

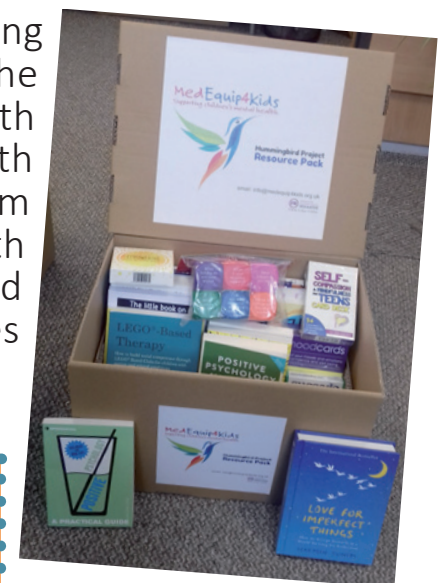
Hummingbird Project brings happiness to local schools



Photograph by Northwich Guardian

The Hummingbird Project, our six-week course to improve mental health and happiness, is returning to both primary and secondary schools in Greater Manchester and Cheshire this winter. Project coordinator Ian Platt visited Rudheath Academy, where pupils are learning about topics including Mental Health and Stigma, Happiness and Wellbeing, Resilience and Character Strengths, Growth Mindsets, Hope and Gratitude, and Mindfulness.

A 2020 survey revealed that one in six children and young people now has a probable mental health condition. The COVID-19 pandemic has not only made existing mental health issues worse, but has increased their prevalence overall, with many children left feeling isolated, anxious and cut off from their usual support networks. Developed in partnership with psychologists at the University of Bolton, the Hummingbird Project helps to give young people the tools and techniques to manage their emotional wellbeing.



One primary school pupil told us: "I liked the lessons as one time I was feeling a bit upset after lunchtime and after the lessons I was feeling much calmer and happier."

We did it!

New partnership with Nuvia and Vinci Foundation

We are thrilled to announce a new partnership with the VINCI Foundation through our corporate sponsors at Nuvia, a nuclear specialist firm and part of the VINCI Group. The Foundation have awarded us funding of £2,500 towards developing a brand new website, which will help to improve our charity communications and strengthen our brand. They have also donated towards a wireless heart monitor for Warrington Birth Centre. A special mention goes to Mark Evans and family for facilitating our VINCI Foundation application.



New equipment arrives at Tameside General

The children's and neo natal units at Tameside General Hospital need a variety of new equipment, such as blood pressure monitors, apnoea monitors, baby scales and specialised cots. We're pleased to report that nearly half of this equipment has now been funded and ordered for the hospital to improve healthcare for babies and children, and we're in the process of raising funds to provide the rest. Thanks so much to everyone who has supported this project, including new donors the **Nadezda Foundation**, the **Pierrepont Trust** and the **Theodore Maxxy Charitable Trust**.

Art materials improve children's confidence

Over the last year we delivered packages of creative and therapeutic resources worth up to £1,000 each to more than 40 Child and Adolescent Mental Health Services (CAMHS) teams nationwide. These included paints, pens, arts and crafts materials, toys and props for role-playing, feelings cards, games and more. These resources are making a real difference to young people's lives. One CAMHS team told us: "A young girl who experiences anxiety was able to experiment with all of our lovely art materials from you. She has now been accepted into a class at an art school to support the growth in her confidence."



We need your help!

Lights and colours to calm young patients

The play team at Ipswich Hospital are in need of a projector and rotating wheels to create immersive sensory light and colour effects in the children's ward. The equipment will help reduce the agitation, stress and worry children experience when they come into hospital, especially before a procedure such as a scan, blood test or X-ray. The projector, which is freestanding and portable, will be especially useful for patients with autism spectrum disorders, ADHD, cerebral palsy and other developmental challenges and will help to make their visit to Ipswich Hospital a less frightening and more positive experience.

Safe sleep for new babies

Macclesfield District General Hospital has asked us to provide 12 new cots for their maternity unit, where at least 1,600 babies are born every year. New babies are placed into a specialised cot to ensure they sleep safely. The existing cots are old and worn and need replacing due to enhanced infection control regulations. The new cots will be easy to use and maintain, helping to deliver the highest standard of hygiene and making a positive difference to the safety and the comfort of the baby.



Acts of Kindness to help fund heart monitor

Our inspiring young ambassadors, 10-year-old twins Ruben and Elena Evans-Guillén, have completed another fantastic challenge by carrying out 100 Acts of Kindness, which has raised £1,500. Their acts ranged from litter picking to donating and volunteering for charities, food banks and animal shelters. The funds will go towards a wireless heart monitor for the birth centre at Warrington Hospital to help keep mum and baby safe during labour and birth. We still need funds for the unit, so you could help us with your very own Acts of Kindness campaign.



If you can help us fund any of these projects, visit
www.medequip4kids.org.uk

Fundraising News

Corporate Golf Day puts events back on the calendar

Nineteen teams from local businesses took part in the annual MedEquip4Kids Corporate Golf Day 2021 at Bramall Park Golf Club, the first event we've been able to hold for more than a year, which raised an amazing £7,000 for local hospitals. Congratulations to the winning team from Marsh Commercial, led by Matthew Tattler, and thanks to the companies and individuals who sponsored holes or donated prizes.



Retro runner achieves 10k in less than an hour

Nigel Holmes competed in the Manchester 10k, but with a difference – he ran the entire race facing backwards! Retro running improves muscular balance and co-ordination, promotes better posture, and can be helpful in rehabilitation from injuries. Nigel says: "With 2km to go I could see I had a chance of breaking the one-hour barrier, so I put a bit more effort in and managed 59:25."



Children's authors donate book royalties

Warrington-based children's authors David Horner and Michael Jackson of Goodeyedeads are kindly donating the royalties from the sales of their educational books on Amazon. Their latest venture, All Good Things, is a collection of comic verses for kids written by David, who was previously a visiting poet in schools. There are also links to animated performances created by Michael, a former primary school head teacher.



Richard Whitehurst succeeds in London Marathon

Richard says: "At the three-hour point, my legs really started hurting but I'd set myself a target of four hours and didn't want to slow down. When I got back to Tower Bridge again I realised I was near the finish and wanted to push on to the end but my legs just wouldn't let me! But I'd seen the runners at Limehouse who were still heading out East and having seen them walking, I knew I had to keep running. My shoes were killing my toes by this point and with the pain in my legs as well the last few miles were a real struggle but I made it in four hours 14 minutes 31 seconds."



Thanks to **Sainsbury's** for supplying mince pies for our annual Sing-along at Manchester Cathedral Yum!

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