

THE HORDER CENTRE CHARITY APPEAL



BUILDING FOR THE FUTURE

THE
HORDER
CENTRE
THE PATIENT'S CHOICE

PATIENT NEWS

The official newsletter of The Horder Centre

WINTER 2011

Development Appeal Launched

Help make our vision
a reality

Take part in our
Quiz Night See page 2

Record Christmas
card sales See page 6

David back on
his Rag and Bone
round See page 7



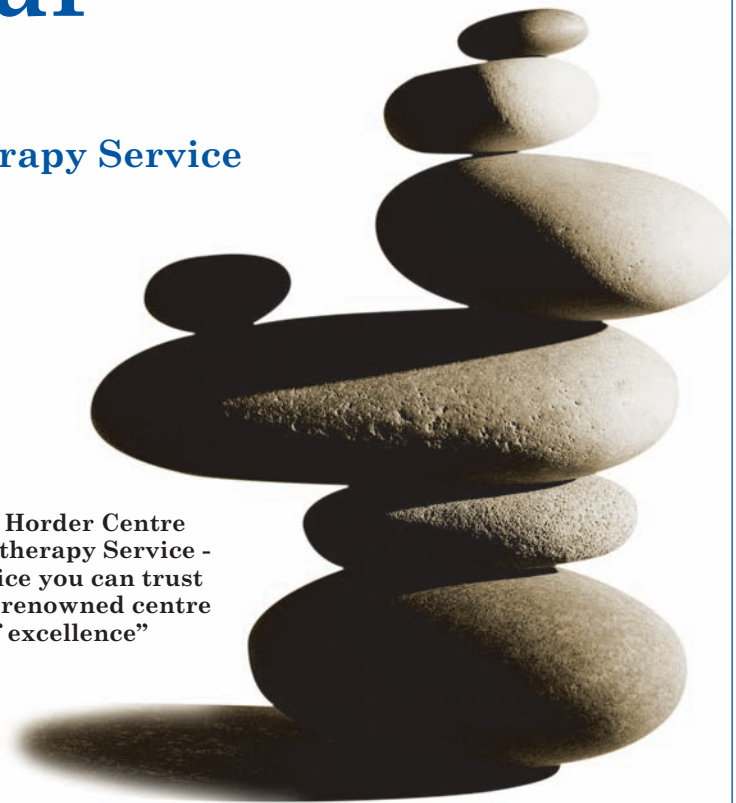
Rediscover your balance...

...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 Physiotherapy Service - a service you can trust from a renowned centre of excellence”



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

Charity No: 1046624

Quiz Night

We are pleased to announce that we are holding a Charity Quiz Night on Thursday 24 March 2011 at 7pm. (please arrive by 6.45pm for a prompt start).

Taking place here at the centre tickets are only £7.50 and include a ploughman's supper.

Teams of up to 6 people are invited to test their wits in an evening of friendly competition. There will be 6 rounds of questions including general knowledge and a picture round and a raffle will take place during the evening. Any contributions towards raffle prizes would be very much appreciated.

Please bring your own alcoholic drinks and glassware. Soft drinks will be available for purchase on the night.

To reserve your team please complete the slip and return it with a cheque, made payable to The Horder Centre, 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. The last date for entries is Monday 14th March.

All proceeds from our Charity Quiz Night will go towards our Appeal. Your support of our event and our development plans are very much appreciated and your contribution will help us to build for the future.

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

I am delighted to announce the launch of our Full Life Appeal for funding for our Major Capital development project.

The development will transform The Horder Centre and make an incredible difference to our patients and staff. It will enable the Centre to become embedded in our local community and offer greatly improved facilities, reaching and benefitting even greater numbers of people.

We've worked hard over the years to earn our reputation as a centre of excellence in orthopaedic care, but investment is now crucial if we are to have the flexibility to respond to the challenges of the 21st century.

We want to be as well placed as possible to meet the anticipated increase in demand for our services, and to offer the best care and treatment available anywhere in the world.

Development highlights include:

- > A state-of-the-art physiotherapy centre with gym and fitness area
- > A new daycare unit
- > A new outpatients area with coffee shop

- > A better "flow" through the Centre, giving patients improved privacy and dignity
- > 16 new patient bedrooms
- > Landscaped gardens, including a walkway around the hospital
- > Measures to make the Centre more cost and energy efficient.

Peoples' lives are changed here every day, and I would like to extend an enormous thank you to all of our wonderful supporters for helping us to help our patients, and for enabling us to plan our future.

I hope you will enjoy finding out more about this inspirational project and the ways in which you can become involved.

Please help us to make a difference by making a donation if you can.

Diane Thomas
Chief Executive, The Horder Centre.

