

# LET'S



# Friends

At the heart of RJA

# BE FRIENDS

## Autumn '24

### FEATURED:

- Volunteer updates
- Friendly news
- Supporting RJA
- Garden for Alice
- Upcoming events
- How you can help

### Hospital heroes honoured at annual awards afternoon

In a heartwarming celebration of dedication and commitment we have honoured the contributions of our volunteers at an annual awards ceremony.

The event was held in the main entrance of RJA on Sunday 8th September, bringing together Friends staff members, trustees and volunteers. It served as a heartfelt tribute to the individuals who generously dedicate their time to supporting the hospital.

Over 50 volunteers gathered as the charity presented 3 awards: Volunteer of the Year, Volunteer Team of the Year and the Chairman's Courage award.

Volunteer of the Year was awarded to Peter Leech. Peter became a member of the Friends volunteer family two years ago, volunteering within the Headley Court Veterans' Orthopaedic Centre.

Runners up for the award included Pam Shone and Michelle Green – both provide unwavering support and care to patients and staff at RJA.

Volunteer Team of Year was awarded to the Coffee Shop. Often referred to as the face of the hospital, they go above and beyond every day, serving with a smile, cleaning tables, and offering a warm and friendly welcome to everyone who walks through the door.

Runners up for this award included Percy's Pals and the Veterans' Service – two teams who are a key part of the hospital community and make a huge difference to patients' well-being.

The Chairman's Courage Award went to Beryl Angel. Beryl embodies courage, commitment, and an extraordinary willingness to help wherever she can.

Victoria Sugden, Charity Director, said: "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 RJA."







Volunteer Team of the Year: Coffee Shop



Chairman's Courage Award:  
Beryl Angel



Volunteer of the Year Runner-up:  
Michelle Green



Volunteer of the Year Runner-up:  
Pam Shone



Peter, Volunteer of the Year, with  
veterans' team members





## THE PAW-FECT VOLUNTEERS

Have you met our fluffiest cohort of volunteers?

Our wonderful therapy dogs and their lovely owners are on hand to provide comfort, distraction and stimulation for patients at RJAH.

If you're visiting a loved one at the hospital and would like to book a visit you can do so via the log book located on Switchboard.

Loose Women pay a visit to RJAH to film around the Path of Positivity!



