

In Sight



Published by the Friends of Bristol Eye Hospital

£92,000 spent on grants this year

How we provide support

We welcome applications from staff for grants that will enable us to improve the care, treatment and comfort of patients by providing for that which is beyond NHS resources.

The exciting news is that this year we have spent £92,000 on 21 grants. This is the second largest amount in the last 25 years.

During the year we completed the purchase of items which the Friends had approved before the start of the year, i.e. renovation of the Humphrey Field and clinical rooms; simulation eyes and head model; 15 wireless indirect ophthalmoscopes; 4 theatre microscope digital cameras; a Medicap image/video capture device; new lockers for staff; and a drinks trolley for patients

on Level 2. All of these were described in *In Sight* 2015.

We spent about £900 on grants for the Eye Clinic Liaison Officer (ECLO) and these are described below in the article on *A day in the life of an ECLO*.

A bariatric treatment couch, required for safety reasons, has been purchased for Outpatients plus a specialist ophthalmic chair for the comfort and better treatment of patients receiving fluorescein procedures.



■ **Slit lamp**

The item can be used for the examination of children as it is less frightening for them and enables the ophthalmologist to make a swift diagnosis. The portability will allow ophthalmologists to assess patients at the Bristol Royal Infirmary and Southmead Hospital.

As well as all this the Friends provide ongoing maintenance of the Eye Hospital's gardens, indoor plants and the aquarium in the Paediatric Department.



■ **Gloucester Ward Treatment Room**

A & E have been given a Tonopen for testing eye pressures.

We paid for Gloucester Ward to refurbish their ward treatment room. You can see the new drug cupboards in the photo.

We agreed to purchase a portable slit lamp which enables examination of infirm and immobile patients so as to cause as little distress as possible.



■ **Fluorescein Chair**

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From the Chairman

Looking back I would sum up this year as one of quiet progress. We have met our objective of helping patients and staff and have completed some careful reviewing to ensure our good governance.

Thanks to our many supporters, we have been able to provide funds for much needed items.

Trustees Marie Mackle and her friend Pippa Hynes continue to look after the hospital gardens.

Former trustees Kathlyn Read and Rosemarie Ball, who stood down at last year's AGM, have continued to support the Friends: Kathlyn once again successfully managed the sale of our Christmas cards generating funds for us and Rosemarie took some wonderful photographs at our summer barbeque.

We were pleased to support the hospital's Recruitment Day in December which resulted in several new appointments to fill staff vacancies.

On the social side, we were delighted to welcome Sarah Williams as our very special guest speaker in June, our event of the year!

I mentioned last year that we would be presenting our updated constitution for members' approval at this year's AGM. I am grateful to those who have worked so hard on this and to Burton Sweet for their assistance with finalising the new version and for submitting it to the Charity Commission for approval. At the time of going to print, we await approval of the changes from the Commission. We expect to have received this before the AGM.

There has been considerable publicity this year about mismanagement of charitable funds and the Charity Commission are understandably tightening up their surveillance. To make sure that we

comply with their requirements and always observe good practice, your trustees have undertaken a financial controls review and will continue to carry out such reviews in the future.

We have some new faces at meetings. We welcome Richard Markham and Kay McCluskey, who were co-opted as trustees in January, and Sally Ashton who has kindly taken on gathering information for *In Sight*.

We were sad to say goodbye to Richard Haynes who has represented the Consultant Ophthalmologists at our meetings for a record eleven years! We wish him well in his new role as Clinical Director. We welcome Cathy Williams in his place.

We are also about to say goodbye and thank you to Tim Davidson who, having served as a trustee for nearly five years, will be standing down at our AGM in May. Tim has worked very hard on the project to update our Rules. I am delighted that he has offered to continue to assist us on this or other legal matters after he ceases to be a trustee. We shall miss his valuable input at meetings and wish him well for the future.

