



Impact report

2024-25

Contents

Page

- 3 A Message from Our Charity Trustee and Deputy Chief Executive
- 4 Supporting our Trust
- 5 Slough Older Peoples Mental Health Well-being Garden
- 6 Community Children's Nurses and Specialist School Nurses – Distraction Toys
Patient Toolkit Project: empowering rehabilitation – community physiotherapy
- 7 Supporting children's sleep: Sleep Packs for asylum-seeking children
The Forget Me Not Garden – Prospect Park Hospital
Mindfulness in practice: supporting young people beyond DBT
- 8 The Slough Older Peoples Mental Health Lunch Club
The Step-by-Step Foot Health Project – Podiatry at Upton Hospital
- 9 Celebrating our Health Maker volunteers
Health Outreach Liaison Team (HOLT)
- 10 Connectedness through co-production: celebrating World Mental Health Day in Slough
Buzzy Bees – Berkshire Immunisation Team
- 11 Supporting children and young people with learning disabilities in clinic – the CAMHS
Learning Disability Team, Reading
Namaste care: Train the Trainer for enhanced care
- 12 Volunteer Christmas Appreciation Lunch
Physio – U-Step Walkers
- 13 Honouring Windrush – the Pioneers of Healthcare
- 14 West Berkshire Community Hospital
- 15 Thank you to our Trust and grant funders
Stay Warm, Stay Healthy Appeal
- 16 Homeless appeal – supporting Reading's homeless this winter
Enhancing rehabilitation with Motomed
- 17 Enhancing patient rehabilitation with riser-recliner chairs
Children's palliative care – supporting families and making memories
- 18 Enhancing staff well-being through NHS Charities Together funding
- 19 Community support, volunteers, and partnerships
- 20 Sensory Well-being appeal: enhancing therapeutic environments
- 21 Mind & Motion appeal: promoting physical and mental health
- 22 How you can help

A Message from Our **Charity Trustee and Deputy Chief Executive, Berkshire Healthcare NHS Foundation Trust, Alex Gild**

We are incredibly proud to share Berkshire Healthcare Charity's first-ever Impact Report – a reflection of the meaningful progress we have made together in just one year.

This past year has been a testament to what can be achieved when compassion, commitment and community come together. From supporting mental health initiatives to funding innovative projects that enhance patient care, the impact of your support has been truly inspiring.

I am immensely proud of the difference we have been able to make through the charity. Every donation, event and act of generosity has helped us go further in supporting the well-being of our patients, service users and staff.

Thank you to every supporter, volunteer, partner, and team member for helping us build such strong foundations. This is only the beginning; we are excited for what is to come next.



Supporting our Trust



As the official charity for Berkshire Healthcare NHS Foundation Trust, we are dedicated to enhancing community and mental health services for people of all ages.

Our support extends across several services (including health visiting, therapy, inpatient care, and end-of-life support) delivered in homes and community settings.

The charitable funds we manage are used to provide additional support for NHS services beyond standard funding, benefiting both patients and staff across Berkshire Healthcare NHS Foundation Trust.

Through these efforts, we help improve mental health and community healthcare for the residents of Berkshire.



960,000

people living
in Berkshire
supported

96

premises

189

teams

5,525

staff

130

volunteers

Our impact

Thanks to generous funding and the hard work of our teams, we have been able to make a real difference to the lives of many.

From creating welcoming garden spaces to running community programmes, these projects have helped improve care, reduce isolation, and promote well-being for patients, carers, and staff.

Our initiatives have already made a significant impact; we look forward to building on their success in the years ahead.

Slough Older Peoples Mental Health **Well-being Garden**

Launched in early 2024, the Slough Older Peoples Mental Health Well-being Garden has provided a safe, therapeutic outdoor space for patients and carers to relax, connect with nature and engage in gardening activities.

The project has reduced social isolation, boosted confidence, and supported both physical and mental well-being. With the help of volunteers from the Slough Older Peoples Mental Health co-production team, the garden has become a vibrant community hub, benefiting over 60 individuals, surpassing the initial estimate of 20.

Weekly gardening clubs offer social interaction, skill-building and gentle physical activity, particularly supporting those with dementia and mental health conditions.

A key milestone was a successful fundraising event- this funded the installation of an outdoor tap, ensuring the garden's sustainability throughout the year.



Upton Hospital staff also embraced the space for breaks and therapy sessions, further enhancing its impact.

“ Many beneficiaries have expressed their appreciation, with one carer sharing, “The garden is like a safe haven for me... a place to escape from my caring responsibilities.” A patient exclaimed, “I love coming to the garden to meet new people and grow things.” And another patient said, “I have thoroughly enjoyed being part of the garden project and seeing it grow and develop.” ”

With initial funding of £800, this project has made a lasting positive impact, creating a valuable space for patients, carers, and the wider community.



