

extrahelpings

ISSUE 4

Celebrating the volunteers, fundraisers and supporters who make a difference

FEATURES

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Our fundraising superheroes

It's in our hands:
Massage therapy

Fundraising news

Volunteer Team

Garden Project update

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

PLUS

Leaving a legacy

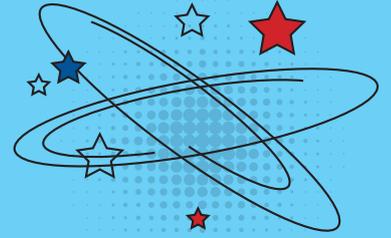
Sudoku

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
Email: rf.fundraising@nhs.net



Savi Tailor
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
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- And finally (back cover)



Linda and Lorraine completed Walk for Wards

LEAVING A LEGACY

Remembering Chase Farm 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 Chase Farm Hospital Charity makes a real difference to the quality of care provided to patients at Chase Farm 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 Chase Farm 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 is free to patients and was launched at Chase Farm Hospital in January 2016.

Over 1,100 massages have been provided in the first year. Fiona, the therapist has provided massages to patients attending the day unit for chemotherapy, as well as patients on Capetown and Adelaide 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 would like to thank you for providing my mother with weekly massage therapy sessions. Not only does the massage help my mum with any aches, pains and stiffness recovering from a major stroke but to see my mother's face light up when the therapist comes in to see her is amazing. I can't thank you enough for your services." Amit, son of Chase Farm patient.

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

You can also support the service

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

Online: justgiving.com/MassageTherapy

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

FUND RAISING

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.

FREE FALLING FOR THOSE IN NEED

Kathleen Woo took to the skies, not only experiencing one of the best days of her life but also raising money for the Garden Project.

£500 raised



MUSICAL FUN

Laura Brassett, Community Relations Manager at Home Care Preferred, previously climbed Snowdon for the Chase Farm Charity and since then Laura hosted a live music event and raffle.

£250 raised

ENDURANCE TESTING FOR A LADY WITH A HEART OF GOLD

Gaye Illsey took on Ride London in aid of the Garden Project. She completed the gruelling course in 9 hours and 40 minutes.

£1,000.72 raised



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 Savi, your Community Fundraiser – she would love to hear from you!

Email: Savita.Taylor@nhs.net

Phone: 020 8375 2186

Mobile: 07399 487 234

Or you can find out more on our website

Online: royalfreecharity.org/get-involved/fundraising



MESSAGE THERAPY SERVICE GETS A BOOST

Johnson Matthey company ran an internal staff vote and decided to donate money to support the massage therapy service for cancer patients.

£500 raised



BEAUTIFUL SOUNDS FILL THE CORRIDORS OF CHASE FARM

Rachel Somerset, violinist, played a beautiful musical set for patients and visitors in the Clock Tower during December to help provide Christmas trees, decorations and gifts for patients at the hospital.

£95.24 raised



DANCING COUNCILLOR

Having previously fundraised for the Charity when she was Mayor of Enfield, Councillor Patricia Ekechi, has now joined the Charity as a regular fundraising volunteer. She fundraises weekly in the hospital and supports the fundraising team at external fundraising events, always adding her extra bit of dancing!

£1,000 raised since joining as a fundraising volunteer



THE PURPLE ARMY

80 walkers joined 'Walk for Wards' in Trent Park in July 2016 to raise money for a ward or department of their choice across the three hospital sites.

Tracy Goodman, Rehabilitation Matron, and her purple army of 15 ladies raised money for the Chase Farm Garden Project.

£3,156 raised

Anne Folan and her family supported the Older Persons Assessment Unit.

£1,000 raised

Siblings Linda and Lorraine took their Sunday stroll in the park for the Garden Project.

£720 raised

Jan Jonker, Facilities Manager at Chase Farm, also supported the Garden Project.

