

In Sight

Published by the
Friends of Bristol Eye Hospital

Corneal collagen cross-linking device leads new 2015 grants

In November 2014, the Friends received an enthusiastic appeal from Phil Jaycock, lead consultant for South-West regional refractive surgery at Bristol Eye Hospital, for us to purchase a corneal collagen cross-linking device.



■ **Phil Jaycock**

Phil explained that the Bristol Eye Hospital is seeing an increasing number of young people with corneal ectasia problems. Corneal ectasia describes a number of conditions in which the cornea (the normally transparent window at the front of the eye) becomes weakened and bulges forward in an irregular shape resulting in blurred vision. Keratoconus is the most common corneal ectasia and often affects young patients, particularly those in their teens, with a significant impact on their vision and their young lives.

Cornea collagen cross-linking is performed as a day case procedure. During the procedure

riboflavin drops are soaked into the cornea and then a UV light is used in the "cross-linking" procedure to strengthen the cornea, thus slowing, reducing or preventing the progression of keratoconus. Without such treatment, the condition may worsen and a corneal transplant operation may be required to restore vision.

Phil made an impassioned presentation winning the Trustees' urgent support of this grant – at a cost of £12,000. The Friends ensured the device was purchased quickly – it was in use just two months later and has been in regular use ever since. It



■ **Using the new Corneal Collagen Cross-Linking Device**

stays in Bristol and is the first in the South-West region.

Phil Jaycock says: "The kind purchase of the collagen cross-linking device by the Friends has enabled us to provide a high quality patient-centred cross-linking service for patients from Bristol and across the South-West of England. We are able to provide safe and effective treatments for young adults and children with keratoconus at Bristol Eye Hospital and help our patients maintain their vision."

Until the cross-linking service could be offered in Bristol, patients had to travel to find the nearest location for necessary treatment, sometimes as far away as Sheffield. Now many young people afflicted by corneal ectasia can be treated locally and more quickly by Phil and his team – and with thanks to the generosity of the Friends' supporters.

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Chairman's Letter

I am happy to report another successful year in which we approved all requests (bar one*) from the hospital, once again providing valuable equipment & facilities for patients and staff. Overall, in the twelve months ending 28 February 2015, we pledged grants of over £101,000 and paid grants of over £47,000.

Full details of all items we've bought this year, and some things we've approved but not yet paid for, are shown on the next page. I'm sure you will be interested in the front-page item which is of such benefit to young people with a sight-threatening condition. It's enormously gratifying to be able to help with such things.

We couldn't do it, of course, without all our generous supporters. You can read about some of them on pages 6 & 7. The Trustees are pleased by the high number of new donors, the strong support of regular donors and the increased revenue from Gift Aid. Legacies are usually our main source of income, but they are inevitably variable and this year

were lower than usual. As to our own fund-raising, our Jazz Supper made a good profit as well as being great fun, and sales of Christmas cards went up – see page 4. You will find a financial summary on page 3.

There are always grants that are approved in one financial year and paid in the next (which makes it tricky to avoid some repetition of reporting in our annual newspaper, so apologies for that). Obviously we have to wait for an item to arrive, or building work to be finished, and then for the bill to reach us but in the past there have been inordinately long waits for an approved item to be ordered, let alone billed. Our Treasurer and staff in the Finance Department have worked hard this year to speed up the order & billing procedures and have achieved a considerable improvement.

The Charity Commission recommends that charities review their constitutions regularly, and as we have not done so since our foundation in 1977, ours really does need updating. I am grateful



to the subcommittee of Trustees whose sterling work has produced a new draft constitution which (after submission to the Charity Commission) will be presented to the 2016 AGM for members' approval. Details will be sent to members in advance.

I thank all those within the hospital and NHS Trust who work with us for their co-operation and help. I thank all the Trustees for their work during the year, particularly **Rosemarie Ball** and **Kathlyn Read** who stood down at the 2015 AGM after many years' service (see page 5 for full tributes) and **Dinah Harrison** our ever industrious and meticulous Secretary. I also specially want to thank **Simon St Leger-Harris**. In addition to being a most diligent Treasurer, he has put in a tremendous amount of extra time and effort this year on the constitution update, the Sarah Williams event and, in the absence of a Public Relations Officer, all aspects of publicity including the production of this newspaper.

I hope you enjoy reading *In Sight* and that you will go on giving us your support, so that together we can go on helping the hospital. Thank you so much.

