



SUMMER
2025

LET'S Friends At the heart of RJA BE FRIENDS

HOSPITAL HEROES HONoured AT ANNUAL AWARDS AFTERNOON

We were delighted to mark the start of Volunteers' Week here at the hospital, with a heartwarming awards ceremony, recognising the incredible dedication of our volunteer family.

Three awards were presented: Volunteer of the Year went to Debbie Geary, praised for her cheerfulness, commitment and support for patients and staff. Will Anderson-Edwards was named runner-up.

Volunteer Team of the Year was awarded to the Ward Friends, with Percy Pals as runners-up.

Melvin Dulak received the prestigious Chairman's Award for his kindness, initiative and outstanding contribution - including supporting patients on an outdoor activity trip to the Calvert Trust.

Victoria Sugden, Friends CEO, said: "It was a pleasure to celebrate our volunteers, who together give over 30,000 hours of their time each year to make a difference at RJAH."



FEATURED

- Volunteers' Week
- Supporting RJA
- Friendly news
- Charity corner
- How you can help



Celebrating our volunteers for the time, energy and kindness they put into making a difference at RJAHL



VOLUNTEERS' WEEK

NURSES CELEBRATED AT RJAH

We were proud to fund a small token of appreciation for our incredible nurses and healthcare assistants in celebration of International Nurses Day, marked annually on 12 May to honour the anniversary of Florence Nightingale's birth.

As part of the celebrations, the Senior Nursing Team visited wards and departments across the hospital, delivering Denbigh's meal vouchers and a selection of other treats.

Our thanks go to the Catering Team for their support in organising and distributing the vouchers to help us recognise the hard work and dedication of our nursing staff.



SUPPORTING RJAH...

GREEN SPACES SET TO FLOURISH THANKS TO NEW APPOINTMENT

Introducing the newest member of our team - Mike Fish, Gardens Manager & Volunteer Coordinator.

We are very excited to have Mike join our charity family! He will be working across the hospital grounds, helping to care for the many green spaces that provide a peaceful and uplifting environment for patients, visitors, staff and volunteers.

From planting and pruning to weeding and general upkeep, Mike will be supporting the day-to-day care of our gardens – and he won't be doing it alone. We're on the lookout for green-fingered volunteers to join him!

Whether you're an experienced gardener or just enjoy spending time outdoors, we want to hear from you.

Get in touch:

Email: michael.fish4@nhs.net

Phone: 01691 404401

Website: friendsrjah.org.uk/volunteer/





COMEDIAN HARRY HILL COLLARED TO OPEN RJAHS GARDEN FOR ALICE

A new outdoor therapeutic garden designed to support the health and wellbeing of young patients at RJAHS has now officially opened.

Garden for Alice was officially unveiled on Thursday 8 May by Harry Hill, comedian, TV personality and writer, Anna Turner JP, Lord Lieutenant of Shropshire, Harry Turner, RJAHS Chair, and Stacey Keegan, Chief Executive of RJAHS during a special event attended by staff, patients and key supporters.

The garden has been transformed into a safe, accessible and inclusive space for children and their families to enjoy throughout their time in hospital.

Initial concept designs were created by Olivia Copley, a student landscape architect, with final plans developed and delivered by Awscape Landscape Architects.

The garden features a range of therapeutic elements, including bespoke garden room for all-year use, a rain garden feature, a vegetable patch, woodland walk and rehabilitation zones. There are also tranquil areas to observe nature and weatherproof spaces for outdoor games and learning.

We're so proud to have played a part in bringing this special space to life with a charitable donation of £100,000 - the result of a true community effort. Now that the garden is officially open, we're looking forward to seeing it used and enjoyed.



Interactive ceiling tiles make a splash for young patients at RJAH

We're pleased to have funded a comforting distraction to help paediatric patients at RJAH as they prepare for surgery.

We have funded twelve LED ceiling tiles for RJAH's paediatric anaesthetic room and recovery area.

The first six have already been installed, featuring a vibrant coral reef with fish and a sea turtle.

