



Friends

At the heart of RJAH

LET'S BE FRIENDS

CHRISTMAS 2025 NEWSLETTER

FESTIVE CHEER FELT AT CHRISTMAS BAZAAR

Christmas spirit was felt in abundance as we held our annual Christmas Bazaar on Friday 5 December.

With a charming gingerbread theme, the main entrance of RJAH was transformed into a magical winter wonderland, drawing visitors from across the community for a day of festive fun, shopping, and fundraising.

The community event raised an incredible £3000 to support our work at the hospital.

Attendees had the chance to browse a variety of stalls offering unique gifts, handcrafted treasures, jewellery, and seasonal treats, all while enjoying the frosty festive atmosphere.

The Friends fundraising branches also supported the event with their own stalls, further contributing to the day's success.

Raffle tickets sold quickly, with lucky winners taking home an exciting array of prizes, generously donated by the event's stallholders.

Father Christmas himself also made an appearance, thanks to the Rotary Club of Oswestry and Cambrian.

Live performances added to the magic, with carols by local schoolchildren from Whittington, Morda, Gobowen, Bryn Offa and Moreton. Concluding with a festive set by the Ladies Orthopaedic Choir.

Victoria Sugden, League of Friends Charity Director, said: "We are absolutely thrilled with the success of this year's Christmas Bazaar – the incredible support from our community, stall holders, and volunteers has made this event truly special.

"It's wonderful to see everyone come together to enjoy the festive spirit while helping raise vital funds to support RJAH."



Featured...

Friends festivities
Supporting RJAH
Friendly news

2	Volunteer updates	7
3	Charity corner	8
4	How you can help	9



FRIENDS FESTIVITIES

CELEBRATING THE SEASON WITH OUR WONDERFUL COMMUNITY

The Christmas spirit has been felt in abundance, not only here at RJAH but throughout our wonderful community too.

Our Whitchurch fundraising branch held their annual wreath making class - the perfect evening of Christmas crafting to kick off the festive period, raising a fabulous £1,150 in the process!

Our Ludlow fundraisers also held their annual Christmas Fair - this time opening it up the evening before, allowing those who work during the day an opportunity to come along.

The event was a huge success and they raised a record breaking £25,000!

We hosted a very special visit from Father Christmas - who delivered goodies to Alice Ward and the onsite nursery. The same evening saw the annual carol service take places in RJAH's canteen. We were delighted to see so many patients in attendance.

We were also pleased to be a part of Dunelm Shrewsbury's Delivering Joy scheme - which has ensured all patients in over Christmas will receive a gift.



SMOOTH SAILING FOR SPINAL INJURY PATIENTS

For spinal injury patients a day away from the busy and bustling ward means the world - especially when it involves sailing along the idyllic Shropshire canals with family members.

These canal boat trips, run in conjunction with Lyneal Trust, remain a firm favourite for patients on the Midlands Centre for Spinal Injuries at RJAH - and we're delighted to have funded them for five consecutive years.

SUPPORTING RJAH...

X-RAY DEPARTMENT UNDERGOES MAKEOVER

We're delighted to have funded a brand new mural for the X-Ray department at RJAH - designed to make the space bright and welcoming for our paediatric patients.

A big thank you to Shropshire Design and Print Solutions for bringing this design to life!



A BLOOMING SUCCESSFUL SEASON OF FUNDRAISING

If you're a regular at RJAH, you'll probably recognise our wonderful garden volunteer Daphne, well known for her Monday morning pop up stand in the main entrance that is often filled with beautiful plants and home grown goodies.

With the colder weather setting in, she's wrapped up her visits for the year. A final donation brings her total raised in 2025 to an incredible £1,320!

A big thank you to Daphne for her time and efforts to help raise funds in support of us for another year.

FRIENDLY NEWS...



MILESTONE BIRTHDAY FOR DEVOTED FUNDRAISER

We were so pleased to celebrate the 100th birthday of Lydia Smith - a devoted fundraiser, who for over half a century was a key member of our Priorslee & St George's fundraising branch, raising over £150,000.

His Majesty's Lord-Lieutenant of Shropshire, Mrs Anna Turner JP, had the pleasure of visiting Lydia to mark the occasion along with our President, Lady Kenyon, and Charity Director, Victoria.

Stalwart philanthropist honoured by her Friends



We recently held a celebration event to honour our Vice-Chairman, Susan, Lady Trevor, as she retires as Vice-Chairman, to become a Vice-President.

