

Winter 2026 Newsletter

Raising
Health 



Raising Health
Charity Number: 1057361





Welcome back

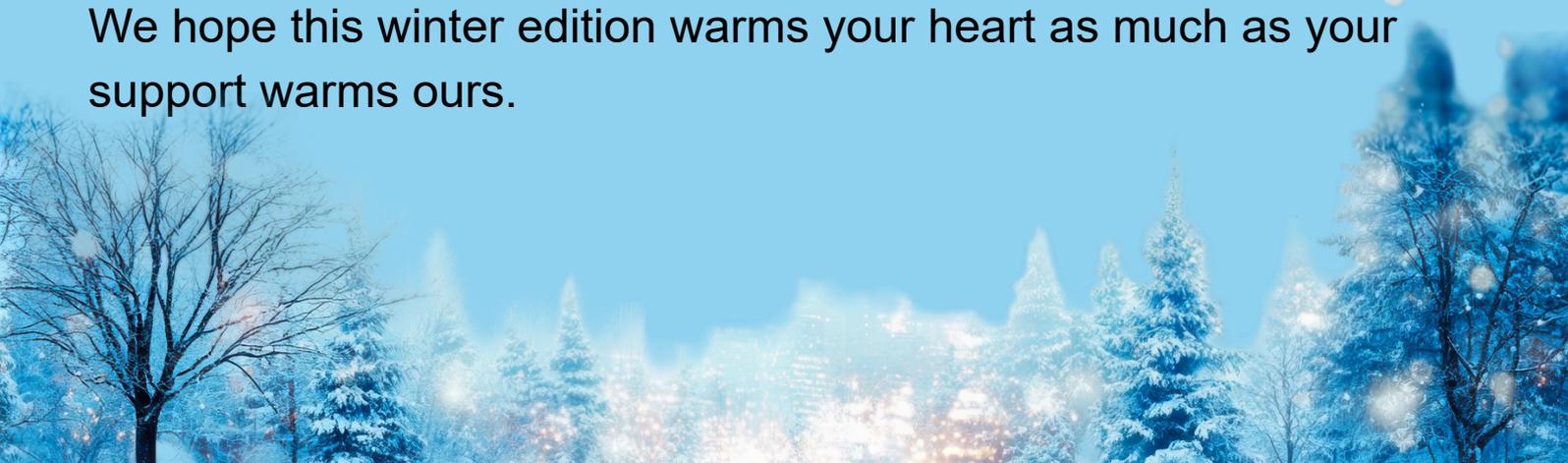
As the sparkle of Christmas fades and the long winter nights settle in, we hope this edition of our newsletter brings a little warmth to you. This edition is filled with stories that bring hope, which would not be possible without your kindness, interest in the work we do and your ongoing support.

Thank you.

Inside, you'll find uplifting moments from our recent projects. Each story reflects the real impact you help create. We're also spotlighting the incredible people who keep our work moving forward; from the exciting connections, to inspiring fundraising efforts and driven volunteers.

And as we look ahead, we're launching our Dementia-friendly wards appeal, an opportunity for our community to come together once again and make a real impact.

Thank you for staying with us, for caring about the work we do, and for helping us bring light to the people looked after by our dedicated colleagues from Leicestershire Partnership NHS Trust. We hope this winter edition warms your heart as much as your support warms ours.



Quarterly Highlights - December 2025



Six press releases
generating eleven
articles and radio
broadcast covers



Three groups
of corporate
volunteers
supported us



Two publications
Third Newsletter
and
Impact Report

Fundraising:



£83,210

Charitable funds income*
*August - November 2025



250

teddy bears secured
to support childrens
services



£25k

worth gifts-in-kind
secured

Driving change through funding:



New appeal

Preparations to launch new
appeal supporting dementia
friendly environments



£11k

worth equipment for
19 mental health
inpatients wards



£117k

funding awarded
towards CAMHS
digital project
addressing waiting
lists

Impact story:

Raise a Smile for Christmas

This Christmas, we once again spread joy to our inpatients through our annual Raise a Smile for Christmas appeal.

