



**Friends**  
At the heart of RJAH

# LET'S BE FRIENDS

AUTUMN 2025 NEWSLETTER

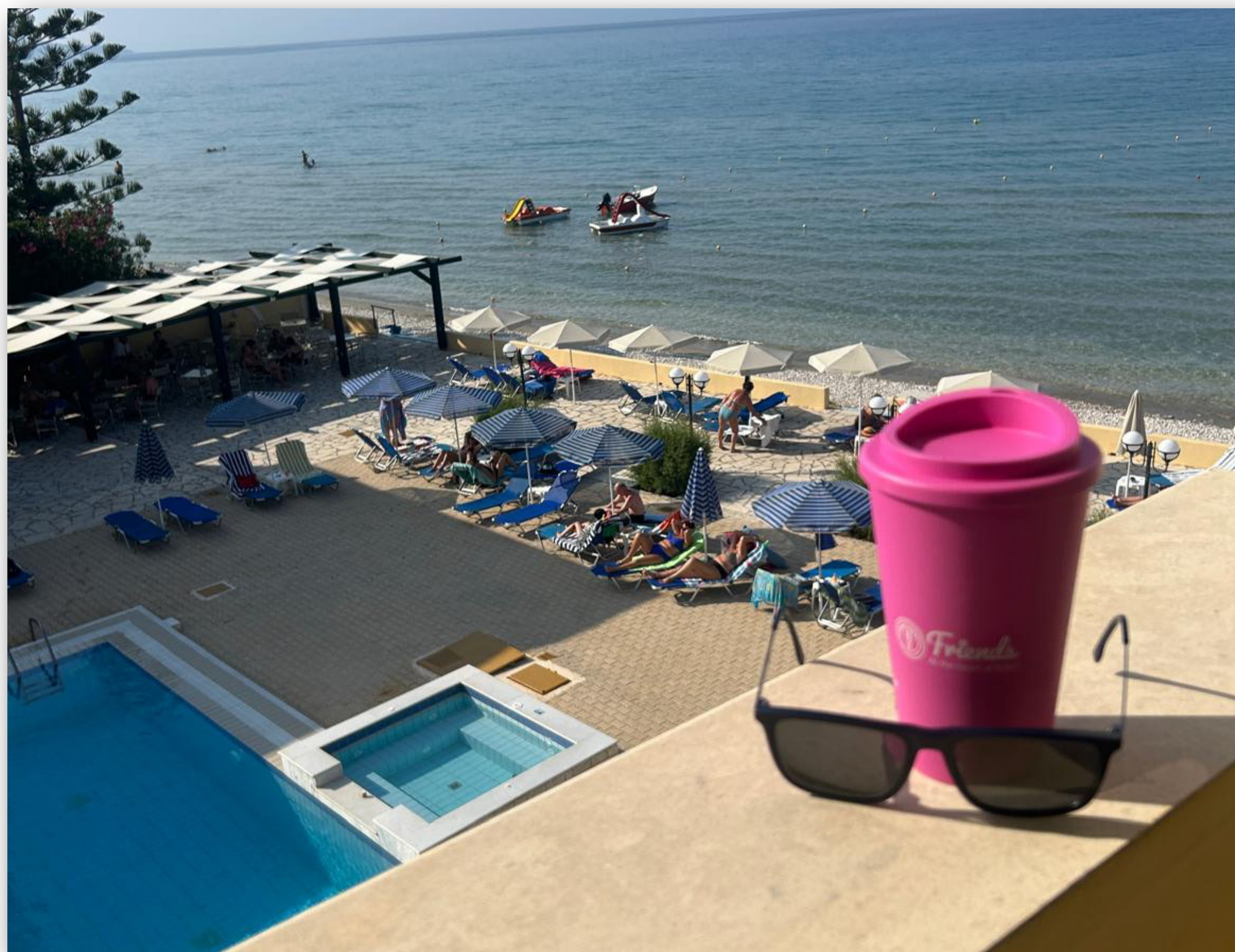
## FRIENDS PINK CUPS GO GLOBAL!

We are thrilled to share that the launch of our bright and cheerful pink reusable cups has been met with an overwhelmingly positive response here at RJAH.

Introduced on 2 June, the cups are part of our mission to cut down on single-use takeaway cups in our two hospital coffee shops - the Main Entrance Coffee Shop and the Veterans' Coffee Shop. By making this simple switch, we'll be eliminating 40,000 takeaway cups every year.