Community Children's Nurses and Specialist School Nurses – **Distraction Toys**

The Distraction Toys Project, funded with a £500 grant, provided fidget toys to comfort and distract children and young people with complex, life-limiting conditions during medical procedures.

The toys were distributed to Community Children's Nurses and Specialist School Nurses, making visits and treatments less distressing, improving the overall experience for children, families, and healthcare providers, and reducing stress during nurse visits.



Approximately 500 children and young people have benefited from this initiative. Nurses reported positive feedback about the toys, saying they help to provide distraction, comfort, and reassurance.

The team is grateful for the support behind this project and looks forward to continuing its use to assist children during challenging procedures.

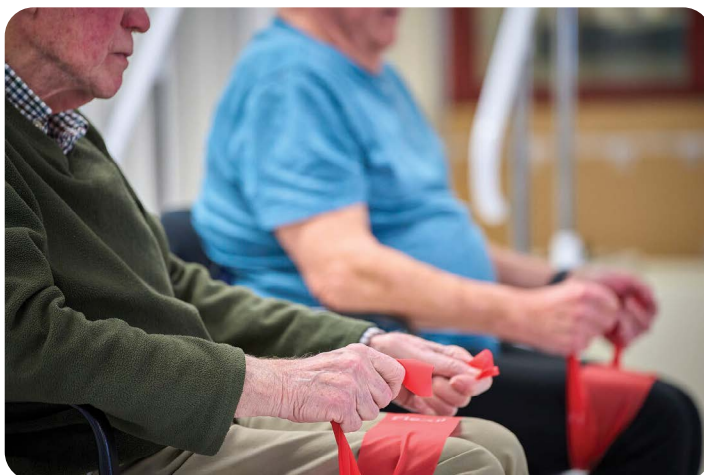
Patient Toolkit Project: empowering rehabilitation – community physiotherapy

Funded with a £4,300 grant, the Patient Toolkit project aimed to enhance the recuperation journey for community patients by using technology to support rehabilitation goals.

Including iPads and other resources, the toolkit offers access to a six-week structured programmes designed to engage patients actively in their recovery process, encouraging their independence and better health outcomes.

This initiative aimed to reduce reliance on carers and improve patient quality of life, benefiting both patients and the NHS.

Moving forward, the project plans to reach 10 patients every six weeks, potentially benefiting 70 patients annually. The team is eager to continue expanding the project and integrate it more deeply into their service offering.



Supporting children's sleep: Sleep Packs for asylum-seeking children

We funded Sleep Packs for unaccompanied asylum-seeking children, in partnership with the Berkshire East and West Children and Young People in Care Team.

Many children arrive in the UK with nocturnal habits, suffering from nightmares and emotional instability.

We provided 30 Sleep Packs, each containing a night shirt, night light, lavender bag, 'Sweet Dreams' card, eye mask, ear plugs, tissues, and a stress ball. The packs were distributed during initial health assessments to children identified by social workers as having sleep difficulties.

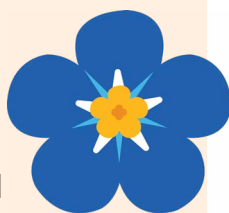
The initiative has made a real difference, offering comfort and emotional stability for these vulnerable children.



The Forget Me Not Garden – Prospect Park Hospital

This project transformed a disused courtyard at Prospect Park Hospital into a therapeutic outdoor space for patients and staff.

Designed with seating, raised beds and storage, the garden offers new opportunities for gardening, relaxation, and social interaction.



Enhancing their engagement and well-being, the garden primarily benefits Cognitive Stimulation Therapy patients, especially the elderly and those with mild cognitive impairment or dementia.

The garden also serves as a valuable space for 30 staff members to relax and hold meetings. They expressed their enthusiasm for the garden and described it as "amazing" and "lovely".

Mindfulness in practice: supporting young people beyond DBT

A mindfulness gift bag has been introduced to support young people who have completed the 12-week DBT skills course, reinforcing the self-care techniques they have learned.

The bag includes mindfulness affirmation cards, aromatherapy mist and sensory crystals to encourage ongoing emotional regulation and coping strategies.

This thoughtful gesture aimed to embed mindfulness as a key tool for managing distress.

Thanks to charitable funding, this initiative provides a lasting resource for participants, helping them continue their self-care journey beyond the course.