Annette Barrington



■ **Friends Trustees at their meeting in November 2014**

*We declined one application – an alternative cost-free solution was adopted

One of the nice features for the Friends, and being a Trustee, is that we often discuss major and expensive pieces of optical equipment and in the next breath are considering much smaller and cheaper but equally welcome facilities for the benefit of patients.

This year, alongside the **Corneal Collagen Cross-Linking Device**, we purchased, also at short notice, **a fan for the children's play area** during the stifling summer heat of 2014 and provided ongoing maintenance of the **aquarium in the children's ward, indoor plants, the patients' garden** and the **staff garden**. We have trustee Marie Mackle and volunteer Pippa Hynes to thank for their regular upkeep of both these gardens – come rain or shine.

We also made improvements to the cramped and dislocated working environment of the **Booking Co-ordinator Team on level 2** by removing a partition wall and altering electrics to suit the new room layout.

You will find other new items around the hospital that the Friends had approved before the start of the year and which we have now paid for. These are an **Ultrasound B Scanner** (jointly funded with Above & Beyond), **four Flat Screen Theatre Monitors** and **Workwear for Reception Staff**.

In last year's *In Sight*, we told you about some grants that we had

Grants

approved after 1 March 2014; we have now also paid for these: **Redecorating the play area and installing a TV/DVD player in A&E paediatric**, **a Trolley for nurses on OPD level 2**, an **Avia Handheld Tono-pen** and **Medisoft "Super User" training for a Nurse Practitioner**.

And our work goes on. During the year, we approved the following new grants which have all been purchased and installed for use since the year end:

- **Renovating the Humphrey Field and clinical rooms**
- A **"Simulation Eyes and Head"** for surgeons to train and practise on. This black Perspex model head can be fitted with various different artificial eyes to suit whichever technique the surgeon wishes to practise



■ Trustee Heather Walker watches Richard Haynes demonstrating the Eyes & Head model after our 2015 AGM

- **15 Wireless Indirect Ophthalmoscopes**
- **4 Theatre Microscope digital cameras** so all staff in the operating theatre can easily see the intricacies of an operation in progress
- **Medicap Image/Video Capture Device** which allows operations to be recorded and reviewed afterwards
- **New lockers** for staff valuables to replace 20-year-old lockers in A & E
- And last, but not least, **a drinks trolley** on level 2. Volunteer June Johnson appealed for this after the old drinks trolley expired, so that she could go on providing much needed refreshment for patients waiting for their call for treatment. More than half the cost of the trolley was donated by patient Janet Hill; Janet told us what a good job June does meeting and greeting patients and giving them their cuppa.



FINANCIAL REVIEW

We began the year with assets of £147,968. Almost all our assets are cash in banks; we also hold small stocks of unsold Christmas and other greetings cards.

We received net income of £27,453 in the year. This comprised £13,006 in donations and membership subscriptions, £7,941 from a legacy, £898 net profit from the Jazz Supper, £722 net profit from the sale of Christmas cards, £1,094 from collecting boxes in the Hospital and elsewhere, £1,541 interest and £2,251 in Gift Aid.

We incurred expenses of £3,214, comprising

£1,400 on insurance, accounting and legal fees, £1,565 on publicity (mainly *In Sight* plus small maintenance costs on our website) and £249 general expenses (mostly postage and travel).

We paid grants of £47,374.

Thus our expenditure in the year exceeded our income by £23,135.

Our assets amounted to £124,833 at the year end.

On 28 February 2015, we had agreed to provide grants amounting to £79,201 which had not then been paid. There were no other debts or reserves.

Our cash is invested in National Savings Income Bonds, with the Charities Aid Foundation (CAF) Bank and NatWest.

A copy of our accounts is on our website or may be obtained on request from the Treasurer.

Jazz Supper

A great time was had by over 60 lovers of jazz at the Undercroft on 4 October last year. The Blue Notes, with vocalist Hannah Wedlock, created a play list specially for us of all eye-connected titles such as "Smoke Gets In Your Eyes" and played as long as our licence allowed!

Liz Annesley prepared a wonderful meal of lasagne, salad and puddings and worked tirelessly with Marian Donovan in the kitchen all night.

With good food, wine, music and a raffle the event was great fun and profitable too. We even kick started sale of our 2014 Christmas cards despite it being quite early to do that! Very many thanks to the Blue Notes for playing for us again, to Liz for her expert catering, to everyone who worked to make the event so successful and to all of you who came to support us.



