

HEALTH MATTERS

The newsletter of **The WPH Charitable Trust** – A charity supporting health related projects for individuals, groups and organisations across Coventry and Warwickshire

GRANT HELPS PURCHASE LIFE-CHANGING DEVICES FOR ALPHONSE

An Earlsdon resident has been awarded £2,850 worth of equipment from the WPH Charitable Trust to help him study and advance his career.



Ezekiah Alphonse (known as Alphonse), age 37, was diagnosed with glaucoma at the age of 13 and slowly lost his eyesight throughout his teens and 20s.

Last year he successfully passed his maths GCSE after just 12 months and in September he started another GCSE in English.

Alphonse is hoping to go on to study an access course in social sciences with a view to a degree at Coventry University.

The grant from the WPH Charitable Trust has been used to pay for a laptop computer equipped with Job Access With Speech (JAWS) specialist

software as well as a ReadEasy Evolve screen reading device.

Alphonse, who is also learning to read Braille, said: "One of the options I am considering at university is psychology.

"I would like to work with young people who face social challenges in today's society. I would love to be able to help them steer their lives back on track.

"The grant I have received from the WPH Charitable Trust has really helped me with my studies. The ReadEasy electronic reader takes a photo of my handouts or pages from a book and reads the text to me.

"The WPH paid for the JAWS software which reads everything on my screen – whether supplied text or something I have written myself."

"It makes everything so much easier for me – there is no way I would be able to do this work without these assistive devices. I would like to thank WPH as it has made a huge difference to my life."

Grant awards to individuals

Between January and September 2019 WPH has made over 130 grant awards to individual applicants.

PREGNANCY LOSS RECEIVES £2,000 FROM THE WPH CHARITABLE TRUST

A Nuneaton charity providing practical and emotional support for people in Coventry and Warwickshire who have suffered the heartbreak of losing a baby has been given a financial boost by the WPH Charitable Trust

Sophia - Pregnancy Loss has been awarded £2,000 to fund miscarriage boxes for people coming to terms with a loss.

Primarily aimed at those who have experienced a miscarriage under 24 weeks, the boxes are also available for couples who have experienced an ectopic pregnancy, late miscarriage, stillbirth or neonatal death.

Under UK law stillbirths are only recognised from 24 weeks onwards. Parents who suffer an earlier miscarriage or stillbirth are not able to

register the baby and do not receive certificates acknowledging their baby's existence.

The boxes contain a certificate acknowledging the baby, as well as other items of comfort including seeds to plant, a small charm, a poem and a candle.

They are offered to parents at University Hospital, Coventry and George Eliot Hospital, Nuneaton. There are plans to extend the scheme to Warwick Hospital soon.

Nicola Rygielski, Trustee of Sophia – Pregnancy Loss, said: "The comfort that these boxes have brought to many families already is priceless.

We are aiming to provide a minimum of 1,000 boxes to the two hospitals by 2020.



CHAPEL END SURGERY JOINS CAMPAIGN TO FIGHT PERIOD POVERTY

A Nuneaton GP surgery which supports a national campaign to end period poverty by giving free sanitary products to female patients from deprived backgrounds has received £1,420 from the WPH Charitable Trust.

Chapel End Surgery, which covers Chapel End and also Camp Hill – one of the most deprived areas of Warwickshire – will use the money to fund a year’s worth of tampons and sanitary towels for its patient population in need.

The charity Bloody Good Period estimates the average woman spends £4,800 on menstrual supplies in her lifetime. This includes £4 per month on tampons, £4 on pads and £2 on panty liners.

Dr Maqsood Motala from the surgery, said: “There are many women and girls



who cannot afford sanitary products. Reports demonstrate the use of inappropriate, makeshift products such as toilet roll, newspaper or socks, and the reason that Chapel End Surgery has decided to focus on this campaign is due to our patient population clearly struggling with this part of their lives.

“We have had several patients or mothers inappropriately request that we stop their periods to avoid the cost of sanitary wear.”

Dr Motala said as well as the grant from the WPH Charitable Trust, the surgery also keeps a box in reception for donations, although very few had been received.

The WPH Charitable Trust awards £5,000 to help young people with mental health issues

A project supporting under 18s with mental health problems in Coventry and Warwickshire has been awarded £5,000 by the WPH Charitable Trust.



Established by Warwickshire charity Young People First, the Sharp Minds project works with 11 to 18-year-olds who have been referred by a professional agency.

Often the young people have withdrawn from their families and friends, education and social groups, in a downward spiral of anxiety, depression and loneliness. Experienced staff at Sharp Minds work with young people at various stages of that spiral.

Sharp Minds has three group meetings across Warwickshire - in Stratford, Warwick and Leamington, catering for

up to 15 young people in any one session. Since 2012 the project has worked with more than 150 young people, helping them to turn their lives around.

David Skoppek, Chief Officer of Young People First, said: “Young people have returned to education, secure employment and actually started to enjoy life. This year one of our eldest members started university which was a major triumph for all!”

Costing £46,700 a year to run, David said the money from the WPH Charitable Trust will be used directly towards staff salaries.

Do you know someone struggling with health related issues, who could benefit from additional financial support?

See our website for details & to make an application:
www.warwickshirehealthcharity.org.uk



SENIOR MEDICS TREK TO EVEREST BASE CAMP TO RAISE FUNDS

Consultant Respiratory Physician Peter Handslip and Bob Grieve, a retired Professor of Oncology, have completed a gruelling trek to Everest base camp to raise funds for a Warwickshire hospice.

They climbed more than 17,000ft over 13 days, and to date have raised over £50,000 in aid of the Mary Ann Evans Hospice in Nuneaton.

It was the fifth Himalayan trek for

Peter who worked at the George Eliot Hospital for 33 years, and is an experienced climber. While Peter worked out in the gym and regularly cycling or hillwalking, Bob climbed mountains in Vancouver and completed walks of 15 to 20 kilometres in Southern Cork, the Peak District and the Malvern Hills.

Their primary purpose, along with 18 team mates, was to support the new Rapid Response team based at the hospice. This provides overnight



care and responds within one hour of a call to fully support terminal patients in their own homes during their last 72 hours of life.

Both Peter and Bob are trustees of WPH Charitable Trust. To sponsor, log on to <http://www.justgiving.com/Peter-Handslip>