

# Charity News

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Follow us on





# Dear supporters...

As we approach the end of 2024, I'm reminded once again of the generosity of the communities surrounding Basildon, Broomfield, and Southend hospitals. This year, we've been overwhelmed by remarkable support from across the region. From our Walk for Wards 2024 to charity runs, walks, and countless challenges, every effort has enabled us to make vital improvements for both our patients and staff.

One standout achievement that deserves special recognition is the **National Three Peaks Challenge completed by a dedicated team of 14 fundraisers, including four doctors from Broomfield Hospital**. Despite battling harsh weather conditions, they raised over £34,000 to fund an additional ultrasound scanner for Broomfield's Emergency Department.



When I spoke with **Dr Ajay Thomas**, one of the Three Peaks hikers, he shared how humbled the team felt by the support of 742 individuals who contributed to their mission. We are incredibly proud of their outstanding efforts, perseverance, and the overwhelming generosity they've received.

Corporate support has also been exceptional this year. Our heartfelt thanks go to **Beaverbrooks Lakeside**, who made significant contributions to improve the children's play area at Basildon Hospital (page 5).

I'd like to extend a special thanks to **Barratt & David Wilson Homes - Eastern Counties**, who selected us as their charity partner for the year.



Through events like a clay pigeon shoot, a football tournament, and a bike ride, BDW Homes have raised over £15,000, which will help us

make essential improvements to children's services at Broomfield Hospital.

Thank you also to **Stockvale** for their continued support of Southend Hospital and more specifically their second year of championing the Spotlight Radiotherapy Appeal.

**Southend Hospital Charitable Foundation's Spotlight Radiotherapy Appeal** continues to gain momentum thanks to the incredible generosity of their supporters. You can read more about the appeal's exciting progress plus details of their second charity ball which was hosted by the foundation's dedicated chair Emma Wynne-Morgan on page 6.

This year has also been marked by a full summer of community-led charity events, from coffee mornings to fun runs. The dedication and creativity of these groups never cease to amaze us, and we are deeply grateful for their continued support.

Lastly, don't forget to take part in this year's **Grand Prize Draw** – everything you need to know can be found on page 3. With a £1,000 prize on offer, courtesy of our supporters at MedicsPro, it's a wonderful way to kick-off your Christmas celebrations.

Thank you, as always, for helping us do more for patients and NHS staff, it is always appreciated.

Wishing you and your families a very happy festive season - my team and I wish you all the best for a happy and healthy 2025.



**Lucy Thomas-Clayton**

Director, Charities and Voluntary Services



# Helping your hospital this Christmas

## Here's how you can help our patients and staff over Christmas

Every donation you make has a direct and positive impact on our patients and staff. As we approach Christmas, the generosity of you, our local community is so very appreciated. **Cash donations** mean that we can forward plan for bigger projects, whilst gifts at this time of year mean that a stay in hospital over Christmas is made a little more festive.

To keep in line with infection control policies, and so that we can get your gifts to where they need to be in time for the big day, here are a few things we ask you remember when generously giving:

Our patients love **Christmas gifts**; from books, puzzles, and toys to chocolates and toiletry items.

## Donate via the charity, not direct to wards.

This means that we can let our clinical teams do what they do best, caring for patients and we can get your donations to them at a suitable time.

**Contact us to let us know when you plan to donate your gifts** - we can make sure we have storage space ready and that our team are there to thank you and to take any photos and information.

Any gifts need to be **brand new, unused** and in original packaging (where that applies).

As tempting as it might be, **please leave gifts unwrapped**, this means that we can ensure that we know what we're giving to who and that the gift is safe and age appropriate.