The event took place at Derwen College and saw volunteers, staff and friends gather for a luncheon to celebrate Lady Trevor's 58 years of unwavering dedication and service to RJAH. As a token of thanks, she was presented with a gift in recognition of her extraordinary contribution.

For nearly six decades, Lady Trevor has been at the heart of charitable work supporting patients and staff at RJAH through the League of Friends.

From her early days volunteering on the wards and in hydrotherapy, to hosting spinal patients at her home, she has always placed people and their wellbeing at the centre of her service.

Her tireless dedication, compassion and leadership have left a remarkable and lasting legacy for patients, staff and the wider community.

As part of the celebration, the charity took the opportunity to reflect on the combined service of the volunteers in attendance. When totted up, the total came to almost 1,000 years of volunteering – a remarkable milestone that highlights the exceptional dedication to the hospital.

Peter David, Friends Chairman, said: "It was a privilege to come together with so many colleagues and friends to celebrate Lady Trevor and all that she has given over the past 58 years.

"Her generosity and determination have touched countless lives and inspired everyone who has worked alongside her.

"We are immensely proud to have honoured her in this way, and grateful for the incredible legacy she has created for RJAH and the community it serves."

Lady Trevor added: "RJAH and its patients have always been close to my heart, and it has been a joy to support the League of Friends in any way I can."

ITEMS FUNDED IN 2025

Total
£191,879.82

Shockwave Therapy

£21,950



Specialist Wheelchair

£2,444

Radiology Scrubs

£2,721.36

MCSI Staff & Psychology Room Renovations

£2,444



Corridor Bench Stickers

£1,051.50

ORLAU 50th Anniversary

£376.16

Ultrasound Machines

£80,960

LED Ceiling Tiles for Paediatric Recovery

£1,321



DXA Staff Lockers

£467.86

Dr's Residence Furniture

£3,314.04

Clwyd Garden Renovations

£4,032



Bone Densitometry Portable Printer

£1,062.67

Bedside Cabinets

£3,782.98

Paediatric X-Ray Mural

£954

Theatres Universal Arm Support

£3,918

Gut, Microbiome & Bone Health Research

£27,200



Picnic Tables

£760.80



VOLUNTEER GOES ABOVE & BEYOND

Our volunteers often go above and beyond – and this is a perfect example.

We were recently approached to see if we had someone who could provide one-to-one support to patients using digital devices on the Midlands Centre for Spinal Injuries. In stepped Melvin.

Here's Melvin working closely with Karl, offering such vital and appreciated support to help him get to grips with his assisted technology.

Melvin is working alongside RJAH's Assistive Technologist, Jess, who is from Aspire - a charity that provides practical help, supporting people from injury to independence.

VOLUNTEER UPDATES...

FROM FUTURE FRIEND TO FUTURE DOCTOR

We're over the moon to see one of our former young volunteers take her first steps towards a career in medicine after securing a place to study at the University of Nottingham.

Cara took part in our Future Friends volunteering programme for a year and a half, supporting patients on MCSI - which gave her an insight into life in a busy hospital and helped to inspire her career choice.

[Further information, including the full list of available roles, can be found here.](#)



Get Active, Make a Difference

This is the year to challenge yourself! Take part in the various events we participate in and do your bit in making a difference by fundraising for the RJAH. It's your time to thrive.

[Find out more](#)[See all events](#)

CHARITY CORNER...



20-THRIVE WEBSITE LAUNCHES!

RJAH Charity launched its 20Thrive initiative earlier this year – a calendar of sporting events designed to inspire people to get active, set personal goals and raise vital funds to support patients and staff at RJAH.

We're delighted to announce that the dedicated 20Thrive website is now live, bringing all our challenge events together in one place and making it easier than ever for supporters to get involved.

Places are now available in the popular Chester race series, offering a range of challenges to suit all abilities. Whether you're taking on the 10k, half marathon or full marathon, or pushing yourself to the limit with the Chester Triple, there's an opportunity to be part of Team RJAH and make a real difference.

Supporters can also register their interest in our other upcoming 20Thrive events via the website, ensuring they're the first to hear when new challenges are announced. With dedicated charity support and the chance to raise funds that directly benefit patients and staff, now is the perfect time to sign up and get involved. [Check out the website here.](#)

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

Tel: Central Office - 01691 404401

Charity Hub - 01691 4044588

Post Office - 01691 404430

For updates visit:



[**FIND OUT MORE**](#)

[**DONATE**](#)

[**VOLUNTEER**](#)

