

extrahelpings

ISSUE 1

Celebrating the volunteers, fundraisers and supporters who make a difference

WE BRING CUPS OF
TEA & A FRIENDLY FACE

WE RUN WE PROVIDE
MARATHONS SLIPPERS AND
AND RAISE EMERGENCY
MONEY WE HELP PACKS
MAKE CHRISTMAS IN
HOSPITAL SPECIAL WE GIVE
MASSAGES TO
TAKE AWAY STRESS

WE FUNDRAISE
FOR SPECIALIST
EQUIPMENT WE SUPPORT
AND PIONEERING
SKILLS MEDICAL
RESEARCH

WE BELIEVE
IN A BETTER
PATIENT
EXPERIENCE

TOGETHER
WE CAN MAKE
IT BETTER
FOR
EVERY
ONE

BETTER TOGETHER

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CAN HELP...

LEAVING
A LEGACY

find out more about us
royalfreecharity.org

You can fundraise for
any department in Chase
Farm Hospital and we will
support you to achieve
your target.

royalfreecharity.org

welcome

extrahelpings is a celebration of the fundraisers, volunteers, supporters of the hospital, and the difference they make to the lives of those who are sick and vulnerable.

Welcome to this first issue where we tell you a bit about the charity and the work we do. In future issues we will feature stories on those who have raised funds for us to help transform the hospital experience for patients, their families, visitors and staff.

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.



Development Manager

Alison.kira@nhs.net

royalfreecharity.org/extrahelpings

How we make a difference

The Royal Free Charity has been busy expanding and has established the Barnet Hospital Charity and Chase Farm Charity.

The charity provides little touches that make a big difference such as volunteer meet and greeters to help you find your way around the hospital sites and slippers for elderly patients. Big projects are also fully funded from specialist medical equipment to art work to brighten up the hospital walls.

Chris Burghes CEO says "The charity's main aims are to help improve patient experience including staff and patient well-being, as well as funding vital medical equipment. We achieve this through fundraising events and activities, and through a grant process and we are excited to be establishing the Charity at Barnet and Chase Farm."

Just a few of the things the charity does include:

- We manage the hospital volunteers that meet and greet you and are there to help you find your way around
- We provide slippers for elderly patients if needed
- We provide emergency care packs that include soap, a toothbrush and toothpaste etc for patients who have brought nothing with them.
- And soon we will be bringing our Massage Therapy service to Chase Farm Hospital for cancer patients or those who are anxious

Alison Kira is the new Development Manager, tasked with bringing the Charity to Barnet and Chase Farm. Alison said: "At the Royal Free we raise £14m a year that is put back in to the hospital. There are over 400 active volunteers, the therapeutic massage team provide 25,000 massages a year to patients and over 1,000 to staff. Over time we want to replicate this incredible success at Barnet and Chase Farm. I have seen for myself the positive difference we can make to the patient experience."

We do not fund or provide items the NHS has a statutory duty to provide. For example, if we provide chairs they will be specialist chairs that go above and beyond the requirement of the NHS.

We support the big projects that make a difference. We work with wards or specific departments in the hospital to find out how we can help improve the environment. This could be improving a visitor waiting room on a ward or buying specialist medical equipment such as stroke chairs and incubator covers. Our Community Fundraiser then works with schools, business and local people to get them involved in fundraising for the specific item. They may put on an event, be sponsored to join in one of our planned events like a run or a skydive, or simply hold a cake sale. It all helps towards making a better experience for patients.



Voluntary Services Department

Our volunteers have many different reasons for giving their time, energy and skills. They help improve the patient experience and work to support the hospital staff, making the hospital a more welcoming place for patients and visitors. Look out for our volunteers in their purple tops!

ARE YOU INTERESTED IN VOLUNTEERING?

The definition of volunteering is:

**Unpaid work that benefits others,
to whom one owes no obligation.**

It can be very fulfilling to do work that is motivated by good will rather than money, and we highly value the time and commitment donated by all of our volunteers.

To become a volunteer you must be at least 17 years and 6 months old, and you must commit to either 6 or 12 months of voluntary work, 4 to 6 consecutive hours a week.

There is a variety of roles available such as:

- meeting and greeting patients
- specialist roles on wards including helping to feed at mealtimes or as a dementia companion
- putting together emergency care packs
- supporting the fundraising team and day-to-day admin

All appropriate induction, training and support will be provided.

Become a volunteer

Contact: Beverley Smith
Voluntary Services Supervisor
Barnet and Chase Farm Hospitals
Wellhouse Lane, Barnet,
Hertfordshire EN5 3DJ
Phone: Barnet 020 8216 4449
Chase Farm 020 8375 1349
Email: beverley.smith28@nhs.net
Online: royalfreecharity.org

5 minute interview

Dan Gilligan
Volunteer



Why did you first become a volunteer at the hospital?

I have been a patient at the hospital for two and a half years and wanted to give something back to the people who helped me.

What do you do in your volunteering role?

I look out for people who look lost, anxious or confused and escort them to the appropriate destination. Usually the elderly, pregnant women or people whose first language is not English.

How often do you volunteer?

Monday and Friday afternoons.

How long have you been a volunteer at the Hospital?

Since July 2014.

What do you most like about it?

I am mobile and not confined to a desk. I can also take someone who is clearly upset straight to the appropriate clinic and often help to relieve their anxiety somewhat.

How does volunteering make you feel?

I feel that I am doing something meaningful. Plus on a personal level it has helped to alleviate my own fear of hospitals.

How do you know you make a difference?

Patients always say thank you and sometimes on their way out of the hospital make the point of seeking you out to do so again which is lovely.

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

When I escorted an elderly woman with her sister to their clinic and she chatted happily all the way. I took them back to reception later and she delighted in telling me that she was 103 years old. I told her she did not look a day over 80 and she really didn't and she was a role model to us all.

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. The Royal Free Charity provides the big differences, such as cutting edge research and pioneering equipment, as well as the little touches, such as massage therapy, trained patient support volunteers, personal emergency packs and improvements to the environment through art and music. Barnet Hospital Charity and Chase Farm Charity are part of the Royal Free Charity.

COMING EVENTS

For more events information and to book:
Online: royalfreecharity.org/events
Email: rf.fundraising@nhs.net
Phone: 020 7472 6761

Skydive

Date: 19th September 2015

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, but please phone if you want to enquire about the next date.

Fundraising target: £395

Registration fee: £70

London to Brighton Cycle

Date: 6th September

If you are in good shape and have a good bike why not join us for this amazing day cycling from London-Clapham Common to Brighton's sea front.

Fundraising target: £100 minimum fundraising

Registration fee: £40 –includes lunch!

Want to run the Marathon in 2016?

For a chance to enter the 2016 London Marathon for the Royal Free Charity please email rf.fundraising@nhs.net for a ballot form that needs to be completed and returned by 30th September 2015.

Fundraising target: £1,250

Registration fee: £100



HOW YOU CAN HELP...

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

Get in touch with our Head Office at the Royal Free

Phone: 020 7472 6677

Email: rf.fundraising@nhs.net

Online: royalfreecharity.org

Or contact Alison Kira, Barnet and Chase Farm Development Manager at 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

With a will you can ensure that the people and charity work you care about are provided for after you have gone. 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

What type of gift should I leave?

- Cash gift
A fixed amount of money
- Percentage of your estate
A share of what is left in your estate – either in total, or after you have provided for others. This option is the most popular because you might not have to change the will later if your circumstances change

Charity no 1060924



To receive this newsletter regularly
email rf.fundraising@nhs.net