

Focus

GRANTS • ARTS • VOLUNTEERING • FUNDRAISING



PAGES 6&7 - Celebrating 200 years of Charing Cross Hospital with the launch of our anniversary garden for patients and staff

Celebrating
200
YEARS
Charing Cross Hospital



**Imperial
Health
Charity**

HELPING
OUR HOSPITALS
DO MORE

INNOVATION

Our volunteers offer an ear to listen for patients while in hospital

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INSPIRATION

Albers artworks inspire new children's unit at St Mary's Hospital

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INTERVIEW

Meet the couple whose moving story inspired an amazing campaign

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Imperial Health Charity Chief Executive Ian Lush gives a wave in Regent's Park as he joins some of our fundraisers to complete this year's Walk for Wards challenge

Welcome to the Autumn 2018 edition of Focus, the quarterly newsletter from Imperial Health Charity.

It has been a truly memorable year for the NHS - and, in particular, for our hospitals here in west London.

Over the summer we celebrated the NHS 70th anniversary and now, just a few months later, we mark another major milestone: 200 years of Charing Cross Hospital.

I'm delighted that we've been able to recognise this extraordinary landmark with a lasting legacy for the hospital in the form of a new garden for patients and staff.

This peaceful space will provide a vital outlet for patients with dementia as well as those recovering from other neurological conditions.

Meeting the many, many people who contributed to the project, I was reminded of the very special place that the local community holds in its heart for Charing Cross.

In particular, I would like to pay special tribute to Jo James and the Trust's dementia team who had the vision to create this beautiful garden, and our Art Projects and Engagement Co-ordinator Kate Pleydell for her support in making their dream a reality. Without their drive and determination, it simply would not have happened.

Beyond Charing Cross, there is lots more going on across our hospitals.

On page nine you can take a look at the stunning new interiors we've created for children's intensive care at St Mary's, and on page 10 you can read the inspirational story of Carly and Roo Hodgson, whose moving experience sparked a remarkable fundraising campaign.

I hope you enjoy this edition of Focus!



Ian Lush
Chief Executive, Imperial Health Charity

Welcome to **Focus**



Fundraisers 'scrub up' for best ever Walk for Wards

Hospital staff, grateful patients and NHS supporters slipped on their scrubs for Imperial Health Charity's biggest ever Walk for Wards event.

Almost 200 people signed up for the annual sponsored walk - a family friendly fundraiser supporting the five Imperial College Healthcare hospitals.

The walk, on Sunday 9 September, led participants through the beautiful surroundings of Regent's Park and up Primrose Hill for stunning views of the capital.

The event raised more than £6,000 to support the charity's work.

Molly Simpson, the charity's Event and Community Fundraising Manager, said: "This was our biggest Walk for Wards yet and we couldn't be prouder of our amazing supporters.

"We're so grateful to all our fund-

raisers and volunteers who made it such a success."

Mojisola Hassan, Senior Sister in the Thistlethwayte ward at St Mary's Hospital, was among the walkers taking part.

She said: "I walked to support my ward, to help provide a place where the team can have their breaks and feel refreshed. This will improve the quality of life for our staff."

The walk was marshalled by our Charity Champions, a brand new volunteering role which offers a flexible way for members of the local community to support the charity's work with a small commitment - you choose the events you want to volunteer at.

Find out more about fundraising opportunities with Imperial Health Charity at www.imperialcharity.org.uk/fundraising-events



Stroke patients showcase artwork in new exhibition at Charing Cross Hospital

Artworks created by stroke patients at Charing Cross Hospital are now on display outside the Trust's stroke centre.

Emelie Salford, who leads an art rehabilitation programme for patients, curated the exhibition as part of The Big Draw festival in October.

The display features paintings, drawings and sculptures created by patients over the course of the programme.

Funded by the charity since January 2017, Emelie's regular workshops provide patients with an important opportunity to express themselves through art in a supportive environment.

"Art is a universal language that we can all enjoy and gain insight and confidence from," she said.

"It is wonderful to witness how patients immerse themselves during sessions and how this contributes to a relaxed and positive state of mind."

The exhibition is on display on the ninth floor of the hospital's north wing until spring 2019.



Volunteering programme recognised as DofE provider

Imperial Health Charity's volunteering programme has been recognised by the Duke of Edinburgh Award as an Approved Activity Provider for the volunteering element of the award.

This is the first time an NHS trust has been accredited as an AAP by

the DofE, meaning young people can now volunteer with the knowledge that the charity's programme meets the highest standards set by the award.

