

## A word from Holy Cross Hospital CEO

It has been 6 months since taking up the role as CEO and I am delighted to share with you a little about me and my reflections of Holy Cross Hospital.

I have worked mainly for large organisations and at an executive level have held local, pan London, regional and national roles. I have enjoyed the diversity, challenges and success each have delivered. I enjoy nothing better than to lead transformational change however always in the context of maintaining the fundamentals of an ethos of patient first, compassion and continuous quality improvement.

Some 30 years ago I spent one weekend at Holy Cross Hospital and had an opportunity to experience at first hand the Sisters' ministry and ambition. Whilst unexpected the fortuitous timing of this role afforded me the opportunity to be part of an organisation that values human life and validates individuals regardless of their medical condition or disability. Why would I not pursue such an opportunity.

It is personally important that I continue to uphold the Sisters' legacy. My ambition is to ensure our services continue to be an asset to the local and wider community. I consider it essential we achieve financial sustainability, reinvesting sufficient funds to support core activities in addition to seeking opportunities for growth.

My relationship with the members of the Friends of the Holy Cross is equally important to me, for you are a catalyst in improving our patient's quality of life beyond the core services we at the hospital deliver. I have been discovering the valuable support you have provided for Holy Cross Hospital over many years. It is clear you have enhanced our environment and improved our clinical offering through the purchase of new equipment that routinely we would be financially unable to provide. In delivering this you have also facilitated the use of funds to be diverted to other clinical services rather than being burdened with maintaining older equipment. For this I thank you. I am so looking forward to meet you all in person in the coming months.

More recently you have made a marvellous contribution to our inpatient therapy equipment:

### **The THERA-Trainer fall-safe dynamic standing frame and the THERA-Tigo motor-assisted cycling trainer.**

We are delighted to have shared with the local community the Friends recent rehabilitation equipment acquisition. The balance training system and a stationary cycling trainer is already in use and supporting improved outcomes for our patients in the following ways:

- The THERA-Trainer is a fall-safe, dynamic standing frame for postural control and balance training. It is suitable for people who have difficulty standing as it helps strengthen the core and improve the patient's alignment in preparation for them relearning how to walk.



Well done Sister Caroline having managed to stand from a sitting position and achieving a standing position! The Thera-Trainer straps supporting Sister prior to her oblique exercises/movement.



.....and here is the profile photo of a superbly straight spine .....head up and still smiling in the **THERA-Trainer**

were demonstrated by Sister Caroline who is currently an in-patient at Holy Cross Hospital.

Sister Caroline told the team how she likes using the cycling trainer which introduces an element of fun as well as work. This is particularly the case when using the cycle with some resistance.

Ray Milay our IP physio lead joined Frances in communicating their gratitude to the Hospital Friends for their generous donation. Ray impressed on how the equipment represents a significant advancement in the team's ability to provide rehabilitation care to our patients and allows them to achieve their recovery goals more effectively and efficiently.



Race finished and final celebratory photograph.

- The THERA-Tigo is a motor-assisted cycling trainer for passive, assisted and active cycling and can be used from the comfort of a chair or wheelchair. Our physiotherapists adjust the settings so that the patient can receive a minimal amount of assistance or be challenged to power through a controlled level of resistance.

The Tigo's inbuilt technology generates a report to show the patient's emerging functionality and how much activity was achieved, therefore providing that much needed encouragement.

In late April, Chairman of the Friends Torquil Sligo-Young joined the Chief Executive Officer, Frances Campion-Smith and our physiotherapists, Ray Milay and Aakriti Shrestha. Having met in the inpatient physiotherapy gym, both pieces of equipment



**THERA-Tigo** motor-assisted cycling trainer: As Torquil and Frances look on they are taken through the technique on how to achieve a good race!

Thank you Sister Caroline for demonstrating these wonderful pieces of equipment.

Thank you to the Friends for supporting our patients in their rehabilitation journey.



AGM Friends of Holy Cross  
St Hugh's  
Holy Cross Hospital  
7.30pm Thursday 27<sup>th</sup> June

All Friends are invited to join the committee for the AGM. Included in 'any other business', is the opportunity to view the bistro tables and chairs donated by the Friends, in memory of John Wharton, for use on the tree house.

### Fundraising events

**Quiz night 18.11.23** £2334 raised.

A fun night, with teams put to the test by Richard Royds. There was a little light relief at half time with a game of Heads and Tails.



The wining table, with the inspired name 'A table without a name'!



Many thanks to our quizmaster Richard and his assistant Jenni, the Holy Cross kitchen staff and all who helped on the night.

**Boxing Day Fun Run 2023** £5200 raised. A cheque for this fantastic amount has been presented to the hospital by the organiser Matt Dellar. It will be used to improve the sensory garden and make some modifications to the Tree

House to allow all year use. The latest run attracted a record of more than 530 participants. Thank you to the organisers and their loyal sponsors.

### Dates for the diary

#### Sponsored Walk 8<sup>th</sup> September 2024

This will be the main sponsored event that we are running this year and we hope that you will join us either on the walk or by sponsoring our walkers. Further details and a Just Giving page will be available closer to the date. To express an interest, please contact Sue Mitchell ([sue.j.mitchell@btinternet.com](mailto:sue.j.mitchell@btinternet.com))

#### Winemans Bluff and Silent Auction 16<sup>th</sup> November 2024

After many years, Roger, John, Anna and the singing Monseigneur have decided to hang up their wine glasses. The committee would like to thank them for all the extremely enjoyable evenings they have given the Friends and more importantly the funds raised for the Hospital. This year the event will be held at Holy Cross and compered by Richard Royds. We look forward to his wine conundrums.

For the first time we are going to have an online Silent Auction accompanying this event. More details to follow, but we hope that all Friends, even those not attending will be able to donate prizes and make bids.

[www.holycross.org.uk/friends-of-holy-cross.html](http://www.holycross.org.uk/friends-of-holy-cross.html)