



# Spotlight

The newsletter from The Friends of Teddington Memorial Hospital

Dear Supporter,

A bumper issue for you to enjoy and to give you all the information you need to participate in our Lensbury year.

Thanks to The League's Community and Marketing Team, we really put Covid behind us and picked up where we left off.

Best wishes to all long-standing members, volunteers, partners, readers and hopefully many new members!

Simon Douglas Lane  
Chairman of The League of Friends



## FUNDRAISING

# Voted The Lensbury Charity of the Year 2023



Following hundreds of votes from members, The Lensbury announced on 1st January their Charity of the Year for 2023 – The League of Friends of Teddington Memorial Hospital!

We want to say a big thank you to all The Lensbury Members who voted for us – we are excited about our partnership to support our local community and help ensure the long-term future of Teddington Memorial Hospital.

Set on 25 beautiful acres at Teddington Lock, The Lensbury premium leisure club is fundraising for The Friends to raise as much as possible to provide additional services and facilities for Teddington Memorial Hospital.



OUR LIST OF EXCITING FUNDRAISING EVENTS CONTINUED OVERLEAF

**29-30  
JUL**

Join us at The Lensbury for the Riverside Weekender Festival, full of fabulous feasting, live music and carnival games!



Visit The Friends in the Wellness Garden, donate and receive a fantastic treatment

**TO GET YOUR TICKETS CALL THE LENSBURY ON 020 8614 6400**

**2-4  
AUG**



**TO TAKE PART CALL 020 8614 6400**

## 200 Mile Charity Cycle Ride

Join The Lensbury cycling team this summer and take on our epic challenge!

Fun, sore bums and a whole load of camaraderie await as we cycle 200 miles from The Lensbury to The Mole Resort in Devon over three days in aid of The Friends.

If cycling's not your thing, please donate at our JustGiving page [www.justgiving.com/page/thelensburycharitychallenge2023](http://www.justgiving.com/page/thelensburycharitychallenge2023)

**17  
NOV**



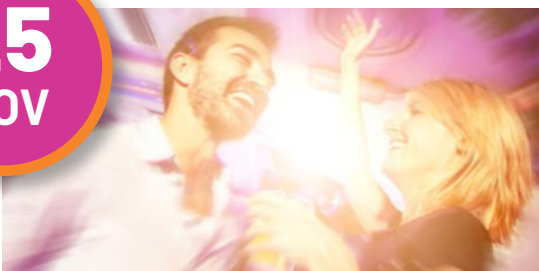
## Calling all bridge players!

To raise funds for The Friends, a Charity Bridge Tournament will take place at The Lensbury on Friday, 17th November.

It's £20 a head, including first drink free, sandwiches and nibbles, coffee and tea, and a bar available.

To learn more or register your interest, email [info@friends-tmh.co.uk](mailto:info@friends-tmh.co.uk) or call The Lensbury on 020 8614 6400

**25  
NOV**



**SAVE THE DATE!**

## Fundraising Gala

We are planning a fantastic gala with food, fundraising and fun!

Welcome drink included. Delicious hot buffet supper plus raffle and auction. Ceilidh and disco so don't forget your dancing shoes!

With speaker Nicholas Owen, journalist, presenter and writer.

Email [comms@friends-tmh.co.uk](mailto:comms@friends-tmh.co.uk) to express your interest, and you'll be the first to know when tickets go on sale.



# Blow your mind with a fundraising challenge

We are encouraging our supporters to undertake an exciting fundraising challenge on behalf of The Friends via Charity Challenge [www.charitychallenge.com/choose-your-challenge](http://www.charitychallenge.com/choose-your-challenge) or our JustGiving Page [www.justgiving.com/fo-tmh](http://www.justgiving.com/fo-tmh)

Whether it's a local running, walking, or swimming event or a long trek or mountain climb, you're likely planning to undergo a challenge that requires you to push yourself mentally and physically.

As well as raising much-needed funds for our local hospital, considerable personal benefits arise from completing a fundraising challenge.

Email us at [comms@friends-tmh.co.uk](mailto:comms@friends-tmh.co.uk) to participate.



## Online fundraising which doesn't cost you a penny

It's free to raise money for The Friends when you shop online. Shop at over 6,000 leading stores via the **GiveAsYouLive** website [www.giveasyoulive.com](http://www.giveasyoulive.com) or app, and you'll raise free funds for the Friends.



Give as You Live Online generates charitable giving from your everyday shopping. Retail partners value your loyalty. We enable their "thank you" to be your donation to your chosen charity.

Every year online shops pay millions in sales commissions to other websites that direct shoppers to them (e.g. voucher code websites).