Chris Neal, the charity's Youth Volunteering Manager, said: "Our volunteers make a huge difference

to our hospitals and we work hard to make sure their time with us is safe, rewarding and accessible. We look forward to welcoming many more young people to volunteer in our hospitals."

More than 400,000 people are currently taking part in the DofE - one of the country's leading development programmes for young people. The accreditation means the charity's volunteering programme is listed on the DofE website, enabling young people to complete their volunteering section in our hospitals.

It is the only NHS trust volunteering scheme to receive this endorsement, which is shared by only 33 other organisations.

Young people gave more than 960 hours of their time to volunteer at Hammersmith Hospital earlier this year as part of the charity's first Youth Volunteering Programme.

To find out more about volunteering in our hospitals, visit www.imperialcharity.org.uk/volunteer



St Mary's first to use ECG technology for sick children

Charity's major children's appeal funds important new machine

St Mary's Hospital has become the first in the country to use innovative ECG technology to help treat seriously ill children with long-term conditions.

Doctors have begun using a new machine that makes it easier to insert a vascular access device called a PICC line.

The electrocardiography equipment uses the electrical activity of the heart to help guide the tip of the line, so that it can be inserted with pinpoint accuracy.

It will make the process much simpler for doctors and speed up treatment for patients, without the need for time-consuming X-rays.

The machine has been funded by Imperial Health Charity through the St Mary's Children's Fund, a major fundraising campaign supporting children's services at Imperial College Healthcare NHS Trust.

The ECG technology has been used in the past to treat adults but St Mary's is the first hospital in England, Scotland and Wales to implement it for children.

"It's quicker and more accurate with less risk of infection - it will improve the patient experience"

"It's quicker, more accurate and makes the PICC line ready for use immediately," said Consultant Paediatric Surgeon Nic Alexander.

"There's also less risk of introducing infection because you're not having to redress the line."

The traditional process for positioning the tip of the PICC line in place involves estimating the length of the line inserted, securing it with a



dressing and then using X-rays to check for accuracy. If the tip is not in precisely the right place, the dressing is removed, the line adjusted and the X-ray repeated.

The process can be laborious and exhausting for patients, but the new machine detects the tip of the line in relation to the heart, meaning it can be secured immediately - without X-rays and repositioning.

It will be particularly beneficial for children who require antibiotics and other medicines to be administered through the veins, including those with serious infections and those who rely on vascular access for nutritional support.

The technology will also be used in children's intensive care and in surgery.

Nic added: "This machine will absolutely improve the patient experience."

Imperial Health Charity awarded £7,500 through the St Mary's Children's Fund to cover the cost of the machine. The fund aims to raise £500,000 a year between 2018 and 2021 to support children's services at the Trust.

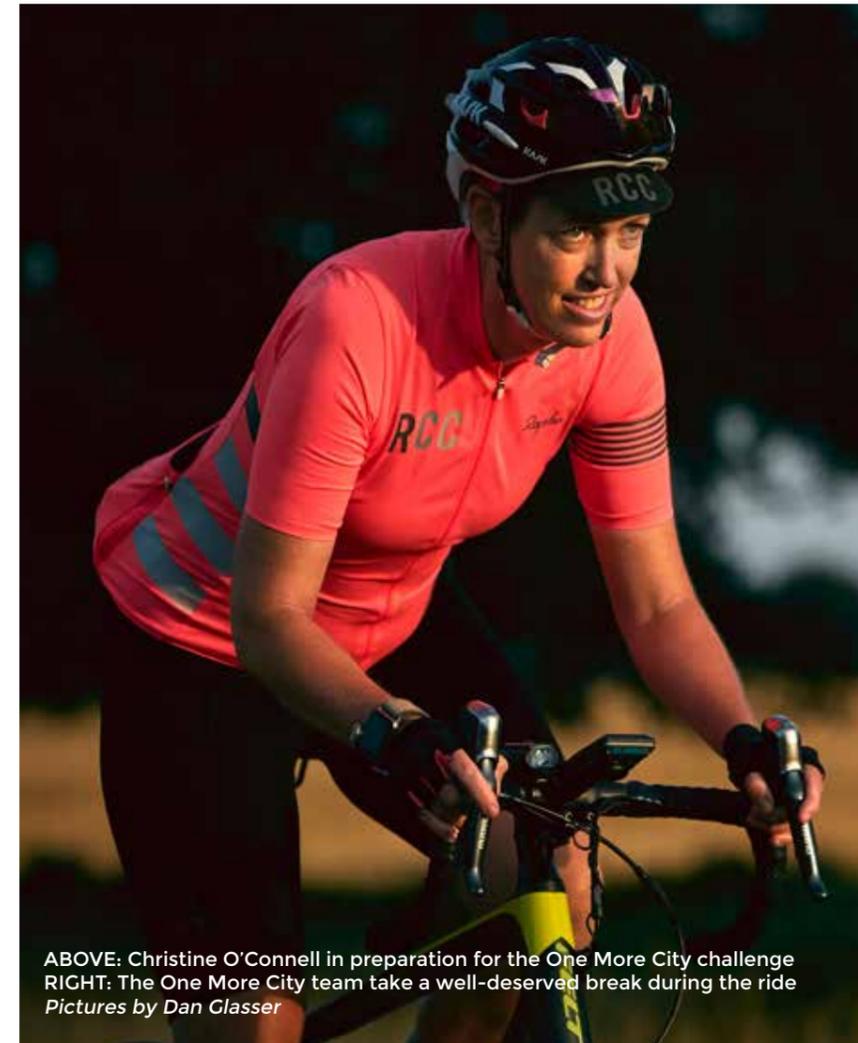
To find out more about the St Mary's Children's Fund, visit www.imperialcharity.org.uk/stmarys



