



LETS BE FRIENDS

The League of Friends to RJAH
Celebrating Fundraisers & Volunteers



A Spook-tacular Sight!

VOLUNTEER FOCUS - JOANNE WILLIAMS

As we head into the colder months we reach that time of year again where Retail Manager, Toniann Darlington, and volunteer, Joanne Williams, work tirelessly to transform The League of Friends Shop into a spectacular seasonal display. Joanne said, "We love brightening up the shop, and making it into something a little special this time of year. We have big plans for our Christmas window displays!"

Joanne has been a volunteer with the League of Friends for over five years and has been working alongside Toniann to transform many windows across the trust. Not only have they tackled the shop and coffee shop windows but Joanne and Toniann have worked hard to create whimsical window designs in both Alice Ward and the Spinal Injuries Unit.

Joanne can also be found volunteering in the coffee shop during school holidays. "I really enjoy my time spent volunteering for the League, it's a chance to give something back to the community and make a real difference to visitors and patients at the hospital".

Keep your eyes peeled for The League of Friends Nutcracker Christmas window displays!

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Fantastic Fundraisers
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Festive Diary Dates

Scan here
to donate!



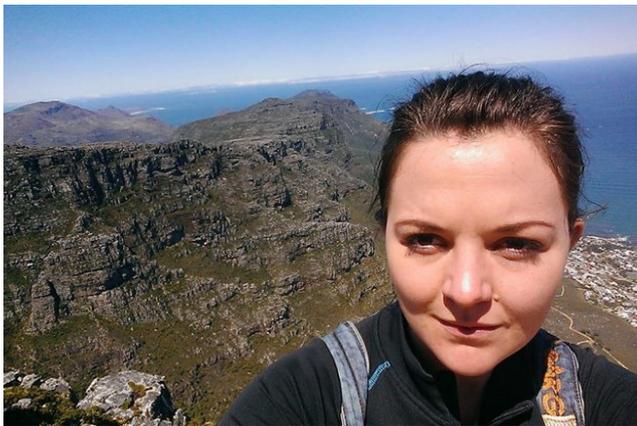
Sponsored Swimmers

Congratulations and thank you to the team of Physiotherapists who took part in a sponsored swim across the length of Bala Lake to raise money for the League of Friends. Braving chilly and choppy waters they completed their challenge and raised over £1000 for the League! They chose the League as their cause to say thank you for the continued support.



Three Peaks Challenge for Charity

Hardy hiker and League of Friends volunteer Jo Kemp completed the Three Peaks National Challenge to raise over £700 for The League of Friends Disabled Swimming Club. Jo made her way up over 10,000ft of rocky terrain to scale the peaks of Ben Nevis in Scotland, Scafell Pike in England and Snowdon in Wales. Congratulations Jo!



Steam Show Success

Every year, Aston-on-Clun holds a Steam & Vintage Show where you can see an array of vintage vehicles and working equipment. This year John James, the event organiser, made a donation from the proceeds to the League, along with Hope House. We'd like to say a big thank you to John for the generous donation of £1000.



Singing Sensations

There was standing room only at St John the Baptist Church, Whittington when the Australian Welsh Male Choir and the Orthopaedic Male Voice Choir joined forces to sing a varied programme of numbers to help raise funds for Hope House and the Orthopaedic Hospital's League of Friends. The evening raised a whopping £1050 for both charities.

13th November



LUDLOW CHRISTMAS FAIR

Start your festive season off with a trip to Ludlow branches annual Christmas Fair! Held from 10 - 4 at Ludlow racecourse. Tickets are £4.

29th November



LOF CHRISTMAS BAZAAR

Join our fundraising extravaganza here in the hospital. Filled with stalls, local primary school choirs, and much more, it'll be a fun filled community event.

8th December

NEWTOWN MINCE PIE MORNING

Newton branch invite you to a mince pie and coffee morning held at Northside Centre from 10-11.30am. Admission is £1.50 and includes refreshments.