

extrahelpings

ISSUE 4

Celebrating the volunteers, fundraisers and supporters who make a difference

FEATURES

Welcome

Our fundraising superheroes

It's in our hands:
Massage therapy

Fundraising news

Volunteer Team

Our appeals

Feel like a big kid again
and do something good –
be a Fundraising Superhero

PLUS

Sudoku

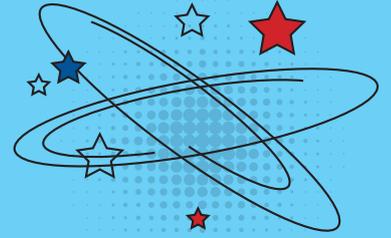
In Memoriam Donations

How you can help...

Coming events



find out more about us
royalfreecharity.org



welcome

extrahelpings celebrates fundraisers, volunteers and supporters and the difference they make to the lives of those who are sick and vulnerable. In this issue we recognise the amazing people that have been fundraising for the charity; we think they are all superheroes and we hope their stories inspire you.

If you have your own story, or have been helped by one of the services the charity provides we would love to hear from you.



Diane Ryan
Fundraising Manager
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Carla Bispham
Community Fundraiser
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INSIDE OUR MAG



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- 02 Read about our fundraisers and their unique ways to get donations
- 04 Read all about our young volunteers and how you can join in
- 05 5 minute interview with Isabelle Murray
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Hamilton Chase Estate Agents held a Halloween Party

LEAVING A LEGACY

Remembering Barnet Hospital in your Will

The gifts that our supporters leave to us in their Wills make a significant contribution to the many ways in which the Barnet Hospital Charity makes a real difference to the quality of care provided to patients at Barnet Hospital. Your support from gifts in Wills enables our team of volunteers to provide valuable assistance to patients throughout our hospitals. It helps to fund stress-reducing massage therapies for patients receiving treatments and care for conditions such as cancer, leukaemia and dementia and also helps to set up patient support groups.

We need your support to continue funding these services that make such a difference to patients. Making a gift in your Will to the Barnet Hospital Charity, no matter how large or small, is a straightforward way to help make that difference.

We provide a free Will writing service for our existing supporters. Get in touch for advice and information.

Fred Adams
Trusts and Legacies Manager

Phone: 020 7317 7772

Email: fred.adams@nhs.net

Alternatively visit our website for more information.

royalfreecharity.org/give/legacy-gift



Be a superhero

This newsletter edition is celebrating fundraisers who we believe are all superheroes.

Want to be a superhero too? This could be your chance. Pull on your cape and sign up to the annual 'Superhero Run' and be a real superhero for the day. Free Superhero Costume Included!

Date: Sunday 14th May 2017
Location: London's Regents Park
Register: Visit our website for more details or email rf.fundraising@nhs.net

Whether you run, walk or jog the 5km or 10km route, this event is great fun and is all about the taking part, not the winning.



Massage therapy

The complementary massage therapy service was launched in April 2015 and is free to patients.

The complementary massage therapy is free to patients and over 2,500 massages have been provided at Barnet Hospital in the last 7 months alone. Nadine, the therapist has provided massages to oncology and haematology patients on the Mulberry Ward, and those attending the day unit for chemotherapy, as well as the maternity and labour wards. We hope to extend the service to more patients in the future.

Massage therapy is about treating the person and not the illness, and for many patients it is the high point of their day. The therapy eases pain and anxiety, lowers blood pressure, and promotes relaxation and healthy sleeping patterns.

"I am writing to say a big thank you for the massage therapies given to me whilst I was an inpatient on Mulberry Ward at the beginning of November 2016. Thank you for providing the support system just when it was needed". Valerie, Barnet Hospital patient

"Women on the ward are so happy to see Nadine, they find the massages she provides relaxing and it enhances their post-natal recovery. The staff are always excited to see Nadine too as she provides 5 minutes of relaxation for us in a busy, stressful environment." Julia Graser, Midwife, Victoria maternity ward.

The complimentary massage service is funded by Barnet Hospital Charity, and relies on donations.

You can also support the service
Text: CALM77 £5 (or any amount) to 70070
Online: justgiving.com/MessageTherapy
Cheque: Send a cheque payable to Barnet Hospital Charity Fund 270 to FREEPOST ROYAL FREE CHARITY (no additional address or stamp needed)

FUND RAISING



SO WHAT'S YOUR SUPERPOWER?

If you would like to get involved and don your invisible cape for the day... or even indefinitely... then please get in touch with Carla, your Community Fundraiser – she would love to hear from you!

Email: Carla.Bispham@nhs.net

Phone: 020 8216 4233

Mobile: 07399 487 202

Or you can find out more on our website

Online: royalfreecharity.org/get-involved/fundraising

Every once in a while you come across a real life superhero.

