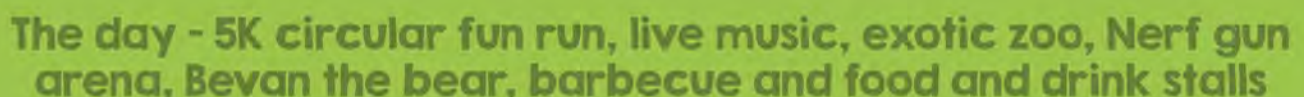


**WHERE:** Shropshire Conference Centre  
at The Royal Shrewsbury Hospital



**Live music, a Nerf gun arena, 500 runners, great food, hospital memorabilia and a fantastic storyteller – these are just some of the attractions that will greet visitors to our special Charity Fun Day to celebrate the 70th anniversary of the NHS.**

The event will be held from 11am until 5pm at the Royal Shrewsbury Hospital (RSH) on Saturday 7 July, just two days after the NHS's big birthday.

The Fun Day will follow the Fun Run that starts at 10.30am. We will have 500 runners taking part in the 5km event and everyone is invited to come along and cheer them on.

The NHS turns 70 on 5 July, making it the perfect opportunity for us to celebrate the achievements of one of the nation's most loved institutions and to thank the extraordinary NHS staff.

The Fun Day, which is being organised by The Shrewsbury and Telford Hospital NHS Trust (SaTH) will feature:

- 202 Field Hospital
- Inflatable Nerf gun arena
- Hospital memorabilia
- Food zones
- Live music

As the trust which runs the county's acute hospitals we see ourselves very much as part of the community, which is why we wanted to invite people to come here and celebrate with us.

The Fun Day will have something for everyone. As well as all the things you would expect to see there will be a focus on the NHS with memorabilia from the last 70 years.

On top of this there is the 5km Fun Run, organised by the fabulous Dolly Mixtures. All runners will receive a medal, goodie bag and a T-shirt.

The Fun Day will also see the unveiling at 1pm of a sculpture which is being created by The British Ironwork Centre, near Oswestry.

The sculpture, which will take the form of a heart, is being created using old pieces of equipment that can no longer be used or repaired such as obsolete blood pressure monitors, parts of

hospital beds, microscopes, a former anaesthetic machine, a broken dialysis machine and wheelchairs.

Another spectacle I am looking forward to seeing is our display of butterfly ornaments that we are selling to raise money for the Dementia Appeal. The butterflies will be on sale for a discounted £10 on the day and I expect them to sell out quickly – I for one will be buying a couple for my garden!

I look forward to meeting as many of you as possible at the Fun Day. I am excited for the celebrations to begin, and once you read this newsletter and find out a bit more about what we have planned, I am sure you will be equally excited.

Finally, I would like to add a huge thank you to the team at the Shropshire Conference Centre for allowing us to use their excellent facilities.

■ **Read more about each of our zones in this edition of Safest & Kindest.**



**Simon Wright, Chief Executive**

■ Find out more about the re-launched SaTH charity at the Fun Day.



Attractions you can expect to find at our Fun Day, weather permitting, include: face painting, a toddler's bouncy castle, food stalls, live music, inflatable games and even the Exotic Zoo will be making an appearance from 2pm–3pm.



# Meet Bevan the Bear

**70**  
YEARS  
OF THE NHS  
1948 - 2018

**MERRYTHOUGHT**



**SaTH has teamed up with the biggest name in traditional teddy bear manufacturing to create a special souvenir to mark the 70th anniversary of the NHS.**

Bevan the Bear is being created to help raise money for SaTH. He has been named after Aneurin Bevan, the founder of the NHS. He is being created in a limited run of 1,948 bears to reflect the year the National Health Service was formed.

Merrythought, based in Ironbridge, will also create a larger version of Bevan, which will be raffled for the

charity. Tickets will initially go on sale at SaTH's NHS 70 Charity Fun Day.

Julia Clarke, Director of Corporate Governance at SaTH, said: "Bevan is completely adorable and we are incredibly grateful to Merrythought for creating this gorgeous bear as part of our celebrations. He will make a great gift for anyone."

