

# WINTER NEWSLETTER 2024



## Fire Walk

**On Wednesday 25th September, for the first time, all three of our charities collaborated for an event that saw our fundraisers test if they could take the heat...The Fire Walk 2024.**

This event was not only too hot to handle, but a wonderful opportunity for our workers, supporters, fundraisers, and donors to be part of the same event. Hosted at Bridgwater Community Hospital, 15 walkers joined this fantastic event, raising vital funds for our various wards and departments in Musgrove, Yeovil District Hospital and Bridgwater Community Hospital. The event was lead and held by UK Firewalk, who are not only one of the world's leading experts in firewalking, but their founder and our instructor for the evening, Scott, is a two-time Guinness World Record Holder for the longest fire walk...soles of steel!

The event began with an introduction from Scott, outlining the evening, then led everyone to the fire walk area. Our Community and Events Fundraiser, Amy, opened the event akin to the Olympic opening ceremony – armed with a very large fire lighter and aptly accompanied by the sounds of Prodigy's 'Fire Starter.'

Once fires were lit, Scott led the team for a full briefing, outlining the importance of following health & safety



instructions. To put everyone's mind at ease, he even displayed his method of 'showing you something scarier than firewalking': snapping an arrow on his throat, sharp end first! If that wasn't impressive enough, one of our firewalkers, the Matron Nurse of Bridgwater Hospital, also attempted it, and he smashed it! (Or should we say, snapped it?) Kudos to Pete!

Now our firewalkers were ready to face their fears and cross the coals. Still accompanied by suitably fire-themed songs, our fundraisers all completed the 3-metre scorched trail not once, but twice, and some going for thirds! As instructor Scott had promised, everyone completed the walk with a smile.

We want to give a huge thank you to the fundraisers for their efforts – it was inspiring to watch! And to Scott and Chloe of UK Firewalk for helping host the event. So far, the team has raised an incredible £4,000, and we cannot wait to start taking bookings for next year.

If you think this event has lit a fire in you, please keep an eye out for Fire Walk 2025 updates. If you would like to know more, please contact us at [Lovemusgrove@somersetFT.nhs.uk](mailto:Lovemusgrove@somersetFT.nhs.uk)

And remember...please don't try this at home!

### WHAT'S INSIDE

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# DEAR SUPPORTERS

**Welcome to the Winter 2024 edition of our Newsletter. Thank you to all those who have variously, supported us, donated, and fundraised for Love Musgrove already in 2024 and to those who are still fundraising for their events now.**



I would like to express my thanks to you all for your incredible support, and stress the positive difference your efforts make to the hospital.

I would also like to pass on my personal thanks to everyone in the Community who have done a wonderful job at fundraising for the charity through so many different types of events over the whole of this year; and just remember there is an event out there for everyone!

I wish everyone well for the rest of the year and look forward to seeing you and hearing about you in 2025.

With best wishes and many thanks.

**Graham Hughes**

Non-Executive Director and Chair of Charity



# Hippychick

**We are incredibly proud to have the support of Hippychick. They have been fantastic supporters of us over the years and this year is very special.**

Hippychick, the Somerset-based baby company is celebrating a major milestone this year – 25 years in business.

To mark this achievement, the Hippychick team, led by husband-and-wife duo, Julia and Jeremy Minchin, who have been at the helm of the business since its inception, took on a 25km trek across the Quantock Hills on Friday 19th July.

Being a Somerset business, this charity is very close to all of the team's hearts as it has supported so many of them over the years, (including the birth of 18 Hippychick babies) as well as providing vital services and support to the local community.

The team raised an amazing £3,467, which will go towards the renovation of the Paediatric Outpatient Garden and making it a really lovely place for the children to play.

The Hippychick team also visited the paediatric ward laden with armfuls of fantastic items from their portfolio of beautifully crafted toys, including baby walkers and ride ons, developmental wooden toys from Classic World, and a selection of puzzles from US brand Crocodile Creek.

Suzu, Paediatric Matron commented: 'We know how much children and their visiting siblings just love to zoom around outside on a ride on and we can never have enough of



them. Not only do they provide a fun diversion for the patients, but they also offer a great way to encourage children to exercise their muscles, which can be really beneficial if they've been confined to a hospital bed for an extended period. We're so grateful to Hippychick for their generous donation.'

Customers of Hippychick are also donating money directly to the charity when they purchase items via their website.

As part of the 25th celebrations, the team visited the Maternity Unit on 19th October to bring in wonderful Hippychick newborn bundles which they gifted to every baby born that day.



