

The sky's the limit for our fundraisers!

They'll soon have their heads in the clouds but it's all for a good cause. This adventurous trio - Patient Experience Co-ordinator Chloe Danks, Advanced Clinical Therapist Trudie Edwards and Stroke Physiotherapist Katie Horsfield are all taking the plunge and doing a skydive to support our Stroke Rehabilitation Unit.

They will be joining Hollybank House case manager Ann Hawes and her niece Heather Yaxley on Sunday 6 October at Brackley in Northamptonshire.

For Trudie, who has worked for the trust for 18 years, a skydive is on her "bucket list" of things to do and she's "a mixture of nerves and excitement."

Katie, who has joined the trust in the last few months, said: "The stroke unit is such a good cause - we can really help make a difference to patients."

Chloe added: "I've never done anything like this before but I work closely with Georgie and she's always encouraging staff to support the charity!"

How Purple Hub donations are helping our services

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Save the date! Upcoming charity events

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Message from Well Wishers' Fundraising Manager Georgie

"Welcome to this special fundraising newsletter where you can find out about the projects and equipment that our Well Wishers charity has supported throughout 2018.

We enjoyed a bumper year – and that's thanks to the amazing support of our colleagues, businesses and members of the public. Without them Well Wishers wouldn't exist and we wouldn't be able to celebrate the fantastic improvements that are having such a positive effect on our patients, their families and our own teams.

Through the Purple Hub sales and activities we had our best Christmas to date raising over £5,000. Over the next few pages you'll see plenty of examples of how fundraising and donations are put to good use; helping us buy items or enhance services above and beyond what the NHS can provide. This is the most rewarding and satisfying part of my role and I'm looking forward to another 12 months of working with staff in the hospital and our community services to see what we can achieve. I also want to expand our work with the local community and businesses.

We've got a jam-packed few months of events coming up and have introduced some new features alongside our old favourites. Keep checking the Daily Dose, Walsall Healthcare's website, Well Wishers' website and Well Wishers' twitter and facebook pages for updates. And if you want to get involved or share a fundraising idea please pop into the Purple Hub on the outpatients corridor of the hospital to see me, Monday to Friday 9am-5pm, call me on 01922 656643 or send me an email **Georgie.Westley@walsallhealthcare.nhs.uk**"

Georgie



Hear from Martin, our charity's patron



"Throughout my boxing career I've had so many highs, including being crowned IBF Super Lightweight Champion. But when I was asked if I'd consider becoming a patron for Walsall Healthcare's charity, Well Wishers, it was a really emotional moment and meant a lot both to me and my family.

I've worked closely with Fundraising Manager Georgie and her colleagues, helping to organise the annual boxing match that keeps growing in popularity every year. Supporting our local community is really important to me and the trust is a key part of that community.

When I was asked to become a patron it was a real privilege and, with my family's support, I've taken part in the charity's Swim the Channel event and also helped out on a fundraising stall; to be honest, I'm a better salesman than swimmer! I also joined staff and visitors to take part in the Christmas lights switch on the year before last and felt like a proper VIP.

I've been into the hospital on a number of occasions, with fellow boxers, to hand over some of the items that the charity matches have helped to buy such as playing cards, dominoes and nostalgic magazines. We've had a great laugh with patients, some of whom are living with dementia, who loved sharing their stories with us.

Well Wishers is special and I hope 2019 proves to be an even bigger and better year for the charity."

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Purple Hub's a hive of fundraising activity

Did you know that the Purple Hub is at the heart of our fundraising success?

If you've never visited do go along to the office on the outpatients corridor of the Manor Hospital to check out a huge range of books for sale at just 50p each, DVDs, jigsaws and handmade cards.

"The proceeds from these items, on sale every day, really add up," explained Fundraising Manager Georgie Westley.



"We have a lovely rapport with patients, visitors and staff who regularly pop in to donate items to be sold or to give us items that we can use in raffles at our events. It's thanks to the money raised through the Purple Hub that we've been able to enhance community services and contribute towards improvements in the hospital."

Here's just some of the things we've been able to do:

Tai Chi to help Walsall neurological patients

Suitable Walsall patients with Parkinson's Disease and Multiple Sclerosis will be able to benefit from Tai Chi sessions to help them manage their health and wellbeing.

