

PATIENT NEWS

The official newsletter of The Horder Centre

AUTUMN 2010

Leave a Legacy

Help The Horder Centre
continue its great work

New knee surgery a first at The Horder Centre

See our success stories in case studies

Golf day is a big hit

Our successful charity golf day

Our charity Christmas cards on sale now

See back page for details

Rediscover your balance...

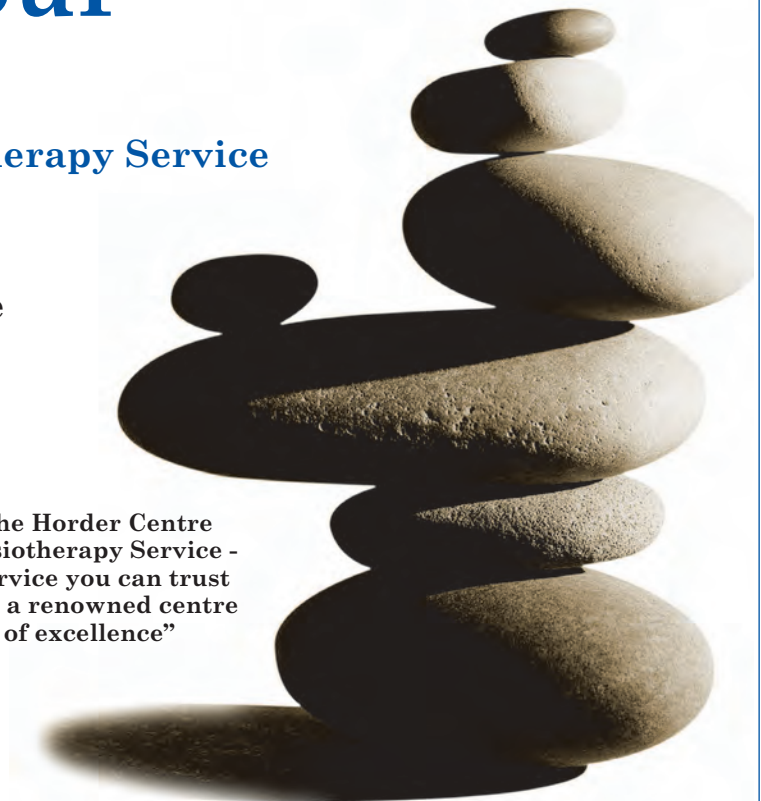
...with The Horder Centre Physiotherapy Service

Our affordably priced service offers effective treatment and relief for a wide range of musculoskeletal and orthopaedic conditions.

For more information and to book an appointment please call our bookings team direct on **01892 600815** or visit www.hordercentre.co.uk

The Horder Centre, St John's Road, Crowborough, East Sussex, TN6 1XP

"The Horder Centre Physiotherapy Service - a service you can trust from a renowned centre of excellence"



Charity No: 1046624

Quiz Night

Following the success of our quiz night in March we are holding a Charity Quiz Night here at The Horder Centre in November. Taking place on Thursday 18th November 2010 tickets for the quiz are only £7.50 each and include a ploughman's supper.

Please feel free to bring your own alcoholic drinks and glassware. However, soft drinks will be available on the evening for 50p.

We are inviting teams of up to 6 to join us for an evening of friendly competition. There will be 6 rounds including general knowledge, music and a picture round. There will also be a raffle. Any contributions towards raffle prizes on the night would be very much appreciated.

The quiz will begin at 7pm so please arrive at 6.45pm as we will be starting promptly.

To confirm your team please complete the slip and return it with a cheque for the relevant number of team members, to Angela Reynolds, Fundraising Department, The Horder Centre, St. Johns Road, Crowborough, TN6 1XP.

Please note we have limited capacity so places will be sold on a first come first served basis.

We look forward to seeing you there.



