



The RWT Charity Newsletter

Making a real difference to the lives of our patients, their families and staff.

Welcome to the latest edition of our newsletter

Spring 2023

Charity appeal is a real tonic

A sing song to help the medicine go down could be just what the doctor ordered for young patients at New Cross Hospital now a charity appeal has been launched.

The Royal Wolverhampton NHS Trust Charity has been working with the Ex-Cathedra Singing Medicine Team which brings its songs and games to poorly youngsters in hospital to improve their health and wellbeing.

And last month the Charity launched an appeal to prescribe Singing Medicine to Wolverhampton patients for a whole year after seeing how delighted they, their parents and Trust staff have been by recent visits.

Little Euriel, aged two, pictured, is just one of many patients who has enjoyed this very special treatment while in hospital.

His mum, Marthr Makah, said: "His face just lit up with the singing games and he was waving, dancing and playing. It has really made me smile when I'm tired and worried too so thank you!"

Marianne Ayling who started the Singing Medicine project back in 2004 at Birmingham Children's Hospital, said: "One little boy

we entertained was crying and coughing so badly that he was struggling to breathe. But sitting up with us, listening, then joining in meant his breathing calmed down and his coughing stopped."

Clare Acton, Acute Paediatrics Matron at the Trust said having Singing Medicine on the ward had boosted staff morale.

"We can have difficult days and are supporting parents and carers in some challenging circumstances when their children are poorly. To walk around the corner and hear such lovely singing boosts our mood too," she said.

Amanda Winwood, Charity Development Manager, said: "We want to raise £30,000 to be able to

fund Singing Medicine for a year.

"Watching the joy on children's faces when Singing Medicine has visited has been priceless. The effect this has on patients can't be underestimated and we are determined to reach our fundraising goal."

To support please contact the charity team on rwh-tr.fundraisingteam@nhs.net or donate at Just Giving - https://www.justgiving.com/campaign/SingingMedicineatRWT?utm_source=copyLink&utm_medium=one_page&utm_content=campaign/SingingMedicineatRWT&utm_campaign=pfp-share&utm_term=3fc213e89ef34adbbb91758c85f12552



Music to our ears!



A ladies choir donated more than £4,200 to help put a song in the hearts of patients at New Cross Hospital.

Songbirds in Harmony from Hednesford donated £4,240.37 to The Royal Wolverhampton NHS Charity after choosing it as its charity of the year.

Trish Hooper, who is the secretary and founder member of the choir, has been a cardiology patient for nearly 20 years and nominated the charity of RWT, which hosts the Cardiology team in the Heart and Lung Centre.

Money raised from the group's three concerts and other fundraising events, held during the year, will go towards buying a screen and camera system to help patients and families with cardiac education.

Trish, who lives in Hednesford, said: "The choir always strives to support local charities, but as this one is so personal after having received such amazing treatment, it's all the more special and emotional.

"Every member of staff has been kind, courteous and caring."

Dr Petkar, Consultant Cardiologist at RWT, said:

"Over the years, Trish has had the benefit of cutting-edge treatments and I'm happy that because of these interventions we've been able to improve her condition.

"It's also very kind of her to think how the local expertise can be extended to other patients. I'm confident the money raised will make a huge difference to our patients undergoing cardiac rehabilitation. We are extremely grateful."



Left to right: Vangie Griffin, Amie Rogers, Dr Sanjiv Petkar, Stephen Robins, Heather Johnson, Lynne Slater, Trish Hooper, Kayne Round and Amanda Winwood

New sensory room unveiled

A sensory room has opened to support younger patients at New Cross Hospital following a £20,000 donation from ex-Goodyear workers.

The brightly-painted facility, which cost £20,638 and is on the Children's Ward, A21, includes two mobile sensory trolleys, a soft play area, large reclining seats, and an infinity mirror and was funded by The 5/344 Transport and General Workers Union Benevolent Charity.

It has been designed to offer a safe, comfortable space for children and young people with physical health conditions, developmental delay or additional sensory needs. But it is also just a relaxing and calm space for any of the patients on the ward.

The donation is the last one from the scheme to The Royal Wolverhampton NHS Trust Charity and completes a remarkable legacy of generosity that has seen the group donate more than £400,000 of equipment to the Trust since 2016.

Cyril Barrett, Chair and Trustee of the scheme, said: "We've seen the tremendous difference our donations have made to the Trust and hopefully this room will have the same effect on the children and the staff here.

"We've bought many pieces of equipment for community initiatives in and around Wolverhampton, but in particular for The Royal Wolverhampton NHS Trust, to whom we have donated over £400,000 worth of equipment."

