



Winter 2012

## Featured in this edition:

- How you helped rebuild a lost life
- Ted Swann fondly remembered
- Willing your way to raise cash
- Christmas events at QAHH

# ALEXANDRA POST

Supporting our disabled veterans since 1919



## 2012 The Patriotic Year

What a year! The Jubilee celebrations and Olympic home games have created an inspiring legacy for all of us and our families to remember for many years to come. As we near the end of this amazing year we ask you all to take time to remember those in the Armed Forces that represent our Country, who have lost lives and made personal sacrifices for us all.

### A Poppy Red

*A poppy red  
To remember the dead  
Who fought and died  
Side by side  
For God and country  
To keep us free  
These men and women  
They died for me.  
Do we remember the sacrifice  
Made on the battlefields?  
Pain and death and injury  
The freedom won.  
You say 'history'  
NO  
The sacrifices are still made  
The fields are still blood red  
And somewhere in the world  
A bullet is released.  
And loved ones die for freedom  
Loved ones die for peace.  
A final sacrifice of one  
On some far off shore.  
I'll cry until the morning  
For those who've gone before.  
Dedicated to all those in the armed  
forces who have gone before.  
Georgina Smith*

[www.christianpoetry.org.uk](http://www.christianpoetry.org.uk)

QAHH is a national charity providing nursing and rehabilitation to disabled veterans. Our newsletters tell the stories of our residents and the difference you as a supporter have enabled us to make to their lives. We thank you for your support without which we would not be able to deliver the high standard of care that these Servicemen deserve.

## Tell your friends about us



A QAHH promotional video is now available on YouTube. We hope that this video media will enable a wealth of people to see our work. Please feel free to email and share the link on YouTube with your friends and colleagues to help spread the word of QAHH. Please go to YouTube and enter 'The Queen Alexandra Hospital Home' or use the link provided:  
<http://www.youtube.com/watch?v=aE-m31ZaQv0>



# A National Hospital Home for Disabled Veterans

# 1933-2013: 80 years in Worthing

2013 will mark 80 years since QAHH moved to Worthing. Supporter Richard Tilney remembers The Queen Alexandra Hospital Home as it was after the move.

*"Back in August of 1933, I came to Worthing when your home was first opened. My father was in the first party which came down from Roehampton and I came along with my mother. In 1935 my little brother, Bob was born but sadly things deteriorated and father died on November 11th 1935.*

*I suppose I must be the only person who remembers what the old wards looked like. As Bob and I grew older we would visit the Home regularly – most of dad's old friends in the home seemed to 'adopt' us – we had more 'uncles' than most boys.*

*Although I was young I can remember lots of things which seemed wonderful*



Mr Tilney's father, holding the pigeon.

*to me – I remember being in a long ward when the men, having made sure they were not being watched, pulled a bed across the room and a young man who had lost both legs propelled himself around on a wheeled tray using his knuckles – this lad raced down the ward to jump over the bed while we all rolled about laughing! I realise now that these were really still very young men.*

*The men who looked after the pigeons would give me a bird to take home – it soon escaped from its hutch and returned to the home! The men were very proud of a brass plate in the pigeon loft where the Prince of Wales hit his head! I can also remember the home had a Lord Roberts' workshop\* attached where the men made little things. Father was able to assemble radio parts for the Cossor Radio Company.*

*I still have my father's old 'Silver Badge' – all the discharged wounded received a numbered silver badge – 'For services rendered for King and Empire'.*

*Having visited the Hospital Home in July, I was so pleased to see how things have improved – no more wooden crutches and hand driven wheelchairs."*

**If you have any memories of the Queen Alexandra Hospital Home, we would love to hear from you. Likewise if you would like to visit QAHH to see how things have changed and developed over the years, please contact the fundraising department to book onto one of our tour days.**

\*Lord Roberts Memorial Workshops was an organisation set up to create employment for wounded ex-Servicemen .



The modern room.

## Honouring Queen Alexandra's great granddaughter

**In a year filled with patriotic celebration, communities all over the country demonstrated the pride of Britain this summer, hosting street parties for The Queen's Jubilee. Never one to be left out of festivities, QAHH staff, residents and friends enjoyed a day of merriment, honouring Queen Alexandra's great grand-daughter and her 60 years on the throne.**

Through your donations and funding from several organisations, the celebrations kicked off with a fantastic performance from The Melodians Choir in the day room. Residents waved their flags and sang along to classic tunes,



culminating in a fine rendition of God Save The Queen.

