



Spotlight

The newsletter from the friends of
Teddington Memorial Hospital

Dear Supporter,

With your vital help, The Friends of TMH continues to support the patients, staff, and families of our much-loved Teddington Memorial Hospital. A big thank you to you, and our local community for your continued support.

Here are a few of our recent activities and projects we hope you will find interesting.



TEDDINGTON MEMORIAL HOSPITAL

Help for 800 more children a year in vital paediatric audiology transformation

Munira Wilson, MP for Twickenham, opened a second paediatric audiology screening room at Teddington Memorial Hospital on 13 June 2022. More local children with hearing problems will now get the care they need quickly.

The ribbon-cutting ceremony marked the official opening of a new children's hearing screening room at Teddington Memorial Hospital, run by Hounslow and Richmond Community Healthcare (HRCH).

Audiologists from the hospital joined local MP Munira Wilson at the opening ceremony, along with HRCH Chief Executive Jo Farrar and TMH League of Friends Chairman Reverend Simon Douglas Lane.

£67,000 paediatric audiology funding from the League

Staff are delighted with the new room, which has been refurbished to an extremely high standard, with funding of £67,000 from the League of Friends.

The new room means audiologists can now run two clinics alongside each other for children under 3 years old and over 3 years old.

"Heartfelt thanks go to our many League of Friends supporters in the community who, by their efforts, have allowed us to fund this project. It is so important for the League to continue its fundraising efforts in the community, so we can continue to fund improvements to our beloved hospital."

REVEREND SIMON DOUGLAS LANE, THE FRIENDS CHAIRMAN



The opening ceremony with local MP Munira Wilson, HRCH Chief Executive Jo Farrar, Paediatric Audiology Clinical Service Manager Naomi Elliot, and TMH League of Friends Chairman Reverend Simon Douglas Lane.

More local children will get audiology care quickly

Good hearing is critical for a child's comprehension and speech development, but hearing problems in young children are not always obvious. The audiology service screens children early on in life, to identify hearing difficulties and address them as soon as possible.

Staff and parents delighted with audiology facilities and convenience

The service offers local parents the convenience of minimal travel and waiting times, their children are seen in comfortable, reassuring surroundings and staff now have all the facilities they need to deliver excellent care.

The new, purpose-built, well-equipped, soundproof screening room meets national standards on noise level

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reduction. As a result, paediatric audiologists will be able to screen nearly 800 more patients a year at the hospital.

The service can also operate five days a week, which means it can see a greater volume of patients. This means new referrals will be seen more quickly, significantly reducing the number of young patients on the waiting list.

High-quality healthcare service accreditation

The service is now working towards accreditation under the new improved version 2 of the Improving Quality in Physiological Diagnostic Services (IQIPS) Standard. IQIPS is a professional assessment and accreditation scheme which recognises healthcare organisations that ensure

patients receive consistently high-quality services, tests, examinations, and procedures, delivered by competent staff working in safe environments.

"This is a fantastic extension to the Richmond audiology service and means we can help about 800 more children a year get the support they need close to home. We are extremely grateful for the continuing support we receive from the League of Friends, who made this possible."

JO FARRAR, HRCH CEO

FUNDRAISING

Wellbeing Garden revamp will play vital role in health of hospital staff, patients, and visitors

We plan to achieve a hospital garden makeover to deliver an attractive space for patients, staff, and visitors. We're working right now on proposals and with your generous help, we aim to provide a much-needed wellbeing haven.

There is compelling evidence that the COVID-19 crisis has significantly impacted the mental health of many of those in our community.

