



Friends

At the heart of RJAH

LET'S BE FRIENDS

Autumn 2022 Newsletter



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RJAH Friends sign Covenant to support Armed Forces

The League of Friends have pledged their support for staff and volunteers who serve in military roles by signing up to the Armed Forces Covenant.

The Covenant, which has also been signed by the Oswestry based hospital's Senior Leadership Team, represents a pledge of support by the Friends charity to people who are serving in, or who have served in the Armed Forces.

This includes supporting the employment of both veterans or their partners and any employees who serve with the Reserve forces by accommodating their training and deployment where possible.

The Covenant was signed on behalf of the Friends charity by Chairman Peter David. Representing the Armed Forces was Lt Col Carl Meyer, who is also the Veterans' Clinical Director at RJAH.

Peter David said: "The League of Friends is pleased to support this excellent initiative and to acknowledge and support all those connected with our Armed Forces.

"It reflects the important work of the Trust, and it is right as their partners that we too align with these values."

A pioneering veterans facility is being built onsite at RJAH – the initial fundraising appeal was launched in October 2018 and was kickstarted with a £100,000 donation from the hospital Friends.

The RJAH had initially launched a £1.5 million appeal to build a more modest outpatient facility for veterans but is now set to boast a vaster £6 million facility, following a grant from the Headley Court Charity.

Supporting Staff & Patients

Percy's Punnets help staff and patients get their 5-a-day!

It's has never been easier for staff and patients to get their 5-a-day thanks to the return of the fruit and veg stall in the main entrance of RJAH.

The League of Friends are running the stall as an extension of the shop and provide a selection of delicious fresh produce delivered from a local supplier.

Staff were also given the opportunity to help name the stall, with Percy's Punnets coming out as the firm favourite! Pop along for a browse from Monday to Friday, 10am until 4pm.

Charitable funds support spinal injury patients' rehabilitation at RJAH

For patients with a spinal cord injury at RJAH community re-integration is a key part of their rehabilitation – this has just been made easier thanks to the support of charitable funds.

The League of Friends and RJAH Charity have jointly funded the purchase of a wheelchair accessible vehicle for the benefit of spinal injury patients at the Oswestry based hospital.

The vehicle cost in excess of £37,000.

As part of the rehabilitation programme, integration back into the community is encouraged prior to discharge home – this may include trips to local shopping centres, garden centres or to sporting venues, where wheelchair sports activities can be trialled.

Benefits of access to a wheelchair accessible vehicle include staff transporting patients with an improved quality of journey to and from their home, work, and school. These visits are required to ensure the safe and good quality discharge from hospital to home after a life changing spinal cord injury.

Julie Smith, Therapy Team Lead, said: "As many of our patients are wheelchair users, getting in and out of a car can be difficult. Use of a wheelchair accessible vehicle allows patients to be transported safely and comfortably, visiting home or going on social trips during their long inpatient stays.



"Without access to a vehicle of this kind, many of our patients would miss out on aspects of the patient journey which enable us to provide a good quality rehabilitation program, as well as a safe and successful transition from hospital to home.

"We are extremely grateful to the League of Friends and RJAH Charity for the generous donation which has allowed us to purchase this vehicle – it will continue to benefit patients for many years to come."

Harry Turner, Chair at RJAH, said: "It's wonderful to see two of our hospital charities working in collaboration for the benefit of patients – we are extremely appreciative to both charities for their invaluable support."

Volunteering Spotlight

Volunteer with your Friends!

The League of Friends has a well-established volunteer family working in a variety of roles across RJAH; from our helping in the Coffee Shop to providing non-clinical support to patients on the Midland Centre for Spinal Injuries. We are always looking for new volunteers to join our amazing team to support and assist staff in providing a more personal and friendly service to patients, relatives and carers.

Below we'll hear first-hand from some of our active volunteers, and if you would like more information on the full list of available roles you can visit our website: www.friendsrjah.org.uk.

Ed Sugden & Tom Ward - Digital Support

Ed & Tom signed up to our youth volunteering scheme, Future Friends, to provide ad-hoc digital support. The role is extremely creative and volunteers play a key part in helping to promote our charity by helping to create a variety of photo and video content.

Ed said: "I studied Film and Television Production at York University - volunteering for the Friends in this capacity is great as I have the flexibility to volunteer around my work commitments. It's also provided me with a variety of exciting content to add to my portfolio!"



