



# Friends

At the heart of RJAH

# LET'S BE FRIENDS

Spring 2023 Newsletter



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## Volunteer with your Friends at RJAH

For many organisations volunteers are the backbone of their work – it's no different at The Robert Jones and Agnes Hunt Orthopaedic Hospital (RJAH).

We are currently looking for people to join our volunteer family to support a wide variety of roles across the organisation. With over 150 volunteers currently helping out, those who join will be working alongside a wonderful group of people who make a huge difference at RJAH on a daily basis.

Beryl Angel has been a volunteer at RJAH for over 13 years and is currently working on the Helpdesk and the recently re-established Shop Trolley service. She said: "Volunteering with the Friends is a profoundly satisfying experience."

"I really do think that to give a little of one's time is most rewarding in life, and I would urge anyone considering volunteering to give the Friends a try and I'm sure they would soon see how much it's appreciated."

Melvin Dulak joined the Friends volunteer family in 2021 and works in the Coffee Shop, on the Helpdesk and as a Ward Friend on the Midland Centre for Spinal Injuries.

Melvin, who is a self-professed volunteering geek involved with multiple organisations, said: "For me volunteering helps my overall mental health, gets me out and enables me to meet lots of new people – with the added bonus of making genuine friends along the way, some of whom I've met with outside of RJAH for a social evening."

"Personally I find that volunteering at RJAH is a privilege and I'm so pleased that I'm part of the Friends family."

For details on how to get involved please visit:  
[www.friendsrjah.org.uk/volunteer](http://www.friendsrjah.org.uk/volunteer)

# Friends & RJAH Updates

## Friends support Nutrition and Hydration Week

March saw RJAH mark Nutrition and Hydration Week - there was a whole host of promotions, tastings and resources available to staff throughout the week.

Thanks to Covent Garden Fruit & Veg Shop Oswestry we were pleased to fund delicious and healthy fruit boxes for staff to enjoy as part of Fruity Friday.

As part of Thirsty Thursday we also provided staff with free bottles of water to highlight the importance of staying hydrated. Thank you to Tesco Ellesmere for supporting this initiative.



## The 'end of an era' for RJAH's Vaccination Centre

With the Vaccination Centre at RJAH now closed we'd like to take this opportunity to thank our amazing team of volunteers for their invaluable contribution to the vaccine roll out.

Our team of pink volunteers offered a calm and reassuring presence within the centre, working extremely hard to ensure patients had the best possible experience, from donning PPE at the entrance to making their way back to the car.

The closing of the Vaccination Centre feels like the end of an era, but one we're incredibly proud to have been a part of.



## Grab yourself a secondhand bargain book!

We are very happy to welcome back our second hand book trolley!

We have loads of ex library, brand new, hardbacks, paperbacks and pre-loved books available to choose from. We also offer up themed mystery books each month, whereby customers can choose a book based on a snippet of the blurb - no judging a book by its cover!

You can find our book trolley outside the Charity Hub office in the main entrance most weekdays.



# Supporting Staff & Patients

## Flower Friday initiative brings joy to RJAH staff

We're please to have launched a new initiative here at RJAH - Flower Friday!

A huge thank you to Oswestry Sainsbury's for making this possible. Their generous weekly donation of fresh flowers is enabling us to spread a little extra Friday cheer amongst staff.

We plan on making our way through each department in the hospital and we're pleased to have made a good start by delivering the beautiful blooms to Ludlow admin staff, main outpatients and radiology to name but a few.

## Much loved shop trolley service returns after three year hiatus

After almost a three year hiatus we're over the moon to see the return of our shop trolley service.

Here are volunteers Denise and Beryl heading out to the wards with a trolley full of refreshments, toiletries and newspapers. We're thrilled to offer this vital service to patients, staff and relatives again!

If you're interested in joining our team of volunteers please contact:

- Email - [heather.thomas-bache@nhs.net](mailto:heather.thomas-bache@nhs.net)
- Phone - 01691 404401

## New business Tired Mums Coffee supported by their Friends

Patients, staff and visitors at RJAH can now support local business Tired Mums Coffee by purchasing their range of delicious, specialty coffee blends in our shop

Tired Mums Coffee was founded by Laura Peill and Gemma Brett, who both work at the hospital. The two mums strive to boost the motherhood experience through great tasting coffee with a purpose. They aim to improve peer support and wellbeing for mums and ensure conversations are happening all over the UK.

