

# extrahelpings

ISSUE 3

Celebrating the volunteers, fundraisers and supporters who make a difference

## FEATURES

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Celebrating  
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*Plus*

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find out more about us  
[royalfreecharity.org](http://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 celebrate the first birthday of the Chase Farm Charity and look at the difference the charity has made to patients and visitors in our first year.

We hope you enjoy reading the stories and if you would like to get involved please get in touch. If you have your own fundraising story, or have been helped by one of the services the charity provides we would love to hear from you.

**We are proud of our volunteers and fundraisers – if you have supported us we'd love to hear from you and feature your event or story.**



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Development Manager  
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Community Fundraiser  
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01



02



03



04

- 01 Our 1st birthday party
- 02 Free Wi-fi is now available for all patients and visitors
- 03/4 Thanks to all those that have been involved volunteering and fundraising for the Garden Project and the 50 Tesco Head Office staff that have volunteered their time to clear the site





# 1st birthday

On 2nd June the Chase Farm Charity celebrated its first birthday with a lively party complete with cakes and balloons.

#### FIRST YEAR FACTS AND STATS:

- 467 Massages have been provided to patients
- 28 new volunteers have been recruited to help on the wards and to direct people to where they need to go
- There are now a total of 55 active volunteers in the hospital
- 354 personal care packs have been provided to patients across both Barnet and Chase Farm who have been admitted to hospital and have nothing with them
- We have 212 new followers on [Twitter](#) @BarnetHospChty
- There have been 117 new 'Likes' on our Facebook page in the last 3 months, [facebook.com/RoyalFreeCharity](#)



## Massage therapy

The complementary massage therapy service was launched in January 2016 and is free to patients.

Jill, the therapist provides massages to patients attending the day unit for chemotherapy as well as rehabilitation patients on the Capetown and Adelaide wards. In the future we hope to expand the service to be available to more patients. A total of 467 massages have been provided since the service began.

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.

"My left hand became rather limp but with the massage I can now hold my mobile phone and hold my eye drop box. I also now feel when my left leg is being touched when my eyes are closed. So there is improvement on both levels" (rehabilitation patient, Chase Farm).

"When I came in today for chemo I was stiff around my neck and it's really helped." (Chris, chemotherapy patient, Chase Farm).

#### You can also make a donation.

Text: CALM77 £5 (or any amount) to 70070

Online: [justgiving.com/MassageTherapy](http://justgiving.com/MassageTherapy)

Cheque: Send a cheque payable to Chase Farm Charity Fund Fund 270 to FREEPOST ROYAL FREE CHARITY (no additional address or stamp needed)



# Fundraising news

People always say that time flies when you're having fun and that's precisely how we feel. We have so many fundraisers and supporters to thank for their dedication and for making our first year such a success.



Thank you to all of the wonderful fundraisers who have supported the hospital. If you would like to help a ward or department please contact us for a Fundraising Pack or for information and advice.

**Online: [royalfreecharity.org/get-involved/fundraising](https://royalfreecharity.org/get-involved/fundraising)**



## SNOWDON CLIMB

Laura Brassett, Community Relations Manager, from Home Care Preferred climbed Snowdon with her friends. Laura said: "The climb was an absolutely fantastic experience. Knowing I was climbing to help raise funds for such a worthy cause definitely spurred me on, and made reaching the summit even more fulfilling – I would really encourage others to take on a similar challenge, you won't regret it."

**£220** raised



## DEMENTIA GARDEN LOCK-IN

The ex-Mayor of Enfield, Councillor Patricia Ekechi, was locked in the dementia garden for a day to raise money for the project. She used the garden as an outdoor office and called, emailed and got in touch with as many people as she could to help raise funds. Cllr Ekechi said: "Not many people are aware of dementia, so many do not realise how serious it is. I have lost close friends, family, constituents and members of the community to dementia. I will do anything for the Chase Farm Charity, even sleeping on the streets if it meant I could raise money for them."

**£1,558.23** raised



### 25K WALK IN MALLORCA

Simon Fielder, the cashier at Chase Farm Hospital, got the bug for the garden project and braved the heat, terrain, goats and oncoming traffic and walked 25k with his partner in Mallorca. Dementia is a cause close to their hearts and they were inspired by the work in the garden.

**£735.70** raised

### 6 HOUR SPINATHON

PureGym Enfield held a 6 hour spinathon to raise awareness of the Charity.