Every year thousands of seriously ill children from across the UK are treated at St Mary's Hospital. From tiny babies to young adults, all our patients receive the outstanding care that every child deserves - when they need it most.

Now we want to make children's services at St Mary's even better. With your support, we will make sure St Mary's is welcoming and comfortable for children and families. At the same time we will ensure that every children's department is equipped to continue delivering the best possible care.

To find out more, visit www.imperialcharity.org.uk/stmarys



ABOVE: Christine O'Connell in preparation for the One More City challenge
RIGHT: The One More City team take a well-deserved break during the ride
Pictures by Dan Glasser

Pedal power! Christine's team cycle across Europe for 'One More City' ride

A woman who suffered a seizure while cycling in central London has completed a 600km bike ride to raise money for research into secondary breast cancer.

In February this year, Christine O'Connell was cycling from her home in west London to a meeting in Soho when she suddenly blacked out.

She was treated by paramedics in Oxford Street and rushed to hospital in the back of an ambulance - though she remembers nothing of the incident.

Christine, a 45-year-old business consultant and a keen cyclist, was shocked to discover her seizure had been caused by a brain tumour that doctors linked to her earlier

diagnosis of breast cancer. Further tests revealed that Christine's breast cancer had spread to her brain and bones and is now incurable.

After undergoing treatment for her brain tumour and bone lesions, Christine gathered a team of riders and hard-working volunteers from Rapha Cycling Club to join her for the One More City fundraising challenge.

This year, Christine and 26 fellow cyclists completed the 630km ride from Paris to Amsterdam, reaching the finish inside three days during October (Breast Cancer Awareness Month). Next year the cyclists will set out from Amsterdam for their next destination.

They have so far raised more than

£38,000 for Imperial Health Charity. Christine aims to raise £80,000 in total, which the charity will use to fund pioneering research into secondary breast cancer at Imperial College London.

"The journey is never over. There are always more climbs to conquer and more challenges to face"

Christine said: "Early diagnosis provides the best chance for survival as the disease is curable in most people at this stage. But an estimated 20 to 30 per cent of primary cancers spread to other organs, and at this point the cancer is no longer curable.

"The ethos of One More City is that the journey is never over, there are always more climbs to conquer and more challenges to face. Just like anyone living with secondary cancer, for whom the challenge is never over. There are always more treatments to endure, more scans to face, more side effects to manage."

The money raised from the challenge will be used to fund an additional PhD student to support Imperial's team of breast surgeons,



oncologists and scientists based at Hammersmith Hospital. The team is led by Prof Charles Coombes, Prof Simak Ali and Dr Suzy Cleator.

They aim to discover new therapies to treat resistant forms of recurrent breast cancer, as well as developing more personalised treatments for patients affected by the disease.

To support Christine and the One More City team, visit www.justgiving.com/fundraising/onemorecity

Feeling inspired? Find out how you can get involved with fundraising for Imperial Health Charity at www.imperialcharity.org.uk/fundraising-events

Charing Cross at 200: a garden for all to remember

New space for patients and staff marks hospital's historic birthday

Comedian Mark Thomas joined NHS staff at Charing Cross Hospital to celebrate the official opening of a new garden marking the hospital's 200th anniversary.

The garden has been specially designed for patients with dementia as well as those recovering from a stroke or neurological condition.

It will provide a much-needed outdoor space for both patients and staff, offering a place for relaxation and recovery.