Addressing members of The 5/344 Transport and General Workers Union Benevolent Charity, Sue Rawlings, Chair of The RWT Charity, said: "Thank you on behalf of the Board, staff and patients for everything you and your colleagues have done which have made such a big difference and equally, I'm sure this swansong will do the same. Your efforts will not be forgotten."

Kirsty Lewis, Senior Matron, Children's Acute Services, Division 3 at RWT, said: "We feel very lucky to have this on our ward at Wolverhampton as not every Children's Ward has one, so we're very grateful to the scheme for funding it."



Left to right: Mark Jenkins, Paul Bough, Amanda Winwood, Kirsty Lewis, Kate Jenks, Sue Rawlings, Barry Malia and Cyril Barrett

Charity begins at home

With the cost-of-living crisis having such an impact on families across the country, The Royal Wolverhampton NHS Trust Charity has focused its help close to home – supporting struggling staff.

A Staff Wellbeing Hub, which includes a foodbank, has opened at New Cross Hospital as part of a package to support healthcare staff who are in need. Initially funded by a grant from the Charity, Estates turned a disused café into a fully functioning wellbeing hub facility within two weeks, providing a specialist fridge, making shelving and counter, and provided appropriate kitchen equipment.

The Charity has taken on the day to day running of the hub, which offers food and other essential items. To date, 1374 staff have received a free breakfast and 1071 staff have utilised the food bank.

Staff can access free hot drinks and free bread for toast or a cereal bar as well as a subsidised hot meal for £1.50 each.

Professor David Loughton CBE, Group Chief Executive, said: “We have a duty of care to support our staff and their wellbeing is our focus, so this gesture has been made to support them at a challenging time for so many people in our society,”

“By doing this we know our staff are there for our patients, and they will not be going without a small meal or access to essentials.

The foodbanks are open to all staff, including those working in the community and Cannock Chase Hospital and West Park Hospital.

And the Charity’s efforts resulted in a win in this year’s Royal Awards which recognises staff who have gone above and beyond.

It scooped the Healthcare Heroes - Non-Clinical Team of the Year category with the Staff Wellbeing Team.



The Staff Wellbeing Team receiving their award

Workshops create a buzz

Budding artists have been able to try new skills at a series of workshops offering people the chance to produce a mini magazine for patients and visitors to New Cross Hospital.

Weekly workshops at Wolverhampton Art Gallery started

last month, funded by The Royal Wolverhampton NHS Charity.

Their aim was to improve people’s wellbeing by offering the opportunity to connect with others and practice creative mindfulness. Through the sessions, participants were able to learn new skills and

produce their own artwork to keep or give as gifts.

The four workshops featured different mediums such as painting and printmaking, to be brought together into a zine, or mini-magazine.

Elinor Cole, Arts and Heritage Co-ordinator at the RWT Charity, said: “Zines are a brilliant way to boost mood and create connection.”

Each workshop was led by a different local artist or arts group. These included Alexandra Hatfield from Cannock-based Saredon Studios, and Alex Vann and Gary O’Dowd from Real Arts Workshops.

Printed canvasses of several artworks created during the workshops will be displayed at New Cross Hospital.

Copies of the zines will be distributed around waiting rooms and wards to boost wellbeing among patients, visitors, and staff.



Elinor Cole, Arts and Heritage Co-ordinator

New partnership brings HOPE

A charity has won a grant of £220,000 to help up to 1,000 vulnerable people in Wolverhampton over the next two years.

The Royal Wolverhampton NHS Trust (RWT) Charity, in partnership with Wolverhampton Voluntary and Community Action (WVCA) has been awarded £220,000 from NHS Charities Together for project Holistic Opportunities Preventing Exclusion (HOPE).

As part of the bid, RWT will recruit, train, manage and support a full-time Link Volunteer Co-ordinator, a part-time Link Administration Officer, and up to 200 volunteers per year. These will work alongside the city's Social Prescribing Service, run by WVCA, to help tackle loneliness, isolation, depression and anxiety.

There are currently more than 3,000 referrals a year to the Social Prescribing Service, following a spike in referrals for mental health after the COVID-19 pandemic.

HOPE will work alongside the service – which identifies and refers people to improve their wellbeing – linking them to community services such as social groups, sporting activities, and groups focusing on other areas of interest.

Around a third of the grant – £75,000 – will be available to apply for to fund small, grass roots community groups to offer activities aimed at improving social connectivity.

HOPE will also focus on supporting people experiencing Long Covid, carers and those needing support with pain



Left to right: Lindsey Goodall, Elinor Cole, Alison Dowling, Eleanor Morris and Ian Darch

and medication management.

