



TORBAY HOSPITAL
League of Friends
Helping to care...

Spring Newsletter 2016

Critical Care Unit Appeal Update

As all our readers know, having raised over £15m for Torbay Hospital in the past 60 years, The Torbay Hospital League of Friends agreed, as part of its Diamond Anniversary in 2014, to raise £1.6m to equip the new 'state of the art' Critical Care Unit currently being built at the Hospital

This £15m project to deliver a new critical care unit (CCU) and main entrance is now well under way at Torbay Hospital, with the opening of the new facilities currently planned for early 2017.

Mairead McAlinden, Chief Executive of the Trust tells us: "Following demolition of the old main entrance last summer, the ground work has been completed, and the sub-structures and foundations for the new building are now in place.

The installation of the building frame is now underway and is scheduled to be completed and fully watertight by mid-summer 2016. This will be followed by fitting out the building up to late autumn 2016.

Testing and commissioning of the building services will be completed towards the end of 2016. We will then start equipping the new facility including installing the 'state-of-the-art' medical equipment funded by our Leagues, ready for planned opening in early 2017."

Our Appeal for funds went out to all our neighbouring Hospital Leagues of Friends and they have helped us enormously with their contributions. Paignton Hospital League of Friends in particular voted overwhelmingly to support this project,



Presidents Report

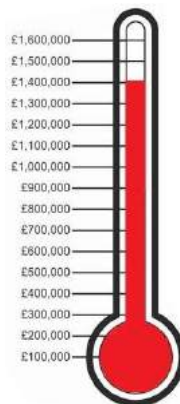
It is well known that the NHS is going through difficult times and I am sure that all our local hospitals are experiencing challenging problems for reasons mostly beyond their control. Nevertheless Torbay and District hospitals are coping well and need our support more than ever.

The public have responded amazingly well to our current Critical Care Unit Appeal, as have the District Hospital Leagues, who have donated generously. The Unit is going to be a wonderful asset and thanks go to all who are helping it come to fruition.

Because the total for which we are aiming is very high, we never want to deter departments from approaching The League to ask if we can finance smaller items which often make a tremendous difference to the care of patients. Requests are always strictly monitored before decisions are made and the Hospital Authorities and The League Management Committee listen to presentations and ask questions before the request is authorised.

My thanks, on behalf of the League, to all the volunteers who give their time enthusiastically to help to make Torbay League of Friends so successful.

Patricia Roberts



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as of course it is their residents, as well as in those in Torquay and throughout the Bay, who will be using the new facilities. They have now donated the huge sum of £300,000 towards the Appeal. Corinne Lowe, Chair of Paignton Hospital League of Friends commented:



From L to R: Lynne Hookings (Vice President Torbay LOF) Corinne Lowe (Chairman Paignton LOF) Robert Letcher (Secretary Paignton LOF) Pat Roberts (President Torbay LOF) Philip White (Hon Sec Torbay LOF) Michelle Broom (Paignton Hospital) Nadine Brooks (Matron Paignton Hospital) Mairead McAlinden (CEO Torbay Hospital) Bob Beales (Treasurer Paignton LOF) Brenda Holland (Committee Paignton LOF) David Rogers (Chairman Torbay LOF) Matthew Clarke (Committee Paignton LOF) Sir Richard Ibbotson (Chairman Torbay Hospital Trust)

‘Our League was one of the first in the country, having been created when hospitals were nationalised in 1948.

‘ Over the years tens of thousands of pounds have been raised through events and generous legacies which not only enabled rebuild and refurbishment of the wards, departments and offices as well as vital medical equipment.

‘We continue to raise funds for medical equipment and health services both for the hospital services and the community health staff to which enhance the pa-

tients experience, comfort and care provision.

‘It is with grateful thanks to all who in the past donated to our League of Friends, that we are able to announce that we will be donating £300,000 to the appeal.’

We at Torquay are immensely grateful to the Paignton League of Friends for their astonishingly generous donation which has now made it certain that we shall be able to reach the gigantic total of £1.6 to buy the new equipment for the CCU. Over the last 12 months or so the monies donated to the Appeal have been pouring in from a whole variety of people and organisations anxious to help. Some of the stories behind the amounts donated are set out in the following pages of this Newsletter. As a result of your

generosity any shortfall from monies donated towards the Appeal and the final total can, if necessary, be covered by our own funds, although of course we would prefer to try and raise as much as we can for the Appeal between now and when it closes in the Autumn. That way we can use other our other monies towards further worthwhile projects at Torbay Hospital and benefit even more people.

Mairead McAlinden said, “The icing on the cake for this development was the

offer from our amazing Torbay Hospital League of Friends to raise £1.6m towards the cost of furnishing the new unit with the latest high tech equipment. The League's 'This is Critical' appeal has already raised an impressive £1.4m for the unit, including a very generous £300,000 donation from the Paignton Hospital League of Friends. I am overwhelmed by the amount the League has

raised in such a short time, and by the generosity of local people. On behalf of the entire Trust, I would like to say a huge thank you for everything the League continues to do to support Torbay Hospital to provide the best possible service for the people of Torbay and South Devon."

WOW Awards!



Our picture is of Father Christmas presenting the Hon Secretary Mr Philip White with our latest WOW Award. Philip said he was "very proud to receive the award on behalf of everyone at the League"

Santa said "Ho Ho Ho"

Chris Evans receiving his second WOW award from Father Christmas. Chris commented that he was "delighted to receive another award for doing something he enjoys as helping people is so worthwhile"



Torbay Hospital League of Friends wins overall at the Herald Express Pride of South Devon Awards 2015 Awards

Groups and individuals from all walks of life were honoured at the Herald Express Pride of South Devon 2015 awards ceremony at Torquay's Imperial Hotel.



Herald Express editor, Jim Parker, introduced the awards saying they 'salute those who work away tirelessly for others without getting or seeking the recognition or rewards they so richly deserve.'

Vice President Lynne Hookings was in the running for the "Fundraiser of the Year Award" for her indefatigable work in fund raising for the League and the whole League was entered into the "Community Group Award" for their work in seeking to raising £1.6m, their biggest total ever, to equip the Critical Care Unit being built at Torbay Hospital

The League had a most successful evening being the winner of the Community Group Award with Lynne being runner up in her category. The icing on the cake was when the League of Friends won the overall winner award for raising millions of pounds for the hospital over 60 years.

Dave Rogers, chairman of Torbay Hospital League of Friends, who accepted the two awards, said: "This is unbelievable. One award is fantastic, two is overwhelming. These are local awards and they mean everything to us. We will treasure them and put them on our wall at the hospital, next to the Queen's Award."