**For ultimate ease, the below Amazon wish lists QR codes will take you direct to items selected by ward staff.**

Scan for Children's  
Amazon Christmas  
wish list



Scan for Care of the  
elderly  
Amazon Christmas  
wish list



# Christmas Grand Prize Draw

**1st prize - £1,000 cash**

**2nd prize - iPad 10th generation 64gb**

**3rd prize - £100 Buy-a-gift voucher**

**4th prize - Afternoon Tea for two with bubbles**

**5th prize - Festive hamper**



£1 per ticket - raising funds for a hospital / ward / department / fund of your choice

Tickets available from the charity teams at each site. Alternatively contact on 01702 385337 for tickets

**The draw will be held on 17 December 2024 at 12 noon**

First prize £1,000 kindly donated by Medics Pro

# The impact of your donations

**Charitable funds which we often refer to, are the sums of money which are donated by you, our community.**

**Whether you make a donation to the general charity fund or to a specific ward or project, your donation makes a difference that is felt and experienced by our patients, families and staff.**

**Here are some key donations which have made significant impact to the patients of mid and south Essex.**

## **Investing in the lives of patients with inherited cardiac conditions**

Thanks to a generous legacy gift, £46,000 has funded a 12-month pilot scheme for an Inherited Cardiac Care (ICC) Nurse at Basildon Hospital.

The new role is critical in providing face-to-face care for patients with known, and sometimes unidentified hereditary heart conditions. This funding is already improving outcomes and reducing the risk of missed symptoms that otherwise could prove fatal.



Emma, photographed above, centre has a story which highlights the importance of this role. Diagnosed with Dilated Cardiomyopathy, Emma's life was saved, in part by ICC nurse Amy (photographed left), who identified her

deteriorating condition during a clinic visit. This led to an urgent heart transplant, saving Emma's life and providing vital support for her two daughters, one of whom is now also being monitored for a hereditary heart condition.

Previously, patients had to rely on phone consultations or travel to London for care. With over 400 patients already seen at Basildon's Cardiothoracic Centre, this nurse-led programme is providing life-changing, often life-saving, care. The pilot scheme hopes to secure permanent NHS funding to continue this vital service in the future.

## **Cancer hair care**

Thanks to community donations, the charity was delighted to provide £20,000 of funding to launch a new and specialised cancer hair loss support scheme at Southend Hospital for patients across mid and south Essex.



This initiative offers comprehensive care throughout the hair loss journey, including workshops on hair and wig care, one-to-one support for children and adults, wig and hair cuts, eyebrow and lash care, product advice, specialist staff training, and patient care packs.

The scheme aims to address both the emotional and practical challenges of hair loss, supporting patients from diagnosis to post-chemotherapy hair regrowth. Your support is truly making a difference!



### **£170,000 of charitable funds contribute to the re-opening of Care of Elderly ward**

Thanks to a gift left in a will by a very generous supporter of ours, Southend Hospital's Stambridge ward has reopened after a complete makeover.

The ward, which cares for elderly patients, has been transformed into a more dementia-friendly environment.

Improvements include dementia specific signage to reduce disorientation, matte wood-effect floor replaced the confusing high-shine flooring, and entire walls covered with scenes from nature to spark conversation and comfort. In addition, relatives rooms have been created whilst improved storage options allow staff to keep areas organised and tidy.



Once a dark and gloomy space, the ward is now bright, welcoming, and reminiscent of happy outdoor experiences. This vital charitable funding has created a supportive, safe environment within an acute clinical setting, greatly enhancing patient care.

### **Outdoor play area gets a special makeover**

Thanks to over £50,000 of charitable funding and corporate donations from **Beaverbrooks Lakeside**, Basildon's children's wards now have a new play garden area for patients and their siblings.

Play is known to positively impact children's recovery, and this outdoor space offers families a sense of normality during hospital stays.

The safe, secure, and low-maintenance garden provides a stress-relieving environment that can be enjoyed in all weather, helping to reduce anxiety (and sometimes boredom!) for children and their families during challenging times.



### **Children's Burns Club goes camping**

In May, the charity-funded Children's Burns Club hosted a two-night mini camp for ten children aged 8-11 who have experienced trauma from burn injuries.



