

News & Updates

Spring 2023

Fundraising campaign for new hoist gets off to a flying start

A campaign to raise funds to buy a new hoist that will safely transfer patients in and out of the pool has got off to a flying start.

Within days of launching the £30,000 fundraising target, the Friends of Holy Cross Hospital received a cheque for £4,750. The generous donation was made by Matt Dellar and is the proceeds from the highly popular Boxing Day run at Hindhead which was completed by over 440 people.

The Friends have organised a number of events to help raise the remaining funds. If you would like to support the fundraising, you can help by taking part or making a donation via the Friends of Holy Cross Hospital's Just Giving page.

Here are the details of what is happening:

Tennis tournament, Friday 19 May, organiser Marie-Claire Wilson (marieclaire.wilson@btinternet.com), a morning of tennis followed by lunch.

Little Lumpy, Sunday 21 May, join the official cycle ride by signing on <https://littlumpy.co.uk> and in addition raise funds for Holy Cross by joining our Just Giving page. Organiser Torquil Sligo-Young (tcfsy@btinternet.com).

Dragon Boat Racing, Sunday 16 July, organiser (and our physio!) Kristy Cleford (kristycleford@yahoo.co.uk), the physios are leading on this one, so Holy Cross hope to be the winning boat!

Sponsored walk, Sunday 17 September, organiser Bill Kurshid (bill.kurshid@gmail.com), approximately 12-mile circular walk with a lunch stop.

Quiz, Saturday 18 November, organiser Sue Mitchell (sue.j.mitchell@btinternet.com), held at Holy Cross, tables of eight or individual tickets.

Boxing Day Run, 26 December, Matt Dellar, sign up at www.boxingdayrun.org.



Jo Hounsome, Councillor Jacqui Keen, Mayor of Haslemere, Matt Dellar, Torquil Sligo-Young and Rachel Sligo-Young from the Friends of Holy Cross Hospital.

Ultrasound provides instant feedback on pelvic floor technique

It is notoriously difficult to know if you are doing your pelvic floor exercises correctly, but with the help of our new ultrasound machine, patients can see their pelvic floor moving in real time which means they can see and feel for themselves what 'right' is like.

To help patients perfect their technique, our specialist physio Jenny Deeming has completed a month's training in the use of ultrasound for women's health. Jenny says: "Ultrasound is a fantastic tool. By placing the ultrasound probe low on the patient's tummy, we can provide them with visual feedback whilst they carry out their pelvic floor exercises.

"The ultrasound probe can be used when the patient is lying or standing so it is really useful for seeing if you can get the same 'lift' in different positions."

If you are concerned about your pelvic floor function, please make an appointment to see Jenny who is our Women's Health Physiotherapist. Jenny will be able to assess your condition and provide advice and a bespoke treatment plan.

A team effort gets Brad triathlon-ready

Life has a habit of throwing us a few curve balls and that was certainly the case for veteran rugby player Brad Van den Bosch.

Brad's story and the journey which would eventually bring him to The Physiotherapy Centre began a few years ago. Brad had an old shoulder injury which he had been meaning to get looked at for years, but a sudden collapse and the diagnosis of a brain tumour meant Brad had to prioritise more pressing health issues.

After several years of appointments for cancer treatment and various procedures, Brad finally received the all clear in 2022. Following this wonderful news, Brad has set his sights on a new challenge this summer which is to complete a triathlon and raise money for Maggie's, the Royal Marsden's Cancer Support charity.

Brad came to us and tasked us with helping him get back his shoulder strength and movement. When we first assessed Brad, he was unable to scratch the back of his head but after creating a personalised treatment plan for him, he is now able to do push ups, a side plank, push dumbbells overhead... plus whatever else we can think to throw at him!



Through hard work and determination, Brad has made amazing progress. There were times when the sessions were hard and uncomfortable but, in his search for fitness, Brad never gave up. He even went the extra mile by continuing his physio exercises with his personal trainer.

Brad is on course for being triathlon-ready this summer and it has been our pleasure to accompany him on his journey back to fitness.

If you would like to help Brad reach his fundraising target, please visit www.justgiving.com/fundraising/bradformaggies.

Another string to her bow!



Congratulations to Rosie who recently sat her exam to become an accredited APPI Pilates instructor.

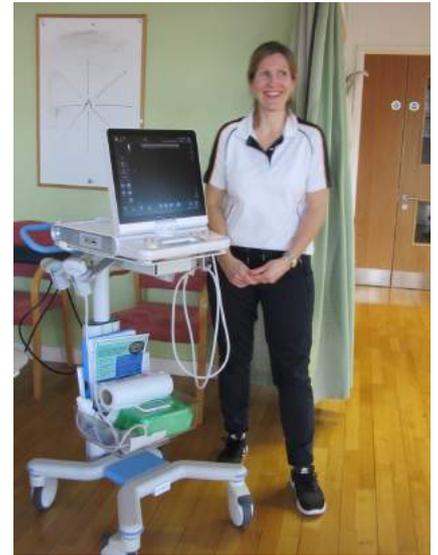
Rosie is available for one-to-one Pilates and, in the future, we hope to be able to offer more group classes as four members of our team are now trained in Pilates.

Contact us if you would like to find out more about this treatment option.

Welcome back Manuela

We are looking forward to welcoming Manuela back from her maternity leave in mid-April. Manuela will combine her time between the pool and the gym.

Ultra exciting!



As well as fundraising to buy a new hoist, the Friends have also contributed towards the cost of a new ultrasound machine.

Jo Hounsome is currently undertaking comprehensive training in diagnostic ultrasound. Once trained, Jo will be able to use ultrasound to identify muscle tears, ligament injuries – particularly those that occur in the shoulder, knee or ankle. The ultrasound will also be helpful for diagnosing conditions such as plantar fasciitis, rotator cuff tears and more.

In preparation for her exam in May, Jo is asking patients who are already having treatment with us whether they would like to volunteer to be scanned. The scan is non-invasive, does not hurt and will let you see an image of your injury.

If you are interested in volunteering, please get in touch and we'll book you in.

Shoulder Steps to Success

This month, the physio team will be learning about shoulder diagnosis and treatment from Jo Gibson who was one of the first specialist upper limb physiotherapists in the UK.

We look forward to applying our newly acquired knowledge to patients at The Physiotherapy Centre.