



Welcome to the first issue of our new NHS Grampian Charity newsletter.

Our newsletter has taken a short break while the charity went through a number of key changes, including the growth of our staff team, the announcement of our new strategic plan for the future and, most obviously, our new operating name. We're excited to be back and to be able to share the work of NHS Grampian Charity with our supporters, donors, and NHS Grampian staff.

Alongside our recent changes, the charity team has been hard at work approving almost 500 funding applications totalling over £2.5 million in the 2022-23 year. You can read more about the projects, services and equipment our funding has supported in our Annual Report below.

We have also been looking ahead at the coming year and planning how we can best use funds generously donated by our supporters to enhance healthcare across the NHS Grampian region, and we look forward to sharing more updates and stories with you in the coming issues.



Lisa Duthie

Charity Lead

News



NHS Grampian Charity announced a new operating name in March 2023 as part of a major rebrand for the organisation. We shared our new name and brand alongside our new strategic plan at a special launch event at Aberdeen Royal Infirmary, and plans are underway to visit hospitals across the NHS Grampian region to meet with staff and share our future plans.

As part of our new strategic aims, we plan to provide targeted investment in staff health, wellbeing and development, patient experience, research and development, and much more.

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More than £185,000 of grants have been awarded to charities and community groups across Aberdeen, Aberdeenshire and Moray by NHS Grampian Charity.

25 organisations received grants of up to £10,000 through our Community Grants Programme to deliver projects and services which help improve health and wellbeing. This year's projects include initiatives to improve mental health, develop greenspaces, reduce loneliness, and much more.

Inchgarth Community Centre in Aberdeen's Garthdee received a grant of £10,000 to deliver a range of inclusive exercise and wellbeing classes for children and adults.

Scott Beattie, Assistant Manager of the community centre (pictured above), says: "The grant from NHS Grampian Charity is going to be vital in keeping people of all ages fit and healthy, in particular with the groups for the elderly this will be fantastic for their mental health and improve social isolation.

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The charity's Annual Review of 2022-23 is now available to read on the charity website.

It was a very busy year with almost 500 projects being awarded over £2.5 million to enhance patient wellbeing, staff wellbeing & development, and research & development.

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Three new members have been appointed to the NHS Grampian Charity Committee at this year's AGM.

Dr Colette Backwell, Helen Surgenor and Sian Mutch bring to the committee a wealth of knowledge and experience across a range of sectors, and we look forward to working alongside them.

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NHS Grampian Charity is now active on social media, and we look forward to sharing news, stories and updates about the work the charity has funded thanks to the generous support of our donors.

Please like and follow us on social media and share our pages with your networks to help spread the word.



facebook.com/nhsgcharity



twitter.com/nhsgcharity



linkedin.com/company/nhsgcharity



NHS Grampian Charity is delighted to have accepted a generous donation of £6,500 from Wood to support the creation of a new garden space for children and young people receiving mental health treatment.

The garden space will be created at the Child & Adolescent Mental Health Service (CAMHS)

building in Aberdeen's Urquhart Road. Tony Dinozzi, Group Head of Mergers & Acquisitions at Wood, is pictured with NHS Grampian Project Manager for CAMHS, Siobhan Crawford.

He says: "We are delighted to be able to support CAMHS and the work they are doing to ensure young people in Aberdeen have access to vital mental health services. We are glad the donation is being put towards a much needed garden space where patients and families can hopefully relax, open up and enjoy being outdoors."

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Fundraising



Well done and a huge **THANK YOU** to everyone who took part in the NHS Big Tea and the Kiltwalk to raise money for NHS Grampian Charity.

Are you interested in setting yourself a fitness challenge and raising money for to support health and wellbeing in Grampian in 2023? There are lots of exciting events coming up that you can get involved in.

Would you rather hold your own fundraising event? Whether you want to host a bake sale, a quiz night, or even a dress down day at work, contact us on gram.charities@nhs.scot to find out how we can support your fundraising.

Upcoming Events

Click the links below to find out more or to sign up:

September

[16th - PIM Half Marathon & 5K at Crathes Castle](#)

[24th - Scottish 10K in Edinburgh](#)

[24th - Scottish Half Marathon in Edinburgh](#)

October

[1st - Great Scottish Run in Glasgow](#)

[1st - Loch Ness Marathon in Inverness](#)

Interview

NHS Grampian Charity is proud to work with an incredible team of NHS colleagues across the Grampian region. Our colleagues use the generous donations that have been gifted to the charity to enhance the healthcare services provided by NHS Grampian, both in hospitals and in the wider community.

We spoke with Steve Marjoribanks, a Senior Charge Nurse at Aberdeen Royal Infirmary's Critical Care Unit, about the difference he has seen your donations make over the years:

Given the nature of the Critical Care Unit we see the sickest patients in the hospital and that can range anywhere from an overnight stay, to a more significant period of time. While many of our patients make a full recovery and are transferred to other wards or discharged home, sadly not all the patients we look after in Critical Care will return to their families.

I think there is something incredibly sobering about those who are thinking about how they can help others at such an emotionally charged and vulnerable time. It is an incredible honour and privilege for us to receive any donation for having cared for a patient in Critical Care, especially when the outcome is not what anyone would have wanted.

Over the past few years, we have been able to use charitable donations to upgrade and



renovate our waiting areas and relative overnight rooms. These public areas have a high footfall and are used often for long periods of time, so obviously we want them to be as comfortable and relaxing as possible.

Donations have also helped us to carry out some much larger projects too. The charity supported the installation of a 'Sky Ceiling' which mimics natural daylight and brings huge benefits to both staff and patients. Some of the patients are in the unit for months at a time and this ceiling provides not only bright ambient light, but a sunny and pleasant vista in an otherwise stark and clinical environment. We have also used donations to implement an electronic system at the end of each bed - effectively a computer that helps chart the patients' vital signs and has allowed us to move to an almost completely paper-free environment.

Click below for the full interview

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NHS Grampian Charity could not continue to enhance the health and wellbeing of the people of Grampian without your generous support. Thank you.

[**Donate**](#)