They may look like ordinary people but they have the power to change lives through giving some of their time to the hospital charity, rustling up support from their friends and families or even sacrificing their own gifts on special occasions.

We are so grateful to each and every fundraiser and couldn't provide for patients the way that we do without them. They truly are our team of Superheroes.

No matter how you choose to do it or how much money you raise; your time, effort and support is greatly appreciated.

RACHAEL SPENDS A DAY TRYING OUT FUNDRAISING

Rachael who works for Brent Cross shopping centre kindly gave up her time to run our Fundraising Table in the hospital and raised money to provide care packs to patients who are admitted and have nothing with them.

£134.77 raised



TWO BOYS 'SHAVE' THE DAY

Two brave boys from Brunswick Park School had all their hair shaved off by their fathers in front of the rest of the school to raise money for the VapoTherm Appeal. A piece of equipment used on the Children's ward and Children's AGE department.

£601.40 raised





HALLOWEEN TEA PARTY

Hamilton Chase Estate Agents arranged a fantastic Halloween Party with face painting, colouring and tea & cakes to raise funds for the VapoTherm Appeal.

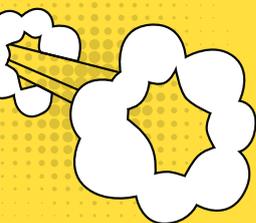
£520.46 raised



THE ARKLEY PUB HOLD A CHARITY DAY

An afternoon of entertainment, pony rides and food which was enjoyed by local residents, and staff of both the Arkley Pub and Barnet Hospital who raised money for the patient Massage Therapy service.

£200 raised



PURPLE DAY AT UNDERHILL SCHOOL

The children and staff of Underhill School held a 'Purple Day' with a tuck shop and movie afternoon also to raise money for the VapoTherm Appeal.

£583.90 raised



SUPER SALMA OFF TO A FLYING START

Salma recently became a volunteer to help with regular bucket collections at Barnet Hospital. The Juke Box seems to be a winner adding some music and cheering up people's day and fundraising to provide Care Packs to patients. If you'd like to volunteer to help with fundraising collections see the volunteer team contact details on page 4.

£279.63 raised



PANACHE FUNDRAISING GROUP

This local group of wonderful ladies put on a fantastic lunch for 80 people along with a raffle and talk by a Life Coach to support the VapoTherm Appeal.

£1,300 raised



INTENSIVE CARE FAMILY WAITING ROOMS

The local community who shop in Waitrose Barnet placed their green tokens in the Community Matters box and voted for Waitrose to make a donation to the Intensive Care Wards where the family rooms have been redecorated to make them a calmer and more comfortable place to wait in.

£525 raised



Launching our Young Volunteers Programme

In November 2016 the Barnet and Chase Farm Hospital Charities officially launched their Young Volunteers Programme.

The Royal Free Charity has had great success with its Young Volunteers Programme since its launch in May 2015. To date, over 200 local young people have volunteered or are currently volunteering. The programme has provided local 16 – 25 year olds with the opportunity to volunteer in a hospital setting and to learn about the NHS.

“Young people have so much to offer and by volunteering at Barnet and Chase Farm hospitals they can help assist patients and visitors”, said Royal Free Charity Chief Executive, Chris Burghes

Volunteers can now take part in a range of different roles: SatNav Guide; Greeting people at the entrance to the hospital and directing and escorting them around the hospital, Rememberer; supporting dementia patients to feel more comfortable and at ease during their time in the hospital, A & E assistant; providing a sympathetic ear and a hot drink to patients waiting to be seen, or Ward Assistant; befriending patients in various wards, assisting with meal times, chatting with patients and helping the staff. These are just a few of the many roles that help to make every patients experience the best that it can be.

10 young volunteers joined forces with Barnet Hospital's Lindsey Café – a new initiative for

dementia and elderly patients to get them out of the wards and engaged in activities – showing that young people do care about the older generations.

The Lindsey Café showcased the talents of young volunteer Malavika and local opera singer Geoffrey StrumTenor. Staff and volunteers were seen dancing in the hallways with patients.

YOUR VOLUNTEER TEAM

Please contact us if you would like to find out more about volunteering. You can volunteer in the hospital or help with fundraising collections out in the community. If there is anything we can help you with, or if you have any suggestions of ways to improve things, we are always happy to hear from you.

Beverley Smith

Volunteer Team Manager
Mon – Fri, 9am – 5pm
Barnet and Chase Farm Hospitals
Email: Beverley.smith28@nhs.net
Phone: 020 8216 4449

Louise Bellass

Volunteer Team Administrator
Mon & Tue, 9.15am – 3pm,
Wed 8.30am – 5pm
Barnet Hospital
Email: louise.bellass@nhs.net
Phone: 020 8216 4449

Brad De Abreu

Young Volunteers Programme Coordinator
Phone: 020 8216 4449

5 minute interview

Isabelle Murray Volunteer



Tell us a little about you, how you came to volunteer with us and how long you've been here?

