



Christmas '24

LET'S Friends At the heart of RJA H

BE FRIENDS

FESTIVE CHEER FELT AT SUCCESSFUL CHRISTMAS BAZAAR!

We recently celebrated our much-loved Christmas Bazaar. This year's event featured a charming snowman theme, transforming the hospital's main entrance into a magical winter wonderland.

Visitors from across the community enjoyed a festive day filled with shopping, live entertainment, and fundraising. A variety of stalls offered unique gifts, handcrafted treasures, jewellery, and seasonal treats, while the our fundraising branches added to the success with their own contributions.

The day featured carols by local school children, a performance by the Ladies Orthopaedic Choir, and a special appearance by Father Christmas, thanks to the Rotary Club of Oswestry and Cambrian. Every child received a gift, generously donated by Proper Pubs, Golden Bear Toys, and Booka Bookshop. A huge thank you to everyone who supported this year's event - together we raised a wonderful £3000.



FEATURED

- Friendly news
- Delightful donations
- Friends festivities
- Volunteer updates
- Friends voices
- Supporting RJA H
- How you can help





CURRENCY COLLECTION CAMPAIGN TRIUMPHS

We're so pleased that the first collection from our Cash for Coins box has raised £343.69.

How does it work? 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

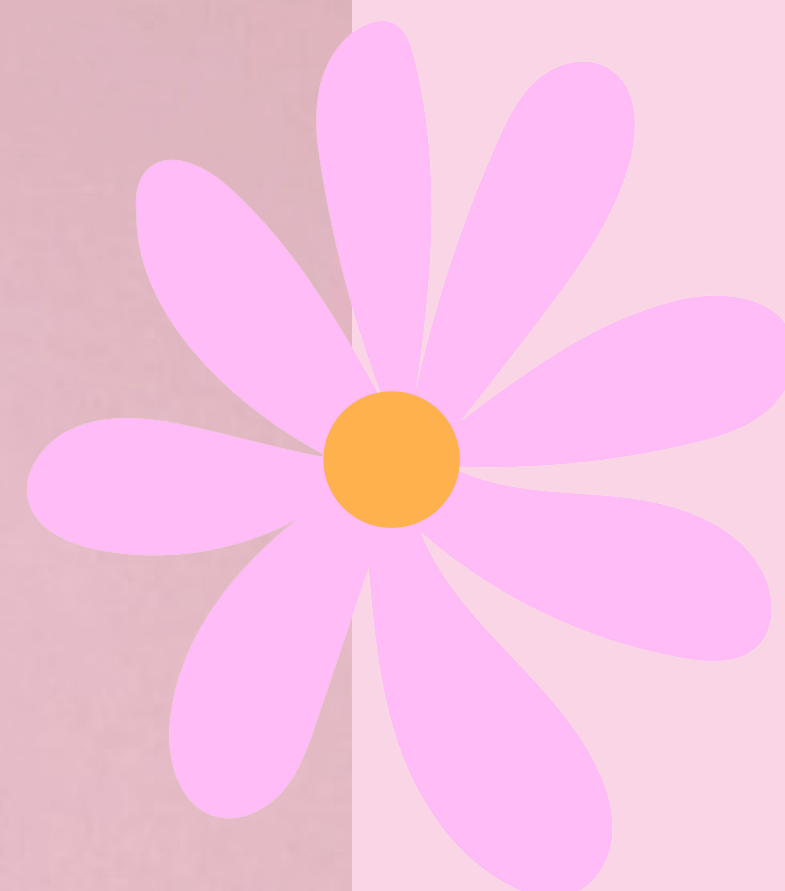
FRIENDLY NEWS...



FLOWER FRIDAY CONTINUES TO DELIGHT

Thanks to our fabulous friends at Marks and Spencer in Oswestry Flower Friday continues to spread joy amongst staff at RJAH.

Each week they donate a selection of beautiful blooms that we have the pleasure of delivering to teams across the hospital.





BRANCHES CONTINUE TO BLOSSOM

Our brilliant branches continue to flourish, with many holding successful fundraising events over the autumn/winter period.

Thank you to our fundraisers in Whitchurch and Tanat Valley for the recent cheque donations.

Whitchurch branch donated £2000 and Tanat Valley £1005.

We are incredibly grateful to all of our branches for their hardwork and support throughout 2024.

Merry Christmas
to all of our
fantastic
fundraising
groups!



DELIGHTFUL DONATIONS...

CELEBRATING 70 YEARS WITH GENEROSITY

Glenna recently organised a surprise 70th birthday party for her husband Bob, bringing together family and friends to celebrate this wonderful milestone. Instead of gifts, they generously requested donations to support our cause, demonstrating their thoughtfulness and kindness.

We are so grateful for their support and the generosity of everyone who contributed. Donations like this make a real difference, helping us to continue our vital work and make a positive impact.

Thank you to Glenna and Bob!





FRIENDS FESTIVITIES...

FRIENDS BRING CHRISTMAS CHEER WITH A PACKED FESTIVE CALENDAR

We're thrilled to have embraced the festive season with a bustling calendar of Christmas activities. This season has brought a host of wonderful events, bringing together staff, patients, and visitors.

Here are some of our highlights: the Ludlow Christmas Fair, which raised an incredible £22,300; the Whitchurch Branch Wreath-Making Classes; RJA's Carol Service; and a festive performance of the Nutcracker and Sugar plum Fairy by family run community entertainment company, The Ballet Pod.

