

Raising
Health



Summer 2026
Newsletter



Raising Health

Charity Number: 1057361





Welcome back

As we embrace the summer months, we're delighted to bring you another edition of our charity newsletter, showcasing the impact your support continues to make across Leicestershire Partnership NHS Trust.

In this issue, we're sharing updates on our new projects, including the Sensory Integration Therapy Service at Bradgate Mental Health Unit.

You'll also discover how our new Group Volunteering Experiences are helping businesses and community groups make a lasting difference. See the fantastic transformation of the End of Life Garden at Rutland Memorial Hospital supported by Rutland Lions.

It's also been a buzzing season for the team, attending conferences and events, building connections and bringing back fresh ideas to support our work.

We hope you enjoy this summer edition and feel inspired by the stories of kindness, collaboration and impact within.

Happy reading!



Quarterly Highlights - June 2026

Engagement:



NHS Charities

our charity was showcased at the NHS Charities Together conference



Four

sites engaged with the Dying Matters conversations



Two publication

fifth quarterly newsletter and Group Volunteering Opportunities

Fundraising:



£98k

Charitable funds income*
*March-May 2026



43

new funding applications sent



£650

worth in gifts in kind

Driving change through funding:



£10k

investment into Digital Bookase Mental Health webpages



Two

benches funded in memory of the LPT staff



£14k

funding secured to support the sensory needs of our youngest and elderly patients

Impact story:

Sensory integration therapy

We are proud to announce the opening of a new specialist Occupational Therapy therapeutic space at Bradgate Mental Health Unit, designed to support adults accessing our Acute Mental Health, Psychiatric Intensive Care Unit (PICU) and Forensic Mental Health Services

The space provides occupational therapists with an additional purpose-designed environment in which people can explore movement, participation, confidence, sensory experiences and functional performance as part of their individual recovery journey.

Designed to meet a wide range of occupational needs, the clinic includes specialist suspended equipment alongside a variety of therapeutic resources that enable interventions to be individually tailored.



“This exciting investment represents another step forward in enhancing therapeutic support and improving outcomes for people accessing mental health services across LPT.”

**Katie Crowfoot
Occupational Therapy Team
Leader**

Feedback from our patients

It gives me hope that
people understand
what I need."

"We're so lucky
to have
somewhere like
this to support
our recovery."

"I've never seen
anything like this in a
mental health hospital
before."

"This makes me feel like
people really care about
helping us recover."



Impact story: Gaming bringing joy to Children's Physiotherapy

We are proud to support our Children's Physiotherapy Service with the help of the Starlight Foundation.

The donated Nintendo Switch, games and accessories will be used in therapy sessions for children and young people aged 0–18 with a range of conditions, including neurodisabilities, neuromuscular conditions, one-sided weakness, coordination difficulties and complex care needs.

Gaming provides a fun and engaging way to support the development of fine and gross motor skills and will be used by the service during their therapy sessions, enhancing the therapy experience for the children and families we support.

Huge thanks to the Starlight Foundation for continuing to support our services.



Impact story:

Long Service Awards

We were so proud to support the Long Service Awards, celebrating the achievements 170 staff and volunteers.

From those reaching an amazing 15 years of service to colleagues celebrating an outstanding 40 years, it was a truly special day dedicated to recognising commitment, dedication, and the difference our people make every day. Those registered to attend collectively achieved **more than 3,395 years'** worth of service to the NHS, between 1 April 2025 and 31 March 2026.

A huge thank you to **Tilbury Douglas**, the event's headline sponsor, and Chris Houlder for supporting the event and donating Amazon vouchers for the raffle.

Events like these would not be possible without the support of our sponsors, charity, and everyone involved.

The sponsorship packages are still available for Celebrating Excellence Awards in October!



"What a fantastic celebration of the years our staff and volunteers have dedicated to the NHS. It was wonderful to come together and recognise their commitment and hard work."

**Angela Hillery,
Trust CEO**

Partnership spotlight:

Carlton Hayes Mental Health Charity

We continue have a strong partnership with local charity, Carlton Hayes, whom we are so grateful to for enabling such a wide range of projects across the trust. Recent examples include:

Cultural activities, celebrations, awareness days across inpatient wards. This has funded the celebration of key festivals, including food, decorations and music, all helping to strengthen relationships and encourage cultural learning.