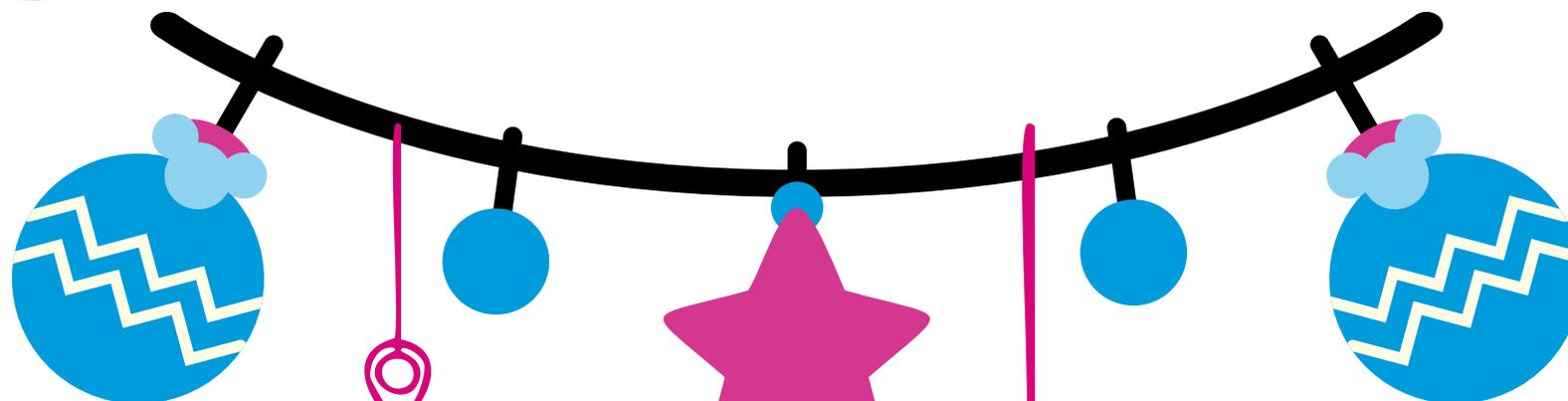
Thanks to the amazing support from businesses, community groups and members of the public, we were able to provide **600 presents to 37 inpatient** units, including mental health wards, community hospitals, and children's services.

Gifts included blankets from **Dunelm**, toiletry sets from **Giving World**, as well as toys from **Leicester City Football Club**.

This initiative brought warmth and happiness to patients over the festive season. **A huge thank you to everyone who donated and helped make this possible!**



Our patients at mental health wards said....



“Christmas was good with presents, food, and music”

“Brilliant and very good overall with decorating of the ward, lights, activities, presents with a personal touch.”

Impact story: Sports equipment



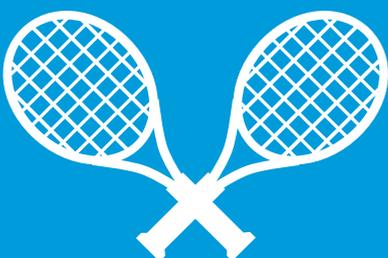
Thanks to the grant we received from **Sport England and the National Lottery**, we have now purchased a wide range of **sport equipment** for all **19 of our inpatient mental health wards**.



This has already had a massive impact on the wards, with patients feeding back that they are really enjoying being able to use all the different equipment.



This grant brought a wide range of items including tennis, football, badminton, table tennis, rounders, dance and yoga mats.





”The equipment has made such a difference on the wards. The patients and staff love the table tennis! It’s been so much fun and really has brought everyone together”

Partnership spotlight: Carlton Hayes charity

The first round of block grant 25/26 from Carlton Hayes Mental Health charity, awarded a wide number of projects across our services and wards. Here are two examples of what their continued support enabled:

Castleton Residential Trip for Psychosis Intervention & Early Recovery (PIER) patients:

Supporting recovery through a transformative three-day experience in the Peak District. This trip strengthened bonds through music, cooking, walking and storytelling.