Sarah Holmes, Director at Merrythought, said: "Bevan is a bear that we hope people will enjoy for generations."

Bevan will go on sale for £89, with a percentage being donated to the SaTH charity. He will be available from Merrythought's Ironbridge shop and online at [www.merrythought.co.uk](http://www.merrythought.co.uk)



# 5km Fun Run

**Up to 500 people will take part in a 5km Fun Run as part of SaTH's 70th anniversary celebrations.**

The Fun Run will start from the Shropshire Conference Centre at the Royal Shrewsbury Hospital at 10.30am on 7 July—allowing entrants and their supporters to then stay behind and enjoy the Fun Day.

All finishers will be greeted by crowds and a celebratory NHS 70 medal, a T-shirt and a bumper goodie bag.

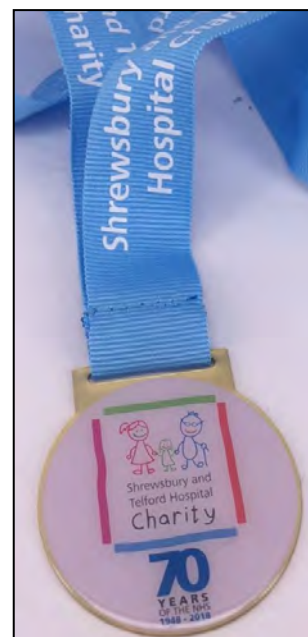
Shrewsbury Brass Band will be performing at the start/finish line during the 5km run.

■ Sign up by visiting [www.sath.nhs.uk](http://www.sath.nhs.uk)



**LEFT:** All runners taking part in the 5km fun run on Saturday 7 July will receive a commemorative T-shirt at the end of the race.

The T-Shirts have kindly been sponsored by SJ Roberts Homes.



**RIGHT:** The medal that everyone will receive at the end of the Fun Run.



**ABOVE:** The Shropshire Star newspaper has kindly agreed to include a copy of the latest Shropshire Weekly magazine plus a first edition Shropshire Star in each of the goodie bags.



**ABOVE:** Flower & White, based in Telford, are kindly putting one of their scrummy meringue bars in each of the goodie bags.

**RIGHT:** Wenlock Spring, based near Church Stretton, are kindly donating a bottle of water in each goodie bag. Pictured is Bruce Orme, Director of Wenlock Spring.

**FAR RIGHT:** The goodie bags have been sponsored by The British Ironwork Centre, while Peter Guy (right), President of the Shropshire Chamber of Commerce, has backed our appeal for local businesses to help fill the bags.





# Unveiling of sculpture

**70**  
YEARS  
OF THE NHS  
1948 - 2018

Nurses from our hospitals have been welding items of obsolete hospital equipment onto a sculpture that is being created to mark 70 years of the NHS.

The unique heart sculpture, which is being created by The British Ironwork Centre in Oswestry, will be unveiled at 1pm.

It is being created by Shropshire artist Luke Kite (**pictured below**) and on Friday 25 May a number of off-duty nurses from SaTH donned their old uniforms and helped make items to be attached to the sculpture.

Karen Breese, Clinical Specialist Nurse for Dementia, who welded a broken part of a wheelchair onto the sculpture, said: "It is looking amazing and I am thrilled to have had the chance to play my part creating it.

"I have never welded anything in my life so this was a totally new experience for me. It was great fun and I am told I did a good job. I look forward to finding the piece I did when the sculpture is unveiled to the public.

"The sculpture is being designed as a heart to reflect the nation's love of the NHS and I think everyone is going to love what the artist has produced. It is so exciting!"

When welding the items onto the sculpture the nurses were supervised by Clive Knowles, owner and Managing Director of The British Ironwork Centre.

He said: "Think NHS, think hospitals and you think nurses. They are the ones who care for us and our families when either we or someone we love is taken to hospital, so to have a few of them join us today to help create this very special sculpture is most fitting.

"We are creating something that will stand the test of time and not only reflects our love for the NHS but also the kind, caring and hard-working people who work at SaTH.

"We have done one better by getting some of those wonderful people to help produce the sculpture."