The team raised  
**£3,467**

# Ricky JACKSON

**We want to say a huge thank you to Ricky who completed the challenge of the Ham to Lyme 100km Ultramarathon on 29th June and raised £600 for the Somerset Neurological Rehabilitation Centre (SNRC).**



As if 100km wasn't impressive enough, Ricky only signed up to this event 5 weeks before the event, so to be ready and finish the race is an incredible achievement. Ricky said he received lots of help and encouragement from his 'Strava friends' who supported him step by step to complete this immense challenge.

The money raised will be donated to the SNRC, which is an inpatient neurological rehabilitation setting. They also care for people in Somerset with new onset or recent deterioration of a neurological condition.

Looking ahead, Ricky will be raising money for our sister charity, Yeovil Hospital Charity, for the Stroke Ward, by running in the London Marathon next year.

# Cycle 42

**On Sunday the 8th of September, we were lucky enough to support Iain and Ken in the 6th instalment of the incredible International Cycle 42 for Cancer event.**

Having started the event all the way back in 2017, after both of the organiser's families had been affected by the cruel illness and received treatment in the Beacon Centre. Iain and Ken made a vow to be in a position to give back to the NHS to make a difference to future patients.

What started as a cycle event that contained 60 registrations, has grown and grown over the last 7 years and has now transformed into the wonderful, well-oiled event we see today. Iain and Ken have had the amazing idea of adding courses and routes every year, boasting 22, 42, and 62-mile cycle routes, along with new marathon and half marathon options for runners. This year saw impressive participation from over 180 people, raising over an outstanding £13,000. It's fantastic to see such a large turnout and

generosity for a worthy cause. With donations still coming in, it's likely the final amount will be even higher. This added to the £25,000 already raised over years, resulting in an ever rising £38,000! Thank you so much to Iain and Ken, who work tirelessly to plan, organise and host this event. A huge thank you to everyone who registered and donated so generously.

This year's event was a truly special one that will live long in the memory for Iain, Ken and everyone associated. In the run up to September, Iain and Ken lost a dear friend named 'Cookie' to cancer. Cookie was the photographer for Cycle 42 and will always be remembered for holding such an amazing role on the day. Our thoughts go to Iain, Ken and Cookie's family and friends.







# Sharon Fry

**In what was a wonderful day for fundraising, Sunday the 8th of September saw one of our incredible supporters round up some of her closest friends, friend's children and others from all around the county to tackle a gruelling walk to raise vital funds for Ward 9.**

Sharon, who received treatment in Ward 9 said 'If it wasn't for the amazing staff in Ward 9, I might not be here today, so I want to do something big to be able to give back. You never know when you will need to use Musgrove, so making sure we raise money so they can continue giving the best care was really important to me.'

The walk contained over 30 people from all over the county, who started their challenge in West Bexington and walked across the coast, covering 15 miles and ended in Lyme Regis. More impressively doing so through the wind, rain, and other challenges they faced. Starting at 7:30am and finishing at 5pm is quite an achievement.

We really want to thank Sharon and her amazing team. The amount of people who joined her on this remarkable day is a testament to who she is as a person. We also want to say a huge thank you to all the walkers and those who donated, with the total raised for this day finishing at over an outstanding £6,000.



# Sam Greenham

**In July, Sam booked his skydive, even after confessing he was terrified of heights! This event was incredibly special as it was in memory of his dad, on what would have been his 70th birthday, and all for the Intensive Care Unit, raising over £1,500!**

Sam said "The staff at Musgrove were all absolutely amazing at the very difficult and unexpected time while dad was there. The care that he and us all as a family received was just amazing and we all really appreciated it and are forever grateful. It is just a way I thought

of saying thank you to such an amazing cause." Having had his original date postponed due to the awful weather, Sam was ready to dive on Monday the 16th of September, completing the 1500ft sky dive and looking like he loved every single minute of it.





# AROUND THE COMMUNITY



## Welcome to RACHEL

We are delighted to welcome Rachel Szaruta to our wonderful team!

Rachel joined the team on 16th September and is our Donor Support Officer, providing support to our incredible fundraisers and the first point of call in our office.

Having already worked in the hospital, she has a great understanding of the impact fundraising can have within the NHS and is really excited to get started!

She spends her free time watching Netflix (Her favourite show is Brooklyn 99) and loves embroidery, baking cookies and spending time with her friends and family (including her adorable cat).

## GIN BUDDIES

On 3rd August, the “Gin Buddies” - Fran, Alison and Angie, took on the Ultra Challenge event South West Coast 50km Challenge for the Beacon Centre for a friend who is having treatment.



