

**Message from the Chairman, Janet Kelly**

This newsletter marks five years since the hospital reopened as a health and social care centre for the West Hart and Old Basing community. In that time, literally hundreds of people have passed through its doors, or received care in the community from services supported by the hospital's charitable trust. I know that you would want to join me in thanking the volunteers and professionals who work to deliver such care to us.

As ever, the services we are able to provide are only made possible by the support we receive from the community. This year, we are delighted to be one of the two charities chosen by RAF Odiham, as they celebrate 80 years at their Odiham base.



OCH receives a donation from the "Odiham Cake Off!" competition.

**Services**

Although the year has been one of continued financial pressure on public services, we have been actively using the charity's resources to fill some of the gaps caused by economic cut-backs for the benefit of our local population. We have built on the range of services on offer at the hospital in response to the needs of the community. Wherever possible those services are financially supported by the

hospital's charitable trust. Our total commitment to these services amounted to £186,807 in 2016/17 compared to £128,280 in the previous year.

In September 2014, Whitewater Health (formerly Hook and Hartley Wintney surgery) commenced a pilot project to provide a link nurse post, funded by OCHCT. Patients receive a pro-active, preventative service which resulted in a real reduction in the number of GP visits and emergency medical interventions. The evidence based conclusions clearly show very significant benefits to patients who are housebound and unable to access surgery services. The pilot was such a success that OCHCT

has agreed to a request from the GPs to continue to support this role for a further two years. This is seen as particularly important now that the NHS community nursing team, whilst retaining an office base at OCH, is administered from Alton Community Hospital.

We have been proud to work with Hart Voluntary Action through two of its services. Sunshine and Showers, a support group for people with mild to moderate anxiety and depression, runs three times per week at

OCH, both day time and evenings. There were 623 attendances in the year but the better news is that 28 people left the service, the majority feeling better and where possible returning to work.

The 121 Youth Counselling offer open ended sessions for young people with complex, deep seated long term issues or living in chaotic circumstances. With youth mental health work nationally underfunded, we are most fortunate to have such specialist resource in our area. OCHCT and HVA are now working together to examine whether the service can be further expanded by providing dedicated facilities at OCH.

Our work with St Michael's Hospice recognises the value the community placed on the palliative care services that the hospital formerly provided. We have given financial support to their Hospice at Home service for three years, and will continue to do so. We also provided a one-off grant of £70,000 in August 2016 to enable SMH to expand the service in the West Hart and Old Basing area.

2016/7 has proved to be another busy year for the very popular Complementary Therapy Service, a weekly clinic supplemented by a small home visiting service for patients and carers who cannot attend the clinic due to reasons of ill health or poor mobility. Referrals come from local G.P services, community and specialist nurses, Macmillan and St Michaels Hospice.

Patients are offered treatments such as reflexology, aromatherapy, Indian Head massage or Reiki to relieve distress, lower perception of pain and improve wellbeing indicators. Over 240 clinic sessions were held in the year.

The OCH Befriending Service, managed by Maria Bryant and working in partnership with St Michael's Hospice, has now been running for three years. Following further training

courses in the year, the service now has 36 volunteers supporting 32 patients with visits and 7 with telephone contact. In the 12 months under review volunteers have made 859 visits totaling 1,278 hours of support, an increase of 20% over the previous year. This team is further complemented by a volunteer reflexologist who offers patients treatment in their own homes. Again, this service is fully funded by OCHCT.

Rosefield Day Centre, under the umbrella of Age Concern Hampshire has had to respond to increasing financial pressure from cuts in Hampshire County Council Adult Services funding. There is increasing opportunity for private clients to enjoy a day of stimulation and care, and perhaps important respite for those who look after them. 41 clients attended the day centre in the year of which 908 sessions were funded by Adult Services and 911 were privately funded. We were sad to say farewell to Tina Birch, deputy manager of Rosefield who has recently taken up the post of manger of ACH's Alton centre and we send best wishes for her future.

If you know anyone who would benefit from this service, please do get in touch with Manager Lynne Ewing on 01256 393604 or drop in for a coffee and chat, anytime Tuesday, Wednesday or Thursday, 9.30am to 4pm.

The comments above give only the briefest overview of services that are funded by OCHCT or provided at the hospital. Others include fortnightly health visitor, our Monday lunch club, foot care clinic, "Silver surfing" classes and a "therapy through art" group run by Inclusion Hampshire.



OCH is presented with a donation from the RAF Charities Committee by Flt Lt Rachel Potts.

Most recently the hospital has started to host a Steady and Strong class on a Friday afternoon. Strengthening and balance exercises can reduce falls and injuries, helping people to live independently for longer. The classes also have

a good social element too!

### Shops

Our three shops, in Odiham, Hartley Wintney and Old Basing, continue to be the mainstay of our fundraising efforts, each achieving growth in sales and profits over the previous year.