The sculpture will be unveiled at 1pm as part of the official opening of SaTH's Charity Fun Day, which will celebrate 70 years of the NHS and raise funds for the organisation's Live Well With Dementia Appeal and The Swan End of Life Care Appeal.

**The big  
unveil will  
take place  
at 1pm**



**ABOVE:** Our Dementia Nurses get a sneak preview of the heart sculpture that is being made from obsolete hospital equipment to mark 70 years of the NHS. Front, Lucy Davies (Dementia Support Worker). Back, from left, Karen Breese (SaTH's Dementia Clinical Nurse Specialist) and Sarah Brown (Dementia Support Worker).



■ Karen Breese and Sarah Brown get a lesson in shaping metal.





**They are renowned for supporting emergency crews around the world – and now they will help SaTH celebrate 70 years of the NHS.**

The Rapid Relief Team (RRT) will be firing up their barbecues in the grounds of RSH on Saturday 7 July as part of our Charity Fun Day.

And as a massive gesture, they will be donating their time and all the takings SaTH Charity's Living Well With Dementia and End of Life Care appeals as well as covering all the expenses themselves.

The RRT offers quality catering assistance to charitable and government organisations confronting major challenges, including natural disasters, heart disease, cancer research and the plight of the homeless. On 7 July, they will be dishing up bangers and gourmet burgers for visitors to the Fun Day.

Sam Blackledge, Team Leader at the Shropshire branch of RRT, said: "We are absolutely delighted to support the Trust's celebrations of the NHS's anniversary and help raise much-needed funds for SaTH's Living with Dementia and End of Life Care appeals.

"The RRT is a voluntary-run organisation for the support and compassion of local charities, so to have the opportunity to support such worthy local charities at an event that celebrates the 70th anniversary of the NHS is very exciting."

Julia Clarke, Director of Corporate Governance at SaTH, said: "We are so grateful to the RRT for their support. They are a fantastic charitable organisation and we look forward to working with them."

## What else will you find in the Foodie 40s Zone?



- Struggling to get your five-a-day, then why not visit the Box of Goodness Fruit and Veg stand?
- If you love the smell of fresh bread then head over to the Berry Fresh Bakery.

*And it's not just food you will find over here, there will also be an old midwife's bike and a former GP's car on display.*



## Points make prizes!



**Joining us at our Charity Fun Day is Shropshire sports coaching company, Crossbar Coaching, whose staff will be bringing their inflatable football Shootout!**

Youngsters, and adults, are being invited to take shots at the inflatable to score points – with the highest winning a prize.

Crossbar is well known across Shropshire for using sport as a tool to aid the development of children and young adults since 2008.

Based at the Lilleshall National Sports Centre, Crossbar runs popular holiday clubs around the county in football, multi-sports, dance camps and school holiday clubs.

## Have a blast in the Nerf Gun Arena



**Do you love Nerf but have nowhere to play? Well, now you do, because our friends at X-Strike are bringing their mobile arena to the Fun 50s Zone of our Charity Fun Day.**

For just £3, people aged six and over will be able to put their skills to the test and battle it out with friends and family. Or for £1.50, people of all ages can take part in a target shoot out.

The attractions will be run by professional X-Strike Arena Officers who live by the ethos of promoting physical activity, team work and leadership in a safe and secure environment, whilst having bags of fun. Each participant will be kitted out with a target vest, goggles and a Nerf Blaster.

X-Strike, which based in Shrewsbury, has kindly agreed to donate 20% of their profits from the day to the SaTH Charity.



# A trip through time t





# to celebrate 70 years

**70**  
YEARS  
OF THE NHS  
1948 - 2018





# Swinging 60s

From rock choirs to acoustic solo artists—the Swinging 60s zone will have music to suit all tastes.

Among those performing will be Tom Barras, who has been making headlines ever since his record-breaking 25-hour busk on the streets of Shrewsbury for the Big Busk a couple of years back.

He will be joined by the Green Moon Band, featuring BBC Radio Shropshire's own Jim Hawkins and partner Jayne Carpenter—a professional Soprano singer.

Also performing will be the collective voices of the incredible Shropshire Rock Choir and Of One Accord.

We also have the musical talents of Geoff Rogers, an incredibly popular artist on the Shropshire music scene who supports numerous good causes by giving up his time to play.