Trafalgar Ball

Wellswood District of the League held a very successful evening to commemorate the victory of Admiral Lord Nelson at Trafalgar 210 years earlier. Once again this was a Black Tie event with all the formalities befitting the celebration of such a decisive naval victory. The evening started with a glass of sparkling wine at a Reception



before the meal when the Guest of Honour, Captain Henry Duffy RN Captain Britannia Royal Naval College, was “piped aboard” by members of the Torbay Sea Scouts. Guests then enjoyed a sumptuous three course dinner at the Grand Hotel at the end of which Captain Duffy gave the Immortal Address during which he spoke eloquently of the lessons of honour and duty to be learned from Nelson’s conduct in battle. Lynne Hook-



ings, Vice President of the League, and Chairman of the Wellswood District, spoke about the Leagues history and made a passionate plea for continued support for our “This is Critical” Appeal . She said that the League was proud that at the end of the first year they were looking forward to a successful conclusion of the appeal sometime next year.

After the meal guests were entertained first of all to an Auction of some high value and “out of the ordinary” prizes including a private tour of Britannia Royal Naval College and two tickets to attend a Passing Out Parade, a chocolate Galleon as well as several other prizes. The auction was once again conducted by Nick Bye in his usual inimitable fashion when he successfully raised over



£1000. After the auction and before enjoying dancing to The Swing Kings the company enjoyed a number of stirring and traditional sea shanties sung by the Back Beach Boyz from Teignmouth. It was a great evening enjoyed by all who attended and, most importantly, was successful in raising some £ 5000 for our Appeal



Hoopers Fashion Show

Hoopers, Torquay's major Fashion Store on the Strand, held a Fashion Event on the 17th September to raise money for the Torbay Hospital League of Friends "It's Critical" Appeal to provide the equipment for the new Critical Care

unit with Cheese and Wine Tasting with Totnes Wines and Country Chesses who displayed a wide variety of attractive wines and cheeses for tasting.

This was followed by a delicious Champagne Cocktail from Totnes wines before the main event.



Some 37 different outfits were then modelled before the guests who thoroughly appreciated every aspect of the hour long show. The clothes modelled were "Unashamed Luxury" including Rosso, Jaeger, Benetton, Gant and a whole range of well-known Fashion Houses from here and abroad.

Unit being built at Torbay Hospital.

Jackie White from Hoopers, said "As the Live Fashion window back in May was a great success we wanted once again to raise money for Torbay Hospital League of Friends and thought a Fashion Show would be the ideal way to do this"

The evening started in the Restaurant



The evening closed after a successful Raffle with prizes all provided by Hoopers. Philip White, Hon Secretary of the League, said after the event “We owe Hoopers huge thanks for their continued support for our Appeal and for putting on this Fashion Show to help with our Appeal to raise £1.6m. We are now half way home and striving to raise the balance in time to provide the necessary equipment for the new CCU scheduled to be completed next summer”



FRIENDS AND FAMILY BOOST FOR CARE UNIT

The family of a lady who died in Torbay Hospital have handed over cheques for more than £600 to the League of Friends Critical Care Unit appeal.

Mike Davies from Staverton, who tragically lost his wife Joan to pneumonia on January 1 said:

‘We were so grateful for the amazing standard of care she received during those last few days that we wanted to give something back’.

Mike, who is pictured along with sons Robert and Peter, and Peter’s partner Kirsty, held a service of celebration at St Paul De Leon church in Staverton, where the family have lived for nine years.

‘We asked for no flowers, but for donations to be split equally between the church and the League.

‘Joan was very well loved and everyone was extremely generous with their donations’, said Mike.

The couple were best known in South Devon as the owners of the Kingsbridge motor dealers SMG Motors. They were also very well known in their home village of South Milton.

Mike said: ‘Joan’s sudden illness and death came as a complete shock. But from the moment we dialled 999, through the emergency operation she had on Christmas Eve, the level of service we had from the wonderful staff of Torbay Hospital was out of this world.

‘We have always known the splendid work done by the League of Friends, and the importance of this Critical Care Appeal, and it means a lot to us as a family

to be able to give a little back to this wonderful organisation'

Pictured from left to right are: David Rogers (Chairman LOF), Mike Davies, Robert Davies, Pat Roberts (President LOF), Peter Davies, Kirsty Jeffries and Philip White (Secretary LOF)



Radiology Children's Waiting Area Appeal – The Results

In September Niamh Gale, Specialist Radiographer attended our Management Committee meeting to make a bid for funding to supply the Radiology waiting room with activity wall panels for children to play with whilst they are waiting to have their X-Ray. Having heard all she said the Committee agreed unanimously to provide £500 to enable Niamh to obtain the panels she requested.

In February this year Niamh was writing "It has been a while now since I made a visit to you and your colleagues at the



before



after

League of Friends, but I have good news - I have finally finished decorating the Radiology Children's Waiting Area. I have attached before and after photos for your perusal. We are still waiting for Estates to put up a radiator cover, but I am assured that it won't be long. You will see the play wall panels on the walls - these were the only ones Infection Control would allow us to have, as they are the most easy to keep clean.

I just wanted to take this opportunity to thank you again for being so generous in funding my project, it has made a real difference to the patients, young and old! The CQC were also very impressed during their recent visit."

Sarah Willicott

IRON MAN

100 mile cycle Dave Brown

26 mile marathon James Hunting-
ton

2.4 mile swim Magenta Kolwicz

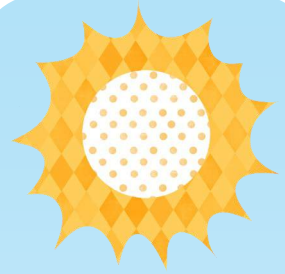
Sarah has a bucket list which we want
to help her achieve.

Help us to raise some money so that we
can get her to New York for a couple of
days.

All donations gratefully accepted.

If you have ever needed your op notes
or anaesthetic charts printed, swapped
theatres or needed a patient pulling
over for pre –assessment, then you’ve
probably spoken to Sarah.

**To make a donation please con-
tact Magenta in the theatre data
office on 55473.**



Sarah

Is 35 years old
and has worked
in the data office
for 5 years, she
has cystic fibrosis,
osteoporosis, dia-
betes and re-
ceived a liver
transplant at the
age of 18. Sarah is
currently hop-
ing to go on the
lung trans-
plant list.