The camp offered fun activities, team-building, and the chance to overcome fears with the support of club psychologists.

Beyond camps, the club provides support groups, counselling, larger residential trips, and fundays for families treated at Broomfield's burns department. For many families, the club is a vital lifeline, boosting children's confidence and creating shared experiences with others in similar situations.



# Appeal updates

Southend Hospital Charitable Foundation's Essex-wide campaign to share the aims and benefits of their current appeal has seen it reach **£495,000!** Our community's enthusiasm for jumping on-board to support this appeal is something we and the foundation will never be able to give enough thanks for.

Completion of the £600,000 appeal will see Southend Hospital home to new Surface Guided Radiation Therapy (SGRT) technology. The equipment will mean that Southend's Radiotherapy department will be able to offer patients with cancer the latest in radiotherapy delivery. Benefits of SGRT are extensive; greater accuracy, the reduction of imaging and waiting times, elimination of tattoo placement marking and closed face masks being replaced with more patient-friendly open masks for those with head or neck cancers.

The Foundation trustees wish to convey their thanks to the people of Southend and beyond. Individuals, companies and local groups have taken the appeal to their hearts organising music festivals, charity balls and coffee mornings.



**The Orpheus Singers'** Festival of Female Voices saw them raise £590. The unwavering support of this choir group has been appreciated by the foundation for many years.

Jazz-loving supporters were treated to a night of live music courtesy of **Eric Watts'** second Jazz night in Brentwood which raised over £900.

**The Essex Asian Women's Association** - longstanding supporters of Southend Hospital made a kind donation of £600 to benefit the appeal.



Nirmal Gupta MBE (photographed right), Chair of the group, said: "Our Association recognises the amazing work that Southend Hospital does for the local area and is proud to be able to support the Spotlight Appeal."

A 'wear it blue day' honouring the Spotlight Appeal was taken on by staff and students at **St. Thomas More High School**. Their day of charitable giving raised a wonderful £1,185 to benefit the Spotlight Appeal.







Local businessman **David Dedman** (photographed above left) held an extremely successful charity dinner at Southend's Toulouse restaurant. The event welcomed eighty generous diners and raised over £7,000.

David said: "I'm thrilled that the evening not only raised such a fantastic amount of money but also significantly raised the profile of the Appeal."

Longstanding Southend Hospital supporters, **New Leaf Distribution**, have made a second donation of £30,000 to the Spotlight Appeal, bringing their total contribution to an exceptional £60,000 - what an incredible organisation to have on the appeal's side!



Southend Half Marathon runners **Tom Rowe** and **Eric Watts** made significant contributions to the appeal. Tom raised £757, while Eric, through his overall fundraising efforts, has donated nearly £11,000. Their dedication not only brought in vital funds but also helped to greatly increase awareness of the Spotlight Appeal.

Super-supporter **Sandra Gundy** held her second date raising a further £1,379 for the appeal - thank you!

## Charity soirées for the Spotlight Appeal



Over 160 fantastic guests joined event organiser and foundation Chair Emma Wynne-Morgan (pictured above, left) for her second **Spotlight Ball**, where she welcomed local supporters for a glamorous evening of fundraising. This winning combination looks on track to raising a fantastic £15,000 for the appeal. A very big thank you to the event sponsors **Group1 Automotive**, **Rickard Luckin** and **Adventure Island**.

In October, **Rosemary Slade of United Against Cancer** hosted her twelfth Black and Pearl dinner resulting in a donation of £4,416. The annual event invites local women to come together to raise vital funds for patients undergoing cancer treatment.

