

## News

### Did You Know...

Did you know that NHS Grampian Charity is the official charity of NHS Grampian? Did you know that we use the generous donations we receive to fund hundreds of projects and activities in hospitals and communities across Grampian each year to enhance the health and wellbeing of our communities?

Did you know that every penny donated stays right here in Grampian, and is used to provide a better healthcare experience for you and your friends, family, neighbours, and colleagues?

These messages and more will be shared far and wide across Grampian over the coming months, as the charity launches it's Did You Know campaign.

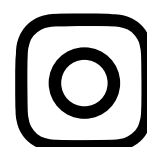
Charity lead Lisa Duthie says, "The generous donations made by the public make such an incredible difference to the health and wellbeing of our communities, and our Did You Know messages will show people just how much of an impact their donations have.

"They will also help NHS staff across Grampian, by making them aware of the broad range of ways that the charity can support their patients, their hospitals and their wards."

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Want to be the first to hear fun and interesting facts about how your donations are helping? Click the icons below to follow us on social media:



## £230,000 Community Grants Awarded

We are incredibly excited to award £230,000 to community-led health and wellbeing projects through the latest round of our Community Grants Programme, bringing the total awarded through the programme to £1.1 million since its launch in 2020.

The programme awards grants of up to £10,000 to help develop projects which improve access to health provision, enhance healthcare experiences, and empower individuals to better manage their own health.

A total of 29 charities and community organisations across Aberdeen, Aberdeenshire and Moray have received funding this year, and projects include therapeutic workshops, practical skills classes, peer-support initiatives, sensory facilities, toys, play equipment, and more.

The programme was launched in 2020 to provide support to community groups and organisations during the Covid-19 pandemic. Since then, the charity has gone on to support almost 150 community-led health and wellbeing projects, totalling more than £1 million.

Lisa Duthie, NHS Grampian Charity Lead, says, “Enhancing the health and wellbeing of the people of Grampian is our biggest priority, and it is wonderful to see the broad range of projects that we have been able to fund since our Community Grants Programme began. These activities, along with the projects we fund in NHS Grampian hospitals, are only possible thanks to the incredibly generous donations made by the people of Grampian.”



AberNecessities is one of the charity's to have received a grant this year. The Aberdeen-based charity provides disadvantaged families with the essential and basic necessities that no child should go without.

Danielle Fletcher-Horn, founder of AberNecessities, says, “AberNecessities are incredibly grateful to receive funding to purchase beds alongside our ‘snug as a bug’ bags for 43 local children.

“Not only will these ensure children have a safe and appropriate place to sleep, but they gift children with the opportunity to learn, play and thrive the following day. We thank NHS Grampian Charity for sharing our belief and vision that no child should go without sweet dreams.”

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## New Equipment for Neurology Patients



Neurology patients at ARI are benefitting from two new handheld micro spirometers and a mobile standing aid for Ward 204, thanks to your generous donations.

Senior Charge Nurse Dara says, "The new handheld machines are much more efficient and easier to get readings from. They're easier to transport around because they don't need plugged into the wall, and they're more comfortable for patients too."

Receptionist David, who is pictured trying out the standing aid, says, "It's such a fantastic piece of equipment that is really comfortable and easy to use."

## Vein Finder Makes Blood Tests a Breeze

Getting blood taken can be an unpleasant but necessary part of a stay in hospital for many patients, and for Matthew it's a very regular occurrence.

Matthew is a renal patient at ARI and, like many renal patients, he has problems with his veins that make inserting needles for blood tests or cannulas very difficult.

He recently had the chance to try out a Vein Finder - a simple handheld device which is held above a person's skin and uses near-infrared light to create a real-time image of their veins, making them visible on the skin's surface. This quick, pain-free process makes it much easier for healthcare professionals to locate a vein suitable for inserting a needle.

Thanks to Matthew's really positive feedback, we are delighted to have been able to fund a dedicated Vein Finder for renal patients in Ward 108.



Matthew, pictured above with his mum Susan, along with Catherine and Tina from Ward 108, says, "Before the introduction of the vein finder, I faced multiple, painful and distressing attempts to have bloods taken and cannulas inserted. This causes me a great deal of anxiety. Now that doctors have the Vein Finder, having blood tests and cannulas inserted is much less traumatic and I no longer feel afraid or anxious because they usually manage first time."

## New Vehicle Helps Transport Patients Across Hospital Sites

A new patient transport vehicle has arrived on-site at Foreserthill to help make journeys between hospitals easier for patients.

The new electric vehicle, which has been funded entirely through donations from the public, will transport up to 10 patients a day every weekday.

Lisa Duthie, charity lead, says, "People often have to attend multiple appointments at different locations around Foresterhill, or even at different locations across the city, and the patient transport car is an incredible resource to help those who need additional support to make these journeys."



The vehicle has been adapted to provide easy, comfortable transport for patients, including those with wheelchairs and those travelling with medical equipment.

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## Folding Beds for ARI & Woodend Visitors

These new folding beds, which we funded for the Learning Disability Service at ARI and Woodend, will allow relatives to stay with a loved one in hospital to support them, while still getting a good night's sleep.



## Books to Support Type 1 Diabetes Patients

Type 1 Diabetes is a serious, lifelong autoimmune condition where the body cannot make insulin. Educating patients on how the foods they eat can impact their condition is an important part of helping people self-manage their diabetes. We have funded educational books to support 72 patients to better-manage their condition at home.