■ Jenny Ward serving Rodney and Norma Grey at the Jazz Supper



■ Marian Donovan and Liz Annesley

Christmas Cards

We had a very good year for Christmas cards in 2014, despite a small price increase for the larger cards and the rising costs of postage. Sales increased by 60%, largely thanks to Kathlyn Read and Brenda Fearn who sold cards in BEH reception. Our profit of £722 in 2014 compared well with £375 the previous year.

For those who like to know these sorts of things, our most popular card last year was "Feeding The Geese".

We have purchased three lovely new designs this year and acquired (at no cost) a better display case for them. 2015 cards are now on sale at the main reception desk in the Hospital. They can also be bought

from Marian Donovan Optometrist, Broad Street, Wrington, North Somerset, BS40 5LN (01934 862933) and Turners Opticians, 768 Fishponds Road, Bristol, BS16 3UA (0117 965 4434) or by contacting the Secretary or Treasurer.

We are pleased to say that our prices have not increased this year. Previous designs are also still available. One of the new designs is illustrated here.



SARAH WILLIAMS

We were delighted that Sarah Williams agreed to speak to us on Friday 12 June 2015.

Eighty members, supporters and staff enjoyed her talk and the barbeque in the BEH staff garden afterwards.

A full report and photos of the event will be included in *In Sight* 2016.



Saying goodbye to good friends and colleagues

At our AGM in 2014 we said farewell to **Chris Newton**, who had been our Public Relations Officer for all but the first four years of our existence. Chris was recommended by Trustee Philip Parkes. He was appointed in July 1981 to produce a newsletter and deal with all publicity issues and stayed with us for 33 years! Some years ago Chris moved to Gloucestershire to run his own PR consultancy and edit books for publishing.



■ **Chris Newton, with Annette Barrington, at his final trustees' meeting**

Chris produced the first edition of *In Sight* in November 1981. He set and maintained a high professional standard, producing an annual eight-page newspaper freely distributed in the hospital to patients and staff and sent to all members. As his swansong he produced the first colour edition of *In Sight* in 2014. He was almost always on hand at our social functions, taking photos for publication and the archives. A folk music enthusiast, in 2008 he kindly organized an excellent ceilidh, starring the band Finnegan's Wok, in aid of the Friends.

We hope to see Chris at some of our events, and in the meantime we wish him every success and happiness. A very big thank you, Chris, for all you have done for us over so many years.

We were delighted when **Isabel Gaiger** agreed last year to become our new Public Relations Officer on a voluntary basis. Unfortunately for us, Isabel's work unexpectedly moved her to Basingstoke and so she has had to withdraw. This is the reason for late publication of this edition, for which we apologize. We wish her well in her new home and job.

Farewell and thank you to **Rosemarie Ball** and **Kathlyn Read** who retired as Trustees at the AGM in 2015. Rosemarie became a Trustee in 2000 and Kathlyn, who had previously helped at several events, was elected in 2008. Many thanks to Rosemarie for her expertise behind the camera providing photographs for publicity and our records, to Kathlyn for managing our Christmas cards and to both for their invaluable practical help at functions. We hope to see them both at future events and if we are lucky, Rosemarie will bring her camera! We are delighted that Kathlyn has agreed to continue managing our Christmas card sales – you may even bump into her when you buy your cards this year!

Janet Belcher served as Performance and Operations Manager at the Hospital and throughout 2014 liaised

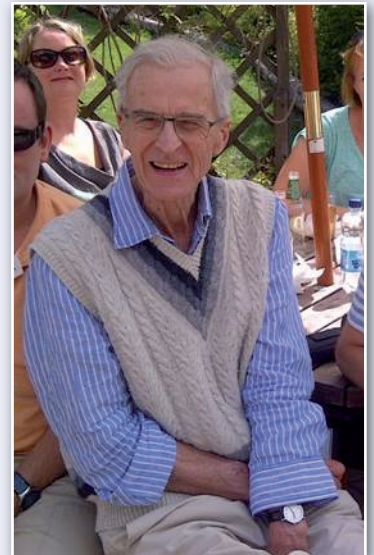
with the Friends helping us with grants and the inner workings of the Hospital. Janet has moved on to be Theatre Transformation Project Manager within UBHT. Despite her short tenure working with us, we thank her for her energy and enthusiasm, reflected in her delightful comment on page 7.