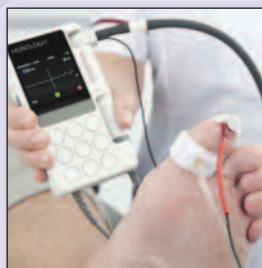
Two assistant practitioners from the Community Neurological Rehabilitation Team based at Short Heath Clinic, Mary McKenzie and Diane Ward, have been funded through Well Wishers to go on a course specialising in the approach. They hope to be able to offer sessions to carefully selected patients in the autumn.

Beth Ashcroft, Team Lead/Physiotherapist explained: "There is growing evidence that Tai Chi can help patients with neurological conditions to improve their balance, reduce falls, maintain a range of movement and muscle strength and reduce anxiety – particularly people with Parkinson's Disease and Multiple Sclerosis.

"Now that we have the funding from the charity we can send Mary and Diane on the course so that they can offer this to those patients that are suitable as part of the work we do through our patient education sessions to support those managing long term conditions. Our patients have asked us for Tai Chi to be made available and we're really pleased to be able to offer them this where appropriate as an additional element to our self-management strategies."

Helping to reduce amputation risk

A new toe pressure device to help diagnose patients who may be suffering from a potentially fatal condition has been bought with the help of charity donations - including a fundraising tombola organised by Steps To Work (Walsall).



The community podiatry team at Bentley Health Centre set up clinics specialising in Peripheral Arterial Disease (PAD) which is a form of cardiovascular disease in which a build-up of fatty deposits in the arteries restricts the blood supply to leg muscles. It can lead to amputations and prove fatal.

Podiatrist Alex Hadley said: "We wanted

to provide a service in the community to help prevent unnecessary referrals to the vascular consultant at the Manor Hospital and to proactively assess our patients before they present with signs of lower limb ischaemia, to prevent the risk of diabetic lower limb amputation. Ischaemia is a restriction in blood supply to tissues.

"Historically, we would assess the blood pressure just above the ankle. This new device takes the blood pressure of the toe and the readings we receive determine if a patient has PAD or is showing early signs so we can intervene.

"Thanks to everyone who has donated money to Well Wishers to help us buy this device and treat patients we were originally unable to assess, improving the quality of our service."

Eye masks and ear plugs for a peaceful night

As part of the Quiet Protocol, launched at the end of last year, eye masks and ear plugs have been funded by Well Wishers to make patients' evenings more restful and relaxed.

The Quiet Protocol has been introduced following feedback through Patient Experience surveys which showed that patients are often having trouble falling and staying asleep due to noisy and often too bright environments. This can have a real impact on their recovery.

A noisy environment is also detrimental to staff as it can make communication difficult and amplify work pressures which means an increased chance of errors being made.

Wards now start a wind down at 9pm-10pm taking the last evening round as an opportunity to better prepare patients for a peaceful evening; checking their pain levels and positioning

The protocol is initiated from 11pm to 6am when all staff are encouraged to reduce controllable noise.

New set of wheels

The charity has purchased a new scooter to help patients with mobility issues get around the hospital. And very popular it is too with our trust volunteers regularly called on to offer a lift.

The new addition cost £6,600 and has doubled scooter provision at Walsall Manor.



Charity focus on our Stroke Rehabilitation Unit



An exciting partnership between Well Wishers and the Saddlers Shopping Centre was launched last year, with shoppers voting for the project they wanted to support with a year of fundraising. And the development of our Stroke Rehabilitation Unit to make it one of the best services in the country was voted the winner, with more than 300 people choosing it as their favourite cause.

Centre manager Melvin Glasby said: "We couldn't be more excited about teaming up with Well Wishers. We're in the heart of Walsall and it means so much to us to be able to work in partnership to make an impact on the lives of our customers who either use local healthcare services themselves or have family and friends who do.

"Community involvement is extremely important to us and we think this partnership demonstrates that commitment."

Well Wishers is also staging a number of events this year to help boost funds further in addition to the £1,800 already raised.

Lianne Sealey, Team leader/Advanced Occupational Therapist, said: "This really is an opportunity for the service to be recognised, and while we're already working at a good standard, we know that additional resources would really make us excel.