£116.39 raised

BARRY AND EVELYN CRAVEN

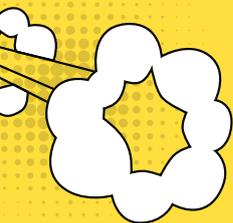
To celebrate their golden wedding anniversary, Barry and Evelyn, kindly asked their friends and family to donate their gifts and Chase Farm was one of their chosen charities.

£130 raised

SANTAS AT THE READY

Anne Plumley donned her Santa suit, joining hundreds of others for the Santa Run in Victoria Park.

£250 raised





Launching our Young Volunteers Programme

Last month 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 it launched in May 2015. The programme has provided over 200 local 16 – 25 year olds with the opportunity to volunteer in a hospital setting.

“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 take part in a range of different roles: Greeting people at the entrance to the hospital and directing and escorting them around. Fundraising; helping at events, collecting funds in the hospital or in the community. Happy to Help; involves directing and escorting, meet and greet, patient companionship, basic admin or helping the charity distribute posters and newsletters.

The Young Volunteers Programme is off to a great start at Chase Farm Hospital. Local grammar school student Hayrin is supporting the maxillofacial team with administration tasks and gaining experience of working in a hospital environment.

Following training young volunteers have also been helping patients to make their way to

the clinic or department where they need to be. Coming to hospital can be a stressful experience but with the help of the wonderful volunteers, patients are helped to get to their appointments more easily.

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

Millie Woo

Volunteer Team Administrator
Mon 10am – 3pm, Tues 12noon – 4pm,
Wed 9.30am – 2pm, Thurs 10am – 3pm
Chase Farm Hospital
Email: meeling.woo@nhs.net
Phone: 020 8375 1349

Brad De Abreu

Young Volunteers Programme Coordinator
Phone: 020 8216 4449

5 minute interview

Cathie McGalpine
Volunteer



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

I started volunteering in March 2016. I have been retired for 3 years and decided I had some time to spare and would like to do something worthwhile and give back to Chase Farm hospital.

What motivated you to volunteer at the hospital?

My Mum is in a care home in Scotland and I really appreciate the time and care that is given to her and I felt I could be useful to patients and staff who need a little bit of help.

What role have you undertaken?

I started as a 'Meet and Greet' volunteer in the Clock Tower where I help patients get to the department or clinic they need to be at, and more recently have been fundraising and have been very successful in getting local shops and businesses to donate prizes for raffles to raise money for the hospital charity.

What is it that inspires you to keep coming?

Meeting so many nice friendly people from the charity staff, to the patients and hospital staff. Despite all the changes that are going on at Chase Farm Hospital there is always a friendly happy atmosphere. I also love what is happening with the gardens for the dementia patients and being able to help with this.

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

Spending a little bit of time with patients that may be anxious or worried can make such a difference to their visit to the hospital.

Can you tell us about a particular day volunteering here that was special for you?

There is no particular day that I could talk about, every day is different and recognizing that all patients are important whether they need 5 minutes of my time to be told some directions or whether they need some extra support and I actually take them to their clinic just makes such a difference.

Garden Project update

There are two gardens in the Highlands Wing at Chase Farm Hospital for the use of patients and their families. They are great spaces but were not designed with patients in mind. Since June 2016 the Charity has been transforming the spaces in to specialist therapeutic gardens designed to enhance patient recovery and support those with dementia or recovering from a stroke. The gardens will be completed by Spring 2017.

The project will cost £120,000 and £100,000 has been raised so far. The support from individuals, local community groups, schools and businesses has been overwhelming.

There is still time to get involved either by fundraising, donating, or volunteering some of your time.

To find out more, view plans, donate or get involved please visit royalfreecharity.org/charities/chase-farm-garden-project



After the landscaping work the planting begins



A real mini has been given a makeover to fit with the post 1940's theme

and finally



royal free
charity

barnet hospital
charity

chase farm
charity

SUDOKU

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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