Staff wellbeing

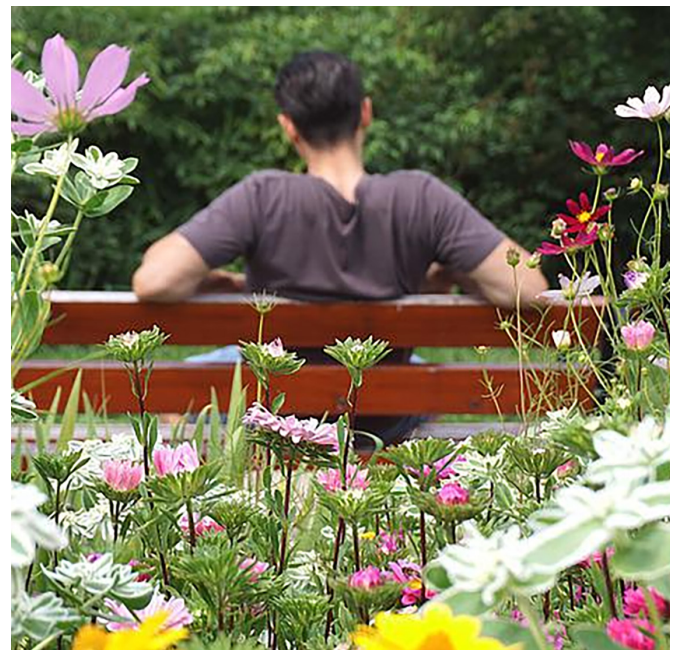
Sadly, the NHS loses 348,028 working days due to staff anxiety, stress, and depression in just one month. Our excellent staff at Teddington Memorial Hospital are no exception. The importance of their wellbeing in helping care for our community cannot be exaggerated. Recent research shows that health staff wish to take time outdoors. A vibrant, well-planned, and maintained hospital garden offers a range of health benefits. Staff feel relaxed, calm, refreshed and re-energised and report significantly higher levels of wellbeing.

Patient and visitor wellbeing

This is true of patients and visitors also. Hospital admission or appointment is often a time of great stress for patients who may feel anxious and vulnerable, perhaps frightened, or even confused. Visitors, too, find the illness of a loved one takes a physical and emotional toll as anxiety often increases with concerns about the patient's care.

Benefits of revamped garden

Being able to get outside and enjoy the fresh air surrounded by a beautiful garden makes an enormous difference to staff health, the recovery of patients and wellbeing of visitors. Staff and patients can take a break in a natural environment, and visitors can spend time outside with patients in less stressful surroundings.



That's why we are working to improve the garden at Teddington Memorial Hospital. With your generous help, we aim to provide a wellbeing haven for staff, patients, and their families.

We have a hospital garden close to wards and clinics, ideally placed for staff, patients, and visitors to reach. We plan to achieve a complete garden revamp, which delivers an attractive space for staff, patients, and visitors to take a break or utilise in the course of their work. This will significantly enhance patient and visitor wellbeing, improve staff mental health, and help ensure our community retains our valuable health team.

DONATE NOW

Together we will Give a Wellbeing Garden

COMMUNITY

Why it's fun and rewarding to volunteer for The Friends of TMH

Want to meet friendly new people, contribute to a worthwhile local cause, or learn new skills? Become a volunteer for The Friends of TMH.

Why volunteer for The Friends of TMH?

There are considerable benefits to becoming a volunteer for The Friends.

- **Make a difference in your local community.** Volunteering for The Friends means you can have a valuable positive impact on people's lives in your local Teddington Community.
- **Meet friendly people.** Becoming a volunteer for The Friends means you can meet many diverse kinds of people of all ages from various backgrounds and quickly and easily make new friends through shared experiences.
- **Be part of the Teddington community.** Volunteering with The Friends can help you feel connected and part of our vibrant Teddington community beyond your colleagues, friends, and family.
- **Regain confidence and purpose.** During Covid, you may have become isolated from friends, family, and colleagues, which may have impacted your confidence and self-esteem. Similarly, if you've recently retired, bereaved, or suddenly unemployed, volunteering with

The Friends can help keep you motivated and regain confidence.

- **Feel healthier and fulfilled.** The rewarding feelings and activities of volunteering with The Friends can help lessen stress or anxiety and help you feel physically healthier and more fulfilled.
- **Gain new expertise and rediscover talents.** Through volunteering with The Friends, you can learn new skills and experience new things, to feel a real sense of accomplishment. You can challenge yourself to try something different and rediscover your hidden talents.
- **Have fun!** As a volunteer for The Friends, you can simply have a really delightful, fun time.

Our inspiring volunteers

Our amazing volunteers are vital in helping us support Teddington Memorial Hospital. We want to thank them for all they do.

How you can help

Volunteering is a wonderful way to meet new people, gain confidence, acquire new skills as well as provide a vital service for staff, patients, and visitors.

The Friends of TMH is always looking for volunteers to join us, and we provide training and support.

VOLUNTEER SPOTLIGHT: Christina Vincent

Christina has been volunteering at events for The League of Friends for the past four years.