"At some point the service will be moving out into the community and we want to ensure that our rehabilitation unit is a centre of excellence. This can start with big items such as 'tilting' chairs that enable comfort for patients while sitting and support with mobility, to smaller items such as jigsaws and games that can be loaned out to patients in their homes - encouraging them to push themselves both mentally and physically even without a therapist present.

"At the moment our patients are supported in rehabilitation for 45 minutes a day but we want to empower them to be doing this 24/7 while in recovery. We hope that the funds will allow us to organise

social groups that encourage this; whether it's gardening or craft work - it's important to offer activities that encourage both movement and interaction."

Dr Elliot Epstein, Consultant in Stroke, General Medicine and Elderly Care, said: "Patients who have had an acute stroke go to New Cross Hospital then once they're stable they come to Walsall for rehabilitation."



"We have the full complement of rehab staff - physios, occupational therapists, speech therapists, dietitians, nurses and medical staff. All aspects of the care that our stroke rehab patients will need is available.

"The outcome following rehabilitation can be extremely positive though it can differ from person to person. I would say that with the determination of the patient and the dedication of our team of staff we have seen some really good results.

"Funds raised through the Well Wishers charity for the unit will help us enhance our service."

Our patients and their families are full of praise for the support they've had in the unit.

Poor Charlie Cox had to spend Christmas in hospital after suffering a stroke in December. But his family did Christmas again when he returned home.

His grateful wife Tracey said: "The staff are absolutely fantastic. They treat the patients and us like their own family. You can ask anything you like and they calm your worries."





New appeal to help mums-to-be who need extra support

We're busy making plans for an exciting charity launch on Monday 8 April with colleagues from our fantastic Wren (Women requiring extra nurturing) team.

The Wren team works with mums-to-be who need extra support due to a number of issues including domestic violence, addiction, and mental ill health. Teenage mums-to-be are also supported.

The team is led by Specialist Midwife for Vulnerable Families Sarah Ellement and made up of Community Midwives Harry Nijer, Lesley Jones, Gill Stonard and Ruth Broadhurst.

Sarah explained: "We receive referrals from community midwives at booking who identify the women they see who may need extra support from the Wren team.

"They may have experienced domestic violence - either personally or in a family situation - may have substance abuse issues, may be struggling with their mental health, may be Female Genital Mutilation survivors or may be having financial or housing difficulties. Many won't have family or friends to turn to or may be in relationships that mean their health and wellbeing is at risk."

Community Midwife Gill Stonard added: "Some women may come into hospital to have their babies and go home in the same clothes, with hardly anything for their new-borns at all because of the circumstances they find themselves in.

"This is hard to appreciate for those of us in loving and supportive family environments with friends rallying round. But it is the harsh reality for many mums-to-be and often they desperately want to improve their situation and want to provide the very best environment for their babies but understandably need the support to do so."

The charity appeal aims to provide items such as baby clothing, blankets and changing mats for the Wren team to distribute to give these women a much-needed helping hand.

Ahead of the appeal launch we're running a Wren raffle to help raise initial funds to kick start this Well Wishers charity appeal.

Tickets are on sale from the Purple Hub at £1 a strip with the top prize of a brand new Graco Modes 3 Lite Trip Pram, second prize of a Moses basket and a baby changing bag as third prize. The raffle will be drawn at the 8 April event.



What a year that was!

Last year gave Well Wishers a number of success stories to celebrate in the hospital and community. Here we look at a couple of major projects that are improving the services we offer to Walsall's younger service users and patients.

A real team effort



A £15,000 appeal to help create a new sensory room for children with disabilities and complex conditions was reached in under a year - to the delight of service users, parents, carers and staff.

Sheffield's Child Development Centre now boasts a feature to be proud of with outdated and broken equipment replaced and a brand new ball pit.

The target was reached thanks to a 100 mile sponsored cycle, fashion show, bag pack, cake sales, raffles and donations and community groups, businesses, Walsall Football Club and healthcare staff all got behind the appeal either bringing in donations or taking part in events to help swell funds.