Rosemary has now been fundraising for an impressive twenty years for Southend's oncology department, and has donated over £130,000 following her own experience with breast cancer

**With the continued support of you our community, we are confident of reaching the £600,000 target by 2025.**

**To find out how you can get involved, visit: [www.spotlightappeal.org](http://www.spotlightappeal.org) or call 01702 385337**



# Challenge accepted

So much of what our charity can achieve for our patients and staff is thanks to the fundraising challenges our supporters complete. And wow, have they been busy this year! Here's a snapshot of some of the challenges taken on in 2024.



Our very own **Tackle the Tower** abseil and **Walk for Wards** returned for 2024 and did not disappoint. Collectively welcoming over 220 fantastic fundraisers, the events saw a mixture of staff, former patients, friends and relatives of patients join our events to push themselves and raise big! Our amazing abseilers raised a whopping **£31,595** and our brilliant walkers look set to raise over **£10,000!**



Running has been a real theme for fundraising this year. And our **Run for Charity** partnership has made it easier than ever to get a place! Big thanks to the following:



**Ultra Marathon hikers:** Vikki Drain, Aaron Kemp and Chris Burdett

**Colchester Zoo 10k Stampede runners:** Hannah Bruce, Paul Tracy, William Kehoe, Keiran O'Rawe and Elliott Robinson

**Liverpool Half runner** Michelle Eley

**Brighton Marathon runners** Lee Melvin and Lloyd Arthur

**London Half Landmarks runners:** Emma Montague, Soraya Jones, Diane Smith, Vania Jacinto, Abigail Fry, Mark Smith and Hannah Street

**TCS London Marathon runners:** Callum Jones and Olivia Sparham (photographed above)

**Lands End - John O'Groats cyclists:** Richard and son Nick Parrotte

**Ride 100 cyclist:** Daniel Swallow

If you're inspired by our superstar challengers, let us know and we'll do our best to get you a charity place on a challenge event of your choice. Check out our website or contact [mse.charity@nhs.net](mailto:mse.charity@nhs.net)



# Your impact at Basildon Hospital

## James takes on Snowdon

When James Matthews was just four, he was diagnosed with an absent Anterior Cruciate Ligament in his right knee. After surgery in 2021, James received intensive physiotherapy at Basildon and Broomfield Hospitals.



Grateful for the care that made his knee stronger than ever, James (now eight) decided to take on his biggest challenge yet - climbing Mount Snowdon in October 2023.

This dedicated schoolboy's efforts raised over **£800 for the Paediatric Therapy units**. What a superstar!

## Another hole in one from Noah's Big Charity in support of NICU



In August, over 80 golfers joined Richard Hobden for his 11th annual charity golf day, held in memory of his son Noah, who passed away at just 91 days old after being born prematurely in 2013.

Following their loss, Richard and his wife Lydia founded Noah's Big Charity, dedicated to supporting neonatal care for babies born poorly or prematurely.

This year's event was their most successful yet, with a **record turnout raising £10,805**. The funds will support life-saving training and equipment for **Basildon's Neonatal Unit**.

## Generous donation made in memory of baby Poppy

John Hatfull has generously donated **£2,005 to Basildon Hospital's Neonatal Intensive Care Unit** following his participation in a charity white-collar boxing match.



The unit cared for John and his wife Lauren's twin daughters, Poppy and Daisy, who were born prematurely in 2020. Tragically, Poppy passed away at just 18 days old.

Reflecting on their experience, John shared, "Basildon NICU helped my family during the hardest time of our lives, caring for my girls as if they were their own."

Previously in 2021, Lauren raised over £6,000, also for the Neonatal unit by completing the Yorkshire three peaks challenge with a group of friends and family. John and Lauren's continued support at Basildon Hospital is a beautiful tribute to Poppy's memory.



# Your impact at Southend Hospital

## Patients given access to personal hygiene items

A new charity-led pilot scheme at Southend Hospital is providing [essential toiletry items to patients in need](#). The initiative aims to improve patient wellbeing by offering items like shaving foam and sanitary products, helping patients feel clean and dignified.

Already proving to be a success, the charity plans on providing similar cabinets at Basildon and Broomfield Hospitals.



