

Charity News

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Follow us on



Dear supporters...

As we welcome spring, I want to take a moment to celebrate the incredible generosity and dedication of our supporters. Your kindness continues to make a real difference across Basildon, Broomfield, and Southend hospitals.

This edition marks a special milestone for the **Friends at Broomfield**, who we celebrated towards the end of last year for their commitment in supporting Broomfield Hospital for 75 years—an extraordinary achievement. Their dedication to patients, families, and staff has been unwavering, and we are truly grateful for everything they do to support us.



We also say farewell to **Alan Tobias OBE**, who is stepping down from his role as Non-Executive

Director at Southend Hospital and Chair of the Charitable Funds Committee. Alan has been a valued supporter of our charity for many years, and we are incredibly thankful for his dedication.

Looking ahead, we're thrilled to be celebrating the 10th anniversary of our **Tackle the Tower abseil** -



an event that always brings an uplifting sense of community spirit. Whether you're taking part in memory of a loved one or to support a hospital close to your heart, we'd love to see as many of you sign up as possible. For full details of the abseil and all other upcoming events, please take a look at page 16.

It's always inspiring to see NHS staff fundraising for our hospitals, we're seeing more of it year after year - whether it's a fundraising event or taking on a challenge. Remember, we're here to provide as much guidance and help as is needed - don't forget our team is here to support you every step of the way.

Corporate support has been outstanding too, with Barratt and David Wilson Homes completing their charity partnership year, raising an incredible £21,000 for children struggling with mental health. Their generosity



extended beyond fundraising, with team members recently coming to Broomfield Hospital to

repaint and repair fences in the Phoenix ward garden, ensuring young patients and their families have a welcoming outdoor space.

Finally, we're delighted to share that the **Spotlight Radiotherapy Appeal** has exceeded its £600,000 target and is now aiming even higher, with a new goal of £875,000 benefitting our radiotherapy patients at Southend Hospital (read more on pages 6-7).

Thank you, as always, for your unwavering support. Every donation, event, and act of kindness helps us do more for patients, families, and staff.

P.S. Please note that we have new contact numbers - see the back page for details



Lucy Thomas-Clayton

Director, Charities and Voluntary Services

Celebrating our charity partnerships

Celebrating 75 years of the fantastic Friends at Broomfield

For 75 years, the Friends at Broomfield have been a vital part of Broomfield Hospital, raising funds to improve patient care and support staff.

With over 50 dedicated volunteers running two hospital shops, they contributed a record-breaking £104,000 in 2024 alone. Over the decades, their generosity has exceeded £1.5 million, funding essential projects and equipment.



Alison Douglas, Chair of the Friends, said, "We are honoured to support Broomfield Hospital 75 years after the charity began—helping by providing equipment and services, just as the first

group of Friends did. We strive to always support the work of our NHS colleagues, patients, and visitors by making a positive contribution to hospital life."

Their support over the years has helped provide transport incubators, stroke rehabilitation equipment, breast reconstruction support, medical training tools, and virtual reality for nervous patients.

Every one of their projects has made a meaningful difference to patient care, and their contributions are visible on almost every ward.



Lucy Thomas-Clayton, Director of Charities and Voluntary Services, said: "We are incredibly fortunate to have the Friends at Broomfield by our side. Their unwavering commitment has transformed countless lives, and we are so grateful for everything they do."

Supporting PICCPals: Comfort for Patients

We're proud to be supporting local voluntary group PICCPals with a £2,000 grant, helping them continue their incredible work providing PICC line covers for patients undergoing chemotherapy and other treatments. The sleeve covers provide a comfortable way to keep a PICC line (a thin, semi-permanent tube inserted into the arm to deliver medications) dry and protected.

Formed in 2021 with just seven volunteers, PICCPals began as a way to bring comfort to cancer patients feeling isolated during the second COVID lockdown. Now a registered charity with over 60 volunteer needle workers, they create covers for adults and children with a range of conditions, including cystic fibrosis, blood disorders, and diabetes.



Lucy Thomas-Clayton, Director of Charities and Voluntary Services, said: "We always want there to be a place for groups like PICCPals to provide such vital support to our patients.

"We know from our staff and patients that the service PICCPals so generously provide makes a real difference to patients undergoing treatments for cancer. Our contribution to materials and equipment is an investment in our patients and will allow the group to continue their great work—we appreciate them enormously."