'Chish & Fips' Evening



This was yet another fantastically successful event organised by Wellswood District which took place on Tuesday 2 February 2016. David Hanbury very generously provided the venue for another 'Chish & Fips' evening at his Babacombe Fish and Chip Restaurant. It was an extremely sociable, pleasant



"David Hanbury and Lynne Hookings Chairman of Wellswood District raising a glass"

evening attended by 50 Wellswood District volunteers and their friends. Owing to David Hanbury's generosity and a well supported raffle we raised in total some £1,282.66 towards the current "It's Critical" appeal to raise £1.6 million to equip the new Critical Care Unit at Torbay Hospital. Dur-

ing the evening two courses plus coffee were served, the bulk of those

attending choosing prawn cocktail followed by fish and chips, although we were offered a very extensive menu. For those with a sweet tooth and 'larger capacity' desserts were available at an additional charge, which also benefited the charity. Portions were very generous and thoroughly enjoyed by all present with wine being quaffed freely on most tables adding to the general ambience of the occasion. Wellswood District and indeed the whole

League cannot thank David Hanbury enough for his generosity and all his staff for their efficient friendly service. We feel sure we all will look forward to attending and supporting this event again next year, which is planned for 24 January 2017.



Christine Piper

At our Management Committee in January this year Christine said that she felt the time had come for her to hang up her abacus. She said "I now find myself with many health issues and really it is time to look after me!" She said she would work as Treasurer to the end of June 2016 and then hand over to a new person.



Everyone will know that Christine has been the Hon Treasurer for many years but not everyone will know that she has in fact been doing this job for as long as 30 years. As she says "It is a long time and things have changed enormously since I started and I seem to have grown with it!

Christine came into the job by degrees. In 1987 her mother was diagnosed with aplastic anaemia and eventually had to be put in a barrier room at the hospital. This prevented her from having any books or newspapers being taken in for her as everything had to go through a sterilising machine. The family could only see her dressed in gowns and masks. However in the barrier room there was a television provided by the League of Friends. This was her only contact with what was going on in the outside world.

A few years later the then Chairman of the League, John Pearson and long-time President Mrs. Joan Williams came into the Bank where Christine was working to ask the Manager if he could take on the Treasurership of the League of Friends. He had to decline but he put a notice round the staff to ask if anyone could take on the role. As soon as she saw it Christine said 'yes' not knowing what was involved but wanted to give something back for the TV which had been provided for her mother.

Christine says "I have seen numerous Chairpersons come and go and they all had their different ways of dealing with things. I think we have thrived as an organisation with so many folk bringing in their ideas and the democratic way in which the Committees are run. We do not always agree but everything is thrashed out so we all have a say".

As Treasurer Christine has seen many significant changes to her job due to regula-

tion and the sheer size of the organization. In the past a grant to the Hospital of over £1000 was considered a large sum but now we are endeavouring to collect £1.6m. In 1997 Christine computerized the records which brought us up to date and although she says she is “unsure whether it is quicker than hand written records I know it is all a lot neater!”

Christine’s job as Treasurer is to produce Finance reports and commitment lists for the monthly Management Committee Meetings; banking donations, legacies and other cheques; dealing with the Investments to ensure that we get the best interest rate - although these days none of them are very good; prepare reports for the Inland Revenue to obtain rebates for everyone who has donated money under the Gift Aid scheme; and at the end of each month Trial Balances are done to make sure everything is in order.

Also as a Director of our Shop Butterflies on Level 2 she is in contact with June and Pat who run it on a regular basis and tries to call in there about 3 times a week.

As she says “Doing this type of work when one is retired is a good way of keeping the grey matter ticking over and is of great benefit, for oneself and the Charity”

Since being Treasurer of the League Christine reckons to have written out cheques to the Hospital for items of equipment etc. in excess of £15 million pounds.

Christine says that “I will continue to support the League as much as I can in my role of Vice President”

Patricia Roberts, President of the League said:” On behalf of the League I thank Christine Piper for the support that she has given as Treasurer for the past 30 years. We have one of the most successful League of Friends in the country and it is essential that the money that is so generously donated is managed and invested well. Christine has certainly carried out this work seriously and with enthusiasm but she now feels that the rime has come for her to step down. Many thanks Christine from us all.”

With grateful thanks to Paul Levie who comes to the majority of our events and takes photo’s for us. Most of the photographs in this Newsletter are his work.

TORBAY HOSPITAL LEAGUE OF FRIENDS
SUMMARY OF THE STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2015

The summarised accounts for the year are provided on the following pages. These summarised accounts provide information extracted from the Annual Accounts. They may not contain however, sufficient information for a full understanding of the financial affairs of Torbay Hospital League of Friends. Full information is available in the Full Accounts, Auditors' Report of these Accounts and the Trustees' Report for the year ended 31 December 2015. These documents are available from the Torbay Hospital League of Friends' principal office.

The Full Accounts have been externally examined by the means of an audit. Currently the audit and the Trustees reports have not been approved.

	Restricted	Unrestricted	Total 2015	Total 2014
	£	£	£	£
Legacies	1,735	405,292	407,027	457,601
Other incoming resources	38,096	265,622	303,718	202,429
Shop profits before interest and covenant	-	86,693	86,693	37,904
	<u>39,831</u>	<u>757,607</u>	<u>797,438</u>	<u>697,934</u>
Charitable expenditure on equipment	-	(102,458)	(102,458)	(231,328)
Other expenditure	(4,055)	(175,303)	(179,358)	(142,773)
Net (outgoing)/incoming resources	<u>35,776</u>	<u>479,846</u>	<u>515,622</u>	<u>323,833</u>
Funds at 1 January 2015	<u>105,519</u>	<u>1,488,642</u>	<u>1,594,161</u>	<u>1,270,328</u>
Funds at 31 December 2015	<u><u>141,295</u></u>	<u><u>1,968,488</u></u>	<u><u>2,109,783</u></u>	<u><u>1,594,161</u></u>

Analysis of net assets of the group (between restricted and unrestricted funds)

	Fixed assets £	Investments £	Net current assets £	Fund balances £
Restricted	-	-	141,295	141,295
Unrestricted designated funds	-	-	929,795	929,795
Unrestricted general funds	107,850	-	930,843	1,038,693
	<u>107,850</u>	<u>-</u>	<u>2,001,933</u>	<u>2,109,783</u>

A detailed analysis of the funds are shown on page 2 of this summary.

