

extrahelpings

ISSUE 2

Celebrating the volunteers, fundraisers and supporters who make a difference

FEATURES

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**GIVE A LITTLE TIME
TO HELP OTHERS
FEEL BETTER
VOLUNTEER
WITH US**

Plus

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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/get-involved/fundraising

welcome

How we make a difference

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 second issue where we tell you a bit about the charity and the work we have been doing since our launch in June 2015. We are featuring our volunteers in this issue as well the exciting Garden Project to transform the gardens in the Highlands Wing in to beautiful outdoor therapeutic spaces. We also cover the introduction of our free Massage Therapy Service to Chase Farm. We work to improve 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.



Alison Kira
Development Manager
Email: Alison.kira@nhs.net



Savita Tailor
Community Fundraiser
Email: Savita.tailor@nhs.net

In July 2014 Barnet Hospital and Chase Farm Hospital became part of the Royal Free London. Since then the Royal Free Charity has expanded their services and in June 2015 launched Barnet Hospital Charity and Chase Farm Hospital Charity. All donations will be used to benefit the specific hospital they were raised for.

A lot of our work is about the little touches that improve the experience of being in hospital. The specialist trained volunteers who provide companionship and feeding support for elderly and stroke patients, massage therapy for patients with dementia or cancer and personal care packs for patients who arrive and A&E without a toothbrush or comb are just a sample of what we provide.

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 make up and provide personal care packs that include soap, a toothbrush and toothpaste etc. for A&E patients who may have been admitted through A&E and have brought nothing with them.
- And we provide free massage therapy for patients who may be receiving treatment of those who are anxious

Alison Kira, the Development Manager for the charity said, "At the Royal Free we raise £14m a year that is put back in to the Hospital. There are over 450 active volunteers, the therapeutic massage team provide over 30,000 massages a year to patients and over 1,000 to staff, and 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."

And we support the big projects that make a difference too. 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 wards or buying specialist medical equipment and items like stroke chairs and incubator covers. Our Community Fundraiser then works with schools, business and local people to actively fundraise for the specific item. They may put on an event, be sponsored to join in one of our planned events like a run or skydive, or simply hold a cake sale.

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, however they are vitally important to aiding recovery and also helping the staff to aid care and recovery.

Chase Farm Garden Project

There are two gardens in the Highlands Wing that are for the use of patients and their families. Although they are great spaces, they were not designed with patients in mind. We are working to transform the spaces in to specialist therapeutic gardens designed to enhance patient recovery by Summer 2016.



Patients and hospital staff have been working with a local Architectural Landscape Garden Designer to design the perfect gardens for them. Our aspiration is to provide award winning gardens that not only look beautiful but help with recovery and rehabilitation.

One garden has been designed to support dementia patients and includes a street with shop fronts, street lamps and individual front gardens all designed to provoke memory recall and provide a stimulating environment.

The second is based on a Japanese garden which will provide peace and tranquillity for those recovering from stroke or brain injury. Therapy sessions can take place outdoors as well as horticultural therapy.

We are working with the local community to make the dream gardens become a reality and you can get involved too. Whether you are interested in clearing and planting, or putting on a fundraising event to raise money, we'd love to hear from you.

Follow the garden transformation
royalfreecharity.org/charities/chase-farm-garden-project



- These specialist gardens will aid patients' recovery:
- Developing muscle strength and balance
 - Increasing motivation, self-esteem and self-confidence
 - Providing a quiet peaceful place away from the ward
 - Decreasing anxiety levels
 - Supporting memory recollection
 - Reducing the risk of depression
 - Stimulating the senses through smell and colour

£120,000 is needed to complete the gardens and every penny counts!

To get involved or to find our more please contact:

Savita Tailor
Chase Farm Community Fundraiser
Email: savita.tailor@nhs.net

You can make a donation directly to the Chase Farm Garden Project

Online: royalfreecharity.org/donate/fund and quote Fund 352 on the form

Call: Royal Free Charity Head Office
020 7472 6677 stating your donation is for the Chase Farm Garden Project Fund 352

On site: Pick up a donation envelope at the reception desks and hand it in at Cashiers office in the Clocktower (sign posted patient fares)

celebrating our Volunteers



According to 'Action for Happiness', the number one activity that can contribute to personal happiness, is giving. Apparently, our generosity is hard-wired to the reward mechanisms in our brains. When we give our time, energy and kindness to others it not only helps them, it's also great for our wellbeing too!

