

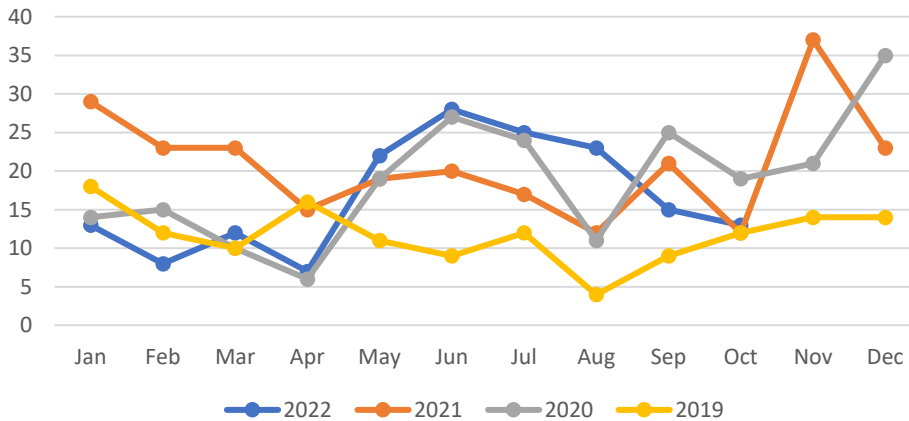


Oxford Health Charity Project Updates and Impact Reporting

November 2022

Charity Funding Requests

Number of Charity Funding Requests received by month



Mean average number of charity funding requests received by month per year

2019	2020	2021	2022
11.75	18.83	20.9	16.60

Volume of request has levelled out over this autumn. The number of requests to support staff wellbeing has declined due to the Gratitude Week funding the Trust launched in October.

Feedback on the charity funding process since the last meeting:



Overall rating **5** out of **5** stars!!
1 star = poor 5 stars = Excellent

Applying was straight forward - staff were helpful and quick to respond to our request.

Thank you for funding this activity, it made a big difference to the day and staff were grateful for the opportunity.

We have found the staff extremely supportive and we are so very grateful for the support they have given us

the charity was very helpful, and we are grateful they granted our request

Really positive, Michelle is fantastic and despite delays with the financial system at present she has continued to keep us updated. Thank you!

