

# Get Involved and Make a Difference

Become a Community Member  
Support our Charity  
Volunteer



INVOLVEMENT



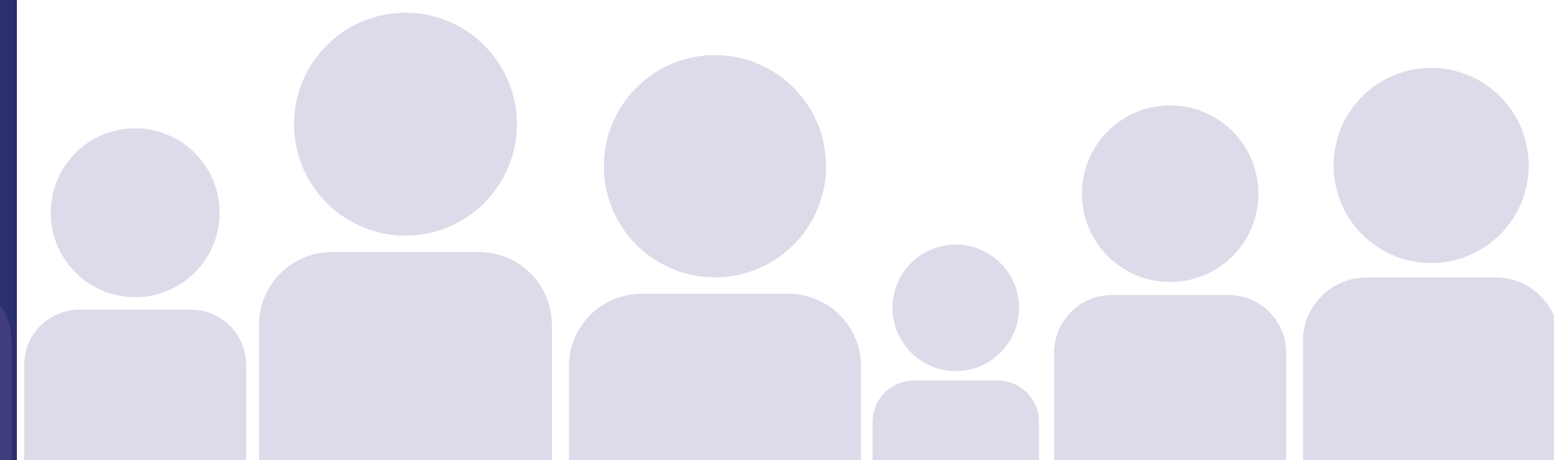
# Get Involved and help change lives in your area

At the Shrewsbury and Telford Hospital NHS Trust there are lots of ways you can Get Involved and it's easy to do. We think you'll really enjoy supporting us, and everything you do directly helps your local community.

Join as a Community Member to be kept up-to-date about what is going on in your local hospitals, or have a say about hospital services. Become a fundraiser for our charity, or volunteer your time. Read on to find out how to Get Involved.

## Become a Community Member

We are delighted to have over 3,000 Community Members who regularly receive updates and information about all upcoming events and meetings.



## Community Members will...

- Receive regular updates via email newsletter
- Receive invitations to Health Lectures and Community Engagement meetings
- Be given the opportunity to feedback on your local hospital services and share your experiences
- Be able to take part in focus groups, workshops and special interest groups about the health issues that matter to you
- Take part in helping us shape the future development of our services

