



# Friends

At the heart of RJAH

# LET'S BE FRIENDS

Summer 2023 Newsletter



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## Stalwart supporters welcomed for AGM

Fundraisers, volunteers and trustees turned out in force to RJAH for our recent Annual General Meeting.

We were pleased to host our AGM on site at RJAH for the first time since the pandemic, with the meeting taking place in the new Headley Court Veterans' Orthopaedic Centre.

The AGM allowed us to reflect on a year of immeasurable recovery, as we made significant steps to return to normal service.

As well as reaffirming a number of trustees to stand again for another term of office, we were pleased to elect two new trustees – Mrs Erica Moss, who brings with her a wealth of experience and Miss Rebecca Warren, who is a staff trustee and army reservist.

Lady Sally Kenyon, President of the Friends, said: "We were immensely privileged to host our AGM within such an amazing facility, it really is innovatory.

"Being able to share the achievement with our members, many of whom were responsible for raising the seed funds that kick-started the appeal in 2018, was very special.

"It was the League of Friends pledge of £100,000 at the start of the Veterans Centre Appeal that attracted the attention of Headley Court to visit the RJAH hospital.

"The rest is history, but it does demonstrate the importance of the League to RJAH and the valuable contribution of each and every supporter – every penny raised makes a difference to patients, staff and equipment."

# Friends & RJAH Updates

## Return of Daphne's flowers a blooming success

Daphne Evans has been selling plants and produce to raise funds for the League of Friends for many years and we're delighted to see her return to the main entrance of RJAH after a short hiatus due to the pandemic.

Daphne has raised over £800 since returning to site and we're very grateful for the support.

You can find Daphne's stall next to Percy's Punnets most Monday mornings. Plants and produce varies from week to week.



## Volunteer recruitment days held at RJAH

We're pleased to have held two successful volunteer recruitment drives throughout the summer - each taking place in the main entrance of RJAH.

We ran a stand alone recruitment day, along with joining one of RJAH's recruitment events showcasing a wide variety of opportunities at the hospital!

A big thank you to Melvin Dulak, Lorraine Dodsworth and Janice Roberts for taking the time out of their days to represent our volunteer family.

To enquire about volunteering please visit our website: <https://www.friendsrjah.org.uk/volunteer/>



## THE MERE MILE

Have you signed up to our open water swimming event yet?

The Mere Mile, run in conjunction with Swimfinity, returns for the fourth consecutive year on Sunday 27th August - challenge yourself to a 1 mile or 2.5 mile swim!

Not only will each swimmer receive a goody bag and swimming cap but this year we also have Mere Mile medals!

Dive on in to our dedicated event page to register now: <https://friendsrjah.enthuse.com/cf/mere-mile>



# Volunteer Spotlight

## Friends come together to celebrate volunteers at RJAH

From wonderful Ward Friends to Helpdesk heroes, we're delighted to have celebrated our volunteer family here at RJAH.

Our celebration evening, which took place in the Headley Court Orthopaedic Veterans' Centre, returned in full force in June after a hiatus due to the pandemic.

The event coincided with the start of Volunteers' Week - an annual celebration to recognise the fantastic contribution volunteers make across the UK.

The celebration saw over 60 volunteers gather as the charity said a well-deserved thank you to members of the voluntary services for their hard work and dedication to RJAH over the past few years.

The evening included a welcome address from Charity Director, Victoria Sugden and League of Friends Vice-Chair, Lady Susan Trevor, along with the presentation of two awards – Volunteer of the Year, and Volunteer Team of the Year.

Victoria said: "Our volunteers provide 12 different services across RJAH and collectively dedicate over 26,000 hours of their time to supporting patients, staff and visitors annually.

"It was an absolute pleasure to recognise the achievements of our treasured volunteers who give their time, energy and enthusiasm to enhancing the experience of those at RJAH."

Volunteer of the Year was awarded to Jayne Vaughan. Jayne joined the organisation last year as a means to rebuild her confidence after a period of ill-health.

Jayne, who volunteers in the Friends Coffee Shop, was nominated by multiple colleagues who praised her for being a true inspiration, going above and beyond and for being an absolute pleasure to work alongside.

Jayne said: "This award means the world to me – about five years ago I had an illness that nearly took my life but through hard work and help from the incredible NHS I managed to get through it.

"Going back to work unfortunately wasn't an option, so when I moved to Ellesmere from Bolton, my sister, a nurse at RJAH, encouraged me to volunteer – the rest, as they say, is history."

"Volunteering with the Friends is a two-way street – not only is it my way of saying thank you for the care I received but it's been a huge help to me personally and I'm delighted to be part of such a wonderful, friendly and welcoming team."

Heather Thomas-Bache, Head of Voluntary Services, said: "Jayne is such a deserving winner – she's an absolute asset to our charity and it's been lovely to see her grow in confidence over the past year."

Volunteer Team of the Year was awarded to the outstanding team of volunteers from Horatio's Garden.

Horatio's Garden Midlands opened in 2019 at the Midland Centre for Spinal Injuries in RJAH – the garden nurtures the wellbeing of people after spinal injury in beautiful, vibrant sanctuaries within the heart of NHS spinal injury centres.

Sharon Davies-Culham, Garden Administrator, said: "Since the garden opened every single volunteer has worked incredibly hard to make it the beautiful, tranquil and healing place it has become.

"Each volunteer brings their own skills, talents and empathy making it such a fabulous team to be part of. We cannot thank them enough for all they do for the garden, the charity and the patients – they truly deserve this award."





