### 2007

- |                 |   |
|-----------------|---|
| 11th July       | AGM<br>Blandford Hospital                         |
| 5th September   | Fashion Show<br>The Crown Hotel<br>Blandford      |
| 8-9th September | Sturminster Cheese Festival<br>Sturminster Newton |
| 10th November   | Autumn Fair<br>Corn Exchange, Blandford           |
- ### 2008
- |               |   |
|---------------|---|
| 19th July     | 60th Anniversary Garden Party<br>Durweston            |
| 12th December | Royal Signals Band Concert<br>Coade Hall<br>Bryanston |