The impact of your donations

The generosity of our community makes everything we do possible. The charitable funds we often mention come directly from your donations—gifts that change lives.

Here are some key donations that have made a significant difference for patients across mid and south Essex.

Without your support, we couldn't go further for our patients. You make all the difference!

Vital support for life-saving maternity trials at Broomfield

£5,000 of charitable funds has helped launch a two-year pilot at Broomfield maternity unit to revolutionise care for birthing mothers by reducing blood loss during childbirth.

Postpartum haemorrhage (known as PPH) affects 50,000 women in the UK each year and remains the leading cause of maternal death, with outcomes unchanged in over 15 years.



This funding project will introduce Fibrinogen, a fast-acting drug shown to be more effective, easier to store, and with fewer side effects than traditional transfusions. It also offers a safer, more acceptable option for communities that decline blood products.

Dr Samantha Brayshaw, Anaesthetics Consultant, said: "Thanks to community charitable funding, we can improve the speed and safety of care, reducing the time mothers are separated from their babies and enhancing recovery."

As pilot schemes are not funded by the NHS, innovations like this rely entirely on charitable donations. Your support makes pioneering, life-saving care possible.

Funding comfort for patients receiving cancer care at Orsett Hospital

Seven specialist electric recliner chairs have been funded for Orsett Hospital's Haematology Oncology unit, providing much-needed comfort for patients undergoing cancer treatment. These chairs feature wider armrests, ideal for those requiring a canula, and adjust up and down to assist with sitting and standing.

As many treatments require long hours of sitting, these chairs offer vital support, easing discomfort at a challenging time for patients receiving life-saving care. The improved seating enhances the overall experience, making treatment sessions more manageable and allowing individuals to rest more comfortably.



Lead Nurse of Pathology Professions, Jodie Nightingill, shared, "These new chairs make such a big difference in patient comfort. Many of our patients spend all day in treatment, and we want to ensure they're as

comfortable as possible. These chairs provide that extra support. Our patients feel valued and invested in."

Your contributions have helped to create a more comfortable, dignified experience for those facing difficult treatments. Thank you for making this possible.

Celebrating our wonderful NHS staff! Broomfield Neonatal team goes the extra mile for our youngest patients

The incredible staff at Broomfield Hospital's Neonatal Intensive Care Unit have gone above and beyond—raising an impressive £7,546 through a 100km team walking challenge.

Inspired by World Prematurity Day, over 50 team members, including nurses, consultants, and clerical staff, collectively walked thousands of kilometres throughout November 2024 to support the tiniest patients in their care.



Neonatal Nursery Nurse Clare Kidd (above) said: "This challenge represents the long journey many of our babies face, and we're proud to take each step in their honour."

The funds raised will enhance family facilities and provide extra support for parents during their hospital stay.

We love celebrating the hard work of our NHS staff fundraisers - it's clear to see that so many are passionate about the well being of their patients, often driving them to go beyond their day jobs to do more.

So, if you and your team would like to fundraise for your ward or department, our charity team would be delighted to provide all the support and advice needed.

Organise your own challenge or take part in a charity event—find out more on page 16!

Charitable funding enhances Hockley ward environment at Southend Hospital

Hockley Ward at Southend Hospital, which cares for elderly patients, is benefiting from charitable funding to improve its environment, making it more welcoming and calming for patients. Works currently in progress include wall art murals in side rooms and larger multi-bed bays, featuring seaside scenes designed to create a more soothing atmosphere.

In addition to these improvements, Dr. Bafadhel, who works on the ward, raised £600 by completing the 2024 Walk for Wards event. This will fund the redecoration of the relatives' room, transforming it into a more comfortable space for families receiving updates about their loved ones.



Julie Londesborough, Ward Manager, said: "The improvements have created a much nicer environment for our patients. It's given a real lift to the ward's appearance. Without the fundraising of our staff and community donations, changes like these just wouldn't be possible."



We cannot wait to share the improvements across the remainder of Hockley ward. Enhancements such as these make an enormous difference to our patients' experience whilst in hospital - a big thank you to everyone that has supported this dedicated area of our hospital.



Appeal updates

Appeal milestone reached – and a new goal set!

Thanks to your incredible generosity, Southend Hospital Charitable Foundation's Spotlight Radiotherapy Appeal has surpassed its original £600,000 target ahead of schedule!

