

# Friends of Holy Cross Hospital Newsletter

JUNE 2025

ISSUE 50

## Spring update from Holy Cross

I am always a little concerned when it is that time of the year to write a paragraph in the newsletter for you. My anxiety being centred on having insufficient information to share with you. Of course, we are all in our various roles caring for our patients. It is our reason for being at Holy Cross. Each Caregiver contributing, whether this is the delivery of physiotherapy, dietetics, speech and language therapy, occupational therapy alongside the round the clock nursing. We are privileged to have a housekeeping team who support in the prevention of infections, ensuring the cleanliness on the wards and in the departments so as to meet regulatory standards. Our maintenance teams ensure safe environments not only being responsive to calls but monitoring each area daily. Our patients receive nutritious meals delivered by our catering team. Every Caregiver plays a vital role, however without your incredible efforts our patients' days would certainly be more mundane and restrictive and for this we are always grateful. So here is a brief glimpse over the last months and weeks to come, of how you have played a significant role and how your help will continue to bring joy and improve the quality of our patients' lives:

**Hospital Development** Our big news is that having shared our 5-year business strategy with the Congregation, the Sisters are going to gift the hospital a significant sum of money. Why and what for I hear you ask? At Holy Cross, we provide a comfortable environment for our patients however we are aware other neurorehabilitation providers are now delivering rehabilitation in units that are more aesthetically pleasing, that have state of the art facilities and smart patient technology. Personal devices designed to provide greater independence to play music, turn on lights and open and close blinds. In addition, larger rooms with fully functioning wet rooms provide greater privacy for patients and provide a more comfortable space when delivering care.

Conscious that we need to refurbish our patient bedrooms alongside our activities area, skills kitchen, in patient physiotherapy and occupational therapy areas alongside our outdoor space, we have enlisted the services of a reputable healthcare architect who is working on a more detailed feasibility on how we can deliver such a plan, including the addition of more bedrooms within the hospital envelope. The detailed feasibility is taking longer than predicted however we hope in the coming 6 weeks that we will have a better understanding of exactly what is achievable. I have no doubt there will still be pieces of equipment necessary that are outside of the budget, and we will no doubt turn to you for your help. In the meantime.....watch this space!



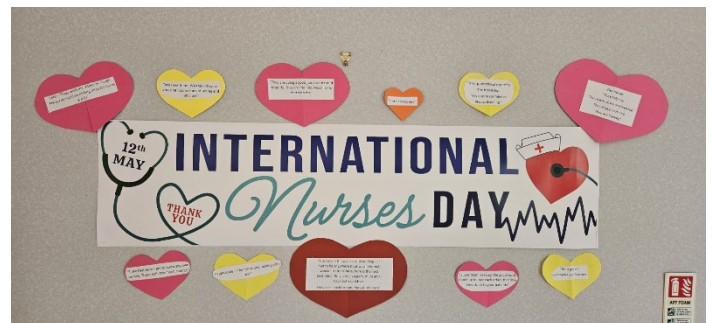
**Boxing Day Run.** Matt Dellar yet again organised the Boxing Day Run 2024 raising a whopping £5,200 to support patient care. We are truly grateful for the immense amount of effort Matt puts into this event. It is an extremely generous act. We want to ensure we put this sum to clever use. With the anticipated building work later in the year, for the present, we will hold this sum back to ensure it is used to maximise our patients' experience. We are very keen to move forward with the sensory garden however must wait until we have a better understanding of its geographical position in the future.

**Ski Smart.** We had a superb turnout at our Ski Smart lecture in March, hosted by Holy Cross Hospital, Mr Simon Thompson, orthopaedic surgeon, provided the audience with valuable insights into injury prevention and recovery particularly focusing on the prevention of knee injuries on the slopes through pre-trip conditioning, plus advice on ski settings to avoid injury. Mr Thompson also discussed when the right time is to consider anterior cruciate ligament surgery and the importance of physiotherapy. Our incredibly knowledgeable physiotherapy team were on hand throughout answering the many questions raised by members of the audience.



**Celebrating International Nurses Day.** On May 12th, all wards and departments joined in celebrating our nurses for the extraordinary dedication and compassion they demonstrate every day. Starting the day off in true celebration we hosted a special breakfast featuring a delicious spread of pastries, tea, coffee, and fresh juices. One nurse commented that it was such a pleasure to see her colleagues from all disciplines join in the celebration. In the afternoon, our talented Chef treated everyone to beautifully crafted cupcakes, with celebrations continuing in our activities room.