Charity Funding Requests – Q2

55 Approved Requests

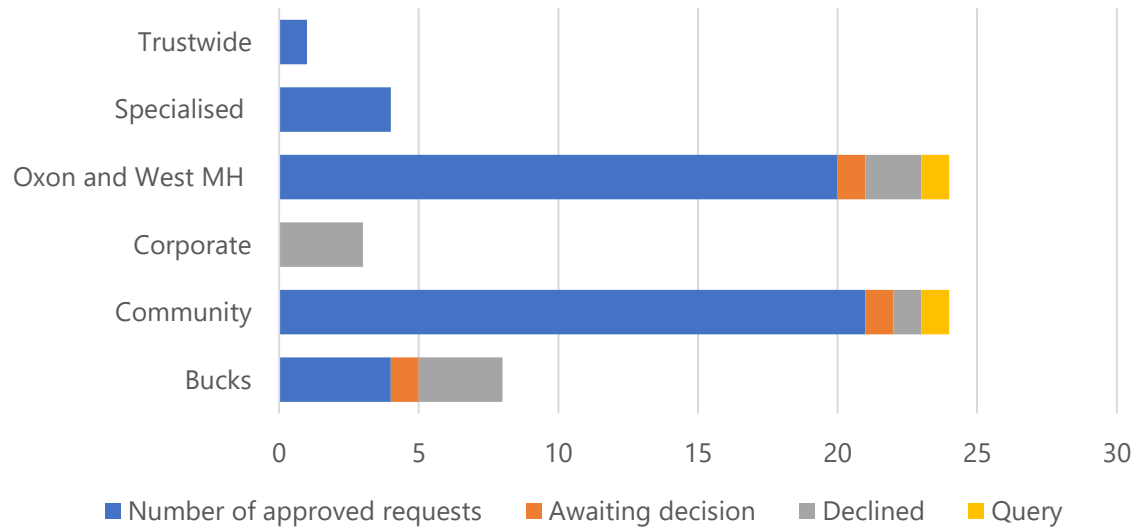
2 Awaiting further info

7 Declined

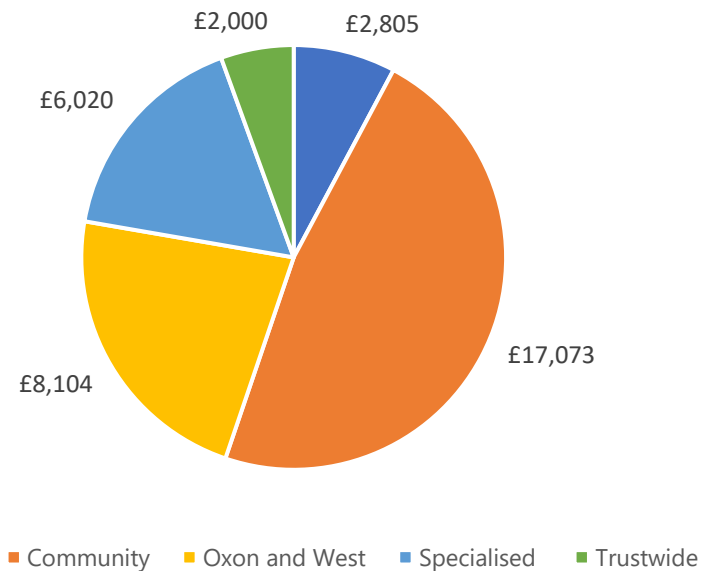
Reasons for decline include:

- Staff wellbeing requests without exploring the Trust's Gratitude Week offer
- Support for individuals ongoing training costs (due to cost of living)
- Standard equipment that the Trust should be funding

Q2 number of funding requests received and outcome by Directorate



Amount of approved charity funds by directorate in Q2



Recent projects and impact

£120

Memorial picture for the office of a member of staff who passed away suddenly and unexpectedly



A bespoke embroidered piece of art created depicting some of the staff members favourite things. "When the team members see it they are reminded of our colleague Helga. This is important in the day-to-day business of our work. The picture often prompts comments, memories and discussions about Helga, mostly brief and in passing but nonetheless important for us all to feel she is not forgotten.

Without charity funding... "it would have been a struggle to purchase this picture, it may not have been purchased at all and this opportunity to remember would have been lost.



Families in the Wild project with Wiltshire Wildlife Trust:

£800



A multifamily ecotherapy intervention where the young people from Marlborough House in Swindon, and their families were able to spend time focusing on family cohesiveness, fun and relaxation, managing their own risk, eating together etc.

The activities were family-based but also allowed families to interact with each other during breaks. This is outside what we would normally offer to our inpatients as part of our daily therapy programme.

The families said it brought them together in a structured way which they hadn't done for some time. It improved family cohesiveness and relationships. Staff experienced a positive impact on their therapeutic relationship with them. They also observed an impact on the young people's emotional regulation.

Families and young people felt more comfortable with staff, staff became more approachable. Families were to see the benefits of spending time in nature together and many said they would continue to do this.

"it was lovely to be relaxed as a family, it felt like a longtime since that had happened" (Mother)

"Was good to spend time together not focusing on the illness". (Young person aged 17)



Without charity funding... *"I'm not sure if it would be able to happen. During the holidays the young people would not have a such a positive experience and the opportunity to spend a long period of time with their family in an outdoor environment"*

£10,950

Children's waiting and treatment areas at Abingdon Minor

Injuries Unit:

"During the COVID 19 pandemic we had to significantly strip our children's waiting area and during this time it became very obvious that it was very tired and dated. We put in a bid for funding to create a new safe, fun and interactive environment."

The charity funded a large bespoke mural that cover the walls with items specific to Abingdon and the local area. The theme then runs throughout the waiting area and into the treatment room. The charity also funded new wall mounted toys for the children's waiting area, as well as new safer flooring.

"This project has allowed staff to use the murals during their consultations to assess cognitive ability. The children's waiting area has also created a calming and inviting environment which puts patients at ease before they have even walked through the door and then carries on into the children's bay creating a story."

"Children have been completely blown away and have been very reluctant to come into the (treatment) unit as they have been having so much fun in the waiting area!
We have also had lots of lovely compliments surrounding the diversity depicted in the mural as well as spotting lots of local landmarks!

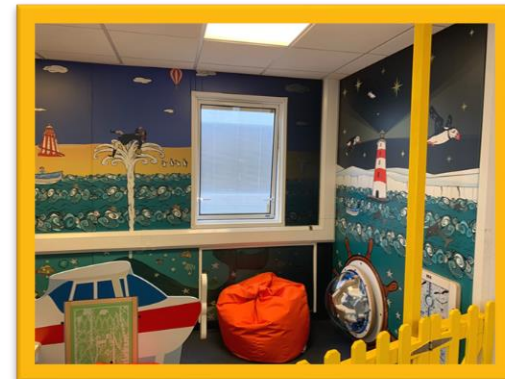


Without charity funding... "We would not have been able to fund this project. The children's waiting area would continue to be drab and dated."