The Slough Older Peoples **Mental Health** Lunch Club

Funded by a £1,500 grant, the club has become a vital social lifeline for patients and carers, providing a welcoming space for individuals to connect, share experiences and enjoy a meal together.

The club has grown significantly, regularly hosting 35-40 participants, with some events exceeding 50 attendees. It has had a profound impact on participants, helping to reduce isolation and build new friendships.



“ One carer said, “It’s enjoyable, and so nice to come out and meet different people.” Another shared, “I always look forward to the next lunch; I’ve made so many friends here.” And a patient expressed, “I enjoy the food with others, as I don’t normally cook anymore.” ”

The Lunch Club has made a lasting impact on its members, offering a sense of community, connection, and enjoyment. It also provides valuable peer support for those navigating dementia and mental health challenges.

Part of the Living Well Programme supported by Cooperative Community Fund, the club is set to remain a vital source of social engagement for both patients and carers.

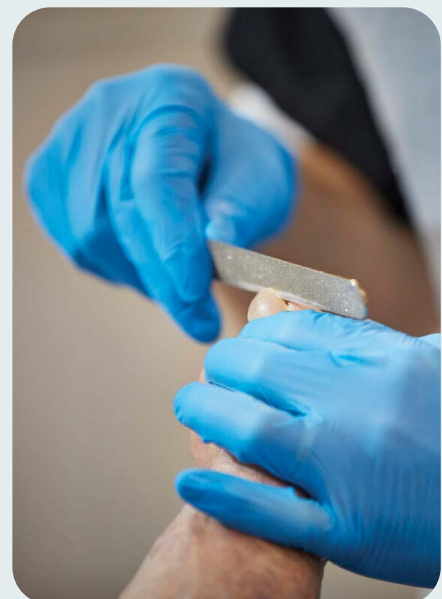


The **Step-by-Step** Foot Health Project – Podiatry at Upton Hospital

The Foot Health Project is a vital educational initiative highlighting the importance of foot health. The funding of £2000 was effective in empowering individuals to take better care of their foot health.

With the support of the charity, a monitor/TV screen was installed, providing essential health education to patients while they wait for appointments.

This resource delivers valuable and up-to-date information, helping individuals better understand their foot health and how to care for their feet properly. The engaging and entertaining content ensures patients remain informed in an accessible and enjoyable way.



Celebrating our Health Maker volunteers

We were able to express our deep appreciation for our dedicated Health Maker volunteers with a special celebratory afternoon tea at Thames Hospice.



From an original group of 30, eight committed volunteers have remained through the challenges of Covid-19 and the loss of face-to-face services. Their peer support through Online Pop-In Cafés has been vital, not only for each other but for the many service users they continue to support.

The £300 enabled us to provide a much-deserved thank you to the group, offering gift cards and a heartfelt in-person gathering.

The event was a small but meaningful recognition of the incredible impact they make, ensuring that peer support remains a cornerstone of our service.

Seeing the volunteers reconnect after years of virtual interactions was truly special. Their perseverance, dedication and passion remain at the heart of Health Makers, and we are beyond grateful for their ongoing support.

Health Outreach Liaison Team (HOLT)

Received £3,500 to provide essential items such as thermal clothing, sunscreen, bottled water, meal vouchers, toiletries, and well-being activities to vulnerable, homeless adults in the local community.

This has supported around 250 homeless adults, ensuring they stay warm in wintry weather, protected in hot conditions, and have access to necessities.

Many homeless adults live on the streets, in tents, cars, hostels or temporary accommodation, making access to food, warmth and hygiene items crucial for their health and well-being.

The meal vouchers were particularly well received, offering a warm meal and a moment of comfort to those struggling with hunger and isolation. One person said, "You have made my day." Another said, "Thank you so much, I'm very hungry."

This funding has positively impacted the lives of the most vulnerable in our community, offering practical help and a sense of dignity and care.



Connectedness through co-production: celebrating **World Mental Health Day** in Slough

Supported by Berkshire Healthcare Charity, Slough Mental Health Services marked World Mental Health Day on the 10 October 2024 with a powerful co-produced event focused on connectedness.

Over 30 contributors, including teams from EMBRACE, Hope College, and BRAVE, came together under Enabling Town Slough to create an immersive and interactive experience.

With theatre performances, poetry, interactive activities and an energising drumming session, the event highlighted the creativity and resilience of people with lived experience.

The Wish Trees were welcomed with warmth and laughter and participants, shared their aspirations for mental well-being.

Feedback from attendees reflected the event's impact, with many finding it therapeutic, inspiring, and deeply connecting.

Through shared experiences and creative expression, this event reinforced the power of co-production. It celebrated the strengths and relationships that shape Slough's mental health services.