Mark, whose latest stand-up show, *Check up: our NHS at 70*, reflects on 70 years of the NHS, visited the hospital earlier this year and spent several days with the Trust's dementia team.

Speaking as patron of the garden, Mark said: "I was amazed by the close personal care and attentiveness shown by the dementia nurses in what are clearly very challenging circumstances. It was truly moving to see their dedication and commitment to provide the best possible care for their patients."

"The team here at Charing Cross go above and beyond what is expected of them and they are a credit to the NHS."

"The team here at Charing Cross go above and beyond what is expected of them - they are a credit to the NHS"

During a long stay in hospital, having access to a peaceful outdoor space has been shown to reduce anxiety, improve appetite, help

patients sleep better and foster a broader sense of wellbeing.

As well as providing a safe space for quiet reflection, the garden will also be used as an area for mealtime breaks, one-to-one sessions and regular outdoor activities tailored to aid the recovery process.

The design features private quiet spaces, raised beds to enable patients to interact with plants, and garden paths with smooth surfaces suitable for patients who have difficulties with mobility.

"Having our own garden at Charing Cross will transform the hospital experience for our patients"

Jo James, Lead Nurse for Dementia at the Trust, said: "The garden will benefit so many of our patients. Until now we had nowhere safe and secure for patients to go outside, to feel calm or enjoy sitting in the sun."

"It is very hard for staff to take patients out into a public place, particularly if the patient has distressed behaviour."

"Using hospital gardens has been shown to improve patients' mental health and wellbeing, so to have our very own garden will transform the hospital experience for our patients."

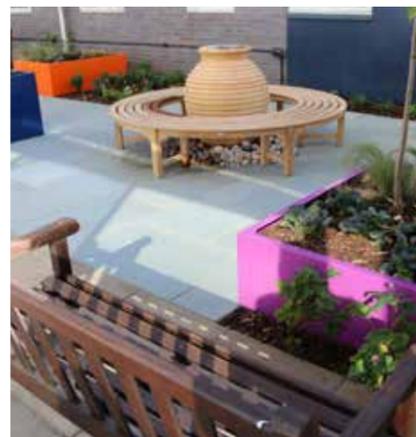
The project was led by Imperial Health Charity, with kind support from garden designers Fisher Tomlin and Bowyer. Other partners included London Gardens, Cedar Nursery and the charity Thrive.

The garden would also not have been possible without a generous gift of £30,000 from donors Michael and Jackie Hayes.

Feeling inspired? To help us enhance and improve the garden, visit www.imperialcharity.org.uk/gardenappeal



MAIN: (L-R) Ian Lush, Imperial Health Charity Chief Executive, Jo James, the Trust's Lead Nurse for Dementia, and comedian Mark Thomas open the new garden



Stanley's garden: the patient who inspired it all

A dedicated garden for patients has been a long-held ambition for the Trust's dementia team. They were inspired to make their vision a reality by the story of one patient in particular. For them, it will always be Stanley's garden.

Jo James is used to meeting colourful characters in her work, but none has lasted as long in her memory as Stanley (pictured below).

"Stanley was very claustrophobic and hated being inside," recalls Jo, the Trust's Lead Nurse for Dementia.

"He also did not like wearing clothes!"

The former sailor and market trader, known for his love of the outdoors, was cared for by the team at St Mary's Hospital before he sadly passed away.



But his legacy lives on today in the anniversary garden at Charing Cross Hospital.

"One of the ways we found to cheer him up was to take him outside," says Jo.

"But we would have to have him wrapped in a hospital blanket because he refused to wear clothes. We thought, if only we had somewhere to take him."

The challenges Jo faced when caring for Stanley inspired her to pursue the garden project.

She added: "It is a common thing for patients who have been in hospital for a long time to be desperate to go outside."

"More and more we are realising that you cannot just treat the body. You have got to try to stimulate patients as well."

Offering an ear to listen

Patient Support Volunteers putting feedback first

Listening to patients is an essential aspect of improving care. And getting high-quality feedback can make all the difference when it comes to making a good service great.

Over the last year, Imperial Health Charity has been working with the Trust's Patient Advice and Liaison Service (PALS) to help gather this valuable information from patients.

Our team of 14 Patient Support Volunteers has built strong relationships with both patients and clinical staff in key areas, taking time to listen sensitively to their concerns and quickly resolve small issues.

