

Spring 25

The heart

Our community in action



Northamptonshire
Health Charity



Together, we twinkle brighter

Extraordinary things happen when a community comes together. In memory of Ava-Mae, her family and friends have transformed their love into kindness and comfort for others. Please note that this story discusses a family's experience with baby loss.

Sometimes, the most beautiful things emerge from the toughest moments. When Libby and Alex lost their daughter, Ava-Mae, born sleeping, their world shattered. They faced a pain no parents should ever have to experience.

Yet, in their grief, they knew they wanted to do something in her memory - something that would help other families going through the same heartbreak.

That's why, alongside their family, they chose to support the Twinkling Stars Appeal – dedicated to funding a peaceful, private bereavement suite at Kettering General Hospital. Currently, families who lose a baby are left grieving in busy maternity wards – surrounded by the noise and celebrations of new life.

“The need for that separate, safe space for families is invaluable. We knew straight away that we wanted to help.”

Libby, Mum of Ava-Mae

With the love and support of their family and friends, they set out to raise funds. Libby recalls “The response was overwhelming. Our community came together, holding quiz nights, bake sales, and even a bubbles-and-blow-dry evening at Trilogy Hair Lounge. Every event was full of love, laughter, and a shared understanding of why this cause matters so much.”





Together, their fundraising has been heartfelt, creative and joyful – reflecting the love Ava-Mae’s memory inspires.

“The support from the community was mind-blowing. It really felt like we had the whole town behind us.”
 Louise, Ava-Mae’s Aunt

But it wasn’t just about the fundraising. Through these events, they quickly realised just how many families have experienced baby loss. Talking about it, sharing stories, and breaking the silence brought unexpected comfort.

Together, Ava-Mae’s family raised over £6,000 for the Twinkling Stars Appeal. But more than that, they’ve helped bring awareness to something that is too often taboo and unspoken.

What makes this story so special isn’t just the incredible fundraising – it’s seeing a community choosing compassion over sorrow, love over loss.

Libby said “For us, this isn’t just about money. It’s about making sure no family has to grieve in a place that doesn’t feel safe or private. It’s about honouring Ava-Mae in a way that brings hope and support to others.”

Through Ava-Mae, the community is proving that even the smallest lives can inspire the greatest acts of kindness.

A heartfelt thank you to everyone who has supported Twinkling Stars and the Daisy Suite Appeal, bringing comfort to others in their grief. To find out more visit nhcharity.co.uk/appeals

A community with heart, in action!



Behind every great hospital...

They are the first to respond in a crisis and the first to be there when a patient needs them.

Every day, NHS staff go above and beyond to provide outstanding care, often putting the needs of others before their own.

Hospital corridors are never still for long. A monitor beeps, a phone rings, a call bell sounds down the hall. A nurse takes a quick sip of water before hurrying to the next patient, knowing there’s little time to pause.

Beyond the hospital walls, a community healthcare worker carefully balances the needs of vulnerable people at home, managing each visit with precision to ensure no one is left waiting too long.

These moments are a reality for NHS staff across Northamptonshire. The demands of long shifts, high-pressure environments,

and the emotional weight of their work can take a toll. That’s why ensuring they have the right support, both from their teams and within their workplaces, is so vital.

So, who is looking after those who spend their lives looking after us?

Thankfully, NHS Wellbeing teams and support services are working hard to ensure staff have access to the help and resources they need. From dedicated mental health support to spaces where they can take a moment to recharge, these initiatives are making a real difference.

And that’s why Northamptonshire Health Charity has made it a priority to help



improve staff spaces, rest areas, and well-being initiatives. Thanks to the generosity of our supporters, NHS staff across Northamptonshire now have:

- + **Newly refurbished staff rooms:** comfortable spaces with sofas, kitchen facilities, and proper rest areas.
- + **Quiet rooms:** designed for mental decompression after difficult cases.
- + **The Reflect & Reconnect well-being retreat:** a dedicated space for staff to recover, reflect, and care for their mental health.



“The A&E staff room was dark and dated, a lick of paint was never going to be enough to improve the space or make it a relaxing place for a break. The charity team have helped us create an area where staff can relax, recharge and refuel, even if it is for only 30 minutes.” A&E Nurse Manager

By working together, we can ensure that NHS staff have the support they need, not just to continue their incredible work, but to thrive in it. Because when those who care for us are cared for themselves, everyone benefits.



Thanks to you!

Thank you to everyone who has supported these vital projects. Like Barratt Homes, who took on an incredible cycling challenge, covering 1,550 miles in just three days! Their efforts raised £21,062, part of which is now being used to refurbish and revitalise staff rooms, giving NHS teams comfortable spaces to rest and recharge. Thank you!

Care at every stage of a cancer journey

A cancer diagnosis is life-changing, but the way we treat cancer matters too. Thanks to the generosity of donors, Northamptonshire Health Charity is supporting major advancements in cancer care at Northampton General Hospital, providing more treatment options and better experiences for patients.

“This isn’t just about treating cancer – it’s about making sure people can live well after treatment, too.”



A new way to treat prostate cancer

Prostate cancer is the most common cancer in the UK, with 1 in 8 men getting diagnosed each year. Thanks to advances in research and treatment, survival rates are improving – but challenges remain.