These tiles help create a more child-friendly environment within the hospital's theatres department. Their aim is to provide a calming distraction and reduce anxiety for children undergoing surgery, ensuring a more positive hospital experience.

Madeleine Good, Paediatric Sister within Recovery, led the request for support from the Friends. She said: "Coming into hospital can be extremely daunting for anyone, especially children.

"We're very grateful for the support we've received from the League of Friends – it has allowed us to create a child-friendly environment, helping to ease children's fears and anxieties."

Victoria Sugden, Charity Director, said: "The League of Friends is dedicated to making a real difference to patients at RJAH, and we are delighted to have funded these ceiling tiles.

"We know that hospital visits can be overwhelming for children, so providing a calming and engaging environment is incredibly important – these beautiful, vibrant images will offer a welcome distraction for our young patients."

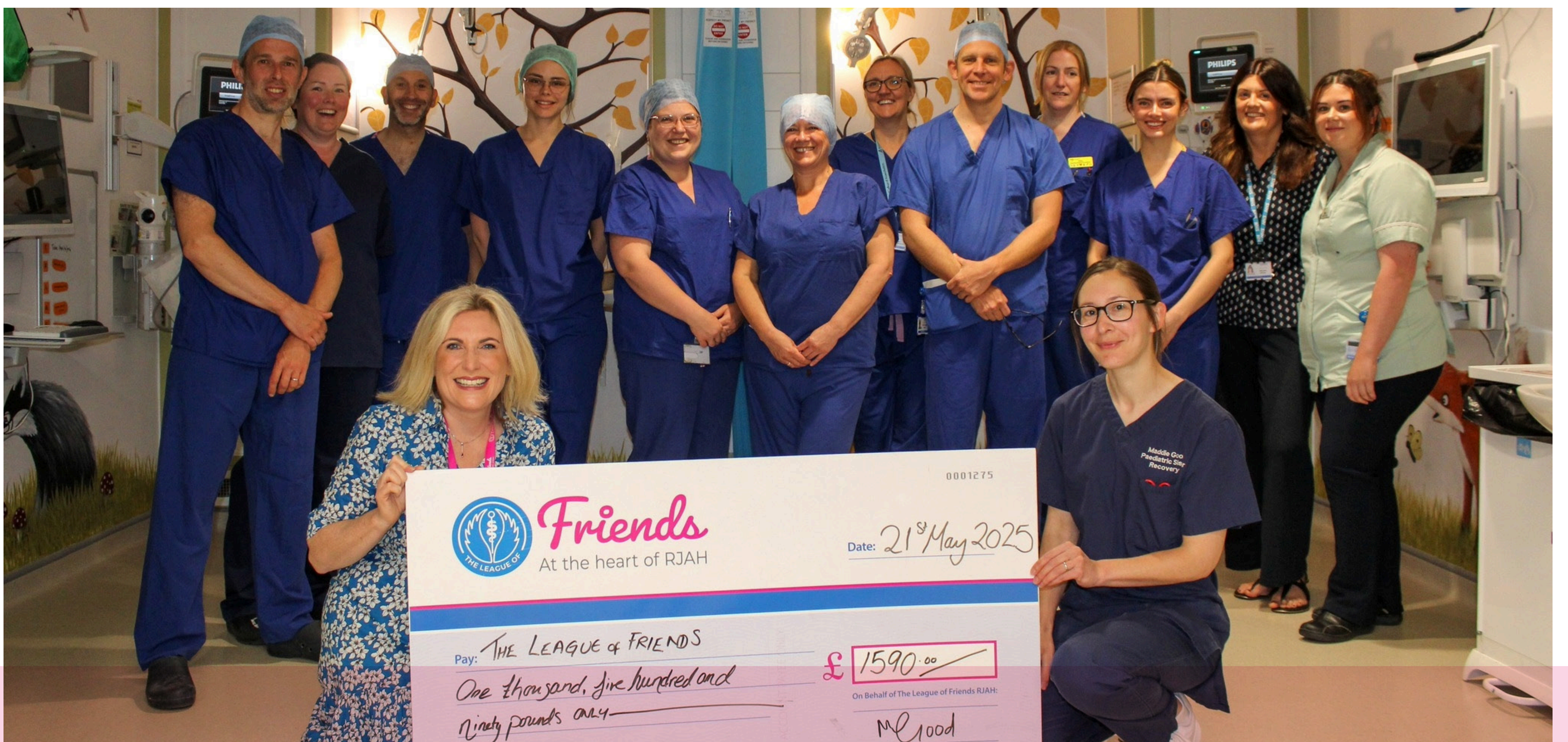


A SEASON OF SUCCESSFUL FUNDRAISING

A huge thank you and congratulations goes to our stalwart fundraising groups for delivering a hugely successful run of events in recent weeks. The dedication and hard work of our branches never fail to amaze us.

The office team were absolutely delighted to lend their support on the ground, with staff members attending and helping out at the wonderful fundraising events hosted by Whitchurch, Tanat Valley and Oswestry Rheumatology Association (ORA). It's always a pleasure to work alongside our branch members and see their commitment to fundraising first-hand.

FRIENDLY NEWS...



PAEDIATRIC TEAM SCALE CADER IDRIS IN SUPPORT OF FRIENDS

A mountain of thanks to the incredible Paediatric Team at RJA who recently scaled Cader Idris - not just for the views, but to raise an amazing £1,590 for us here at the League of Friends.

The paediatric team chose to fundraise for the League of Friends to say thank you for the ongoing support. Donations – including sensory lights, wall art, iPads, and ride-on cars – have helped to create a more child-friendly environment, reducing fear and anxiety for children coming into hospital. We're beyond grateful to the team for their support and determination!

Friends go green in support of NHS sustainability goals



As of Monday 2 June, we are no longer able to serve takeaway drinks in disposable cups in either of our coffee shops at RJAH – the Main Entrance Coffee Shop and the Veterans' Coffee Shop.