They walked from Minehead, in the shadows of the impressive Dunster Castle. The walk headed over Exmoor, with ups & downs and some magnificent views with over 1600 metres of climb.

They all completed the 50km walk in just under 12 hours! The incredible ladies said that the walk was amazing and GRUELLING in equal parts.

The ladies were helped along the way by an ice-cream stop, lolly stop, and cake and tea stop - well deserved!

A massive well done to all three of you, we hope that you use this time to rest and reflect on an amazing achievement!

**They have raised a staggering £6,832 to date!**

# TREE OF LIGHT

Think of someone special this Christmas

We have created a special bauble for your messages and memories to hang on our Christmas tree for that special someone!



The Tree of Light is returning to Musgrove Park Hospital for a fifth year. Once again, we will be inviting our supporters and the general public to write messages in memory or of recognition on our special Love Musgrove Tree of Light baubles to be hung on the Christmas Tree at Musgrove Park Hospital.

Christmas is a time of celebration and reflection, to remember loved ones and give thanks to those who have made a difference in our lives. Perhaps this is the first Christmas without a family member, or you'd like to give thanks to a friend who has gone above and beyond to support you, our Tree of Light is the perfect way to do that.

We will once again be asking supporters to make a donation as they request a bauble, and last year's Tree of Light helped us raise a brilliant £1,492, an amount that makes a real difference here at Musgrove Park Hospital.

**The Tree of Light has raised an incredible £6,724 since 2020.**

For more information or to request a bauble, either to be sent home for you to write your own message, or to have one of our team write a message for you, head to [www.lovemusgrove.org.uk/tree-of-light](http://www.lovemusgrove.org.uk/tree-of-light) or give the Fundraising Team a call on 01823 344437.

# WHAT'S COMING UP?



## Some of the projects we have funded, THANKS TO YOU

Puzzles, word searches, and colouring books for the Psychiatric Liaison Team which enable patients to engage in activity whilst in hospital and to distract patients from their negative

thoughts; improving gardens to outdoor areas across the whole county; a new reception desk and nursing station on the Children's Ward; refurbishment of parent accommodation on the Somerset Neonatal Intensive Care Unit; and funding a relatives' room on Dunkery Ward and much more!

We rely on the generosity of people to help develop and fund services across the Trust for Musgrove and all our Community Hospitals, and a large part of this comes from legacies or gifts people leave us in their Will for which we are incredibly grateful.

We have we received some incredible legacies which help to fund equipment and projects across the Trust.

Gifts in Wills can make a real difference to patients and for generations to come.

If you would like more information about leaving a gift in your Will, please contact [zoe.steer@SomersetFT.nhs.uk](mailto:zoe.steer@SomersetFT.nhs.uk)

## Gifts in Wills

# your gift for future generations



# PLEASE DONATE GIVE A GIFT TODAY

## One off gift

I am over 16 and my address details are.

Title
First Name
Last Name
Address
Postcode
Telephone
Email

If your donation is in memory of someone please tell us

Their Name
Your relationship with them

We like to keep our supporters up to date with news and ways to get involved. If you would rather not receive this information by post, please tick here.

If you would like us to contact you by email, you need to opt-in by ticking the box below. I am happy to be contacted by email

Signature
Date

You can unsubscribe or change your preferences at any time by emailing [Lovemusgrove@SomersetFT.nhs.uk](mailto:Lovemusgrove@SomersetFT.nhs.uk) or contacting us on **01823 344437**.

Love Musgrove always stores your personal details securely. For full details see our privacy policy on our website.

£10  £25  £50  £100  Other amount \_\_\_\_\_

### To the following fund/department:

The Better Everywhere Fund  The Children's Unit

The Beacon Centre  The Maternity Unit

Other £ \_\_\_\_\_

I enclose a cheque payable to Love Musgrove  
Please debit my Visa/CAF/Maestro/Mastercard  
(Circle as appropriate)

Cardholder's name
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### Card number:

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Start date:   /   Expiry date:   /

3 Digit security code:

Signature
Date

### Make a Gift Aid declaration

Boost your donation by 25p for every £1 you donate. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In Order to GiftAid your donation you must tick the box below

I want my donation of £  and any donations I make in the future, or have made in the past 4 years to Love Musgrove

Signature:  Date:

I am UK taxpayer and understand that if I pay less income Tax and/ or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I will notify Love Musgrove if I want to cancel this declaration, change my name or home address or I no longer pay sufficient income tax and/ or capital gains tax.

If you would like to make a regular gift via direct debit, please tick this box and we will send you further information on how to sign up