To donate from our approved list of toiletry items, please scan the QR code to be taken direct to the Amazon wish list.

Please note that additional gift options have been added to the wish-list to be gifted to patients over the Christmas period.

## Radiotherapy equipment upgraded thanks to donation from urology support group

Local supporters from [CADGERS](#) have donated [£9,462 to Southend's Radiotherapy department](#), funding the purchase of a QuickCheck device.

This state-of-the-art equipment ensures precise radiation doses for cancer treatment and now detects any issues on radiotherapy machines much quicker than they previously could.

Rakesh Kizahakke Veetil, Deputy Head of Radiotherapy at Southend Hospital, said: "Like any radiotherapy department, machine time is extremely valuable to our patients. We thank CADGERS for their donation which is already having a positive impact on our clinic and patients."

## Patient's charity golf day 'putts' thousands towards cancer units

[Craig Kenrick](#), a stage-four liver and bowel cancer patient, has raised nearly [£9,000](#) for

two areas of Southend Hospital.

After undergoing four surgeries and six months of chemotherapy, Craig (photographed centre) and his friend Mike organised a charity golf day to support the hospital's [stoma care and chemotherapy units](#).



The father of two said: "My family's world was turned upside down when we received the shocking news of my cancer diagnosis. The hospital teams were there to support us, I can't fault a single thing those fantastic teams do for patients and families in similar situations to mine."

## Primary school donates over £5,000

After a decision by the [Earls Hall Primary Schools'](#) student council to select Southend Hospital as their charity of the year, charity mascot Buddy Bear made a special visit to the school to meet the fantastic young fundraisers and tell them more about how their hard work benefits their local community.



Through an economic wellbeing fair and a sponsored obstacle course the children raised an impressive [£5,650](#) to benefit their local hospital.

We love meeting young fundraisers of the future and sharing their enthusiasm. If your school is interested in supporting a hospital, we'd love to hear from you at [mse.charity@nhs.net](mailto:mse.charity@nhs.net).



# Your impact at Broomfield Hospital

## **Broomfield doctors raise over £34,000 for Emergency services**

A group of fourteen, including doctors from Broomfield Hospital, completed an extremely tough [National Three Peaks Challenge](#) through high winds and heavy rain to raise funds for Broomfield Hospital's Emergency Department.



Over 36 hours, they climbed Ben Nevis, Scafell Pike, and Snowdon, covering 3,064 meters of ascent. Their goal to raise £30,000 for an additional ultrasound scanner to improve patient care was a great success.

One of the walkers, Dr. Ajay Thomas, Consultant in Emergency Medicine at Broomfield Hospital, emphasised the growing demand on their services, with annual patient numbers nearly doubling since 2010. "The addition of another ultrasound scanner will greatly benefit both our staff and patients. We are so immensely grateful for the community's support in helping us provide even better care to our patients."

## **Parents fundraiser in memory of their daughter**

Amie and Aaron Stephens from Maldon raised over £10,000 for Broomfield Hospital's baby bereavement suite in memory of their daughter, Havana, who passed away at birth in September 2023.

Supported by family, friends, and colleagues, they hosted a golf day to fundraise in their daughter's honour.



Amie said: "Staying in the Blossom Suite with Havana meant that we could cherish the small amount of time we had with our daughter; we were able to introduce family to Havana and capture special memories of our time together."

"I can't imagine having been without the team at such a time. Since the loss of Havana, we've both met with other bereaved parents and were shocked to find out that not all parents get this level of support in the UK. Ensuring that other parents get access to this level of support is crucial, we're so pleased that we were able to raise such a significant sum of money to help the unit continue its work."

## **Friends at Broomfield charitable funding reaching far and wide**

The generous group of dedicated volunteers at Broomfield Hospital have funded several important initiatives in the past few months for Broomfield Hospital.