The NHS will also be represented in the form of Top Bananas, featuring Martin Evans, who until recently was head of communications at South Staffordshire and Shropshire Healthcare NHS Foundation Trust. And our own Consultant Radiologist—and talented jazz singer—Sarah Howdle will also be performing!

We'll also be joined by youngsters from musical theatre collective Get Your Wigle On, who will be bringing us show tunes you're bound to know and love.

And if that isn't enough, we have the Shrewsbury Brass Band playing at the start of the Fun Run.



■ Tom Barras

**11am**

**Shropshire  
Rock Choir**

**1.30pm**

**Of One  
Accord**

**3.45pm**

**Geoff  
Rogers**

**11.45am**

**Green  
Moon Band**

**2.15pm**

**Top  
Bananas**

**4.30pm**

**Sarah  
Howdle**

**12.30pm**

**Tom  
Barras**

**3pm**

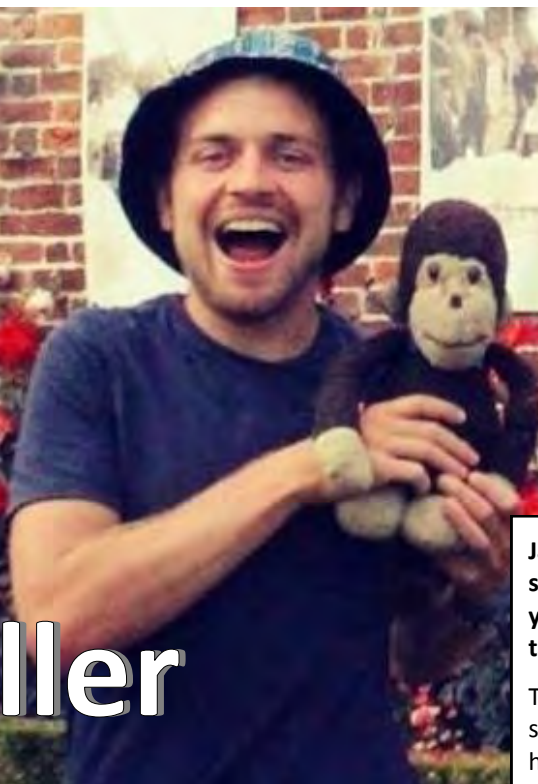
**Get Your  
Wigle On**

**Starting the Fun Run**

**Shrewsbury  
Brass Band**



## Jake Evans Storyteller



**Jake Evans is an award winning storyteller who has audiences young and old enthralled with his tall tales.**

Throughout his childhood Jake had stories told to him by his parents, helping fuel a rich imagination.

At the age of 15 he entered the 'National Young Storyteller of the Year' competition, encouraged by the wonderful Mythstories Museum and won the U18 category with his first public performance.

However it wasn't until a couple of years later that the immense value of storytelling truly became apparent to Jake. He was lucky enough to visit Kenya twice as part of a school exchange programme and there he had the chance to perform in front of hundreds of Kenyan school children. These two trips highlighted how different cultures can mix and learn from each other through stories and inspired him to pursue storytelling as a career.

Since then, Jake has established himself as a professional storyteller based in Shrewsbury and was awarded the 'National Young Storyteller of the Year' U25 title in 2014.

He has now worked and performed across the country and abroad in schools, museums, libraries, festivals, and at many other weird and wonderful events and venues.

## Visit the Emergency Poet

**The Emergency Poet was conceived by poet and writer Deborah Alma as a fun way of bringing poetry to people.**

Deborah, who is assisted by creative partner and poet James Sheard, will be bringing her Emergency Poet Ambulance and the attached awning into the Sensational 70s zone of the Fun Day to have fun with poetry.

Deborah is an experienced workshop facilitator and has delivered a range of poetry and creative writing workshops. She also uses her poetry to help communicate with people living with dementia.



## Learn about the People's Academy



**Do you want to know more about the NHS, and how it works in our area? The People's Academy might be just what you've been looking for!**

The Academy induction is four sessions, run over four weeks and includes presentations, behind the scenes visits, demonstrations, activities and opportunities to ask questions of senior Trust staff. Enrolment in the Academy is completely free, and you will be given information about how to continue your involvement with the Trust if you choose to.