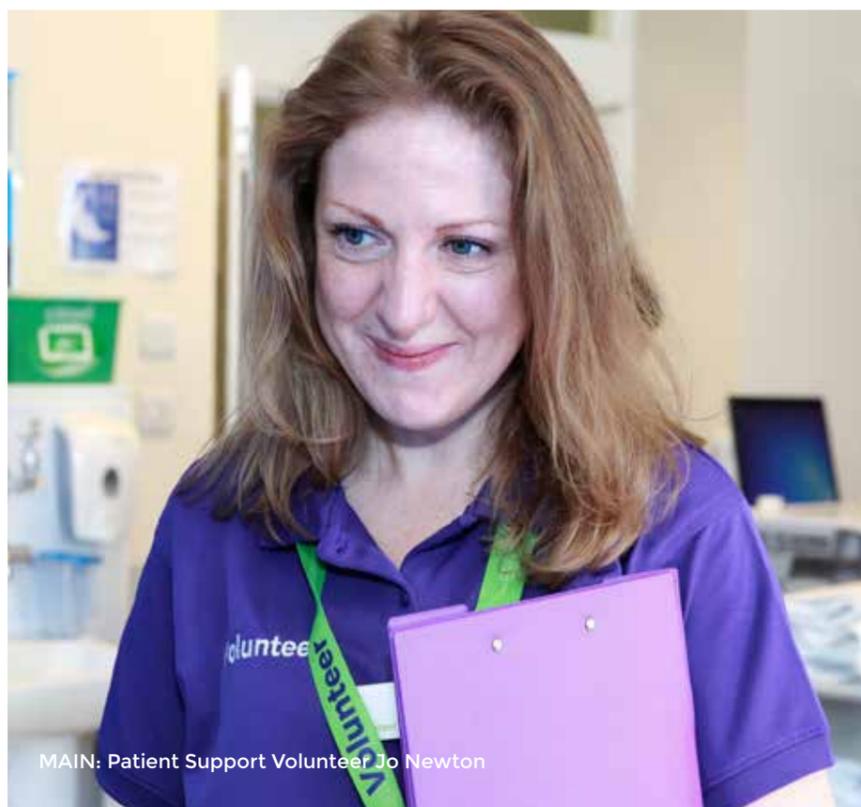
This important feedback is then logged and stored by the PALS team to help them identify opportunities to improve care.

This could include anything from providing different food options at meal times to resolving night-time noise issues.

"It is so important that we start those conversations with our patients"

"I think it is so important that we start those conversations with patients," said June Parker, the PALS Service Manager at St Mary's Hospital.

"Sometimes when we are very busy



MAIN: Patient Support Volunteer Jo Newton

we can forget about the little acts of human kindness.

"Bringing volunteers in has had a massive impact. Often patients are that little bit more comfortable talking to a volunteer."

The project is the first time volunteers have been used to gather patient feedback at the Trust.

Launched at St Mary's at the start of 2018, the role is set to be extended to Hammersmith Hospital next year.

June added: "We get brilliant feedback from our volunteers and I

can use that feedback to see if there are any recurring themes that I can raise with members of staff.

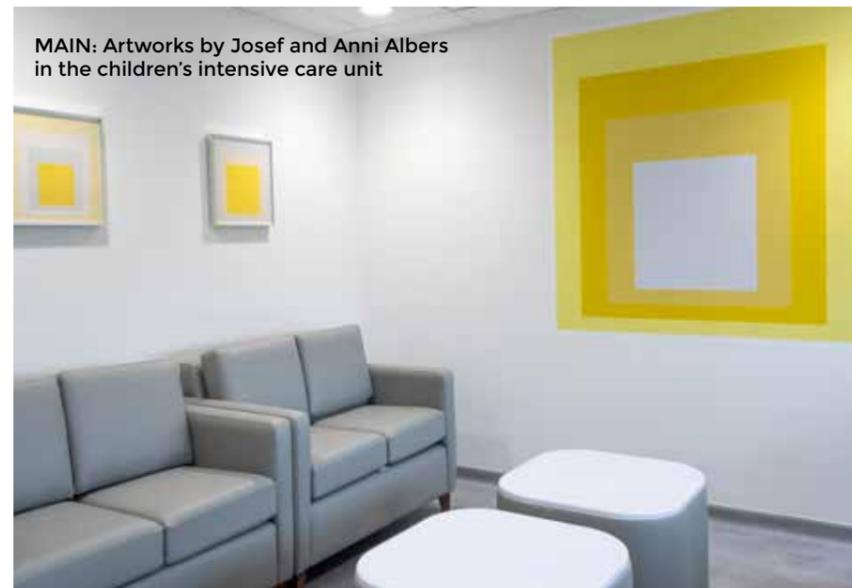
"We are currently looking at making improvements to issues around food and night noise, and a lot of that is based on feedback we have had from volunteers."

