

## MEDIA RELEASE

---

25 August 2017

AMH.LD\_28\_17b

### Leicester lawyers' fundraiser a boost for mental health inpatients

A Leicester legal firm is supporting staff from Leicestershire Partnership NHS Trust (LPT) to provide a 'sanctuary' for patients on one of its mental health wards.

Thaliwal Solicitors, who have a long tradition of supporting mental health causes, are hosting a fund-raising night of entertainment on Wednesday 6 September.

They aim to raise £1,000 for Aston Ward, an acute mental health ward for women at the Bradgate Mental Health Unit.

Staff on the ward have launched an appeal to provide a therapeutic relaxation room for their patients that is not part of their core NHS service.



The room – to be known as 'The Sanctuary' - will be furnished with soft and flexible furniture and equipped with sensory items such as therapy balls, weighted blankets and wraps, hand-held massagers, aromatherapy aids and relaxing music.

One of the team members behind the idea is Aston Ward

healthcare support worker Jo Hulme (pictured below, right). She said: "The idea for the room came from talking to patients who didn't have a peaceful place for relaxation on the ward. They have to use their rooms as a place to relax and this isn't always helpful when we are working with them to encourage motivation, interaction and a healthy sleeping pattern.

"Sometimes a patient wants and needs to air their thoughts and concerns, and this can sometimes lead to them becoming anxious and agitated.



“We want to create a calming area away from the main ward that offers a sanctuary at times of stress, agitation and anxiety. Equipped with items to soothe the senses, it will aid recovery and wellbeing.”

She added: “Comfort rooms like this can improve the experience for patients while they are in hospital and

perhaps even more importantly help them develop coping skills that are key to staying well when they return home.”

Thaliwal Solicitors have chosen the Sanctuary appeal, run through LPT’s Raising Health charity, as the beneficiary for its annual fund-raising event.

Solicitor Ranjit Thaliwal (pictured left) explained: “The firm hosts an annual event to support a local mental health charity and we are delighted to support such a superb initiative that will make a difference and hopefully ease anxiety and stress for patients.

“All are welcome to attend and we are hoping that the programme, with its relaxed format, raffle, auctions and sponsorship support, will help us to raise a substantial sum.”

Tickets are just £6, including a buffet meal and can be booked via email to [Reena@thaliwalsolicitors.co.uk](mailto:Reena@thaliwalsolicitors.co.uk). You can also donate directly at <https://www.justgiving.com/campaigns/charity/raisinghealth/thesanctuary>

-ends-

## NOTES TO EDITORS

1. **Leicestershire Partnership NHS Trust (LPT)** provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

2. **Raising Health** is our registered charity (number 1057361) which raises funds to support LPT’s excellent care initiatives, equipment and innovations which go above and beyond core NHS provision, to enhance the experience of our patients, service users and staff.

[www.raisinghealth.org.uk](http://www.raisinghealth.org.uk)

For further information contact: Sheila Ashton, communications manager, Leicestershire Partnership NHS Trust, Tel: 0116 295 0042, E: [sheila.ashton@leicspart.nhs.uk](mailto:sheila.ashton@leicspart.nhs.uk)