



The Heart of our Community

NEWSLETTER

Autumn 2020

The League of Friends of Teddington Memorial Hospital

A Word from our Team

The League of Friends continues to support our much loved hospital in any way that we can during this difficult time, and our local community has continued to show the League tremendous support.

A big thank you!

We are hoping to be back to all our usual events next year, once things settle down and we are back to some normality.

But in the meantime, here are a few of our recent activities and projects which we hope you will find interesting.

Thank You to our Community for supporting our Meals Project

The League of Friends would like to say a huge thank you to our local community for supporting us and the funding of our recent project to provide quality meals to NHS teams at Teddington Memorial Hospital and Whitton Corner Health Clinic.

The League were particularly pleased to be able to fund and provide **5,619** meals for NHS staff over nine weeks, this at a crucial time when the teams were working so hard to care for patients.

We were also pleased to help, at a time of difficulty and uncertainty, our local businesses in Teddington, [Ruba Restaurant](#), [Sidra Restaurant](#) and [The Abercorn Arms](#), who provided the food.

As part of this project, The League also delivered VE Day afternoon teas to staff at Teddington Memorial Hospital, provided by [Café Verde](#) in Teddington.

All the health teams were delighted to receive the high quality, well prepared meals and afternoon teas, and this support really gave them a great boost and shows just how much our community cares.

The total cost of the project was £28,095.

We are also thrilled to have received support from local groups and businesses including [TW Magazine](#), who published an article about our recent activities. Waitrose Little Store, Hampton, who donated goody bags for our nursing staff; the Tesco Store, Teddington, who provided well-deserved snacks and treats for the night staff; and the [Hampton Society](#) Members who donated two lots of washing powder, pods and liquid for the nursing teams to wash their scrubs—as you can imagine

they have been getting through quite a lot! Such support really makes a difference to the nursing staff and we are privileged and grateful to have such a caring community.

Local Photographer Rebekah Kennington raises £1,165 to support The League of Friends

Local resident and photographer Rebekah Kennington came up with the wonderful idea to take pictures during this pandemic, so that she could provide local families with a positive memory from lockdown whilst raising money for The League of Friends of Teddington Memorial Hospital.

Rebekah said “I had a fantastic response from locals, who loved that they got photos of their families at such a unique moment in time, while donating with all of the money going to the charity. I called the project ‘Doorstep Smile 4 NHS’ to reflect the positive nature of the photos, the fact they were taken in a socially-distanced way, and that the donations benefited the local NHS Teddington Memorial Hospital”.

Rebekah raised an amazing £1,165 in total and was delighted to be able to use her professional skills as a photographer to help The League of Friends in this way. Many thanks to Rebekah and our local community for all your support.

To view Rebekah’s photographic work visit: www.rebekahphotographer.com





Munira Wilson Helping to Promote The League

Munira Wilson, Liberal Democrat MP for Twickenham, has been helping to promote the League's current work supporting the local NHS teams during the pandemic.

Here is Munira's message to our members and supporters:

"I wanted to say a huge thank you to all League members and volunteers for the immense generosity you have shown to our amazing frontline workers during this incredibly challenging period. I know the meal deliveries, PPE donations and home-made headbands to make staff more comfortable have been very gratefully received.



It's been wonderful to see our local community pull together in this phenomenal way. Thank you so much."

"I hope you are all keeping safe and well.

"Regards, Munira"

"The love and thoughtfulness that you have shown through the support you have provided, mean a lot to hard-pressed health and care staff who I know are absolutely exhausted.

Thank you to Munira for all her support and help with promoting The League of Friends within the local community and for spreading the word about our current funding activities at the hospital. It is greatly appreciated.

Supporter's Cake and Dal Sale Raises £150

We were thrilled to receive a donation of £150, from a Cupcake and Dal Sale organised by Nisha Cunnane and her family, Eoin, Ariya and Saoirse, and neighbours Dave, Lizzy, Toby and Rupert.

Nisha said, "It was a great success and we raised £150 for the hospital. It was a real community effort with our road, East Road in Kingston, and the roads around really supporting us".



This was a great example of how our community is pulling together in support of our hard working and dedicated nursing teams.



Thank you to Nisha and her family, her neighbours and all those who supported the League by buying cakes and dal at the sale.

We really value our community's support.

Our Volunteers Support the Nursing Teams at TMH

Hounslow and Richmond Community Healthcare NHS Trust asked us if our volunteers could make headbands for the staff, as they have been getting sore ears from the elastic on their face masks!

We appealed to our team and were thrilled with the response received. Our volunteers and their friends and families have now produced over **500** headbands for the nursing team. Not only these, but also 70-80 protective visors and several scrubs bags as well.



The nursing teams are working really hard, and such support really makes a difference. The personal cards of thanks and the knitted nurse were so thoughtful too and very much appreciated.

A huge thank you to all of the nursing teams for their hard work and dedication in caring for our community and to all of our volunteers and supporters for truly caring.

If you would like to get involved and support The League of Friends or find out more details about our work and current projects, please visit: www.friends-tmh.co.uk or contact: info@friends-tmh.co.uk. Alternatively call us on 020 8714 4074.

Or if you would like to make a donation please visit: www.justgiving.com/campaign/TMHheroes