



Friends

At the heart of RJAH

LET'S BE FRIENDS

Autumn 2021 Newsletter



Featured:

Friends news
Supporting staff & patients
Fantastic fundraising
How you can help

Friends celebrate hospital milestones

Celebrations have taken place to mark three momentous milestones at RJAH



The Festival on the Field took place on Saturday 7th August to mark 100 years since Shropshire's specialist orthopaedic hospital relocated to Gobowen, along with 60 years of support from the League of Friends, and 50 years of the Orthopaedic Institute.

The 60's themed festival, which we organised alongside Shropshire Festivals, was opened by Oswestry Town Mayor, Councillor Mark Jones, and Mayoress Ruth Jones.

The daytime saw a family-friendly event involving live music, craft stalls, food and drink and children's entertainment. During the evening there was a swinging sixties themed disco for adults to enjoy.

Victoria Sugden, Charity Director, said: "We have received an overwhelming amount of support for this event and I'd like to say a huge thank you in particular to our main event sponsor, CPC driver in partnership with Tusker, our sound stage sponsor Mornflake, and Lanyon Bowdler.

"Thanks must also go to all of the fabulous local businesses that provided gifts for our raffle, and to those who have supported in other ways; Pave Aways and Henry Williams.

"It was a fantastic event, everyone enjoyed themselves in spite of the weather – it was wonderful to let our hair down!"

Friends news

Contributions of MCSI patients to Paralympics gold medal

A message from Professor El Masri:

"You may be pleased to know that the coach and half of the Great Britain Wheelchair Rugby Team that scooped the gold medal from the US team in the Paralympics were treated after their injuries in the Midland Centre for Spinal Injuries (MCSI) at RJAH.

"I am truly delighted that the efforts, perseverance and the dogged determination these athletes have demonstrated rewarded them with such spectacular success. I am also proud of the contributions the expert and dedicated team of health care professionals of MCSI may have made towards making such success possible.

"I am grateful to the League of Friends and their members for their continued support of the patients and the staff on MCSI. Those who look after patients help them with the sudden multiple complex medical, emotional, psychological, social, residential and vocational challenges they have to deal with in order to enable them to resume a healthy, dignified, enjoyable, productive and often competitive life."



“

A huge congratulations to the team for winning gold in Tokyo – what an amazing achievement.

Friends gather for Branch Liaison and AGM

September saw RJAH Friends hold the first in person Branch Liaison and AGM since 2019.

The informative afternoon was hosted at the Lion Quays, where loyal fundraising branch members and volunteers were in attendance.

We were delighted to be joined for the afternoon by guest speakers who have recently received funding for equipment from our charity; Mr Simon Pickard, Jack O'Brien and Sophie Kelly.

Mr Pickard, Consultant Orthopaedic Surgeon, discussed the Mobile Arm Rehabilitation Kit - a device used to enhance the rehabilitation of upper limb function in those paralysed through stroke, spinal cord or peripheral nerve injury.

Jack O'Brien and Sophie Kelly joined us from the Orthotics Department and talked about their Laser Posture Plates - equipment used to provide an instant assessment of a patient's posture.



“

It was wonderful to see so many fundraisers and volunteers in attendance, and thanks must go to our informative guest speakers.

News cont...

Friends Trustee goes the extra mile to support charity

We were delighted to receive support from one of our long-standing Trustees in our recent Mere Mile event.

Ian Sawers successfully completed the one mile swim at the event that took place in August. Not only did Ian undertake this monumental challenge but he also ran an extremely fruitful fundraising campaign - raising an incredible £3000.

Our thanks and congratulations go to Ian for taking the plunge and for raising 15% of the final fundraising total.



RJAH appeal for crutches to be returned to site

RJAH declared a shortage of crutches at the beginning of the month, asking those who may have any stored at home to return them to site.

The Trust hand out on average between 150 and 200 sets of crutches per week and any that are returned will be replenished and cleaned so they can be used again.

The drop off point for crutches is outside the main entrance, and we're very pleased to see that such a large number have already been returned to site. If you have any crutches or know of anyone who does, pop them along at your earliest convenience.



Popular items now available via Friends online shop

Earlier in the year we launched our new look interactive website which includes a wealth of information on volunteering opportunities, upcoming events, general news and ways in which people can donate.

In addition a key feature is our online shop – items for sale include popular card designs and branded goods.

We have recently updated the shop to include our new branded umbrellas and this years Christmas cards - a seasonal best-seller!

To make an order visit: www.friendsrjah.org.uk/shop

Together our staff, volunteers and trustees do all they can to support, enhance and improve the environment, facilities and care delivered.



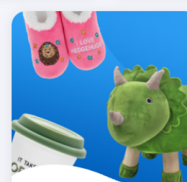
Books
Shop Books



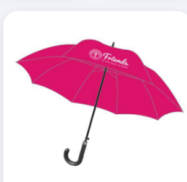
Cards
Shop Cards



Gift Packs
Shop Gift Packs



Gifts
Shop Gifts



Merchandise
Shop Merchandise

Supporting staff & patients

Friends support Prosthetists and Orthotists (P&O) Day

Prosthetists and Orthotists (P&O) Day - organised by the British Association of Prosthetists & Orthotists (BAPO) took place at RJAH last month.

As part of celebrations we were delighted to organise gifts for the Orthotics Team who raised awareness of the work they do across the Trust by offering assessments for staff to see if they're symmetrical by using their laser posture plate equipment.



Time capsule marks 100 years of RJAH

To mark 100 years since RJAH relocated to its famous Gobowen base a special burial ceremony of a time capsule has taken place.

Working alongside Marie Carter, the Trust's Archive Officer, we pulled together the contents of the capsule, which included a huge variety of items such as photos from over the past 100 years, video messages from current members of staff, and newspaper cuttings. A brick that was used to build the original hospital site in Baschurch has also been sourced for the time capsule.