CLIVE HALTON

We were very sad to hear in January 2015 of the death, after a long illness, of our esteemed former Treasurer, **Clive Halton**.

Clive was born in 1939 in Wembley Park. He qualified as a Chartered Accountant in London, moving in 1969 with his wife Lindy to Frenchay, where they raised three children. Clive became Senior Partner in his firm's Bristol office and President of the West of England Society of Chartered Accountants in 1984.

Clive was a devoted family man. He loved travel, gardening, jazz, classical music and opera, and he was passionate about sport, especially cricket. He was also a great volunteer giving his time freely and enthusiastically for the benefit of others. He was Secretary of Clifton Cricket Club, a governor of Red Maids School and a trustee and chairman of the Bristol Municipal Charities, overseeing the rebuilding and refurbishment of almshouses and initiating the move to independence for Red Maids, Bristol Grammar School and Queen Elizabeth's Hospital.



■ **Clive Halton**

In 1988 he became a governor of Bristol Polytechnic and Chairman of its finance committee during its transformation into the University of the West of England, and upon his retirement from the office of lay treasurer he received an honorary doctorate from UWE in recognition of his distinguished service.

He became a Trustee of the Friends of Bristol Eye Hospital in April 1995 and served as our Honorary Treasurer from 1997 for 13 years with modesty and unfailing good humour throughout, only retiring in May 2010 because of poor health. During his tenure, Clive oversaw more than half of our total turnover.

On 31 March 2015 Frenchay Parish Church was filled to capacity for Clive's memorial service at which moving tributes were paid by family and friends. His intellect, sympathetic understanding, unshakeable integrity, generosity with his time and his capacity for friendship were highlighted as defining characteristics of a man much loved, admired and sorely missed.

FUND-RAISING NEWS

Generous supporters help us to meet increasing demands for funding

None of the work we do would be possible without the support we receive from people and organisations. We appreciate all donations and the various fund-raising activities that go on.

- **Portishead Royal British Legion Bowls Club** raised £1,000 for the Friends and presented a giant cheque to Secretary Dinah Harrison at their annual dinner on 28 November 2014. Keith Martin chose the Friends as his Captain's Charity of the year. Keith was so grateful to surgeon Phil Jaycock, not only for operating successfully on his eye but also for advising him to get his heart checked right away – leading to an urgent and successful triple heart by-pass operation.



■ **Dinah Harrison receiving the cheque from Keith Martin, then Immediate Past Captain, and Ben Daly, Captain**

- In June 2014, the Chairman, Vice-Chairman, Secretary, trustee Kathlyn Read and supporter Eric Small enjoyed a concert and afternoon tea at St Georges, Brandon Hill. **The Needham Cooper Charitable Trust** was being wound up and representatives from all the charities it had supported for 25 years were invited to this event in celebration of the Trust's work and the lives of its philanthropic founders Joyce and Bill Needham

Cooper. A further, and probably final, donation of £1,000 has since been received in 2015. We are very grateful for the Trust's very generous annual support over many years.

- We are grateful to **Mr & Mrs Pinchin** who run a Dance Class attended by Jenny Ward. By holding raffles they raised £725 which was used to buy the 'Simulation Eyes & Head' model (see page 3).
- As announced in last year's In Sight, we were delighted to be the nominated charity to benefit from all the profits of the **Alveston Flower Show** in September 2014 in memory of Francis Richardson Cross, the Bristol Eye Hospital's first President and a former president of the Flower Show. Hundreds of exhibits filled two halls; the standard of the entries was very high and included magnificent displays of vegetables, fruit, plants, flowers, delicious produce, crafts and some brilliant items from the local children. Competition was keen, and the excitement of the children and the pride of the adults were a delight to see. The judges duly delivered what must have been very difficult verdicts on the 26 classes of entries and Clare Bailey, BEH Consultant, presented the prizes. Jenny Ward, Julie Cloake and trustee Marie Mackle also represented BEH and the Friends. The Flower Show raised £433 and we are most grateful to Margaret Orchard and their committee for this valuable contribution. This money was used to fund the Medisoft Super-User Training.
- Our own trustee, **Peter Turner**, raised £74 for the Friends by running a cake stall.



■ **Jenny Ward and Clare Bailey with young prizewinner**

- In December, **Laura Watts of Watts Natural** hosted a sale of beauty products at the **Wendy House Nursery** in Cannington, near Bridgwater, and raised £53 for the Friends. She supported the Friends because a child at the nursery had received treatment from the Eye Hospital.