Bob Pols has been a Patient Support Volunteer at St Mary's since the programme began.

Bob, who was presented with a Make a Difference Volunteering Award for exemplifying the Trust's collaborative value in his role, said: "I talk to patients about their care, their treatment and what they feel their outcomes are going to be, and this is quite a cathartic process for them.

"Personally I have also made a lot of new friends from all different backgrounds since I started at the beginning of the year, which has been very interesting."

To find out more about volunteering opportunities in our hospitals, visit www.imperialcharity.org.uk/volunteer



MAIN: Artworks by Josef and Anni Albers in the children's intensive care unit

Rhythm and colour of Albers art inspires new children's unit

The work of legendary artists Josef and Anni Albers has been installed and used as the foundation for a set of stunning new interiors for the children's intensive care unit at St Mary's Hospital.

The design of the new and improved unit was created by Ben Smith of Sable & Hawkes as part of a collaboration between Imperial Health Charity, Imperial College Healthcare NHS Trust and The Josef and Anni Albers Foundation.

Inspired by the Albers' iconic geometric patterns, the project has led to the creation of a supportive and welcoming environment for critically ill children and their families.

The unit includes wall murals and prints from Josef's *Homage to the Square* series, as well as bespoke bed screens and wallpaper taken from Anni's designs.

"The playful, modernist designs appeal to children and adults alike"

When complete, the Trust's £10 million refurbishment of children's



'A wonderful transformation'

Nicholas Fox Weber, Director of the Albers Foundation, initiated the collaboration after his grandson, Wilder Fox Weber, was born at St Mary's in 2014.

He said: "For Anni Albers, abstract art was a source of balance and diversion, a relief from life's troubles.

"For both her and Josef, the universal and timeless qualities of rhythm and colour brighten existence as can nothing else, and enable people to withstand some of life's greatest challenges.

"With energy and heart, the people at St Mary's have realised the wonderful transformation of the children's intensive care unit to an unprecedented degree and my hope is that it will become the benchmark of what can be done worldwide wherever there are children - and the people who love them - in need."

intensive care will almost double the number of beds and enable staff to treat an extra 200 children a year.

The charity awarded a grant of £2.8 million and led a £2 million fundraising campaign - the More Smiles Appeal - to support the project.

The first phase of the development was completed in October, with the second phase due to be finished in spring 2019.

"I hope this will become the benchmark of what can be done worldwide"

Lucy Zacaria, Head of Arts at Imperial Health Charity, said: "The new unit looks truly wonderful. The works of Josef and Anni Albers have transformed the space, bringing colour and movement into what may otherwise seem a very sterile environment. The playful, modernist designs will appeal to children and adults alike."

To find out more about our hospital art collection, visit www.imperialcharity.org.uk/arts/the-collection



MAIN: Carly and Roo Hodgson (centre) with staff at Queen Charlotte's & Chelsea Hospital
 TOP RIGHT: Members of maternity staff at Queen Charlotte's & Chelsea
 BOTTOM RIGHT: A maternity nurse treats a baby born at the hospital's Birth Centre



A GIFT FROM POPPY

The tragic loss of their baby daughter Poppy inspired **Carly and Roo Hodgson** to partner with Imperial Health Charity in setting up a new fund dedicated to maternity services. This is their story.

Nothing can prepare a parent for the heart-breaking moment of losing a child.

Sadly, that moment came for Carly and Roo Hodgson on 12 October 2017 when they were told their unborn daughter Poppy had died.

"There is no possible way to describe the devastation, shock and panic that descends when you hear the words 'I'm so sorry, your baby has no heartbeat,'" recalled Carly.

"That day has changed us so much."

Carly and Roo had been preparing for parenthood and the start of an exciting new chapter in their lives.

But they became concerned when Carly noticed Poppy wasn't moving as much as normal, so they headed to Queen Charlotte's & Chelsea Hospital for a check-up.

Poppy had a heartbeat and appeared to be doing well, but when Carly and Roo returned the next day they found out the awful news that her heart had stopped beating.

During this traumatic experience,

Carly and Roo were supported by the hospital's fantastic maternity staff.

Specialist bereavement midwives helped them through their ordeal and demonstrated extraordinary care and compassion in the weeks and months that followed.

That is where the inspiration for Poppy's Fund was born.

"There is no way to describe the devastation, shock and panic that descends"

"At every turn, the NHS blew our minds. It is an incredible institution and the people who work there are unbelievable human beings" added Roo.