I thank all our members, donors, and supporters for their loyalty and generosity. Support comes in all sorts of ways. I'd like to mention two of our long-standing members who have helped us through sales of their paintings, Betty Marten and Bob Rylands. Also two newer members, Miffy Treherne and her husband, our indefatigable Treasurer, Simon St Leger-Harris who have raised over £1,400 for us by running in the Bristol + Bath Marathon.

I little thought when I succeeded to the Chair in 2009, at short notice and with some trepidation, that I should still be sitting in it seven years



later! The time has come to step down and I wish to thank all those who've served on the committee during that time for their support, especially my hard-working officers. Equally I thank all of you – our members. I've enjoyed presiding over all the things we've achieved together in that time.

I look forward to continuing as a trustee and I am sure with your continued help the Friends can go from strength to strength!

Annette Barrington

**AGM to
be held
Wednesday
11 May
2016,
6.15pm at
Bristol Eye
Hospital**

Our financial year runs from the first of March to the last day of

FINANCIAL REVIEW

February. We began the year with **assets of just under £125,000.**

We received **net income of £67,000** in the year ending 29 February 2016. This comprised nearly £20,000 in donations and membership subscriptions, over £44,000 from legacies, and other income from Gift Aid, interest and net profits from the sale of Christmas cards and the Sarah Williams event.

We incurred **expenses of £3,551**, comprising £1,706 on insurance, accounting and legal fees, £1,371 on publicity and £474 general expenses (mostly stationery, postage and travel).

We paid **grants of £91,652.**

At the year-end our assets amounted to nearly

£97,000. Almost all our assets are cash invested in National

Savings Income Bonds and with the Charities Aid Foundation (CAF) Bank and NatWest. We had also banked some cheques awaiting clearance, held stocks of Christmas cards and had Gift Aid due.

On 29 February 2016, we had agreed to provide grants amounting to an estimated £7,231 which had not then been paid and we expect to pay grants of a further £1,829 in 2016 for ongoing maintenance support, although our commitment to these is reviewed annually.

Our accounts for the year (and the above figures) are subject to finalisation and approval at the AGM and, once approved, will be available on our website or may be obtained on request from the Treasurer.

Statement on how we manage reserves

In addition to funds set aside to pay for grants already approved but not yet paid, the Trustees hold sufficient reserves to cover at least one year's expected future operating costs (excluding any other grants to the hospital).

Whilst the total funds at the end of the year exceed this amount, the Trustees do not consider the reserves to be excessive and they will continue to approve and pay for grants to the hospital out of the available reserves.

Annette's Chairmanship

Annette took over the Chair from David Easty in May 2009, having been Vice-Chairman for over four years.

During the seven years of her chairmanship our total income has been almost £300,000 and we've paid grants of £291,000.

Major grants were a microscope and anterior segment imaging and measuring system for use in corneal, vitreo-retinal and glaucoma clinics, half the cost of a Retcam for help in treating the sickest premature babies, part of the cost of an ultrasound scanner, cameras, TV monitors and video recording systems for all four operating theatres, and

a corneal collagen cross-linking device.

2010 was a special year for both the Hospital and the Friends. The hospital celebrated its 200th anniversary with an international symposium for which the Friends hosted the opening reception; we also supported a barbecue for staff past and present and an open day for the public. The Friends passed the milestone of £1 million given in grants since our inception, and celebrated this with our Magic Million Dinner and a brass band concert.

The million milestone was passed when we gave £7,000 towards an office for the Patient Support Nurse and Eye Clinic Liaison Officer, where patients can drop in for information and/or support. Annette declared the new information office open

and presented a symbolic giant £1 million cheque to consultant Richard Haynes.

Under Annette's leadership we have had a variety of social events and benefitted from her wide social connections. She introduced us to Sue Flood and Doug Allen, resulting in their presentation of their Antarctic adventures at our Planet Earth event.

Other successful events were a jazz supper with the Blue Notes, Moray Watson's one man show "Looking Back and Dropping Names", a cruise on the *Matthew* and a garden party at Churchill Court.

We all join in thanking Annette most heartily for all the work she has put in as Chairman of the Friends and we wish her well as she continues with us as a trustee.