Buzzy Bees – Berkshire Immunisation Team

A £500 grant has helped improved the vaccination experience, making it more comfortable for young people with needle phobia.

The Buzzy Bees project uses a distraction device with cool gel pads to reduce pain and anxiety during vaccinations.

The team has successfully incorporated the device into regular vaccination sessions at schools and clinics and plans to continue using the device, monitoring its impact.

This initiative has had a positive effect on both patients and staff, enhancing the overall vaccination experience.



Supporting children and young people with learning disabilities in clinic – the **CAMHS Learning Disability Team**, Reading

The project aims to improve accessibility and person-centred care for children and young people with learning disabilities, mental health needs and autism.

Through our funding, the team has enhanced clinic rooms with sensory equipment, visual aids, fidget toys and lighting to support communication and reduce anxiety during appointments.

By creating a designated clinic space, the project has enabled the team to offer weekly clinics and improve care delivery.

The project has had a positive impact on staff morale, providing the resources needed to adapt appointments to better meet patient needs.

With a £6,000 grant, this initiative is a key step towards creating a more inclusive and supportive environment for children and young people, improving health outcomes, and reducing health inequalities.



Namaste care: **Train the Trainer** for enhanced care

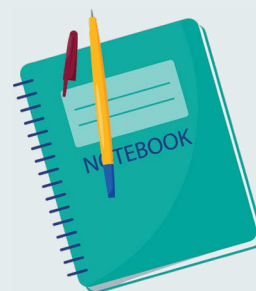
The Train the Trainer Namaste Training Programme is a specialist training designed to improve advanced disease care for care home residents.

With a funding award of £1000, the team members have been able to gain the skills and knowledge to disseminate the principles of Namaste care to Berkshire Care Home staff.

Namaste care, based on evidence-based practices and accredited training, aims to improve the well-being of those with advanced diseases and enhance their care experience.

By empowering staff to train others, this initiative will enhance the quality of care for residents, focusing on individualised care tailored to the unique needs of each person.

This training programme will have a lasting impact on the care provided to vulnerable residents across Berkshire.



Volunteer **Christmas** Appreciation Lunch

The Volunteer Christmas Appreciation Lunch, made possible by a generous grant funding of £2,300, was a resounding success.

The event offered a heartfelt opportunity to recognise and appreciate the dedicated volunteers who support our mental health, community health and rehabilitative services at Berkshire Healthcare NHS Foundation Trust.

The volunteers had the chance to catch up with each other, enjoy a festive meal and feel appreciated for all their hard work. The event lifted everyone's spirits, helping build stronger connections within the group and encouraging volunteers to stay engaged and continue their invaluable support.

We hope to support this initiative as an annual tradition and ensure ongoing recognition of our volunteers' vital work.



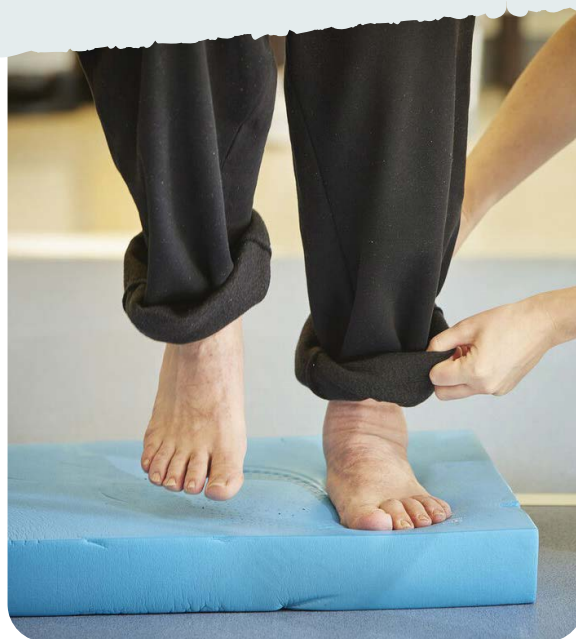
Physio – U-Step Walkers

The U-Step Walker project was introduced to enhance the quality and speed of care for patients with mobility needs, particularly older adults and individuals with neurological impairments across East Berkshire.

The primary goal was to make a specialist walking aid available for assessment purposes, allowing physiotherapists to trial the equipment with patients in a safe and timely manner, without relying on external representatives.

Previously, obtaining such assessments required considerable time and resources, as manufacturer reps had to be scheduled. With funding of £1,700, the purchase of these devices has enabled teams from Community Physiotherapy, Outpatient Neuro Physiotherapy and Geriatric Outpatient Services to conduct in-house assessments swiftly.