TORBAY HOSPITAL LEAGUE OF FRIENDS

**SUMMARY OF THE STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2015**

Unrestricted funds:

	Balance at 01 Jan 15 £	Incoming/ outgoing for year £	Transfer between funds £	Balance at 31 Dec 15 £
Designated funds				
Equipment commitments	971,792		(41,997)	929,795
General funds	516,850	479,846	41,997	1,038,693
Total unrestricted funds	1,488,643	479,846	-	1,968,488

Restricted funds:

Critical Care Unit	37,923	37,096	-	75,019
Cardiac unit	15,323	-	-	15,323
Radiotherapy unit	15,323	-	-	15,323
Diabetic and Asthmatic patients	27,500	1,485	-	28,985
Neurology department	3,950	-	-	3,950
Ophthalmology	5,500	-	(3,055)	2,445
Surgical admissions	-	1,000	(1,000)	-
Heart machines/ambulance services	-	250	-	250
Total restricted funds	105,519	39,831	(4,055)	141,295

Independent auditors' statement to the trustees of Torbay Hospital League of Friends

We have examined the summarised financial statements of Torbay Hospital League of Friends for the year ended 31 December 2015 as set out on pages 1 and 2.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and its trustees, as a body, for our audit work, for this report, or for the opinion we have formed.

Respective responsibilities of trustees and auditors

The trustees are responsible for preparing the summarised financial statements in accordance with applicable United Kingdom law and the recommendations of the charities SORP.

Our responsibility is to report to you our opinion on the consistency of the summarised financial statements with the full financial statements and Trustees' Annual Report. We also read other information contained in the summarised annual report and consider the implications for our report if we become aware of any apparent misstatements or material inconsistencies with the summarised financial statements.

Basis of opinion

We conducted our work in accordance with Bulletin 2008/3 issued by the Auditing Practices Board.

Opinion

In our opinion the summarised financial statements are consistent with the full financial statements and the Trustees' Annual Report of Torbay Hospital League of Friends for the year ended 31 December 2015.

Your Worst Nightmare??

I suppose everyone has a bad day sometimes but imagine coming round after the operation and seeing your Doctor and/or Nurse looking like this....



A successful (and fun) fund-raising evening was held at Dartington Hall on Halloween night. Two great local bands (made up largely of doctors from Torbay and Derriford) entertained. Lots of lovely donations were made to our raffle which helped up to raise over £1500 which we split between local charities -



Thank You

During the autumn months while we are busy selling our Christmas cards, we are also lucky enough to be invited into local retirement complexes to enjoy coffee with the residents whilst showing them our Christmas cards. Could we please give a big 'Thank You' to D' Darcy Court - Newton Abbot, Leander Court – Teignmouth, The Vinery – Torquay, Milton House – Newton Abbot, Stover Court – Newton Abbot, Greenacres – Torquay and Stanley Court – Torquay.

We would also like to give an extra 'Thank You' to Stanley Court who subsequently had a Christmas draw themselves and decided to give the proceeds to the League of Friend. Our Vice-President, Julia Hearne, attended and collected the gift from resident Peter Anning.



Hospital Bulletin



Introduction to our integrated care organisation

Hello, my name is Mairead McAlinden, and I am Chief Executive of Torbay and South Devon NHS Foundation Trust, the integrated care organisation which was formed in October 2015 when the two organisations responsible for local health and social care services merged.

We are the first Trust in England to join-up acute and community health care with adult social care. We have over 6,000 staff and serve a local population of around 375,000.



Our vision

Our vision reflects what local people have told us they want: a community where we are all supported and empowered to be as well and as independent as possible, able to manage our own health and wellbeing, in our own homes. When we need care we have choice about how our needs are met; only having to tell our story once.

How services are changing and why

People are living longer, but often with a range of long-term conditions which means they need additional care to continue living independently. Our children also need support to reach their potential, and people need to be empowered to improve their health and wellbeing. The funding for health and social care is not keeping pace with these changing needs, so we must radically change how we provide this support and care.

As a single organisation with a joined up budget for health and social care, we are now in a better position to change the way we spend our money to better meet local needs and the choices local people have in how they access care and support. We can only invest in the new ways of providing care that our people say will be better for them by changing how and where we currently provide services.

We need to work very differently, creating new services that better support people to live well at home and in their local communities. Which we know is where most people want to be – there is no bed like your own bed.

Care will be centred around communities and people, and will be provided by coordinated teams made up of our own community health and social care staff working in partnership with our voluntary sector, mental health, housing and others. Local people want to be well and to be supported to be independent, so these local teams will focus on wellbeing, self-care and prevention of ill-health as well as providing treatment and care locally where possible.

Examples of some changes already happening:

Multiple long term conditions (MLTC) clinics

We will be investing around £225,000 in local staff to provide local services that better support people with multiple long term conditions to better understand and manage their conditions, recognizing and intervening to prevent where possible a deterioration which often results in an emergency admission to hospital.

Enhancing intermediate care

We will substantially increase the investment in intermediate care, a valuable service that helps to avoid both hospital admissions and delays in timely discharge. More importantly this service helps people to regain their independence and in many cases to return home. This investment will support community teams, extend the service across seven days and increase the input from doctors and pharmacists.

Musculo-skeletal physiotherapy teams

There are now ten rapid access musculo-skeletal physiotherapy teams based locally

across South Devon and Torbay where people can refer themselves for assessment, advice and a treatment plan. This may include onward referral for a specialist physiotherapist and/or consultant orthopaedic opinion. We offer an appointment the same day, next day or the day after at clinics in the community.

Wellbeing coordinators

Wellbeing coordinators are being funded to work in the voluntary sector in each area, supporting our local staff to provide care around 'what matters *to* you' rather than 'what is the matter *with* you'.

GP referrals

Closer links and partnership working between GPs and hospital specialists should mean quicker diagnosis and treatment for many patients as well as fewer costly and time-consuming visits to hospital.

What will success look like?

If we get this change right, the people of Torbay and South Devon will:

- receive more of their long term care closer to where they live, by a team that knows them, and they tell their story only once.
- be involved in decisions about their health and care and offered lifestyle support
- As a population we will be healthier and better supported to 'live our lives to the full'

Mairead McAlinden, Chief Executive

Round up from the Events Committee

Members of the Events Committee have been busy through the autumn both in and out of the hospital.

We started selling Christmas cards and Christmas draw tickets back in October, and had one of the best results ever for a draw. The draw was made on 9th December at the hospital and combined with a tea for our fabulous volunteers

from Level 2. We were joined by Father Christmas, together with the Chairman and Chief Executive of the Hospital.



We also enjoyed tea at the Anchorage Hotel in November with Bric-a-brac and Jewellery stalls, which raised a fantastic £777.71.