A message from former patient Mike Tolhurst

My name is Mike Tolhurst and I have been a patient at The Horder Centre.

I was suffering with a repetitive strain injury in my left shoulder. The pain was so bad it was affecting all aspects of my life including running my mobile valeting business.

I was referred to The Horder Centre by my GP and I attended in June to have

key hole surgery and I haven't looked back since. I didn't think it would make that much difference but I am now in full swing back at work and the whole thing has been a great success.

The staff at The Horder Centre were so friendly and they really looked after me while I was a patient. I attended as an NHS patient and was delighted with the excellent service I received.

I had such a great experience at The Horder Centre that I am now volunteering for them, as well as continuing to run my business on a full time basis.

I think the plans for the centre are amazing and I am really looking forward to seeing the difference they make to patients and visitors. I hope you will join me in supporting the Appeal.

THE FULL LIFE

Building for the future

To fulfil our ambitions, and to ensure The Horder Centre's future, we need to raise £1.25m.

Vast improvements to procedures, follow-up care and drugs have transformed the thinking behind the provision of healthcare since the Horder Centre opened in the 1950s. The focus of the Centre has shifted from residential care to diagnosis, surgical intervention and rehabilitation – we now encourage our patients to lead active lives!

The development project is the result of years of thought and planning which will enable us to upgrade and reconfigure our

outdated buildings, redesign how we work, and offer a better, more flexible, convenient and comfortable service to our patients.

It will also support our aim to focus on wellbeing and allow us to offer a range of preventative therapies to our patients and the local community.

What we want to do:

- > Provide a new physiotherapy centre with a gym and fitness area
- > Provide 16 new, ensuite patient bedrooms to replace the outdated ward system
- > Create a new outpatients area, with public coffee shop and reception
- > Create a new daycare centre
- > Landscape the surrounding area and build a new walkway
- > Replace out-of-date energy and water systems

What the development will achieve:

- > Huge improvements to accommodation, service, and patient care and experience
- > Enhanced facilities for the local community by providing a comprehensive list of wellness-focused services aimed at all ages
- > Cost and energy savings that will help the Centre be more sustainable for many years to come
- > Support our aim to be at the forefront of developments in orthopaedic treatment, and enable us to foster an innovative approach to preventative care

What will not change is our promise to our patients to be reliable, open and honest, effective and safe and work to a high standard.

How the new front entrance will look



APPEAL:

THE HORDER CENTRE CHARITY APPEAL



BUILDING FOR THE FUTURE



Some facts about musculoskeletal conditions:

Arthritis affects 1 in 5 adults in the UK

1 in 4 of all GP consultations in the UK relates to a musculoskeletal problem

8.5 million people in the UK have osteoarthritis

The most common long-term condition in the UK is arthritis

There are around 12,000 newly diagnosed cases of rheumatoid arthritis in the UK each year.

Arthritis and related musculoskeletal conditions are the second most common cause of days off work in both men and women.



Ways to donate:

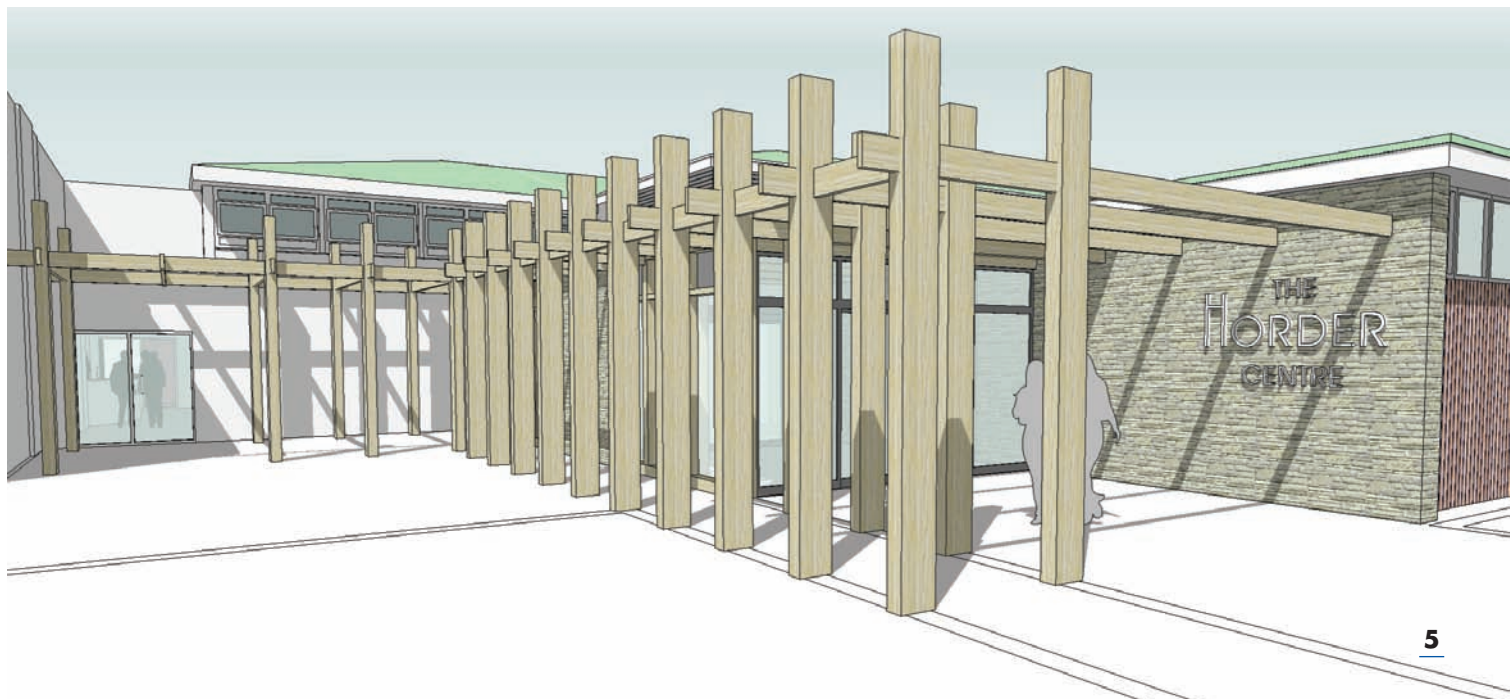
Please support our Appeal by:

Making a donation via post

(please complete the donation form on the back page)

Making a donation online (please visit our website

www.hordercentre.co.uk and follow the Donate Now link)



Xmas card sales

Sales of Christmas cards rocketed at The Horder Centre this year. We had a record year and sold more packs of cards than ever before, most of them before we even got to December!

All designs proved equally popular and we are pleased to announce that we sold out of every range.

This year we are also pleased to announce that with the sale of cards and related donations we took in excess of £8,000. Not only did we raise even more than last year but with the generous assistance of our volunteers helping to send out cards our administrative costs were also greatly reduced.

May we take this opportunity to thank all of the volunteers who gave their time to help with sending out Christmas cards – their efforts were very much appreciated.

Proceeds from the sale of Christmas cards are reinvested into the centre and with the launch of our Appeal this month sales have certainly given us a boost to get us on our way!

Thank you for continuing to support us and our sale of Christmas cards – your contribution is very much appreciated.





SORE FEET, ANKLES AND BUNIONS?

Attend our FREE event for expert advice



Step out and come to meet some of our orthopaedic consultant surgeons for FREE advice on **"Painful Foot & Ankle Conditions"**.

Presentations will be given on all aspects of painful foot and ankle problems and their symptoms. This will also be the perfect opportunity to talk individually to our specialists if you wish.

Date: Friday, 28th January 2011
Time: 7.00pm for 7.30pm
Place: The Cooden Beach Hotel, Cooden Beach, Cooden Sea Road, Bexhill-on-Sea, East Sussex TN39 4TT

This FREE event offers you the chance to listen and to evaluate your options and to ask questions in a relaxed, informal environment.

Everyone is welcome.
To book a place please call Roger Mellhuish on **01892 602995** or email to: roger.mellhuish@horder.co.uk

Places are limited so please book early

The Horder Centre, St John's Road, Crowborough,
East Sussex TN6 1XP
www.hordercentre.co.uk

Volunteering to make a difference

Volunteers have become very important to the way we work at The Horder Centre and have proved that they are a great asset in providing additional services to our patients.

With the start of the development work our volunteers have been a great help in our car park area especially in directing traffic around our new one-way system and in main reception escorting patients to appointments and getting patients settled before their operations.

These roles are particularly valuable during the development taking place as it can be very disorientating with building work and diversions in place.

Once the first stage of the development is complete the role of our volunteers will be even more important. We will

require assistance in our coffee shop, there will be a greater need for our volunteers to assist in our new reception area and there will be new roles available.

If you would like to meet new people and be a part of the exciting developments happening at The Horder Centre we would love to hear from you. Please contact our Events Coordinator, Angela Reynolds on 01892 665577 or email at angela.reynolds@horder.co.uk

Case Studies

*Back to her best:
Margaret walking
with her husband*



Margaret reaches for the sky after double knee replacement

For teacher Margaret Miller, severe pain in both knees left her unable to walk long distances or enjoy her love of golf.

But following a double knee replacement at The Horder Centre, the 67-year-old has made a superb recovery and has just returned from a hiking trip in the Lake District.