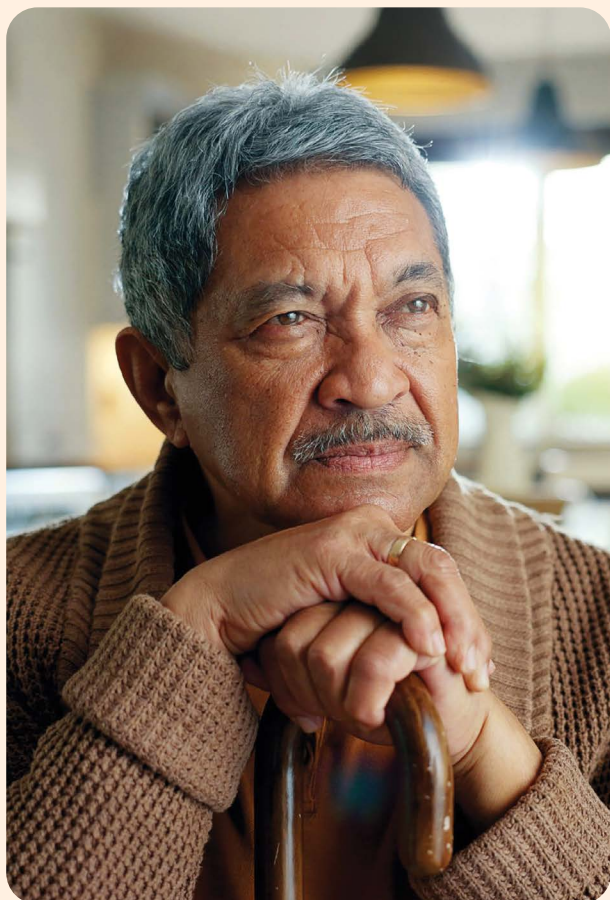
This initiative has empowered staff to explore specialist mobility solutions with patients quickly and confidently, even if they were unfamiliar with the aid beforehand. Early impact suggests meaningful improvements in the patient journey and faster access to essential mobility support.



Honouring **Windrush** – the Pioneers of Healthcare

The Pioneers of Healthcare Project, supported by the Berkshire Healthcare Charity, is an important initiative, honouring the contributions of migrants from the Global South to the NHS in Berkshire from the 1940s to 1980s.

This project aims to celebrate their pioneering role in shaping healthcare in the region by creating a bespoke piece of artwork to be displayed across various sites, including Prospect Park Hospital, Wokingham Community Hospital, West Berkshire Community Hospital, Erleigh House, St Mark's Hospital, Upton Hospital and London House.



The project will look to educate the public about the diverse history of healthcare workers, promoting a more inclusive and appreciative understanding of the contributions made by different communities. This educational aspect helps combat prejudices and fosters a more welcoming environment for all.

The total funding for this project is £5,800.

The Pioneers of Healthcare Project is a valuable initiative in recognising and celebrating the contributions of migrant healthcare workers. We look forward to seeing the finished artwork.

West Berkshire Community Hospital

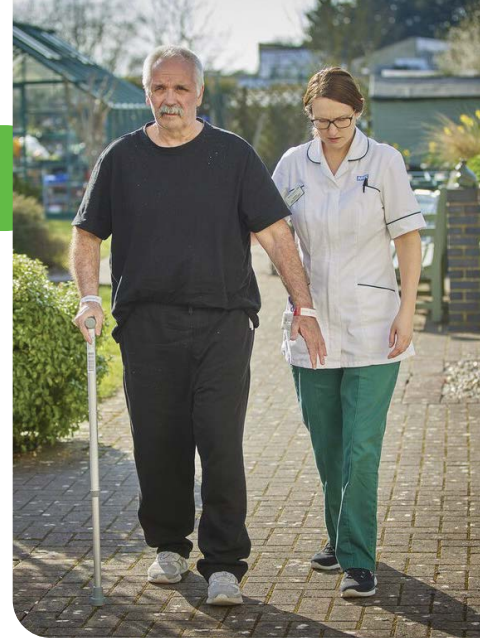
With the incredible support of volunteers, donors and community partners, West Berkshire Community Hospital continues to enhance inpatient care by creating therapeutic and comforting spaces for patients, families, and staff.

These initiatives promote relaxation, dignity, and holistic well-being, and improve the hospital environment for all.

The Therapy Garden provides a calming outdoor space to support patient recovery while the Rainbow Rooms, supported by Newbury Cancer Care, ensure comfort and dignity for those receiving end-of-life care and the Butterfly Rooms are dedicated palliative care.

Community involvement has been central to the success of these initiatives. 42 volunteers actively support ward well-being and garden projects, dedicating their time to maintaining and enhancing these essential spaces.