Your support—alongside a remarkable £100,000 legacy donation—has made this possible, bringing cutting-edge Surface Guided Radiation Therapy (SGRT) to Southend Hospital's Radiotherapy Department.

But the appeal won't be stopping there! With such an overwhelming response, the Foundation are extending the appeal to £875,000, meaning further donations can fund an additional SGRT attachment, vital immobilisation devices, and improvements to the department's environment.



Emma Wynne-Morgan, Chair of the Southend Hospital Charitable Foundation, shared: "This truly life-changing support means that by summer 2025, SGRT will be available to all patients,

making cancer treatment more precise, comfortable, and effective. We're beyond grateful for every donation, big or small."

From community groups to businesses and individuals like you—every contribution has made a difference. While the appeal closes this summer, the Spotlight Radiotherapy Fund will continue supporting future advancements. Thank you for making this transformation possible.

An extra special thanks to Emma Wynne-Morgan and her committed group of trustees who have made SGRT a reality for patients of mid and South Essex, what a team to have on our side - thank you.

Here's a look at some of those special organisations, groups and individuals that have been such an amazing part of contributing to the astonishing success of the Spotlight Radiotherapy Appeal.

A **charity curry night** at Aurum restaurant, hosted by Foundation trustee David Dedman, raised an incredible £5,000 for the Spotlight Radiotherapy Appeal.



Guests enjoyed an evening of great food and entertainment while supporting vital improvements to cancer treatment at Southend Hospital.

David thanked event sponsor Ayers & Cruiks, and all generous supporters for their contributions.

Dr. Krishnaswamy Madhavan, Medical Director of Essex Cancer Centre, praised the event's impact: "Thank you to David for organising this special evening and to the trustees of Southend Hospital Charitable Foundation for their continued support.

"The positive impact of this equipment can already be seen across the hospital in the form of improved treatment accuracy and reduced radiotherapy times. This enhancement is also aiding in the recruitment and retention of highly skilled clinicians."

We'd also like to turn the focus onto two incredible fundraising groups whose dedication and generosity have been truly invaluable. Their support has been instrumental in making this appeal a success, and we simply couldn't have done it without them.



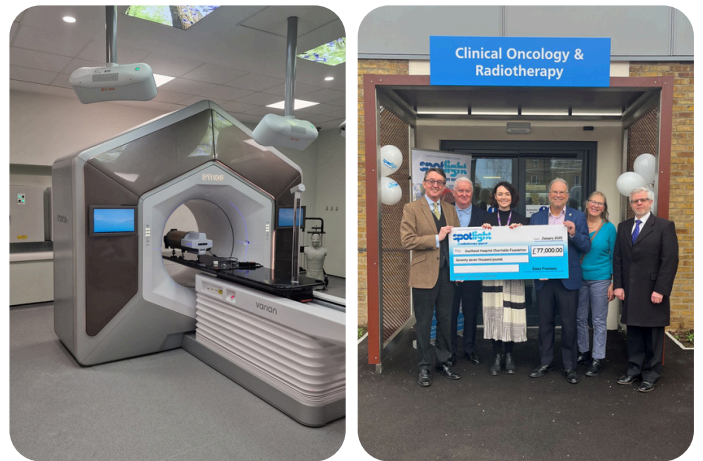
First, a heartfelt thank you to the **Essex and North Herts District Rotary Clubs** for their outstanding efforts and generosity. Various groups from across District 1240 have come together to host incredible fundraising events, including the Southend Pier Walk, Foulness Island Bike Ride, and Santa Sleigh collections. Through these activities, alongside many generous donations, they have now raised over £45,000 which is just incredible.



This fantastic contribution has made a real difference, and we are deeply grateful for their commitment to supporting innovation in cancer treatment at Southend Hospital. Their dedication embodies the true spirit of community, and we can't thank them enough for shining a light on those in need.

Next, we are delighted to celebrate the **Essex Freemasons** for their extraordinary generosity towards the Spotlight Radiotherapy Appeal, having now collectively contributed an incredible £92,000.

Their dedication is playing a vital role in advancing cancer treatment at Southend Hospital, helping to bring cutting-edge technology to patients in need.



Key Freemasons, including Brian McGuinness and Dr. Marcus Lester, have been instrumental in championing this cause, spreading awareness and rallying support.