Alison Dowling, Head of Patient Experience at RWT, said: "This is the first time we've really been able to work in partnership with the voluntary sector and we're excited about the opportunities this can bring for volunteers."

Ian Darch, Chief Executive of WVCA, said: "We're delighted to be working with RWT on the HOPE project which will play an important role in improving the wellbeing of local people."

Amanda Winwood, Charity Development Manager from The Royal Wolverhampton NHS Trust Charity, said: "We look forward to the positive difference we can make to the people of Wolverhampton."

Sunny's steps really count

A grateful breast cancer patient has raised more than £3,400 for two wards at New Cross Hospital – with a little help from her friends.

Despite being unable to walk just two weeks beforehand, Sunny Mohindra-Payne, 48, climbed The Wrekin – Shropshire's third highest peak at 1,335 feet (407 metres).



Left to right: Sunny Mohindra-Payne, Trevor Payne, Nicola Barding, Yasmine Payne and Louise Tongue.

And she raised £3,455.11 for The Royal Wolverhampton NHS Trust Charity to thank staff who looked after her on Snowdrop Millennium Chemotherapy Suite in Deanesly Centre, and Durnall Unit.

It was a real family affair too, as Sunny was joined by 35 of her family, friends and work colleagues on the two-mile walk, which took around an hour and 20 minutes to complete.

Sunny, who manages the Next clothing store in Bentley Bridge, Wednesfield and lives in Wolverhampton, was joined by her counterpart at the Telford Forge branch Nicola Barding, who helped organise the event.

"I didn't think I'd be able to do it because two weeks before it, I couldn't walk, but with the aid of sticks and husband Trevor's arm around me, I managed it," said a relieved Sunny.

"The doctors and nurses deserve this donation because they have been amazing to me and that's what has got me through this."

Corrie Kirk's star turn



A Coronation Street star helped a serial fundraiser donate £2,520 to Wolverhampton's Diabetes Centre.

Andrew Whyment, who plays Kirk Sutherland, was the star guest for Mckala Harrold's annual fundraiser for The Royal Wolverhampton NHS Trust Charity.

Actor Andrew, 41, appeared at Gilbert's Bar in Willenhall with locals paying £10 a ticket to see him. Proceeds came from Mckala's Facebook page Celebrity Random Raffle.

Over the last four years Mckala has persuaded former Emmerdale actor Danny Miller, Jamie Lomas from

Hollyoaks, Samia Longchambon from Coronation Street, and Eastenders' Scott Maslen, to make celebrity appearances.

Every year Mckala's appeals raise money for causes close to her heart, and this time it was the turn of the Diabetes Centre at New Cross Hospital and the Air Ambulance.

Mckala's father Keith Harrold, 71, has Type 2 diabetes, while friends, Marley Dodd aged eight, and Janine Oakley, who helps her fundraise, have Type 1 diabetes.

"My dad has been receiving treatment at the Diabetes Centre and they have done wonders for



Left to right: Mckala Harrold, Sue Huddart, Dr Rajeev Raghavan, Jean Shears and Kirsty Hadlington

him," said Mckala, 47, from Bilston. "So this donation is a small thank you for the care they provide to him and hundreds of patients."

Generous gift brings joy to poorly children

An "amazing" facility built at New Cross Hospital from a former patient's generous donation of £442,000 has transformed the lives of young patients receiving treatment.

The sum of £442,142 – one of the largest received by The Royal Wolverhampton NHS Trust Charity – came from Michael Worrall, who chose to donate the money through a gift in his will.

Mr Worrall, who didn't have any close family, was a former patient at New Cross Hospital who died in 2016, aged 78. His donation has funded The Worrall Suite – two new specialist cubicles to treat children with cancer on the Children's Ward.

Patient Riley Weaver-Harrison was one of the first to use the new suite. Seven-year-old Riley, from Cannock, has Acute Lymphoblastic Leukaemia (ALL), a type of blood cancer.

Riley has to be monitored closely and has spent much of the last two years in hospital – a minimum of two days at a time, mostly in the Worrall Suite.

Each cubicle – which is about three

times the size of the side room Riley used to have to use – is equipped like a wet room with a spacious air-conditioned bedroom and en suite, with plenty of natural light.

The suite is away from the wards, reducing infection risk, and has an X-box console. Like Riley, other young oncology patients benefit from the Worrall Suite.

"We're immensely grateful for this facility and the amazing generosity of Mr Worrall," said Riley's mum Sara Weaver-Harrison, a therapeutic support worker.

"As soon as Riley gets to hospital, all the nurses, doctors and oncology staff joke that it's called the 'Riley Suite'!"