Sounds Inclusive project

Providing funds to deliver 50 therapeutic music sessions across our mental health wards, fostering connection, support & recovery through music.





**“This trip helped
me build
memories of a
lifetime.”**

Fundraising spotlight: Leicestershire Half-Marathon

Adele and Alex from our Fundraising and Communications teams are taking on the Leicestershire Half-Marathon on 22nd February in support of Raising Health!



They're running to help fund projects across the Trust that enhance care and improve experiences for both patients and staff.

Their goal is to raise £750, and they'd love your support! If you're able to donate, please visit their JustGiving page here:

<https://lptnhs.com/LeicsHM26> or scan the QR code above!



Partnership Spotlight: Leicestershire and Rutland Masonic Foundation

We are proud to continue our partnership with the Leicestershire and Rutland Masonic Foundation, who have generously supported a number of our projects over the years.

In November, they made a further donation in kind of 300 teddy bears through the Teddies for Loving Care charity to our Children's Services.

These bears are now bringing comfort to children across a range of services, including phlebotomy, children's mental health, community paediatrics, and our homeless families service.





“Our community paediatric team are extremely grateful to have been donated a number of bears, which we have decided to gift to one of our most vulnerable groups of children who attend our safeguarding clinics. A bear at this time will make a huge difference to ensure, that a child feels safe and comforted at a very difficult time for them.”

Volunteering spotlight: Tilbury Douglas

We were delighted to welcome 13 amazing volunteers from Tilbury Douglas for a full-day gift-wrapping session in support of our Raise a Smile appeal.

Their hard work helped wrap all 600 gifts in record time, something we couldn't have achieved without the support of corporate volunteers.

Our sincere thank you for the time and effort!.



New funding update: NHS Charities Together Grant

We are so excited to share we have secured an **Innovation Grant from NHS Charities Together** to support children and their carers on our CAMHS waiting list.

This project will develop online resources for parents, carers, and guardians of children awaiting treatment, strengthening support networks and addressing health inequalities through culturally informed materials and community links.

The project funding is made up of £117,500 from NHS Charities Together and £35,000 match funding from Raising Health charitable funds.

We cannot wait to launch this project. We're now in the development phase with NHS Charities Together and will share updates soon.

Raising Health on the go: Outreach event - Homeless Mental Health Services

We were proud to support our Homeless Mental Health services alongside Leicester City Council, Action Homeless, and BrightSparks, creating a safe and welcoming festive space for families in temporary accommodation, with Father Christmas sharing gifts and bringing much-needed joy.

This event was made possible through an engagement grant from the ICB, alongside donations of blankets and teddy bears from Dunelm and the Masonic Foundation.

Events like this are essential, helping all partners to engage with families and make referrals when needed. If you'd like to help us keep making these events happen, you can donate using the code below:





“It was so **heart-warming** to see so many families attend the event. We were delighted to be able to provide toys, presents and activities to keep the children occupied, enabling us to **build connections** and offer support to parents.”

Get involved:

Dementia-friendly wards appeal

A hospital stay can be unsettling for anyone, but for people living with dementia, unfamiliar surroundings can feel overwhelming.

That's why we have an ambition to transform our community hospitals and mental health units for older people into dementia-friendly spaces, through calming, welcoming environments that reduce confusion and promote wellbeing.

We aim to improve our wards to create clearly marked and thoughtfully designed, helping patients feel safe and comfortable while supporting high-quality care.

From signage, flooring, clocks and other features, every detail makes a difference.



What your support could get



£2,000 could contribute towards new LED lighting at one ward



£9,000 could secure a multi-sensory projector for one of the wards



£20,000 could support specialised painting at one of the wards



£50,000 could support suitable flooring for one of the wards



£100,000 could bring full set of improvements to one of 17 environments we aim to support

For more information about our dementia appeal, please visit our website by using the QR code below:



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



Raising Health

www.raisinghealth.org

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Raising Health is a registered charity within England and Wales.
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