I'm 17 years old and I have been a volunteer for just a month. I came across the volunteering program through a friend, who said it would provide me with experience in a medical environment which is very difficult to access.

What motivated you to volunteer at the hospital?

Primarily I began volunteering so that I could get an idea of a medical workplace, to see if it was a kind of environment I would like to work in in the future. Also I wanted to give back to the hospital, as I was born there, and when I have visited before the staff have been incredibly kind and efficient.

What role have you undertaken?

I volunteer in the AGE department, with my main role to talk to the patients, make them tea or coffee, and generally just be someone they can talk to, many are quite lonely and scared.

What is it that inspires you to keep coming?

I am inspired by the work of the doctors, nurses and all the other medical staff in the department. Their patience and graciousness towards frightened patients is phenomenal and I can only hope that one day I can be as thoughtful and gentle as they are.

What benefits do you see to the patients and/or Trust by dedicating your time in this way?

Mostly it is the joy on the patient's faces with no family with them, as they realize they are not completely alone and that they have someone to talk to. It makes their experience slightly less scary and a bit calmer.

Our appeals

Have you been inspired by the stories of fundraising superheroes? You can fundraise for any department in the hospital but you may be interested in supporting one of these appeals.

ICU SMARTSEAT CHAIRS APPEAL

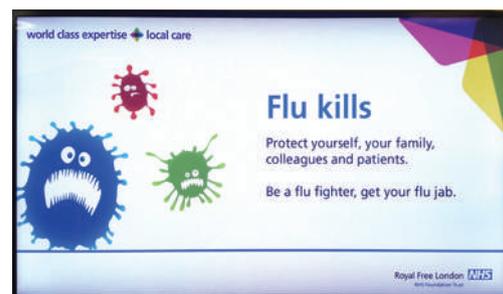
Smartseats provide a solution when posture, pressure and comfort are important in equal measure and when ICU patients require a wide range of positions for different activities through the day.



How does it help?

- Early mobilisation, including sitting in these chairs rather than in a bed, results in better mobility outcomes at hospital discharge.
- With your support we can provide two of these chairs and make a difference to Intensive Care patients today!

Two chairs will cost approximately £5,000



A&E INFORMATION SCREEN APPEAL

No-one expects to end up in A&E but our aim is to make the wait the best it can be. An electronic screen will help with this.

How does this help?

- And Electronic Information Screen can provide waiting times, seasonal health information & nurse in charge details to patients
- It can alert patients to go to the Triage Zone

Cost of providing and installing screens is £2,160

To donate to either of these appeals:

Online: royalfreecharity.org/donate

Name your choice of appeal you would like to donate to.

and finally



royal free
charity

barnet hospital
charity

chase farm
charity

SUDOKU

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IN MEMORIAM DONATIONS

Donations have been received from the families and friend of the following patients in their memory. Our thanks go to them all.

Terence Byman, Mr Clarke, Sylvia Goodchild, Jamnaben Mistry, Kay Seaman, Frances Simmons, Maureen Wareham, Peter Williams, Sinhak Reshamwala, Pamela Hoole, David Kemp, Peter Trelease.

HOW YOU CAN HELP...

- Make a one-off or regular donation, even just £5 can pay for a personal care pack
- Join one of our fundraising events or create your own
- Become a 'Friend' of the Charity and make a small monthly donation

All donations will be used to benefit the specific hospital they were donated for.

Phone: 020 7472 6677

Email: rf.fundraising@nhs.net

Online: royalfreecharity.org

...and don't forget to follow us [@BarnetHospChty](https://twitter.com/BarnetHospChty)

COMING EVENTS

For more events information and to book:

Online: royalfreecharity.org/events

Email: rf.fundraising@nhs.net

Phone: 020 7472 6761



Superhero Run

Date: Sunday 14th May 2017

Location: Regents Park, London

5k or 10k run, walk or jog dressed as your favourite superhero.

Fundraising target: £100

Registration fee: £25 check website for full details.

Superhero costume included!



Walk for Wards

Date: July 2017

Location: Check our website for details

After the huge success of the first Walk for Wards event last year, we are holding the event again. Join us for a 5k walk in the park. Come alone, with friends or family...you can even bring your dog. Check our website for full details and to sign up. You can walk for a ward or department of your choice.

Fundraising target: £25

Registration fee: £5, T-shirt included

Skydive

Date: Choose your date

Location: Brackley Airfield

Got the guts to jump out of a plane? Your friends would pay to see that! Take the chance to raise money for the Hospital.

Fundraising target: £395

Registration fee: £70