Fundraising efforts, community events, individuals, and family contributions, have provided vital resources for this project. West Berkshire Community Hospital League of Friends has further supported patient well-being projects through their book tables.



Additionally, generous physical donations, such as bereavement and dementia care bags, blankets, toys and eye masks, were contributed by WI, church groups, care home groups and individual supporters.

Corporate partners have also played a key role with businesses, including Rivar, Tesco, local garden centres and tool hire companies, offering valuable support.

Six corporate teams have contributed time and resources to enhance hospital spaces and a permanent partnership with Newbury Cancer Care continues to support the Rainbow Rooms, ensuring their upkeep and development for future patients and families.

Looking ahead, our goal is to sustain and expand these well-being spaces, build new partnerships with charities and corporate sponsors, and continue fundraising to support the ongoing development of these therapeutic environments.

These initiatives have transformed the care experience at West Berkshire Community Hospital, offering peace, dignity and emotional support to patients and their loved ones. A huge thank you to our volunteers, donors, and community partners for making this possible.

Thank you to our Trust and grant funders



Many of our projects would not have been possible without the generous support of grants from trusts and foundations. Their funding has helped us enhance patient care and support innovative projects that make a real difference to those we care for.

We would like to extend a special thank you to these funders for their invaluable support. Their generosity has had a lasting impact on our patients, staff, and community.

Stay Warm, Stay Healthy Appeal

This winter, our Stay Warm, Stay Healthy Appeal provided 250 Winter Essentials Packs to vulnerable patients in need of support.

Distributed by our district nurse teams, these packs offered vital warmth and comfort to elderly patients and those with chronic or mental health conditions.

Made possible by generous funding from Wokingham United Charities, Greenham Trust and One Stop Community Fund, as well as the dedication of Berkshire Healthcare NHS Foundation Trust volunteers, this initiative ensured that no one had to face the cold alone.

Thank you to everyone who helped us make a real impact in our community.



Homeless appeal – supporting Reading's homeless this winter

Many homeless individuals face significant health inequalities as access to care is limited without a fixed address.

With a £1,500 grant from the Greenlight Community Fund, we provided essential clothing and resources to support Reading's homeless community during the harsh winter months.

Our HOLT team has been delivering these vital supplies to help prevent illness and keep people warm, their efforts have been greatly appreciated by those in need.

Digital exclusion is a major issue. Many homeless individuals lack regular internet access. Being cut off from communication can worsen mental health and isolation, this makes it harder to access support services, find employment or reconnect with family.

We would also like to say a huge thank you to Vodafone for donating SIM cards through their Charities Connected scheme. Small gestures like Vodafone's donation can have a significant impact, helping vulnerable individuals stay connected and supported.



Enhancing rehabilitation with Motomed

Thanks to funding from West Berkshire Community Hospital League of Friends, our Physiotherapy Team at West Berkshire Hospital has been able to enhance patient rehabilitation by purchasing a Motomed – a specialist exercise device that supports both physical and mental well-being.

The equipment allows patients with limited mobility and neurological conditions, and those recovering from illness or injury, to engage in safe, assisted movement therapy.

Regular use helps improve muscle strength, circulation and overall physical recovery, while also boosting mental health by increasing independence and confidence in rehabilitation.

By enabling quicker recovery times and greater mobility, the Motomed has made a real difference to patients in our care, supporting them on their journey to better health.

We are incredibly grateful for this support, which continues to improve lives across our community.



Enhancing patient rehabilitation with **riser-recliner chairs**

The funding from the West Berkshire Community Hospital League of Friends has enabled the purchase of four riser-recliner chairs to assist inpatient rehabilitation within the physiotherapy department at West Berkshire Community Hospital.

These chairs help patients stand with minimal assistance, promoting independence and improving functional assessments. By replicating home environments, the chairs also enable faster discharge decisions. Additionally, they offer better support for patients with balance issues, allowing them to sit out of bed more safely.

This kind donation has enhanced patient care and aided both recovery and discharge processes.

We are grateful for the West Berkshire Community Hospital League of Friends' support in improving our patients' experience.



Children's palliative care – supporting families and making memories

Thanks to the generous £500 donation from Newbury Building Society, Berkshire Healthcare Charity has been able to provide memory keepsakes and bereavement resources for families supported by our children's palliative care team.

These keepsakes, including handprint kits and memory boxes, help families cherish precious moments, and bereavement resources support grieving siblings in processing their loss.

This funding has had a profound impact, allowing our community nurses to offer meaningful emotional support alongside medical care.