Their most recent donations include six hospital-grade breast pumps for the Neonatal Intensive Care Unit, two patient airlift kits worth £13,800 to ensure safe patient transfers after falls, and £4,400 for armchairs and sofas in the breast unit's quiet and counselling rooms. These contributions greatly enhance patient care and comfort.



# Volunteers & Charity Shops

## Retail contributions supporting Spotlight

We are incredibly grateful for the impressive £100,000 raised by our charity shops in Southend Hospital, Leigh, Westcliff, and Hadleigh in support of the Spotlight Radiotherapy Appeal.



This contribution will help fund vital improvements in radiotherapy treatment at Southend Hospital. Thank you to our customers, donors, staff and volunteers, what a huge success!

## SAVS recognising our volunteers

Two of our very special volunteers have received awards from the Southend Association of Voluntary services, we couldn't be prouder!

Congratulations to Martin Brightman, 61, our dedicated volunteer who works in Southend Hospital's fundraising unit, Martin was acknowledged with an award for being an inspirational volunteer by SAVS. Despite battling serious health challenges he is always charming, cheerful and hard-working.

Our second award-winner is Secrets. At eight years-old, Secrets is our very special therapy pony that makes visits to our patients. She was recognised for her dedication in helping bring joy and wellbeing to patients on their wards.



## Charity shop locations & opening times

### Hadleigh

258 London Road  
SS7 2DE

Tel: 07442 990 242

### Leigh

65 Broadway West  
SS9 2BX

Tel: 07442 990 258

### Southend Hospital

Outpatients  
Department

### Westcliff

183 Hamlet Court Road  
SS0 7EL

Tel: 07442 990 256

Hadleigh, Leigh and Westcliff shops are open:  
Mon - Sat 9.30 am - 4.30 pm (Westcliff shop will close at 4.00 pm during darker months)

Southend Hospital shop is open:  
Mon - Fri 9.30 am - 4.30 pm\*  
Donations are accepted every day during business hours (all shops)

\*Opening hours can vary at this store with our ongoing drive to welcome volunteers to the shop.

## We need your help in the following voluntary roles:

**Care Car Drivers** to help bring patients to their hospital outpatient appointments, wait, and then drop them home. Recruitment checks required, full training and PPE provided. We pay full expenses.

Join our fun and friendly **retail volunteer teams** at one of our four charity shops in Hadleigh, Leigh, Westcliff and Southend Hospital.

**Interested? Email [mse.msevolunteers@nhs.net](mailto:mse.msevolunteers@nhs.net) or phone 01702 435555 ext. 6135**



# Thank you also to...

We are so thankful to the wonderful organisers from our local communities that support us with their popular annual events year after year. Here's what they've been up to over the summer:

The **Kirste 5 running community** hosted their 11th memorial race in Rayleigh. Since their very first run, this dedicated group have collectively raised almost £60,000 for Southend Hospital Breast unit and Macmillan Cancer Support.



**Southend City Rotary Club's** annual Foulness Island bike ride was another all-round charitable success. The organisers selected the Spotlight Radiotherapy Appeal as their beneficiary for the second year running.



The **Rotary Club of Leigh-on-Sea** celebrated their twentieth Great Pier Walk this year which raised a fantastic £4,500, once again supporting the Spotlight Radiotherapy Appeal.

Basildon nurse **Claire Read's** 2023 London Marathon fundraising saw her fund a bedside sleeper chair for the James Mackenzie ward at Basildon Hospital.



A big well done and thank you to staff members **Suzanne Hoare, Denise Townsend, and Louise Boehmer**. The trio took on a climb of the O2 to raise £722 to benefit Emergency services and staff wellbeing funds at Broomfield.

**Sultan Taylor**, Board Vice Chairman of **Provide Community Interest Company**, made a generous donation of £10,000 through his employer's charitable giving programme. Their gift to Southend's Breast cancer unit was given in thanks for the care Sultan's wife received during, and after treatment for breast cancer in 2023.