# VOLUNTEER UPDATES...

## BERYL HIGHLY COMMENDED FOR VOLUNTEERING AT RJAH

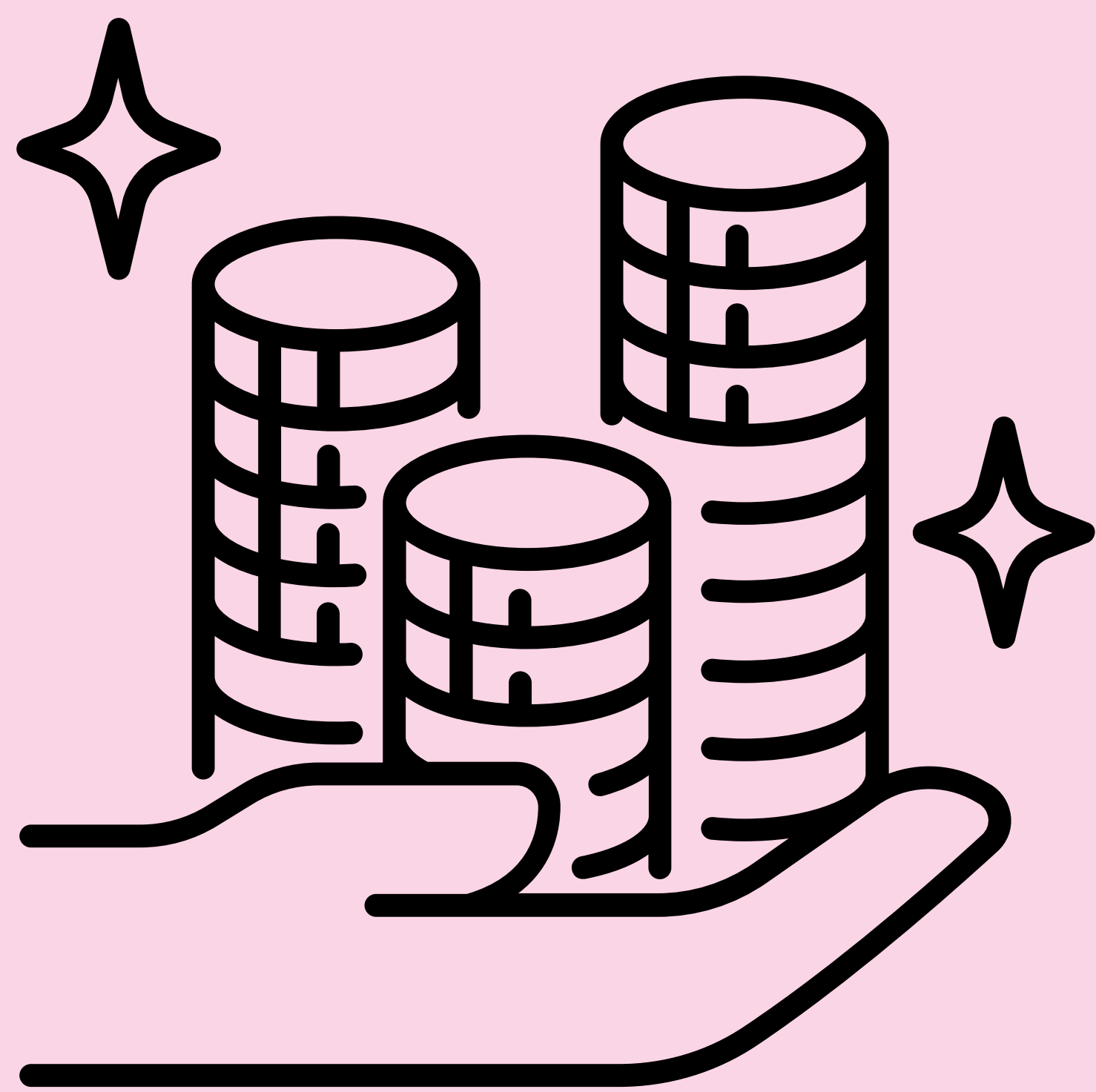
Congratulations to our brilliant Beryl Angel for collecting a highly commended award at the BBC Make a Difference Awards.

The awards recognise local heroes and animals across England in various categories - they are a chance to say thank you and acknowledge those who love to make life better for others..

Beryl was nominated for going above and beyond at RJAH by Charity Manager Julia Morgan. She attended a special awards ceremony in September, where a regional judge announced the winner for each category.







## DID YOU KNOW WE RUN A CURRENCY COLLECTION SCHEME?

Ever wondered what to do with old foreign coins? Did you know that your leftover foreign currency is an easy way to raise valuable funds for RJAH?

Simply drop your unwanted currency in to our Cash for Coins donation box in the main entrance of RJAH and we will collect, sort and count the currency donated, helping us quickly turn your donation into much-needed revenue for our charity's work.

Our coffee shops contribute to a five star food hygiene rating at RJAH!



# FRIENDLY NEWS...

## BLOOMING SUCCESSFUL PLANT SALES

A big thank you to Daphne Evans for donating £500 in lieu of flower sales.

Daphne sells homegrown flowers & herbaceous plants in the main entrance of RJAH one morning a week - this is her third donation this year, totalling £1500.

Daphne's donation helps to further the work we do at RJAH, providing essential support for patients, relatives and staff by providing services, organising volunteers, funding equipment, issuing grants and supporting wellbeing.





## ESCAPISM FOR MCSI PATIENTS

It wouldn't be summer without the canal boat trips for spinal injury patients, and this year we're delighted to have funded 6 days out

Each trip sees a group of patients, along with supporting staff and volunteers, set sail in the Shropshire sunshine with Lyneal Trust

The trip enables patients to experience a day outside of the ward and is always so appreciated. Feedback has been hugely positive, with patients describing the day as 'magic', 'peaceful' and 'tranquil'.