# Exercise 80s



## Toddler's Bouncy Castle

There will be something for all ages at the Charity Fun Day and for the little ones we will have a toddler's bouncy castle, courtesy of Shropshire Inflatable Hire.

The family run business are bringing their 12x15 foot bouncy castle so youngsters can have oodles of fun bouncing while parents take time out from the activities on offer in our other fabulous zones.



## Face painting

The Polish Centre in Shrewsbury will set up next to the bouncy castle so children can get their faces painted for the day.

Kaya, from the Centre, is a talented face painter and has kindly agreed to donate a percentage of the money she charges for face painting back to the SaTH Charity.

■ Shrewsbury Town in The Community are also planning to feature in the 80s Zone.



## Get pedalling to make a Smoothie

Make your own refreshing drink by taking a ride on the Smoothie Bike, courtesy of Wheels2Work.

## Get active and have fun with Zenith Fitness



Mark Davies is the owner of Zenith Fit and the creator of the Zenith Fit for Life Personal Training Programme. He has over 10 years in the sporting and nutrition industry.

On Saturday 7 July you will find him in the Exercise 80s Zone running a fun classes to get your heart pumping and your feet moving (11.15am and 12noon)

He will also be on site to talk about his tailored personal training programs that can help you create the transformation of a lifetime. Whatever your goal, Zenith Fit will create a programme for you.



## Little Rascals

Soft play specialists Little Rascals are sending their mascots to the Fun Day to meet the children and join in the fun. They are also including a free play card in every 5K Fun Run goodie bag.

Little Rascals is an indoor soft play centre for children located in Shrewsbury. It provides a safe, secure and stimulating play environment.

They pride themselves on their entertaining, fun filled parties, where you can relax and watch the kids play. The mascots promise to bring the same values to the SaTH Fun Day on July 7 so the youngster can celebrate 70 years of the NHS with some of their favourite characters.



## Butterfly Appeal to raise funds to support patients living with dementia



**We will be selling these beautiful butterflies in the Nature's 90s zone to help us raise funds for SaTH Charity's Dementia Appeal.**

The custom-made, handcrafted steel butterflies were officially launched at the start of Dementia Action Week (21-27 May).

Each one measures 20cm in diameter and 42cm in length, and have been made by the Oswestry-based British Ironwork Centre.

1,000 of the butterflies will go on display for the first time at the Fun Day and will be for sale at a special rate of £10 each.

All of the profit raised from the sale of the butterflies - which will normally cost £12 - will go to the SaTH Charity's Dementia Appeal to assist our hospitals

with the creation of dementia-friendly spaces and to buy equipment and resources that will help to reduce confusion, anxiety and distress for patients who have dementia.

Karen Breese, Clinical Nurse Specialist for Dementia at SaTH, said: "Each individual butterfly has been handmade by the talented team at the British Ironwork Centre and will provide a fitting memento to help us provide improved care and support for patients living with dementia.

"With 800,000 people living with dementia in the UK it is likely everyone knows someone who will benefit from this campaign.

"Anyone is welcome to purchase a butterfly, and the improvements we make today will go a long way to helping you and your loved ones in the future."

The butterfly is the official symbol of the Butterfly Scheme; an initiative founded by Barbara Hodgkinson to help hospitals provide a system of hospital care for people living with dementia or who simply find that their memory isn't as reliable as it used to be.

Barbara, who is fully supportive of SaTH's Butterfly Appeal, said: "The Butterfly Scheme reaches out to people living with dementia and anyone needing memory support. We are delighted to support this fabulous campaign and I look forward to joining Team SaTH at the official launch on 7 July."

The SaTH Butterflies, priced £12 each, will be available to buy from SaTH's catering outlets at RSH and PRH as of Monday 9 July. Visitors to SaTH's Charity Fun Day on Saturday 7 July can purchase them at a discounted price of £10 each.



**A host of local charities will be showcasing their incredible work in our Millennium zone.**

The fantastic work of the League of Friends of the Royal Shrewsbury Hospital will be showcased during the day.