LULOW CHRISTMAS FAIR



WHITCHURCH WREATH MAKING



THE BALLET POD PERFORMANCE



CHRISTMAS CAROL SERVICE





CRAFTY KNITTERS CREATE CHRISTMAS JOY

Our Crafty Knitters, a collaboration between the Friends and a local knitting group, Crafty Knitters, has been busy creating Christmas magic.

The group has knitted over 150 snow people to sell at our upcoming Christmas Bazaar.

The group meet on the first Thursday of every month between 2pm and 4pm, in the Glass Room in the main entrance. All abilities are welcome along.

The gorgeous Luna from Therapy Dogs Nationwide working her magic with RJAH staff



VOLUNTEER UPDATES...

NEW NAME BADGES HELP VOLUNTEERS CONNECT WITH PATIENTS

If you've popped into RJAH recently you may have seen that many of our volunteers are now wearing yellow name badges.

This means we now align with RJAH staff and that it's much easier for patients to address our volunteers by their names.

We have received lots of positive feedback from patients who have said they appreciate volunteers wearing the badges and that it makes interactions more personal when names are in plain sight.



YOU ARE INVITED TO THE LAUNCH OF

FRIENDS VOICES

The Heart of Our Hospital

JAN
THURSDAY 09 AT 6 PM
2025

Main Entrance to The RJA Orthopaedic Hospital, SY10 7AG.

Join us for an evening of inspiring stories from our volunteer team and guest speakers:
- David Wood OBE, CEO of Attend
- Victoria Sugden, Charity Director of the League of Friends

Enjoy light refreshments as we unveil Friends Voices, our new project with Attend, and learn how you can support The Robert Jones and Agnes Hunt Orthopaedic Hospital through volunteering.

Please RSVP to Julia by Monday 30th December on:
Julia.Morgan7@nhs.net or **01691 404373**

FRIENDS VOICES...

On Thursday 9th January we will be launching "Friends Voices" at The Robert Jones & Agnes Hunt Orthopaedic Hospital Trust. The event will be held in our Main Entrance between 6pm and 8pm.

"Friends Voices" is a project created by Attend, a national charity who supports and expands the roles of volunteers, to create a healthier community.

The project gives us an opportunity to shine a light on the amazing work of our volunteers. Through recorded and live interviews, you will be able to hear their stories and experiences and the impact they have in the RJA Trust.

We are very proud to be working alongside Attend and we are so grateful for their sponsorship and funding of this event.

We would very much appreciate the pleasure of your company in launching this exciting and unique project.

We kindly request that RSVP's are emailed to julia.morgan7@nhs.net by 30th December.

WHEELCHAIRS FUNDED TO ENHANCE PATIENT CARE

We are delighted to have funded seven brand-new wheelchairs to benefit RJAH.

These much-needed wheelchairs will enhance the experience and comfort of patients during their stay at hospital, ensuring improved mobility and ease of transport.

Due to increased activity within the hospital, the Portering team, responsible for transporting patients to the services they need, found their existing fleet of wheelchairs struggling to meet the growing demand.

The new wheelchairs were purchased at a total cost of £5,750.



SUPPORTING RJAH...

PREOPERATIVE PATIENTS SUPPORTED BY THEIR FRIENDS

Preoperative patients are being better informed on ways to improve their fitness prior to surgery thanks to support from their Friends.

We have funded the purchase of two SMART TV screens to the value of £2740.

The TV screens deliver videos prepared by the Royal College of Anaesthetists to educate and inform patients on how to improve their fitness prior to surgery.

The addition of these two screens will ensure that patients are better informed and equipped with valuable knowledge on how to prepare for surgery, leading to an improved post-operative experience and smoother recovery.

Glenna Hardy, Nurse Practitioner – Arthroplasty, said: “It is well known that patients who can improve their health and activity levels recover from surgery more quickly, and with fewer complications.

“Thank you to the League of Friends for supporting this initiative and for their continued hard work fundraising to support our patients, relatives and staff at RJAH.”



Friends support new wellbeing oasis for ward staff at RJAH

We are delighted to support staff on Powys & Clwyd Ward with enhancements to their outdoor spaces.

We funded essential enhancements to the outdoor area, including the installation of new fence panels, which have transformed the space into a cosy and private wellbeing oasis.

This quiet retreat, situated adjacent to RJAH's Powys and Clwyd wards, provides a much-needed sanctuary for staff to enjoy during their breaks.

Powys is a ward specialising in spinal disorders, while Clwyd focuses on enhanced recovery care.

The newly developed outdoor space was designed with staff wellbeing in mind, offering a tranquil environment where team members can relax, recharge, and momentarily step away from the demands of their busy shifts.

Many ward staff work long 12-hour shifts, and opportunities to leave the ward for a meaningful break are often

limited. The creation of a nearby outdoor retreat has made it easier for staff to take advantage of their breaks, encouraging them to step outside for fresh air and a change of scenery.

Caroline Morris, Ward Manager for Clwyd ward, said: "The wellbeing garden has been a game-changer for our team. Having an outdoor space where we can take a breather during long shifts makes all the difference. It's a place to clear our minds and return to work feeling recharged. Huge thanks to the League of Friends for their kindness and support."

Julia New, Ward Clerk for Powys ward, was able to secure the support of local supermarket Stans who kindly donated plants for their garden. She said: "This new garden area has been such a positive addition for us. We're very thankful to The League of Friends and Stans Superstore for making this possible. The plants have added a beautiful touch that really makes the space feel special."



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

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