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
Phone: 020 8375 1349



Millie Woo
Voluntary Services Administrator
Mon 10am – 3pm, Tue 12noon – 4pm,
Wed 9.30am – 2pm, Thu 10am – 3pm
Chase Farm Hospital
Email: meeling.woo@nhs.net
Phone: 020 8375 1349

ANNUAL VOLUNTEERS PARTY 2015

On the 21st October Barnet Hospital restaurant was transformed into a glamorous pink and black themed venue for the first Barnet and Chase Farm annual volunteers' party and awards. Guests arrived in their glad rags and were greeted with canapés and drinks and then long service awards were handed out to 27 of our volunteers who have given the Hospitals so much of their time over the years. We were treated to a delicious 2 course meal followed by live music from 'Sound of the Suburb', who had lots of us up on our feet dancing the evening away! It was fabulous to see so many of our volunteers and staff come together to enjoy the evening and celebrate all the hard work you put in. Many thanks to all who were able to join us and here's to an even bigger and better party next year!



Interview

Clive Birch Volunteer



I started volunteering at Chase Farm Hospital around 6 weeks ago. I felt that I wanted to give something back as the Hospital has helped me and family members greatly over the last few years.

I volunteer 4 days a week from 9 – 1. My role here is to meet and greet patients and visitors at the reception and take them to clinics and wards. The Hospital can be a difficult place to find your way around if you are not familiar with the site, particularly during the redevelopment and I am finding helping people with their appointments very rewarding.

I feel appreciated by the people I help and know that I am making a difference to them simply by the amount of 'thank yous', I get every day. I am often told "I never would have found this part of the Hospital if it wasn't for your help".

My proudest moment so far took place about 2 weeks ago, when I met a lady who had a 93 year old blind friend in the car and was worried about her missing her appointment. The blind lady's friend was unaware that she had to register a Blue Badge. I sorted this out for her and also managed to save her a parking space. The ladies managed to get to the appointment on time and both were very, very thankful.

Every day I leave the Hospital, I also leave with great memories. I just wish I had got into this type of work earlier!

JOIN
US

[royalfreecharity.org/
get-involved/volunteering](http://royalfreecharity.org/get-involved/volunteering)



Massage therapy service arrives



The Complementary Massage Service available at the Royal Free has come to Chase Farm. The service provides treatment that reduces the pain and anxiety of being in hospital, helping patients cope with their illness.

Keith Hunt MBE and his team give more than 30,000 massages annually to patients at the Royal Free, and from January 2016 this was extended to Chase Farm Hospital.

Keith explains "Massage therapy is about treating the person and not the illness, and for many patients it is the high point of their day. Complementing medical treatment, all patients with any condition can be considered for this therapy. Our work is focused on us being a 'treat' not the treatment and looking after the patient".

All treatments are with the relaxing Swedish method with no depth and no pressure points used. It's a repetitive stroke and in just 15 minutes a difference can be felt. The sessions are free and all patients and are on a referral basis.

Initially at Chase Farm the service will be available to patients in the oncology and haematology day unit as well as those on the rehabilitation wards. In the longer term we aim to roll it out to more patients and for staff also. The complimentary massage service is funded by Chase Farm Charity, and relies on donations. You can donate using the following methods:

You can also make a donation.

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

Online: justgiving.com/MessageTherapy

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

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

London to Paris Cycle

Date: 20th – 24th April 2016

Connect two of the world's most chic capital cities as you embark on the charity bike ride challenge of a lifetime.

Fundraising target: £1,460

Registration fee: £99

Superhero Run

Date: 15th May 2016

Location: London Regent's Park

London Super Hero Run is a brilliant charity fun run or walk of 5k or 10k. Registration fee includes a Superhero costume!

Skydive

Date: 21st May 2016, 18th June 2016, 30th July 2016

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

Prudential Ride London

Date: 30 – 31 July 2016

See our website for more information

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

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