

## News

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### **Patient Posture is a Priority at Children's Hospital**

A pilot project to trial the use of sleep systems and positioning equipment for children and young people in the Royal Aberdeen Children's Hospital is now underway thanks to your generous donations.

Sleep systems are positioning aids that are used during the night to help support the body, and can include special mattresses, cushions and rolls. They can be used by children with complex needs to help keep their body in a supported position overnight, and can also be used following orthopaedic surgery to keep the body aligned and to aid recovery.

Your donations have allowed the hospital's paediatric physiotherapy team to purchase a range of these positioning aids which can be used by babies, children and young people while they are in-patients on the wards at the children's hospital. Families of children who have had surgery can also borrow the aids to use at home during the post-operative recovery period to enhance their child's comfort and recovery.

Paediatric physiotherapist Michelle Milroy says, "We are so grateful for everyone whose donations have helped us fund this

equipment to support the children and young people we work with here at the children's hospital.

"Children with motor disorders like Cerebral Palsy and with other complex neuro-disabilities which limit their physical activities are at risk of developing postural problems such as hip dislocation and spinal deformities.

"This can lead to pain and discomfort for the child, as well as difficulties with their breathing, digestion, communication, eating, drinking and swallowing. A sleep system can help to prevent or reduce the impact of these issues by helping to protect and maintain the child's body shape."



## Over £160,000 Awarded in Community Grants

**We are delighted to announce more than £160,000 of funding has been awarded to community-led health and wellbeing projects across Grampian.**

The charity will support 19 local projects across Aberdeen, Aberdeenshire and Moray through its annual Community Grants Programme. The programme awards up to £10,000 for projects which improve access to health provision, enhance healthcare experiences, and empower individuals to better manage their own health.

Lisa Duthie, Charity Lead, says, "The latest round of our Community Grants Programme received a huge number of applications from an incredible range of charities and community groups across Grampian, and we are thrilled to be able to support the 19 projects which have been awarded funding this year.

"These projects focus on improving the physical and mental health of the people of Grampian in various ways including the provision of sport and exercise facilities, access to healthy cooking classes, mental health peer-support initiatives, and much more.

"We are very lucky to have so many local organisations in Grampian who share our passion for health and wellbeing, and we look forward to helping them deliver their goals."

The Community Grants Programme, which was first launched in 2020, has now delivered almost £900,000 of funding to over 100 local projects across Grampian.



Aberdeen Lads Club Community Project has been awarded £6,566 to purchase new sports equipment for children and young people accessing its recently refurbished facilities at Dill Road, Tillydrone.

Manager Angie Johnston, pictured above with Lisa Duthie, says, "We are incredible grateful to have been chosen by NHS Grampian Charity as one of its latest beneficiaries.

"The mental, physical and emotional health and wellbeing of our children and young people, as well as their families, is at the heart of everything we do, and so to be able to purchase new equipment for our games hall is a major boost.

"The benefits of exercise are well documented and so to be able to extend the range of physical activities we can offer is absolutely brilliant.

"We cannot thank NHS Grampian Charity enough."

[\*\*Read More\*\*](#)

## Charity Embarks on Grampian-wide Tour

The charity team has launched a series of roadshows to visit hospital sites across Grampian during 2024 and 2025.

Over the next 12 months, the charity plans to visit every NHS Grampian hospital to meet with staff, patients, family members and supporters and answer any questions they may have about the charity.

Claire Robertson, Supporter Engagement Assistant, says, "We are so excited to get out and about in Grampian to meet people face-to-face.

"Whether you want to know how to fundraise or donate, how staff can apply for funds, or even just to find out more about what we do, we would love to hear from you.

"As the official charity of NHS Grampian, it's really important to us that we create opportunities like this to meet with staff, patients, family members and visitors.

"These are the people delivering and accessing front-line NHS services, and it's vital to us that we make sure their thoughts and opinions on how to enhance healthcare in Grampian are heard."