"From day one we were allocated a bereavement midwife who answered our endless questions, talked us through

everything in detail, supported us at every turn and helped us deal with many traumatic moments.

"The compassion, care and expertise we were shown made all the difference after the most harrowing experience of our lives."

After reflecting on their time at Queen Charlotte's & Chelsea, Carly and Roo decided they wanted to do something meaningful to support the dedicated staff at the hospital and other parents who find themselves in the same unfortunate position.

Working closely with Imperial Health Charity, Carly and Roo set up Poppy's Fund - a lasting legacy to their beautiful daughter.

The fund is raising money to pay for specialist equipment on the wards and professional counselling services for traumatised parents who have sadly lost a child.

It will also pay for improvements to the maternity environment, creating warm and welcoming spaces for patients and visitors, as well as further training and education to help staff develop their skills.

"The compassion, care and expertise we were shown made all the difference"

Roo added: "The staff in triage, the labour wards and behind the scenes are incredibly busy and don't always have everything they need to make everyone's experience a positive one.

"The sad truth is that there are many people like us who require the tangible support and medical experience only the experts can offer and we want to help make giving that support easier for them and pay back a fraction of the

kindness we received."

Poppy Beatrice Hodgson was stillborn calmly and naturally at 3.40am on 17 October 2017. She weighed 5.7 lbs.

Now Carly and Roo hope to make sure their daughter's memory leaves a profound and lasting impact for many years to come.

"There is so much more the hospital needs," added Carly.

"Not just to support people like us but also those having healthy babies.

"We can't do this on our own so we would absolutely love it if you could support Poppy's Fund in any way you can."

Inspired by Carly and Roo's story? To find out how you can support Poppy's Fund by fundraising or by making a donation, visit www.imperialcharity.org.uk/poppysfund

Thank you to all our fundraisers!

We're hugely grateful to everyone who spent the summer raising money for Imperial Health Charity. Here are just a few of their inspirational stories

Zena's cancer story inspires Helvellyn fundraising hike

Dozens of fundraisers came together to climb one of the country's highest mountains, raising money for research into ovarian cancer.

The hikers were inspired to scale Helvellyn, in the Lake District, by mum Zena Hollstein whose life was saved at Queen Charlotte's & Chelsea Hospital.

Zena (pictured below with her daughter Ellie-Jane) organised the fundraiser after surgeons removed several life-threatening tumours in her ovaries which had spread to other parts of her body.

The £2,000 they raised during the climb will go towards the charity's Ovarian Care Fund, which is supporting research led by Professor Christina Fotopoulou at Queen Charlotte's & Chelsea.



Fearless 68-year-old on cloud nine after skydive adventure

A 68-year-old woman proved age is no obstacle when she jumped from a plane to raise money for maternity services.

Cytha Hodgson braved the 13,000 ft leap of faith in memory of her granddaughter Poppy, who was stillborn at Queen Charlotte's & Chelsea Hospital last year.

She has raised more than £5,200 for Poppy's Fund, which is the charity's fundraising campaign for maternity services.

"As I stood and watched the plane climbing, my heart was in my mouth and I wondered why on Earth I had agreed to this challenge," said Cytha. "But then I remembered Poppy and the reason I was doing this, to try and help other families like ours facing up to a most devastating, life-changing tragedy."

Poppy's Fund will help to pay for specialist equipment, counselling for bereaved or traumatised parents, and improvements to the hospital

environment at Queen Charlotte's & Chelsea.

Cytha added: "I hope that the funds I have raised will make a huge difference."

Fundraisers give city's Royal Parks the run around

Torrential rain and icy cold conditions weren't enough to put off our 20 brave runners who took on the Royal Parks Half Marathon in October.

The picturesque race round central London was battered by bad weather - but that didn't stop our runners getting round the 13.1-mile course.

Between them they raised more than £12,600, every penny of which will go back to support patient care at our hospitals.

One of the team, Matt Gunnee, was taking part two years after he spent Christmas in a coma at St Mary's Hospital. He said: "My story ended really well and I'm slowly getting back to normal."

Have a Cracking Christmas Party and support our hospitals

Christmas can be a challenging time for the incredible NHS staff who work around the clock for their patients. Many will be working during the festive period while the rest of us are enjoying the holiday with family and friends.

That's why this year we're celebrating their amazing dedication with our **Cracking Christmas Party** campaign.

We're encouraging everyone to host their own festive get-together, spread some Yuletide cheer and raise vital funds to support our hospitals.

Whether you're a team of hospital staff, a local business or school, or a member of the community who

wants to give back to the health service, this is the perfect opportunity to celebrate the NHS in its 70th year.