**£15.20** raised

### TURN IT PURPLE DAY

To celebrate our 1st birthday, many organisations and businesses across Enfield turned purple for the day on 27th May. This included the staff from Medirest/Compass Group, The Ridgeway Tavern and Radio Enfield. Tesco stores across the borough also turned purple to raise money for the massage therapy service.



## Garden Project update

There are two gardens in the Highlands Wing at Chase Farm Hospital that are for the use of patients and their families. They are great spaces but have not been designed with the patients in mind. We are working to transform the spaces in to specialist therapeutic gardens designed to enhance patient recovery by the end of Summer 2016.

Work began on the gardens on June 1st 2016, when volunteers donned purple t-shirts to get their hands dirty and help clear the gardens.

Plants that were removed were then sold with all donations going back into the gardens.

The project will cost **£120,000** and over **£85,000** has been raised so far. We've also had donations and specific items donated from local groups and businesses supporting the Garden Project including Enfield in Bloom, Enfield Knit and Knatter, Edmonton Rotary Club, Pearsons of Enfield, Tesco's across the borough and Red Heritage.



**To find out more, view the plans, get involved or donate**

Online: [royalfreecharity.org/charities/chase-farm-garden-project](http://royalfreecharity.org/charities/chase-farm-garden-project)



# Our volunteers win awards!

An amazing evening to celebrate all that our volunteer team do.

The annual staff awards are a celebration of individuals, teams and services that have made an exceptional contribution to the Trust and an outstanding difference to the care and wellbeing of patients, their carers or staff. This year the Charity's Voluntary Services Department was delighted to be nominated for Team of the Year and five volunteers from Barnet and Chase Farm were nominated under the category Volunteer of the Year.

Congratulations to all our nominees listed below. An extra special mention goes to Paul Fricker, who we are delighted to announce won Volunteer of the year.

## **Joint Winner of Volunteer of the Year!**

### **Paul Fricker**

Sat/Nav volunteer, Barnet

## **Nominees**

### **Jo Wong**

Bliss volunteer, Barnet

### **Len Careford**

Paediatrics volunteer, Chase Farm

### **Barbara Dean**

Meet and Greet volunteer, Chase Farm

### **Audrey Gendle**

Enquiry Desk volunteer, Barnet

If you are interested in volunteering there are many roles available and you will be given appropriate induction, training and support. Roles vary from dementia companions, to meet and greeters. Our Sat/Nav guides help people find their way around, our ward helpers help out with basic tasks on the wards or assist patients at meal times. Alternatively there are other volunteer opportunities to help with fundraising events and activities.

## **YOUR VOLUNTARY SERVICES TEAM**

Please do contact us 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**

Voluntary Services Supervisor

Mon – Fri, 9am – 5pm

Barnet and Chase Farm Hospitals

Email: [Beverley.smith28@nhs.net](mailto:Beverley.smith28@nhs.net)

Phone: 020 8216 4449

### **Millie Woo**

Voluntary Services Administrator

Mon 10am – 3pm, Tues 12noon – 4pm,

Wed 9.30am – 2pm, Thurs 10am to 3pm

Chase Farm Hospital

Email: [meeling.woo@nhs.net](mailto:meeling.woo@nhs.net)

Phone: 020 8375 1349

# 5 minute interview

Barbara Dean  
Volunteer



**Why did you first become a volunteer at the hospital?**  
I like meeting and talking to people and keeping active now I have retired.

**What do you do in your volunteering role?**  
Assist patients checking in, talking and taking patient to clinics

**How often do you volunteer?**  
3 hours a week

**How long have you been a volunteer at the hospital?**  
9 months

**What do you most like about it?**  
Helping patients, reassuring patients and meeting people

**How does volunteering make you feel?**  
That I am giving something back doing something worthwhile

**How do you know you make a difference?**  
When patients thank me

**What is your most memorable or proudest moment as a volunteer?**

A patient thought their car had been stolen from the multi-storey car park. I went with her to look for it and found it. She left me a card and a box of chocolates the following week. Gosh her age is 92 years!