Parents **Rebecca and Billy Read's** active fundraising saw them raise £5,000 to benefit the Butterfly maternity bereavement suite. Their generous donation will fund two cold cots, allowing families precious time with their baby following birth and loss. Their gift was made in memory of their baby son, Pebble who was sadly born sleeping.

Thanks to all of our **community knitters**! From hats for premature babies through to twiddle-muffs for the elderly, these amazing crafters are so very appreciated by the charity, staff and patients. **If you you would like to get involved in any knitting for the charity, please contact us for ideas on what our wards are in need of.**



# Thank you also to...

**Southend City Rotary Club** made a donation of £900 to benefit patients living with dementia. Their generous funds will fund robotic pets, a popular item which brings comfort and a sense of calm to many during their stay in hospital.



Church collections from the congregation of **Avenue Baptist Church** in Westcliff have contributed to Spotlight donations. A big thank you to **Reg Wells** and **Minister Jane Guest** for their decision to support the appeal.

A successful **Ladies Festival** from the **Castle Point Lodge** has resulted in a generous donation of £2,350 benefiting the Breast cancer unit at Southend Hospital.

Dedicated supporters **Martin and Allison Pyke** has raised an impressive £1,800 from a charity garden party which will provide funding to the Bosom Pals Support group. Allison is a member of the group which provides support, guidance and a safe place to share experiences related to breast cancer.

A donation of £11,500 has been gratefully received by Broomfield Emergency Department from **Helen Shields**, on behalf of her company **International Property Media**. Helen's donation was generously made in memory of her late mother.

Funds donated by the **Rotary Club of Chelmer Bridge** have allowed the purchase of three reclining bedside chairs for Broomfield's Children's burns unit. For a parent, or other family member wishing to stay by the bedside of a child that has experienced a burn injury, these chairs are vital in allowing them to stay close when the comfort of a loved one is needed most.

Broomfield Hospital's Lead Clinical Site Manager **Graeme Aitkens** (photographed below) co-hosted another of his popular charity golf days to benefit Stroke services. This year's event welcomed over 100 golfers and raised a fantastic £3,385!



Another golfing fundraiser, **Rod Aldridge** made a donation of over £16,000 to Southend's chemotherapy unit. Rod's generosity will benefit waiting room areas in the unit.



**Sam Minney's** beautiful summer garden party raised over £2,500 benefitting the Spotlight Appeal.



# Your help makes a big difference...

**The funds donated and raised by you directly improve the personal experience of thousands of NHS patients in Essex every year - that's a BIG difference!**

Our job is to ensure that your charitable activity makes the biggest impact possible for patients, families and NHS staff. Whether it's rehab equipment for stroke wards, sensory or virtual reality items for a nervous child or wall art to brighten up a ward, your money makes a difference.

Your help makes a big difference, and here are some ways that you could be part of positive impact for thousands of patients, their families and NHS staff. Remember to get in touch with us first, we'll provide you with tips and as much support as is needed. Contact us at [mse.charity@nhs.net](mailto:mse.charity@nhs.net)

**Attend an event.** We'll do the planning so you can focus on fundraising (pg.16)

**Get running.** Our Run for Charity partnership means that we have access to a whole host of popular runs across the UK. Check out our website for full listings

Take on a **fundraising** challenge, host a bake sale or tea party

**Shop in one of our four charity shops.** Your donations and purchases benefit our hospitals and appeals directly

**Donate.** Whether a one-off donation, a regular standing order or a gift left in your will, every donation matters

**Whatever you decide, know that your help makes a big difference!**

## Make a donation...

Please use BLOCK capitals

£..... donation enclosed for.....Hospital

I would like to support (please list fund/dept/ward) .....

.....

Please make cheques payable to MSE Hospitals Charity.

Title: Mr [ ] Mrs [ ] Miss [ ] Other: .....

First Name: ..... Surname: .....