But such a statement does not tell the full story of the marvelous community effort that each shop represents. The success of these activities is completely reliant on the loyalty of shoppers, people who donate their goods and of course the amazing team of volunteers who, both “front of house” and “behind the scenes”, contribute so much. We are particularly grateful to all those who bring donations to the shops and are able to sign up for our Gift Aid reclaim scheme which this year brought us nearly £5,000.

Our management team of Charlotte, Debbie (Odiham) and Sue (Old Basing) are now joined by Nicola (Hartley Wintney) and we record our thanks to them for all their hard work in running the shops.

We were delighted to be able to renew our lease at Hartley Wintney December 2016, having already traded for over 16 years from that site. This has been made possible by the generous support of our landlord. Our Old Basing shop had a wonderful first 12 months with loyal support from its community and celebrated its “1<sup>st</sup> birthday” in true style in December 2016. Our Odiham shop, being the smallest of the three, remains a real Aladdin’s cave and had a record breaking year.



OCH Befrienders Mike and OCH featured in Hart District Council volunteering promotional videos.

(Credit: Clearwater Photography)

### Conclusion

I joined this Board just as the hospital was preparing to reopen in its new role and since then have been continually impressed by the affection our community has for its cottage hospital.

In November our then Treasurer,

Finlay Macdiarmid, retired and in July 2017 at the AGM, Lynne Blay and Sarah Wallis will also retire. Each has served a full 10 year term and whilst it is always sad to say goodbye to long serving colleagues, we can look back with pride and much gratitude on the huge contribution that they have all made to this charitable cause.

Having achieved so much over the past 5 years, the Board is now asking itself “where do we want to be in the next 5 years?” The answer will still sit within the framework of providing the best and widest range of health and social care services that are of value and valued by our community but we must be ready to face the challenges and opportunities of times ahead.

It is very rewarding to see the range of services we offer and the number of patients and clients we reach, ever expanding. I firmly believe that we are making a real difference to the health and social care needs of our local population.

We will continue to seek, and where possible support, new services that are of real benefit to our local residents in the years to come and we offer you our deepest thanks for your loyal support over the past 12 months.

Janet Kelly, Chairman

### Odiham Cottage Hospital Combined Trusts: 19<sup>th</sup> Annual General Meeting

Odiham Cottage Hospital, Buryfields, Odiham, 7.30pm Tuesday 18th July 2017.

After the brief formalities, Dr Sarah Longstaff from Whitewater Health (formerly Hook and Hartley Wintney GP surgeries) will speak on the link nurse service.

All welcome, wine and canapés served

## Treasurer's Report, Graham Deverill

Originally completely reliant on the generosity of the community, the hospital now receives over 90% of its income from rents, investment income and the hospital shops. However charitable donations still make up an important part of our income and we were delighted to receive £5,445 from individuals and community groups last year. Unrestricted income totalled £185,399 compared to £177,227 in the previous year, largely due to increased results at the shops.

In addition we received a bequest which was added to the hospital's endowment fund. All of our investments are held in funds designed for charities, reflecting our cautious investment approach. Whilst investment returns form an increasingly important part of our charitable income, the Trustees have been careful to protect the underlying value of OCHCT's capital which has shown significant unrealised investment gains in the year .

Expenditure on charitable activities (£282,142 compared to £225,061 in 2015/16) includes the financial support we give to our service partners and has increased due to the one-off grant of £70,000 given to St Michael's hospice in the year. The balance of expenditure are costs incurred in running the hospital building and the charity.

The resultant net deficit of £83,958 (deficit £63,724 in 2015/16) reflects the very positive decision taken by the Trustees to provide support to the current range of services even though some of the funding will come from the charity's capital reserves. This has been a measured decision and one that we have been able to take thanks to the generosity of the community that has loyally supported their hospital over many years.

A copy of the full accounts, which have been subject to an independent examination, is available from Ginny East at OCH.

### Odiham Cottage Hospital Shops - come and find us!

<b>Odiham</b>	71 High Street, Odiham, RG29 1LA Tel 01256 704872 Monday to Friday 10am to 4pm, Saturday 10am to 1pm Manager Debbie Sweet
<b>Hartley Wintney</b>	Millbank House, High Street, Hartley Wintney, RG27 8PE Tel 01252 844936 Monday to Saturday 10am to 4pm Manager Nicola Dewdney
<b>Old Basing</b>	42 BelleView Road, Old Basing, RG24 7JU Tel: 01256 346642 Monday to Saturday 10am to 4pm Manager Sue Cameron

We welcome all quality donations including small electrical items during shop opening hours  
If you are interested in joining our friendly team of volunteers, please contact the relevant shop manager  
our retail manager, Charlotte Gravestock 07712 305137.

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### Yes, I'd like to help Odiham Cottage Hospital continue its work

- By sending a cheque made payable to "OCH Combined Trusts".  
I am a UK tax-payer and this donation qualifies for gift aid tax relief (please sign if applicable)  
.....
- By giving a regular amount or leaving a legacy – please send me details

Name .....

Address .....

Please return to: Ginny East, Odiham Cottage Hospital, Buryfields, Odiham, Hook, Hants, RG29 1NE