BEFORE:



AFTER:



We like to ensure the charity is featured too!

£5k + projects in progress – Highfield Garden

£88k



The Highfield Garden project (funded through the NHS CT Stage 3 Grant) has had a long lead time to ensure all the project elements were appropriate and worked for the space.

The MUGA – a multi use sports suitable floor covering – was finally able to be installed at the site in October and has transformed the space from a mud/grass patch to the smart sports area shown below. This space was requested by the young people at the unit and will provide a year round space for outside sports, activities and wellbeing.

The unit are very happy with the space so far and are looking forward to the next steps to finalise the project.



Next Steps ...

Outdoor Furniture from RAW to arrive on site and be placed with appropriate anchors
Pathway work to start (potential further funding required for longer footpath)

£5k + projects in progress – Saffron House Green Spaces

£19k



The Saffron House Green Spaces work was initiated in Spring 2022 and the bulk of work to install planters, create artwork and biodiversity welcoming areas and tidy walkways was undertaken over a week by Chiltern Rangers, Article 12 (the Bucks CAMHS engagement group), volunteers from the local area and Saffron House staff.

A return visit in late summer and October 2022 have enabled further planting and maintenance tasks to be carried out – with local volunteers and staff encouraged to be part of the days on each occasion.

The main project is now complete and has created a beautiful space for patients, carers and staff to enjoy throughout the year.



Next Steps ...

Twice annual maintenance visits from Cotswold House are now underway with local volunteers, staff and students able to be involved in Spring and Autumn each year

£5k + projects in progress – Make Your Rest Area Shine

£5.5k

Make Your Rest Area Shine was created to support staff following feedback on low morale and a lack of positive rest areas for staff to take a break.



The 'shopping list' of items that teams could request was devised with feedback from Health and Wellbeing Champions, team members and staff from locations across the Trust. It included larger items like beanbags, cushions and art as well as things like glasses, trays, cutlery and treats – all aimed at making rest areas more welcoming and useful for staff. Over 60 teams requested support at varying levels and packs were sent out to them over the summer period. The last packs were sent out in early October 2022 and the final pieces of artwork are being installed.



Feedback has been very positive with teams really happy with the simple ability to have a glass to drink from or a tea spoon to stir their tea and coffee!

Next Steps ...

The Trust launched funding for staff/team wellbeing activities and the circulation of hampers for teams as part of Gratitude Week 2022.

£5k + projects in progress

- **Digital Poverty in Community Services – with Age UK Oxfordshire (£17,200) and Digital Poverty in Mental Health Services – with Age UK Buckinghamshire (£20,000)** – Richard Porteous
 - Due to attend February 2023 meeting for final report on these projects
- **Stay Safe booklets (£5,000)** – Karen Lascelles
 - Final costs for this project are likely to be reduced – awaiting final confirmation from Karen and impact report
- **Lucy’s Room (£90k)** – Mark Waring
 - Request for release of funding for the room at November 2022 meeting
 - New artwork to use for fundraising and promotion in place
- **Wenric Gym (£5.3k)** – Thomas Smith
 - Purchase of items being reviewed with procurement and local patient group to ensure final purchases meet need and requirements



Upcoming Projects ...

- Sensory Room, Marlborough House, Swindon (£10-20k)– Libby Pannett-Smith
- Saffron House Arts (£15k) – Tom Cox
- Marlborough House, MK Garden (£35k) – Joanna Brooker
- Wallingford End of Life Unit and Sensory Garden – with Wallingford League of Friends (£100k+) – Andy Armsby
- Pergola, Cotswold House, Marlborough (£8.5k) – Vicky Bradley
- Glyme Ward Garden (TBC)

Fundraising

Oxford Half Marathon

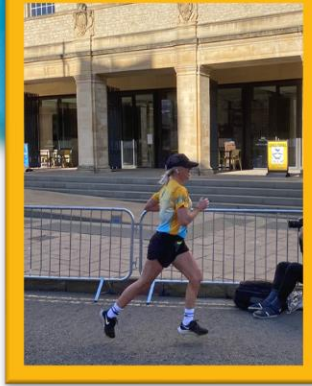
Sunday 16 October saw the annual Oxford Half marathon take place, with 21 runners supporting our charity (our largest amount yet!)

