

News

Hospital patients to receive Christmas gifts

More than 1,700 hospital patients will wake up to a present from Santa on Christmas morning, thanks to NHS Grampian Charity. The charity has funded a small gift for patients who are spending the festive period in one of the health board's hospitals.

Lisa Duthie, charity lead, says, "Patients in hospitals across Grampian will be waking up on Christmas morning surrounded by health and care colleagues, instead of family and friends. Not everyone staying in hospital over Christmas will have loved ones who are able to visit them, so we want to make sure nobody misses out on having a gift to open on Christmas morning.

"We wouldn't have been able to provide these gifts without the generous people who have donated throughout the year, and on behalf of everyone at NHS Grampian we want to thank them for their support."

The health board does not book routine patient appointments on Christmas Day, but still delivers inpatient care to patients at its hospitals including Aberdeen Royal Infirmary, Dr Gray's Hospital, Royal Cornhill Hospital, and many others.

Adam Coldwells, NHS Grampian interim chief executive, says, "We strive to get as many people home to their families as possible at Christmas, but there will always be patients who have to spend the festive period in hospital.

This can be very difficult for patients and for their families, and we are grateful to NHS Grampian Charity for helping to make Christmas Day that little bit brighter for them. I also want to say a heartfelt thank you to our incredible staff who have been buying and wrapping gifts, often in their own time, to ensure that the patients they are caring for have something to open on Christmas morning."

Around 90 wards at 16 of NHS Grampian's hospitals will be receiving gifts this year, including Wards 402/403 at Aberdeen Royal Infirmary. Senior Charge Nurse Jodie Frater and patient Betty met with Lisa and Adam to get into the Christmas spirit. Jodie says, "We expect to have almost 30 patients spending Christmas with us in the ward, and it's really lovely to know that they will each have something to open when they wake up on Christmas morning. The charity has funded gifts for many years, and we know the patients are always grateful to receive something."



Community Grants Programme now open

The latest round of NHS Grampian Charity's Community Grants Programme is now open, and has already received some incredible applications.

This programme provides grants of up to £10,000 to local charities and community organisations to help them develop projects which improve the mental and physical health of the people of Grampian, support them to better manage their own health, and help people to have better clinical outcomes and a better healthcare experience. The charity is also particularly interested in supporting projects which address health inequality.

Lisa Duthie, charity lead, says, "We are thrilled to open our Community Grants Programme for its fourth round of funding. The health and wellbeing of the people of Grampian is at the heart of everything we do, and we look forward to working alongside some of the incredible local charities and community organisations across the region to fund projects which support this.

Since it was first launched, the Community Grants Programme has funded a diverse range of projects and activities including initiatives to support physical and mental health, active days out, healthy-eating breakfast clubs for children, the development of greenspaces, and much more. Over £700,000 has been awarded to almost 100 local projects since 2020.

Applications are open until 12pm on Wednesday 13th December. Click below for more information or to download the application form.

[Read More](#)



Charity Roadshows a hit with staff

The NHS Grampian charity team went on tour in October, meeting staff across Grampian in a series of virtual and in-person roadshows. The events took place over three weeks, with staff at nine of NHS Grampian's hospitals having the opportunity to meet the team and to find out more about how patients in their areas can benefit from charity funding.

Due to the incredible, positive feedback from staff, the charity is looking to launch a regular programme of roadshows in 2024.

Turriff's palliative care suite opens

Turriff Hospital's new palliative care suite has opened, thanks to the incredible fundraising efforts of Friends of Turriff Community Hospital, members of the local community, and a grant from NHS Grampian Charity.

The charity was pleased to provide almost £50,000 to support the development of the new Deveron Palliative Care Suite, which welcomed its first patient in September.

This much-needed suite creates a private, comfortable space for families to spend time with their loved ones. It includes a bedroom, a separate seating area with a pull-out bed for family members to sleep on, and a private outdoor space.

Thank you to everyone who generously contributed to support this project.



Surgery Pod arrives in Banchory Group Practice



Patients at Banchory Group Practice now have access to an innovative Surgery Pod, thanks to the generous donations of our supporters.

The pod allows patients to quickly and effortlessly take their own health readings, with the information added to their medical record at the touch of a button.

This saves time during appointments, cuts down on administrative tasks, and means some patients will even be able to skip routine appointments completely. Plus, it automatically flags up any abnormal results so clinicians can follow up with patients directly.

Charity funds new specialist training scanner

NHS Grampian staff will be able to improve their cardiology skills, thanks to a new simulator funded by NHS Grampian Charity.

The state-of-the-art ECHO simulator, which cost more than £85,000, will allow a wide variety of doctors and trainees to learn new skills, and experienced consultants to sharpen theirs, without the need for a patient. The scanner consists of a dummy which is linked to a series of monitors and probes, and can be programmed to simulate a wide range of heart conditions.

Consultant cardiologist Vera Lennie says, "It's an amazing tool for education that will improve our specialist abilities to diagnose and treat heart conditions. With the simulator, it is possible to practice echocardiography as well as ultrasound on the lungs, abdomen and pelvis. It allows real-time teaching and simulation with a 3D heart model."

Ben Elliot, deputy service manager, says. "What is amazing about this is the ability to teach the staff and trainees about heart anatomy, cardiac conditions, and how to perform procedures before they ever see a real patient



"When you are dealing with patients you do the procedure as quickly and safely as possible and there is little time to stop, reflect and learn - this simulator allows unlimited time to train. You don't need to wait for someone to present with a particular condition to allow our staff to learn how to identify it."

The new equipment has been praised by NHS Grampian staff and by the wider community, and we were honoured to hear local MSP Tess White submit a Parliamentary Motion recognising the contribution of the charity.

Thank you to all our supporters whose generosity allows us to provide equipment like this simulator to help enhance healthcare in Grampian.

[Read More](#)

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

New recliners for Cardiothoracic patients

Thanks to your generous donations, we have been able to purchase two new recliner chairs for Ward 216 at Aberdeen Royal Infirmary.

Our cardiothoracic patients are encouraged to be mobile, so these chairs will give them a comfortable option to sit in an upright position when they are out of bed. This helps patients to improve their mobility, and ultimately leads to a better recovery.

We are grateful to every single person who donates to support patient wellbeing initiatives like this across Grampian.



Fundraising



The date for the 2024 Kiltwalk has been announced, and you can sign up now to join the NHS Grampian Charity walking team.

Mark **Sunday 2nd June** in your diaries and lace up your walking shoes to take on the Mighty Stride (18 miles) or the Wee Wander (4 miles). You can choose to raise money for any of our charitable funds, whether you have a hospital, ward or medical condition that is particularly close to your heart, or you just want the money raised to be used where it will have the most impact.

Visit the link below to find out more or to sign up

[Sign Up](#)

Upcoming Events

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

January

2nd - [Lumphanan Detox](#)

March

10th - [Inverness Half Marathon & 5K](#)

April

27th - 28th - [Run Balmoral](#)

May

12th - [Run Garioch](#)
25th - 26th - [Edinburgh Marathon Festival](#)

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.