Team name: _____

Number of team members: _____

Names of team members: _____

Contact name: _____

Contact tel number: _____

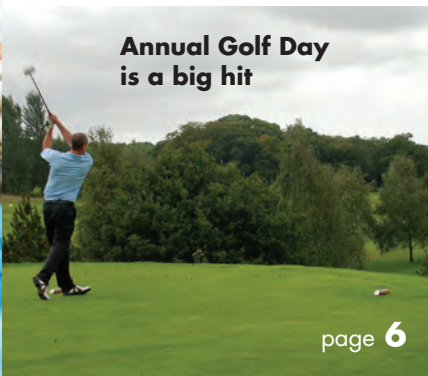
I enclose a cheque in the value of £_____ payable to The Horder Centre.





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Welcome

Welcome to our new look newsletter bringing you the latest news and features from The Horder Centre.

Many of you will be following with interest the Coalition Government’s plans for the NHS and how health services in general will develop in the coming months and years. Here at The Horder Centre, we are fully engaged in those plans and are working hard to ensure we remain a leading provider of orthopaedic care to the NHS, giving patients even better access to first class care. As part of this process, we are examining how as a charity we can carry on supplying the NHS.

Next month we will launch our new Strategic Plan setting out our vision for the future.

The Plan will establish how we can improve even further the outcomes we deliver for thousands of patients a year and in doing so establish a new benchmark for orthopaedic and musculoskeletal services across the South East. We will report back to you the outcome of the Strategic Plan in later editions of Patient News.

Can I say a big thank you to all who attended our annual golf day and who helped raise £3,500. Our fund-raising events are crucial in supporting and investing in the care we provide.

Work on our redevelopment project continues to progress on time and within budget and we are now seeing major changes take shape. I would like to express my appreciation to patients and their relations for their understanding as the building work progresses. I am confident that the project will bring huge improvements that will enhance our services for many years to come.

Diane Thomas
Chief Executive, The Horder Centre.

Mayor views progress on redevelopment

The Centre welcomed the Mayor of Tunbridge Wells, Cllr David Jukes, for an official tour of the hospital on Friday 24th September. Chief Executive Diane Thomas showed Cllr Jukes and his wife Wendy (right) how the Centre's multi-million pound redevelopment scheme is progressing.

The scheme will deliver more patient rooms, an improved outpatient area, a new reception and café and a state-of-the-art physiotherapy gym.

The Mayor and his wife also met with staff and patients during the tour. Diane said: "It was a pleasure to welcome the Mayor and Mayoress and update them on our redevelopment work, which is progressing well. They were keen to see for themselves the way in which we deliver superb outcomes for our patients, most of whom choose to be treated here under the NHS."

Redevelopment work moves forward

As part of the redevelopment, a new access road and car park are already in use while a new disabled parking bay is under construction and is expected to be completed soon.

The foundations for a new lift and stairs are currently being excavated and work on two corridors serving a number of new en-suite rooms is also underway. Temporary entrance doors are in place to enable work to commence on the new main reception, gymnasium and coffee lounge. Elsewhere, six existing bedrooms are being refurbished and a suite of six offices and meeting rooms are being constructed.



Cllr Jukes said:

"We are delighted to have been given the opportunity to visit The Horder Centre and to see the progress with the development programme. We are so lucky to have such a wonderful facility as The Horder Centre, which has such a fantastic reputation locally, on our doorstep."

For more information visit www.hordercentre.co.uk

Hole in one for Horder donation

Steve Gower, an ex-patient of The Horder Centre and regular participant at our own charity Golf Day, kindly suggested the Centre should benefit from a charity golf day being organised by Paul Thain, Secretary of the East Sussex National Farmers Union Golf Society, of which Steve Gower is the captain.

The annual event took place at Vila Golf in Blackham and raised more than £1,500 with nearly 40 players taking part. The Horder Centre's Glenda Rogers and Angela Reynolds attended on the day to draw the raffle and to show our thanks and appreciation for their generous donation.

Volunteer and help make a difference

Would you like to meet people, make new friends and make a difference to The Horder Centre?

We are looking for new volunteers to help improve our services and if you can spare the time your help would be greatly appreciated.

We have volunteer opportunities in many different areas of our hospital including; assistance to patients, driving and helping to organise or be involved in events and fundraising projects.