A day in the life of an ECLO (Eye Clinic Liaison Officer)

by Laura Kirby

I've been working at Bristol Eye Hospital now for the past 3½ years and I can honestly say that no two days are the same!

I work in the Patient Support Service, which means that my role is wide ranging. I get in at 8.30am and discuss with my colleague whether there is anything urgent that needs to be completed that day. I spend some time updating our Facebook and Twitter pages to ensure that we are reaching a wide audience. At around 9.30am I process Certificates of Visual Impairment (CVIs) for patients who have recently been certified as visually impaired. Part of my role is to ensure that the patient's local council is informed of the certification so that they can be placed on the blind register. I keep in close contact with all the local councils, answering queries and discussing patients.

The most important part of the process is speaking to patients who have recently been certified as visually impaired. They need reassurance that there is support out there which I can help them to access. I work closely with charities such as Vision North Somerset, Action for Blind People and Age UK, all of which provide services such as rehabilitation, counselling, help with application for benefits, housing support, money advice and clubs. I make appropriate referrals to these agencies plus many more, depending on the needs of the patients.

Telephone queries range from how benefit entitlements affect prescription/transport charges, to anxiety problems relating to eye conditions. Patients may have seen



■ **Laura Kirby**

a sudden deterioration in their eye sight, be experiencing pain or just be generally worried. As the ECLO, it is my role to try and fully establish what the problem is so that I can help the patient efficiently. Occasionally, the patients that I speak to need to come into casualty, as they require urgent treatment, which I can arrange.

I often speak to people who need their CVIs quickly because they have applied for benefits and there is a deadline. In this instance, I am happy to accommodate them and provide any further supporting evidence which is needed.

I may see patients face to face who have just attended their appointment. The Patient Support Service is a drop-in service, so there is no need to book an appointment. I am available as a link between them and their consultant to discuss anything that is of concern.

This year the Friends of Bristol Eye Hospital kindly bought an iPad and a Kindle for the Patient Support Service. I regularly demonstrate these to patients experiencing

visual loss. The iPad has excellent features such as voice recognition software and one can enlarge the font, which makes everything easier to see. There is no need to make an appointment in order to be shown how to use either of these items and either I or my colleague Mary McGrory, the Patient Support Nurse, is happy to demonstrate.

I run a successful patient support group meeting six times a year. I organize speakers and flyers and update the Facebook page accordingly. I email the patients on my mailing list to let them know details, and send out posters to my very kind patient assistants who help me by displaying posters near where they live.

I regularly speak at local groups including the local macular societies in Bristol and Backwell and the Low Vision group in Yate. I can then show attendees useful equipment such as a talking watch, bump-ons and magnifier 'TV glasses'. I am a member of the Low Vision Services Committee which meets four times a year to discuss issues faced by visually impaired people in South Gloucestershire. I also meet with the other South West ECLOs four times a year in order to discuss issues, share ideas and swap tips which are really useful.

At the end of the day, I make my 'to do' list for the next day, ensuring that the most important jobs are prioritised. I take my notes to be filed and put my letters in the mailbag. Another busy yet rewarding day completed!

As well as the iPad and Kindle the Friends have also kindly agreed to provide funding for a Guide to Grants for Individuals in Need, a suitcase for transporting equipment, a large print book (Harry Potter), two folding festival cart trolleys, 4 packs of bump-ons and a set of Sim Specs. These spectacles simulate certain eye conditions and are invaluable for teaching; they will enable staff to understand different visual defects such as glaucoma,

RICHARD MARKHAM RETIRES FROM THE EYE HOSPITAL

After completing Medical School in St Bartholomew's Hospital, London, Richard Markham first came to Bristol Eye Hospital as a trainee between 1973 and 1975. He returned as a Consultant in 1981 and has been here for a further amazing 35 years. Richard pursued Paediatric Ophthalmology and Vitreoretinal surgery. He has always taken a keen interest in the development of Bristol Eye Hospital and served two terms as Clinical Lead. The first Clinical Fellowship in Bristol Eye Hospital, a post funded by the Friends, was in vitreoretinal surgery working with Richard and Rodney Grey.