Margaret, from Seaford, first heard about The Horder Centre when a friend recommended it following treatment.

When an X-ray confirmed she needed both knees replaced, Margaret asked her GP to refer her to The Horder Centre under the Choose and Book system for the first procedure.

She was so pleased with her experience of the Centre, where she was treated by Consultant Per Anderberg, that she opted to have her second knee replaced just seven months later.

Margaret said: "Before the operations, I was in severe discomfort. I could not drive for long or walk far. Golf was becoming increasingly difficult and I could only manage nine holes. I could not even chase after my grandchildren.

"Now I can walk quickly again; I could jog if I needed to. I am thrilled with my recovery."

Margaret is now able to walk long distances and in August reached the 1,500ft summit of Barrow in the Lake District.

She said: "My care at The Horder Centre was fantastic. I cannot speak highly enough of it. All the nurses were so attentive and to have my own room was amazing.

"I feel very privileged to have been referred to The Horder Centre and have recommended others to place themselves in your care."

David back on his round

David Evans is looking forward to returning to his traditional rag and bone round following a double hip replacement.

David, 71, from Hurstpierpoint in West Sussex, asked his GP to refer him to the Centre following several recommendations from friends in his village.

The pain in his hips became so bad that he had to give up his horses and sell his cart. Even walking up the garden became impossible.

But now, following two operations carried out by Consultant Guy Selmon at The Horder Centre, David is planning to buy a new Dartmoor pony to resume his rounds.

He said: "Before my operations, looking after my horse became too much for me. I had to stop my traditional rag and bone round, which was a shame. Going out for the day was a nightmare.

"Some friends of mine in the village had been to The Horder Centre and said I should go there too, so I asked my GP to send me there. It was absolutely brilliant. It was so clean and the staff were so friendly."

David had his first operation in 2009 and his second earlier in 2010. He said: "The impact the operations have had has been amazing. It's given me my life back. I'm now looking forward to getting back to my round. I can't remember when I have been so happy and I would recommend The Horder Centre to anyone."

Diane Thomas, Chief Executive of The Horder Centre, said: "Making a positive difference to people's lives is at the heart of what we do at The Horder Centre. Through our development programme we aim to have a positive influence and be involved at every stage of the 'individual care pathway', helping people gain and maintain good health, giving choices of care and healthcare programmes, enhancing safety and patient experience every step of the way."



The Appeal: Get Involved!

Why not sign up for our Quiz Night? This is always a fun-packed evening, and proceeds will benefit the Appeal (see details on inside front cover).

Log on to our website (www.hordercentre.co.uk) for the story so far on the development, and to see how the Appeal is progressing.

Look out for details of our open days and other events when supporters will be invited to look around the Centre.

Consider becoming a Horder Volunteer (please see our website for details).



To make our vision a reality, we need your help!

£35,000 will enable us to update a patient room with the latest medical equipment and an ensuite bathroom

£20,000 will pay for an anaesthetic monitor

£5,000 will pay for a trolley to transport patients to theatre

£1,100 will pay for a life-saving portable defibrillator

£700 will pay for a therapy exercise couch

£200 will buy an overbed patient table

£45 will buy a gym weight bench for our new gym

Donations of £1,000 or more will be recorded in The Horder Centre's beautiful and historic Golden Book of supporters.

Names of all donors will be listed on the Appeal supporters page of our website (unless they choose to remain anonymous).

If you would like more information, please call the fundraising department on 01892 665577.

Your donation

I would like to support The Horder Centre with a gift of:

£1,000 £500 £250 £100 £50 other £

Name

Phone

Email

Address

Your personal data is securely held by The Horder Centre under the Data Protection Act. We would like to let you know about future activities and developments. Please tick here if you do not wish to receive this information.

I enclose a cheque/CAF voucher made payable to 'The Horder Centre'.

Make your gift go further with Gift Aid

I am a UK taxpayer* and consent to The Horder Centre claiming Gift Aid on all my donations since 2007 and from the date of this declaration until I notify The Horder Centre otherwise.

Or:

I do not qualify / do not consent

Signed

Date

*In order for us to be able to claim Gift Aid on your donation, you must pay an amount of UK income tax and/or capital gains tax at least equal to the amount that we reclaim on your donations in the tax year.

Please return this form to the Fundraising Department, The Horder Centre, St John's Road, Crowborough, East Sussex TN6 1XP.

Please tick here if you *do not* wish your name to be listed on the Appeal supporters page of our website.

Every donation is very much appreciated and whatever you are able to give really will make a difference. Thank you.

Registered Office: St John's Road, Crowborough, East Sussex TN6 1XP. Registered in England & Wales No. 3052242. Registered charity No. 1046624