DONATIONS *Legacy*

We gratefully acknowledge receipt of nearly £8,000 from the estate of the late Esther Henrietta Jenkins.

In Memory

We received donations in memory of the following:

- **Gillian Dallas**, widow of former consultant Neil Dallas
- **Clive Halton**
- **Joyce Lock**
- **Doreen Wilkins**
- **Marian Hyanness Williams.**

Marian's daughter, Shirley Hodges, requested that we spend the money if possible on promoting awareness of **Charles Bonnet Syndrome**.

Charles Bonnet Syndrome (CBS) is a side-effect of vision loss which causes visual 'hallucinations'. These can be very vivid and sometimes alarming. Images can range from simple geometric patterns or grids to complex pictures of people, animals or landscapes. The hallucinations are caused by the brain's normal response to sight loss. As the cells in the retina are damaged, they send fewer messages to the brain and the brain cells which process what we see receive less stimulation. In some people these cells can begin to fire spontaneously, creating images of things which are not really there. People who do not know about CBS sometimes fear they are developing conditions such as dementia, so it is very important to remember that CBS is quite different and not a sign of mental illness. If you, or someone you know, would like more information on CBS, there are now good leaflets around the hospital (issued by the RNIB and by the Macular Society) or you can get information from the Macular Society (0300 3030 111)

– or, if CBS is troubling, there is also a counselling service available.

Donations

We are grateful to the following for their support for the Friends:

Kevin Abbey, John Abbott, Ruth Alexander, Leslie Allen, Richard Allen, Patrick Anketell-Jones, RD Barnett, Mike Bartlett, John Bates, Christopher Batt, Anthony Bevir, Viscountess Bledisloe, Gloria Boddy, Ann Brooks, Miss EM Brunton, Anthony Cherry, Annabelle Chisholm, Lionel Clarke, Geoffrey & Christine Clements, Mrs JM Colledge, Vivien Constable, Joyce Coombs, Helen Cooper, Ian Cooper, Mary M Cooper, Robert Cornish, Betty Crump, Tim Davidson, Barbara Dickinson, Miss EG Dickson, Adrian Dimmock, Marian Donovan, Ken & Joan Down, John Edwards, Carol Elson, Kenneth Evans, Ken Farlie, Amie Fisher, Drummond Forbes, John & Christine Fowkes, JA Gent, HM Gill, C Golland, V Gould, Eileen Gregory, Rodney Grey, Izmet Gursul, Carl Hall, the late Clive Halton, Jack Handscombe, Paul Hanham-Clark, Philip Hardy, Deborah Hill, Janet Hill, Mrs J Hogan, Ann Jackson, Peter Jackson, Mark James, Robert James, Tessa James, Barrie Jones, Sue Kerr, Alan Lane, Brian &

Avis Langdon, Diane Liell, David Loveridge, Stephen Macfarlane, Marie Mackle, Richard Markham, Jennifer Marrison, Betty Marten, S Martyn, Cora Maslen, Jo McDonald, Mrs JA Mills, Nigel Newman, Katharine Parkinson, Pamela Pascoe, Edward Perrott, Olive Perry, Eileen Peters, Derek Pitt, Anne Ploss, David Redway, Mrs MDE Rickard, Tamsin Rossiter, David Rowe, Mary Rowe, Ms A Sadler, Ann Salter, Caroline Sawyer, Sylvia Shaddick, Ray Soby, Elizabeth Spallanzani, Simon St Leger-Harris, Tony Stirratt, John & Peggy Styles, James & Louise Summers, Russell Symons, David & Mary Taylor, Prudence Thomas, Graham Tovey, Peter Turner, Doreen Watkins, Sandra Watson, Frances Watts, PH & MM Wells, Robert White, Susan Wildman, Mr & Mrs Robert Willis, Pauline Winfield, Joyce Woolridge and several other anonymous donors.

The Alveston Flower Show, the Dyers' Company Charitable Trust, the J&M Britton Charitable Trust, the Portishead Royal British Legion Bowls Club, PricewaterhouseCoopers and the Rotary Club of Wrington Vale.

Collecting boxes from Dragon Workshop in Clifton, Norville Opticians in Downend, RJ Manns Opticians in Thornbury and Specsavers in Weston.