Brian McGuinness shared, "This appeal resonates deeply with our values of compassion and community service. We are proud to play a part in bringing transformative cancer treatment to Essex."

We are incredibly grateful for the generosity of all Freemasons members and groups —thank you for making such a meaningful difference.



RCN:1073031

With the continued support of you our community, we are confident of reaching the £875,000 target by the summer of 2025.

To find out how you can get involved, visit: www.spotlightappeal.org or call us on 0300 443 0052.

Challenge accepted

Katie's Marathon Dream: Running for Broomfield ICU

We're thrilled to announce that we once again have charity places in the TCS London Marathon!

For 2025, we had just one spot—met with overwhelming interest—and that place belongs to **Broomfield Intensive Care Unit's Clinical Facilitation Sister, Katie Edwards.**



Katie has dedicated nearly 18 years to Broomfield ICU, providing compassionate care in an incredibly demanding role. "Caring for critically ill patients and supporting their families is both challenging and fulfilling," she shared. Running has become essential to her well being, helping her stay strong both physically and mentally.

Though an experienced marathon runner, this will be Katie's first London Marathon. "When I got the email confirming my place, I was overjoyed! It's an honour to run for the ICU and fulfill a lifelong dream," she says.

To support Katie's fundraising for Broomfield Intensive Care Unit - scan the QR code to be directed to her JustGiving page



We can't wait to follow Katie's journey—best of luck! **Keep an eye out for 2026, when FOUR charity places will be available!**



Running for gratitude: Our amazing supporters are stepping up this year!

Across Essex, incredible fundraisers are lacing up to support our hospitals.

From the Brighton Marathon and the Colchester Stampede to the Chelmsford and Cambridge Half Marathons, seven dedicated runners are taking on the challenge. Nine staff members will tackle the London Landmarks Half Marathon, while four London Marathon runners have chosen to use their ballot places to raise vital funds for our wards and departments.

Every mile they run helps provide the best care for our patients. Their dedication is truly inspiring, and we are so grateful for their support.

To all our runners—good luck, and thank you for making a difference!

Did you know?

We have access to a vast number of national challenges (including Ultra Challenges) - 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

Your impact at Basildon Hospital

Sensory trolley supports patients with dementia at Basildon Hospital

Basildon volunteer group **League of Friends** has funded a £5,000 Sensory therapy trolley designed to support adults with dementia and alzheimer's. The trolley includes sensory bubble tubes, lights, a projector, and speakers to transform rooms and bays into calming sensory spaces.



Jane Gilby, Admiral Nurse explained, "Some patients living with dementia become anxious and distressed in hospital. Sensory tools such as this can help to occupy, and comfort them. Thank you to the League of Friends, their donation is going a long way in reducing stress and anxiety, enhancing patients' overall hospital experience."

Debbie Wiseman's fundraising boosts Palliative and Oncology care

Debbie Wiseman and her team from **The Classic Hair company** have now raised £10,206 for Basildon's Palliative and Oncology Unit.



Debbie's latest Christmas fundraiser and charity bike ride collectively brought in £1,710, adding to the group's impressive fundraising total.

Debbie and her team's ongoing efforts have provided much-needed support for patients receiving palliative and oncology care, ensuring they have access to vital resources and comfort items. Her ongoing dedication continues to make a meaningful difference to patients and their families.

Bev and Lionel Hayward fund neonatal resuscitation trolley

Bev and Lionel Hayward have donated £2,074.50 to fund a new resuscitation trolley for Basildon Hospital's neonatal unit. The portable trolley provides immediate respiratory support for infants in distress, benefiting the hospital's smallest patients and their families.



The funds were raised through a 21-mile cycling marathon taken on by Lionel in June 2024, with additional contributions from the Mar Dyke Valley Rotary Club.

Bev said "Neonatal units provide such important care for babies born prematurely or unwell. Our daughter has a rare blood disorder, which could lead to complications in future pregnancies—you never know when a unit like this might be needed. That's why Lionel and I, with the support of Lionel's Rotary Club, were so keen to support such a worthy cause."

Your impact at Southend Hospital

Fly High Ruby: Honouring a daughter's memory through running

In August 2024, [Sam and Pete Goldring](#) from Leigh-on-Sea tragically lost their daughter Ruby, just six days after her premature birth.