Richard served for six years on the first Council of the Royal College of Ophthalmologists and as President of the South West Ophthalmological Society. His contribution to the welfare of patients, Bristol Eye Hospital, and the wider ophthalmological community has been immense.

Overseas, Richard has worked

on short attachments doing clinical work and teaching in China, Saudi Arabia and the Falkland Islands.

Away from work Richard has run in 5 marathons – in London, Paris, Berlin, Boston and New York - and an ultra-marathon of 54 miles in South Africa. The major regret of his running career is that he never quite managed to finish ahead of Paula Radcliffe despite his legendary sprint finish.

Richard has made two trips to Antarctica and survived some hair-raising experiences at the cost of a few finger tips. He has now given up huskies and prefers to travel by train.

Richard's good humour and ready smile have made him a firm favourite wherever he goes. We wish him well in his retirement.

(Our thanks to Mr Stuart Cook for this informative article.)

Post Script: 250 colleagues past and present attended a splendid



■ **Richard Markham**

dinner in Richard's honour at Bristol Museum on 26 February. The Friends were represented by Secretary Dinah Harrison. We were delighted when Richard agreed to be co-opted as a trustee of the Friends and he will be standing for election by the members at our forthcoming AGM. We wish him a long and happy retirement and look forward to his close association with the Friends.

age-related macular degeneration and hemianopia. This in turn will ensure that staff help patients more effectively. Many patients have issues with reading, leading to feeling isolated, so a large-print book has been purchased to demonstrate suitability to individual needs.

A Canon CanScan scanner was given to the Patient Support Nurse so that patient notes can be scanned in order to maintain up-to-date accurate records. It will also enable the nurse to save the details of conversations with patients for future reference, thereby dramatically improving the quality of service.

I am very grateful to the Friends for all their support in buying equipment for my team this year.



AVON GORGE BOAT TRIP 2016

Thursday 23 June

TICKETS only £20.

Embarkation 7pm -
return approx 9.30pm

- Come and join us to marvel at the stunning scenery on Bristol's doorstep.
- Welcoming glass of sparkling wine provided on arrival.
- Tea, coffee and bar available on board.
- Bring your own picnic or why not pre-order Fish & Chips for £8 on booking?
- Departure from near S.S. Great Britain promptly at 7pm.
- Apply early as numbers are limited!
- To buy tickets please contact Heather Walker on: 01934 852638 or email secretary@fbheh.org

FUND-RAISING

eyePlod – first (and last?) marathon

Our Treasurer Simon St Leger-Harris and his wife Miffy Treherne completed the inaugural **Bristol + Bath Marathon** on Sunday 25 October 2015, raising money for the Friends and two other eye-related charities: **Life Cycle UK's "Two's Company"** a Bristol-based charity which enables blind and partially sighted people to cycle on tandems and **Sightsavers International** which saves people's sight and assists those who have lost their sight in developing countries.

Simon's sight was saved by the wonderful work of the Bristol Eye Hospital in 2009 and he has been a trustee of the Friends since 2011. Miffy is a volunteer tandem front-rider for Two's Company.

Simon was running his first ever marathon – and thought

it would be his last. Miffy was running her fourth marathon adding the scenic (and hilly!) Bristol + Bath to her more glamorous collection so far of New York, London and Paris.

They both finished in one piece – Miffy in 4h 23m and Simon in 5h 50m – a long time but he was pleased to finish. Extraordinarily he is talking of doing it all again!



■ **Simon and Miffy**

Running under the team name of **eyePlod**, and with very grateful thanks to all their supporters, Simon & Miffy raised almost £2,900 in total (including Gift Aid) of which the Friends have received £1,422.

SAYING GOODBYE...

V.J. Marmion

Mr Vincent Marmion, consultant at Bristol Eye Hospital from 1964 to 1992, died on 24 April 2015.

He held a special interest in diabetes and glaucoma and after his retirement researched and wrote articles on medical history, with an emphasis on ophthalmology.