**Join now as a member:**

**[www.sath.nhs.uk/getinvolved](http://www.sath.nhs.uk/getinvolved)**

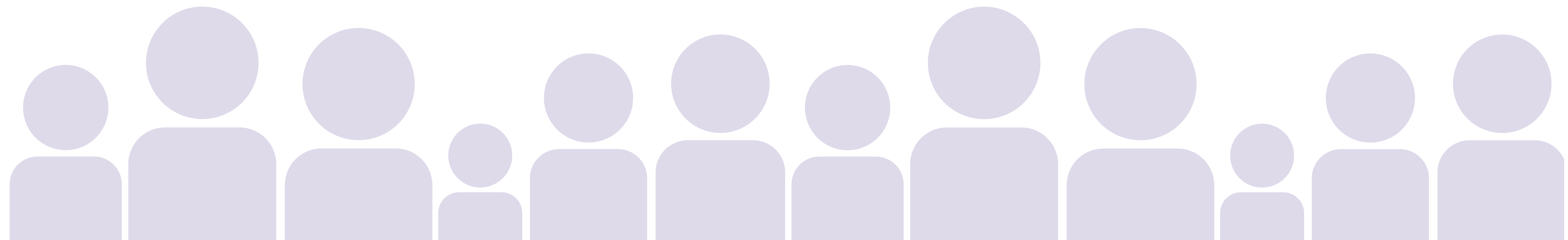
## Join our People's Academy

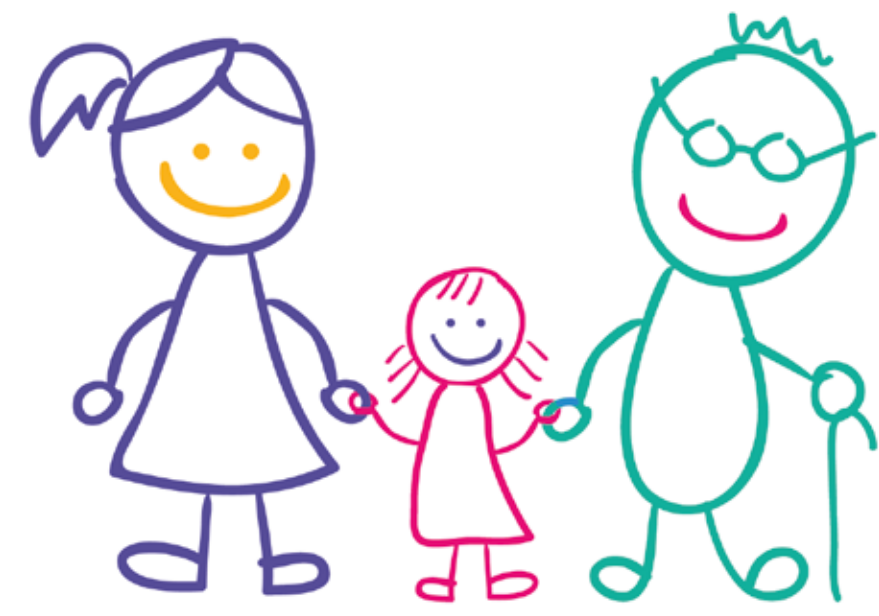
Our award winning People's Academy gives you the opportunity find out more about our Hospitals and how the NHS works in our area.

People's Academy sessions cover a wide range of subjects and include presentations, demonstrations, activities and opportunities to speak to senior Trust staff.

"I really enjoyed the opportunity to see behind the scenes and see areas of the hospital not visible to patients' - Lynn P

Everyone completing our People's Academy receives a certificate and a badge.





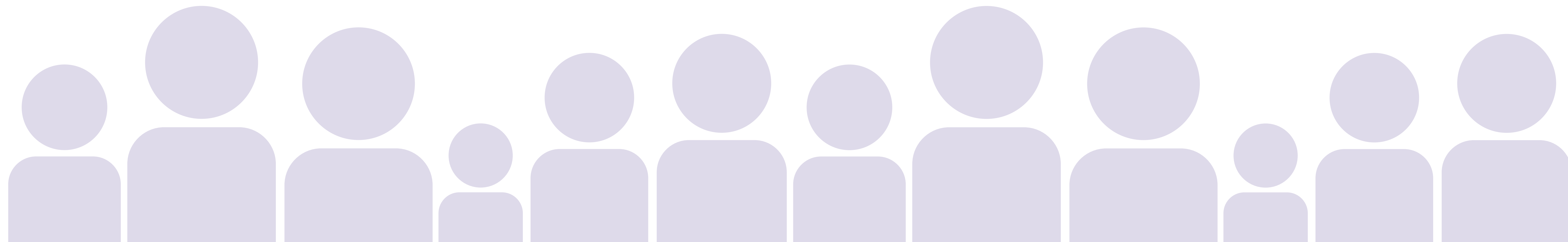
Shrewsbury and  
Telford Hospital  
**Charity**

## SaTH Charity

SaTH Charity supports the different departments and wards of The Royal Shrewsbury Hospital and The Princess Royal Hospital, helping to provide the best medical equipment, research and facilities for our patients and staff.