The rain failed to dampen spirits. Staff – dressed in the 1950's theme – worked tirelessly, hanging bunting, making crowns, blowing balloons and laying tables, in order to transform the Social and Recreation department into a marvellous indoor street party.

The kitchen produced a delicious buffet complete with coronation chicken sandwiches and two wonderful cakes which Harry, our eldest resident at 102, had the honour of cutting.



**Name:** Gifford Bear  
**Age:** 93 (Bear years)  
**Occupation:** Medic in the  
Armed Forces

## Meet our mascot!



Meet Gifford Bear, the newest member of the family at QAHH. Gifford can be seen at various events - usually with a collection bucket in hand! He works hard to raise vital funds for our disabled veterans. Over the last couple of months Gifford has made appearances at our Open Day and at Shoreham Airshow and will also be in attendance at our Christmas Bazaar in December. If you see Gifford out and about please go and say hello - he is a very friendly bear and loves to meet all his fans.

If you would like Gifford Bear to make an appearance at your event, please phone the fundraising office on 01903 218444 or email [fundraising@qahh.org.uk](mailto:fundraising@qahh.org.uk).

# How you have helped rebuild a lost life

**Scott**, a former Sergeant in the Parachute Regiment, was brutally mugged in Brighton on 25th October 2011. Struck with a blunt weapon across the head, Scott was left with 14 pieces of skull lodged in his brain and in return the mugger stole £60, a watch, his mobile phone and at 46 years old, his life. He woke needing a tracheotomy to breathe and couldn't speak or swallow. Unable to walk, he had little movement in the right side of his body and needed hoisting in order to transfer from his chair to his bed or the toilet.

Scott arrived at QAHH on 5th March 2012 and in eight months has made incredible progress. Scott can now breathe and eat and drink independently. His speech has dramatically improved and with four physiotherapy sessions a week, Scott has learnt to walk 15 metres and climb 12 steps. Your donations help provide this specialist level of care, which is helping Scott regain his independence.

Scott is in pain every day but says **'I will beat it. They ruined my life but I will get it back. The physiotherapists here are magic - they taught me to walk and climb stairs. I can wash myself now - gradually I'll get back to normal'**.

Scott was born in Holytown in Lanarkshire, Scotland. He joined the Parachute Regiment in 1981 and served for 9yrs in the Mortar Battalion and C. Company. Scott was promoted to Sergeant after serving in Northern Ireland, Somalia and the Falklands. Recovering at QAHH, he has enjoyed living alongside other ex-servicemen **'The residents are great. We have a lot in common and can talk shop!'**

After leaving the Parachute Regiment, Scott enrolled at Brighton University and studied to become a registered general nurse. He worked at the Royal Sussex County Hospital and became an ITU specialist. Scott says of the nursing at QAHH **'The health care assistants are fantastic. I worked in the nursing profession for twenty years so I've seen everything and I can't speak highly enough of the staff here - the care is brilliant'**.



Scott is working towards living independently and will be at QAHH till Christmas at the earliest. With the determination Scott is showing, coupled with the range of specialist therapies your donations help to provide, he looks certain to take back the life he so savagely lost.

## Tea with the Queen



Thanks to the donations that you have made towards QAHH outings and the coach costs, a party from the QAHH had the privilege of attending a very special and honourable event - the Royal Garden Party at Buckingham Palace.

Activities and outings are a major part of life at QAHH. Visits in the past year have included trips to London museums, the London Eye, Twickenham rugby ground for a number of international matches, Thames boat ride, with the most popular visit being the Buckingham Palace Garden Party.

*'It is a huge honour to be invited to the Garden Party, we all look forward to it.'* - **QAHH Resident**.

**Fundraising: 01903 218444 03**



## QAHH fondly remembers Ted Swann

and when he arrived at QAHH at 92 years old, his military mind-set remained intact. The nursing staff on Alexandra Ward fondly recall **“Everything had its place in Ted’s room, he was always up early singing or humming and he loved his daily routine. Ted was a true army man.”**

After checking in with our physiotherapists and enjoying a session on the hand bike, Ted would ‘clock on’ in Social and Recreation, a department where veterans can join in activities, games and artistic projects. Each day Ted spent hours selflessly scrunching tissue paper for the residents who enjoy making collages. The department feel his loss **“He took it on as his job and his motto was you don’t go home until you finish your work. He liked the routine and was so proud of his role”**. There weren’t many times you could take Ted from his post, but singing solos at band practice was an activity he loved. Social and Recreation was an important place for Ted and he once commented: **“I am the drummer in the**

**band! I do everything that I can, which is most things. I like the atmosphere and enjoy the activities and I get on well with everyone, ‘the inmates’ as I call them! It helps to develop friendships, my confidence and I learn new skills.”**

Ted also took advantage of the QAHH outings, each year visiting the Cenotaph where he would proudly display his 1939 Star, Africa Star, Italy Star, France-Germany Star, Long Service & Good Conduct Medal, Defence & War Medal, General Service Medal (with Mayala Clasp) and Dunkirk Medal.

