

Autumn 2025 Newsletter

Raising
Health



Raising Health
Charity Number: 1057361



Welcome back

As the season turns and the days grow shorter, we find ourselves reflecting on the moments that count. Your continued support means the world to us, and we're delighted to bring you the third edition of our newsletter.

This autumn, at the Leicestershire Partnership NHS Trust's AGM, we proudly launched our **Impact Report 2024-25**, celebrating the difference we've made together.

If you haven't had a chance to read it yet, we'd love for you to take a look [here](#).

With winter on the horizon, our Trust is offering care and support to all our patients and services users, and their families and carers, across all our services.

As the Trust's registered charity we also want to bring warmth and comfort, from our **Amazin' Raisin Knitting Challenge** activity through to our **Raising a Smile for Christmas** appeal. Have a look how you can get involved!

And for a little sunshine, we've included a few joyful throwbacks to summer.

So grab your favourite brew, get cosy, and enjoy the read.

Warmest wishes,

Your Raising Health team

Quarterly Highlights - September 2025

Engagement:



3 press releases

Generating four
articles and radio
broadcasts cover



2 groups

of corporate
volunteers who
supported us



Shortlisted

our Fundraising
Manager: Outstanding
Woman with
Community Impact

Fundraising:



£47,402

Charitable funds income*
*June - July 2025



£1,500

Raised from Rutland
Open Water swim



£9k

in gifts-in-kind secured
for activities across the
Trust

Driving change through funding:



£14k

Support towards dementia
friendly environment at
Melton Community Hospital



£15k

Sensory improvements for
Children's Physiotherapy
Team therapy spaces



£10k

worth of support for
Homeless Mental
Health Services
outreach work
secured

Impact story:

Homeless Mental Health Service

Outreach event

In August, we supported an outreach event at the Highfields Children, Young People and Family Centre, offering a welcoming space for families who are facing homelessness. Families were provided with activities, refreshments and clothes donations from NEXT as well as access to health and support services.



SIMS donation from Vodafone

Support was also secured from Vodafone through its Digital Inclusion Programme, who kindly donated 40 SIM cards, each with 20GB of data, unlimited calls, and texts. These will be given to families most in need, helping them stay connected to healthcare, emergency services, and support networks.



“We’re so incredibly grateful to Vodafone for this donation. Digital access is often something many of us take for granted, but we know just how life-changing this will be for our service users. Maintaining engagement with homeless families is often the biggest challenge our service faces, but with these SIM cards, will we have a better chance to stay connected and provide our vital mental health support services.”

Impact story: Hinckley Hub

We are excited to share that this October marked the official opening of the Hinckley Hub, providing care to local adults and children.



We were honoured to have helped bring this space to life. This wouldn't have been possible without our amazing supporters.

Thank you to the Wooden Spoon Charity and Tea Bar Volunteers for equipping the sensory room. Also thank you to Next Giving for transforming five therapy spaces into themed havens for the children to use!





"Raising Health's support for the Children's Physiotherapy Services has been truly transformative for the spaces our young patients use."

Partnership spotlight: Celebrating Excellence Awards

We were delighted to help organise the Celebrating Excellence Awards to recognise the amazing work of our colleagues and volunteers at LPT.

The evening was full of joy, laughter, and heartfelt speeches and it was a privilege to be part of it. We also raised over £500 through the raffle, which will support future charitable projects.



None of this would have been possible without the support of our incredible sponsors. Thank you to:

Headline Sponsor

Tilbury Douglas

Category Sponsors

Browne Jacobson

Conference Works

Gift-in-Kind Sponsors

Central Print (Leicestershire Trade Services) – Print sponsor

The Grand Hotel – Drinks Reception sponsor

Taylor's Florist- Table Centrepieces sponsor

NEXT - Candle for every attendee

We're truly grateful to the amazing businesses that helped bring this event to life, and to the generous donors who contributed raffle prizes.



Fundraising spotlight: Sarah's SwimRutland

Huge congratulations to Sarah Holлиеhead for completing her incredible 4km open water swim at SwimRutland in August — all in loving memory of her brother, Greg, and in support of the gym at Stewart House.

After tragically losing Greg in a cycling accident in 2022, Sarah and her family have raised thousands to help build a gym at Stewart House, a centre specialising in person-centred mental health rehabilitation.

She bravely took on SwimRutland 2025 to raise even more funds to further equip and maintain the space — and she did it!



Volunteering spotlight: CLC Group

Thanks to the incredible generosity and hard work of volunteers from CLC Contractors Ltd., a once-ordinary outdoor space beside the palliative care ward at Melton Mowbray Community Hospital has been transformed into a peaceful garden for patients, families, and staff.

The project included privacy fencing, refreshed flower beds, and jet-washed pathways, all completed with donated time, materials, and expertise.

