



# 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 firewalk...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 this 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 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 [SomersetNHSCharity@SomersetFT.nhs.uk](mailto:SomersetNHSCharity@SomersetFT.nhs.uk)

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

# 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 Somerset NHS Charity 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

DONATIONS  
VERY  
GRATEFULLY  
RECEIVED FOR  
CYCLE 42 4  
CANCER  
*Thank You X*



# 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 for 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 the years, results 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.

# CORPORATE PARTNERSHIPS

## SOMERSET LIFE MAGAZINE

We are proud to be working with Somerset Life Magazine to raise money for the NHS in Somerset.

Somerset Life Magazine will be donating £10 to Somerset NHS Charity from every new subscription taken out.

To donate £10 from your subscription, please use the promo code SOMNHS24 via their website: [www.greatbritishlife.co.uk/subscribe/somerset/](http://www.greatbritishlife.co.uk/subscribe/somerset/)



## CRICKET ST THOMAS GOLF CLUB

We are delighted to announce that we are now a sponsor of Cricket St. Thomas Golf Club. This is a partnership that we truly appreciate and we cannot wait to work with the Golf club over the coming years.

We are proud sponsors of 250 membership tags, for new players who will be joining over the coming months.

Cricket St. Thomas are avid supporters of our family of charities after allowing us to host the Love Musgrove Charity Golf day.

If you like golf, fundraising and beautiful courses keep a keen eye out for our tags.



# AROUND THE COMMUNITY

## HANNAH LITCHFIELD

### Supporter swims the English Channel for Somerset NHS Charity

On Wednesday 17 July, our energy manager Hannah Litchfield, swam the English Channel – a distance of around 21 miles and raised an incredible £1500!

Hannah embarked on her remarkable journey from Dover, cheered on by friends and family on her support boat, and ‘touched’ France after 12 hours and 4 minutes.

Hannah’s inspiration to support the charity came from personal experience, wanting to give back to the people who helped her during a difficult time with her mental health. She also found a job at the trust during this time.

A huge congratulations to Hannah for completing her swim – what a fantastic accomplishment!

## ABSEIL CHALLENGE

### Supporters take on 112ft abseil from the roof of Yeovil Hospital

On Sunday 20th October, we saw the return of the annual Yeovil Abseil Challenge, where 30 brave participants of all ages, from 12 to 89, took part in the 112ft abseil from the roof of Yeovil Hospital.

Two of those brave participants chose to support Somerset NHS Charity. Emma Freshwater raised an amazing £628.25 for the Community Mental Health team at Foundation House ; and Ian Hawkins, who raised a fantastic £352.50 for South Petherton Community Hospital.

We would like to say a huge thank you to everyone involved, from the brave fundraisers to the dedicated volunteers who gave up their time to make the event run smoothly.



## LIVE MUSIC SESSIONS

We are proud to fund live music session for patients in our community hospitals. Music can have a wonderful impact on our patient's mood and state of mind; and can improve their experience during their stay in hospital. We have received some lovely feedback from staff at Wincanton and Crewkerne community hospitals, highlighting the impact the music is having on their patients

"I want to express our gratitude to yourself, Jane and the Somerset NHS charity who funded Jane's visits with us here at Wincanton Community Hospital. Since April, we have looked forward to and enjoyed Jane's visits, and the benefit to patients and staff has been evident. We have loved the feeling of belonging and joining together. Additionally, we have found patients reminiscing about their own experiences as musicians, singers and the memories music and song bring."

Sarah-Jane , Activity Co-ordinator at Wincanton Community Hospital

"I work on Mary Robertson Ward and just want to say how wonderful the sessions are for the patients. One patient has been very agitated in bed and thoroughly enjoyed coming out for the music. Her facial expression and body language were amazing and it was like she had been given 'gold'. The difference it makes to our patients has been amazing during the time period. Hugh has such a way with the patients, enabling them to get involved and tailoring it to a variety of needs."

Karen Samuel, Advanced Clinical Practitioner at South Petherton Community Hospital

## SIM DOLLS



Thanks to the incredible donations we receive on a daily basis, we are incredibly proud to have funded Special Needs Infant Simulator, and Nurse Training Baby - Newborn simulation dolls for the Children's Homecare Team who provide care for children who have complex needs. The SIM dolls enable the team to practice a wide variety of procedures including resuscitation with artificial lungs, tracheostomy airways (replacement, problems etc), urinary catheterisation, gastrostomy, and insertion/feed.

These amazing SIM dolls are used to train Health Care Assistants who provide the care for children in the community. They enable all carers who work with the children and families to undertake practical competencies of care rather than theoretical learning alone, this will not only enhance carers confidence and ability to complete the skills but will be more reassuring and less stressful to our children who already face challenges and difficulties due to their additional health/medical needs.

# WHAT'S COMING UP?

## CHRISTMAS CAMPAIGN

### Christmas Presents for Patients

We are delighted to share the news that Somerset NHS Charity will be buying presents for patients who will be staying in the hospital over the Christmas period. To allow us to reach all of those who will spend time with us on Christmas Day, we need the help of you, our wonderful community, to help us fund these gifts. If you have the time and the means to donate, please do. If you or someone you know are planning to donate toys to our Children's Wards, why not donate the cost to this wonderful cause. Your donation could make a patient's Christmas

[www.justgiving.com/campaign/christmaspresentsforpatients](http://www.justgiving.com/campaign/christmaspresentsforpatients)

Please note if we raise additional funds, we will use these to fund other vital projects across the trust.



## SILENT DISCO

Sunday 4th May 2025

The Loft Lounge & Bar, Street

Love to dance? Want to make a difference?

Join us for our first ever Charity Silent Disco!! Choose your playlist and dance the night away - all whilst supporting your local hospital charity. Bring your friends and your best dance moves for a night to remember!

Be the first to find out when tickets go on sale by registering your interest at [SomersetNHSCharity@SomersetFT.nhs.uk](mailto:SomersetNHSCharity@SomersetFT.nhs.uk)

BE THE FIRST TO FIND OUT WHEN TICKETS GO ON SALE BY REGISTERING YOUR INTEREST AT [SOMERSETNHSCHARITY@SOMERSETFT.NHS.UK](mailto:SOMERSETNHSCHARITY@SOMERSETFT.NHS.UK)





**Somerset  
NHS Charity**

## **Ways to donate to Somerset NHS Charity**

### **Online**

You can donate via our website using a credit or debit card  
[www.SomersetNHSCharity.org.uk/donate](http://www.SomersetNHSCharity.org.uk/donate)

### **Post**

Send us a cheque, made payable to Somerset NHS Foundation Trust Charitable Funds' to Somerset NHS Charity, Fundraising office, Old Building, Musgrove Park, Taunton, TA1 5DA

### **Give us a call**

We can take card donations over the phone, and can also help you any other queries you might have.

Our office is open Monday - Friday, 8am - 5pm, however feel free to leave a message at any time and we will get back to you.

The number to call is 01823 344437

### **Become a regular giver**

One of the best ways to support Somerset NHS Charity is to give a regular gift via direct debit. You can find the direct debit form on the website.

Once completed, please either email -

[SomersetNHSCharity@SomersetFT.nhs.uk](mailto:SomersetNHSCharity@SomersetFT.nhs.uk) or post it to us.

### **Leaving a gift in your will**

Leaving a gift to Somerset NHS Charity is a wonderful way to help support the fantastic work that takes place across the hospital.

If you would like more information about leaving a gift in your will to Somerset NHS Charity and would like one of our Legacy Leaflets, please give our Head of Fundraising a call on 01823 343974.