Amongst their many generous donations, the League of Friends helped to raise a staggering £1m to enable SaTH to buy a new MRI scanner, which was unveiled recently.

The League of Friends cares and provides support for patients at the RSH – and has since 1966. They support the work of the hospital in so many ways and are always there for patients, relatives and staff.

The 150 or so volunteers in four shops offer a smile and a cup of tea when needed, along with other refreshments. All profits from the shops and every penny from donations, legacies and enjoyable fundraising events are used to buy equipment for the RSH. Over the last two years in the region of £1.5m has been spent on much needed equipment to improve patient care.

The Harry Johnson Trust, which offers help and support to children and teenagers who



■ The League of Friends of The Royal Shrewsbury Hospital recently raised £1m for a new MRI scanner.

receive care from the Oncology team at the Princess Royal Hospital, will be there. The Trust was set up in 2014 by Sally and Stephen Johnson in memory of their seven-year-old son Harry, who died following a nine-month fight with Double Hit Non-Hodgkins Lymphoma. The Trust does wonderful work to provide children and teenagers with whatever they need to make things just a bit easier for them during their treatment.

Also in the zone is Lingen Davies, which will be offering insightful tours of its centre at the Royal Shrewsbury Hospital during the Fun Day.



■ Book yourself onto a tour of the Lingen Davies Centre, where you can see the new state-of-the-art Linear Accelerator (Linac) by emailing [members@sath.nhs.uk](mailto:members@sath.nhs.uk)

The behind-the-scenes tours, where you can see the new linear accelerator, will run from 11.30am until 3pm. To book a place contact Charlotte Bourne via email [members@sath.nhs.uk](mailto:members@sath.nhs.uk)

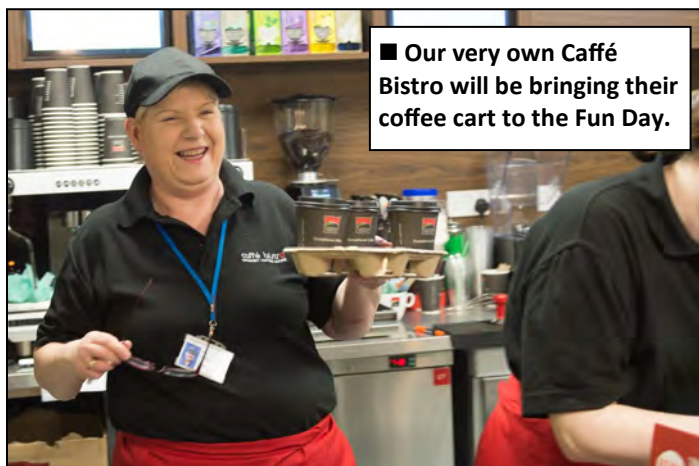
Lingen Davies will be marking its ruby anniversary next year – so visit the stand to see how they plan to celebrate what will be a momentous year.

The Severn Hospice, which gives specialist care and support free of charge to families across Shropshire and

Mid Wales who are living with an incurable illness, will have a stand in the zone. Since 1989, the Hospice has helped more than 27,000 patients and their loved ones.

Visitors in the Millennium zone will also be able to grab something to eat and drink.

Serving up in the zone will be Mr Tee's ice cream van, Baked for You Cakes, our very own Caffé Bistro coffee cart, as well as Theo's Wrap Cart and Darwins.



■ Our very own Caffé Bistro will be bringing their coffee cart to the Fun Day.





## 202 Field Hospital

**Reservists from 202 Field Hospital will hold interactive first aid demonstrations as well as showcasing current army rations and nutrition for soldiers on exercise and deployment.**

They will also highlight the shared learning and working practices that they have with NHS colleagues and will be demonstrating the capabilities of their deployed medical treatment facilities.

As many of their Reservists are proudly employed across both organisations, they are keen to demonstrate the strong links they have with their local NHS and civilian communities.

■ Find out more at the Fun Day.

## 100K Genomes Project

**A Shropshire pensioner recently became the 100<sup>th</sup> patient at SaTH to have his genetic code mapped to help launch a scientific revolution in the fight against cancer and rare diseases.**

Research Scientists from SaTH are working with The West Midlands Genomic Medicine Centre as part of NHS England's pioneering 100,000 Genomes Project.