Lincombe Manor Retirement Village invited us to attend their Christmas Fair and again we had a very enjoyable day selling our Christmas cards and draw tickets, and raising over £400.

Unless you have been a patient in the hospital at Christmas time you will probably be unaware that the League delivers a Christmas gift and card to every patient. This is one of the most rewarding tasks taken on by the League and usually

follows a short service of dedication by the hospital Chaplain. This year we joined with hospital staff in one of their Christmas services which was much enjoyed by League members.

By the time you read this Newsletter we will have enjoyed a few post-Christmas activities, including a concert given by Words for Voices on 14th February, a Fashion Show in March and a Wine Tasting Evening in April. Please look out for future full reports in the Autumn Newsletter.

However I can announce:

Date	Event
27 th May	Coffee Morning at Sheila Mackay
15 th June	Babbacombe Fayre
24 th July	Cream Tea/Concert Palace hotel
28 th August	Bed Push

Julia Hearne for the Events Committee

A Note from the Membership Secretary

You will have noticed that you have received two copies of our Spring/Summer Newsletter. I wonder whether you would be good enough to pass the extra copy on to a friend or neighbour.

I have been the Membership Secretary for over 30 years and have realised that along with many other associations our membership numbers are decreasing for various reasons. You will know yourself that as a member all we ask of you is an annual subscription to help with our vital fund raising. Of course we are always very pleased when members offer to help at our events. Perhaps you could persuade a friend to join the League and let them know of our work – word of mouth

is usually the best way to gain new members.

Thank you for your continued support.

Julia Hearne Membership Secretary



Could we ask you to help us a just a little

We are trying to put together a list of all the email addresses of our 'Friends' in order that on occasions we could reach you quickly with last minute news and information. Because of the high cost of posting - we only mail you twice a year, with the Newsletters and other detail - BUT - we could keep in touch sooner by sending you a more cost effective email.

So, if you are happy to let us have your email address - we shall be very grateful - and we can assure you that [we will only use these addresses to contact you on behalf of THLOF matters.](#)

That's all, and as we said at the top of this message - 'helps us just a little' - please.

THE SINGING DERMATOLOGIST

Tom Morris was a Newton Abbot GP for 30 years before becoming a specialist in dermatology at Torbay Hospital two years ago.

'I was immediately struck by the amazing work done by the League of Friends and decided to put my passion to good use to raise funds for them'.

Tom, 57, is a member of the Devon Close Harmony Quartet, a locally based group drawn from some of the well-known larger choirs in South Devon.

On (appropriately) Valentine's Day this year Tom and the DCHQ joined the very

well-known local group "Words for Voices" in a performance of "All for Love" at St Pauls Church Newton Abbot. A packed house enjoyed the ups and downs of love in its infinite variety with extracts from Pam Ayres, Roger McGough, Joyce Grenfell, Victoria Wood, William Shake-



speare, and a host of others. With their now well-established helpings of Ratty, Mole and Toad, and their much encoored rendering of The Praying Mantis Wedding, Words for Voices brought an the evening of reflection and laughter for everyone.

The concert was organised as a fundraiser for the Torbay Hospital League of Friends in recognition of the enormous support they have given to the hospital.

‘The result of their hard work benefits all of us and I would encourage everyone to have a look at their website and learn more about their activities.’

Tom has enjoyed many different forms and styles of music over the years and the quartet has been one of the most challenging and exhilarating.

‘We cover a wide range of music from folk to classical; traditional barbershop harmonies to contemporary ballads. The songs we sing dove-tail in to the wonderful pieces presented by Words for Voices, creating a seamless theme of Love.

He said before the concert that we should ‘Expect to be wowed, wooed and thoroughly entertained!’ – and we were!

A huge thank you to all concerned for a splendid evening which raised nearly a £500 for the League.



Junior League of Friends (Torquay Girls Grammar School)

By Imogen Crocker, 2015/16 Junior League Chair

Who are the Junior League?

Torquay Girls Grammar School (TGGS) actively encourages students to take an energetic role in supporting the local

community, including helping support charitable and community projects.

The Junior League is a fairly new organisation, which was formed at Torquay Girls’ Grammar School, in 2012 and is run by a group of year 12 sixth form students.

In that very short period of time we have proven to be very successful at helping raising funds for the Torbay Hospital League’s projects. A total of £872 has been raised from our 2015/2016 projects so far which include; a bucket collection at Sainsburys, providing refreshments at school parents’ evenings and jointly organising the 2015 school Christmas Bazaar (proceeds shared with

Amnesty International school group).

How is the Junior League run?

The league is run as a proper committee with Imogen Crocker as Chair and Zahra Choudhury as vice chair who also attend the main League of Friends committee meetings. We have a very talented and enthusiastic group of students in the team who are willing to give up their own free time in order to help at events and fundraise for the team.

Students from the Junior League of Friends committee



Why did I want to become the Chair?

I have always had an interest in helping others and enjoy organising fundraising. At my last school I was the Deputy Head Girl and was responsible for organising fundraising events in aid of many charities, including Rowcroft.



*Imogen Crocker – Chair (left)
Zahra Choudhury- Vice Chair (Right)*

role of Chair of the Junior League when I joined the sixth form at TGGs (Sept 2015). Both Zahra and I were delighted to be chosen as Chair and Vice Chair.

More than just fundraising

This year we are trying to develop relationships with the Torbay Hospital. I was aware that Torbay Hospital needed more volunteers to help patients staying Hospital maintain nutrition and hydration during mealtimes. Many sixth form students have career aspirations to work in the NHS as Doctors, Nurses and other health care professions but needed valuable NHS experience. I have encouraged about 35 girls to apply to become “Volunteer Mealtime Companions”. This benefits the student, takes pressure off nursing staff and, most important of all, helps improve the quality of patient care.

Although there is a proper application and training process, the first few applicants have already started volunteering on the wards and here’s an example of the feedback received from one student:

Becky Webber, a year 12 student and member of the junior league said: *“I have been volunteering at Torbay Hospital as a mealtime companion for around one month now. I can honestly say it has been such an eye-opening experience that is valuable in many senses, for example improving the relationship between the elderly and young people whom are both able to learn from one another. I enjoy talking and helping feed the patients as it is evident they really appreciate the aid and enjoy having someone to keep them company during*

I therefore applied for the

a time of need”.

The future

We will continue with our voluntary work and fundraising activities this year, by which time we hope to have collected over £1,000. We are lucky to have such a

dedicated and passionate group of fundraisers and students, all of whom want to help improve patient wellbeing and support the community. Hopefully many will go on to continue to support the vital work that the Hospital leagues do to improve our NHS services.