# Volunteering cont...

## NHS75 marked at Westminster Abbey

To celebrate the NHS's 75th birthday on July 5th, members of staff and volunteers from RJAH were invited to a special service at Westminster Abbey

The service was led by the Dean of Westminster, the Very Reverend Dr David Hoyle and was attended by Their Royal Highnesses The Duke and Duchess of Edinburgh.

Our lovely volunteer Christine Duncalf attended alongside RJAH staff members Mr Birender Balain, Judy Harris, Hayley Gingell and Wendy Mayne.



## Family fun at Shropshire Armed Forces Day

We recently had the pleasure of attending the Shropshire Armed Forces Family Fun Day - a family friendly day full of activities to say thank you to our Armed Forces of past and present.

We attended, along with a number of our volunteers, to raise awareness of the services offered within the Veterans' Hub at RJAH and to promote our volunteering opportunities.

We also ran an orthopaedic themed children's colouring competition - which was a huge hit. A big thank you to Merrythought and Golden Bear Toys for donating our competition prizes!

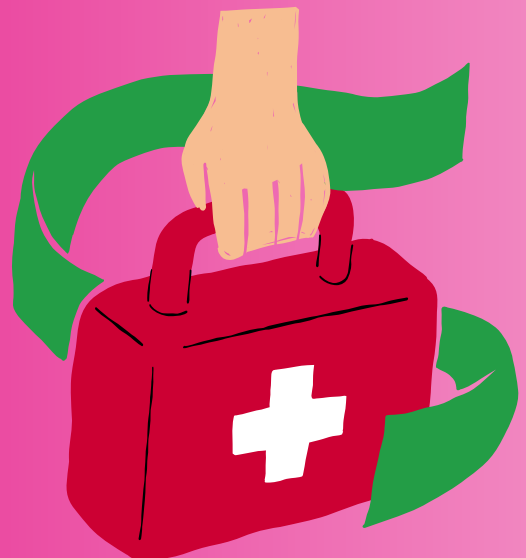


## First aid training for volunteers!

Chief Nurse and Patient Safety Officer, Paul Kavanagh-Fields, is kindly supporting us with basic life support training for any volunteers who wish to sign up.

This is not mandatory training, just an additional extra if you're interested. May we remind you that when faced with an emergency on site the first call of action is to call the emergency team on 2222.

If you'd like to take part in this training please email Yasmin to receive the full list of available dates and times: [yasmin.heath@nhs.net](mailto:yasmin.heath@nhs.net)



# Supporting Staff & Patients

## Friends support Estates & Facilities Day

June saw RJAH mark National Healthcare Estates and Facilities Day - a day to celebrate the essential work of all E&F professions in the delivery of health and social care to people across the UK.

As a thank you to staff we had the pleasure of funding gift vouchers from four local businesses - Fat Rabbit, Niche Patisserie, Courtyard Tearooms and Cambrian Coffee.

CLC also provided a delicious BBQ for teams to enjoy on during their breaks.



## Spinal injury patients take to Shropshire canals

For the third consecutive year we are thrilled to fund a number of Lyneal Trust canal boat trips for spinal injury patients at RJAH..

We're so pleased to hear the trips have been enjoyable - for one patient this was their first day outside of hospital for 5 months and it was described as 'one the best days of their life'.

Staff who supported on the day also enjoyed the experience stating how wonderful it was to see the patients faces light up, with Lyneal Trust making everyone feel so welcome!



## International recruitment drive see's cottage renovations at RJAH

Estates and Facilities team have been busy renovating. Three cottages on the grounds of The Robert Jones and Agnes Hunt Orthopaedic Hospital (RJAH) have been revamped and renovated - in a bid to welcome and comfortably house international recruits.

We were delighted to support this project by funding the decorating costs, which totalled £5,000.

Victoria Sugden, Charity Director, said: "The Trustees of the League of Friends are pleased to support the recruitment and accommodation of staff at RJAH. Safe, convenient and comfortable accommodation for staff is key to being able to care for our patients well."





# Charitable Funding



## Hospital Friends support RJAH Theatres with £50,000 investment

The Theatres department at The Robert Jones and Agnes Hunt Orthopaedic Hospital (RJAH) is benefitting from the purchase of two additional ultrasound scanners thanks to their Friends.

We're delighted to have funded two new portable ultrasound scanners which will be used extensively by anaesthetists at the Oswestry-based hospital.

The purchase of the specialist scanners cost £50,000 and are essential for performing nerve blocks for pain relief and IV access.

These machines are traditionally used by radiologists to visualise deep structures like the lungs, heart and abdominal organs, however in the recent years' anaesthetists have found them invaluable in locating nerve structures.

Up to 15 years ago nerve blocks were done largely by using anatomical knowledge in a blind technique, but now these are done under direct vision using the ultrasound – as a result these pain-relieving techniques have become more successful and safer.

Dr John John, Consultant Anaesthetist at RJAH, said: "Portable ultrasound scanners are probably the most significant advancement in anaesthesia in the last decade.

"These machines help anaesthetists visualise nerve structures enabling us to do more effective and safe pain-relieving injections to help patients recover after painful major surgery.

"We are grateful and fortunate to have access to a very supporting League of Friends that readily fund these initiatives as they have such a direct and immediate impact on patient care."

Peter David, Chairman for the League of Friends, said: "The purchase of these ultrasound scanners demonstrates how charitable funds can make a significant difference to patient care and experience - we are delighted to provide the funding for these."

# 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:

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