## SUPPORTING RJA...

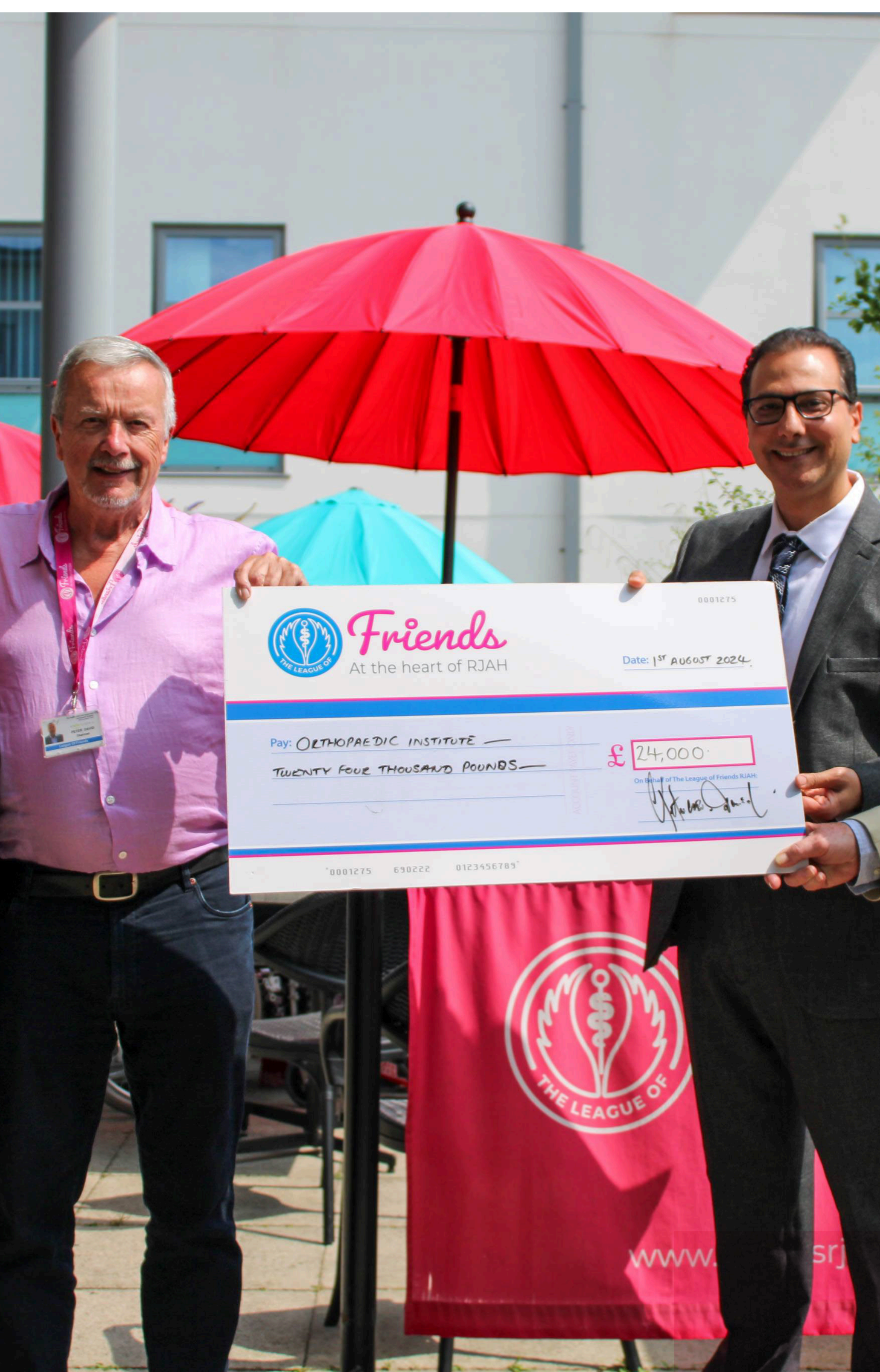
### ORTHOPAEDIC INSTITUTE TO CARRY OUT IMPORTANT STUDY THANKS TO THEIR FRIENDS

We are delighted to have provided the Orthopaedic Institute with a significant funding boost which will enable them to carry out an important study.

The funding of £24,000 was officially presented in a ceremonial cheque signing event held at the Oswestry-based hospital at the beginning of August.

Dr Rakieh said: "We are grateful to the Friends for their support – this funding will enable us to accelerate our research efforts, explore new management strategies, and ultimately improve the health and well-being of individuals struggling with osteoporosis and fracture (broken bone), particularly those affected by excessive weight.

"This study will ultimately ensure that patients are receiving the most suitable medication and treatment to help prevent fractures, while alleviating pain and suffering."