CIVIC CHRISTMAS CHARITY CONCERT

Torbay Brass Band in conjunction with Torbay Council presented the 29th Civic Christmas Charity Concert held at the Riviera International Conference Centre just before Christmas.

This Concert traditionally kicks off the Christmas celebrations in Torbay and was, as usual, very well supported under the patronage of the Chairman of Torbay Council Councillor Ray Hill who made the Torbay Hospital League of Friends one of the beneficiaries of his Charity Fund during his year of office.

Councillor Ray Hill said “I am pleased to welcome you all to the 29th Civic Christmas Charity Concert. For many it is the start of the Christmas festivities with both traditional hymns and modern music. On behalf of my consort Patricia and myself I wish you all a Happy Christmas and a prosperous and healthy 2016”

As usual the programme was intro-

duced by the incomparable Leon Winston and featured traditional Christmas hymns and music. There were contributions from the Torbay Brass Band, Brixham Orpheus Male Voice Choir and the Combined Schools’ Choir of Torbay plus a beautifully solo “O Holy Night” sung by Milly Day.

After the concert the League held a collection which will go into the Charimans Charity fund for distribution later in the year.



Collectors Philip and Mary White (LOF) Patricia Roberts (President LOF) Councillor and Mrs Ray Hill (Chairman of Torbay Council and Consort)

Chairman's Report



It's been nearly 2 years since I was elected to undertake the Chairmanship of the League and I have enjoyed every minute of it!

From the beginning I said I would do it my way; getting involved in everything from being a trolley dolly to more recently helping on the till in the Butterflies café.

The support from everyone within the League has been fantastic. The support from hospital staff has also been truly memorable. So you may ask, what have been the highlights that stick out? Was it the cheque for £300,000.00 from Paignton Hospital or was it the support from The Breeze, Herald Express, Waitrose, Sainsbury and Ray Hill Chairman of the Council? They all rank highly but I think the most memorable things are meeting members of the public, who want to help us in some way - whether it's giving us their birthday money, buying draw tickets for our draws or putting money in our collection buckets.

People offering to do shows for us; people offering to sell cards and drawer tickets; people offering to do bucket collections for us; people offering to have a collection tin on their counter.

At Christmas we had Santa at level 2 outpatients for two weeks greeting people as they came and went. He also gave sweet lollies out to the children and he was impressed by everyone who took time for a chat and a photo

with Santa.

The efforts of the League in the last 6

months have been astonishing. In the last few months we have managed to raise the "This is critical appeal" to £1.4 million.

We are of course making plans for the 2016 season and whether it's a cream tea, bingo or quiz night, fashion show, garden party, tombola stall or bed push we are doing it so the Torbay district has the best Hospital with the best equipment in the west.

The Chairmanship for the League lasts for 2 years, so this will be my last report. This will not stop me doing anything and everything to promote the League or raise those much needed funds so if you see me dressed in a nurse's uniform and long ginger wig while pushing a bed, drop a coin in my bucket!

Within this newsletter there is information on how to join us. What you get in return is the knowledge that you are making a difference to the community.

David Rogers

Chairman

Torbay Hospital League of Friends

IT'S A BREEZE

During 2015 Palm FM (now the Breeze) - our local radio station - chose THLOF as their Charity of the year for 2015.

This meant that each day we received 'talk ups' several times a day on the radio reminding people of the League and its task this year to raise £1.6m in order to equip the brand new Critical Care Unit at our Hospital.

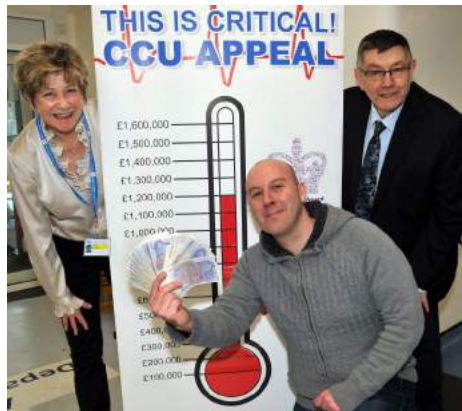
During the year various fundraising events were held including a ten pin Bowling night, a fashion event, together with raffles held locally and nearly £3000.00 has been raised as a result of their efforts.

The League does not spend any money at all on advertising and promotion - instead all of the monies we raise go straight into the Charity 'pot' - so we are extremely grateful for any offer of help in reminding our local communities of the fantastic work that the LOF volunteers achieve.

Every penny we collect has gone to the

CCU Appeal over this last year and we are now at the amazing total of £1.2m - just £400,000 to go !!!

[Editor's Note – It's gone up since the photo – only £200,000 to go!]



The picture shows Mat Rogan - one of the Breeze presenters - handing over the balance of the monies raised to Dave Rogers (Chairman) and Lynne Hookings (Vice President)

For every £1 donated 96p goes to the Hospital

For every £1 donated 96p goes to the Hospital

Pat's Accident

Pat Pope, one of our Voluntary organisers, was heading home from work at the hospital when she was involved in a horrendous accident just before Christmas and was lucky to have survived. She was trapped in her car for over two hours following the accident and was eventually cut free by firemen before being taken to Torbay Hospital by ambulance.

Hundreds of motorists were stuck in their cars as police; fire and ambulance were called to the scene as the road was closed for two hours. Pat spent the night in hospital, but escaped with just bruising.

At the time Pat said: "I really do feel lucky to still be here. The crash happened so fast and I took the full impact.

"Being trapped in the car for over two

hours was a scary experience and I'm so thankful to only escape with bruises.

"A local man on a motorbike saw the crash happen and stayed with me for the whole time I was in the car." It was a wonderful thing to do.

Thankfully Pat is now back full time helping June in Butterflies.



"Photo by Andy Styles"

HANDBAGS AT DAWN FROM CARY PARK TENNIS PLAYERS

It was a case of handbags at dawn for the ladies of Cary Park Tennis Club when they handed over a huge collection to Torbay Hospital League of Friends.

The League proposed to hold a Spring Tea and Fashion Show at the Anchorage Hotel in Babbacombe, which has strong links with neighbouring Cary Park Tennis Club.

So when League organisers Gloria Scagell and Shirley Weir appealed for handbags to boost the event, the tennis club members were happy to oblige.

Club chairman Pat Ward said: 'Everyone knows what a wonderful job the League of Friends do, so we were happy to help out. 'Let's hope there were a few Armanis in that lot so they raise a lot of cash'.