The project is expected to improve the prediction and prevention of cancer and rare conditions, enable new diagnostic tests and allow treatments to be personalised.

■ Find out more at the Fun Day.



## Fertility Services

**Such is the success of our Fertility Centre – one of the top IVF clinics in the UK – it has outgrown its current home at the Royal Shrewsbury Hospital.**

Very soon the Centre will be operating from Severn Fields Health Village in Sundorne, north Shrewsbury. It will mean better facilities for patients and the multi-professional fertility team.

■ Find out more at the Fun Day.



## VMI partnership

**In September 2015, SaTH embarked on an exciting programme of work in partnership with the Virginia Mason Institute (VMI) in Seattle, with the aim of becoming the Safest and Kindest in the NHS.**

Almost three years on and we have trained over 2,620 staff and we have over 700 staff in co-production every week. The work has saved over 3,770 miles a year of clinical staff walking, which equates to approximately 944 hours of time released back for patient care each year, alongside 57,000 safer patient journeys. ■ Find out more at the Fun Day.



As well as all of our wonderful outdoor attractions we will also be using the Shropshire Conference Centre as an area for you to learn more about the NHS over the past 70 years.

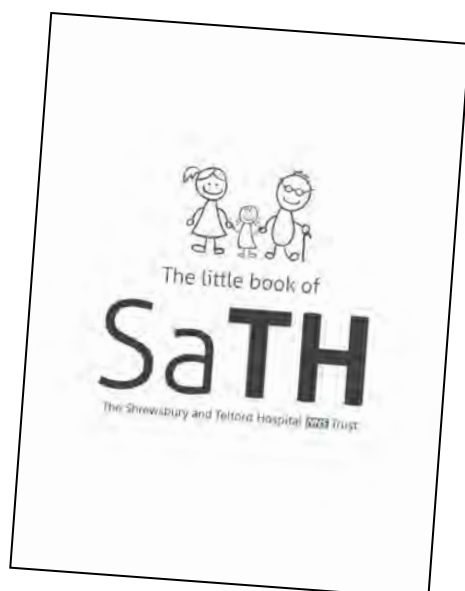
The lobby of the conference centre will contain a large display of old photographs, memorabilia, interactive games and interesting facts of the NHS in Shropshire since it was formed in 1948.

And for those who love a bit of nostalgia, we have dived deep into our archives to find all sorts of amazing snippets about our hospitals, and the people that have worked at them, dating all the way back to 1748.

We have also created our 'Little Book of SaTH' which will allow you to take a small piece of history home with you.

The huge timeline will form the centrepiece of our Indoor Arena at the Fun Day.

The Indoor Arena will also be the venue for our tombola draw.



■ 'The Little Book of SaTH' has been created for you to take home to learn more about some of the big events that have shaped healthcare in this area.



■ Our NHS 70 Charity Fun Day will be centred around the Shropshire Conference Centre at the Royal Shrewsbury Hospital, which will play host to our Indoor Arena.





■ There will be lots of interesting memorabilia on show in our Indoor Arena, such as this photograph of the last patient to leave the Royal Salop Infirmary on November 20 1977.


## Get your Safest & Kindest newsletter delivered to you


Support your local hospitals by becoming a member of The Shrewsbury and Telford Hospital NHS Trust

Sign up online at [www.sath.nhs.uk/patients-visitors/become-a-member](http://www.sath.nhs.uk/patients-visitors/become-a-member) and you will receive this newsletter for free via email. Alternately contact the Membership Office using the details below

 To give feedback about this newsletter please contact the Membership Office (see contact details below). Please also contact us if a relative, friend or neighbour would like to become a member.

 If you would like to receive your copy of Safest and Kindest by email please contact the Membership Office on 01743 261473 or by email to [members@sath.nhs.uk](mailto:members@sath.nhs.uk)

 **Are your contact details up to date?** If your contact details have changed please contact the Membership Office. Please have your previous details (name, address and post code) and Membership Number to hand.

 The Shrewsbury  
and Telford  
Hospital NHS Trust



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