

King George & Queen's Hospitals Charity News

Vol .09 Newsletter



Making our hospitals
even better.



Volunteer • Donate • Fundraise
www.supportyourhospital.org



NHS
Barking, Havering and Redbridge
University Hospitals
NHS Trust

Charity No: 1059455



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Charity Newsletter



British Transport Police

We are your local hospital's charity!

Welcome to the latest updates from King George and Queen's Hospitals Charity! We're committed to improving hospital care for our community - both now and for generations to come. Our mission is driven by putting people at the heart of everything we do.

At some stage, we all rely on our hospitals -whether for medical treatment, unexpected emergencies, or the joy of welcoming a new baby. That's why your support is so vital in helping us enhance the care and services our hospitals provide.

While the NHS delivers essential healthcare, our charity goes above and beyond to enhance the hospital experience for patients, families, and staff, by funding items which fall outside NHS budget.

We would like to thank the companies featured in this newsletter for their continued support - it makes a real difference. **If you are interested in advertising in an upcoming issue, we'd love to hear from you!**



We're the official charity for Barking, Havering and Redbridge University Hospitals NHS Trust (BHRUT). We support two local hospitals: King George Hospital (KGH) in Ilford and Queen's Hospital (QH) in Romford.

Make 2025 amazing and fundraise!



Alex Donald and staff from the stroke unit



John Sullivan



Sikh Welfare Society



Vicky Merry and the Sunflower Suite team



Terry Coote



Pouya Akhbari

We need your help. Can you support us by raising funds in 2025?

1.) Support life-saving care

Our hospitals play a critical role in providing life-saving treatments and care for the whole community. Fundraising helps ensure our hospital services have the best resources to grow.

2.) Directly impact your community

By supporting your local hospital's charity, you will be helping the people closest to you, your family, friends, and neighbours.

3.) Enhance patient comfort

Funds raised can go beyond medical equipment, supporting projects that improve the overall hospital experience, such as providing equipment for our Occupational Therapist assessments (see page 23).

4.) Show gratitude for care received - are you a grateful patient?

If you or a loved one has benefitted from the care provided by your local hospital, fundraising is a meaningful way to give back and show appreciation for the commitment and dedication of our clinical teams.

5.) Celebrate and remember:

Fundraising can be a heartfelt way to celebrate a special occasion or honour the memory of a loved one. You may wish to open a tribute fund (see page 20 for more information on donating in memory).

6.) Feel empowered by making a difference

Knowing your efforts have a direct and measurable impact on local healthcare can be incredibly fulfilling.

Start 2025 with Purpose!

Make this year count by dedicating your time and energy to support our local hospitals. Every donation makes a difference. In 2025, take action and help us continue our mission to enhance hospital care for everyone.



In 2025, let's lace up, get ready and support our local hospitals!

Fundraising 2025

Word Search



RAFFLE



Find the following words in the puzzle.

Words are hidden down and across

T	E	R	F	P	A	U	C	T	I	O	N
R	A	F	F	L	E	N	H	D	T	Z	A
L	P	U	T	P	L	E	O	U	F	R	T
R	U	N	N	I	N	G	V	M	L	X	C
T	D	I	G	J	X	I	E	X	O	U	H
E	A	W	J	N	G	L	L	T	W	S	A
A	U	A	U	Y	S	P	O	N	S	O	R
M	S	O	M	L	H	U	R	Y	R	L	I
E	S	E	P	D	E	N	B	E	D	K	T
R	K	R	T	W	B	T	E	R	E	Q	Y
T	G	A	C	A	K	E	S	A	L	E	T
H	D	O	N	O	R	M	E	L	E	M	S

SPONSOR
DONOR
TEAM

CHARITY
JUMP
AUCTION

RAFFLE
CAKE SALE
RUNNING



Make 2025 the year you quit smoking.

We can help you quit for good.



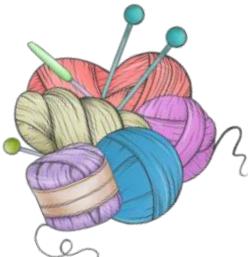
Search Better Health quit smoking or scan this QR for FREE support for Havering residents.
Free nicotine replacement products available.



Join our Knitter Knatter group

Our 'Knitter Knatter' group offers a wonderful opportunity for local knitting and crocheting enthusiasts to come together, connect, and share their skills.

