

News

Bringing Christmas Magic to Hospitals Across Grampian

NHS Grampian Charity is inviting supporters across the North-east to take part in National 'Elf Service Week' - a fun, week of festive fundraising to help bring extra warmth and cheer to hospitals across Grampian this Christmas.

Running from December 15th to 21st, National 'Elf Service Week' encourages individuals, workplaces, schools and community groups to host a festive-themed fundraiser to support enhanced care and wellbeing in our local hospitals. From dressing as elves for the day, to quiz nights, bake sales, or even just sharing a tasty mince pie with colleagues, there are countless ways to get involved and make hospital life a little brighter.

All funds raised will support projects that go over and above core NHS Grampian services, helping to provide the enhancements and extra touches that can make a big difference to patients, families and staff during the festive season and beyond.

"Spending time in hospital can be difficult at any time of year, but it's especially challenging to be spending Christmas away from your loved ones," says Lisa Duthie, NHS Grampian Charity Lead.



"National 'Elf Service Week' is a fantastic opportunity for our communities to come together to help bring joy and comfort to those who may need it most.

"Whether you raise £5 or £500, every act of kindness adds a spark of magic to someone's health and care experience."

Taking part is easy - just download our free fundraising pack, which is full of fun, festive ideas. So, gather your family, friends, neighbours and colleagues, pop on an elf hat, and help us make spirits bright across Grampian's hospitals this Christmas and beyond.

[Download Your Free Fundraising Pack](#)

£3.1 million Awarded to Innovative Healthcare Projects

We are thrilled to have recently awarded an ambitious £3.1 million funding package to NHS Grampian to develop three innovative projects which will transform patient care. This funding award has been made possible thanks to the generous donations given by the people of Grampian.

The projects aim to drive forward new approaches to healthcare which are more responsive, inclusive and effective.

NHS Grampian Charity Chair Dennis Robertson, pictured, says, "By working closely with NHS Grampian teams and listening to patients and members of the public, we're supporting change that will make a lasting difference to people's lives.

"These projects are about reimagining what's possible in healthcare, and responding to real needs with meaningful, innovative solutions."

Charity Lead Lisa Duthie, pictured, says, "As the official charity partner of NHS Grampian, we enhance the health and wellbeing of the people in our area, over and above the core services provided by the NHS, and we give our heartfelt thanks to our supporters for sharing our goal of creating a healthier, happier Grampian.

"Their generosity is directly helping thousands of people across Aberdeen, Aberdeenshire and Moray to have a better healthcare experience, in hospital and in our communities."

The new projects will begin over the coming months, with work being led by NHS Grampian teams in partnership with the people and communities they serve.



More than **£1.5 million** has been awarded to develop and deliver a pathway of care for people living with functional disorder symptoms.



Around **£1.1 million** has been awarded to implement the Putting People First approach to connect NHS Grampian with its communities, and to place patients and communities at the centre of decision making.



Almost **£500,000** has been awarded to develop an innovative whole-system pathway to provide early identification, assessment, and tailored support for children with neurodevelopmental differences in Grampian.

[Read More About These Exciting Projects](#)

Looking Back, and Looking Forward

NHS Grampian Charity was proud to hold its first Annual Review Event for NHS Grampian staff in October. The event showcased the charity's work in 2024-25 and gave NHS colleagues the opportunity to hear more about the broad range of activities supported by the charity, as well as the chance to speak to grant recipients, donors and fundraisers from across Grampian.

Attendees left the event feeling uplifted, enthused and inspired, with many already having ideas of how to enhance healthcare and patient experiences in their own hospitals, wards and departments.



New Healthcare Monitor for Sexual Health Service



2024-25 in Numbers

- ♥ **£3.48 million** awarded to projects across Grampian
- ♥ **221** projects supported to enhance patient wellbeing
- ♥ **302** projects supported to enhance staff wellbeing and development
- ♥ **28** cutting-edge research projects supported
- ♥ **40** new pieces of medical equipment funded to enhance patient care
- ♥ **790** advanced staff training and development opportunities
- ♥ **£240,000** awarded to community-led health and wellbeing projects
- ♥ **56** areas improved to create more comfortable hospital environments for patients and visitors

[Read Our Annual Report](#)

Patients of Grampian Sexual Health Service now have access to a new healthcare monitor, which has been funded by generous donations made to the charity.

Karen and Nicola from the team are pictured here trying out the new monitor at Aberdeen Health Village. It allows patients to take their own key measurements including blood pressure, height, weight and pulse, while they are waiting to be seen for their clinical appointment.

The Sexual Health Service delivers around 2,000 face-to-face appointments each month, and this new health monitor will help streamline patients visits to make sure they get the most out of their time with the clinician.