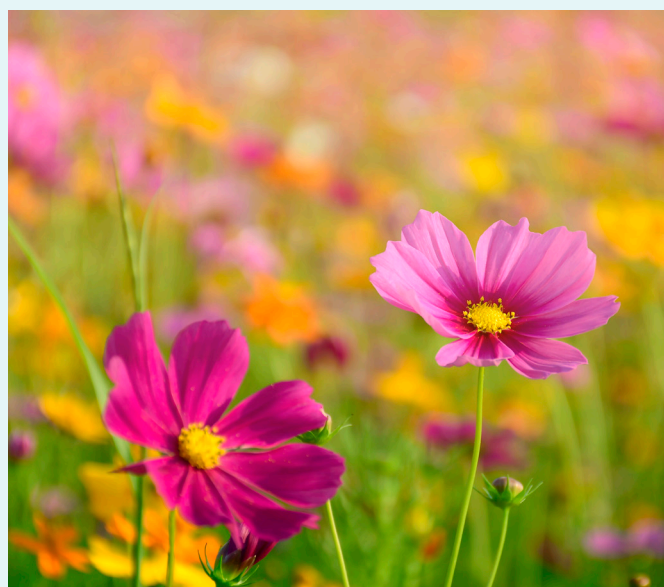
At TheGivingMachine, the **Shop&Give** platform [shopandgive.thegivingmachine.co.uk/](http://shopandgive.thegivingmachine.co.uk/) turns these commissions into donations for your chosen good cause, the Friends of Teddington Memorial Hospital, without it costing you a penny more.



## TEDDINGTON MEMORIAL HOSPITAL

# Help Give a Wellbeing Garden

We are working hard to raise funds to give a wellbeing garden to the hospital to deliver an attractive space for patients, staff, and visitors.



To help Give a Wellbeing Garden, please

- Attend one of our events, shown on our What'sOn page [www.friends-tmh.co.uk/whats-on/](http://www.friends-tmh.co.uk/whats-on/)
- Participate in a Charity Challenge or fundraise via our JustGiving Page [www.charitychallenge.com/choose-your-challenge](http://www.charitychallenge.com/choose-your-challenge) [www.justgiving.com/fo-tmh](http://www.justgiving.com/fo-tmh)
- Donate via our Wellbeing Garden page [www.friends-tmh.co.uk/create-a-wellbeing-garden-for-patients-visitors-and-staff/](http://www.friends-tmh.co.uk/create-a-wellbeing-garden-for-patients-visitors-and-staff/)

### Forthcoming Hospital Projects

The Wellbeing Garden is our focus; however, several hospital improvement projects yet to be announced are in the pipeline that The Friends has committed to support.

Our purpose continues to enable and enhance the provision of medical services, facilities and general improvements above the NHS-funded baseline and to help ensure the hospital's long-term future.

To find out more contact [comms@friends-tmh.co.uk](mailto:comms@friends-tmh.co.uk)

# VOLUNTEER SPOTLIGHT: Robert

We thank volunteer Robert for giving up his time to help run our hospital shop.

### Support for charities

Since retiring from work, Robert found that he had plenty of time that he wanted to dedicate to various charity organisations.

### Active in retirement

In his spare time, he likes to keep active. He is a keen cyclist and has completed the London to Brighton bike ride, which was very challenging.

He has also taken up Wild Swimming in the Thames with a local group. They do it near Teddington Lock, and Robert says it's exhilarating in the early mornings!

### Addicted to Bridge

To keep his brain active, he played Bridge during lockdown and can easily play 2 or 3 times a week; he says he's addicted to it now!



### Why volunteer for The Friends?

1. Make a difference in your local community
2. Meet friendly people
3. Be part of the Teddington and surrounding community
4. Regain your mo-jo
5. Feel healthier and more fulfilled
6. Gain new expertise and rediscover talents
7. Have fun!

### Charity Worker & Volunteer Discounts

Exclusive discounts, cashback & vouchers for Charity Workers & Volunteers. For volunteers, fundraisers, researchers, administrators, and everyone in between.

Visit [www.charityworkerdiscounts.com](http://www.charityworkerdiscounts.com)

If you want to join our excellent team of volunteers, please email [info@friends-tmh.co.uk](mailto:info@friends-tmh.co.uk)

## THE FRIENDS OF TMH

# Launch of The Friends Premium Membership

We will shortly be launching Premium Membership of The Friends which offers excellent local deals and exclusive discounts with local services, classes and shops.

If you are a local business, can you provide an offer to our 400+ members?

To become a member of The Friends, or if you are a local business that can provide an offer to our members, email [comms@friends-tmh.co.uk](mailto:comms@friends-tmh.co.uk) or visit our website [www.friends-tmh.co.uk](http://www.friends-tmh.co.uk)



To find out more about The Friends visit [www.friends-tmh.co.uk](http://www.friends-tmh.co.uk), email [info@friends-tmh.co.uk](mailto:info@friends-tmh.co.uk) or call us on 020 8714 4074. Thank you for your continuing support.