We are keen to match your skills and interests so that your volunteer experience is enjoyable. If there is anything that you feel you could contribute please get in touch – we may be able to match your interests to a volunteer role.

We offer a full induction, travelling expenses, free parking, free drinks and free meals depending on the time spent volunteering.

All volunteers are very welcome and your contribution would be very much appreciated.

To find out more about any of our volunteering opportunities please contact Angela Reynolds on 01892 665577 or email at angela.reynolds@horder.co.uk

Leave a Legacy and help The Horder Centre

Writing a will is quick, easy and can be surprisingly enjoyable. It helps you bring everything under your control, and share your wealth with friends, family and your favourite charities without spending now. It's a unique way of ensuring that you continue to touch people's lives.

Why The Horder Centre?

Because we can't do it without you! Legacies are our lifeblood – a vital source of long-term funding. Any gift, large or small, is hugely important to us and our work, and enables us to reach more people.

Most recently, legacies have made a key contribution to the funds needed to enable work to start on our development plans.

We are so grateful to these legators – their foresight and generosity will help transform the Centre by providing state-of-the-art physiotherapy equipment, an upgrade of patient facilities, and a new day-care unit.

Practicalities

The most common ways of leaving a gift to charity are:

- > **A pecuniary legacy** – a gift of a cash sum
- > **A residuary legacy** – a gift of either the whole, or a percentage, of your residuary estate.

If you have already written a will, it is wise to review it every five years or so. If you decide to make an alteration to your list of beneficiaries, your solicitor will probably suggest adding a clause ("codicil") that should then be signed and witnessed.

If you choose to include The Horder Centre in your will, your solicitor will need to know our full name, address and charity number:

The Horder Centre
St John's Road
Crowborough
East Sussex TN6 1XP
Registered charity no: 1046624

If you would like a more detailed guide to writing a will, you can download one from our website www.hordercentre.co.uk. If you would prefer to have a copy sent to you, or have any queries, please contact the Fundraising Office on 01892 665577. We will be delighted to hear from you.



If you have already remembered us in your will, please do let us know by completing and posting the form, below. We would love to have the opportunity to thank you.

We would be deeply grateful if you could let us know if you have left The Horder Centre a gift in your will. Knowledge of your generosity will help us to plan for the future.

- I have remembered The Horder Centre in my will
- I would like to know more about leaving a gift in my will
- I would like to know more about supporting The Horder Centre

Mr / Mrs / Ms /Other (please state)

Name

Address

Postcode

Landline (optional)

Mobile (optional)

Email (optional)

Thank you

Please return to Alison Kemp, Fundraising Department, The Horder Centre, St John's Road, Crowborough, East Sussex, TN6 1XP, or hand to reception at The Horder Centre.



Annual Golf Day is a big hit!



Hitas Chudasama the winner being presented with the trophy by Andrew Skyrme, Consultant Orthopaedic Surgeon

Our Annual Charity Golf Day took place on Monday 13th September at the East Sussex National Resort. As always we had fantastic support and 109 players took part in the Individual Stapleford competition over 18 holes of golf. We were thankful that the rain held off for us but the strong winds gave a good excuse for some bad shots on the day.

Following the golf, players were rewarded with a 2-course meal and a presentation of the prizes and the raffle draw. Congratulations to Sue Farrant who was our Best Lady and to Hitas Chudasama who was the Overall Winner of the individual competition.

Prizes were also awarded to 2nd Lady, Janet Pearce; 2nd Overall, Andrew Skyrme and 3rd Overall, Jamie Buchanan. We can assure you that it was only their golf on the day that allowed 2 of our own Consultants to win prizes! The Team Prize winners, with an impressive 93 points, were Cripps Harries Hall Solicitors, based in Tunbridge Wells, captained by Gavin Tyler. Congratulations to all of our winners.



Participants of our Golf Day are always very supportive and generous and this year we raised a fantastic £3,500 which has again beaten the money raised last year.