Supported by Southend Hospital's bereavement midwife Amanda Cushing, the couple created cherished memories with Ruby, including hand and feet casts. The maternity bereavement's care provided comfort during their darkest days.



Running became their emotional outlet, and through their fitness clothing brand, Happystride, they've supported mental health charities since 2021. To honour Ruby, Sam and Pete will release their 'Ruby Fly High' running shorts at the end of March 2025. A proportion of proceeds from the shorts' sales will support Southend's Butterfly Suite, a dedicated space for bereaved families. "Having Amanda by our side meant the world to us. Despite everything, we created precious memories with Ruby," Sam shared.

Sarah's challenge raises funds for Butterfly Suite in memory of baby George

In January, [Sarah Speer](#) from Ipswich completed a 5k, 10k, and half marathon over three days at Disney World Florida raising £1,856 for the Butterfly Suite in memory of her best friend Beccy's son, George, who passed away at birth.

Beccy and Tom were supported by the suite's bereavement team, who provided them with

time to create lasting memories with George. Sarah said, "I wanted to do something positive in George's memory." Her company's (Hiscox) matched donation doubled her impact. Clair Dade, Fundraising Coordinator, expressed gratitude: "Sarah's dedication helps us continue essential care for grieving families."



Long-term chemotherapy patient donates £16,113 for waiting room improvements

Chemotherapy patient [Rod Aldridge](#) donated funds raised through a charity golf day organised with a group of close friends to enhance the chemotherapy unit to benefit fellow patients and staff.

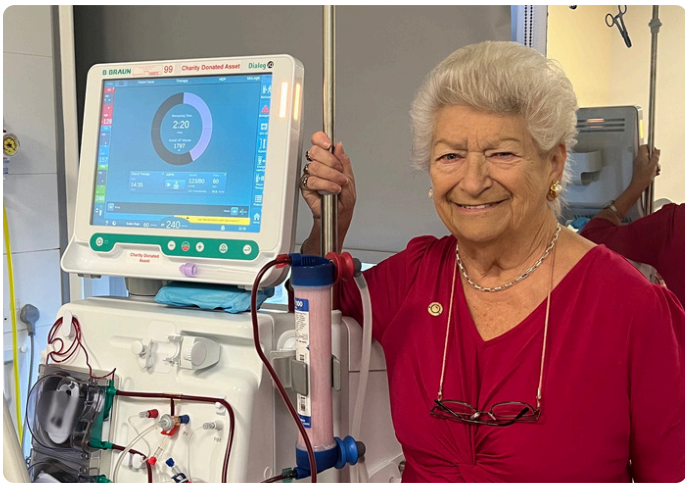


The funds provided 28 comfortable waiting room chairs, creating a warmer, welcoming space for patients and families. Upgraded stools for nurses were also funded, improving comfort during long treatment sessions. This thoughtful donation will enhance the care experience for both patients and staff.

Your impact at Broomfield Hospital

Wonderful Gloria Nichols' fundraising for Broomfield Hospital's Renal unit

Gloria Nichols, a renal patient at Broomfield Hospital for over 11 years, has raised £15,000 to fund an additional dialysis machine to complement the NHS's purchases. The new machine enhances patient care and staff training across Mid and South Essex NHS Foundation Trust Renal units. Gloria said: "I wanted to help the renal unit get the latest model for a better patient experience. It's great to see it in action, making a real difference."



Surplus funds have supported day trips and raffles for renal patients. Lucy Thomas-Clayton, Director of Charities, praised Gloria: "Her determination shows the strength of our supporters. We can't thank her enough."

Friends at Broomfield fund transport incubator and training device

Friends at Broomfield, a dedicated charity that has supported Broomfield Hospital for an amazing 75 years, recently funded a transport incubator for the Neonatal Intensive Care Unit



and a £14,000 laparoscopic training device for Obstetrics and Gynaecology.

The transport incubator provides a safe and stable environment for premature and poorly newborns during transfers, enhancing neonatal care. The laparoscopic device will help train staff in keyhole surgeries for conditions such as ectopic pregnancies, ovarian cysts, hysterectomies, and removing scar tissue. This advanced training will improve minimally invasive surgical outcomes and patient care.

Friends at Broomfield have long supported the hospital, funding equipment, facilities, and staff training. Their dedication is something we and Broomfield Hospital are immensely grateful for.

