

Supporting
physically disabled
ex-Servicemen
and women of
the past, present
and future



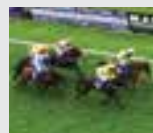
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RUGBY STAR ABSEILS FOR QAHH



LEST WE FORGET



(L-R) Lady Sarah Clutton; Jill Annis, QAHH Deputy Chairman; Caroline Lucas, wife of the High Sheriff of West Sussex (2 July 2014)

Tribute to Lady Sarah Clutton – QAHH Vice President

» We were all very saddened to learn that Lady Sarah Clutton died peacefully at her home on Sunday 14 June 2015.

Lady Sarah became Vice President of The Queen Alexandra Hospital Home (QAHH) in 1996 following the death of her mother, Lavinia, Duchess of Norfolk who had been Vice President since 1980.

Sarah always maintained close contact with QAHH – and despite not being in the best of health in the last few years, she still continued to frequently telephone for news and happenings of what was going on with residents and members of staff. Sarah always had a kind word for everyone, and was always supportive and caring to all those she encountered when she was in better health and visited the Hospital Home.

Her presence at the Royal visits to QAHH was always guaranteed – and her habit of ‘just popping in’ unannounced was always an enjoyable time for everyone, as she always dispensed with formality and used to tour the wards and rooms – often with one of her dogs – which was a delight to all residents and staff members.

Sarah will be greatly missed by everyone at QAHH – she was always thoughtful; always generous with her time and energy; and always a source of sound advice and support to residents and their family members.



(L-R) HRH Princess Alexandra; Lady Mary Mumford; Lady Sarah Clutton; Mrs Susan Pyper, Lord-Lieutenant of West Sussex



Colin Field, Chairman of QAHH; Lady Sarah Clutton; John Paxman, QAHH Chief Executive

New technology allows disabled residents to communicate using their eyes

» QAHH has recently been awarded a grant of £24,900 from The Ian Karten Charitable Trust, to purchase a range of equipment to give more of our residents the opportunity to access technologies.

The equipment includes EyeGaze technology, which enables residents with limited movement to control a computer screen using just their eyes, allowing them to communicate their thoughts and feelings.

The technology is being used by QAHH resident, Duncan, who has Motor Neurone Disease. He explains: "When I arrived at QAHH, I was in my wheelchair and my speech was very limited. I am now not able to talk at all, which I have found very upsetting and frustrating."

Our Occupational Therapy team quickly set up an EyeGaze system for Duncan, and trained him how to use it and personalised it for his needs. He can use it to communicate with his carers, write and send

emails and text messages, access the internet, and even play his favourite music.

"I have found this absolutely brilliant, as I can talk to the carers and my partner which I find very rewarding", he said. "I do not feel so isolated or frightened. I feel very lucky that something like this is available."

We have also purchased a 'Mobile Magic Carpet', which projects interactive games and images onto a surface such as the floor or a table. It has already been used during therapy sessions and recreation sessions. Residents are able to control it simply by moving limbs (arms or legs) over the projected image and it reacts to the movement. This is helping them to develop strength, co-ordination and control.

Other items include iPad upgrades and accessories, a new webcam and microphone to support residents in using Skype, a balance board for the Wii, a portable DVD player, and software and apps to specifically aid our multi-disciplinary team to assess and support our residents.

The grant has also enabled us to expand our WiFi connection across the whole of the Hospital Home, providing residents and their visitors with wireless internet access in their rooms.

If you would like to make a donation to QAHH, please contact the Fundraising team on **01903 218444**, email: **fundraising@qahh.org.uk** or visit: **www.qahh.org.uk/donate**

A CHANGE OF CHAIRMANSHIP AT QAHH



» On 9 September at the meeting of trustees, Colin Field JP DL – having completed his term as Chairman of the Hospital Home – handed over to James Fanshawe CBE.

Colin Field had been a QAHH trustee since 2008 and was Chairman from 2010. He will continue his long association with QAHH, as he has kindly agreed to become a Patron.

James Fanshawe is a former senior Royal Navy officer having achieved the rank of Commodore. He left the Royal Navy in 2005 and has held a number of senior posts since that time, including being a non-executive Shipping Director of Shoreham Port Authority from 2006 – 2012, and also Chairman of Port of Shoreham Trustee Company Ltd from 2007 – 2012. He is currently Chairman of the UK Marine Autonomous Systems Regulatory Working Group.

James is married; lives in Birdham, Chichester; and has three daughters.

At the handover of the chairmanship, James thanked Colin Field on behalf of all the trustees; all the members of staff; the residents and their families – for his commitment and dedication to the affairs of the Hospital Home over the past 4 years as Chairman, and 8 years as a trustee; and particularly for his safe stewardship of QAHH during a period of national economic difficulty.



A more worthwhile local charity would be hard to find...

>> "My wife and I come from families with strong military bonds – both our fathers fought in World War II and we have two children serving in the Forces now.

So to support, as volunteers, such a brilliant local charity as The Queen Alexandra Hospital Home is an honour as well as a pleasure.