Gloria Scagell said: 'I didn't realise what a fashion conscious bunch the tennis players were. There are some lovely bags in there.

'We've often walked past Cary Park courts and thought what a wonderful colourful place it is. Now when we pass the players we'll remember this kind gesture'.

*Cary Park are looking for new members for the new season – handbags are optional!

The event took place in March with tickets to include a scrumptious tea. Due to unprecedented demand the Anchorage Hotel was bursting at the seams – in the nicest possible way, of course. The 'glad rags' were provided by designer Sally Allen of Babbacombe who showed a collection of Day, Informal and Evening wear through her models who abandoned the traditional catwalk in favour of strolling amongst the tables to give everyone an even closer look at the clothes



Organisers Shirley Weir and Gloria Scagell said that they raised more than £1,200 with their catwalk and cakes. And a handbag stall added the icing.

Organisers Shirley Weir and Gloria Scagell, Joan Jones, League President Pat Roberts, Lyn McCaig and Linda Dewis.

SHIPHAY CUBS RISE TO THE CHALLENGE

Last November the League received a request to go and talk to the Shiphay Cubs who were working to achieve their World Challenge Badge. Awareness of those who are not so fortunate as themselves in terms of standards of living, health and other problems - it allows them to consider how they can be of

help to others and the CCU Appeal was something that they chose to help with.

Accordingly Vice President Lynne Hookings duly set off - with laptop and photos to meet with them in Cadewell Lane and their enthusiasm and interest was amazing. Lynne always gives time for questions and answers after all her talks, but

she reported that their questioning was quite challenging and she was absolutely bowled over by their genuine interest and desire to know more about what we do, who we help etc etc.

“When I met with their Akela - I admitted that I had never spoken to such a young group before, but within minutes of meeting them their interest was captivating and I have to say that it also taught me a lot also. I was even taught to weave a rainbow loom bracelet - one of the items they were making to sell at their Christmas Fayre!”

The Fayre raised £90.00 for the League and they then offered to do a sponsored Cycle ride at the Velopark in Paignton - and when they know the final amount

they have raised this will be added to the



£90.00 and they will then 'handover' their total amount to our Appeal.

Lynne said “I would like to thank the Cubs and their Leaders (Emma and Nicky) for enabling all of this to happen - and it certainly was one of my happiest and fun talks about our League”

Can you help?

Cheryl Weekes, Personal Assistant/Administrator to Dr Fiona Roberts, Director of Research & Development has emailed the Editor to say that the Hospital is looking for volunteers who might want to have active involvement in Research (not necessarily to participate in a trial).

In particular Cheryl is looking for people interested in:

- Participating in research studies
- Help support patients who are new to participating in research
- Involved in raising awareness about research
- Receiving information on Clinical Research Network activities
- Commenting on and/or contributing to research documents
- Becoming an active member of a group or committee

If any of our readers is interested in any of the above please contact Cheryl on 01803-656635 or at cherylweekes@nhs.net or write to her at The Research & Development Department, The Horizon Centre, Torbay Hospital, Lawes Bridge, TORQUAY TQ2 7AA

MEMORIAL SERVICE AT TORBAY CREMATORIUM FOR FRIENDS

Torbay Cemetery and Crematorium held their annual Christmas Memorial Service on the 9th December as a celebration and thanksgiving for loved ones and friends and at the same time donated the sum of £2118 to the Torbay Hospital League of Friends to help swell their funds for the "It's Critical" Appeal to buy equipment for the new CCU being built at the Hospital.

Sarah Mckerrell, the Manager at the Crematorium welcomed everyone and the Service itself was taken by Rev Chas Deacon. The Crematorium displayed a traditional Christmas tree which was "tagged" by members of the congregation and the service also included time for a candle to be lit in memory of a loved one.

The presentation of the cheque to the League of Friends was made by Sarah and accepted by Patricia Roberts the President of the Torbay Hospital League of Friends.

Patricia said "I am delighted to accept this very generous donation to our Appeal and I would like to thank everyone involved at the Torbay Crematorium for their kindness for putting on the ser-

vice."

She was also delighted to take the opportunity to stress that the League was "a local charity for local people and that as a result of the support received in the run up to Christmas the amount raised now topped £900,000.00 towards the total of £1.6m"

After the service there were mince pies with mulled wine for those who could stay on as well as a raffle with prizes donated by local Funeral Directors.



"Patricia Roberts President of the League receiving the cheque from Sara Mckerrell"]

Linen League Torbay Hospital

Sadly we have recently said 'Goodbye' to one of our Vice Presidents Rachel Evans. Rachel has been a stalwart supporter of the League of Friends for many years but best known for her tireless work as Co-ordinator of the Linen League. At the Management Committee meeting in December Rachel announced that she would be moving away from Torbay to live in Henley to be nearer her family. She then introduced Barbara Lawton from the Linen League who would take over her job as co-ordinator and attend meetings etc. with other Linen League duties, such as purchase of materials, being distributed between other members of the League. Rachel said she had been a member of the League for some 24 happy years and had enjoyed every



moment. Chairman David Rogers thanked Rachel on behalf of the whole League of

Friends for her hard work and support over the years and wished her all the very best in her new home. To warm applause he then presented Rachel with Chocolates and Flowers.

The Linen League has existed in its present form since 1957 when the Torbay Hospital League of Friends was founded. Having originally met in the Board Room

every Tuesday afternoon we now meet in the Kitson buildings. Its purpose is to make fabric items for the Wards and Departments that were either not available from manufacturers or can be made to individual requirements to meet the needs of the Wards and Departments.

Items made include: Breast Capes, Patients Tabards, Children's Theatre Gowns, Drug Dispenser Holders and Ice Pack Covers.

The Linen League has also supplied protectors and dust covers for Monitoring equipment, re-furbished the relatives room in A & E and made tabards for Mealtime Companions, Ward Buddies and Nurses dispensing drugs.

Following Rachel's move our contact person is now Mrs Barbara Lawton on 01803 296990 or visit the Kitson Hall Block 3 No 12 (room 45-48) on Tuesdays between 2.00pm and 4.30pm



back row: l to r: Dorothy Lang, Mary Whitehouse, Barbara Lawton, Vivienne Elliott, Jean Endacott, Alice Summer. front row l to r: Jan Drayton, Diane Cop, Margaret Birch, Rachel Evans, Ann Macdonald. Margaret and Ann are former members of the Linen League who came back for Rachel's farewell

“A Winning Team”



Sir Richard Ibbotson, Chairman of Torbay and South Devon Health Care NHS Trust, in the Torbay Hospital News autumn report kindly referred to us as “Our amazing League of Friends”

The very large number of our Volunteers who work superbly in your Hospital, running the Café, delivering files, directing and helping visitors etc. etc. probably all joined as a result of a suggestion from one of their friends or acquaintances to come along to see what they do and then they also decided to get involved, which is wonderful.