Local company raise a massive £21,000 for Broomfield Hospital

Barratt & David Wilson Homes – Eastern Counties chose Broomfield Hospital as their 2024 charity partner, raising over £21,000 through events like a clay pigeon shoot, football tournament, and bike ride.



Their generosity will help us to enhance the support we can provide for children facing mental health challenges, funding planned improvements to their care. We look forward to sharing more details very soon! This partnership highlights the incredible impact businesses can have on hospital services, and we are truly grateful for their amazing support.

Volunteers & Charity Shops

Could you volunteer in our charity shops to make a big difference?

Could you spare as little as a morning or an afternoon a week to support one of our charity shops in Leigh, Hadleigh, Westcliff, or Southend Hospital?

Our friendly retail teams are welcoming, supportive, and passionate about giving back to local hospitals. It's a fantastic way to meet new people while making a meaningful difference in your local community.

Many of our shop volunteers are inspired to join us because they, or a loved one have received care at Basildon, Broomfield, or Southend Hospitals. Others are simply looking to give back by supporting us to do more for patients and hardworking NHS staff. You don't need a special reason - everyone is welcome!



Whether you're looking to fill some spare time or want to gain retail experience to boost your CV, we'd love to have you on board! No experience is needed, as full training is provided, and travel expenses are covered. Flexible opportunities available Monday to Saturday between 9:30 am and 4:30 pm.



If you're ready to make an impact and join a supportive team, pop into one of our shops to arrange a taster session or contact us at mse.msevolunteers@nhs.net - we'll send you all the information you need to get you started.

Charity shop locations & opening times

Hadleigh

258 London Road
SS7 2DE

Leigh

65 Broadway West
SS9 2BX

Southend Hospital

Outpatients Dept.

Westcliff

183 Hamlet Court Road
SS0 7EL

Hadleigh, Leigh and Westcliff shops are open:
Mon - Sat 9.30 am - 4.30 pm

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.

Shop enquiries:
0300 443 0052 opt.4 ext 35734

Want to help patients make it to and from hospital appointments?

Our **Care Car volunteer drivers** play a vital role, bringing patients to and from their hospital outpatient appointments. For some, this may be their only chance for face-to-face interaction all week, providing both transport and a friendly chat to those who may not have anyone else. Recruitment checks are required, with full training, PPE, and full expense reimbursement provided.

Interested? Email mse.msevolunteers@nhs.net or phone 0300 443 0052

Thank you also to...

Though Christmas may feel like a distant memory, we haven't forgotten the incredible generosity of our supporters. You truly showed up for our patients, reminding them that they are part of a caring community.

A heartfelt thank you to **everyone who donated festive gifts, fulfilled Amazon wish list requests, hosted craft stalls, or sang to lift spirits**. Your kindness made the season brighter for so many!

Bill Smyth's charity dart tournament raised £800 for Southend's Elizabeth Loury ward. Since 2010, Bill and the Canvey & District Darts League have donated over £11,000 in memory of his son Wayne.

Friends **Elizabeth Lake** and **Jo Tinson** (below, left) hosted a Winter Ball in November 2024, raising an incredible £20,257 for Broomfield's Breast Unit. Their generosity will make a real difference, providing extra comforts and support for patients facing breast cancer.



Six-year-old **Luca Westall** (above, right) scooted an amazing 15 miles in memory of his nan, raising a 'wheely' great £150 to benefit Southend Hospital. Cheered on by family, his dedication is appreciated enormously and will contribute to patient enhancements.

Thank you to the **Finch family** for their combined donations of £968 to Basildon Hospital in memory of their much missed father and grandfather Robert. Granddaughters **Dhanya** and **Charissa** recently made a donation to mark one year since Robert's passing.

Brave Serpentine swimmers **Misha, Dionne, Devni and Lucy** (photographed below) have all worked, studied or had loved ones treated at Broomfield Hospital. With a passion and drive to go the extra (freezing cold) mile, the friends collectively raised £1,700 to benefit the Intensive Care Unit's garden fund at the hospital. Thank you and well done!



Huge thanks to the **Chelmsford Lions Club** for their generous £2,000 donation, transforming St Andrew's Outpatients ward at Broomfield Hospital into a more child-friendly space. Their support has made a real difference for young patients and their families.