## Support Us

Your support helps transform care across our hospitals. Visit [www.sath.nhs.uk/charity](http://www.sath.nhs.uk/charity) to donate, share fundraising ideas or just learn more – fundraising can be fun!



## Your fundraising and donations could go towards:

**£10** An End of Life Care Box for relatives, or carers, at a difficult time

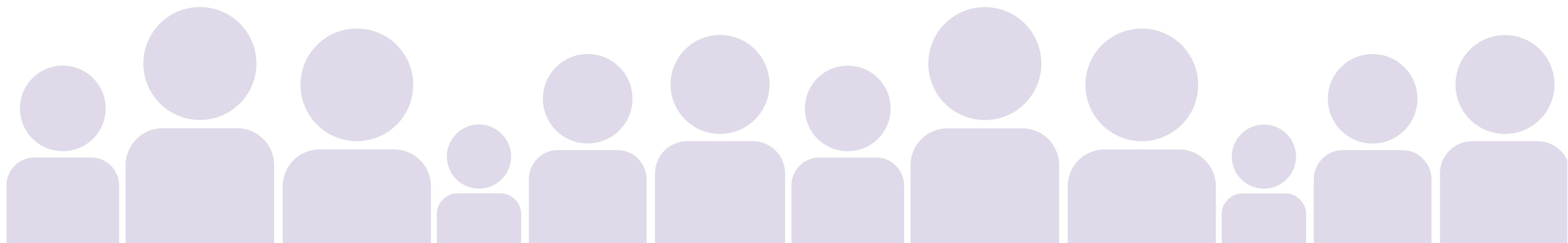
**£50** A therapy session for a member of staff

**£100** A dementia clock to help patients experiencing confusion

**£250** A TV for a ward area, or for patients who are in a side room on their own

**£1000** A fold down bed for a loved one to stay overnight

**£2500** An interactive sensory trolley for children with learning difficulties



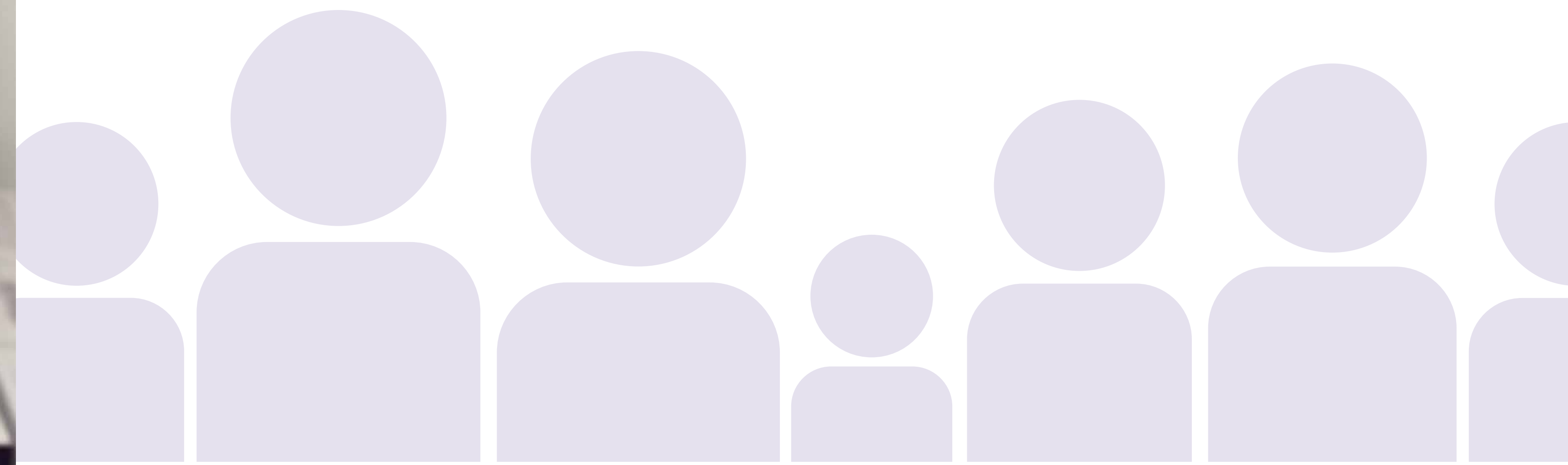


## Why Volunteering is Great

Volunteering is fun and rewarding. It allows you to meet new people, and make new friends- it can even keep you active, mentally and physically!