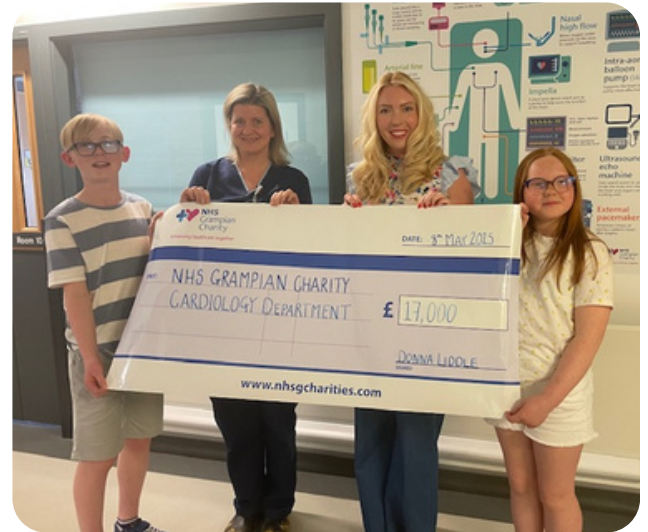
# Fundraising

## Donna's Incredible Support for Cardiology

We would like to say a huge thank you to Donna, who has raised an amazing £17,000 for the Cardiology Department at Aberdeen Royal infirmary.

Donna unexpectedly suffered a sudden cardiac arrest while she was at home with her children Oliver (11) and Arianna (9). The pair, pictured here with their mum and with cardiology senior charge nurse Erin, rushed to her aid and called 999. While Oliver put his mum into the recovery position and talked to the call handler, Arianna ran to get help from a neighbour who performed CPR on Donna until the ambulance arrived. Without a doubt the trio saved her life, and Donna is hugely thankful to them all and very proud of her children.

She spent 15 nights in hospital and had an Implantable Cardioverter Defibrillator (ICD) fitted. This amazing piece of technology works to pace her heart out of a fatal arrhythmia if it occurs again and, if that fails, it will give her a shock similar to a defibrillator.



Donna was inspired to give something back to the department who got her on the road to recovery, and she hosted a fundraising dinner at The Copthorne Hotel in March. She raised a phenomenal £28,000 which she split two ways - £17,000 has been donated to the Cardiology Department where it will be used to purchase six telemetry systems which will continuously monitor a patient's heart rhythm and electrical activity. The remaining £11,000 is being used to purchase 8 defibrillators for the local community.

## It's Your Last Chance to Join the Kiltwalk

The Aberdeen Kiltwalk is almost here and it's your last chance to sign up – do it today, and don't miss out!

This year's Kiltwalk takes place on Sunday 1<sup>st</sup> June, and will offer two fun, family-friendly walking challenges – the 18-mile Mighty Stride and the 4-mile Wee Wander.



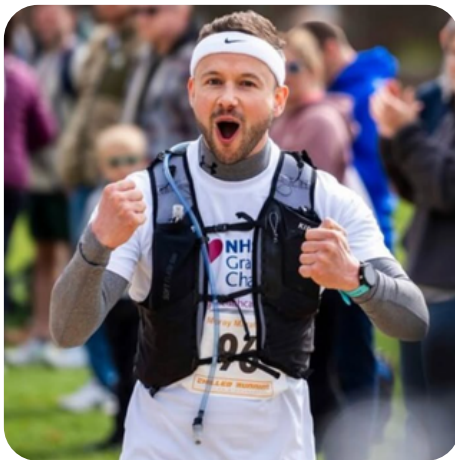
**[Sign Up Now](#)**

## Marathon Madness

We would like to say a huge well done to this incredible trio who have all recently run marathons to raise money for wards, departments and hospitals close to their hearts.

Craig (left) ran the Moray Marathon to raise money for the Stroke Rehab Unit at Woodend Hospital, Bhajan (centre) fundraised for the Royal Aberdeen Children's Hospital while running the Manchester Marathon, and Trudy (right) fundraised to support CAMHS while taking on the iconic London Marathon.

Thank you to all three of them for their incredible fundraising, and a huge well done from everyone here at NHS Grampian Charity and NHS Grampian.



## Take on the Challenge of a Lifetime

What's your ultimate bucket list adventure - trekking the Great Wall of China? Climbing to the summit of Mount Kilimanjaro? Or perhaps you prefer to stay closer to home, and have always dreamed of watching the sun rise from the top of Scotland's highest mountain.

We've partnered with Global Adventure Challenges, one of the UK's biggest challenge events companies, so you can combine a lifechanging adventure for you, with lifechanging fundraising for your local hospital. Click the button below to see the upcoming challenges, or email us on [gram.charities@nhs.scot](mailto:gram.charities@nhs.scot) for more info.



[\*\*Find Your  
Adventure\*\*](#)

# Aberdeen Family Saying 'Thank You' With Photography Fundraiser

An Aberdeen couple are planning a series of fundraising family photoshoot days to say thank you to the team who helped their family grow.

Mary and Zsolt welcomed their son Noah in 2023 after a long journey to parenthood with the support of Aberdeen Fertility Centre.

Zsolt says, "It's really important to us that more people hear about how the clinic can help families, because some people

might not realise the kind of support that is available through the NHS."

The couple were some of the 1,200 patients referred to the clinic annually. They run Somography together - a local wedding and family photography company. So, when they decided that they wanted to fundraise for the fertility centre, it seemed only natural to offer family photography sessions.

"We're planning several family photography days over the coming months where families can book a 15-20 minute photoshoot for £15, which will go directly to the fertility centre.

"It's a great way to bring the family together and have some fun while supporting a cause that is so important to us."

Click the button below to read Mary and Zsolt's story in full, and to find out how to book a family photoshoot.



[Read More](#)

## Want to take on a fundraising challenge?

Click the links below to find out more about these upcoming events or to sign up:

**July**

[6th - Stonehaven Half Marathon](#)

**August**

[17th - Scottish Half Marathon](#)

**September**

[28th - Loch Ness Marathon](#)

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

**Thank you.**

[Donate](#)