Address: .....

Postcode: .....Telephone: .....

Mobile: .....

Email\*: .....

\*Please complete your email address to save costs we prefer to email thank you letters

Signature: .....

Date: .....

**Please return this donation form to:**

Mid and South Essex Hospitals Charity, The Lodge, Southend Hospital, Prittlewell Chase, Westcliff-On-Sea, Essex, SS0 0RY

### Please remember to gift aid

Boost your donation by 25p for every £1 you donate. I would like to gift aid my donation to Mid and South Essex Hospitals Charity, please tick the box, below:

☐

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. Please notify us if you want to cancel this declaration, change your name or home address, no longer pay sufficient tax on your income and/or capital gains. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

If no specific hospital, ward or department is stated above your gift will automatically be placed in a general fund for direct beneficial work of Mid and South Essex Hospitals Charity. Registered Charity No. 1057266

If you wish to make a donation for a particular purpose, we will strive to honour your wishes and direct it to the most closely aligned area in the charity. This does not constitute a legal trust.

We will contact you to acknowledge safe receipt of your donation and will record your details on our database so that we can provide you with the best possible support every time you contact us. Your information will not be shared with any third party. Please tick here [ ] if you are happy to hear from us occasionally via email about future events, volunteering or how we spend your donations.

# Upcoming events

**FRI 15 NOV**  
**JAM FACTORY JAZZ NIGHT**

The Old Brentwood Club, Brentwood  
£10 pp. (£12 on the door)  
Full details and registration: [www.spotlightappeal.org](http://www.spotlightappeal.org)

**THURS 12 DEC**  
**CHRISTMAS JUMPER DAY**

£2 donations to charity engagement stalls at Basildon, Broomfield and Southend hospitals  
Benefitting Children's services

**THURS 13 FEB**  
**CHARITY CURRY NIGHT**

Aurum Restaurant, Clifton Terrace, Southend  
£50 pp. (additional luxury raffle and auction on the night)  
Full details and registration: [www.spotlightappeal.org](http://www.spotlightappeal.org)

**WED 19 MARCH**  
**AFTERNOON TEA**

The Roslin Beach Hotel, Thorpe Bay  
£34.50 pp.  
Benefitting Dementia services

**SUN 6 APRIL**  
**BRIGHTON MARATHON**

£25 registration + £250 min. sponsorship  
Supporting an area of your choice  
Contact [mse.charity@nhs.net](mailto:mse.charity@nhs.net) for details and registration

**SAT 17 MAY**  
**TACKLE THE TOWER ABSEIL**

Southend Hospital  
£45 registration + £100 sponsorship target for dept. of choice  
Full details and registration: [www.msehospitalscharity.co.uk](http://www.msehospitalscharity.co.uk)

**SUN 18 MAY**  
**GREAT PIER WALK**

Southend Pier  
In aid of the Spotlight Radiotherapy Appeal  
Further details to follow: [www.spotlightappeal.org](http://www.spotlightappeal.org)

**SUN 18 MAY**  
**COLCHESTER 10K**  
**STAMPEDE**

Colchester Zoo  
£15 registration + £200 min. sponsorship  
Contact [mse.charity@nhs.net](mailto:mse.charity@nhs.net) for details and registration

**FRI 20 JUNE**  
**CHARITY GOLF DAY**

Maylands Golf Club, Romford  
£50 pp. (breakfast, golf, roast dinner, charity auction and raffle)  
Contact Graeme Aitken: 07399 459908 / [graeme.aitken2@nhs.net](mailto:graeme.aitken2@nhs.net)  
Benefitting Stroke services

**2025**  
**CHARITY CHALLENGES**

**To register for one of our partnered challenges including national running events and cycling events visit**  
**[www.msehospitalscharity.co.uk](http://www.msehospitalscharity.co.uk)**



[mse.charity@nhs.net](mailto:mse.charity@nhs.net)



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