Many people also volunteer to gain experience in a hospital setting, learning and sharing skills, and it's a great addition to CV's. Other people volunteer as they care and want to give something back to their community.

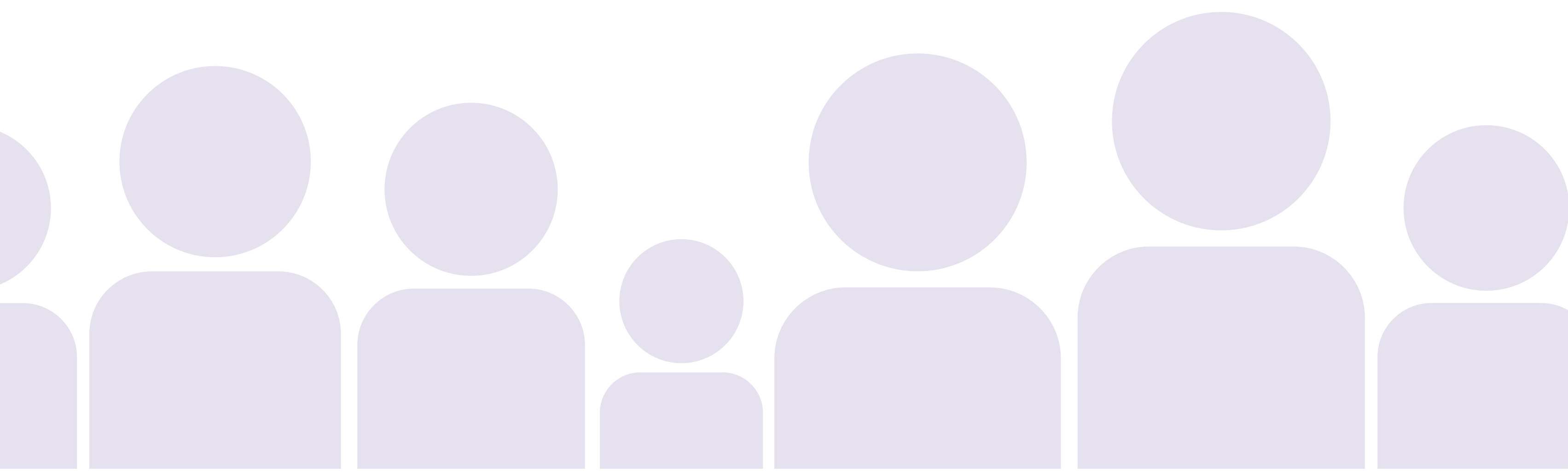
Whatever your reason, our team would love to hear from you.



## Can you Volunteer?

Our volunteers come from a diverse range of backgrounds, bringing different skills, outlooks and knowledge, which support better patient experience.

Volunteers are vital and valued members of team SaTH and play an important role within our hospitals. We have volunteer roles available on most of our wards and clinical areas as well as our outpatient and administrative departments.



You can volunteer from age 16 onwards.

Find out more about the different programmes on our website [www.sath.nhs.uk/volunteers](http://www.sath.nhs.uk/volunteers) or get in touch with the team via the contact details on the back page.





## Contact

If you are interested in getting involved in any of these activities please contact us on:

email: [sath.engagement@nhs.net](mailto:sath.engagement@nhs.net)

[sath.charity@nhs.net](mailto:sath.charity@nhs.net)

[sath.volunteers@nhs.net](mailto:sath.volunteers@nhs.net)

telephone: 01743 261000

[www.sath.nhs.uk/getinvolved](http://www.sath.nhs.uk/getinvolved)