We'll provide you with a Cracking Christmas Party pack, containing bunting, tinsel, paper hats and everything you'll need to make your party a big success.

You'll also receive a collection tin and lots of fundraising tips and advice to help you raise money for the ward or department that means the most to you.

Everyone who hosts a party will also have the chance to win one of our 12 mystery prizes hidden inside our special Christmas crackers.

To find out more about hosting your Cracking Christmas Party or to request a party pack, call our festive fundraising team on

020 3640 7766 or email fundraising@imperialcharity.org.uk



GET INVOLVED

Inspired by our fundraising stories? Now is the time to get involved with Imperial Health Charity and support your local hospital.

1. Take part in one of our fundraising events

We organise regular events throughout the year, including Walk for Wards and our abseil event, providing fantastic support to everyone who raises money for our hospitals. From bike rides and treks to skydives and marathons, you're bound to find an exciting event that's right for you.

2. Organise a fundraising event of your own

Got an idea in mind already? We can help ensure your event is successful with support, promotional materials and hints to help you on your way.

3. Make a donation

If you would like to make a financial contribution to support our fundraisers and help our hospitals do more, you can call **020 3640 7766**, email fundraising@imperialcharity.org.uk or visit www.imperialcharity.org.uk/donate

Dates for your diary

LONDON WINTER RUN SUNDAY 3 FEBRUARY 2019

Take on this 10k challenge through the heart of London, passing world famous landmarks that have been taken over by winter creatures. Since the first event in 2015, more than 65,000 people have taken part, raising over £2 million for charities. This year's event starts in Trafalgar Square and finishes outside Downing Street.

LONDON LANDMARKS HALF MARATHON SUNDAY 24 MARCH 2019

Back for its second year, the London Landmarks is a closed road half marathon through the City of London and Westminster. From cultural landmarks and heritage to the city's hidden secrets, runners will explore the capital on a route like no other. The race starts on Pall Mall and includes fabulous views of Big Ben, St Paul's Cathedral and Nelson's Column.

SKYDIVE DAY SATURDAY 4 MAY 2019

If you've ever wanted to experience the thrill of jumping out of a plane and freefalling at over 120mph then this is the event for you. You'll dive from 10,000 ft and then experience the peace and quiet as the canopy opens and you begin your parachute descent from a mile up in the air.

SNOWDON BY NIGHT SATURDAY 11 - SUNDAY 12 MAY 2019

Snowdonia National Park in North Wales is synonymous with beautiful, rugged landscapes and wonderful trekking pursuits.

A popular summit trek by day, it forms a real challenge by night. Standing at the top by moonlight will be an unforgettable experience, as will seeing the sunrise from the mountain slopes. As you descend, you will be able to see the spectacular landscapes open up before you as the day grows lighter.

For more information about all our fundraising events, visit www.imperialcharity.org.uk/fundraising-events or call **020 3640 7766**



Simple ways you can help

1. Make a donation to support your local hospital

Visit www.imperialcharity.org.uk or call 020 3640 7766 to make a financial contribution and directly support our work.

2. Volunteer your time to help out at our hospitals

Visit www.imperialcharity.org.uk/volunteer or call 020 3005 6391 to find out how you can volunteer to support our hospitals.

3. Take part in one of our fundraising events or organise one of your own

We organise regular fundraising events throughout the year and provide fantastic support to everyone who raises money for our hospitals. For more information and advice, email fundraising@imperialcharity.org.uk

4. Share stories about what we do on social media

Follow us on Twitter @ImperialCharity and on Facebook at www.facebook.com/charityimperial to keep up to date with all our latest news.



HELPING
OUR HOSPITALS
DO MORE

About the charity

Imperial Health Charity helps our hospitals do more through grants, arts, volunteering and fundraising.

We fund major redevelopments, clinical research and medical equipment as well as helping patients and their families at times of extreme financial difficulty.

Supporting the arts in healthcare, we manage an Arts Council accredited hospital art collection and run an arts engagement programme for patients and NHS staff.

We also manage volunteering across all five hospitals, adding value to the work of staff and helping to improve the hospital experience for patients.

Fundraising through major appeals and community events enables us to continue our essential work.

If you are a member of Trust staff, you can apply for a grant to support your team. To find out more, visit [**www.imperialcharity.org.uk/grants**](http://www.imperialcharity.org.uk/grants)

Imperial Health Charity

Second Floor
178-180 Edgware Road
London W2 2DS

www.imperialcharity.org.uk

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For general enquiries about the charity:

T: 020 3640 7766

E: info@imperialcharity.org.uk

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