The group creates beautiful items for our patients, such as knitted blankets, twiddle muffs for elderly care, and worry worms to bring comfort to those in hospital.



Knitter Knatter group

If you'd like to be part of our 'Knitter Knatter' community, please call us at 01708 774861 or email us at bhrut.charity@nhs.net. We'd love to hear from you!

**NEW
DATE**

The Big Charity Skydive

A true life experience that will stay with you forever

Sunday 6 April 2025

8:30am

**Headcorn Aerodrome,
TN27 9HX**

Scan this QR code to visit the campaign:



12,000 FT

Soar through the sky while raising funds for your local hospitals

The skydive costs £450. Secure your spot with a £50 deposit, then raise £400 through sponsorship and enjoy your jump for FREE!



To book your place call GoSkyDive: 01722 422967

For more information, contact our charity:

01708 774825 or email bhrut.charity@nhs.net

We're on the lookout for adventurous individuals to join us for The Big Charity Skydive on **Sunday 6th April 2025**. If you'd like to take part - or know someone who would love this kind of challenge, please get in touch with us!

Can't make this date?

No problem! You can book any available date and time directly with GoSkydive. For more information on how to arrange this, give our charity a call at 01708 774825 or email us at bhrut.charity@nhs.net.

Register now
for only
£50.00

A night to remember: our Moulin Rouge themed Charity Ball

What an unforgettable evening we had at our Moulin Rouge themed Charity Ball in November! Held at The Willows Banqueting Suite in Hainault, this annual event was filled with glamour, entertainment, and generosity, all in support of our hospitals. Guests were greeted by Moulin Rouge - inspired dancers and engaging mime artists, setting the tone for a fun and lively canapé and bubbly reception.



The evening continued with a delicious three-course meal provided by the award-winning Talbooth Restaurant and served by Milsom's Catering. As guests dined, the talented JJ Nwafor captivated the room with his music, and magician Barry Green mingled with guests, leaving them spellbound by his tricks.

The entertainment didn't stop there! Pastiche Worldwide delivered several different acts as well as an incredible cabaret performance that had everyone up and dancing. The dance floor was alive with people enjoying music well into the early hours!



The evening also featured a raffle, a main auction, and a silent auction, where our amazing supporters showed their generosity. Funds raised will go toward supporting the areas of greatest need in our hospitals, making a real difference to our patients and staff.

We are incredibly grateful to Sharon Kaur and Terry Brown from Sahara Care, our lead sponsor. A big thank you to our main sponsors, Sodexo and Mitie, and to Halifax for their generous support as our gift matchers throughout the evening.



Sharon Kaur and guest with Barry Green



Pastiche performers



Ball attendees with 'Mirror Man' act

The compliments from this event have not stopped flowing in - we are thrilled that everyone had such a fantastic time. A big thank you to our sponsors, donors, attendees, and everyone who played a part in making the evening so special. Here's to more memorable events like this in the future!



Ball attendees



Maximus Memorabilia team



Broadford Primary School



TIME 107.5 fm



Misbha and Sophia

Thank you for your



Flora Szabo



Dunelm, Romford



Spread a Smile with Stuart Hubbard and his family



Play specialist Abbi Spurdle receiving presents



donations this Christmas





Our school choirs were in top form over Christmas! Their performances brought smiles to the faces of patients, staff, and visitors. From classic carols to modern favourites, the choirs dedicated their time and voices to spreading Christmas spirit. We really love having the support and warmth of children year after year.

Local school choirs spread Christmas cheer at our hospitals



The fun didn't stop at the music! Some choirs were treated to a surprise visit from Father Christmas himself. He brought plenty of festive cheer, posed for photos, and even had a dance! His appearance made the day even more special for everyone involved. Thanks to the efforts of these wonderful choirs - and the generosity of those who donated during their performances - a total of £1,328 was raised for our charity.





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Our Charity team



Research and
Innovation team



Sophie Windley and the
Blood Science Reception
and Microbiology team

The festive spirit was in full swing as teams across our hospitals joined in the fun for Christmas Jumper Day, all in support of our charity.



A big round of applause goes to Sophie Windley and her brilliant Blood Science Reception and Microbiology team at Queen's Hospital, who were crowned this year's Christmas Jumper Day Champions! Their team effort, enthusiasm and creativity truly stood out.