BRISTOL EYE HOSPITAL – A SPECIAL PLACE

We often receive heart-warming testimonies to the work of the Eye Hospital. Here are some received this year:

From Lionel Clarke: "We are life members of the Friends and from personal experience know about the Eye Hospital. We are very proud indeed of it and think it should be equally proud of itself." Mr Clarke went on to commend "the value offered to patients by the Eye Clinic Liaison Officer [Laura Kirby]."

From Katharine Parkinson, who made a generous donation "with heartfelt gratitude for two successful cataract operations this year".

From Life Member Betty Crump, with one of her regular donations: "Once again it is in appreciation

of all the excellent help received from the hospital by family members and lots of friends".

Jan Belcher, Performance & Operations Manager, emailed to thank the Friends for their support during her stay at BEH. "The atmosphere at BEH is special and your contribution to that is significant."

The Friends' Facebook page has also been growing. It now has 38 followers, including Andrea Grayson who posted "Some of the nicest people in our area work within the walls of Bristol Eye Hospital; polite and understanding with young and older patients." Are you on Facebook? Would you like to stay in touch with what we do? If so, please like us.



The Friends of Bristol Eye Hospital was formed in 1977 to help to pay for the many little (and not-so-little) extras which can make all the difference to patients and staff but are not available from NHS funds. Since our foundation we have helped to fund everything from laser machines to children's toys.

What the Trustees do

We are an unincorporated charitable association managed by Trustees. Members vote on important decisions. Anyone over 18 may become a member and any member may put himself forward to become a trustee. One third of the Trustees must retire at each AGM, but may stand for re-election. Trustees may co-opt a new trustee between AGMs; such co-opted trustees must stand for election at the next AGM.

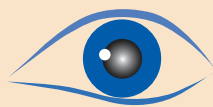
We advance health and relieve suffering of the sick by making grants or providing other assistance to the Bristol Eye Hospital. We raise funds to enable grants to be made and we decide which projects proposed by the Hospital to support. All our activities are for the public benefit.

By raising sufficient funds and by making grants to improve treatment and relieve suffering, the Trustees have achieved their objectives for the year.

If you are interested in becoming a Trustee or if you would simply like more information, please contact the Secretary.

Membership

If you would like to become a member or maybe just make a donation, there are forms available in the main hospital reception area or you can download one from our website www.fbeh.org



Friends of Bristol Eye Hospital

Registered charity no 274349

If you would like to make a donation by debit or credit card, you can do this securely on our website. Of course, if you would prefer to talk to someone, we would be delighted to hear from you:

- If you would like to become a member (and make a single or regular donation) or to help in any way, please contact the Secretary.
- If you have any questions about donations or Gift Aid or wish to make a bequest to the Friends in your will, please contact the Treasurer.

Contact us:

Hon Secretary

secretary@fbeh.org
Tel. 01934 822344

Hon Treasurer

treasurer@fbeh.org
Tel. 01761 463427

or by post to either at:

Friends of Bristol Eye Hospital,
Lower Maudlin Street,
Bristol, BS1 2LX

www.fbeh.org

GIFT AID

We seek Gift Aid declarations from all our donors who are eligible. This year we claimed Gift Aid of £2,251 – an increase of £300 over the previous year.

If you have made or are thinking of making a donation and have not given us a Gift Aid declaration, please consider doing so. It will enable us to claim an additional 25% of your donation at no extra cost to you. Please contact the Treasurer - we can do this over the telephone.

Did you know that we can claim Gift Aid on all cash donations (of £20 or less) from individual donors – even if you are not a taxpayer? For example, on all cash donated into our collecting box in the Hospital.

Trustees at 28 February 2015:

Annette Barrington
(Chairman)

Marian Donovan
(Vice Chairman)

Dinah Harrison
(Hon Secretary)

Simon St Leger-Harris
(Hon Treasurer)

Elizabeth Annesley

Rosemarie Ball

Timothy Davidson

Brenda Fearn

Deborah Hill

Marie Mackle

Kathlyn Read

Peter Turner

Heather Walker

The following also attended Trustees' meetings during the year:

Janet Belcher

(Performance and Operations Manager)

Isabel Gaiger

(Friends' Honorary Publicity Officer)

Richard Haynes

(Consultant Ophthalmic Surgeon)

Jenny Holly

(General Manager, Division of Surgery, Head & Neck)

Shelley Thomas

(Interim Head of Nursing for Surgery, Head and Neck)

Jenny Ward

(Theatre Manager)

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