Rick Williams, Mr Worrall's solicitor, of R N Williams & Co, said: "Mike was a kind, generous man who, unfortunately was struck down by cancer.

"He saved his earnings and wanted to make a difference. Mike would be very impressed at what has been done."

Additional funds were used to buy educational equipment. A plaque

commemorating Mr Worrall's generous gesture was also unveiled.

Kirsty Lewis, Senior Matron for Children's Acute Services, said: "We're so incredibly grateful for the extremely kind and generous bequest from Mr Worrall. Many of our oncology patients spend a considerable amount of time on the ward.

"These new cubicles mean we're able to care for them in a specially-adapted environment which offers them increased protection from infection while they undergo treatment. Our new cubicles also offer increased comfort for families with parent beds and televisions."



Alex's gruelling Everest Base Camp walk

An intrepid accountant got all his figures right to raise £3,705 after trekking to Mount Everest Base Camp on his 50th birthday to raise money in honour of his late brother.



Alex Howes

Alex Howes, who works for the Clinical Research Network West Midlands (CRN WM), hosted by The Royal Wolverhampton NHS Trust, walked 141 kilometres (87.6 miles) and scaled 5,364 metres – nearly three and a half miles – to the camp and back.

He was raising money after his eldest brother Stuart died suddenly of a heart attack at the age of 53.

Having previously scaled 6,000 metres to the summit of Mount Kilimanjaro, Africa's highest peak, last August when he raised £4,200, Alex – who turned 50 on February 16 – is used to challenging walks.

But this 11-day trek topped them.

"The summit at Kilimanjaro was the hardest physical thing in my life – however, Everest Base Camp was harder," said Alex.

"It wasn't as wintry or as snowy as I expected, although there was thick ice at the camp. Coming down was worse than going up because it was really steep."

Half of the money – £1,852.50 – will go to The Royal Wolverhampton NHS Charity to be spent at the Heart and Lung Centre at New Cross Hospital, while the other half will go to the British Heart Foundation.

Young fundraisers score a hit

Young cancer patients can now play FIFA from hospital after a £2,600 medical gaming cart was donated by fundraisers.

Patient Alfie Hinks, 13, raised almost £1,200 for the Children's Ward where he was treated at New Cross Hospital. Alfie, from Bentley Bridge, was diagnosed with a medulloblastoma, or brain tumour, in September 2019.

Although he has now made a full recovery, Alfie spent a lot of time on the Children's Ward over a two-year period before being given the all clear and said he wished he could have been able to do gaming when he was having his treatment.

Logan Munday, aged six, from Goldthorn Park, raised £1,800 by climbing Snowdon and wanted the money to go to children spending Christmas in hospital.

A total of £1,400 has come from Logan towards the gaming cart, and £1,200 from Alfie, whose money was half the total he raised from a black-tie ball and auction through his own charity Alfie's Smile. Logan's remaining money has bought toys for the Children's Ward.

Their wishes have turned into reality with The Royal Wolverhampton NHS Trust Charity's purchase of a medical gaming cart from TheRockinR.

The cart, which is height adjustable and lockable, comes complete with 21 of the newest games – all restricted to age 12 – access to Netflix, Disney+, the internet and streaming services.

TheRockinR was the gaming name of Reece Miree, who tragically died of a brain tumour at the age of 11 in March 2018.

Unable to cope with Reece's death, his mum Carol committed suicide in 2021 at the age of 47, devastating husband and Reece's dad Jonny Miree.

Despite losing two close family members, former Marine Jonny, 51, and daughter Jess Miree, 24, who are based in Wakefield, near Leeds, have continued to dedicate their lives to TheRockinR, which is now a national charity.

Jess said: "We do this in Reece's name and to make people's lives easier is great for us because we can see the difference it makes first-

hand."

Kirsty Lewis, Senior Matron, Children's Acute Services, said: "We're really grateful to Alfie, Logan and TheRockinR for this gaming cart because we wouldn't be able to provide this without the donations.

"Video games are a really good distraction from the worries and anxieties of being in hospital. We find the children really respond well and it takes their mind off their treatment."

Alfie, who tried out the gaming cart, said: "This is great – it takes your mind off things when you're having your treatment."



Left to right: Jess Myree, Kirsty Lewis, Amanda Winwood and Alfie Hinks



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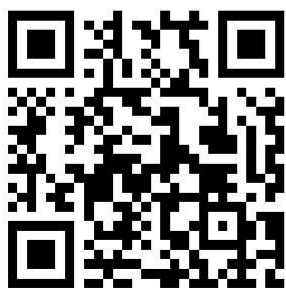
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