We met Christina at Teddington Village Fair and she showed a great interest in our projects and activities at the hospital and said she would like to get involved. Christina has helped The League at several events each year, throughout the borough and is a warm, friendly person and great at chatting with people about our work and encouraging them to support us.

Christina lives locally and works freelance as an authorised London and Windsor guide, and she also sells tickets to London theatres and attractions on her website. Christina wanted to get more involved within the local community and has found volunteering for the League both rewarding and a great way of meeting new people.



Thank you Christina, we truly value your time and support.



Volunteers play an essential role in enabling The Friends to maintain its services within the hospital, if you would like to become a volunteer please contact info@friends-tmh.co.uk or call us on 020 8714 4074

Why The Friends is vital to the Teddington Community

Supporting and supported locally since 1875, the hospital is a vital part of the Teddington community. The Friends of TMH provide vital funds to enable enhancements above the NHS baseline and help ensure the hospital's long-term future.

Supporting and supported by Teddington Community since 1875

The hospital has been a vital part of the Teddington community since 1875. It first opened with just 4 beds as Teddington & Hampton Wick Cottage Hospital, after a generous donation from philanthropist Thomas Chappell.

Prior to the First World War, the hospital was backed by the local Teddington community in a variety of ways. Every July, for example, the Teddington Amalgamated Societies put on a parade known as the 'Hospital Demonstration Day' to collect money from the public. Other efforts included the community being invited to donate a pound of dry foods to the hospital on 'Pound Days' and the local 'Surrey Comet' raised £500 through a 'Shilling Fund'.

After the War, a new hospital was built, the Memorial Hospital, as a tribute to the 337 fallen of the town. The money to build the new hospital was raised entirely from voluntary contributions and charitable efforts. In 1929 the modern and well-equipped Teddington, Hampton Wick and District Memorial Hospital was opened.

Fortunately, the hospital weathered the threats of The Second World War operating as a casualty clearing station sustaining only minor bomb damage. In 1948 became part of the newly created NHS.

Milestones in the formation of the League of Friends

In 1954 the League of Friends of Teddington Memorial Hospital was formalised to provide support to the hospital in the form of personal services to patients, a trolley shop, visitor refreshments and car service. In 1981 the independent League of Friends of Teddington Memorial Hospital was formed, and a new project for the provision of a new X-Ray Department was launched. Since then the League of Friends has not only continued to work hard fundraising but also played a key part in protecting the hospital from NHS savings and possible closure. The Friends of TMH continues to do so today, to maintain local services for the local Teddington community.

What is The Friends of TMH today?

Affectionately known as 'The Friends', The Friends of TMH is an essential part of the Teddington community. The Friends supports the staff and patients of Teddington Memorial Hospital (TMH) by enabling and enhancing the quality and quality of the provision of medical services, facilities and general improvements above the NHS funded baseline, ensuring the long-term future of the hospital. The Friends of TMH is proud of its 5 key values: **Caring, Trusted, Integrity; Efficient, Reliable.**

How much has been raised and for what?

Over the last 20 years, The Friends has mounted large successful fundraising appeals and raised over £8m through the generosity of the Teddington community to deliver many improvements to Teddington Memorial Hospital that would not have been possible otherwise.

The NHS provides an appropriate baseline level of funding for Teddington Memorial Hospital, however, the League of Friends offers the opportunity for local people, local organisations, and businesses, large and small, to support and contribute to those additions that make the hospital so special and valuable to our community.

In addition to the paediatric audiology room transformation. Here are some recent examples of The Friends' fundraising, supported by our local Teddington community.

- In 2020 The Friends funded and coordinated **5,619 excellent quality meals for local NHS staff** when teams were working so hard to care for patients in exceedingly difficult Covid times, with food stuff kindly provided by local food businesses.
- 2018/19 through **£168,000** of local community donations and fundraising, The Friends funded a **complete redesign of the Reception Area** at TMH. The improvements have made a massive difference to patient experience, to confidentiality at the reception desk and provided a more comfortable seating area.
- The Friends funded a new **state of the art, high technology imaging X-ray machine** costing **£366,523.09**, only made possible by the generous donations from the local Teddington community which will further enhance the type of treatment patients receive at TMH.



If you would like to get involved, find out more details about our work, or make a donation please visit www.friends-tmh.co.uk, contact info@friends-tmh.co.uk or call us on **020 8714 4074**.