Gifts for patients this Christmas



Emergency Department staff at KGH



Bluebell A staff

Christmas is a time for joy, celebration, and togetherness. But for patients spending the festive season in hospital it can feel anything but magical. That's why every year, our charity aims to bring the Christmas spirit to our hospitals by ensuring that every patient wakes up to a special Christmas present.



Charity ambassadors, Iris Taylor and Dora Bowes



Vimbai Mutunami,
Neonatal Sister

This tradition is about more than just the gifts themselves - it's about letting patients know they are not alone. Busy places can also be very lonely for those without visitors. Our aim is to make sure everyone feels remembered on Christmas day.

None of this would be possible without the incredible generosity of our donors and supporters. Your contributions allow us to purchase and deliver these presents, making this annual tradition a reality.



Charity volunteers

Shoutout to our charity volunteers, who in the lead-up to Christmas, dedicated their time to packing hundreds of presents.



Focus Music School

Gifts, Music, and Smiles

Staff from Focus Music School brought joy to our youngest patients at Queen's Hospital with a Christmas music session! The team performed Christmas classics while handing out gifts donated by the community and local businesses.

The session marked the school's first community project since opening in 2023. It brought smiles to the children's faces - and even our staff couldn't resist joining in on the dancing!

Caroline Jenkins, Health Play Specialist in Tropical Lagoon said: "Focus Music School coming in has really helped lift the mood and taken the scariness out of being in hospital for the children."

The children were also joined by Father Christmas and Frosty the Penguin! Chris Hatwell, Director and co-founder of Focus Music shared: "Before starting the school, we knew that we wanted to work a lot with our community, and we are honoured for this to be our first of many community projects."





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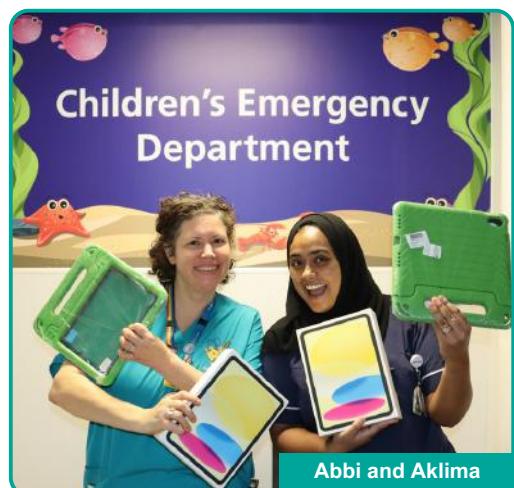
Improving children's ED experience with technology

Two new iPads have been generously funded by The League of Friends of King George Hospital, who we work closely with. This donation, organised through our charity, will greatly benefit the Children's Emergency Department (ED) at King George Hospital.

ED can be an overwhelming experience for children and their families, and the whole team works hard to create a positive and supportive environment.

iPads are a useful tool in the department, offering distraction and comfort to children during their treatments. Cathy Wenn, Senior Sister in the department, shared: "The iPads are invaluable to us. Children today are accustomed to using technology, and having access to familiar, comforting programmes helps ease their anxiety. Parents and children are always so appreciative."

Thank you to The League of Friends of King George Hospital for their unwavering support in helping us improve the experience for our staff, patients, and families.





The stroke team

Metropolitan Lodge 1507 supports stroke recovery



Alex Donald and stroke team staff members

Throughout the year, Alex and the lodge organised two quiz nights along with various other fundraising activities. Many members of the lodge have been touched by stroke in some way, which motivated them to contribute to this important fundraiser. We are incredibly grateful to Alex and the lodge for their hard work and generosity in supporting our stroke unit. Your kindness will significantly help patients on their path to recovery and rehabilitation.

Fundraiser Alex Donald made a special visit to the stroke unit at Queen's Hospital to present a cheque for £3,500! Serving as the Worshipful Master for the Metropolitan Lodge 1507 during the 23/24 year, Alex chose our charity as the lodge's charity of the year to help raise funds for our stroke department.



Alex Donald



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A sparkling surprise for our staff

Our hospital staff had a wonderful surprise when Nilesh Patel, a grateful patient and dedicated fundraiser, donated 40 crates of Orangina sparkling drinks. The drinks were personally delivered by Nilesh to both Queen's Hospital and King George Hospital, with a focus on sharing them with the staff in our Cancer Services and A&E departments.