It looks beautiful and is a real haven for our inpatients and their loved ones.



Celebrating milestones: Let's Get Gardening opening

In September, we proudly celebrated the official opening of our therapeutic garden at the Bradgate Mental Health Unit!

It was a wonderful opportunity to welcome our funders and showcase the incredible work our occupational therapy team is doing through horticultural therapy. The garden's sensory path offers a calming and engaging experience for patients, helping to stimulate their senses and support their wellbeing.

This project has been years in the making, and it was a privilege to thank the generous donors who made it possible for their support. Seeing the space in use and witnessing its impact was truly inspirational.

Thank you to everyone who joined us - the sun shone brightly, and tea and cake were enjoyed by all!



"The therapeutic garden has completely transformed our outdoor space, now providing a peaceful and calming environment where patients can sit, reflect, and find moments of tranquillity."

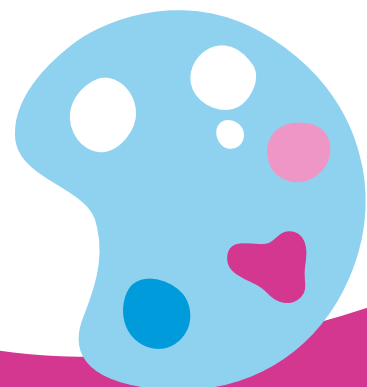
New funding update: Art Therapy sessions

We are pleased to share that funding for our Arts Café has been generously provided by three local charitable trusts.

This support will enable patients at the Bradgate Mental Health Unit to take part in art therapy as part of their treatment and recovery journey. Led by Tim Sayers, a qualified mental health nurse and Arts in Mental Health Coordinator, these sessions are designed for individuals with severe mental health conditions. Through creative expression, participants can develop new skills, build self-esteem and confidence, improve communication, and strengthen their ability to collaborate with others in the community.

We are incredibly grateful to the following funders:

- The Florence Turner Trust
- The Himmat Tanna Trust
- J R Corah Foundation



Raising Health on the go

Roadshows

We love to visit sites across our Trust for roadshows in collaboration with Health and Wellbeing team, Freedom to Speak Up Guardians and colleagues from Talking Therapies by Vita Health Group.



A special shoutout to the **Rapid Relief Team (RRT)** for joining us at Coalville Hospital in October and providing hot drinks and cakes to our NHS workforce!



Raising Health on the go

The Women's Awards Midlands 2025

We're thrilled to share that our fundraising manager, Magdalena Korytkowska, represented Raising Health at The Women's Awards Midlands 2025 and was honoured with a **Highly Commended** certificate by the awards panel in the **Outstanding Woman With Community Impact** East Midlands category – a fantastic recognition of her passion and dedication!



Get involved: Raise a Smile for Christmas appeal

As winter approaches, we're excited to launch our annual Raise a Smile for Christmas appeal!

This heart-warming campaign helps us bring joy to inpatients across our wards by ensuring everyone receives a gift on Christmas Day.

Thanks to the generous support of the public and local businesses last year, we were able to provide toiletries, blankets, toys, and other thoughtful treats - and we're hoping to do the same again this festive season.

If you'd like to support the appeal or find out more, please visit:

www.raisinghealth.org.uk/appeals/raising-a-smile-for-christmas



Get involved: Amazin' Raisin challenge



To mark this year's World Mental Health Day, we launched something special: the Amazin' Raisin Challenge.

The Amazin' Raisin is a tiny knitted mascot with a big heart! He's travelled over 100 miles across Leicester, Leicestershire and Rutland, visiting wards, meeting patients, and spreading smiles. He's become a symbol of hope, joy, and community.

Now, we're inviting you to join in. Whether you're a seasoned knitter or just curious, creating your own Raisin is a mindful way to show support and share a little warmth.

[Download the tutorial](#), stitch your Raisin, gift it to someone who needs a "pocket hug," and share your creation with us using [#AmazinRaisinKnittingChallenge](#).

**Together, let's knit a message of compassion,
one Raisin at a time.**



How you can help



Are you interested in supporting us today? Your kindness and generosity enables us to offer local patients the **best services and care**. We would be very grateful for **any contribution** to add to our existing fundraising targets. If you require any further information, please do not hesitate to get in touch.

- Financial contributions towards general work of the charity or specific appeals
- Sponsorship opportunities
- Organising your own fundraising activities
- Awareness raising and volunteering
- Gifts in Kind

If you kindly wish to donate please visit our webpage:
www.raisinghealth.org.uk/donate/donate





www.raisinghealth.org

Leicestershire Partnership NHS Trust, Raising Health,
Room 100/110 Pen Lloyd Building, County Hall, Glenfield, Leicester LE3 8RA

Raising Health is a registered charity within England and Wales.
Charity No. 1057361

LPT.RaisingHealth@nhs.net
0116 295 0889