Ted will be sorely missed by all at QAHH, not least for his catchphrase “Can you give an old man a push?” and his beaming smile. Our thoughts are with Ted’s family at this difficult time.

**Your donations allowed Ted to take advantage of our outings, Physiotherapy, Social and Recreation and Occupation Therapy departments. Thank you for helping Ted enjoy his six years at QAHH and for supporting the veterans who continue to benefit from our services.**

QAHH lost a treasured comrade when Thomas Frederick Swann (Ted), a resident since 2006, sadly passed on September 19th.

Enlisting at 18, Ted spent twenty-four years in the forces, serving with the Yorks & Lancs Regiment, Gordon Highlanders, SAS, West African Frontier Force and R.E.M.E. Surviving shrapnel injuries in Dunkirk, a bullet to the face after the D-Day landings and a mortar bomb in Burma, Ted’s spirit endured

## You have made us winners!

Donations towards the Social and Recreational department enabled our residents to share the Olympic spirit, through an Olympic and Paralympic inspired fun day. The day, organised by our Social and Recreational team aimed to help residents feel engaged and socially included in this iconic event and if the beaming smiles and loud cheers of support were anything to go by, the fun day proved a huge success.

Staff patriotically donned red, white and blue to demonstrate their sporting prowess. Matron officiated the event and residents supported from the side lines, waving flags and encouraging competitors in their desperate plea to win a medal made by our residents. Festivities ended with an Olympic inspired cake and awards ceremony,

where residents Hugh, Chris and 102 year old Harry presented medals to the victors.

Gill, our Social and Recreational therapist commented **‘It was brilliance in action! The Olympic fun day was**

**a fantastic experience for everyone involved. The residents loved it and the staff demonstrated the Olympians have nothing on us!’** Thanks to your contributions towards the Social and Recreation department, we can continue to engage residents in group events, encouraging activity and brightening moods on even the most difficult days.





# Say goodbye and feel proud-Homeward bound

Say your goodbyes to Graham, as you have helped him to walk home! Graham, is a familiar face in Worthing, working at his father's greengrocers on Brighton Road since leaving school. Other than 2 years national service, fighting in the Canal Zone with the RAF, he served people their fruit and veg until a stroke hospitalised him at the age of 78.



Graham returning home.

Graham was left unable to stand, his hands shook constantly, his sight deteriorated and his hearing was impaired. Doctors told him he would never walk again. In April 2012 Graham transferred to QAHH, having tried other nursing facilities, and as soon as he arrived he felt at home.

**"I was astounded – there's nothing like it. Everyone is so kind and I can't**

**praise them enough. I can't fault the nursing. No one has ever been cross or annoyed. It's comfortable, clean, the food is really good and there is plenty of it. The day trips you don't get in any other home. I loved them. I went on river trips, for lunch and even to Buckingham palace for their garden party. I think my favourite thing about QAHH is the Social and Recreation department – I really enjoyed that. We did activities, games, sports, made collages and I made a good friend in Gordon who sat next to me"**

The biggest achievement Graham made in his 3 months at QAHH however, was in the physiotherapy department. Graham left able to walk using a frame. **"QAHH has done me a world of good. It's thanks to the physios for putting me through it that I've done it. It's not been easy but it's easier now – I never thought I'd walk again but now I can even walk up the stairs".**

Graham will be missed at the Hospital Home but QAHH's primary aim is to help our residents lead a more independent life and returning home is the greatest achievement possible. Graham left saying **"It will be nice to get home to my family but I will visit. You've all been so kind and done all you can for me and I would like to thank you. We proved them wrong!"**

Thank you for your donations towards our Physiotherapy department, which enable so many veterans, like Graham, to regain their mobility and independence.

# A day out of the office anyone?



We are currently looking for teams of corporate volunteers to help with the mammoth task of getting our garden looking ship-shape and creating a pleasant outdoors environment our residents and their families can enjoy.

For residents that are unable to leave the premises unattended, the gardens provide a sanctuary of calm where they can relax whilst soaking up some sunshine and fresh air.