We are incredibly grateful to Newbury Building Society for their commitment to the community and for helping us bring comfort to families during such difficult times.



Enhancing staff well-being through NHS Charities Together funding



Berkshire Healthcare NHS Foundation Trust was awarded a £100,000 grant from NHS Charities Together, enabling the launch of two pivotal initiatives aimed at improving staff well-being: the refurbishment of rest and well-being rooms and the introduction of a comprehensive physical activity programme.

Refurbishment of rest and well-being rooms

Thanks to the grant funding, several rest areas across our sites have been transformed into dedicated well-being rooms for all on-site staff.

Designed to offer a calm and inviting space, these rooms provide staff with a much-needed place to relax, recharge and step away from work pressures. The addition of display boards has also boosted employee engagement.

Initial feedback from staff has been positive; many have commented on the brighter, more welcoming atmosphere. One member of staff said, "Most days the room is full at lunchtime." Another shared, "It feels better to have somewhere to relax away from your desk."

Physical activity programme

To further support staff well-being, a dedicated well-being facilitator was employed to deliver a wide-ranging programme of physical activity.



This included online and face-to-face classes, along with collaborative sessions run by local partners. Activities catered to different fitness levels and schedules, encouraging broad staff participation.

The programme successfully engaged 1,690 attendees in virtual classes, delivered 49 events involving 1,838 participants and reached 161 colleagues through 23 site visits. It also established four running groups and three walking groups across the Trust.

Feedback has been overwhelmingly positive. One staff member reported significantly improved sleep after attending meditation classes, while another, who had previously struggled to access exercise, found the Gentle Cardio sessions transformative and has since joined regular classes. Many attendees experienced reduced physical discomfort and noted feeling more energised and better able to concentrate.

The initiatives funded by NHS Charities Together have significantly enhanced staff well-being across Berkshire Healthcare NHS Foundation Trust. The refurbished rest areas provide essential spaces for relaxation, while the physical activity programme promotes a healthier, more engaged workforce. These efforts align with our commitment to being a supportive and health-conscious work environment.

We extend our sincere gratitude to NHS Charities Together for their generous support, which has made a lasting impact on our staff's health and well-being.

Community support, volunteers, and partnerships

Our achievements are made possible through the unwavering support of our community partners. We extend our heartfelt gratitude to the following organisations and groups.

Viking Storage generously provided free storage for our fundraising items, ensuring we had the necessary space to manage and organise our resources effectively.

Reading Joggers selected us as their Charity of the Year, dedicating their fundraising efforts to support our initiatives and raise awareness about our services.

Ascot Racecourse hosted a special race named in our honour on Mental Health Awareness Day, allowing us to conduct bucket collections and promote mental health awareness among attendees.

Reading Half Marathon participants raised both funds and awareness for our cause. We are grateful to all the runners who supported us.

Sandhurst Social Club continues to be a valued supporter of the charity, helping raise awareness, volunteering at our events, and fundraising for us.

NHS Charities Together provided invaluable support, enabling us to enhance our services and reach more individuals in need. They have also partnered us up with The Gym Group and Starbucks Coffee who continue to support the charity and help us raise awareness.

We also want to express our sincere thanks to all the dedicated volunteers who give their time and energy to support us at community fundraising events. Many of these incredible individuals are staff from Berkshire Healthcare NHS Foundation Trust, and we are especially grateful for their continued dedication and generosity. Your enthusiasm and commitment play a vital role in our success.

These collaborations have significantly strengthened our ability to provide essential services and support to the Berkshire community. We deeply appreciate the dedication and generosity of all our partners and supporters.

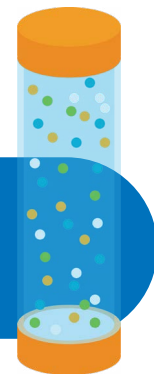


2025-26

Looking ahead to 2025-26, we remain committed to supporting as many teams as possible across Berkshire Healthcare NHS Foundation Trust.

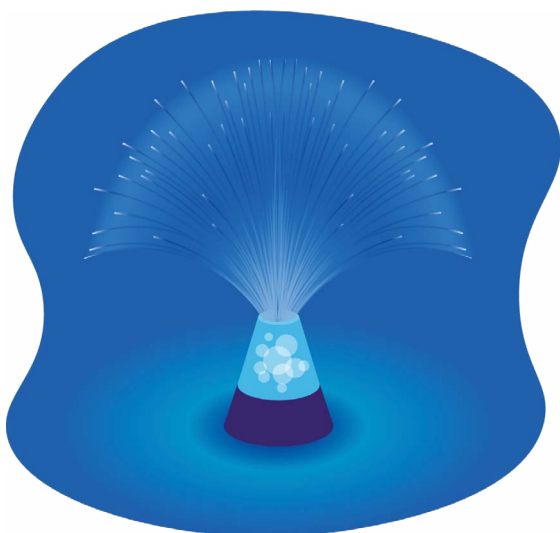
We are also excited to announce the launch of two new appeals: Sensory Well-being and Mind & Motion.