Julie and I met with some of our runners at the race village pre-race. It was fantastic to meet staff members, previous patients and members of the public in their OHC running tops and a mixture of nerves and excitement. After a quick photo opportunity we cheered them on at the start line, and again just as they finished.

Read the story in full: [Congratulations to our Oxford Half Charity Champions! | Oxford Health Charity](#)

Total Raised = £6,200+
For a variety of appeals and funds





"...the crowds were fantastic and thoroughly enjoyed the race and raising funds for the charity certainly spurred me on. Training hadn't gone to plan due to the heat and illness but I was determined to get round. One highlight was seeing a man at the 10k mark running with no shoes on! OUCH, that must have hurt by the end! Another was speaking to the other Oxford Health Charity runners and at the 15k mark I tapped one on the back and started talking to him and it was our very own Dr Broughton!...I would definitely support the charity again but I might take a bit of time off...."

"Fantastic day – great to meet the other runners supporting the Oxford Health Charity and lovely support from the charity team! It's a brilliant event...running through the streets of Oxford cheered on by the crowds. I'm so pleased to have had the chance to support OHC – looking forward to doing it again in 2023!"



Our first Oxford Health Charity London Marathon runner!

Vicki only started running in 2019 and admits that when she first started she couldn't run for more than 30 seconds. Fast forward three years and she's accomplished the 26.2 mile London Marathon and fundraised to say thank you to Cotswold House Eating Disorder Unit in Marlborough, who cared for Vicki for a number of years.

Their support, advice and healthcare was invaluable to my recovery and I'm also grateful... Recovering from an eating disorder was one of the hardest things I've gone through....

After completing the marathon in just over 6.5 hours Vicki told us

It was absolutely amazing! Hard work and sore by the end but the whole atmosphere was incredible and it was such a privilege to be able to run and especially for a cause so close for my heart... Thanks for all your support it's been such a positive and lovely experience for me to run for your charity.

Total Raised = £750 for Oxon and West Mental Health fund



Chris is creating a poster about Vicki's success for Cotswold House to display in their staff area. This will include her lovely words of thanks, and remind the team that this money was raised for their service and reminds them how they can apply for these funds.



Twitter

@OxHealthCharity

Tweets to date: 324

We need your help in growing our Twitter presence! If you're on Twitter please do look out for our posts and engage if you can!

Since 19 August:

295 ↑ +10

Total Followers
Organic growth only

from 19 Aug – 31 Oct

2,100

Impressions

Number of times users saw the Tweet

89

Engagements

Number of times a user has engaged with a tweet (liked, retweeted, clicked on link)

Top Tweets

Sending @vics_running our 1st @LondonMarathon runner the best of luck. She's conquered her own battle, and is now supporting our charity and in particular Cotswold House #EatingDisorders Unit #Marlborough who aided her recovery. She's a winner in our eyes! [justgiving.com/fundraising/vi...](https://www.justgiving.com/fundraising/vi...)

Top engagement

160 impressions

20 engagement

12.5% engagement rate



Oxford Health Charity
@OxHealthCharity

A beautiful morning in sunny Oxford for the #oxfordhalf. Fantastic to meet some of our runners at race village. Good luck - we'll be cheering you on! #OH4OH @OxfordHealthNHS



Top impressions

253 impressions

14 engagement

5.5% engagement rate



Facebook

@OxfordHealthCharity

Posts to date: 166 +7

Top Posts

Oxford Health Charity

Published by Michelle Evans · September 30 ·

We are sending big GOOD LUCK to the wonderful Vicki, our first TCS London Marathon runner! Even before Vicki steps up to the start line she's a champion having conquered a huge personal challenge recovering from an eating disorder, with the help of our Cotswold House Eating Disorder Unit in [Marlborough](#) at Savernake Hospital.

"I started running because I was desperately trying to beat an eating disorder that had been plaguing me on and off for a number of years and I needed something to focus on other than food, weight and numbers.

Running essentially provided me with my recovery and three years down the line, I haven't looked back.

Whilst I was unwell I was supported over a number of years from the team at Cotswold House Eating Disorder Unit in Marlborough at Savernake Hospital. Their support, advice and healthcare was invaluable to my recovery and I'm always grateful I was one of the lucky ones able to access good NHS eating disorder support.

Recovering from an eating disorder was one of the hardest things I've gone through in my life and an eating disorder unit is a difficult, tough and exhausting environment.

However, if I had the strength, perseverance and determination to recover from an eating disorder, I've also got the strength, perseverance and determination (I hope 😊) to run a marathon!