Mr Marmion was a senior consultant when the Friends of Bristol Eye Hospital was founded, and we were very pleased that he was able to join us at the Magic Million dinner in 2010.



■ **Vincent Marmion**

Joseph Fynn-Garbrah

We were saddened by the death of Joseph Fynn-Garbrah in June 2015.

Joseph was much loved by his colleagues at the Bristol Royal Infirmary and latterly at Bristol Eye

Hospital, where he was a nursing assistant in Theatres.

He will be remembered for his quiet manner, wisdom, integrity, humour and of course – his smile!

SUMMER BARBECUE

On 12 June eighty Friends, supporters and hospital staff gathered in the staff garden for drinks before repairing to the Chapter House Lecture Theatre to hear our guest speaker, the inspirational Sarah Williams. Sarah was nominated by *The Independent on Sunday* as one of the "100 most outstanding people who make the world a better place". Her audience soon understood why as she entertained us with a whirlwind account of her experiences working to help others, both locally and all around the world, and volunteering to raise funds for all sorts of good causes.

Sarah was born with Marfan Syndrome (a genetic disorder of the body's connective tissue which affects the eyes as well as the heart

Donations, Legacies and In Memory

We gratefully acknowledge receipt of legacies from the estates of the late **Iris Doreen Potter** and **John Porter Ball**.

We received further donations in memory of:

- **Gillian Dallas**, widow of former consultant Neil Dallas, and
- **Clive Halton**, former Treasurer of the Friends

We are grateful to all the following for their support during the year: John Abbott, Hilary Abrahams, Ruth Alexander, Leslie Allen, Richard & Christine Allen, Peter & Rosemarie Ball, Elspeth Bardsley, John Bates, Christopher Batt, Robert Batters, Anthony Bevir, Richard Blake, Viscountess Bledisloe, Patricia Brand, Guadalupe Brockman, Simon and Helen Brooks, Anthony Cherry, Lionel Clarke, Geoffrey & Christine Clements,

Joyce Coombs, Rob Cornish, Betty Crump, Adrian Dimmock, Ken & Joan Down, John Edwards, Carol Elson, Kenneth Evans, Ken Farlie, Brenda Fearn, Amie Fisher, Peter Fry, JA Gent, Rodney Grey, DT & PA Guest, Carl Hall, Lindy Halton, C & BA Halton, LE & JG Halton, Jack Handscombe, Paul Hanham-Clark, Philip Hardy, Wendy Harper, Dinah Harrison, Deborah Hill, Janet Hill, Mark James, Derek King, JR & IV Lake, Anthony Landsberg, Margaret Landsberg, Anne Lane, Nigel Lovell, David Loveridge, Marie Mackle, Richard Markham, Jennifer Marrison, Betty Marten, Kay McCluskey, Ken & Mary Miller, Mrs JA Mills, John Murray, Nigel Newman, Pamela Pascoe, Olive Perry, GG Phillpotts, Derek Pitt, Anne Ploss, Lyn Read, David Redway, Carol Richardson, Mrs

MDE Rickard, Mary Rowe, Bob Rylands, Andy Sadler, Elizabeth Salter, Sylvia Shaddick, David Slater, Ray Soby, Simon St Leger-Harris, Terry Stevens, Tony Stirratt, James & Louise Summers, Annette Sylvester, Mrs MJ Symons, David & Mary Taylor, Graham & Anne Tovey, Miffy Treherne, Peter Turner, Lucy Walsh, Doreen Watkins, Robert White, Susan Wildman, S & FM Willetts, Robert Willis, SM Wilton, Pauline Winfield, Joyce Woolridge, the many sponsors of Simon and Miffy's marathon and other anonymous donors, and all these trusts:

Deutsche Bank Charities Trust, Dyers' Company Charitable Trust, J&M Britton Charitable Trust, Jonathan & Polly Wood Fund, Needham Cooper Trust and Rotary Club of Wrigton Vale.