In this difficult economic climate, many companies are looking for new ways of supporting charities. By supporting this project, your organisation can make a real impact on the lives of disabled veterans simply by giving your time!

You don't have to be an experienced gardener, all we ask for is your enthusiasm and we are happy to arrange dates to suit you. If you think your company can help or for more information please call Jenny on 01903 218444 or email: [Jennifer-hanraads@qahh.org.uk](mailto:Jennifer-hanraads@qahh.org.uk).



## Free WI-FI at QAHH

Donations towards IT improvements at QAHH have now enabled residents and visitors to access free WI-FI internet connection in the day room and coffee bar. Please ask reception or our volunteer barista for the password.

**Fundraising: 01903 218444 05**

# A big thank you to our Trusts and Foundations



Our partnerships with Trusts and Foundations are critical to the success of the provision of care and rehabilitation for our residents.

## Benevolent Trust Support

A huge thank you goes to the Royal Navy and Royal Marines Charity who have donated £33,400 in July 2012. This generous donation is a tremendous contribution towards our work for Navy residents with neurological and physical disabilities.

We also received a fantastic £40,000 from ABF- The Soldiers' Charity and

£15,000 from the Royal Air Force Benevolent Fund.

## QAHH bed replacement appeal

Our beds are in constant use and as such, they have incurred significant wear and tear over the years. We have been raising funds for the 'bed replacement appeal' which will see all 60 beds being replaced with fully profiled beds over the next four years. With each bed costing £1,595 we need to raise a total of £23,925 each year. To date, we have received £3,190 from Meeting Industry

Meeting Needs and £20,000 from The Leathersellers Charitable Trust over the 4 years, £1,000 from the Douglas Arter Foundation and £750 from The Doris Field Charitable Trust. These beds will go a long way in helping to alleviate suffering and providing comfort and dignity to our residents.

## 2012 Speech therapy programme

We recently received funding from The Ian Karten Charitable Trust to provide our residents with adaptive computer technology and communication aids such as Webcams, Skype, Ipads and Say It! SAM speech assisted software. We would like to teach residents these new ways of communicating and enable them to get the best out of these new technologies. We are delighted to have received £8,648 from James Tudor Foundation, £5,000 from the Sandra Charitable Trust, £5,000 from the Elizabeth and Frankland Moore and Star Foundation and £1,500 from Boshier-Hinton Foundation towards this. These donations have made it possible for residents living with neurological conditions, strokes and Parkinsons to overcome their great difficulty in communicating. As a result, residents no longer feel isolated and are able to continue to take an active part in community life.



## Donating your time

If you would like to support disabled veterans through the donation of your time, we have many volunteering opportunities available including serving coffee and cake in our new coffee bar. If you are interesting in finding out more please contact Sheila on volunteers@qahh.org.uk or phone 01903 213458.



## A ride to remember

Earlier this year, QAHH were thrilled to discover that employees at Miller Brands UK had chosen to support us as their charity of the year 2012/13. Staff have actively been fundraising throughout the year, and have also given their time to help with the preparations for the annual Open Day in July. However they are yet to undertake their biggest challenge.

On Saturday 3rd November, a team of employees are taking on a gruelling 60 mile cycle ride from the Cenotaph in London to QAHH in Worthing to remember all the Servicemen that have fought for our country and to raise as much money as possible to support disabled veterans at the Queen Alexandra Hospital Home. To show your support and sponsor the team visit [www.justgiving.com/aridetoremember](http://www.justgiving.com/aridetoremember)



Between us we did not let the wettest summer for 100 years dampen our spirits! Despite a week of torrential downpours, the annual Open Day took place on Saturday 14th July and we were very fortunate that a brief break in the rain right on schedule at 3pm allowed the Band of the Royal Signals to march as planned. With further entertainment provided by Manning School of Irish Dance, Inspire Leisure Glee Club, Shoreham Allstars, Professor Joe's Punch & Judy and ballroom dancing by Colin & Margaret Putnam, the day was a huge success and raised over £10,000 for QAHH. Thank you very much to everyone that attended, gave up their time to volunteer and donated items for our stalls. Next year's open day is scheduled for Saturday 13th July 2013!

## Willing your way to raise cash for QAHH

**We would like to express a big thank you to those of you who took part in *Make a Will* week for QAHH. We raised a fantastic £350.**

*Make a Will* week is designed to encourage you to take expert advice and make that will that you have never got around to doing! The opportunity is free to you through the generosity of a handful of solicitors. QAHH ask for a suggested minimum donation – instead of paying a charge to the solicitors, who instead, donate their time.