This change is part of a wider commitment to support RJAH's efforts to become a more sustainable organisation and reduce single-use waste across the hospital site.

RJAH has set ambitious sustainability goals aimed at cutting plastic waste, reducing its environmental footprint, and promoting greener practices across all departments.

Customers will now have three eco-friendly options when purchasing takeaway drinks. They can choose to rent a cup by paying a £2 deposit, which is fully refundable when the cup is returned. Alternatively, they can purchase a reusable pink cup for £5 or simply bring their own reusable cup from home – all reusable cups are welcome.

Victoria Sugden, Friends CEO, said: “We are proud to be standing alongside RJAH in their commitment to sustainability. Small changes like this can make a big difference, and we hope our customers will support us in reducing waste and protecting our planet.”

The charity has a long history of supporting RJAH through fundraising, volunteering and providing much-loved services such as the coffee shops – and now, we're making sure that support extends to the environment too.

Stacey Keegan, Chief Executive of RJAH, added: “Sustainability is one of our key priorities, and we are incredibly grateful to the League of Friends for supporting our vision.

“Their proactive approach to reducing waste is a brilliant example of how we can work together to create a greener future for our hospital and community.”



THE PAW-FECT VOLUNTEERS

Don't forget about 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

[Read more about Therapy Dogs Nationwide here.](#)

CHARITY CORNER...

GET ACTIVE WITH 20THRIVE AND SUPPORT RJAH

RJAH Charity has launched 20Thrive – an exciting new fundraising initiative encouraging people of all abilities to take on a fitness challenge in 2025.

Whether it's running, cycling, swimming, or another activity, every effort helps support patients and staff at RJAH.

The charity is also a proud partner of the Chirk 10k, taking place on 13 July.

To join in and make a difference, contact the RJAH Charity team:

- rjah.fundraising@nhs.net
- 01691 404401 or 404588



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.



JOIN OUR VOLUNTEER FAMILY

Here at RJAH we have a wonderful volunteer family, with membership standing at 200.. Our amazing team support and assist staff in providing a more personal and friendly service to patients, relatives and carers.

There's a broad array of roles available, from helping out in our retail outlets to offering a compassionate ear to patients - get in touch today!

CONTACT THE TEAM

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