



Registered Charity  
No.273281

# The Friends of Fulbourn Hospital Newsletter

## Spring 2017

### Editorial

*Each item in this newsletter illustrates in its own way how small actions sponsored or initiated by the Friends have the capacity to help either directly or indirectly some of those who are recovering from the impact on their lives of their poor mental health. Each action is dependent upon the generosity of those who are willing to donate some of their time and/or money to support the Friends activities. Please consider joining the Friends using the information given in this Newsletter. Even if you are not able at this time to commit what you would like in terms of time or money, please do join us since a strong membership base serves as an important encouragement to those who are currently able to deliver and or fund the activities described here.*

Much better communications with and support from the CPFT estates department and its contractor for our gardening projects is one of the consequence of the Wildflower and Wildlife project reported below. Another is a link with Alison Pinney who is the Community Champion at the Fulbourn Tesco store which plays an important role in the lives of patients and staff given the limited social facilities on the Fulbourn site.

We circulated the previous Friends' newsletter to CPFT volunteers at an annual meeting held to thank them for their work. Our purpose was to inform the volunteers about the Friends and what they do, and, as you will read in the article about Christmas Gifts, it had an unexpected and gratifying consequence

when the volunteers were asked to share their reasons for volunteering with CPFT.

We are still committed to reinstating a second Forum Lunch Club to complement the one held every second Tuesday of the month at Little St. Mary's. We would welcome expressions of interest in the role of Forum Lunch organiser details of which can be found on the Friend's website at: <http://fofhc.org.uk/wp-content/uploads/2016/09/Forum-Lunch-Organiser.pdf>

[In this newsletter the abbreviation "CPFT" indicates the "Cambridgeshire and Peterborough NHS Foundation Trust".]

### **"Celebrating what we do, reflecting on our work together, remembering those we have cared for."**

John Nicholson, the Chaplain at Fulbourn, Sarah Lundquist, a Psychologist and Jane Poppitt, a ward Matron, organised two events for staff on the 21 February 2017 and 7 March 2017 to celebrate what they do, reflecting on their work together and remembering those they have cared for. The events were held in the Chapel and grounds of Fulbourn Hospital and culminated in the planting on each occasion of a tree in honour of those for whom the staff had cared. The Friends, who were represented at each event, met the cost of the tree plantings and will pay for a memorial engraved tile to be set in the grass between the trees.



## Generous Gift by a Local Band

Full Circle is a local four man band which was formed by Mick and Julie Potter. The band has been gigging and raising funds for local charities for the last five years and last year they offered to support the Friends. The gig was held at the British Legion in Histon on the 3<sup>rd</sup> December and was a great success with 120 people dancing the night away. A raffle was held, and an amount of £877 was raised for the Friends. Part of the money is being used to purchase the Memorial Trees which are being planted on the 21 February 2017 and the 7 March 2017 about which you can read more on the first page. The remaining money will be used to provide grants to individual service-users in need.



## Special Visitors to George Mackenzie House

On 1 December 2016 there were some special visitors to George Mackenzie House who had been invited by Treena Horden to sing carols for and with the patients and staff. They were members of Sing Inside Cambridge, a charitable organisation run by Cambridge students, which takes singing workshops into local prisons and on this occasion for the first time into Fulbourn Hospital. The Friends paid the

travel expenses of Sing Inside and shared in the warmth that the visit generated. It was very clear that Sing Inside's work does give the patients a sense of hope for their release, feelings of confidence and self-worth, and hugely impacts the lives of others through the use of music to create a sense of community.