Sensory Well-being appeal: enhancing therapeutic environments



The Sensory Well-being appeal is dedicated to improving the quality of life for patients with sensory needs, including those with autism, dementia or learning disabilities.

These individuals often face challenges in traditional environments that can be overstimulating or overwhelming. Through this appeal, we aim to create calming, sensory-rich spaces that support emotional regulation and reduce anxiety.



Your generous contributions will help fund the creation of sensory rooms, specially designed environments filled with calming visual, auditory, and tactile stimuli to encourage relaxation and focus.

In addition, funds will support the purchase of specialist equipment such as soft lighting, fidget resources, interactive sound systems and aromatherapy diffusers. These tools are vital in offering patients a safe space to engage their senses in a therapeutic way.

Our goal is to expand and enhance sensory spaces across our services, ensuring that patients of all ages have access to environments that meet their unique needs. By making these spaces more inclusive and accessible, we can help individuals thrive and feel more at ease during their care journey.

Mind & Motion appeal: promoting physical and mental health

The Mind & Motion appeal focuses on the critical intersection between physical health and mental well-being, recognising the profound benefits of movement and exercise on both.

Regular movement contributes to better mental health, reduced stress, and improved overall wellness. Through this appeal, we seek to encourage and support both patients and staff in incorporating physical activity into their daily routines.

With your support, we plan to fund accessible fitness equipment such as adapted treadmills, stationary bikes, and resistance machines, ensuring that physical activity is available for individuals of all abilities. The equipment will be placed in convenient areas within our facilities, encouraging consistent use by both patients and staff.

Our appeal will also help provide fitness resources such as tailored exercise programmes that support mobility, strength and flexibility for people living with chronic conditions.

By integrating physical health into mental health treatment plans, we aim to offer a holistic approach that improves both mental and physical health outcomes, supporting a healthier, happier, and more active community.

Both appeals are designed to make a lasting impact on the health and well-being of those who rely on our services. Through your generosity, we can continue to create environments and programmes that support patients' overall health, empower them to take control of their wellness, and improve their quality of life.

We look forward to making an even greater impact in the year ahead.





How **you** can help



As we continue our vital work supporting Berkshire Healthcare NHS Foundation Trust, there are many ways you can get involved and make a difference.

Donations

Every contribution helps us enhance patient care and staff well-being.

Challenge events

Take on a fundraising challenge, such as a marathon, cycling event or sponsored walk.

Fundraising events

Host or organise a bake sale, quiz night or charity auction to support our work.

Schools and community groups

Partner with us to raise funds through school events, non-uniform days or local initiatives.

Corporate support

Encourage businesses to choose us as their Charity of the Year, making a lasting impact through fundraising and sponsorship.

In memory giving

Honor a loved one by donating in their memory to support our services.

Volunteering with our fundraising team

Help us at events, spread awareness or assist with community fundraising.

Gifts in kind

Donate items or services that can support our appeals and activities.

Amazon Wishlist

Purchase essential items directly from our Wishlist to benefit patients and staff.



Every contribution, big or small, helps us continue to enhance healthcare across Berkshire. Get involved today and be part of making a real difference!

www.justgiving.com/berkshirehealthcare



Thank you

We want to thank everyone who has supported us.

We are incredibly grateful to each and every individual, trust and foundation, corporate partner and community group who has supported Berkshire Healthcare Charity this year.

A special thank you goes to families who have honoured a loved one's memory through their generous donations, those who have fundraised for us through challenge events and the dedicated volunteers who have given their time to support our work.

Your support has made every project in this report possible. As none of these initiatives receive NHS funding, your contributions have directly helped those in our community who need it the most.

Because of you, we have been able to provide vital services, enhance patient experiences, and make a meaningful difference in people's lives.

Thank you for being part of the start of this exciting journey with us.

Berkshire Healthcare Charity



Contact details



Website:

www.berkshirehealthcare.nhs.uk/our-charity/about-our-charity



Email:

Fundraising@berkshire.nhs.uk



Contact us:

Berkshire Healthcare Charity
London House, London Rd,
Bracknell, Berkshire RG12 2UT



Registered charity number 1049733



MEMBER OF
NHS
CHARITIES
TOGETHER



Registered with
FUNDRAISING
REGULATOR