It will be dug up in 50 years' time, to send a message to future staff and patients.



Nominations received for RJAH Celebration of Achievements

We are thrilled to have been nominated for 'Outstanding Team Achievement of the Year' in RJAH's Celebration of Achievements Awards, along with our Charity Director, Victoria, who has been nominated for the 'Richard Clarke Unsung Hero of the Year'.

We have been nominated for our support to the Trust – both prior to and throughout the pandemic. As well as organising gifts to staff and ensuring patients had sufficient toiletries, we have also been involved with projects across the Trust including Professor Richardson's memorial garden, LGBTQ+ initiatives and 100-year anniversary of RJAH.



Fantastic fundraising

Charity swim raises much needed funds for Friends

Our annual open water swim fundraiser has raised an incredible £20,000.

The Mere Mile took place on Monday 30th August and saw almost 200 swimmers take the plunge and attempt to swim one mile or 2.5 miles in the Mere, Ellesmere.

The event followed on from the success of last year's Mere Mile, where over 100 swimmers took part and raised £8500 for the benefit of RJAH.

James Bainbridge of Swimfinity said: "We're really pleased to have been able to help facilitate the event again after a successful first year in 2020.

"A significant growth in swimmer numbers underlined the continued popularity of open water swimming, and the amount raised for charity shows the high regard people have for our wonderful local hospital.

"We're already looking forward to 2022, building on the success of the last two years and continuing to support such a worthy cause – The League of Friends."

A number of staff members from the Oswestry based hospital also took part in the event – participants included Dr Ruth Longfellow, RJAH's Chief Medical Officer, who took part in the 2.5 mile swim.



Ruth said: "We're so grateful to our League of Friends for holding fundraising events such as the Mere Mile – they raise valuable funds that directly support frontline staff and patients.

"There was a great atmosphere on the day, and it was a pleasure to be part of something so positive."

Over 40 volunteers also dedicated their time to help with the running of the event, including members of the Borderlands and Ellesmere Rotary Clubs, safety boat crews, along with kayakers and stand-up paddle boarders who took to the water to ensure the swimmers were kept safe throughout.

The event was sponsored by Shropshire Pools & Spas.

Tracy Roberts, Shropshire Pools and Spas Ltd Managing Director, said 'We are thrilled to be involved with this event as keen supporters of RJAH. It has been difficult for charities over the last year and a half so anything we can do to give this event a boost we are more than happy to help. Our supplier 'Complete Pool Controls' have generously given the goody bags so really a team effort!'

Victoria Sugden, Charity Director, said: "The participation in this event and the fundraising we have been able to achieve has been way beyond our expectations.

"Enormous thanks to Swimfinity, Shropshire Pools and Spas, our wonderful swimmers, supporters and volunteers who worked so hard to make this event successful."



Fundraising cont...

Generous donation received from Gobowen Old Friends

The members of Gobowen Old Friends have made a wonderfully generous donation of £875 to our charity.

After several decades the Old Friends made the decision to disband and all of their remaining funds have been donated to 6 local charities, with RJAH Friends being one of the fortunate charities to benefit from a donation.

Thanks must go to the members for choosing to support our charity.



Whitchurch fundraising branch hold successful coffee morning

Our wonderful Whitchurch fundraising branch held a Coffee Morning in August which raised an amazing £1553.

The Coffee Morning was held at The Glas, Alderford Lake - by kind permission of Mr & Mrs Chas Bebington.

The well attended event saw a silent auction take place, along with cake and plant sales and a raffle.



Local businesses support Festival on the Field raffle

Community spirit was felt in abundance as multiple local businesses generously contributed to our Festival on the Field summer raffle.

The raffle, which was drawn on the day of our 60's themed festival, was supported by over 40 of Oswestry's local businesses.

A spectacular array of prizes were donated; ranging from a spa day for two at the Wynnstay Hotel to a full MOT from Furrows.

The raffle raised an amazing £645.



How you can help...

Make a donation

From providing toothbrushes to funding an endoscopic surgical kit, we are at the heart of RJAH as a good friend should be. Together our staff, volunteers and trustees do all they can to support, enhance and improve the environment, facilities and care delivered.

Covid-19 has severely impacted on our financial resources but with your support you can help us to continue to take care of the well-being of patients and staff. Every donation, large or small, will make a difference.

Please visit our JustGiving page to donate - www.justgiving.com/robertjones-agneshunt

Donations may also be made via BACS, cheque or over the phone - call 01691 404401 for further details.



Can you fundraise for us?

Can you help support the work we do? Whether it's raising £10 or £10,000, every bit helps. There's no limit to the imaginative ways in which you can help us raise money, especially in the current climate.

Your fundraising activity can be anything from donating the money you saved from not commuting to work, to completing a sponsored 'Couch to 5k'.

If you would like to fundraise for us please do get in touch, we would love to hear your ideas.

Email us on rjah.communityfundraising@nhs.net



Contact us

Email:

Victoria Sugden (Charity Director) - v.sugden@nhs.net

Heather Thomas-Bache (Head of Fundraising, Communications & Volunteers) - heather.thomas-bache@nhs.net

Elaine Tinsley (Accounts Officer) - elaine.tinsley@nhs.net

Toniann Darlington (Retail & Administration Manager) - toniann.darlington@nhs.net

General enquiries - rjah.leagueoffriends@nhs.net

Tel:

Central Office - 01691 404401/404527
LOF Shop - 01691 404526

Follow us

You can follow us for the latest updates on:

Facebook - The League of Friends RJAH
Twitter - @LoFtoRJAH
Instagram - leagueoffriends_rjah

Or visit our website - www.friendsrjah.org.uk