Fundraising Manager Georgie Westley said: "I don't think any of us will forget seeing how happy the children were on opening day - they absolutely love the room and we're all proud to be a part of making this happen for them. This appeal really showed us how generous and supportive people could be and we were so excited to see the fundraising total keep rising within the space of just a few months."

Well Wishers would like to thank the following for their support:

**Sikh Temple
Morrisons
Praful Nathwani
Tracey Beaumont
Chris Davies
Hindu Ladies Group
Apprentices
Ant Westbury**

**Princes Trust
MyNHS
Enoch Evans LLP Solicitors
Walsall Football Club
Asda
WARRANT
Longhorn / Bell pub
Rotary Club**

Lolly's legacy for teens



Money raised in memory of popular former patient Lauren "Lolly" Wilkinson has created a chill out room for teenagers being treated on the children's ward at Walsall Manor Hospital.

Lolly's family managed to raise £5,000 following the 17-year-old's death from a cardiac arrest after an asthma attack in January 2017. The money came from donations at her funeral as well as from the wider Darlaston community who knew the popular Grace Academy student.

They joined the Mayor and Mayoress of Walsall to officially open the room - Lolly's Place - and gave it their blessing.

Lolly's mum Pam said: "We're really pleased with it and think it is a legacy from her."

Lolly's sister Kerry Wilkinson added: "It's nice to see the room now after the work and planning that has gone into it. Patients can just shut the door behind them and forget they're in hospital because it's a relaxing space."

Her sister Nicola Waite praised Lolly's friends who helped design the room by suggesting how it should look.

"They were the ones who said it should have a homework area and it has TVs, a gaming area, hair and make-up area, laptops and a feature wall."

Local businesses have kindly donated items and an additional £844 was put towards the cost by local fundraiser Sue Sutton who held a charity night at James Bridge Copper Social Club.

Thanks to everyone who has supported this project:

**Bell Pub
JTF Warehouse
Tesco
Muslim Association
Prince's Trust**

**Morrisons
Body Perfection
Argos Clearance
James Bridge Copper Social Club
Skanska**

Calling all staff! Help Well Wishers to help you

'Well Wishers' is the trading name that was chosen by staff for the registered charity of Walsall Healthcare NHS Trust.

The official name of the charity is Walsall Healthcare NHS Trust General Charitable Fund and it is registered with the Charity Commission (Registration No 1057416) and covers both Walsall Manor Hospital and community services.

We would remind staff that if you wish to fundraise using the charity name you must contact the Fundraising Manager, Georgie Westley. The trust has procedures which govern fundraising and receipt of gifts; these are for both the protection of staff and the organisation.

Please familiarise yourselves with our Charitable Funds Policy on the intranet

Need more information or support with a funding application? Contact Georgie on ext 6643 or Georgie.Westley@walsallhealthcare.nhs.uk

Georgie also needs to be informed if staff are intending to fundraise via Just Giving appeals on behalf of the trust's charity.

On no account should staff establish bank accounts for their fundraising activities on behalf of the trust.

Find Out Fridays

Do you want to know more about the Trust's Well Wishers charity and Charitable Funds?

Maybe you have something you'd like to purchase but not sure how much is in your fund?

Perhaps you need guidance in completing the Charitable Funds form or advice on how to obtain a quote for goods?

Would you like to raise funds for Well Wishers?

All these questions and more can be asked at our Well Wishers 'Find out Friday' sessions taking place on the third Friday of each month at 12noon in the Purple Hub on the Outpatients Corridor.

If you're a member of the public who would like to help Well Wishers either through Just Giving or by holding your own event please get in touch with Fundraising Manager Georgie Westley on 01922 656643 to arrange support and promotion. Walsall Healthcare can publicise your efforts through its website and social media, staff newsletters and to the local media.

Our 2019 events calendar gives our hospital and community staff plenty of opportunities to let their hair down, get to know their colleagues and spend time with teams from across the trust as well as play their part in helping the charity raise much-needed funds.

Among this year's events is the return of the ever popular Trust's Got Talent show, Well Wishers' first quiz and an old school-style It's A Knockout. So make a note of all the dates below, spread the word and come and join us for what promises to be another fun-packed few months.

Get in touch budding boxers, models, masterminds, walkers, adventurers and performers. Give our Fundraising Manager Georgie Westley a call on ext 6643.

