

It's been a while since we wrote to you all. How are you all doing? I am sure it's been as crazy for you all as it has for us here at My WiSH and West Suffolk Hospital.

Covid-19 really did bring out the best in the community for a lot of people though and we had some very generous donors ensuring our front-line staff were cared for as they cared for us.

The world seems to be calming at last and now we can concentrate on our usual role of enhancing care for patients. There has also been a real strive to ensure we care for staff wellbeing during Covid and we have plans going forward to ensure this continues.

At the end of last year we were excited to launch our Butterfly Appeal and now this appeal is more important than ever. The aim is to raise £340,000 to build a dedicated indoor space within a beautiful garden so patients can be surrounded by the ones they love as they prepare to say goodbye. Children will be able to play, pets can visit and memories made to treasure at the most vulnerable time in their lives. The room will open up to be part of the garden so patients can feel the sun on their face, a fresh breeze or smell the rain. With patients having passed away on wards without their nearest and dearest during the pandemic I am sure you'll agree, this space is needed now more than ever.

To see the plans and find out more head to our website. The artist impressions are stunning and I am sure you'll agree it's going to be an amazing addition to the end of life services at West Suffolk Hospital.

So, did you know My WiSH Charity is 25 years old! Yes, September sees us celebrate a special birthday! We've had a couple of name changes along the way but the ethos has always remained the same. We don't buy what the NHS should but the extras to enhance care. Back in 1995 the Rainbow Appeal was launched to raise £1,000,000 to build an outpatient's department, larger side rooms, a school room, parents' room and a large, centralised play room so children could all play together.

Since then we've gone on to buy a CT scanner, prostate scanner and provide a £500,000 cardiac diagnostic unit. We've cared for dementia patients with our Forget-Me-Not dementia appeal and created a memory walk. We've bought a Sentimag machine to remove the first lymph node for our breast cancer patients. In fact, we have purchased 100's of pieces of equipment from bladder scanners to wheelchairs, toys to hoists and ECG machines to a CRM monitor for the neonatal unit. The list is endless and we hope these items really have made a difference to the many who have used them.

To celebrate this special year, we are talking all things #25. We are encouraging people, over the next twelve months, to make up their own challenge using the number 25. They could be retro and sit in a bath of 25 tins of beans, raise £25 at a cake sale or set themselves a fitness challenge and run 25 miles. We will be presenting trophies to best fundraiser and also for the most innovative fundraising idea. Does your surgery want to get involved? Head to our website to find out more.

Charity and healthcare have gone hand in hand for centuries and we have been working with local historian, Terry O'Donoghue and one of our first fundraisers, photographer Andy Abbott and have found out all sorts of interesting facts. We will be sharing these over the year so do follow us on Facebook, Twitter and Instagram to find out more, @mywishcharity.

Thank you for caring for us over the past few months. We know it's not been easy but we are so lucky to have such a great NHS caring for us all.

Best wishes,

Sue Smith
Head of fundraising

www.mywishcharity.co.uk