So this is why I want to run the London Marathon for the Cotswold House Eating Disorder Unit. Running a Marathon is going to be hard, but so was recovering from an eating disorder and I felt if I was going to do something as hard as running a Marathon I had to be running for a cause I absolutely believed in and I can't think of a better cause.

So please support me as I take on this epic challenge and please support this amazing charity and the work they do to support people struggling with an illness so few people really understand 💙

You're amazing Vicki and we're cheering you on! If you would like to lend your support

<https://www.justgiving.com/fundraising/victoria-bolton-lm>



Stats from 19 Aug – 31 Oct

269 +29

Followers

5,664
Reach

The number of people who saw any post at least once

6,772
Impressions

The number of times our content appeared on people's screens



LinkedIn
@OxfordHealthCharity

261 ↑ +18
Followers
Organic growth only



Oxford Health Charity ♥

261 followers
3w •

HealthFest 2022 launched this week and will run over the next four months to provide support, wellbeing activities and engagement to staff, volunteers and governors across [Oxford Health NHS Foundation Trust](#).

It is so often the people who provide care to others, who don't make time to care for themselves - we hope that HealthFest will make some opportunities for time out and wellbeing over the coming months.

A big thank you goes to all those who are involved in delivering, supporting and making these sessions possible - including [Natalie Davis](#), [Angela Conlan](#), [Tom Cox](#), [Michelle Evans](#), [Juliet Le Masurier](#), [Becky Deane](#), [Roz O'Neil](#), [Sara Dean](#), [Emily Nolan](#), [Keith Gray](#), [Joe Smart](#), [Kerry Rogers](#), [Marta Pichardo Medina](#), [Anne-Marie Cadman](#), [Ade Adegboyega](#), [Chiltern Rangers](#), [Jude Barrett](#), [Chris Langridge](#), [Jane Humphreys](#), [Roosa Liemu Brown](#), [Miranda Bence Jones](#) and [Rita Ramos](#)

#onehft #wellbeing #support

<https://lnkd.in/edqVEzra>



HealthFest 2022

oxfordhealth.charity • 2 min read

Angela Conlan and 9 others

1 comment • 1 repost



Oxford Health Charity ♥

261 followers
2w •

Sending good wishes to all our amazing Oxford Half runners this weekend. Your fundraising is going to make a real difference to patients, carers and staff across [Oxford Health NHS Foundation Trust](#).

#oh4oh #onehft #oxfordhalf22

<https://lnkd.in/eRGfTe6>



Oxford Half 2022

justgiving.com • 1 min read



Oxford Health Charity ♥

261 followers
1d •

Can you spare some time to make a difference in your local community?

#[didcot](#) community hospital are looking for volunteers to spend some time with patients- talking and taking part in certain activities. This role is hugely beneficial for those patients who may have limited visitors and who would really enjoy seeing a friendly face and having conversation.

If this sounds like something you would be interested in doing, please contact us on volunteering@oxfordhealth.nhs.uk

#community #hospital #localcharity #nhs

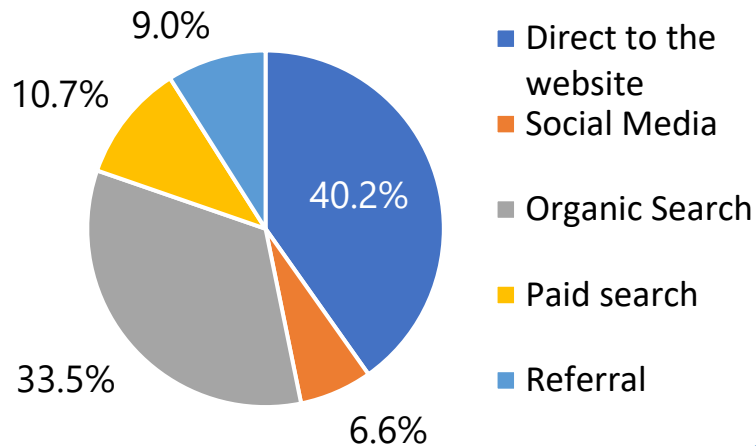


Charity Website

www.oxfordhealth.charity

Website Statistics from 19 August 2022 – 31 October 2022

Source of traffic



3,332
Unique Pageviews

1,414
New Visitors to the site

4,031
Page Views

2,541
Sessions



Top 3 Most visited pages

- 1 Homepage 20.4%
- 2 Volunteering opportunities 7.57%
- 3 Lucy's Room appeal 3.63%