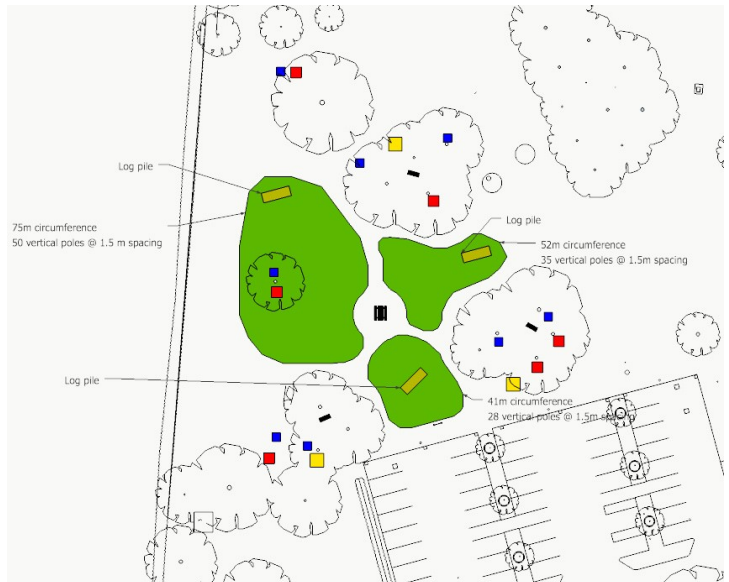
***THE FORUM LUNCH CLUB at Little St Mary's continues with sessions on the second Tuesday of every month except August. Numbers have been growing, and we have welcomed people who used to attend the Forum at St James. Wulfstan Way. The "entertainments" given are varied and interesting. We have heard about themes as varied as Greek Slavery, Icelandic Manuscripts, and the adventures of a young woman becoming a butcher during World War 2. Add to this musical performances and poetry readings and you have an interesting programme much appreciated by guests. An added benefit is that, thanks to the courtesy of the Double Tree Hotel, we can now offer a limited number of car parking spaces nearby.***



# Fulbourn Wildlife Garden



Plan of the garden. The railway line is to the left with the Tesco car park bottom right. Picture of the gardeners in action to the left.



The Friends of Fulbourn Hospital have received a grant, as part of the relaunched Bags of Help scheme that landed in Tesco stores at the end 2016, to develop a new wildflower meadow and garden on the Fulbourn Hospital site. The project was successfully shortlisted as a trial of the new process and therefore was awarded a grant. Paul Herrington - Director of Grow Places, a social enterprise which is helping the Friends manage the project - would like to hear from potential volunteers. He can be contacted by e-mail at: [paul@growplaces.org.uk](mailto:paul@growplaces.org.uk). Work began on the wildflower meadow area next to Elizabeth House in mid-February, when 120 wooden poles were driven in the ground to demark the wildflower meadow. The poles have been chosen to be visible and non-hazardous for the mowing contractor's operatives and prevent them from accidentally mowing the meadow. As the nesting season was fast approaching it was also the right time for bird and bat boxes to be put up to enable the wildflowers to be complemented by

enhanced wildlife on the site.

Alison Pinney, the Community Champion from the next door Tesco store provided, both recruits and refreshments. The plan for work after February is:

1. To put up swift nesting boxes and bird caller on the water tower before their arrival in May.
2. To install benches and a picnic bench in the meadow, tethered to ground spikes by lengths of chain to allow ease of mowing.
3. To erect signage that explains what is happening and documents some of the features of the meadow.
4. To create log piles for wildlife habitats.

Paul Herington is hopeful that we can encourage bat 'tours' with ultrasound detectors in the summer and the monitoring of the swift population by Action for Swifts. All activities will be open for patients, staff and visitors to get involved with.

***We continue to support the bereavement counselling run by John Nicholson by paying the expenses of counsellors. We work with John in numbers of other small ways – a programme which he dubbed “meaningful activities” for example, by funding expenses of his occasional film shows at the Chapel.***

***Join the Friends! There is an application form, Bankers Order form and Gift Aid form on the final page of this newsletter.***



**CHRISTMAS PARTIES.** *Denbigh and Willow wards held their Christmas parties on 19 December 2016. Mary Ward again arranged for choirs to sing at both parties. Firstly a small choir from the Phoenix Centre (the NHS eating disorders unit where Mary teaches) lead carol singing for patients and staff at Willow ward. Then, about an hour later, a choir from Little St Mary's sang at the party in Denbigh ward. Here there was a larger audience including out-patients and their carers. The choir performed some pieces separately, including duets for different voices, as well as leading the audience in more traditional carols. Both occasions were a great success.*

## Christmas Gifts



It has now become customary for the staff at South Cambridge District Council to buy gifts for patients who will be in some of the wards over Christmas. This time they excelled themselves with 47 presents which we were able to distribute to George Mackenzie, Denbigh and Willow Wards. The Friends supplement them with gift vouchers and cards so that everyone who is on a ward has something to open on Christmas Day.

Rebecca Turner and Clive Brown collected the presents on behalf of the Friends on the 15 December 2016 when they were formally handed over by the Chairman of the Council, Councillor Sue

Ellington. The occasion was enlivened by some of the staff dressing up, and so there were elves and a number of furry creatures gambolling around.