The Powerful Ripples of Organ Donation



A new art installation commemorating the 'ripples' of organ donation has been unveiled at Aberdeen Royal Infirmary to recognise organ donors.

Artist Shelagh Swanson was commissioned to work with the relatives of organ donors, along with young people at more than a dozen north-east secondary schools to create glass pebbles which

now decorate the foyer of ARI's Emergency Department.

Shelagh said, "The idea of the artwork came from the idea of throwing a pebble into the water and the ripples it creates. One family, making the selfless decision to donate a relative's organs and tissue, could save up to nine lives. Those nine people could, in turn, go on to do things they might never have considered possible, due to their health condition.

"In that way, the impact of organ donation ripples through the community."

The charity was proud to support the creation of this artwork through its dedicated organ donation fund.

[Learn More About Organ Donation](#)

Fundraising

There's lots to plan and do when you have a new baby on the way, and one fundraiser gave himself the even bigger challenge of running the Loch Ness Marathon just weeks before his little one arrived.

Steward and his wife Aimee spent last year on an emotional rollercoaster as they tried to expand their family with the support of Aberdeen Fertility Centre and, before welcoming their new arrival, they wanted to do something to say thank you.

Stuart said, "During our journey, we have been supported so compassionately and empathetically by the staff at the fertility centre.

"We want to give something back to the centre to make sure they can keep doing

the excellent work they do, and what better cause than helping create a life and creating a family."

Stewart has raised more than £4,000 to support the fertility centre. We are incredibly grateful for his support, and wish the couple all the best on their next challenge.



The team at Woodend Hospital's Stroke Rehabilitation Unit are over the moon to meet two incredible fundraisers recently.

Craig, in the photo on the left, raised an incredible £2,711 for the unit by running the Moray Marathon.

He says, "Unfortunately my mum had a stroke in early January, but she is recovering well. For several months, she was cared for by the excellent team at the Stroke Rehabilitation Unit at Woodend Hospital, and this is my way of saying thanks for the care they provided to her."

The team also met Jess, in the photo on the right along with her dad Jim.



Jess raised an amazing £2,863 for the unit by taking part in the Aberdeen Kiltwalk.

She says, "Last year, the Stroke Rehab Unit provided excellent care and support to my dad for four months following a life-changing stroke he had last August. With their help, he was able to regain the ability to walk and talk again, before being able to move back home."

The money raised by both these fantastic fundraisers will be used to support enhancements to the unit, like new postural seating which will allow patients to sit comfortable upright when visiting with family and friends, rather than lying in bed.



The Kiltwalk Is Back For 2026

The Kiltwalk is returning to Aberdeen on Sunday 7th June.

Last year's Aberdeen Kiltwalk saw more than £1.3 million raised by walkers to support 517 charities locally and across Scotland. We were proud to have our largest ever team, with walkers joining us from all over Aberdeen, Aberdeenshire and Moray to help raise money to enhance healthcare for people across Grampian.

You could join then in 2026 and, with more than 230 dedicated charity funds to choose from, your fundraising can make a difference exactly where you want it to.

This unforgettable day will include two routes in 2026 - the 18-mile Mighty Stride and the 4-mile Wee Wander. Click the button below to join our walking team.

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

Exciting New Adventure Challenges

Will 2026 be the year you step out of your comfort zone and set yourself the challenge of a lifetime?

We are thrilled to have partnered with Global Adventure Challenges who offer exciting challenge events in the UK and overseas.

Have you always wanted to climb to the top of Ben Nevis? Is trekking the Great Wall of China on your bucket list? Would you love to bring the Tour de France to life by cycling from London to Paris?



If you've always dreamed of taking on a once-in-a-lifetime adventure, then this could be your chance to do that while raising money to support your local hospital, or a ward, department or medical condition close to your heart. With challenges to suit all abilities, you're sure to find something that gets your heart racing.

Not only will you show your support for the incredible work of the NHS and help improve the health and wellbeing of people right here in Grampian, you'll also enjoy an incredible experience and create memories that will last a lifetime.

[Find Your Challenge](#)

Choose Your 2026 Fundraising Challenge

Want to fundraise but not sure where to start? There are lots of exciting events coming up in 2026 that you can take part in - here are some of our favourites:

April

[Moray Marathon](#)

[Run Balmoral](#)

[Etape Loch Ness](#)

May

[Run Garioch](#)

[Edinburgh Running Festival](#)

June

[Aberdeen Kiltwalk](#)

September

[Ben Nevis Trek](#)

[Loch Ness Marathon](#)

[3 Peaks Challenge](#)

[London to Paris Cycle](#)

October

[Great Wall of China Trek](#)

November

[Sahara Desert Trek](#)

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

Thank you

[**Donate**](#)