We are so grateful to **Broomfield Village Principle Care Homes** for donating trolleys full of specialist equipment (above) to support dementia patients on our elderly care wards. These additional items make such a difference in calming and entertaining patients, thank you.

Thank you also to...

A big thank you to **Joanna Leighton, Elspeth Brown**, and the **Broomfield Buddies** support group for their charity fun day, raising £3,680 for Broomfield's neonatal unit.

Their support contributes towards additional equipment and facilities to benefit poorly babies and their families. Elspeth said: "The Broomfield Buddies are so very grateful to Broomfield NICU for everything they've done for our families".



Another amazing donation to Broomfield NICU came from **Georgina Baglee** (above), made in memory of her mother-in-law. Georgina's generous fundraising saw her donate £521 - thank you so much.



Thank you to the **Great Leighs Christmas Tractor Convoy** for raising £1,700 to fund a stunning sculpture (above) for the Blossom Suite Garden at Broomfield Hospital, our special outdoor space for parents to remember their babies.

A heartfelt thank you to **Jo Yates** for her generous donation in memory of her best friend's son, George. Through **Abigail's Footsteps**, Jo funded a cooling cot for Southend's Butterfly Suite, a specialist space providing care and support for parents facing the loss of a baby.

Amanda Cushing, Specialist Bereavement Midwife, shared, "Abigail's Footsteps have been a great support to us at Southend over the years, offering funded training for our staff and therapy for bereaved families. It is so kind that they and Jo have supported this gift."

This donation will make a meaningful difference for families during an incredibly difficult time.

Southend Masonic Golf Society made a very generous donation of £1,500 to Southend Breast Unit. Thank you to their members for such kindness which will be used to go further for patients on their breast cancer journeys.



Thank you to **Emma Church** and **Shelley Binks** (above) for turning their shared cancer journey into a mission to give back. After receiving treatment at Southend Hospital's cancer centre, the couple hosted a Halloween fundraiser, bringing their community together for a night of fun and generosity. Together they raised an incredible £1,441.75 for the Spotlight Radiotherapy Appeal, helping to support future patients. Amazing!

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 and we only have you to thank for that.

Our job as a charity 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 significant 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

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

Get running. Our Run for Charity and Ultra Challenge partnerships mean that we have access to a whole host of popular runs across the UK. Check out our website for full listings

Take on your own **fundraising** challenge, or host an event

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

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

Volunteer. Our hospitals are always in need a little help when it comes to jobs like gardening

Whatever you decide, know that your help makes all the difference!

Make a donation to make a big difference

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 our 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 charity events

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

SUN 18 MAY
GREAT PIER WALK

Southend Pier
Supporting the Spotlight Radiotherapy Appeal fund
No need to pre-register. Full details: www.spotlightappeal.org

FRI 6 JUNE
GOLF DAY

Maylands Golf Club, Romford
£50 pp. (breakfast, golf, roast dinner, charity auction and raffle)
Contact Graeme Aitken: 07791 422199 / graeme.aitken2@nhs.net
Supporting stroke services

SAT 14 JUNE
CLIMB THE O2

The O2 London
£38 pp. + £50 min. sponsorship target for dept. of choice
Full details and to register email: mse.charity@nhs.net

SUN 20 JULY
KIRSTE 5 MEMORIAL RACE

Grove wood playing fields, Rayleigh
£27 pp. (5 mile adults / 1 mile children)
Full details and to register: www.thekirste5memorialrace.org

SUN 14 SEPTEMBER
**FOULNESS ISLAND BIKE
RIDE**

Foulness Island annual ride hosted by Southend City Rotary club
£25 adult / £13 child / £65 family (various distance options)
Supporting the Spotlight Radiotherapy Appeal fund
Full details and registration: www.foulnessbikeride.org.uk

SUN 21 SEPTEMBER
WALK FOR WARDS

Southend seafront (starting from Adventure Island)
Free entry + £25 sponsorship target for dept. of choice
Full details and registration: www.msehospitalscharity.co.uk

READY FOR A BIGGER CHALLENGE IN 2025/26?

Don't forget that our partnership with Run for Charity and Ultra Challenges means that we can give you access to spaces for any of their events in support of
Mid and South Essex Hospitals Charity

For challenge opportunities: www.msehospitalscharity.co.uk



mse.charity@nhs.net



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www.msehospitalscharity.co.uk



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