Yoga classes for adults being treated for eating disorders, helping to provide a gentle, non-calorie-burning form of movement, focusing on mental wellbeing, mindfulness and emotional recovery.

Volunteering Spotlight: Rutland Lions and End of Life garden

We are so grateful to the Rutland Lions who kindly dedicated their time and energy to transforming a small courtyard garden at Rutland Memorial Hospital, which had become heavily overgrown over the years.

What was once an underused and neglected space has now been given a new lease of life, creating the foundations for a peaceful and welcoming environment for patients, families and staff.

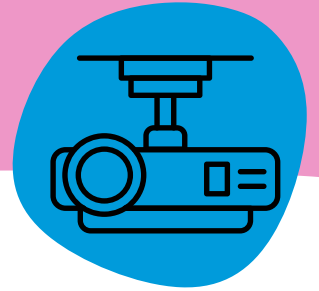


The project came about thanks to the dedication of one of the hospital's regular volunteers, Jean, who recognised the garden's potential and approached the Rutland Lions for support. Thank you so much to the Rutland Lions!



Scan for our current Group Volunteering Experiences

New funding update: Sensory items for Mental Health Older People Services



We are grateful to have secured funding from the Florence Turner and Maud Elkington Trust enabling us to purchase few LED projectors for our Mental Health for Older People services.

These projectors will support patients experiencing a range of mental health conditions, including dementia, schizophrenia and other complex mental health needs, offering relaxation, distraction and de-escalation.

Sensory equipment has already proven to be extremely valuable for patients across our Trust, helping to reduce distress and enhance therapeutic environments and we are excited to extend these benefits to our Older People services.





"We're so grateful to Raising Health for **securing funding** for these LED projectors. They will **enhance the wellbeing** of our older patients living with dementia by reducing stress and creating a more **calming**, therapeutic environment."

- Apexa Patel

Engagement and wellbeing manager

Raising Health on the go: VAL Conference



We were proud to represent Raising Health at the Voluntary Action LeicesterShire (VAL) Conference in June, where we had the opportunity to meet and share stories with local voluntary, community and social enterprise (VCSE) organisations.

It was inspiring to hear how we can work together during this period of change, strengthen partnerships, and learn from one another.

The sessions provided valuable insights into the Procurement Act, changes affecting statutory services, and the opportunities for greater collaboration across the sector.



Raising Health on the go: NHS Charities Together Conference

We attended the NHS Charities Together Conference in May, which was a fantastic opportunity to network with colleagues from other charities, reconnect with familiar faces, and hear from a range of inspiring speakers.

We were particularly delighted to see our successful Flow Headsets Appeal showcased on the big screen, a proud moment for everyone at Raising Health and a wonderful recognition of the impact of the campaign.

As proud members of NHS Charities Together, we are so grateful to be part of such a collaborative network to share learning, exchange ideas and work alongside others who are dedicated to improving patient care.



Raising Health on the go: Dying Matters Week

We were proud to join the End of Life and Bereavement teams at Coalville Community Hospital, Melton Community Hospital, St Luke's Hospital and the Evington Centre to help staff build confidence in discussing donations given in memory of the loved one as well as legacy giving.

Through informal drop-in sessions, we explored ways to start difficult conversations, seek bereavement support available, and how to introduce legacy giving with care and sensitivity.

Our thanks to Dona Perkins, Kim Sanger, Lisa Collier and our network of End of Life champions for recognising the value of including the fundraising team in this important work.



Raising Health on the go: South Asian Heritage Month

The Raising Health team was delighted to join the Race Equality and Cultural Heritage (REACH) Staff Network in celebrating South Asian Heritage Month.

The event featured a range of inspiring staff speakers, sharing personal reflections on the importance of bringing your authentic self to work, resilience and overcoming challenges as well as the joys of beekeeping and honey-making.



A special thank you goes to Leicester Bhangra Classes for their generous gift-in-kind contribution, bringing energy and enthusiasm to the event through a fantastic bhangra dance performance and interactive workshop enjoyed by all.

Fun fact: Our fundraising manager, Magda, is regular to the class!



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

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Raising Health is a registered charity within England and Wales.
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