Jo Spencer Jones - Vaccination Centre

Jo is one of our wonderful Trustees, a member of Shrewsbury fundraising branch and currently volunteers in RJAH's Vaccination Centre.

Jo said: "Becoming part of Rebecca Warren's awesome team has rekindled the desire in me to be part of a team again, which is really the ethos of the NHS and I have missed that.

"It has been an honour to work in the Vaccination Centre over the past almost 2 years, and to see it blossom into the amazing well oiled machine it has become."



Nigel Culverhouse - Helpdesk

Nigel joined our team of Helpdesk volunteers in April, working to meet and greet each patient/visitor as they make their way into the hospital, and supporting with any queries.

Nigel said: "I joined RJAH's team of volunteers because I wanted to get out and meet folks. I also wanted to be somewhere where I could do a job and feel useful.

"Now I can see how all the volunteers make a huge difference and help the world go round more pleasantly for everyone visiting the hospital."



Fantastic Fundraising

Friends come together for community fundraising events

Community fundraising is at the heart of what The League of Friends does - our charity continues to be incredible grateful to our fantastic fundraising branches and local organisations who hold events for the benefit of the Friends.

Recently the Orthopaedic Male Voice Choir held a magically musical concert in Oswestry's Christ Church in aid of our charity. The evening raised just under £700!

Our branches have also been hard at work holding community fundraising events. Our dedicated fundraising branch based in Whitchurch held a coffee morning in the Civic Centre, the market town's community hub, raising an excellent £364. Members running the event provided refreshments, held a tombola and raffle, along with cake and card stalls.

Oswestry Rheumatology Association, a fundraising branch of the Friends that specifically raises money for the benefit of RJAH's Rheumatology patients, held another successful annual Autumn Fair at Oswestry's Memorial Hall. There were lots of lovely stalls to browse, along with refreshments and a performance from the Orthopaedic Ladies Choir. The event raised £500!



Save the Date!

Ludlow Christmas Fair Tuesday 15th November - 10am until 4pm

Annual Christmas Fair held at Ludlow Racecourse (SY8 2BT) in aid of The League of Friends RJAH and Hands Together Ludlow. Entry £5. Over 70 beautiful stalls selling items you might like to buy for Christmas presents, or simply for yourself.

For event updates and exclusive stall holder sneak peeks follow the event on Facebook!



@LudlowChristmasFair

Winter Drinks & Stalls Thursday 24th November - 7pm until 9pm

Our Shrewsbury fundraising branch are holding a wonderfully festive evening by kind permission of Mr & Mrs D Sykes-Waller.

Refreshments are available, along with a selection of charming stalls to browse. Tickets £25.

For further information on purchasing a ticket please get in touch with the office directly:

- Email: rjah.leagueoffriends@nhs.net
- Call: 01691 404401

All attendees must RSVP to the event organisers by Monday 14th November.

Mere Mile

Hospital Friends hold third successful open water swim event

An open water fundraising challenge has raised an incredible £8,000 for The League of Friends.

The Mere Mile, which was sponsored by Shropshire Pools and Spas Ltd, took place on Monday 29th August and saw over 100 swimmers take the plunge and attempt to swim one mile or 2.5 miles in the Mere, Ellesmere.

The hospital Friends and their event partners Swimifinity were pleased to see the event return for the third consecutive year – following on from two hugely successful years which collectively raised just under £30,000.

James Bainbridge of Swimifinity said: “We’re really pleased to have been able to help facilitate the event for the third year in a row.

“Congratulations to each and every swimmer who took part so enthusiastically – we’re incredibly appreciative of the support the event continues to generate, and the amount raised for charity shows the high regard people have for our wonderful local hospital.

“We’re already looking forward to 2023, building on the success of the last three years and continuing to support such a worthy cause.”

A number of staff members from the Oswestry based hospital also took part in the event – participants included Mr Ibrahim Roushdi, Consultant Orthopaedic Surgeon, who took part in the 2.5 mile swim.

Ibrahim said: “There was a great atmosphere on the day, and I thoroughly enjoyed challenging myself to the 2.5 mile swim.

“At RJAH we’re incredibly grateful to the League of Friends for holding fundraising events such as the Mere Mile – they raise valuable funds that directly support frontline staff and patients.”

A team of 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.

Victoria Sugden, Charity Director, said: “Enormous thanks to Swimifinity, Shropshire Pools and Spas, our wonderful swimmers, supporters and volunteers who worked so hard to make this event successful”



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

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