All patients (who could eat) alongside their visitors were welcomed. The day too gave rise to spontaneous compliments from our patients, our activities team kindly added these to a poster sharing our patients' thoughts on the care they receive! It gave a wonderful opportunity for us all to recognise such an amazing team who provide safe and kind care.



**Integral Wellness.** Holy Cross Hospital has recently partnered with Integral Wellness, a small team of registered nutritional therapists. The team are currently in the process of delivering three evening presentations focusing on reducing the risk of health conditions and promoting overall wellbeing. Nutritional Therapists take a holistic approach to health and wellness, seeing the person as a whole. Aligning the scope of work provided at the hospital and our outpatient services, we have focussed on three areas. On May 14th, the evening presentation focused on eating well for osteoarthritis. On the 11th of June at 18.45pm, the team will be talking for 45 minutes on prediabetes prevention, the power of diet and lifestyle. Finally on July 2nd the hospital presentation will be on navigating midlife transformation, the role of nutrition and lifestyle in perimenopause. Should you be interested in attending the June or July presentation then you can book your free space on Eventbrite <https://www.eventbrite.co.uk/> search out Holy Cross or Integral Wellness within the Events page. You will be very welcome to attend.

**Summer Festival Monday 28<sup>th</sup> July to Friday 1<sup>st</sup> August**

We are starting to prepare for our annual Summer Festival. An annual event loved by our patients.

This year we are reaching out to the community seeking support from local musicians who are willing to give up an hour of their time and play for our patients. To date we have secured the talent of 3 musicians and one very well-known DJ. We have not invited external musicians in this way before but believe by doing so, Holy Cross Hospital's profile will be raised in the community. The Friends are always most welcome to join our celebrations. Should you want to join or volunteer an hour or two of your time then please contact the hospital on 01428 643311 and speak with Chelsea Leavers on extension number 1373. If you know of any musicians who may be willing to volunteer their services through the day at the festival, then once again we would be delighted to hear from them on the above contact. I am looking forward to the music immensely and look forward to seeing our patients participate in their own way!

**CALLING ALL  
MUSICIANS  
& SINGERS**

**WOULD YOU LIKE TO GIVE  
SOMETHING BACK?**

**JOIN OUR  
Summer  
Festival**

**MONDAY 28<sup>TH</sup> JULY - FRIDAY 1<sup>ST</sup> AUGUST**

**Holy Cross Hospital**

**HELP US PROVIDE A FANTASTIC  
MUSIC FESTIVAL FOR OUR PATIENTS  
AND THEIR FAMILIES!**

**FOR MORE INFO:  
WWW.HOLYCROSS.ORG.UK  
01428 643311**



## Matt Dellar receiving his well-deserved Haslemere Volunteer Awards 2025



Matt and a team of volunteers have organised the boxing day fun run since about 1997. The multi-generational run, up and down the Devils Punch Bowl, has gone from strength to strength and is a sell-out event. Kindly, money raised has always been donated to the Friends of Holy Cross Hospital and has been used to fund equipment, facilities and activities for the patients, friends and carers. Thank you to Matt and team.

### Dates for the Diary

#### Golf Day Tuesday 23<sup>rd</sup> September

Held at the beautiful West Surrey Golf Club. Come as a team of four or as an individual. Contact Phil Craig [phil.craig0@gmail.com](mailto:phil.craig0@gmail.com) if you would like to participate or would like more information.

#### Sponsored Walk Sunday 5<sup>th</sup> October.

Route has yet to be finalised but will be approximately 11 miles and include a pub lunch. Please contact Sue Mitchell [sue.j.mitchell@btinternet.com](mailto:sue.j.mitchell@btinternet.com) if you have suggestions or would like to join in.

#### Quiz Saturday 22<sup>nd</sup> November

Popular quizmaster Richard Royds is assembling his questions, will you know the answers? More details to follow

### Fundraising Events

**Hogs Back Brewery Quiz** -£212 raised. The Friends was the nominated charity for the monthly Hogs Back Brewery Quiz. There were three teams representing Holy Cross, who had mixed results; Jo Speed's team won (congratulations), Sue Mitchell's team got the wooden spoon and the physio team was somewhere in between, saved by their extensive knowledge of ice cream- intriguing. Many thanks to the Hogs Back Brewery for the fun event.

**Little Lumpy** -£1,056 +£264 gift aid raised. Thank you to all those who took part and raised funds for the Friends. It was a beautiful day, that everyone enjoyed, even those doing the 127 lumpy miles. A huge thank you to Ken Griffiths who has organised the event for the last eight years and is stepping down this year.