# Friends help to upgrade hospital's Occupational Therapy department

**We're pleased to have funded equipment for the OT department's workshop and rehabilitation flat.**

The workshop is a valuable resource for patients undergoing rehabilitation as an inpatient at RJAH and has a role with outpatient rehabilitation after a life changing injury – it offers a different environment for those interested in developing a skill that can be maintained at home post-discharge.

We have funded an array of tools for use within the workshop, this includes power tools, wood saws, drills kits, claw hammers, vacuum cleaners and a shed for storage.

The rehabilitation flat has recently been refurbished with a new kitchen, bathroom and painting throughout. Additional equipment was required to enable patients to begin using the flat again for overnight stays.

We supported by purchasing a two seater fixed sofa, lift and rise chair, dual care plus profiling bed, memory foam mattress with a zipped waterproof cover and a hoist.

For many patients it is often the first 'home' environment they will experience away from the ward having been in hospital for long periods of time. It enables them to test out care in a safe environment prior to going home, better preparing them for discharge.

Diane Pym, Occupational Therapy Assistant, said: "We are incredibly grateful to the League of Friends for supporting the Occupation Therapy department. Both the flat and workshop play an essential role in a patient's rehabilitation journey – these important upgrades allow us to harness the best possible environment to nurture patients pre-discharge."

Victoria Sugden, Charity Director, said: "We are always pleased to support in ways that have a direct impact on patient care and for patients who have suffered a life changing injury we're delighted to see such a positive impact on their rehabilitation."





## GAMING FUN FOR RJAHS YOUNG PATIENTS

We have supported the purchase of an Xbox Series S Gaming Cart for Alice Ward in conjunction with Oswestry Borderland Rotary.

Emma (in red) is a huge Manchester United supporter and an aspiring female footballer. She's serious about football and trains regularly.

Unfortunately, she found herself in the hospital as she needed ACL (knee) Surgery and sadly won't be able to play for a while. Naturally, she opened up EA SPORTS FC24 (EA - Electronic Arts) and got stuck in, which we love to see!

Happy gaming, Alice Ward!



## GARDEN FOR ALICE...

### FRIENDS PROVIDE FUNDING BOOST FOR PAEDIATRIC GARDEN

RJAH is excited to announce the beginning of a major milestone in its Garden for Alice fundraising appeal, with an official turf-cutting ceremony taking place to mark the start of the much-anticipated sensory garden project.

Anna Turner, Lord Lieutenant of Shropshire, had the honour of placing the first shovel in the ground, symbolising the beginning of the garden's transformation.

The newly designed garden is set to create a stunning, therapeutic sensory space for paediatric patients and their families at RJAH, designed to support their emotional and physical wellbeing throughout treatment and rehabilitation.

In order to help bring this vision to life we are delighted to have provided a generous contribution of £100,000 to the fundraising appeal. We can't wait to see the transformation!





# UPCOMING EVENTS...



SAT  
12TH  
OCT

COFFEE MORNING  
& CONCERT

United Reformed Church Hall, 10:30am - 12:30pm  
Hosted by: Oswestry Rheumatology Association

WEDS  
23RD  
OCT

BREAD BAKING  
EVENING

Tilstock Village Hall, 19:00pm  
Hosted by: Whitchurch Friends



SAT  
2ND  
NOV

BRIDGERTON  
BALL

The Sweeney Hall, 18:30pm - 12am  
Hosted by: RJA Charity

MON  
11TH  
NOV

REMEMBRANCE  
SERVICE

The Veterans' Centre, 10:30am - 11:30am  
Hosted by: RJA Charity/The VOC

TUES  
12TH  
NOV

LUDLLOW XMAS  
FAIR

Ludlow Racecourse, 09:30am - 15:30pm  
Hosted by: Ludlow Friends



WEDS  
27TH  
NOV

WREATH MAKING  
CLASS

Tilstock Village Hall, 14:00pm & 19:00pm  
Hosted by: Whitchurch Friends

FRI  
6TH  
DEC

CHRISTMAS  
BAZAAR

RJA Main Entrance, 09:00pm - 15:00pm  
Hosted by: League of Friends

FRI  
13TH  
DEC

XMAS CAROL  
SERVICE

Denbigh's, 18:30pm - 20:00pm  
Hosted by: League of Friends





# HOW YOU CAN HELP...

## MAKE A DONATION

From providing toothbrushes to funding an endoscopic surgical kit, we are at the heart of RJAHS 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.



## 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.

Get in touch today - we'd love to hear from you!

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

## CONTACT THE TEAM

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