



Bodmin Hospital League of Friends

Newsletter

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As we have been unable to hold any sort of activity for the last couple of months, we thought that this picture might be cheering – so many smiling faces. Many of you will have it seen before – taken at Bodmin Nursery Spring Festival in 2017, where Bodmin Hospital League of Friends supplied day long refreshments over the two days of the festival, raising well over £1000, as they have done for several years now, with such grateful thanks to Mark and Linda and staff at Bodmin Nursery. Pictured are some of our committee members together with wonderful friends who help on so many occasions.

Photo by Peter Glaser

We were able to hold the first three of our meetings this year, then came 'Lockdown' because of the Covid 19 Pandemic and, since then, we have had to hold meetings at arms length, communicating by email, telephone and correspondence. But this, by no means, means that we are not here. Should the hospital staff need our help for anything, especially financial, they are still able to contact us and make their requests for funding. Our President, Chairman and the whole committee send our heartfelt thanks, love and best wishes to all the staff at Bodmin Hospital for the wonderful job they are doing in these most difficult of times..

Here is a message from our President, Iona, Lady Molesworth-St Aubyn (who appears in the picture above):

"What a strange start to a year this has been, no one knew how they would cope with it at the beginning.

I suddenly realised it was very like the first few days in a hospital bed and being involved with the ward routine where you had to conform. After a few days it became easier and you began to accept it.

I do believe the important thing to do is to keep to a regular routine. Get up at a normal time have your meals on time and within reason exercise as much as you can.

I am acutely aware I am particularly lucky here as we have plenty of space and beautiful grounds all round with interestingly a great deal more wild life around as the Gardens are still closed.

As soon as we can the gardens will open again and I hope that the wild pheasant chicks will be old

enough to run away from dogs and will hide in the long grass that is growing in the valley now.

In due course I hope we will have an open day to raise money for more patient equipment and other items needed for the hospital.

Very best wishes to all and stay safe."

Iona Molesworth - St Aubyn, Pencarrow

Before this horrible virus disrupted all our lives, we had had the usual run up to Christmas: an excellent day at the Bodmin Lions Christmas Fair where, with a Wine or Water stall – an idea hijacked from MIU at the last fete – we had a very fun day and raised around £160. We participated in the St Petroc's Church Christmas Tree Festival and sang Carols around the wards just before Christmas – always a lovely and moving occasion.



Monica and Dot manning the Wine or Water stand at Bodmin Lions Christmas Fair.

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When 'lockdown' came we were well into plans for this year – our 'fated' fete, planned for 20th June, was to be opened by Johnny Cowling and we had secured an excellent site on the Cornwall Council land just adjacent to the Chy Trevail entrance and all our usual lovely people had volunteered to help and entertain.

We were to participate in the VE75 Day celebrations in Bodmin on 8th May; Vic Luke was to lead another walk in May. And we were to have a stand to welcome the Tour of Britain to Bodmin in September, but have just heard this has been postponed until next year.

And some news which came as a wonderful surprise, just before 'lockdown', was from Iceland Foods Charitable Foundation that BHLF had been chosen as Iceland, Bodmin's, Charity of the year – thank you so much to all at Iceland

Committee News

Christine Kennedy has taken over from Peter Melmoth as Treasurer and everyone is delighted to have her 'on board'. Peter is still very much involved, guiding Chris through the complexity of Charity Accounting and also as a Trustee.

We were all very delighted, also, that Marion Sandercock, who has helped out at most of our fundraising activities for several years, has joined the committee.

And we were very sorry that Keith Searle, who has been a valued committee member for many years, has resigned, but all were thankful that he has agreed to stay on as a Trustee.

Purchases made for the hospital

Over the past year we agreed to the following funding for the hospital:

In January 2019: £663.16 for a dressings cabinet in MIU – this is the 4th such cabinet we have funded for MIU.

In February: £650.03 for materials to refurbish the Healing Garden which BHLF had funded originally in 2008 and £549 for Out Patient's Department for 2 care tray trollies.

In March: £360 for 6 taster sessions with a fitness instructor for patients on Bowman Ward and £4,533.60 for 2 Sorrento Chairs for Harbour Ward.

In April: £500 for a 10 foot mural to be painted for Fletcher Ward by artist Jordan Lauder, together with some canvasses, the idea being to inspire patients with discharge/hopeful/positive messages – we have since heard that these paintings, displayed in the corridors of the ward, have been very much appreciated.

In May: £860 for Fettle Ward to purchase an outdoor table tennis table and create an outside boules area; also £160 to purchase eight MP3 players for Harbour and Anchor Wards – we had previously agreed to a similar purchase which had been so popular that they wanted more patients to benefit.

In July: a further £3,240 for 6 months of coaching sessions with a fitness instructor for Bowman Ward, the taster sessions in March having been so successful. After 6 months it is hoped that members of staff will be able to take over the coaching.

In October we agreed to add £120 to fund 4 Breathing, Space, Dance and Movement workshops for Fletcher Ward – these workshops are subsidized by Arts Council Funding



The 10' mural on Fletcher ward with words of love and hope written on the 'leaves'

In January 2020 we approved £1716 for an Oxford Journey Stand to aid mobility for Harbour Ward.

In February 2020: £1059.60 for slings to use with various hoists used on the Woodfield Stroke Unit and Anchor Ward.

Additional Slings for the Oxford Journey Stand for Harbour Ward £900

In March we agreed to £150 to purchase two large canvases from Whistlefish for the Pink Room on Fletcher Ward

In April at our arms length meeting we agreed to £400 to purchase computer equipment to enable patients to develop computer skills.

If you would like to be involved and/or help at any of our events we would be hugely grateful – lets hope it won't be too long before we can get back to some fundraising events again! Just drop me an email, phone or complete the form below – we're a very friendly bunch and, we feel, fill an important role – raising money to buy services and equipment not supplied by the NHS for OUR LOCAL hospital.

And - most importantly - a huge thank you to everyone, both private individuals and all the local businesses and clubs who help and/or contribute in any way – without you we could not function.

Best wishes and stay safe

Ann

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