You can read in this newsletter of the wonderful love and care given to our Veterans. It is a real joy to see them smile and enjoy their lives here.

But, remember, this Hospital Home is supported only by the kindness of charitable folks.

If you have a little time to spare – why not come to be a volunteer? There are no strict time schedules – just help whenever you are able.

You can read to the Veterans; help in the coffee shop; man stalls at the Christmas Bazaar and the fabulous summer Open Day; help at the Armed Forces Weekend; or attend the Carol Service in the awesome Lancing College Chapel. There is so much going on. And it is great fun to meet other like-minded people at our volunteers' evening socials.

We really enjoy being volunteers to such a great cause, and we would love you to come and join us."

Bill and Hilary Jordon-White

If you would like to volunteer for QAHH, please contact Jackie on **01903 218444** or email: jackie-bulmer@qahh.org.uk

Rob and Paulina's Ruby Wedding Anniversary



>> QAHH resident, Rob, and his wife, Paulina, celebrated their Ruby Wedding Anniversary on Sunday 23 August.

Their friends and family gathered at QAHH to share their happy day, and enjoyed a buffet lunch and some anniversary cake.

Interestingly, Rob enjoyed some fame in the late 70s as the lead singer of Rocky Sharpe and the Replays! In 1978, the group had its first commercial success with "Rama Lama Ding Dong", a cover version of the Edsels' original hit, which reached number 17 in the UK Singles Chart.

Happy 40th Anniversary Rob and Paulina, from everyone at QAHH!

The Queen Alexandra Hospital Home invites you to our

CHRISTMAS BAZAAR

Saturday 5th December
1.30pm – 4.00pm

Christmas Market
Santa's Grotto
Festive Family Entertainment
Carols
Mulled Wine & Mince Pies
Meet The Owls About Town

Entrance: £2 Adults (Kids Go Free)

The Queen Alexandra Hospital Home,
Boundary Road, Worthing,
West Sussex, BN11 4LJ
Tel: 01903 218444
Email: fundraising@qahh.org.uk
Registered Charity: 1072334

qahh.org.uk

Christmas Carol Concert

Sponsored by

EQUINITI

Supporting physically disabled ex-Servicemen and women of the past, present and future

Lancing College Chapel
Sunday 13th December at 3pm
Featuring performances from Worthing Voices with Cantamus, and Singers Rechoired

Tickets £6
For more information and to book tickets
Call: 01903 218444
Or buy tickets online at www.qahh.org.uk

Registered Charity Number: 1072334

qahh.org.uk



Youth project makes positive impact with students



>> Project Youth Force, aimed to educate and inspire young people about living with a disability, has made an extremely successful start. The initiative launched by QAHH, is a workshop-based programme run by QAHH ambassador, Richard Hunt – an above-knee amputee, naval veteran, athlete and former teacher.

Richard explains that “during the workshops, I’ll show how we can all face disability and adversity head-on, and achieve awe-inspiring feats of bravery and life experiences despite having a disability.”

Feedback from the schools that have taken part so far has been really positive. A student from Worthing College explained that “it was very inspirational learning not to give up and to keep on

trying to achieve. It shows how strong people can be, no matter what they go through.”

A teacher from the Edward Bryant School in Bognor Regis said: “The thing that really struck the children was the fact that you can do anything if you believe in yourself and keep trying. This was a really positive message to portray to the children and one, we hope, they will learn from.”

The free workshops, which are supported by The Armed Forces Community Covenant Grant Scheme and The Lake House Foundation, are adapted to suit all ages, and they also help to meet some national curriculum objectives.

To book a FREE workshop for your school, please call **01903 218444** or email: **info@qahh.org.uk**

Armed Forces Charity Race Day raises over £2,500

>> On Tuesday 25 August, Fontwell Park hosted its Armed Forces Charity Day, and raised over £2,500 for QAHH.

Despite the heavy rain, the day was a complete success. Race-goers were joined on the day by members of the Princess of Wales Royal Regiment, Royal Artillery, Royal Electrical and Mechanical Engineers, and the Royal Logistics Corps, who offered plenty of free attractions, including a marching band, military displays, and equipment such as tanks and armoured vehicles, weaponry, and a helicopter.

Jackie Bulmer, Armed Forces Liaison Officer at QAHH said: “On behalf of The Queen Alexandra Hospital Home, I’d like to thank Fontwell Park and everyone who came and supported our race day. We are delighted that the event was such a great success. The money raised will go towards our rehabilitation services so that we can continue to care for our disabled Veterans, and I hope the event has also raised awareness of the work that we do.”



Thank you!



>> The Garfield Weston Foundation has recently made a donation of £25,000 towards the rehabilitation of our disabled ex-Servicemen and women.

We would like to take this opportunity to thank the trustees of The Garfield Weston Foundation for continuing their support of QAHH with this most recent donation.



>> On Friday 24 July, a representative from The Tony Barnard Foundation visited QAHH to present a cheque for £500 to the charity.

The kind donation will go towards our Great Escapes programme, an initiative run by the Occupational Therapy

team, in order to get residents out into the community and practice day-to-day tasks. The programme aims to help residents with their communication skills and confidence when interacting with members of the public when shopping, eating out or going to the bank.



