

# HEALTH MATTERS

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

## Dr Marakatham Venkataraman is the new Chairperson of the WPH Charitable Trust.



**Dr Mara comments: “As a result of Covid there is a larger proportion of applications requesting smaller amounts of money, from individuals, or from the organisations directly helping them, reflecting the extraordinary hardship being currently suffered.”**

“It is often painful to read some of the applications, ranging from sums under £100 for life’s necessities, carpets, a cooker or washing machine, for displaced families even a cupboard for storing medical equipment safely, up to larger amounts for powered medical equipment, or home modifications.

The resilience of many applicants is astounding to me. Their thank you letters are heart-warming. I am genuinely grateful to be part of WPH and hope to not only continue its good work but to try and ensure it reaches more and more individuals in need.”

If you or a client have a problem that you feel the Trust could help with please go to our website where an application can be made <https://www.warwickshirehealthcharity.org.uk/>

## £3,000 TO WAY AHEAD SUPPORT SERVICES

£3,000 was awarded to a Leamington Charity which helps people live full, active, and independent lives.

Affiliated to Mencap, Way Ahead provides supported living and social activities for over 70 adults aged 18 living in Warwick District.

£1.29 million a year is needed to provide this but costs have risen during the pandemic with more demand for out of hours services and new regular communication channels with the families and carers to avoid the breakdown of families living in lockdown together.

Angie Gwillam, Activities Support Manager said: “For the families it has been a lifeline, with many admitting to us they did not think they would have coped without the extra support.”



# WPH ALLOWS NUNEATON MAN KEVIN TO MAINTAIN HIS INDEPENDENCE

**A Nuneaton man was awarded over £6,000 to help him maintain his independence in his battle against a progressive muscle-wasting disease.**

The 37-year-old had been able to feed himself but recently needed the help of a carer as the disease had a greater effect on his arms and hands.

The donation bought a robotic Neater Eater – a fully adjustable, manually controlled device which allows Kevin to continue feeding himself at mealtimes.

It has a number of attachments, including a robotic arm, to which cutlery can be attached, thereby

allowing him to maintain his independence and social interaction with family and friends.

Kevin said: “Meal times had been increasingly more difficult. I was at the stage where I would have had to have relied on someone else feeding me.

“ I am more comfortable at meal times, as I don’t have to keep leaning forward to eat my food, which gave me indigestion, and it means when I want to I will be able to eat out socially.”



## HELP ON THE ROAD TO RECOVERY

The Trust has awarded £500 to Leamington man Will Britton, to help him establish his own business focusing on sustainable living.

He is an avid nature enthusiast with a lifelong love of insects and the outdoors.

Will has actively campaigned for their protection which helps to calm his nerves and anxiety.

Battling with drug and alcohol addiction since his 20s, he uses his interest to help him continue his abstinence.

During a stay in a local mental health unit, he tended the grounds and made use of a local allotment which had stood empty for some time.

He has planted over 250 fruit trees at the hospital, in addition to fruit

bushes and trees grown on his own plot.

He received very positive feedback from the patients which inspired him to take it further.

The grant will fund his project and give access to expertise and information from the Permaculture Association which shares advice, designs, articles, and new ideas

from a network of like-minded people all keen to make a difference.

He said “I am looking to increase my land so that I can continue to cultivate plants and trees in the near future, increasing my reputation as an earth defender committed to protecting ecosystems and educating others on how to do the same.”



## £5,000 TOWARDS ADVENTURE PLAYGROUND FOR A NEW SPECIAL SCHOOL

£5,000 was awarded towards the first phase of an adventure playground designed to stimulate the senses of children aged 4 to 9 with special needs at Evergreen School in Warwick.

The playground will encourage the development of physical skills and social and emotional wellbeing, whilst helping the children to have the freedom to play and explore.

A second phase will revamp the swing area and the third will be the installation of outside exercise equipment.

It will provide the best possible chance of a successful adulthood and inclusion in their local community

through delivering a broad and exciting curriculum.

