



Friends of the Neuro Ward

Visit: www.fotnw.org
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Friends of the Neuro Ward supports patients during their time on Ward 205 at Aberdeen Royal Infirmary and the neuro rehabilitation unit at Woodend Hospital.

Founded in 2013, the charity aims to promote patient dignity and provide extra comforts and equipment for the wards.

We have already been able to refurbish the day room, create a respite room, install wet rooms and buy vital equipment – but with your help, can do so much more.



The committee presenting a set of Marsden Scales to Ward 205. A bit like a spinal board, it helps nurses weigh patients to ensure they get the right doses of medication.



MEET THE TEAM

It's an all-new team at FOTNW after our founder Caroline Critchlow decided to take a step back. Although she and her former co-chair Carolyn Toshney are still very much part of the charity, they decided it was time for a change.

You may have also noticed we have dropped "ARI" from the end of our name. That is simply to reflect the work we also do at Woodend Hospital.

Our new committee is: Chris Milne (chairman), Dawn Smith (treasurer) and Shona Gossip (secretary).

They're backed up by some regular supporters – including brilliant ward champion Robert Cardno. We couldn't do it without you all, so thank you!

If you'd like to get involved, get in touch.

NAME THE MASCOT



We've teamed up with schools across Aberdeen and Aberdeenshire to name our bear!

The competition will not only raise money for the charity, but also boost our profile. The mascot's new name will be revealed later this year - watch this space...



GARDEN APPEAL

We are working to raise £250,000 for a neuro rehab therapy garden at Woodend, which is being designed by the award-winning James Alexander-Sinclair.

The plans are progressing, but here is a sneak peek of what it could look like.

Caroline Critchlow is leading the steering group for the project - if you'd like to get involved, or fundraise for the garden, please get in touch through the Friends of the Neuro Therapy Garden Facebook page.

The Orkney Garden Festival raised more than £5,500 towards the appeal, huge thanks to all the participants and supporters.



CELEBRATE ABERDEEN

What a fantastic time we had at Celebrate Aberdeen - it was lovely to see everyone out cheering the third sector on.

We also attended the Celebrate Aberdeen Awards, where Kirsten Farquhar - AKA Heidi the Hospital Hippo - won Volunteer of the Year in recognition of the Christmas appeal she organised for us in 2018 - all while preparing for her own brain surgery! Congratulations again.



ACHIEVEMENTS

In 2019 we:

- Spent £10,000 on new equipment at Woodend, including shower chairs and transport aids and slings
- Provided £14,000 funding for art therapy classes at W205 and Woodend
- Progressed the plans for therapy garden
- Updated the books, dvds and puzzles in the day room at W205
- Bought new microwaves to allow staff on W205 to properly rest on their breaks
- Delivered 40 Christmas goodie bags to patients on W205 and Woodend

2020 EVENTS

Fancy taking part in any of these events for us? Give us a shout, or let us know what you're up to. We'll support you!

- Run Garioch - March 29
- BGHE 10K - May 3
- Ride the North - Date TBC (August)
- Blue Thistle LEJOG Challenge - Join our chairman Chris for 12 days of cycling from Land's End to John O'Groats. For more information, e-mail info@bluethistlefundraising.com or call 07919 596267.

FUNDRAISING CHAMPIONS



Our chairman Chris, his sister Kelly and cousin Julie raised a phenomenal £32,000 by holding The Blue Thistle Ball at the Beach Ballroom in memory of his dad and uncle. Money raised was split between us and Ucan - what a night!

WANDA MACKAY

From her hospital bed, Wanda began plotting how to raise money to thank the team on W205 and her surgeon, Dr Kamel. She rallied her Cromarty Crew together and raised more than £5,000 for the charity, which will be used to buy reclining chairs for the ward at her request.

TECHNIPFCM

Energy firm TechnipFMC made us their Charity of the Year and have supported us throughout 2019, holding quiz nights, bake sales and tackling the inflatable obstacle course Gung Ho.



KILT WALKERS

Sally Adam, Mike Gibbon and Mark Melvin completed all four Kiltwalks for us this year - what an achievement!

Thanks to Fiona Watt, Joanne Milne and Claire Brodie for completing the Aberdeen event.



RUNNING SQUAD

We had so many runners supporting us in 2019 - both through the FOTNW Running Squad, set up by our secretary Shona, and as individual efforts.

Tamsin Gray, Karen McLean, George Nixon, Kirsten Robertson, Lindsay Razaq, Tina and Scott MacKay, Joseph Robertson and the Codfathers - a big well done.



Colour Me...