Thank you to everyone who supported the event – we hope that you had an enjoyable day and we hope to see you again next year. We would also like to thank all of the companies who contributed to our event by donating raffle prizes. Our thanks go to:

LC Designs, Office Angels, Millsons Vending, East Sussex National, Cobb PR, Wightman & Parrish, Huntleigh Healthcare, Sidhill, Physio-Med, Roman Group, Hurst Medical, Judges of Hastings, Cooden Cellars, Fresh Direct, D & L Medical, Knowle Grange Health Spa, Flowerworks, Allianz Medical & Ernest West & Beynon

We are also extremely grateful to the following companies who supported our event by sponsoring a hole:

Office Angels – Recruitment Company in Tunbridge Wells,

Knowle Grange Health Spa – Spa for health and beauty treatment in Frant, nr Tunbridge Wells

And Huntleigh Healthcare, company offering outcome focused healthcare solutions across the UK.

All of the contributions to the Golf Day are very much appreciated and really do make a difference to our fundraising efforts.

Case Studies

Operation changed my life



Fully recovered:
Debbie Martin

For mother-of-two Debbie Martin, living with worsening pain in her hip began to seriously affect her quality of life. Debbie, 48, leads an active lifestyle, visiting the gym, playing tennis and looking after her teenage sons.

Physiotherapy initially kept the pain in her right hip to a bearable minimum but eventually Debbie, from Shoreham by Sea, was forced to consult her GP. She said: "The pain had a major impact on my life, although I managed to cope with it for a while. It was the small things that became a problem, like wearing high-heeled shoes and standing watching my sons play football."

An X-ray confirmed her hip would eventually need replacing and last September she was referred to a local NHS hospital for treatment. However, when her physiotherapist

recommended Consultant Surgeon Hugh Apthorp for treatment, Debbie went back to her GP and was referred to The Horder Centre for her operation. She underwent a successful hip replacement operation in April this year and is now back on her feet.

"Now I have had the operation, I realise just how much I had been compensating," she said. "The operation has made such a difference; it really has changed my life. My recuperation has been amazing. I don't even think about my hip now. The Horder Centre was superb; I cannot thank all the staff enough. I am still amazed by how good the care and service was. It was above and beyond what I have ever experienced before."

Diane Thomas, Chief Executive of The Horder Centre, said: "Making a difference to people's lives and giving them access to the very best care is what we strive to do, and Debbie's case is a great example of that. I am delighted she is doing so well."

New knee ligament surgery a first at The Horder Centre



A new procedure to repair damage to a ligament in the knee is now being offered at The Horder Centre as part of a service that is expanding to treat sports injuries. Consultant surgeons Andrew Armitage and Sam Rajaratnam have carried out the procedure to reconstruct the Posterior Cruciate Ligament (PCL) with great success at the Centre.

The relatively rare and complex procedure is being hailed as a breakthrough in knee surgery and a major advance on more common knee surgery, such as on the Anterior Cruciate Ligament (ACL).

In May, 21-year-old motocross rider Paul Parker became the first person to undergo the PCL reconstruction at The Horder Centre.



Paul Parker, above, and competing in Motocross

Paul, from Maidstone, injured his knee while riding. An initial X-ray ordered by his GP revealed nothing but persistent pain forced Paul back to his GP. A subsequent MRI scan highlighted damage to the PCL.

Paul was referred for treatment at Maidstone Hospital but due to a delay, he was then offered treatment at The Horder Centre. The procedure carried out by Mr Rajaratnam and Mr Armitage was a success and Paul is now back to his best.

Mr. Armitage and Mr. Rajaratnam are both Consultant Colleagues and both specialise in Knee Surgery and already run a day-case ACL reconstruction programme at The Horder Centre and at Eastbourne. They said:

"While the PCL reconstruction procedure remains a landmark for The Horder Centre and a relatively rare operation, it is proving highly successful.

Due to the position of the PCL close to a main artery, it is an awkward and complex procedure and far harder than an ACL reconstruction. We are thrilled to be able to perform the operation at The Horder Centre."

