



Friends

At the heart of RJA H

LET'S BE FRIENDS

AUTUMN 2026 NEWSLETTER

FRIENDS FEST BRINGS SUMMER FUN BACK TO RJA H

The League of Friends was delighted to revive a much loved hospital tradition this summer by hosting Friends Fest at The Robert Jones and Agnes Hunt Orthopaedic Hospital.

The event brought together a fantastic selection of local traders, alongside League of Friends fundraising branches and dedicated volunteer teams, creating a vibrant atmosphere at the hospital's main entrance.

As well as browsing the stalls, visitors were treated to special performances from the Ladies Orthopaedic Choir and the Orthopaedic Male Voice Choir. Guests of all ages also enjoyed traditional summer games, including Hook a Duck and Higher or Lower.

The event offered fundraising branches an excellent opportunity to showcase their ongoing work within local communities and highlight the many events and activities they organise throughout the year.

Volunteer teams were also able to promote the invaluable support they provide across the hospital, while encouraging new volunteers to get involved and learn more about the vital role they play in enhancing patient and visitor experiences.

The success of this year's Friends Fest demonstrated the value of bringing together supporters, volunteers, staff, patients, and the local community.

The League of Friends would like to thank everyone who attended, took part, or helped make the day possible.



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GARDEN UPDATES

Our dedicated team of gardening volunteers have worked incredibly hard throughout the hot summer months to ensure the hospital's green spaces remain well cared for and thriving.

One area that has received fantastic feedback from both visitors and local residents was this beautiful display of wildflowers and sunflowers, planted along the border wall of Alice Ward's garden.

The vibrant blooms have brought a splash of colour to the site and created a welcoming environment for patients, visitors and staff alike.

DONATE TO OUR DEDICATED GARDEN JUSTGIVING PAGE



FRIENDLY NEWS...

NHS CHARITIES TOGETHER CEO VISITS RJA

RJA was delighted to welcome Ellie Orton OBE, CEO of NHS Charities Together, to see first hand how charitable funding is making a difference across the hospital.

During her visit, Ellie met staff, volunteers and patients, and toured several projects supported by NHS Charities Together, including the Path of Positivity, the Future Friends volunteering programme, and workforce wellbeing initiatives within Theatres.



NEW SPA SPACE ENHANCES PATIENT WELLBEING AT MCSI

Patients at the Midlands Centre for Spinal Injuries (MCSI) are benefiting from a new calming spa environment, thanks to a £6,500 grant from The Grace Trust and support from the League of Friends.

The transformed space provides a more relaxing and welcoming setting for personal care treatments, including hair washing and haircuts, helping patients maintain confidence, comfort and a sense of normality during rehabilitation.

FRIENDLY NEWS CONTINUED...

SURGEONS COMPLETE 2,000-MILE CHARITY ROAD TRIP

A team of RJAH arthroplasty surgeons, joined by industry colleagues, successfully completed a five day 2,000-mile road trip across Europe to raise funds for The League of Friends and Lila's Legacy.

Travelling through six countries in cars costing £2,000 or less, the teams overcame breakdowns and mechanical challenges while enjoying a truly unforgettable adventure.



REGISTRARS LIFT THE OSWESTRY EVOLUTION CUP

The registrars claimed victory in this year's Oswestry Evolution Cup, overcoming the consultants in a spirited charity cricket match at Whittington Cricket Club on Friday 21 August.

The event saw teams of consultants and registrars go head to head in a friendly but competitive match, celebrating the cricketing heritage of the orthopaedic rotation and raising funds for The League of Friends.

A huge thank you to everyone who played, organised and attended the event. We look forward to seeing whether the registrars can defend their title at the next Oswestry Evolution Cup!



TESCO STRONGER STARTS WINNERS!

We are delighted to share that we were the proud winners of the Tesco Stronger Starts scheme at the Ellesmere store.

Thanks to the incredible support of Ellesmere shoppers, who chose to vote for us using their blue tokens, we received an amazing £1,500.

This funding will go directly towards purchasing new garden toys for the children on Alice Ward.



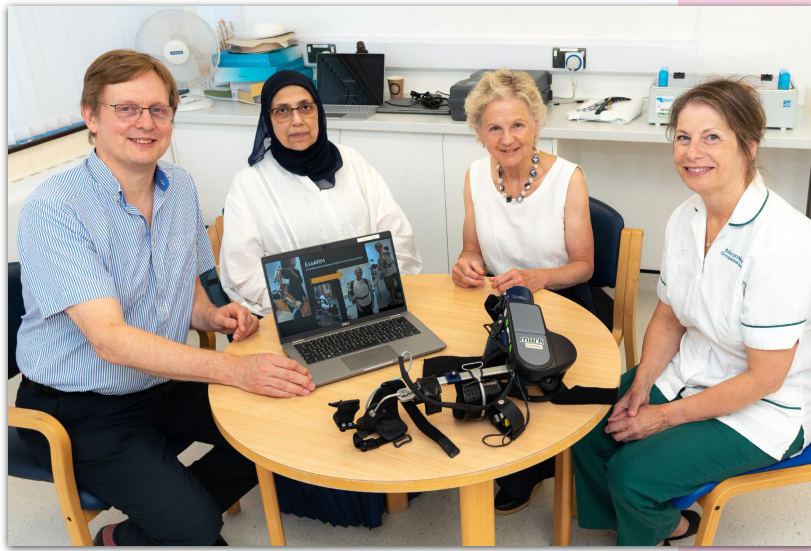
POEM FROM A PATIENT

Enjoy this beautiful poem sent to us from a patient that was at the hospital during a recent event held on site...

