



Enter the Pain Clinic Naming and Art Competition

To all the children of Richmond upon Thames, in Years 3 to 6, enter our Pain Clinic Naming and Art Competition!

We need your help with naming the unique new Pain Clinic and creating fabulous Pain Clinic art.

Our local NHS is planning a new Pain Clinic at Teddington Memorial Hospital, which will help many people in our community feel better and happier.

What is a Pain Clinic?

Did you know that sometimes people feel uncomfortable because of pain?

Imagine there's a special place called a Pain Clinic. It might sound scary at first, but it's a really brilliant place where people go to get help with pain.

Pain is when your body feels uncomfortable or hurts. Some people have pain that stays with them for a long time, and it is really hard for them to manage their pain.

It's a great feeling when pain goes away

Do you remember a time when you were in pain? How did you feel? Sad? Angry? Afraid?

How did it feel when the pain started to go away? Did you feel happy, pleased, or relieved? What a great feeling! We want this feeling for anyone who feels constant pain.

The Pain Clinic is like a team of superheroes who help people feel better when they're in pain. But they don't just help make the pain go away; they also teach people how to cope with it better so they can live happier and healthier lives.

Happy and comfortable

One of the big things the Pain Clinic focuses on is "well-being." Well-being is about making sure that people feel good in their minds and bodies, both mentally and physically. They want everyone to feel as happy and comfortable as possible, even if they sometimes have pain.

Doing fun stuff

Another important thing they care about is something called "quality of life." That's about making sure that people can still do some of the things they love and enjoy, even if they have pain.

The Pain Clinic helps them find ways to keep doing those things, even if they're in pain. They give them special tricks and tools to manage their pain so they can still do the fun stuff they love.

Hope for the future

Together, 'well-being' and 'quality of life' give people living with pain hope for the future and a better tomorrow.

The League of Friends

Teddington Memorial Hospital, Hampton Road, Teddington, Middlesex TW11 0JL
Telephone: **020 8714 4074** Email: info@friends-tmh.co.uk Web: www.friends-tmh.co.uk
Registered Charity No. 1130645 Company Registration No. 06956467





Part of our community

Now, here's where it gets really great – the Pain Clinic isn't just a place where people go to get better – it's like a big family that cares about everyone's happiness and health, both now and in the future. And that's why it's such an important part of our community!

Our Promise to Make Things Better

We want everyone who visits the Pain Clinic to feel like they're in the cosiest, most supportive place ever! That's why we at The Friends, the hospital, and our community are working together to make it happen.

Our Pledge

At the heart of the Pain Clinic project is how patients feel when they are at the clinic, not just their medical needs.

We aim to help create a place where patients feel as comfortable and welcome as possible. We're raising money for furniture, decoration and equipment that may not be covered by the NHS, helping to ensure everyone feels at ease during their time at the clinic.

The Friends of Teddington Memorial Hospital has pledged to support the Pain Clinic project with a minimum £150,000 contribution.

Be part of it with our Pain Clinic Naming and Art Competition!

What's Up for Naming?

We've got the Pain Clinic itself and six treatment rooms that need some catchy names and brilliant artwork.

It's your chance to put your imagination to work and come up with something truly special.

Rules

Your chosen names and artwork should be all about what makes our Pain Clinic special and the good things it stands for in our community. They've got to be friendly for everyone and memorable.

We want Names and Art that...

- **Match What the Clinic Does:** The names and art should show what the Pain Clinic is all about, like helping people with their quality of life and well-being.
- **Make You Feel Good:** The names and art should make people feel good about coming to the Pain Clinic for help.
- **Have to Do with Our Community:** The names and art might include things from the area where we live, around the hospital, or things that are important to us locally.
- **Everyone Can Understand:** The names and art should be easy to understand, no matter where you're from, so everyone feels welcome.
- **Make You Happy:** The names and art should make you think of good things, not bad ones, so that people feel good about coming to the Pain Clinic.

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- **Sticks in Your Head:** The names and art should be easy to remember so you can tell your friends and family about the Pain Clinic.
- **Are Different:** The names should be special and not sound or look like other places or art, so you know exactly where to go for help with pain relief.
- **Mean Something:** The names and art might have special meanings, like making you think of feeling better or being strong.
- **Make You Feel Inspired:** The names and art should make you feel like the Pain Clinic cares about you and wants to help you feel better.
- **Have Longevity:** The names and art should be relevant even if the clinic gets bigger or if a lot of time passes. They shouldn't go out of style.
- **Are Allowed:** The names and art have to be okay to use legally, so they can't be the same as other places or have trademarks already.

Choosing the Winners

The fabulous Trustees of The League of Friends of Teddington Memorial Hospital will make the big decision on our Pain Clinic Naming and Art Competition. They'll pick the names and artwork they think are most fitting for the clinic.

Who Can Enter?

If you're a local child living in or going to school in the Richmond Borough area and you're between 7 and 11 years old (Years 3, 4, 5 and 6), you're in luck! You can enter all by yourself, or your school can join in too! (See our website for rules and terms and conditions.)

Sending in Your Ideas

We want local children in Years 3, 4, 5, or 6 to send in

- **One brilliant name** they would like for The Pain Clinic and/or
- **Six catchy, different names** for each of the treatment rooms within the Pain Clinic and/or
- **An A4-sized drawing or painting** celebrating how the new Pain Clinic helps people feel better and happier. It could be as realistic or abstract as you like; get creative and let your imaginations run wild! Artworks will then be selected for display at the Pain Clinic.

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How to enter

Complete the Entry Form with help from a parent, guardian or teacher (which is available to [download from the website](https://friends-tmh.co.uk/pain-clinic-naming-competition/) at <https://friends-tmh.co.uk/pain-clinic-naming-competition/>).

By Post

Your parent/guardian or teacher can send us your artwork and Entry Form by post. Remember to include the correct stamp value on the front of the envelope.

Send the Entry Form and artwork to:

Pain Clinic Competition,
The League of Friends, Teddington Memorial Hospital,
Hampton Road,
Teddington,
Middlesex,
TW11 0JL

By Email

Your parent/guardian or teacher can scan and email us your artwork and Entry Form.

Email the scanned Entry Form and artwork to comms@friends-tmh.co.uk.

The competition **closes on 3 November 2024 at 11:59**, so put on your thinking caps, pick up your pens, pencils, or paintbrushes, and get to work.

Good luck!

Announcing the Superstars

We'll immediately notify the winners when the Trustees have made their picks! We'll also shout it out on our website and in the local news. Plus, we're having a celebration to reveal the chosen names and artwork, and the winners are invited!

So, what are you waiting for? Let's get those creative juices flowing. Join the fun and be part of something amazing!

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