Our Chairman, David Livesey, recently had a testimonial of how much these gifts are appreciated when he met a former patient in Willow Ward, now herself volunteering at Fulbourn. She said that she woke up on Christmas Day 2013 to see a pile of Christmas presents from which she obtained a scarf. She has treasured the scarf ever since, and said that the act of kindness and generosity had played an important role in her recovery.



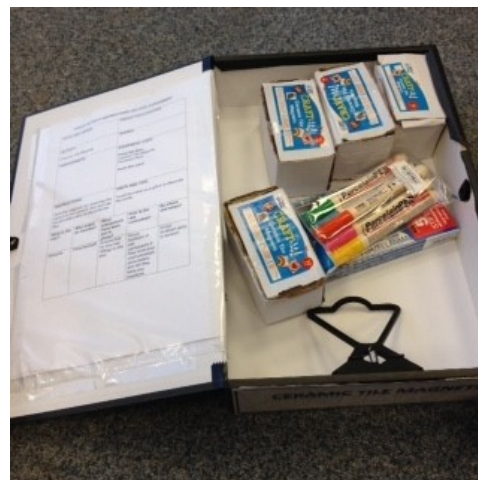
# Moving into Independent Accommodation

*An increasingly important call on funds is on behalf of people who are moving into independent accommodation and who do not have the resources to buy basic requirements such as bedding, furniture, and kitchen equipment. These are small amounts, but vitally necessary to support people who are existing on benefits and have nothing to spare for extras. Even where there is a cooker or a washing machine, available, they need to be connected and plumbed in. We were able to help out just two days before Christmas with the aid of a friendly plumber, who turned out to do the necessary work for a pregnant young woman who was living on her own for the first time.*



## Countering Boredom on the Wards

Boredom is always a factor to be combated on the wards. We provided money to buy equipment such as a CD player and CD's, snooker cues, and a bowling set for the Leisure Centre. We also paid for "activity boxes" which have been put together by the OT Team on the Mulberry Ward, and we continue to pay for newspapers for Willow Ward. Depicted below are some activity boxes for card making, mindful colouring, origami/papercraft and clay pot painting



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## MEMBERSHIP APPLICATION

John Cooper, Membership Secretary, The Friends of Fulbourn Hospital and the Community, 12 Cliveden Close, Cambridge, CB4 3LX Telephone: 01223 337445 or 077 3297 4014 E-Mail [membership@fofhc.org.uk](mailto:membership@fofhc.org.uk) , or [jrc19@cam.ac.uk](mailto:jrc19@cam.ac.uk)

**Please fill in the details below.** Members who assist the Friends in a practical way, for example as a volunteer or committee member, are not normally expected to pay a subscription, though contributions are always welcome. The current regular annual subscription is £10. If you do wish to make a payment to the Friends, and wish to pay regularly through your bank, could you also complete the Bankers Order Form? If you are a UK income tax payer, and could complete a Gift Aid form, this would be an additional benefit. Please return forms to the Membership Secretary at the above address. Please do not hesitate to contact the Membership Secretary if you have any questions.

NAME (including title)

ADDRESS INCLUDING POST CODE

e-mail

**BANKER'S ORDER FORM** (will be noted by the Treasurer, and sent to your bank.)

PERSONAL DETAILS (please print) NAME (including title)

ADDRESS INCLUDING POST CODE

To: The Manager of (Bank) : Bank Address including Post Code

Account Number

Sort Code

Starting on .....(date) please pay Friends of Fulbourn Hospital, CAF BANK Ltd,  
25 Kings Hill, West Malling, Kent, ME19 4JQ A/C 00010894, Sort Code 40-52-40  
the sum of £ ..... Annually, until further notice.

Name .....

Signature .....Date .....

**TAX RECOVERY GIFT AID FORM:** Completing this form enables the Friends of Fulbourn Hospital to recover income tax on your contribution. At present this adds 25% to its value at no cost to you.

Title ..... Forename(s).....  
(Mr/Mrs/Ms/Dr)

Surname .....

Please treat as Gift Aid all qualifying donations made to the Friends of Fulbourn Hospital and the Community,  
Today ☐ In the past 4 years ☐ In the future ☐ (please tick all boxes you wish to apply, payments made as membership subscriptions count as donations). 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.

Signature ..... Date .....

**Please notify John Cooper**, e-mail [membership@fofhc.org.uk](mailto:membership@fofhc.org.uk) if you: want to cancel this declaration, change your name or home address or 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.