Juliet Stallard Head of Fundraising said 'I had put off making a will for several years and this was the perfect opportunity to stop making excuses and get the job done! It was a simple process and took little time, but the security I have now gained from completing this task is with me for a lifetime. I always thought legacies were just about financials, but when I was asked 'Who would care for my daughter if anything happened to myself or my husband?', I felt selfish for not having the answer to this question in place for my daughter's future. The will holds information that provides security not just for me but for my family's future too.'

We would like to thank Thomas Eggar

and Green Wright Chalton Annis for their support with this appeal. We are planning the next *Make a Will* week for 2013. If you are interested in participating, please contact Gemma-cannon@qahh.org.uk.

Gifts both large and small play their part in providing funding for vital items or equipment and resources, improving the quality of care received by Hospital Home residents. A gift in your will costs you nothing now but will secure the future of QAHH and help us to ensure that our brave veterans of today get the support they need and deserve in the future.

*Michael came to QAHH in September 2010 until November 2010 for palliative care. He was suffering from prostate cancer. His wishes were to leave a financial gift in his will towards purchasing new state of the art beds at the Hospital Home. Thanks to Michael's generosity, we have been able to purchase 15 beds which will ensure that the current and future residents receive the highest care and comfort possible.*

*Your gift will change lives and ensure that QAHH will be here in the future, for the injured Service personnel of today.*

**Please consider supporting the future residents of QAHH and leave a gift in your will.**

## Annual Carol Concert at Lancing College Chapel

– Sunday 16th December

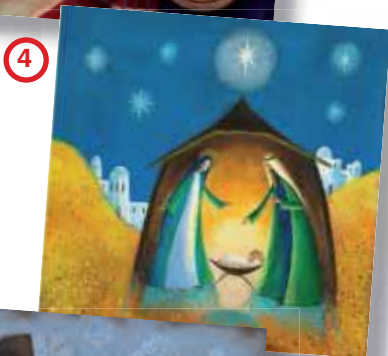
***Tickets on sale now – Book early before they sell out!***

QAHH will once again be hosting its annual Carol Concert in the beautiful festive venue of Lancing College Chapel on **Sunday 16th December at 3pm**. The concert, sponsored by independent local estate agents Howard & Co will feature performances from Worthing Voices with Cantamus and Clapham and Patching C.E. Primary School, alongside traditional congregational carols. The event continues to grow in popularity, with last year's concert a sell-out and early purchase of tickets is strongly advised to avoid disappointment. Tickets are £6 to include the cost of a programme. To book your tickets call the fundraising office on 01903 218444 or visit [www.qahh.org.uk/events/event/carol-concert/](http://www.qahh.org.uk/events/event/carol-concert/) to purchase online.

**Fundraising: 01903 218444 07**

# Christmas Cards

This year's Christmas cards in aid of QAHH are available online, in reception or via post. The cards cost £3 for a pack of 10, plus 50p a pack for postage. The cards not only provide QAHH with a donation, but also provide an opportunity for you to help us spread the word about the charitable support we offer at QAHH to your friends and family. Give us a call on 01903 218444 to order your cards or send a cheque in the post.



# New festive extravaganza at the QAHH Christmas Bazaar

**On Saturday 1st December QAHH is hosting a fun-filled, festive fair complete with Santa's grotto, entertainment, games, activities, mince pies and mulled wine.**

A wide range of stallholders, offering imaginative gifts for all the family, can help tackle those tricky Christmas shopping lists and as a reward for being so organised, there'll be treats aplenty on our infamous cake and bottle stalls.

The bazaar opens at 13.30 and the merriment will continue till 16:00. Entry for adults costs £2 while children go free and all proceeds will go directly to the care and rehabilitation of our veterans.

Show your support for our ex-Servicemen by seeing in the festive season at QAHH.

If you have any queries please contact Laura on 01903 218444 or via email [laura-woodley@qahh.org.uk](mailto:laura-woodley@qahh.org.uk). Donations of bottles or cakes would be very gratefully received and volunteers for our events are always greatly appreciated.



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## Dates for your diary in 2012-13

Sunday 11th November –  
**Remembrance day**

Saturday 1st December –  
**Christmas Bazaar**

Sunday 16th December –  
**Carol Concert**

Sunday 14th April 2013 –  
**Brighton Marathon**

Saturday 13th July 2013 –  
**Open Day!**