Customers 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.

The reaction has been fantastic – the pink cups are flying off the shelves, and we've loved seeing so many patients, staff, volunteers and visitors supporting the campaign. It's such an easy change, but one that's so much better for our planet.



The excitement has also sparked a fun new campaign: #LittlePinkCups. We're encouraging everyone to snap a photo with their pink cup - whether that's at work, at home, on holiday, or even next to a landmark. We've already received brilliant photos from across the UK and overseas, including the Lake District, Zakynthos in Greece, St Aubin in Jersey, and Durban in South Africa!

We don't want the fun to stop there - so please keep your photos coming. Whether it's a selfie or a group shot, we'd love to see them.

You can share your #LittlePinkCups photos with us via our dedicated Facebook group: [The League of Little Pink Cups](#)

## FEATURED:

- Supporting RJAH
- Innovative new hip treatment
- The little things that make a big difference
- Friendly news
- Volunteer updates
- Charity corner
- How you can help





## NEW ULTRASOUND MACHINES BOOST PATIENT CARE

We have funded three brand new ultrasound machines for RJAH, along with a paediatric probe - a total investment of £86,000.

The machines are already in use within the Anaesthetics Department, where demand for ultrasound technology has been growing. Ultrasound plays a vital role in anaesthetic care, allowing clinicians to carry out guided procedures with greater accuracy and safety.

Consultant Anaesthetist Dr James Rudge told us: "These machines are already transforming the way we work - increasing capacity and delivering safer care for our patients."

We're proud to provide this vital equipment and delighted to see it already making a real difference across the hospital.

# SUPPORTING RJAH...

## FRIENDS FUND NEW CHECK-IN TERMINALS

We have helped make check-in quicker and easier at RJAH by funding six new digital terminals, worth over £20,000. Patients can now register their arrival in just a few taps, cutting queues and freeing up staff to give extra help where it's needed most. The new kiosks are already improving the flow through clinics and creating a smoother start to appointments. We're proud to support changes that make visits to RJAH more welcoming and stress-free.





# Friends support innovative new hip treatment at RJAH



**Patients living with a common and often painful hip condition are now benefitting from a new, cutting-edge treatment at RJAH thanks to funding provided by our charity.**

Focused shockwave therapy, a non-invasive procedure, has shown outstanding results in patients suffering with Greater Trochanteric Pain Syndrome - also known as hip bursitis.

The treatment was introduced following a major research study led by Consultant Orthopaedic Surgeon Mr Robin Banerjee at the Oswestry based hospital.

Conducted over two years and involving more than 100 patients, the study compared standard steroid injections with focused shockwave therapy. Results showed that up to 80% of patients treated with shockwave therapy experienced improvement, compared to just 15% of those who received injections.

The findings were first presented to the British Hip Society and published in 2021. After further evaluation by NHS and NICE, the treatment was recognised as a valid and effective option and with funding from the League of Friends, RJAH has now become the first NHS hospital in the UK to offer it.

Mr Banerjee said: “We were finally given the go-ahead to start treating patients this year – but only after the League of Friends very kindly offered to pay for our new focused shockwave machine. We have treated over 50 patients so far, with more than a hundred still waiting.”

“To say it has been a labour of love would be putting it mildly, but thanks to the hard work of my co-authors, the Orthopaedic Institute for funding the original study, our management team, especially Victoria Allen and most importantly, the League of Friends, we are now able to offer this quick, cost-effective and successful treatment to people across the UK.”





*The little things  
that make a big  
difference...*



### **We've been busy doing what we do best - supporting the hardworking staff and patients here at RJAH.**

While we're well known for funding state-of-the-art equipment and championing innovative projects, we also take pride in meeting smaller, but equally meaningful, needs in the background.

Most recently, we supported the DXA department by funding 16 brand new staff lockers. Following a refurbishment, there was no remaining budget for lockers - so we stepped in. These additions help create a more organised, secure and professional environment for staff to work in every day.

On Sheldon Ward, we were delighted to provide additional furnishings for the Poppy Lounge. This special space has recently had a makeover and is designed to mimic the home environment to support patients with general medicine, dementia, and rehabilitation needs. The result is a comfortable and calming lounge where patients can relax away from the busyness of the ward.

