

HEALTH MATTERS

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

Coventry Royal Visit

Royals open Faculty of Health and Life Sciences building

The WPH Charitable Trust was honoured to receive an invitation to the official opening ceremony of Coventry University's new £59 million Faculty of Health and Life Sciences building, performed by the Duke and Duchess of Cambridge on January 16th.

It followed a donation by WPH of £10,000 towards the building of the new facility in 2015. Trustee

Rob Blacklock, who attended on behalf of WPH, was among some 200 invited guests.

The Royal couple were taken on a tour of the facility and met some of the guests as well as members of local community groups who work with patients, as well as service users themselves.

Rob said: "It was a great experience. The Duke and

extremely impressed with the facility."

"It is a state of the art building, giving students the perfect environment in which to learn how to deal with real-life scenarios.

The first two, world class floors of the building are designed to follow an emergency patient's progress. For example, there is an ambulance on the ground floor so paramedic trainees can get first-hand training how to treat a patient whilst in the ambulance itself. Then a patient progresses through an operating theatre, recovery area, two hospital wards and an Intensive Care Unit - each of which are full size mock ups, providing every possible stage of the

patient experience.

Other facilities include two full-size community houses, designed to give students realistic experience of working within people's homes. One of these has been fully equipped throughout for disabled people, including rise and fall units and work surfaces that move up and down for wheelchair users.

Elsewhere there are extensive research laboratories, including ones for sports science.

Rob said: "It was an honour to be invited to the opening the facility will be of tremendous benefit, both to Coventry University and Coventry itself."



Duchess were probably there for about an hour and a half touring the new building and meeting people. They were

Bert O'Hara's Stairlift

Donation from WPH Trust helps ease everyday life for pensioner Bert

Over the last few years life has become increasingly difficult for Ryton-on-Dunsmore pensioner Bert O'Hara.

The 73-year-old father-of-five lives with a number of health conditions and life had become something of a struggle.

However a donation of almost £2,000 from the WPH Charitable Trust to purchase a stairlift has made everyday living a lot more comfortable for Bert.

A smoker for 50 years, it was only when he stopped that various ailments started to surface. Among other health issues Bert now suffers with severe long-standing COPD.

Since the stairlift was installed, life

has become much more bearable and he no longer requires his emergency oxygen supply every time he uses the stairs.

He said: "It got to the point where I used the oxygen compressor to refill my lungs every time I went up or down the stairs. I still keep oxygen compressors both upstairs and downstairs but the stairlift has made a marked difference in terms of my breathing. It's also given me that little bit more confidence in getting around the home."

Thanking the WPH Charitable Trust Bert said: "I had lived in this house for over 50 years before these problems developed.

"Without the Trust's kind donation



there is no way my wife Susan and I would ever have been able to have afforded the stairlift. I am extremely grateful to the Trust."

David Holt, Chairman of the WPH Charitable Trust, added: "My colleagues and I are delighted to have been able to help Bert and to help make life that little bit easier.

WPH CHARITABLE TRUST AWARDS £1,500 TO CROW RECYCLING

Coventry-based social enterprise Coventry Recycling of Waste (CROW), which provides volunteering opportunities for young people and adults with learning difficulties or disabilities who find it difficult to find employment, has been awarded £1,500 from the WPH Charitable Trust.

The enterprise will use the money towards its £60,000 annual running costs.

While school-age youngsters come to the organisation for one or two weeks of work experience placements – the majority of adults tend to stay long term.

Barbara Cowling, Centre Manager, said the safe, friendly environment offered by CROW gives volunteers the chance to learn new skills, make new friends and build their confidence while serving a useful purpose.



From its early years when CROW was launched in 1985, the organisation worked closely with Coventry Social Services to provide placements. CROW operates out of Sparkbrook Street in Hillfields – a central location purchased courtesy of the National Lottery Charities Board. Half its running costs come through the recycling arm of the organisation while the other half is raised through donations from local businesses and organisations such as WPH Charitable Trust.

CROW offers a can collection service from businesses and schools as well as a paper collection and shredding service. It also sells bales of high

quality shredded paper used as animal bedding or packing material.

Seventy-year-old John Gatter has been a volunteer with CROW for 25 years. Born a happy, healthy boy, John's life was changed in an instant when he was run over by a truck while out playing with a friend.

The accident resulted in a six-month stay in hospital and John was left with life-changing injuries including brain damage.

John, said: "I like it here at CROW. I have made lots of friends here. If I stayed at home my mind wouldn't be so active. "I'd like to keep coming here for as long as CROW will have me"

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

See our website for details of how to apply.

www.warwickshirehealthcharity.org.uk



FOOD FOR THOUGHT OVER HEALTHY LIFESTYLE

People in Coventry living with mental health issues have been given a helping hand by the WPH Charitable Trust which has awarded £1,500 towards courses teaching how to cook healthy foods on a limited budget.

The money was awarded to Coventry charity "Actively Influencing Mental Health Services (AIMHS)", which is using the money towards delivering 'Food For Thought' cookery courses.

AIMHS originally commenced delivering food related training in 2010, and have been regularly oversubscribed. However since the last course finished in April 2017, no further funding had been available until WPH stepped in.

Available for up to ten people at a time the five courses, each consisting of five weekly two-hour sessions and running over a total six-month period, aim to reduce social isolation, increase education and reduce food poverty.

Andrew Collis, Service Manager of AIMHS, said as well as teaching people how to budget for the ingredients, those attending the course have learned to cook a variety of healthy dishes including vegetarian curries, chilli, and some low-fat desserts.

Andrew said the courses are beneficial to people of all ages and abilities. They take place in community venues in the city centre, the public library and a mental health day hospital.

He added: "We are very grateful to WPH Charitable Trust for making it possible for us to carry out this project that is helping to reduce isolation and address issues relating to food poverty of people in our community who endure mental health problems.

"The majority of the grant has paid for food and ingredients, given to people so that they could cook our recipes for themselves at home."

