



West Hertfordshire
Teaching Hospitals
NHS Trust



Remembering your loved one



West Herts
Hospitals
Charity

Charity no. 1052210

Gifts in memory to West Herts Hospitals Charity

We understand that finding a special way to remember and celebrate your loved one is important.

We also understand that opening this leaflet might have taken courage. And creating a tribute that's worthy of someone who meant so much to you, seems impossible.

You took the first step - and now we can do our best to show you the many lasting and meaningful ways you can honour your loved one, we will support you every step of the way, whatever you decide. No matter how big or small, a gift in memory to West Herts Hospitals Charity will make a big impact for many people who use the NHS in West Hertfordshire, and beyond.

And if there is anything we can do to help or to offer a little comfort, please do get in touch.

So, what is giving in memory?

A gift in memory of someone's life is a donation made after someone passes to celebrate, memorialise and honour their life.

A gift in memory to West Herts Hospitals Charity can make a very big impact for years to come.



Different ways to give in memory

There are many different ways you can honour someone's memory and support West Herts Hospitals Charity.

1. A gift in memory

A gift in memory, in the name of your loved one, will have an impact on improving NHS services, research and facilities here in West Hertfordshire, long into the future.

2. Funeral collections

Giving family and friends the option to give an alternative gift to flowers at a funeral is a special way to celebrate the life of a loved one.



3. A Tribute Fund

Setting up a Tribute Fund in memory of a loved one means friends and family can join together to share memories and write messages. It's a nice way to let people know about the date of a funeral and offer the chance to make a gift in memory, whether they can attend or not.

4. A gift in your Will

Leaving a gift in your Will to West Herts Hospitals Charity, even a small one after loved ones have been provided for, can have a huge impact on thousands of people's lives in West Hertfordshire, today, and for many years to come.

5. Fundraise in their name

There are so many ways to honour a loved one with a fundraising effort. You can run a marathon, host a quiz, or do a sponsored silence in memory of someone you love. By picking something that was unique to them, or something you shared together, you'll find yourself more motivated than ever.



A tribute from the heart

Dr Nizar Merali has been a GP for 40 years. Recently, his mother, Fatmabai Roshanali Merali passed away in the side room on the stroke ward at Watford General Hospital. Fatmabai was cared for in the room for a month before she passed away.

Dr Nizar decided that he wanted to honour his mother and the staff who expertly cared for her, by renovating the room.

Renovations included installing a new sink, air conditioning, a spacious cabinet for patient's belongings, a carer's chair that turns into a bed to enable family to stay close to their loved ones, a giant iPad and the beautiful wall mural.

"My gift in memory was my way of saying thank you for the phenomenal team and care my mother received at Watford General. I thought it would be lovely to create a space to enhance the quality of life in the last moments of a loved one's life."

Thank you Dr Merali for your kindness and generosity, and for your gift in memory that will make a big impact in the lives of stroke patients at Watford General for many years into the future.

Your tribute, your impact

When you give in memory to West Herts Hospitals Charity, you ensure your loved one's gifts continue through everything we do in our hospitals.

Here are just a few areas of our work that have been made possible with thanks to gifts in memory.

Refurbishment of the baby bereavement suite

The death of a baby is heart-breaking, for the parents, their wider family and for the staff who support them. Having somewhere quiet and comfortable to talk through and start to come to terms with the tragedy is so important at this sad time.

The bereavement team approached us and asked for help to improve the bereavement suite, and make it feel less clinical. We were honoured to grant £2,161 to fund a sofa bed, two comfortable chairs and a changing table.

Thanks to the sofa bed, couples are now able to stay together and comfort each other, rather than having to sit on a hard plastic hospital chair at the clinical bedside. It also means that parents can spend some precious time with their babies in a homely environment.

Training in medical micropigmentation

Supporting patients is at the core of our work, providing funding for specialist services and additional comforts that complement existing NHS-funded services.

Rebuilding self-confidence is a major challenge for some women recovering from breast cancer, particularly if their treatment has left scars.

At our breast cancer centre in St Albans City Hospital, spearheaded by Breast Clinical Nurse Specialist, Sarah Page, patients who have undergone breast mastectomies and reconstructions are offered highly skilled tattooing to help create realistic 3D nipples and areolas.

