



**Autumn 2017
Volume 1**

LET'S BE FRIENDS



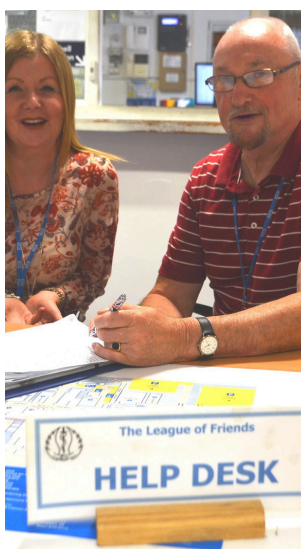
Some of our Coffee Shop volunteers

Updates, events, and more. .
CELEBRATING OUR FUNDRAISERS & VOLUNTEERS

*Welcome to the first edition of our
RJAHH Friends Newsletter to
inform, remind and celebrate what
we do. If you want to share your
news or key event dates please send
to league.friends@rjah.nhs.uk or
phone us 01691 404401*

VOLUNTEER FOCUS

Help Desk Volunteer Focus- Colin Green and Kathryn Bostock-Williams



Kathryn and Colin

Colin and Kathryn work on the Help Desk at The Robert Jones & Agnes Hunt Orthopaedic Hospital in the afternoons, usually on a Thursday. Smiling and engaging with passers-by, it is immediately evident that they enjoy their task.

Colin, who has volunteered for two years, speaks first when asked about his enjoyment of the role. "It's all about meeting people and putting something back," he says. "When you retire it is important to get into a routine and use your skill set." Colin admits he loves talking and enjoys his morning role doing patient PALS surveys on the wards. "It's a two-minute survey and often half an hour chat," laughs Colin.

Kathryn is a proficient beginner, having only begun to volunteer six months earlier. Explaining why she decided to volunteer, Kathryn speaks sincerely, "My life changed when my son went off to university," she says, "I was looking for a new start and found it volunteering at the Orthopaedic Hospital, I live close and genuinely look forward to my morning on the wards, talking to patients, doing the surveys and the afternoons on the Help Desk."

Kathryn likes the new routine in her week and enjoys chatting, guiding and reassuring patients who need help to find a ward, a comfort break or just a smile. "I feel my confidence has risen and people are starting to recognise me now," smiles Kathryn. "On the ward I feel we can offer patients the chance to talk and ask questions when clinical staff are busy, we can bridge the gap and this gives me a sense of real value."

Sharing professional comradery, Colin and Kathryn agree; volunteering is selfless and two way, giving a new lease of life. Many patients have serious injuries and it puts any problems you have yourself into perspective.



Thank you Daphne for fabulous
flowers at our
Victorian Fete

Join us: <http://www.friendsrjah.org.uk/volunteers/>

NOTICEBOARD



SINCERE THANKS TO ALL

- A huge thank you to all our volunteers and fundraisers who have worked so hard.
- In 2016 our total expenditure on charitable activities was £265,884 which included small Samaritan Grants supporting patients in desperate need.
- Facebook Frenzy - As a result of publicity for our recently purchased Raizer Chair to help staff support patient movement, there has been over eleven million views on social media.
- At our branch AGM we said a fond farewell to our retiring Chairman Tricia Norris.

HORATIO'S GARDEN

We are delighted Horatio's Garden is coming to the Midland Centre for Spinal Injuries at Oswestry. The garden will not only provide a garden but rooms for activities, social time and therapy.

The League of Friends to RJAHS have undertaken to raise 25% of the cost of developing and maintaining the garden estimated at around £675,000. Not a penny of NHS money will be spent on this project as it is financed ENTIRELY with funds raised.

We are grateful for all support. Please let us know if you wish to fundraise, donate or volunteer in the garden.

— Victoria Sugden, Charity Director



GOOD REASONS TO VOLUNTEER



Gwyn Lloyd is a "Meet and Greet" volunteer for The League of Friends to RJAHS. Gwyn is a strong advocate for the role he has been enjoying for just over a year.

Seated near the main entrance, a smile and a guiding word of advice from Gwyn provides extra support for visitors and helps patients find their way around. Placed opposite the Coffee Shop, Gwyn can be easily found by enquirers with his badge as "Help Ambassador" clearly displayed beside him.

"The atmosphere is really friendly and I feel helpful and valued," says Gwyn, "I definitely recommend volunteering for The League of Friends to RJAHS. My family say I am a changed person since I have been working here," he smiles

BRANCH NEWS



FUNDRAISING DIARY

Chirk & Weston Rhyn

Congratulations celebrating their 50th Anniversary this year.

Newtown

Coffee Morning - Saturday 2nd
December 10 am - 11.30 am

Oswestry

Christmas Craft Fair - Saturday 24th
November 10 am - 1 pm

Shrewsbury

Magical Drinks Evening - Monday 4th
December - By invitation

Welshpool

Christmas Luncheon - Sunday 3rd
December

WE NEED

Fundraisers, Donations and
Volunteers to help in our
Coffee Shop, Library & Shop with Trolleys
Visiting and reading to patients, meal assisting,
Out-patients, Disabled Swimming Club

www.friendsrjah.org.uk

FIND & FOLLOW US



WHO TO CONTACT

FRIENDS TO RJA H TEAM



WELCOME

NEW EXECUTIVE TEAM MEMBERS

We are delighted to welcome Peter David as our new Chairman and Rachel Ralison as our new Treasurer. A member of the Executive Committee for over three years, Peter has been Treasurer as well as serving to represent the voluntary sector on the Council of Governors for the hospital.

Serving as a Trustee for 2 years, Cambridge University graduate and former employee of MBNA, Rachel has worked in finance roles in India and Africa.

Annabelle Simpson continues to support the League as our wonderful President.



ANNABELLE SIMPSON

IN THE OFFICE



WENDY POPPE

- Assistant Secretary
01691 404527



VICTORIA SUGDEN

- Charity Director
01691 404401



ELANE TINSLEY

- Accounts Officer
01691 404527



TONIANN DARLINGTON

- Retail Manager
01691 404526



"Thank You" Cake from MRI & CT



Thank you Roger for our vintage wheelchair

SEND YOUR NEWS TO

- league.friends@rjah.nhs.uk Labelled "NEWS"