■ **Jenny Ward, Ruth Alford, Hannah Koleczko and Sandra Jones**

and feet) and was registered blind for eight years. This has not stopped her tackling a mind-boggling number of activities. A qualified nursery nurse, she has worked with under-privileged children in Peru, Zambia, Cambodia, South Africa and India, with refugees in Yugoslavia, tsunami victims in Sri Lanka, at a children's hospital in Bolivia and an orphanage in Romania and taught Braille in London, Sydney & Auckland. In the last few years she has undertaken 150 challenges to raise £150 for each of 150 charities. She has cycled, walked,

climbed, flown, glided, sailed, abseiled, white-water-rafted, gardened, ski-ed, sung solo and with choirs, rung bells, driven two tanks & a steam train, scuba-dived, pony-trekking, llama-trekking, taken lessons in fly-fishing, stained glass work, basket-making, first-

aid, African drumming, paintballing etc. etc. "What do you do in your spare time?" was the ironic question from one of the audience; we were all out of breath just listening!

In conclusion Sarah paid tribute to the wonderful team at Bristol Eye Hospital where in January 2015 she had had an operation which restored sight in her right eye, which had been completely blind. After Sarah had answered questions, it was time to return to the courtyard garden where surgeon Richard Haynes demonstrated his culinary skills at the barbecue. He and Theatre

Manager Jenny Ward and their staff team produced a delicious supper, the bar was well-tended by Friends' trustee Marie Mackle and her volunteer friends and a good time was had by all. Our treasurer Simon St Leger-Harris, who organized the event, was pleased that we raised the profile of the Friends while giving staff and members a chance to mingle and enjoy a pleasant social occasion.

Our thanks to everyone who helped stage this event and to all who donated prizes including Butcombe Brewery who also provided beer at knock-down prices!!



■ **Sarah Williams with Richard Haynes**

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.

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

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.



Friends of Bristol Eye Hospital

Registered charity no 274349

- 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

If you are a UK taxpayer a Gift Aid declaration enables us to reclaim an extra 25p from the Government for every £1 you donate. This provides valuable and important additional funds to support our work. Gift Aid forms are available in the hospital, can be downloaded from our website or you can contact our Treasurer by email or telephone.

In order to be eligible for Gift Aid, you must pay enough UK Income Tax and/or Capital Gains Tax in the current tax year to cover the 25% that we and any other charities you support will reclaim on your donations. Recent changes to the taxation of interest and dividends (including removal of the notional dividend tax credit) could mean that some donors will no longer pay sufficient tax from April 2016 to support donations under Gift Aid.

If you have previously given us a

Trustees at 29 February 2016:

- Annette Barrington** (*Chairman*)
- Marian Donovan** (*Vice Chairman*)
- Dinah Harrison** (*Hon Secretary*)
- Simon St Leger-Harris** (*Hon Treasurer*)
- Elizabeth Annesley**
- Timothy Davidson**
- Brenda Fearn**
- Deborah Hill**
- Marie Mackle**
- Richard Markham** (*co-opted*)
- Kay McCluskey** (*co-opted*)
- Peter Turner**
- Heather Walker**

The following also currently attend Trustees' meetings by reason of their position or office but do not vote:

- Sally Ashton** (*In Sight Editor*)
- Jenny Holly** (*Assistant Divisional Manager, Surgery, Head & Neck*)
- Shelley Thomas** (*Interim Head of Nursing for Surgery, Head and Neck*)
- Jenny Ward** (*Theatre Manager*)
- Cathy Williams** (*Consultant Ophthalmologist*)

Gift Aid declaration, please check that it remains valid. If you believe you will no longer pay sufficient tax to be eligible for Gift Aid and wish to withdraw your declaration, please let us know by telephoning or e-mailing our treasurer and we will cancel it immediately.

Did you know that we can claim Gift Aid on all cash donations (of £20 or less) from individual donors without a Gift Aid form – even if you are not a taxpayer? For example, on all cash donated into our collecting box in the Hospital.

In Sight is written and edited by **Friends of Bristol Eye Hospital**.
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