We had funded Sarah's original training six years ago, and this year we provided an additional £1,800 so she could attend a further masterclass in Medical

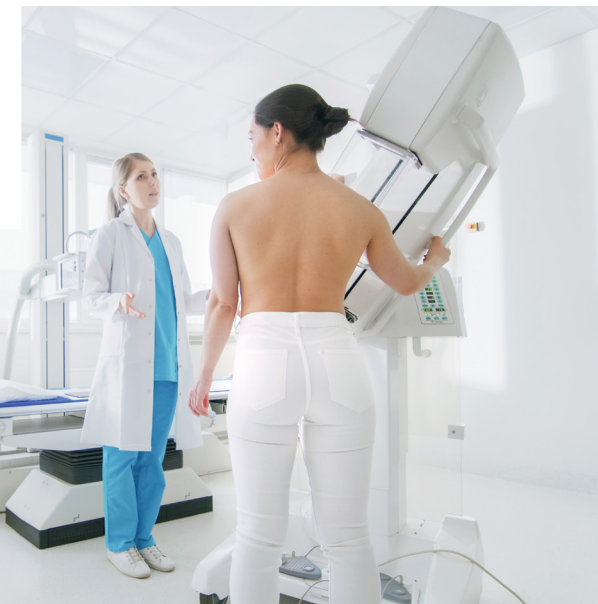
Micropigmentation. Sarah was keen to increase her knowledge and skills to improve the already successful service, to help breast cancer patients move on with completion of their body image issues.

Medical micropigmentation of the reconstructed nipple/areola complex is often the final stage of breast reconstruction. Qualitative studies suggest that this tattooing enhances patient

satisfaction with their breast reconstruction. Some women describe it as the 'icing on the cake' and that it makes them 'feel like women again'. It can help to restore their sense of beauty, self-image, confidence and makes them feel somewhat whole again, also in most cases giving them a sense of closure.

Following tattooing they say that they can move on from the cancer experience and feel comfortable with themselves again.

Going the extra mile to help women who have journeyed through breast cancer, with thanks to gifts in memory.

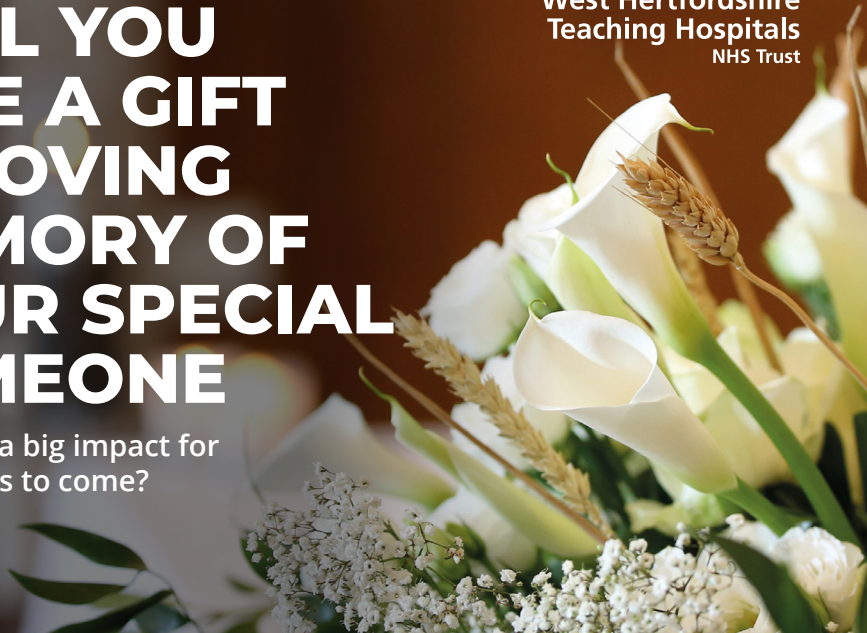




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WILL YOU GIVE A GIFT IN LOVING MEMORY OF YOUR SPECIAL SOMEONE

and make a big impact for
many years to come?



Please contact us if you would like to speak to
someone regarding leaving a gift in memory.

Telephone: **01923 436182**

Email: westherts.raise@nhs.net

We work in partnership with [MuchLoved](#),
the UK's leading in-memory platform, to
provide a free tribute service where you can
remember someone special and fundraise
in their memory.

You can create a special, personalised
tribute page for your loved one, where you

can share memories, photos, stories, music
and videos to celebrate their life, as well as
donate to West Herts Hospitals Charity in
their honour.

Please visit www.muchloved.com to
create your tribute, selecting **West Herts
Hospitals Charity** as your chosen charity.



**West Herts
Hospitals
Charity**



SUPPORTED BY

**NHS
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West Herts Hospitals Charity:

The charity for Hemel Hempstead, St Albans City and Watford General Hospitals

westherts.raise@nhs.net www.raisewestherts.org.uk