>> We would like to say thank you to Seafarers UK, who have given QAHH a donation of £9,450 towards Neuropsychology support for our high-dependency residents suffering with Acquired Brain Injury (ABI).

The Neuropsychologist was introduced to QAHH in May 2012, initially to provide ad-hoc assessments of residents with neurological disabilities and conditions. These visits have proven extremely successful, and the Neuropsychologist is now visiting regularly each month for 2-3 days at a time.

This generous donation from Seafarers UK means that we can continue to provide our disabled Veterans with the relevant care and support they need.

Corporate Support



>> A team of mortgage advisors from Barclays Bank helped us get our gardens ready for Open Day this year.



Rockwell Collins staff donated over £2,000 worth of garden furniture, and transformed an overgrown patio into a gorgeous suntrap for our residents to enjoy.



The Lloyds Bank Retail Learning department ran our children's tombola at our Open Day in July. They donated all the prizes and raised nearly £400.

A team from R. R. Donelley visited QAHH in September to give our gardens a much needed tidy up after a busy summer.

THANK YOU TO ALL OF OUR CORPORATE SUPPORTERS FOR ALL YOUR HELP OVER THE SUMMER.



>> The Big Lottery Fund has donated £9,855 to QAHH, towards the running of YO! A youth outreach programme for youth groups, aimed to educate and inspire young people, through real-life stories and experiences provided by our Veterans through a fun and interactive workshop.



>> The Occupational Therapy Department at QAHH has received a donation of £30,000 from The Freemasons' Grand Charity.

The cheque is the second of two instalments pledged to QAHH that will assist in providing specialist rehabilitation to disabled Veterans, helping them to live more independent and fulfilled lives.

LEAVE A LASTING LEGACY

>> Making a Will is one of the most important decisions you can make. Providing for your loved ones is the most important consideration but, having done so, will you consider supporting The Queen Alexandra Hospital Home by leaving a gift in your Will? 32% of donations to QAHH come from legacy giving, making it a vital source of funding for our work. Could you promise just 1% of your residuary estate to QAHH?

If you would like to leave a legacy, or if you need further information, you can contact Hannah Slee on 01903 218444 or email hannah-slee@qahh.org.uk

Heroes

in our Community

» Our annual Open Day took place on 11 July, raising over £6,000! Thank you to everyone who came along and supported the event. We hope to see you again at next year's Open Day, on Saturday 9 July.



(L-R) Nicholas Witchell, QAHH Patron; Bob Smytherman, Worthing Town Crier; Richard Duffield of West Worthing Rotary Club



The Band of the Royal Logistics Corps

LONDON HEATHROW TAXI DRIVERS SUPPORT QAHH

» The taxi drivers at London Heathrow airport raised £1,070 for our disabled Veterans in September. Taxi driver and QAHH supporter, Charlie Johnson, who is an ex-soldier, invited Community Fundraiser, Hollie Lucas, to host a collection at the Taxi Feeder Park, where the drivers wait in line before heading down to the ranks to pick up passengers. Around 600 taxi drivers passed through the gates while we were collecting, and almost all of them made a donation. Several of the drivers had links to the Armed Forces, whether they themselves or members of their families had served. This is the second year that we have been fortunate enough to have the support of the Heathrow taxi drivers and we are very grateful for their continued support.

SCALLYWAGS MOTORCYCLE CLUB

» Motorcyclists from the Scallywags Motorcycle Club put on a live music night and a charity motorcycle ride in aid of the QAHH Veterans; they raised £550 for us! Later, the bikers came to present the cheque and show off their bikes to the residents here at the Hospital Home.



ABSEIL FOR VETERANS

» Thank you to Ben Kay MBE (pictured on the front cover) and everyone who took part in our 100m abseil for Veterans down the Spinnaker Tower in Portsmouth back in May. We raised over £27,000 for the charity.



Dates for your diary

2015

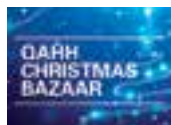
Sunday 8 November



Remembrance Sunday

Our residents travel to the Cenotaph to honour fallen comrades, friends and relatives.

Saturday 5 December



QAHH Christmas Bazaar

Visit Santa's Grotto, enjoy live entertainment and a market selling Christmas gifts, food and crafts. Adults £2 (children go free).

Sunday 13 December



QAHH Christmas Carol Concert

Our 10th annual Christmas Carol Concert at the stunning Lancing College Chapel. Tickets £6 each. Available from: www.qahh.org.uk

2016

Sunday 17 April



Brighton Marathon

Contact the fundraising team if you would like to raise funds for us while challenging yourself to the ultimate running test!

Saturday 9 July



Open Day

Mark the date in your diary for our annual summer event, which includes live entertainment, market stalls and military displays.



**The Queen Alexandra
Hospital Home**
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Web

www.qahh.org.uk

Christmas Cards on sale now!

To order your cards, contact the Fundraising team on **01903 218444**, email: **fundraising@qahh.org.uk** or visit: **www.qahh.org.uk**