We've also provided Powys Ward with a supply of mini toothpastes for patients. It might seem like a small item, but for someone admitted as an emergency, having access to the basics makes a real difference - helping people feel more comfortable and cared for during their stay.

Earlier in the year, we supported Powys and Clwyd Wards with garden renovations and have continued to assist with further improvements. These outdoor spaces now provide a tranquil haven where staff can take a moment to recharge.

And of course, Flower Friday remains one of our favourite ways to spread joy across the hospital. Thanks to regular donations of beautiful blooms from Marks & Spencer, we deliver bouquets to nominated individuals, teams, or departments. It's a simple but heartfelt way to show appreciation and brighten someone's day.



# FRIENDS LEND A HAND NEUROMUSCULAR TEAM

We were delighted to support a wonderful Neuromuscular Family Day for patients hosted at RJAHH during the summer.

The joyful and heartwarming day was designed for families living with neuromuscular conditions - there was live entertainment, garden games, surprise guests and a vintage tea party.

Our team were pleased to provide hands on assistance on the day, along with funding the food and gift bags, helping to make the event even more special.



# FRIENDLY NEWS...



# DONATION IN MEMORY TO SUPPORT MONTGOMERY GARDEN

We would like to express our heartfelt thanks to Mary Jones for the incredibly kind donation of £1110.00 made in memory of her beloved husband, Gareth Jones. Gareth received care at RJAHH, and in his memory, donations were collected to support Montgomery Ward - where he spent time during his treatment.

These funds will go towards enhancing the ward’s outdoor space, creating a peaceful and therapeutic area for patients and their loved ones.





## VETERAN VOLUNTEERS AT HEART OF VJ DAY SERVICE

A special service took place on Tuesday 2 September at 10:45am in the Headley Court Veterans' Orthopaedic Centre to mark and celebrate the 80th anniversary of VJ Day (Victory over Japan Day).

The service was held outdoors, where staff gathered to pay tribute and remember this important occasion. Following the service, light refreshments were shared, offering the chance to come together and reflect.

This year marked the 80th anniversary of Victory over Japan Day, when Imperial Japan officially offered its surrender on 2 September 1945 - signalling the beginning of the end of World War II.

A heartfelt thank you goes to everyone who helped organise and took part in this meaningful commemoration.

**Our League of Friends gardeners have taken to Instagram!**

**Follow our band of volunteers as they work their magic transforming RJAH's green spaces.**

**@lofgardens**



# VOLUNTEER UPDATES...

## FOOD HYGIENE CERTIFICATES AWARDED TO VOLUNTEERS

A huge congratulations to all of our staff and volunteers who recently completed the Food Hygiene Course Level 2 or 3.

Everyone passed with flying colours! A massive well done to: Sheila, Jayne, Emily, Jane, Sally, Barbara and Kathryn.







## IT RUNS IN THE FAMILY....

Lt Col Carl Meyer - founder of the Veterans' Orthopaedic Service at RJAH - and his daughter Lottie, are challenging themselves to complete the Altra Yorkshire Marathon 2025 on 19 October.

They are fundraising to support the service at RJAH, which delivers access to world-class orthopaedic care at a national centre of excellence through a military-led team, while also offering vital welfare support.

To read their full story and make a donation please visit: [JustGiving](https://www.justgiving.com).

# CHARITY CORNER...



## NEW EVENTS ADDED TO RJAH CHARITY'S 20THRIVE CALENDAR

RJAH Charity launched its 20Thrive initiative earlier this year - a calendar of sporting events offering participants the chance to get active, set personal goals and raise vital funds to support patients and staff at RJAH.

The Charity has recently teamed up with Run for Charity, and now has spaces available in Run Alton Towers, as well as the Chester Marathon, Half Marathon and 10k.

RJAH Charity is also delighted to have been named the official charity partner for Adrenaline Sport's new race - the Ellesmere 10k - and has once again been announced as the charity partner for the Chirk 10k for the second year running.

Whether it's running, cycling, swimming, or another challenge, 20Thrive provides an opportunity for people of all abilities to take part, have fun and make a real difference.. [Get in touch today!](#)





# HOW WE WORK...

## OUR MISSION

All the money raised by The League of Friends goes to supporting the front-line staff, patients and their relatives at The Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust.

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.

## GET IN TOUCH

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

**Tel:** Central Office - 01691 404401

Charity Hub - 01691 4044588

Post Office - 01691 404430

**For updates visit:**



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