On the other hand if you have not known someone involved in the League you may have felt ‘shy’ to join in or never even thought to get involved.

There is of course a Management Committee which ensures the success of our continuing to be the No 1 League of Friends in the UK (for funds raised over £15 million) as a result of our sixty years of existence. The Members on it all joined at someone’s suggestion who knew them (I did ‘volunteer’ but I am unusual – in probably more ways than one!)

You will realise that to continue this success, more help is always welcome and ‘new blood’ is needed to ensure that our Chairman of the Trust will continue to say in the future “Our amazing League of Friends”!

Visit June in the League of Friends Shop “Butterflies” on Level 2 or drop a line there to offer what you could enjoy doing to help

You know it makes sense.....!!

Mike Evans

Vice-President

Lent Lunch by “ladycakey”

Fran Edwards, who lives in Bishop-steignton and goes under the email address of ‘ladycakey’ recently held a highly successful Lent Lunch in Bishop-steignton to raise funds for the “It’s Critical Appeal”

She explained “This is my great pleasure to do this as having had my son needing intensive care at Torbay and also my daughter in law had a horrific accident some years ago needing critical care, so it means a lot to me to have

an updated, really nice new critical care unit”

“St John's Church in Bishopsteignton every year asks if a team of different ladies would take on a lent lunch for each Friday in Lent and this is the third one I have done. Each lady is asked to choose a charity for their lunch and this year I chose yours as I always feel I like to keep it local.”

Fran made five different pans of soup to serve up with fresh bread and also provided cheese and biscuits and coffee or tea. Her husband stood at the door with a donation pot with gift aid forms as people came in. Fran tells us” The lunch runs between 12.00 and 2.00 and people come and go as they please, although some of the elderly like to stay for the whole two hours just enjoying the company of other people.

Fran also admits that it involves “Lots of hard work preparing the soup and buy-

ing all the other things that I needed and really feel I could not have done the lunch without the help of four friends who worked really hard serving and clearing plus washing up, but well worthwhile!”.



“Fran stirring up her soup”]

Fran’s herculean efforts raised the sum of £628.27 which with the Gift Aid yet to come will net the League over £700.

Well done Fran and thank you very much

NHS (Charitable Trusts Etc.) Bill debated in Parliament on Friday 22nd January 2016

Extract from Hansard [*Editors italics*]

Kevin Foster :..... *Will she put on the record her thanks, on behalf of Her Majesty’s Government, to the Torbay Hospital League of Friends? Over 62 years, it has raised millions of pounds to support local people and it is currently running its “This Is Critical” campaign to provide equipment for the new critical care unit that is under construction at Torbay hospital.*

Jane Ellison (Parliamentary Under-Secretary (Department of Health)):

..... My hon. Friend the Member for Torbay (Kevin Foster) is right to bring us back to the great work that is being done. It is welcome that this morning, when we have a little more time, we are able to put on the record our thanks to people who are not in the spotlight, but who are doing wonderful work in all our constituencies. I congratulate him on doing that and join him in praising the Torbay Hospital League of Friends.



TORBAY HOSPITAL
League of Friends
Helping to care...



Do you have any spare time ?

Would you like to

VOLUNTEER

to help in Butterflies Café or as a Guide ?

The services that the League of Friends offer to patients and staff at the Hospital are provided by volunteers and we are always pleased when new people come forward.

Volunteers work a regular morning or afternoon, once or twice a week, and any time you are able to give will be much appreciated.



Butterflies Café

in the Outpatients Department is open Monday to Friday.

We serve hot and cold drinks, hot and cold snacks, cakes etc.

Guides are based in the Outpatients Department.

We provide a delivery service between hospital departments and are on hand to Meet and Greet patients who may need help to find their way.



For further information please contact :

June or Pat in the League of Friends Office, Outpatients Department, Level 2

Telephone 01803 654520 or email thlof@fiscali.co.uk

thlof.co.uk



MEMBERSHIP OF THE LEAGUE

- Entitles you to receive a twice yearly newsletter which contains a comprehensive list of forthcoming events and latest news.
- Entitles you to attend our AGM each year and take part in the election of new trustees.
- The amount of subscription is entirely up to you but we respectfully suggest a minimum of £15.00 per annum.

STANDING ORDER MANDATE

To [Your bank name]: _____

Postal Address: _____

Please pay by banker's standing order:-

To: National Westminster Bank Torquay

Sort Code: 35-70-01

Account Number: 05909295

Name of Account: TORBAY HOSPITAL LEAGUE OF FRIENDS
[Registered Charity No: 200903]

Amount (Figures): £ _____

Amount (Words): _____

Date of First Payment: _____

And thereafter **ANNUALLY** every _____
[due date]

Until further notice

Account to be debited: _____

Account number: _____

Sort Code: _____

First Signature _____

[PRINT NAME _____

Second Signature: _____

[PRINT NAME _____

Date: _____

Address _____

I WOULD LIKE TO DONATE AND/OR BECOME A MEMBER*

MY DETAILS	
Title _____	First name or Initial _____
Surname _____	
Full Home Address _____	
_____ Postcode _____	
Email address: _____	

I would like to make a donation of £ _____ to Torbay Hospital League of Friends by cheque / postal order made payable to "TORBAY HOSPITAL LEAGUE OF FRIENDS";

I would like to become a member of TORBAY HOSPITAL LEAGUE OF FRIENDS and have:

Either: Enclosed my cheque/postal order for £ _____

Or: Completed the Bankers Order Form on the opposite page

giftaid it

<p>Boost your donation by 25p of Gift Aid for every £1 you donate Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer</p>
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In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £ _____ and any donations I make in the future or have made in the past 4 years to TORBAY HOSPITAL LEAGUE OF FRIENDS

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.

Please notify the charity if you:

- want to cancel this declaration
- change your name or home address
- 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.

Please send completed form[s] to: Mrs J Heame, Membership Secretary, TORBAY HOSPITAL LEAGUE OF FRIENDS, 2 Heathlands Court, Heathlands Rise, Teignmouth TQ14 9HH

* See previous page

<p>When you have read this newsletter please pass it to a friend or neighbour to help publicise the work of Torbay Hospital League of Friends Keep up to date... Visit our website at www.thlof.co.uk</p>
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