# Puzzle page

Charity word search

Y	N	E	T	V	B	J	A	B	S	U	C	E	N	V
B	P	F	Y	E	K	S	K	B	K	D	Z	R	W	A
G	W	A	L	Y	T	T	P	B	C	O	B	C	P	P
W	G	Q	R	I	N	N	A	A	A	N	M	T	P	Z
I	D	Z	P	E	C	E	R	R	P	A	F	E	E	P
J	Q	E	S	V	H	I	K	N	E	T	U	O	C	L
F	V	O	L	U	N	T	E	E	R	I	N	G	H	D
R	L	U	S	G	P	A	E	T	A	O	D	J	A	U
E	C	E	H	E	L	P	D	G	C	N	R	G	S	N
E	E	R	F	L	A	Y	O	R	A	S	A	Y	E	B
W	Z	C	D	W	M	C	X	R	M	S	I	Y	F	E
I	X	D	Y	C	H	A	R	I	T	Y	S	C	A	L
F	S	X	P	G	U	G	L	M	O	I	I	A	R	I
I	W	P	O	W	Y	E	G	I	V	I	N	G	M	N
N	T	Y	V	A	S	L	I	L	B	I	G	G	I	P

- |            |             |              |
|------------|-------------|--------------|
| BARNET     | FREE WIFI   | THERAPY      |
| CARE PACKS | FUNDRAISING | PATIENTS     |
| CARING     | GIVING      | ROYAL FREE   |
| CHARITY    | HELP        | SMILES       |
| CHASE FARM | LEGACY      | SUPPORTING   |
| DONATIONS  | MASSAGE     | VOLUNTEERING |

## Sudoku

	2			1		7		
		5			6	4		
1			8			9		5
		1	2		8	5		
2			9					8
	4		6				9	
				8			7	
5	3			4		8		
	8	2	1					5



# and finally



royal free  
charity

barnet hospital  
charity

chase farm  
charity



## BETTER TOGETHER

In July 2014 The Royal Free, Barnet Hospital and Chase Farm Hospital became one large Foundation Trust. With that came the opportunity to bring the benefits Royal Free patients have through the Royal Free Charity to Barnet and Chase Farm. In June 2015 Chase Farm Charity was launched.

We support projects that make a big difference to patients' experiences, from free Wifi in the hospital, to improving the environment, and providing volunteers to meet and greet you and help you find your way around. To find out more visit our website.

## 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](mailto:rf.fundraising@nhs.net)

Online: [royalfreecharity.org](http://royalfreecharity.org)

Or contact Alison Kira, Barnet and Chase Farm Development Manager at [Alison.kira@nhs.net](mailto:Alison.kira@nhs.net)

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

## LEAVE A LEGACY

### Remembering Chase Farm Hospital in your will

Leaving a gift to the Chase Farm Charity means you can support the future of care, treatment and research for generations to come. If you wish to support a particular department in the Hospital our trustees will do everything they can to apply your legacy in accordance with your wishes. Making or amending a will is straightforward – please speak to a solicitor or call us for more information.

Phone: 020 7472 6677

## COMING EVENTS

For more events information and to book:

Online: [royalfreecharity.org/events](http://royalfreecharity.org/events)

Email: [rf.fundraising@nhs.net](mailto:rf.fundraising@nhs.net)

Phone: 020 7472 6761

### Walk for Wards

**Date:** 3rd July 2016

**Location:** Trent Park, Enfield

Come and join us on for a 5K walk in the park. You can walk for a ward or department of your choice.

**Fundraising target:** £25

**Registration fee:** £5

Missed it this year? This is an annual event. Keep an eye on [royalfreecharity.org/events](http://royalfreecharity.org/events) for information about next year's walk.



### Skydive

**Date:** 30th July 2016 (later dates available)

**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. Booking for this date closes 12th June.

**Fundraising target:** £395

**Registration fee:** £70

### Want to run the London Marathon in 2017?

For a chance to enter the 2017 London Marathon visit our website and complete a ballot and check the ballot closing date. Places announced end of October 2016.

**Fundraising target:** £1,250

**Registration fee:** £100

**Online:** [royalfreecharity.org/events/view/london-marathon-2017](http://royalfreecharity.org/events/view/london-marathon-2017)

### Santa Run

**Date:** 4th December 2016

**Location:** Victoria Park, London

Run 5K or 10K to raise money for your chosen department in the hospital while dressed Santa! Get your friends to sign up and run with you for the funniest run of the year.

**Fundraising target:** £100

**Registration fee:** £22 (includes Santa costume)



Charity no 1165672

To receive this newsletter regularly email [rf.fundraising@nhs.net](mailto:rf.fundraising@nhs.net)