- **Sunday 10 March - Fashion Show,**
Baron's Court Hotel, Walsall Wood, (tickets available now £5)
- **Thursday 11 April - Winner Takes It All charity quiz,**
The Bell pub, Delves. Whichever team wins gets to choose which service receives the prize pot. (Teams of six sign up now)
- **11 May - Snowdon Challenge**
- **Friday 17 May - Boxing Match,** Bloxwich Memorial Club,
Harrison Street, Bloxwich. Tickets available from March
- **Saturday 6 July - It's a Knockout (old school),**
Red Star AFC grounds, Aldridge, (fun, BBQ, DJ, Bar & more)
- **Friday 20 September - Trust's Got Talent,**
Rushall Labour Club, Walsall
- **Sunday 29 September - Walsall Fun Run**
- **Sunday 6 October - Sky Dive**
- **4-19 November - Make A Will Fortnight**

Look out for updates in the Daily Dose - all timings, ticket and registration details will be advertised over the coming weeks or pop and see Georgie in the Purple Hub, outpatients corridor.

Fashion Showstopper



Bag a bargain and update your summer wardrobe at the Well Wishers charity fashion show.

Brands available to buy include Dorothy Perkins, Wallis, River Island, ASOS, Miss Selfridge, Topshop and Phase Eight at 30% to 50% off RRP in sizes 8 to 26.

Recruitment Officer Tracey Beaumont is modelling for us again this year and she said: "It's fun, fashionable, exciting and all for a good cause!"

Running rings round each other



There hasn't been this much excitement since Fury and Wilder got in the ring!

Our ED porter Ant Westbury and security guard Richard Lappage will be fighting each other in May's boxing match. They're pals now but will they still be speaking after the big night?

Come and cheer them on at Bloxwich Memorial Club.

Partnership support is key

Well Wishers works with a host of partners in the community including:

Walsall College
Steps to work
Body Perfection
Morrisons
Tesco

Darbar Sri Guru Granth Sahib Ji Temple
JTF
Harmony Care Choir
Asda
Spar



well wishers

Raising funds to make a difference

The charity is always looking for potential event sponsors to help maximise the amount of cash that can be ploughed into services. Do you know of any businesses or organisations that might want to be involved? Contact Fundraising Manager Georgie Westley with details.

Are you in it to win it?

Join our Well Wishers Pot Luck lottery

"The cash couldn't have come at a better time!"

"This is the first time I've ever won anything"

"I'm going to treat myself."

These are just some of the thrilled responses from our Well Wishers lottery winners who have scooped first prize in the monthly draw, pocketing an average of £200.

The lottery is run by Well Wishers on behalf of Walsall Healthcare NHS Trust. All profits go into charitable funds and every winner is able to choose which service will receive 50% of the total prize money. Past winners have chosen cancer services,

bereavement services in maternity and ED to name just a few.

There are also cash prizes for second and third places.

All Pot Luck entrants are randomly allocated numbers between 1 and 5,000, and only these numbers can be randomly selected within any monthly draw. Staff pay just £1 for a single monthly draw and can choose to pay for multiple entries.

The higher the number of entrants the bigger the cash prizes!

If you'd like to sign up please complete the form below and return to Staff Lottery Administrator, NEC Building, Walsall Healthcare NHS Trust, Walsall Manor Hospital, Moat Road, Walsall, WS2 9PS.



Application form and authority to deduct from your salary

To enter, all you have to do is complete the form below, and send it to the address below. You will be informed of your lottery number(s) and date of entry as acknowledgement.

Title:

Initials:

Surname:

Department:

Work Tel. No:

Site:

Job Title:

Please allocate me numbers in the staff lottery (N.B. Additional numbers will be added to these already held).

I authorise the deduction of £ from my weekly / monthly salary each pay period until cancelled by me in writing.

Assignment number / Payroll number:

.....

Signed:

Date:

For Paymaster use only:

Assignment / Payroll Number:

Enter week / month number:

Return to:

The staff lottery administrator,
NEC Building,
Finance,
Walsall Healthcare NHS Trust,
Walsall Manor Hospital,
Moat Road,
Walsall, WS2 9PS.