

NEWSLETTER

July

2018



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League helps fund Time Garden

On 18th June 2018 Colchester General Hospital's Time Garden was officially opened. The League of Friends assisted with the funding of this project—donating a total of £20,000.00 over 2 years.



Colin Tye, from Harwich, cut the ribbon of the new Time Garden, which includes a

fully equipped eco-friendly cabin. His wife, Tracy, who was a former midwife at the hospital and a dedicated fundraiser for the project, died of cancer earlier this year. Mr Tye, 57, who was joined by hospital volunteers, staff and his family, including sons Joe and James and daughter Jessica, said: "The new Time Garden means a lot to my family and meant a lot to my wonderful wife Tracy who sadly lost her battle with cancer early this year.



She saw the Time Garden as a place where patients could come to find some peace and also spend time with loved ones, including pets. It is with her four beloved pups that I'm honoured to be opening the garden as part of her legacy." Beverley Pickett, End of Life Care Coordinator at Colchester General Hospital said she was "absolutely thrilled" to see the initiative come to life.

Pictured top: Colin Tye cuts the ribbon, accompanied by Beverley Pickett, End of life coordinator. Below: The eco-friendly cabin located in the Time Garden.

Birth cubes for Juno Suite



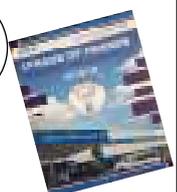
Pictured: Midwifery Unit Lead, Teri Gavin-Jones with one of the birth cubes

Colchester League of Hospital and Community Friends recently funded 2 birth cubes for the Juno Suite - a midwifery-led unit at Colchester General Hospital which offers a warm, relaxed home from home environment where couples can welcome their newborn.

The cubes consist of a mattress style base, with a combination of wedges and cushions that allows the flexibility for women to assume the most comfortable and natural position for them during labour. Midwifery Unit Lead Teri Gavin-Jones says: "We want our women to be as mobile and upright as possible for the birth, as we understand the pelvis works much better when upright. Birth is quicker and less painful. The cube will enable us to promote lots of upright birth positions."

Once the baby has been born, the cube can be reconfigured into a double bed for the mum and partner to rest on.

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Plaudits for League volunteers

Two of our longstanding volunteers have received recognition for their unstinting service to the League of Friends.



Pauline Wilkinson (pictured above) was recently awarded her 30 years long service award by Colchester's Deputy Mayor, Nick Cope, at our annual Strawberry Tea— this was the longest length of service awarded for in 2018. This brought Pauline to the attention of the local press, who were keen to report on Pauline's outstanding service to the League— volunteering at our main shop at Colchester General Hospital.

Our longest serving volunteer—Grace Thompson, who has served the League in various different voluntary roles for the last 51 years (yes, 51 years!) - both at Essex county Tea Bar, on the ward shop trolley round, and on the board of trustees, was recently awarded the Badge of the Order of Mercy by the Rt Hon Lord Lingfield, President of the League of Mercy. The ceremony took place at The Mansion House, City of London on 16th July, and Grace was accompanied by League Chair, Frank Jordan, and her granddaughter Victoria.

Pictured right: Grace and her granddaughter Victoria