## Small Touches to Support Families



Many families find themselves facing difficult conversations and heartbreaking circumstances in hospitals, and these often take place in rooms that feel empty and clinical.

Creating comfortable and comforting environments for patients and their families is very important to us, and we are delighted to work with our colleagues in the NHS Grampian Chaplaincy department to provide fresh flowers for the Emergency Department relative's room and the mortuary viewing room at Foresterhill.

We know this won't make things easier, but it's just a small way showing families that we are thinking of them at this difficult time.



## Charity Team Welcomes New Colleagues

The charity is thrilled to have welcomed four new colleagues to the team in recent months.

Marc Blackhall (Grants Officer), Dr Simon Dunmore (Grants Research Officer), Chinenye Emmanuel-Ogbonnaya (Finance Assistant) and Claire Robertson (Supporter Engagement Assistant) have all joined the team in recent months.

Linda Logan has moved into the new role of charity administrator, and we have also said goodbye to Grants Officer Sheena Lonchay

who is now enjoying a well-deserved retirement after many years with the charity.



## Fundraising

We were absolutely honoured to meet fundraiser Mechelle Clark recently, and to accept an incredibly generous donation for the Plastic Reconstructive Surgery and Burns Unit at ARI.

Mechelle was diagnosed with the BRCA1 gene six years ago, and was told she had breast cancer during an annual check in 2022. She underwent a double mastectomy and an 18-hour reconstruction but complications, including sepsis, have meant she has had a further 12 surgeries - with even more expected.



During the surgery she was supported by the staff in the Plastic Reconstructive Surgery and Burns Unit, and she decided she wanted to fundraise to give something back to the ward.

Mechelle (centre of the picture) hosted The Big Booby Bake Sale at Parx Cafe in May and raised an incredible £3,330 for the ward. She teamed up with bakers from across the North-east to sell a yummy array of tasty treats, and was overwhelmed by the support.

She says, "Thank you to the people who queued to get their hands on some baked goods from the amazing bakers who donated their time and skills to support me and the breast care unit at ARI.

"There were so many lovely moments that day and the perseverance of people queueing for over an hour for baked goods was astounding."

Thank you so much to Mechelle and everyone who supported the bake sale.

# Thank you to our fundraisers

Summer is a busy time with lots of sporting events, and we are thrilled to have kicked off the warmer months with our biggest ever number of participants at the Aberdeen Kiltwalk.

Walkers from across Grampian pulled on their hiking boots to tackle the 4 mile Wee Wander and the 18 mile Mighty Stride at the beginning of June. They collectively raised over £4,000 which will be used to support projects and services which enhance healthcare in Grampian

## Upcoming Events

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

### July

7th - [Stonehaven Half Marathon](#)

14th - [Chapelton of Elsick 10K](#)

28th - [Alford 10K](#)

### August

11th - [Dyce Half Marathon](#)

18th - [Forfar 10K](#)

18th - [Scottish 10K](#)

18th - [Scottish Half Marathon](#)

25th - [Run Banchory](#)

### September

7th - [Room to Run](#)

14th - [PIM Half Marathon & 5K](#)

22nd - [Men's 10K](#)

22nd - [Women's 10K](#)

22nd - [Fyvie Castle 5K & Fun Run](#)

29th - [Baxter's Loch Ness Marathon & Running Festival](#)

### October

26th - [Illuminator](#)



We were thrilled to have Andy, Liam and Connor take part in this year's Edinburgh Marathon festival, tackling the 26.2 mile course and raising an incredible £3,843 for the charity. Inspired to take on a sporting challenge? Why not sign up to one of the upcoming events to the left.

Finally we want to say a big thank you to Susan Gordon who raised a phenomenal £2,655 for the ARI breast unit by asking for donations in lieu of 60th birthday gifts. Happy birthday Susan!

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

**Thank you**

**[Donate](#)**