Nilesh Patel with staff
from A&E

Nilesh's connection to our hospitals is a deeply personal one. Years ago, he was treated at the Sunflower Suite in Cancer Services, and the care he received left a lasting impact. This thoughtful gesture was his way of giving back to the teams who played such a significant role in his recovery.

But Nilesh's generosity didn't stop there. Along with the sparkling drinks, he generously donated £150 and sweets for the Christmas gift bags for our elderly patients.



Nilesh Patel with staff
from Cancer Services



Nilesh Patel with
A&E /ITU staff

An anonymous act of kindness

A grateful patient, who prefers to remain anonymous, has kindly donated £1,000 to upgrade the fridges in the Clinical Diagnostic Unit (CDU) and Ocean A & B wards at Queen's Hospital. After receiving care on the unit, the donor learned that new fridges were on CDU's wishlist and wanted to help fulfill it.

These new fridges provide essential storage space for food and refreshments, making the workday a little more comfortable for the team. This thoughtful gesture is a reminder of how even small acts of kindness can greatly benefit our staff's well-being.



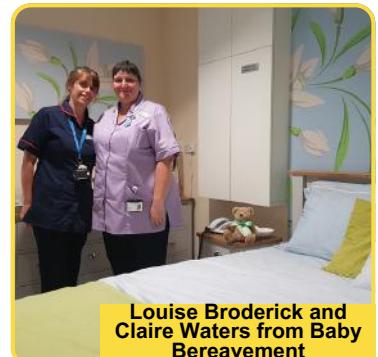
Thank you to our generous donor - your support makes all the difference, and we couldn't do what we do without people like you in our community.

We understand that not everyone likes to make a fuss about giving. If you'd prefer to support our cause anonymously - whether through donations, fundraising, or volunteering - please reach out, and we'll be happy to assist you.

Supporting families through baby loss

At our charity, we understand how important it is to provide comfort and care during life's most challenging moments. We have recently supported grieving parents in the baby bereavement department by providing toiletry sets for our Snowdrop Suite - a room created and refurbished by our charity a few years ago, specifically for families experiencing baby loss.

We are proud to continue supporting the baby bereavement department with a range of items, including books, bedding, and now toiletries.





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Celebrate a life by giving back in their memory

Making a donation in memory of a loved one is a heartfelt way to celebrate their life while giving back to the hospitals that cared for them. It's a special tribute that not only honours their memory but also helps us continue supporting enhancements for those who need our care now and in the future.

Some families choose to organise fundraising events, such as walks, bake sales, or charity runs, as a way to bring people together and celebrate their loved one's legacy. Others may prefer to make a direct donation or set up a regular gift to support ongoing care.



Kaz Melvin and family

Whatever you decide, your kindness ensures that the memory of your loved one lives on through the support and care we provide to others.

We're here to help. If you'd like to talk to someone about the best ways for you to remember your loved one, give us a call on 01708 774825 or email us at bhrut.charity@nhs.net

Here are a few ways you can donate in memory of a loved one:

Make a one-off donation

Make a regular gift

Arrange a collection

Take part in a challenge or event



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A thoughtful tribute: collect donations in memory of your loved one

Many families organise collections at funeral services in memory of their loved one. Their generous gesture is a thoughtful way to honour a life while making a meaningful difference for the local people cared for in our hospitals.

If you're planning a funeral or memorial service and would like to collect donations, we can provide specially designed collection boxes and donation envelopes.

Need help organising a collection or opening a tribute fund?

Please get in touch with us - we're here to help you.



**Contact
us:**



01708 774825



bhrut.charity@nhs.net



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A helping hand from The H Foundation: supporting elderly care

We would like to give a special shoutout to The H Foundation and its founder, Taz, for their incredible support of our charity and the work we do. The H Foundation, known for fostering unity, spreading awareness, and helping the local community, has contributed to one of our elderly care initiatives.

The Foundation donated seven weekly shopping vouchers, helping us make our Patient Orientation Tea Parties even better. The tea parties, led by our Integrated Therapy teams, are designed to improve patients' occupational performance with engaging activities tailored for those with stroke, dementia and delirium.



