



Friends
At the heart of RJAH

LET'S BE FRIENDS

Spring 2022 Newsletter



Featured:

Supporting Staff & Patients
Fantastic Fundraising
Get Involved

Call for Future Friends!

For so many organisations volunteers are the backbone of their work; the extraordinary volunteer response throughout the pandemic has only served to emphasise this at RJAH.

We are delighted to further develop our volunteering infrastructure and launch our 'Future Friends' scheme thanks to a grant from the Volunteering Futures Fund.

In 2021, the Government launched the Volunteering Futures Fund from NHS Charities Together and the Department for Digital, Culture, Media and Sport (DCMS), which aims to boost volunteering across a raft of sectors and offer high-quality opportunities to those experiencing barriers to volunteering – as well as tap into a growing interest from the public amid the health crisis to support good causes.

In recognition of the barriers some people face to volunteering, the Volunteering Futures Fund will target underrepresented groups including communities facing socio-economic disadvantages, people from diverse ethnic backgrounds, and disabled young people. These new projects will help further develop crucial skills like team working and problem-solving, increase confidence and self-esteem, and build relationships and social networks.

Keith Fraser, LoF Trustee and Chair of the Youth Justice Board for England and Wales, said: "I am passionate about ensuring that every young person is given the opportunity to be themselves and flourish – I think this is a fantastic scheme offering a huge range of benefits to young people."

For further information and for the full list of available roles, please visit the dedicated website: www.futurefriendsrjah.org.uk.

Supporting patients & staff

A rainbow for Alice

The designated children's ward here at RJAH has undergone a colourful transformation with the installation of a rainbow.

A big thank you goes to Welshpool Printing Group Ltd for brightening up the entrance to Alice Ward.

Polly Brown, Play Specialist, said: "It feels much more like a children's ward now - it looks amazing and our children, parents and staff have all commented on how lovely it looks.

"A big thank you to the League of Friends for supporting this initiative and funding the artwork - it's made a huge difference to our patients."



Friends spread festive cheer to patients

Santa's little helpers, otherwise known as The Friends office team, with help from Kerry Robinson, Chief Improvement, Performance and OD Officer, spent Christmas Eve delivering presents to inpatients at RJAH.

Those patients who stayed on Alice Ward, the dedicated children's unit; Sheldon Ward, the general medicine and rehabilitation ward; the Midland Centre for Spinal Injuries, and Ludlow Ward, one of our orthopaedic inpatient wards, all received a gift bag which was supported by a generous donation from The Mother's Union.

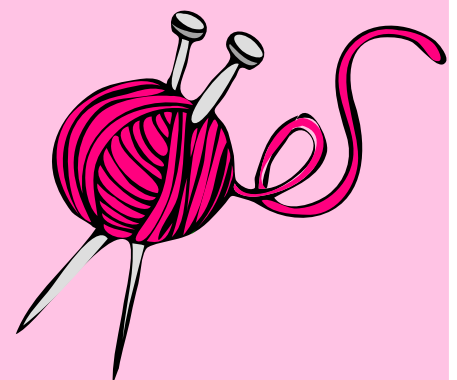


Close Knit Friends update!

We set up Close Knit Friends at the beginning of the pandemic as a means of supporting patients on the Midland Centre for Spinal Injuries (MCSI) and as a way to stay connected to volunteers and fundraising branches who weren't able to undertake their usual duties.

Membership now stands at over 100 and thanks to the hard work of our fabulous knitters and finishing team we been able to make over 60 blankets - keeping MCSI patients cosy over the colder months!

If you're interested in joining please email rjah.leagueoffriends@nhs.net or call 01691 404401.



Vaccination Centre transformed into a mini jungle for 5-11 year olds

Parents or carers of 5-11 year old children who are at high risk of being very unwell from Covid-19, or who live with someone who has a weakened immune system are now able to walk-in to RJAH's Vaccination Centre or contact their GP to arrange a Covid-19 vaccination.

To make the walk-in clinic more appealing to young children, part of the RJAH Vaccination Centre has been transformed into a mini jungle.

We are delighted to have funded the artwork, which has been supplied by the Welshpool Print Group, to brighten up the walls and make the vaccination booth more exciting and less daunting for the children.



Friends supporting Fruity Friday

March saw RJAH mark Nutrition and Hydration Week - an annual event with a shared objective to highlight, promote, and celebrate improvements in the provision of nutrition and hydration locally, nationally, and globally.

There was a whole host of promotions, tastings and resources available to staff throughout the week.

This included afternoon tea and crumpets for patients, breakfast deals for staff and deliveries of fresh fruit baskets to all wards and departments, which was funded by our charity and supplied by local fruit and veg shop, Covent Garden.



Tesco Ellesmere continue to support RJAH

Tesco Ellesmere and their Community Champions have been supporting RJAH for a number of years, mainly in the form of donated goods, and this Easter was no exception.

They kindly donated a selection of Easter Eggs that were enjoyed by paediatric patients over the bank holiday weekend.

Tesco Community Champions support a wide range of community groups and charities in order to make a positive contribution to the wider local community.



Fantastic Fundraising

Whitchurch branch have been busy bees raising funds

Dr Lucy Witter joined members of our Whitchurch branch to host an informative fundraising talk on gardening for pollinators.

Over 40 people attended the event, enjoying both the talk and the refreshments on offer! Lucy discussed all things garden related and provided helpful advice on how to attract natural pollinators to the garden.

The spring time event raised over £500 - congratulations to our wonderful Whitchurch branch fundraisers!



ORA hold successful celebratory concert

The Oswestry Rheumatology Association held a celebratory concert at Christ Church which raised a fantastic £1,386.

The concert was held in memory of Susan Roberts and Griff Evans and saw performances from The Ladies Choir, The Male Orthopaedic Voice Choir, George Winter on the trombone and Andy Young on the bagpipes. Delicious refreshments were also available to those who attended.

Congratulations go to our fabulous ORA members for hosting such a successful event!



Mere Mile - Save the Date!

MONDAY 29TH AUGUST

Our highly anticipated open water swim fundraiser is set to return for the third year this August bank holiday Monday.

Spaces will be limited and there will be two distances to choose from; 1 mile and 2.5 miles.

Details on how to register will be released shortly. In the meantime you can join our Mere Mile mailing list by contacting rjah.communityfundraising@nhs.net.



How you can help...

Make a donation!

From providing toothbrushes to funding an endoscopic surgical kit, we are at the heart of RJA H 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 hosting a quiz, 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



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