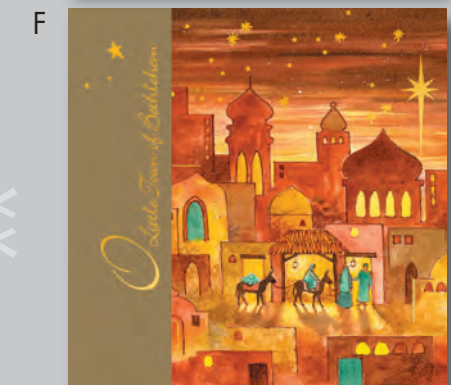
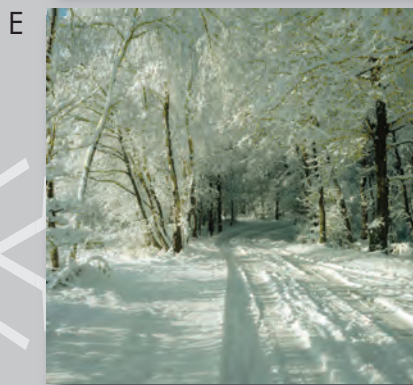
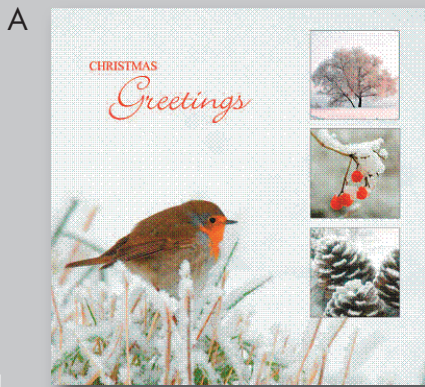
Paul, an air conditioning engineer, said: "Following my bike accident the pain in my knee was starting to affect my day to day life but thanks to the operation I am now pain free. It's been a total success. The guys at The Horder Centre really were fantastic. They could not have done anything better. They were focussed on me 24/7."

Diane Thomas, Chief Executive of The Horder Centre, said: "Giving patients access to the very latest treatment is what The Horder Centre is all about and I am thrilled Paul is back on his feet following his PCL procedure. We are very pleased that Mr Rajaratnam and Mr Armitage are able to carry out this advanced treatment at the Centre."



Consultants Andrew Armitage and Sam Rajaratnam

Christmas Cards now on sale



We are pleased to offer our brand new selection of Christmas cards for 2010.

Each year we offer a variety of Christmas cards and with the generosity of our patients, supporters and friends the money raised really does make a difference to our fundraising efforts.

With your help we hope we can increase our sales and raise even more than last year.

Free postage & packing – although any donations to cover this cost would be greatly appreciated.

Order today to avoid disappointment

All cards have the greeting: "With Best Wishes for Christmas and the New Year"

Card	Card size (cm)	No in pack	Price	No of packs reqd	Total	£
A – Christmas Greetings	12.8 x 12.8	10	£2.50			
B – Pause for Thought	12.5 x 12.5	10	£2.50			
C – Penguins	12.8 x 12.8	10	£2.50			
D – Winter Geese	12.1 x 17.1	10	£2.75			
E – Winter Morning	15 x 15	10	£2.75			
F – Bethlehem	15 x 15	10	£2.75			

Please make cheques or postal orders payable to 'The Horder Centre'.

If you require a receipt, please tick the box

Thank you for your order

Total cost of order

Donation for postage & packing

Total payment

giftaid it Please use **Gift Aid** to make your donations worth more.

For every pound you give to us we will get an extra 28 pence from the Inland Revenue. **Just tick here.** It's that simple.*

Your details: Please complete using BLOCK CAPITALS.

Name:

Address:

Postcode: Telephone:

Please post your order to Angela Reynolds, Fundraising Assistant, The Horder Centre, St John's Road, Crowborough, East Sussex, TN6 1XP. Alternatively email your order to angela.reynolds@horder.co.uk or call her on 01892 665577.

*To qualify for Gift Aid, what you pay in income tax or capital gains must at least equal the amount we claim in the tax year.