Orientation tea party group

The tea parties not only provide a space for patients to connect and interact but also allow staff to assess their ability to manage daily tasks at home. Activities such as this help to combat loneliness and isolation.

One patient shared: "The group session was therapeutic and promoted inclusion and engagement with others."



We are also extremely grateful to The League of Friends of KGH for their support in funding this project. Their contribution has enabled us to continue this meaningful and beneficial initiative, cherished by both patients and staff. **If you would like to support initiatives like this, please get in touch. Together, we can make a real difference!**



Occupational Therapy team

Supporting recovery on elderly care wards



Senior Occupational Therapist, Kamalamathi Baskaran at BHRUT approached our charity for support in enhancing the Recovery Coaching Exercise Programme on King George Hospital's elderly care wards.

Initially launched in 2023, the program has already shown incredible results, helping elderly patients stay more active, regain independence in daily tasks, and reduce their length of stay. With funding secured to run the program again, Kamalamathi requested essential items to support both physical and cognitive rehabilitation.

Quote from: Kamalamathi Baskaran

"We really appreciate the charity's support - these items not only benefit our patients but also make a big difference for our staff during patient assessments."

Our charity has shared the cost with The League of Friends of KGH to fund kitchen items like hot flasks, lower limb dressing equipment, hand, ankle, and wrist exercise tools, adaptations for washing and dressing, and group games. These items will help and encourage patients to participate in useful activities and support their journey to recovery.



Terry Coote completes his 127-day walking challenge



Terry Coote

Grateful patient Terry Coote, 81, who you may recognise from our last charity newsletter, has finally completed his fundraising walk. Terry took on the challenge of walking three laps around Eastbury Manor House in Barking every day for 127 days.

This achievement was significantly important to him, having been diagnosed with oesophageal and bowel cancer in March 2019, which led to two nine-week chemotherapy treatments and a vital double 12-hour surgery.

He began his fundraising journey in August 2024 and finished on Christmas Eve, marking 5 years of being cancer free.

Terry received incredible support throughout his fundraising journey from local groups, businesses, and by hosting his own collection stall at nearby Tesco branches. Thank you to everyone who donated and helped Terry along the way!

Terry has raised a total of £3,377.77 which will go towards supporting projects or equipment in cancer services.

Quote from: Terry Coote

“This venture has been a wonderful experience for me and I have learnt so much.”



United Services Club



Eastbury Manor House staff

King George & Queen's Hospitals

Charity Talk



Is your club looking
for a local charity to
work with?

Let's talk...

Our charity would be honoured to introduce ourselves to your group, and share the amazing work we do to enhance our local hospitals.

Get to know our charity:

- Hear about our latest projects
- Find out how you can get involved, and work with us to improve our local hospitals
- Tell us about your innovative ideas

There's so much we'd love to chat with you about!

To arrange a talk, please

Get in touch...



01708 774861



bhrut.charity@nhs.net





Helping your local hospitals without spending a penny



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Visit the link below or scan the QR code
to support our charity with **FREE**
donations when you shop online.

www.easyfundraising.org.uk/kinggeorgequeenshospitalscharity

Shop with your favourite brands and they'll donate every time



Spread the word: engage with us online

Join us in making a difference by staying connected! Support our charity on social media by following, liking, sharing, or retweeting. You'll be surprised at how much of a difference you can make! Your involvement not only raises awareness but also inspires others to take action. Remember, even the smallest actions can have a significant impact.

Scan the QR codes below:

@King George and Queen's Hospitals Charity



@Supportyourhospital



@Kgqhcharity



@King George and Queen's Hospitals Charity



- Raise money for your local hospitals
- Win prizes of up to £25,000!
- Tickets only cost £1 per week!
- Help give our fundraising a boost this year
- Join today it only takes a minute!



To start supporting, visit:

www.essexlottery.co.uk and search for: King George and Queen's Hospitals Charity



Scan the QR code to join today!



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Email us/

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bhrut.charity@nhs.net

www.supportyourhospital.org



**BHRUT staff -
follow our group on
Workplace!**

@King George and Queen's
Hospitals Charity

Workplace

To make a donation:

Please give us a call or visit
our website by scanning the
QR code below



DONATE

**Thank you for thinking of our patients and staff,
your donations are making our hospitals even better.**