



Friends

At the heart of RJAH

LET'S BE FRIENDS

Summer 2022 Newsletter



Featured:

Supporting Staff & Patients
Friends News
Get Involved

Spinal injury patients supported by their friends

A cohort of our volunteers are busy dedicating their time to support patients on the Midland Centre for Spinal Injuries (MCSI).

The volunteers – known as Ward Friends – are a key part of the multi-disciplinary ward team and provide general, non-clinical support to spinal injury patients.

A Ward Friend is on hand to provide companionship and support to patients, some of whom are in hospital for a long period of time. The role is about proactively engaging and interacting with patients, sitting with those who may be anxious or need a listening ear.

The main duties carried out include facilitating activities, running errands, operating the hot beverage trolley, or fulfilling basic shopping requests. It also includes providing basic support and encouragement to patients around mealtime.

The role was introduced shortly before the pandemic but due to Covid-19 restrictions has had long periods of suspension – volunteers are now settling into their regular volunteering commitment.

Hannah Richards, MCSI Ward Manager, said: "We're delighted to have the Ward Friends back in full swing – the pandemic has been difficult for our patients, with limited visits from friends and family, so a regular visit from a friendly volunteer goes a long way.

"The volunteers make such a valuable contribution to the ward – supporting with non-clinical jobs allows nurses and other healthcare professionals to dedicate their time to clinical duties."

Supporting Staff & Patients

Friends help to mark International Nurses Day

International Nurses Day takes place every year to remember the birthday of Florence Nightingale – the nurse who founded modern nursing.

This year RJAH have marked the occasion with a little help from their Friends.

We had the pleasure of gifting RJAH's nurses and healthcare assistants with a pair of socks each with different animals on that represent strength and courage – words that are also used to describe nurses.



Spinal injury patients take to Shropshire canals

We are beyond delighted to fund a number of Lyneal Trust canal boat trips for patients on the Midland Centre for Spinal Injuries at RJAH.

The trips have given spinal injury patients the opportunity to spend a day taking in the picturesque Shropshire countryside, surrounding nature and fresh air - with a pitstop for fish and chips of course!

Thank you to Kate Betts, Physiotherapy Rehabilitation Technician, for organising the day and to a number of our volunteers who signed up to help out - we're so pleased everyone has been enjoying the trips!



Celebrating 10 years of our Coffee Shop and Shop!



Friends News

The High Sheriff of Shropshire visits her Friends

We recently received a visit from the High Sheriff of Shropshire, Selina Graham. During her year as High Sheriff, Selina is spending time visiting parts of the county to meet with the people that make Shropshire the very special place it is

Selina spent time speaking with some of our wonderful volunteers and discussing our Future Friends volunteer scheme with us.

More information on our youth volunteering programme can be found via the dedicated website: www.futurefriendsrjah.org.uk.



Fundraising success for our branches

Summer is in full swing and our calendar of events has been filling up, with a number of our branches holding successful fundraisers.

Congratulations to the members of Whitchurch branch for hosting a hugely successful Summer Coffee Morning that raised just under £2000. The event was held at Gredington Hall, and those in attendance were able to browse an array of plant and produce stalls while enjoying a cuppa.

Christ Church Oswestry held it's Summer Fair and donated £250 of the proceeds to Oswestry Rheumatology Association. Crafty Knitters knitted multiple items; bees, birds, fairies, fish and many more creations, which decorated the church garden. Despite the weather it was a happy and successful day for the church and the ORA.

Congratulations to our fantastic fundraising group based in Welshpool for raising £772 at their most recent event. Welshpool branch members hosted a well attended coffee morning with lots of delicious refreshments available, along with a range of stalls to browse and a raffle.



AGM - Save the Date!

Join us at The Sweeney Hall from 1pm on Tuesday 27th September for our Branch Liaison and AGM. More details to follow!

27th September

Mere Mile

Deputy Medical Officer to take on fundraising challenge for his Friends

This summer's highly anticipated open water swim fundraiser held by The League of Friends to The Robert Jones and Agnes Hunt Orthopaedic Hospital (RJAH) is gaining momentum and applications have been flooding in.

The hospital Friends and their event partners Swimfinity are delighted to reveal that Mr Ibrahim Roushdi, Deputy Medical Officer at the Oswestry based hospital, is amongst the list of participants for this year's Mere Mile event.

The Mere Mile is taking place on August 29 – a Bank Holiday Monday – at the Mere, Ellesmere, and will see swimmers taking on a 1 mile or 2.5 mile swim for the benefit of RJAH.

This year's Mere Mile, which is sponsored by Shropshire Pools and Spas, follows on from an extremely successful 2021 event, in which just under 200 swimmers took part and an incredible £19,500 was raised.

Ibrahim, who has signed up to undertake the 2.5 mile challenge, said: "I'm relatively new to open water swimming, first venturing out less than a year ago, so I'm really looking forward to challenging myself to the 2.5 mile swim.

"Charities have undoubtedly struggled throughout the pandemic and I'm really pleased this event will directly benefit the Friends and the invaluable work they carry out to support our patients and staff at RJAH."

Those who wish to sponsor Ibrahim can do so by visiting:
<https://friendsrjah.enthuse.com/pf/ibrahimroushdi>

Victoria Sugden, Charity Director for the hospital Friends, said: "We are so grateful to Ibrahim, RJAH's Deputy Medical Officer, for taking part in our Mere Mile event and helping to raise much needed funds.

"The Mere Mile is one of our biggest fundraising events in the calendar and all swimmers play a massive part in enabling us to provide the best possible support to patients and staff at RJAH."

All money raised will enable the Friends to continue to give essential support for patients, relatives and staff by providing services, organising volunteers, funding equipment, issuing grants and supporting wellbeing for RJAH.



SIGN UP TODAY!

To secure a place to undertake the mile or 2.5 mile swim please visit our event page:
www.friendsrjah.enthuse.com/cf/mere-mile-registration

If you wish to make a donation to support the fundraising campaign please visit:
www.friendsrjah.enthuse.com/cf/mere-mile-donate



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 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



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

Yasmin Heath (Charity Administrator) - yasmin.heath@nhs.net

Tel:

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

Follow us

You can follow us for the latest updates on:

Facebook - [@LoFtoRJAH](https://www.facebook.com/LoFtoRJAH)

Twitter - [@LoFtoRJAH](https://twitter.com/LoFtoRJAH)

Instagram - [@leagueoffriends_rjah](https://www.instagram.com/leagueoffriends_rjah)

Visit our website - www.friendsrjah.org.uk