Their specialty grade coffee is Fairtrade and the decaf option is mountain water washed – they're all available to try with a choice of brewing kit. Grab a bag today!



# Royal Visit

## The Duchess of Edinburgh officially opens UK's first dedicated veterans' orthopaedic centre

The UK's first dedicated Veterans' Orthopaedic Centre at Shropshire's specialist orthopaedic hospital has officially been opened by Her Royal Highness The Duchess of Edinburgh.

The Duchess was at The Robert Jones and Agnes Hunt Orthopaedic Hospital for an official visit, that saw her unveil a plaque marking the official opening of the pioneering Headley Court Veterans' Orthopaedic Centre.

The innovative centre was built by local contractor Pave Aways onsite at the Oswestry-based hospital following a £6 million donation from the Headley Court Charity.

Lieutenant Colonel Carl Meyer, Consultant Orthopaedic Surgeon, launched the Veterans' Orthopaedic Service back in 2014.

He said: "The official opening of the Headley Court Veterans' Orthopaedic Centre is a day I have long dreamt about, even before our fundraising appeal launched in October 2018.

"For a number of years, we have talked about veterans being seen in an environment that brings comfort to them and by clinical teams that have an understanding of military personnel and their unique needs. This is now reality, which marks the beginning of a new era of bespoke care for our veteran patients and members of the Armed Forces.

"Thank you to HRH The Duchess of Edinburgh for visiting the Veterans' Centre and learning more about the work we do here."



# Save the date!

## Take the plunge for RJAH Hospital Friends

We are pleased announce that the Mere Mile will be returning for the fourth consecutive year on Sunday 27th August at the Mere in Ellesmere.

This year's Mere Mile, which is sponsored by Shropshire Pools and Spas and run in conjunction with Swimfinity, follows on from three extremely successful years which collectively raised over £30,000 for the benefit of patients and staff at RJAH.

In previous years a team of volunteers have dedicated their time to help with the running of the event; members of Borderlands and Ellesmere Rotary Clubs, safety boat crews, kayakers and stand-up paddle boarders who took to the water to ensure the swimmers are kept safe throughout.

Participants can choose between two distances – 1 mile or 2.5 miles. Entry numbers for each category are limited, with space for 200 swimmers to undertake the mile swim and 150 for the 2.5 miles.

Each participant will receive an event swim hat, goodie bag and finishers memento.

Victoria Sugden, Charity Director, said: "We have so enjoyed this event over the last few of years, bringing the community together for an outdoor event has had such a positive effect on us all whilst fundraising for our much-loved local hospital.

"With the Shropshire Triathlon taking place in Ellesmere the following week, this is the perfect challenge to take on in preparation! Whatever your reason for signing up, we look forward to welcoming everyone to a successful swim again this year.

"Huge thanks to our partners Swimfinity and our sponsors Shropshire Pools and Spas who have helped us build such a wonderful event – please do get your entries in soon!"

James Bainbridge of Swimfinity said: "We're extremely excited to help deliver the Mere Mile for a 4th year! Open water swimming & dipping continues to grow in popularity, so the event is a great excuse for people to get stuck in and enjoy the outdoors.

"The low entry costs make the Mere Mile accessible to all and knowing that the money raised supports an incredible local charity is a real motivator! We're really proud to partner once again with the Friends to raise valuable and much needed funds to support their critical work."

This year the event organisers are offering those who sign up between April and May a discounted early bird price.

To register to become a swimmer and secure the early bird price please visit the dedicated event page by 31st May 2023: <https://friendsrjah.enthuse.com/cf/mere-mile>



# THE MERE MILE

# 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.

Your support helps us to continue to take care of the well-being of patients and staff. Every donation, large or small, will make a difference.

Visit our JustGiving page to make a donation:  
[www.justgiving.com/robertjones-agneshunt/donate](http://www.justgiving.com/robertjones-agneshunt/donate)

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](mailto:rjah.communityfundraising@nhs.net)



## Contact us

Email:

Victoria Sugden (Charity Director) - [v.sugden@nhs.net](mailto:v.sugden@nhs.net)

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Elaine Tinsley (Accounts Officer) - [elaine.tinsley@nhs.net](mailto:elaine.tinsley@nhs.net)

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## 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](http://www.friendsrjah.org.uk)

