



# Friends of Insch Hospital & Community

Newsletter

Winter 2017

## Latest News

Welcome to the new Friends of Insch Hospital and Community Newsletter.

Here, you can see the results of the public meeting consultation, find out about our community activities and discover what we have been using our funds for.

Following a number of recent setbacks in our involvement with renewable energy projects, we announced earlier this year that we do not consider that building a completely new hospital in Insch is currently a realistic aim.

However, we assured our supporters, that were new funding to become available, we would pursue it as vigorously as we always have.

Following this decision, we are now looking at the feasibility of renovation work on the existing hospital.

We have asked the Health and Social Care Partnership for information regarding the state of the current building and its compliance with current regulations and an assessment of what renovation work could

achieve.

Meantime, we are also continuing to develop our Community Hub idea. This is evolving over time as we collect evidence for need and details of best practice. We will keep you posted!

As you can read about overleaf, our commitment and support for all our community activities also continues undiminished.

Regards,

*The Friends Committee*



**Our Christmas Cards will be on sale at:**

- ☞ Insch Health Centre
- ☞ Insch Hospital entrance
- ☞ Insch Podiatry
- ☞ Bryony's Boutique
- ☞ Stephens DIY

**And at the following events:**

- ☞ Insch Craft Fair, Church Hall  
21/10/17  
10-2.30 pm
- ☞ Premnay Christmas Fair, Premnay Hall  
4/11/17 10-12 am

## Public Meeting Feedback

In May this year, we held a public information session in the Insch Institute to update the community in Insch and surrounding areas about our recent setbacks, the current situation and how we see the way forward.

It was an interesting evening with many people coming along to catch up on our news.

We were also very pleased to have representatives from the hospital and the Health and Social Care Partnership to support us and add to the information that we could provide.

We introduced a questionnaire at the meeting which asked for comments on the potential of extending/renovating the existing hospital, comments on our proposal for a wellbeing hub in the village and asked whether people would support the use of the funds that the Friends have

raised for a new hospital for either or both of the new proposals.

The questionnaire was also available at the Health Centre in the weeks following the meeting.

The results of the questionnaire as well as comments received on the night were very interesting.

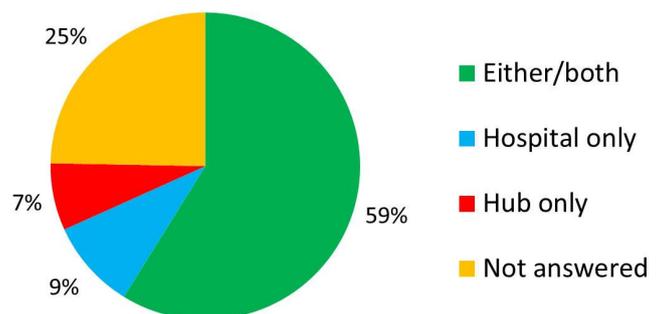
It is obvious that the hospital is a much valued asset to

the community, particularly the availability of the palliative care suite.

However, we also received many positive comments about the work we do in the community through activities such as our lunch club (see overleaf).

Regarding use of our funds, the questionnaire results are shown below.

**Question: Would you support the use of the £397,000 that the Friends raised for a new hospital for either/both of the new proposals?**



Sample size = 84

## Friends Activities

What do the Friends' do outwith the hospital and health centre?

### 'Full of Life' Health and Wellbeing event –

Wednesday, 1<sup>st</sup> Nov, 1–4pm at the Church Hall. Join us for Afternoon Tea and find out what's happening in our area for older people. Valuable advice and information will be given by many local organisations including the Health Centre. No charge.

**Day Centre** – Mondays and Thursdays (10am – 3pm) in the Church Hall. Friends provide voluntary and financial support to this council led service.

Started by our **Community Link Project** and continuing :

**Tea Dance** – monthly on a Friday in the Church Hall, 2-4 pm, forthcoming dates are 20<sup>th</sup> Oct/17<sup>th</sup> Nov/15<sup>th</sup> Dec.

Join us for Scottish music by Charlie Esson and a fly cup. Come and enjoy the company and music, even if you don't dance.

**Lunch Club** – monthly. Home cooked lunch, company and a good chat with friends, old and new. Meets at The Institute. Optional cards/dominoes until 3pm. Contact us for more information.

**Walking Groups** – weekly. Wednesdays, low level health walks in and around Inch (approx 1 hour), led by voluntary trained walk leaders, enjoy the fresh air alongside other local folk who are keen to keep fit and active.

Start up of following groups assisted by Friends :

**GRCA** (Grampian Cardiac Rehab Assoc). Weekly exercise class for anyone

with a long term health condition or who would like to improve their general well-being. Meets at The Institute Fridays, 3-4pm. Forms available on the Friends' noticeboard in the Health Centre or from class. Highly trained and experienced instructor.

**Stretch and Relax** (yoga type exercise with relaxation aimed at people over 50) runs every Monday at the Community Centre 11.15 – 12.30pm, led by Alison Massie.



New hospital patio

## Purchases

During the last 12 months the Friends have continued their ongoing commitment to maintaining the community garden area of Inch Hospital.

Thanks must go to all the volunteers who ensured the many tubs of summer plants were regularly watered.

You may also have noticed the new patio area near the main entrance of the Hospital, this was supported by the Co-op Local Community Fund and the generosity of customers in the local shop. The Friends have continued to keep the

hospital trolley well stocked with sundries and covered the cost of chilled drinking water for patients. At the beginning of the year we were pleased to purchase some new televisions for patients' rooms. We were also able to cover the cost of some items requested by the Occupational Therapy team.

At the beginning of May, the Friends paid for some concept drawings on what a 'Wellbeing Hub' proposal could offer. Refreshments and venue hire for the community information event were also covered.

The remainder of Friends expenditure has gone on supporting activities in the community many of which are mentioned above.

Hospital patients and people attending Day Care have also enjoyed a number of entertainment events with refreshments throughout the year which the Friends have supported financially.

Over the last 12 months (up to the end of August 2017) the total expenditure is £10,539.17

## Keep up with the Friends!

Web: [friendsofinschhospital.org](http://friendsofinschhospital.org)

Email: [info@friendsofinschhospital.org](mailto:info@friendsofinschhospital.org)

Or, call into the Health Centre and they will put you in touch with one of the committee.