Many men do not experience symptoms in the early stages, making it difficult to detect prostate cancer before it spreads.

And often, the patients’ biggest fear isn’t just the cancer itself – it’s the treatment. Surgery and radiotherapy, while life-saving, can come with difficult side effects, affecting everything from recovery time to long-term quality of life.

But soon, thanks to generous donors, a new focal therapy treatment service at Northampton General Hospital will give patients less invasive, more precise options.

One of the treatments is called High-Intensity Focused Ultrasound.



What is HIFU?

High-Intensity Focused Ultrasound, or HIFU, is a minimally invasive treatment that targets cancer cells with high-frequency ultrasound waves, heating and destroying affected areas without the need for surgery.

Using this ground-breaking technique means:

- + **No major surgery:**
Less risk, faster recovery
- + **Precise targeting:**
Fewer long-term side effects
- + **Same-day treatment:**
Most patients can go home within hours

For years, patients in Northamptonshire had to travel to London for this treatment. But now, thanks to donor support, NGH is bringing this revolutionary technology closer to home.

With cutting-edge treatments like HIFU now available locally, patients in Northamptonshire can receive world-class cancer care closer to home.

**Thanks
to you!**

Thanks to the generosity of donors, our local NHS is leading the way in offering cancer treatment to not only save lives but protect quality of life. A special thank you goes to the anonymous donor who helped us fund the HIFU treatment.



Cancer care that goes beyond medicine

For many people, a chemotherapy suite isn't a place they ever expect to find themselves. But for those facing cancer, it becomes a regular part of life – a place they return to week after week, hoping that treatment will give them more time.

Unlike emergency wards, chemotherapy suites are spaces of patience, resilience, and quiet strength. Sessions can last hours at a time, leaving patients to sit for long periods – reading, scrolling, resting, or simply absorbing the weight of what their body is going through.

Some days, there's chat and laughter among patients and nurses. On others, there's exhaustion, nausea, or quiet determination to get through another round.

That's why the environment patients receive their treatment in matters.

A space designed for healing

Thanks to donations, the chemotherapy suite at Northamptonshire General Hospital has undergone a complete transformation – turning a clinical space into one designed for care, comfort, and dignity.

For those on their cancer journey, spaces like these can make all the difference:

- + **Better, more supportive chairs:**
Because sitting for hours during treatment shouldn't add to the discomfort.
- + **A softer, warmer design:**
Lighting, colour, and layout now make the space feel less medical and more personal.
- + **Improved privacy and patient choice:**
Allowing people to rest or talk with others when they need support.

Everyone going through cancer treatment deserves the best care – both medically and emotionally. Your kindness and support allows us to bring a little more comfort. Thank you so much.

**Fancy fundraising for us?
Scan the QR code to find
out how!**



The heart of our hospitals



Every day, people across Northamptonshire go above and beyond to support our local hospitals. Whether it's running marathons, hosting bake sales, or taking on personal challenges, these fundraisers make an incredible difference to patients, to their families, and our wonderful NHS staff.



One brave shave, countless little smiles

Inspired by the care her grandson received, Lia shaved her head on her birthday, raising £1,800 on behalf of young patients at the Disney Ward, at Northampton General Hospital. Thanks to her we can make hospital stays a little brighter for children.

Benedict's big climb

At just 10 years old, Benedict showed incredible determination by climbing Snowdon to raise funds for the Twinkling Stars Appeal. Inspired by the memory of his sister, he took on the 9.6-mile challenge and raised an amazing £475 to help create a bereavement suite at Kettering General Hospital.



Whipping up change, one cake at a time

In memory of her daughter, Ashleigh Clay and her family raised £2,261 to support the creation of a new bereavement suite at Kettering General Hospital. Their heartfelt efforts mean that future bereaved parents will have a private, peaceful space in which to receive care and support.



Team Daisy's dedication blooms on

For over four years, Team Daisy has been fundraising to improve bereavement facilities at Northampton General Hospital. Having already raised over £35,000, they continue to support the creation of the Daisy Suite, ensuring families experiencing loss have the support they need.

Heart pounding heroes!



On Sunday, 25th May, an amazing group of supporters will be taking on the Northampton 10K, running to raise funds for Northamptonshire Health Charity.

Whether you've run around the block for us or taken on a full marathon to raise funds... thank you! We'd love to hear your story! Share your journey and photos with us at: fundraising@nhcf.co.uk

Ready to lace up?

We're excited to have secured 12 places for the London Marathon 2026. If you'd like to take part in this or any other event visit nhcharity.co.uk/events

A heartfelt thank you

At Northamptonshire Health Charity, we are constantly inspired by the kindness and generosity of our supporters. Whether you've fundraised, donated, volunteered, or simply spread the word, your efforts are helping us transform our local NHS into the very best it can be.

"Your generosity touches so many lives. Knowing that people care, and are willing to give their time and effort, makes a huge difference to staff and patients alike. Thank you."

Jonathan McGee,
Chief Executive of Northamptonshire Health Charity



**Northamptonshire
Health Charity**

Fundraising for:



University Hospitals
of Northamptonshire
Foundation Trust



Northamptonshire
Healthcare
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