To all the Heroes

Today I lay in my hospital bed,
Battling and fighting the pains in my head,
A nurse asked me please, just come and see,
Happening today between two and three,
The Ukulele Band have come to play,
And you can watch it, it's on today.
I lay there feeling slightly sore,
Forgetting how I felt before,
I thought I can't, I just feel bad,
And closed my eyes, for I was sad.
But lying there I began to think,
I could go and look and have a drink,
There was nothing really stopping me,
My scooters here; I am quite free,
So, I went to the gig, it was open air,
How pleased I was, with wind in my hair.
To The Headley Court Veterans I made my way.
And there I learned so much today.
I saw heroes, real heroes enjoying the fun,
Though their wars and their battles, are never quite done,
Now the smoke has cleared, the guns have ceased,
They battle now for their own release.
But together they were enjoying the sound,
In an oasis of love and calm that I'd found.
I saw Doctors, Nurse, Soldiers, too,
There were volunteers with much to do.
And it was then I suddenly understood,
The real meaning of being good,
It was so amazing, that's the truth,
To see the love and the care all under one roof.
Amazing people, helping where they can,
Today I saw kindness, in the face of (wo) man,
Now I'm back on my bed, my troubles feel small,
And for that, all of that, I say thank you all!





LEAGUE OF FRIENDS SUPPORTS INNOVATIVE REHABILITATION PROJECT

RJAH is set to begin a pioneering upper-limb rehabilitation project following from a £30,000 contribution from the League of Friends.

The funding will support the development and clinical evaluation of ExoARM, a lightweight robotic device designed to help patients regain arm and hand function following neurological or musculoskeletal injury.

Led by Consultant Surgeon Mr Simon Pickard and rehabilitation robotics specialist Dr Heba Lakany, the project will progress the technology into a clinical setting, with early testing involving selected RJAH patients.

With matched funding from Dr Lakany, the project has a total value of £60,000 and aims to position RJAH at the forefront of rehabilitation innovation, helping shape future assistive technologies and patient care.

SUPPORTING RJAH...

RJAH SHORTLISTED FOR PRESTIGIOUS HSJ AWARD

RJAH has been shortlisted for a national HSJ Award in recognition of its pioneering focused shockwave therapy service for patients with Greater Trochanteric Pain Syndrome (hip bursitis).

The innovative service, developed from research led by Consultant Orthopaedic Surgeon Mr Robin Banerjee, has helped more than 100 patients achieve improved outcomes through a simpler, non-invasive treatment pathway.

Supported by funding from the League of Friends, RJAH is the first and only NHS hospital in the UK to offer this NICE-recognised treatment, which is improving patient care while delivering savings for the NHS.



Upcoming Events...

Some exciting dates to add in your diary!



Friends
At the heart of RJA

Events Calendar

AUTUMN - WINTER 2026

EVENT	WHEN	WHERE	TICKETS
Welshampton Methodists Coffee Morning	October 3rd 10:00 - 12:00	Welshampton Parish Hall	Entrance £1
O.R.A Autumn Fayre	October 10th 10:00 - 14:00	Oswestry Memorial Hall	Free Entry
Ludlow Christmas Fair	November 16th 18:00 - 20:00 November 17th 09:30 - 15:30	Ludlow Racecourse	Entrance £5
RJA Christmas Bazaar	December 4th 09:00 - 15:00	RJA Main Entrance	Free Entry

CHARITY CORNER...

TEAM RJAHH FOR 20THRIVE

We were proud to be selected as the charity partner for both the Ellesmere 10K and Chirk 10K this year.

Supported by a fantastic team of runners who took on the challenge, the events have helped raise valuable funds towards the new dedicated Rheumatology Hub opening at RJAHH.

A huge thank you to everyone who laced up their running shoes, donated, volunteered or cheered from the sidelines. Your support is helping us create an enhanced environment for rheumatology patients and staff, making a lasting difference to care at RJAHH.



SUPPORTING
RJAHH
HOSPITAL



CHIRK 10K RUNNERS



ELLESMERE 10K RUNNERS



CLICK HERE
TO DONATE
TOWARDS
TEAM RJAHH!



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: Volunteering Office - 01691 404527

Charity Hub - 01691 404401

Fundraising Office - 01691 404588

Post Office - 01691 404526

For updates visit:



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