



LIBRA Campaign Milestone

Team LIBRA is celebrating after raising 50% of the £300,000 target for our Going for Gold Campaign in aid of the Haematology Department at King's College Hospital in London. It is a huge achievement, especially given the challenges of Covid-19, and we would like to thank everyone who has contributed. Here we look back on 2020...

During the first lockdown LIBRA received a £10,000 legacy which hugely bolstered our fundraising efforts. LIBRA relies on gifts like these, especially as some fundraising activities are on hold due to Covid-19.

In May Dame Kelly Holmes MBE, LIBRA supporter, became the first Honorary Member of Tonbridge Lions Club. Her association with the club goes back to 2004 when its members marshalled a huge crowd at the open-topped bus parade to celebrate her double Olympic Gold Medal feat in Athens.

As the first lockdown eased, we were fortunate to secure a Google Ads Grant which enables us to raise awareness of LIBRA online. We now have a range of digital adverts running via Google.

In July, NHS staff marked 107 years of King's College Hospital. To commemorate the day, staff, patients, and members of the public were asked to share their favourite memory of King's. One patient said: "Thank you all at King's that have looked after me for the past 8 years, saved my life, and continue to care for me. To each and every one of you from me and my family we are beyond grateful."

In September 2020 LIBRA Trustees held a Zoom meeting to discuss current and future activities, with a focus on encouraging supporters to take up online fundraising activities.

While Covid-19 has impacted on LIBRA this year, we continue to put all of our efforts into raising vital funds for the Haematology Department at King's so that new and improved treatments for blood cancers and blood disorders continue to be created.





To ensure our supporters keep safe during Covid-19 but don't feel isolated, LIBRA has come up with some imaginative fundraising activities that you can do individually or online with friends.

You might like to coordinate an event via a platform such as Zoom. Simply create your own Virgin Money Giving fundraising page in aid of LIBRA via our website libralionscharity.org and ask any participants to make a suggested donation.

Virtual Quiz – Plan an online quiz and invite your friends to join in the fun. Create questions around topics such as music, film and TV, nature, and sport.

Virtual Bingo - Decide how to host your event - there are plenty of virtual bingo hosting platforms so have a look into them and see which one works best for you. Alternatively, you can do it the classic way and email your attendees their bingo cards and call the numbers yourself!

Online Gig - If you have a musical talent, take it online to create a virtual gig. Listening to live music is also a great way for others to relax and feel connected.

Virtual Book Club - Take your book club online and invite friends to join. Donate the money that you would have spent on drinks and snacks to LIBRA.

Run Where You Can - If you planned to run an organised 10k, half marathon or even full marathon for LIBRA this year, you still can. Set up an online fundraising page and ask your contacts to sponsor you.

Donate Your Commute - If you are saving money on your daily commute to work – and even better, if you are a season ticket holder and have secured your refund from your rail or bus company – why not donate some of that to LIBRA?



The opportunities to raise funds for LIBRA online are endless. Feel free to get imaginative and have a go! Every penny raised will go to our Going for Gold Campaign.

If you would to discuss your fundraising idea or require any links to online resources, please contact Claire on 01428 656283.



Chief Executive of King's College NHS Foundation Trust, Clive Kay reflects on the response to Covid-19.

How do you think Team King's has responded to the pandemic?

I have been inspired and humbled by the extraordinary way Team King's has risen to the challenge of Covid-19. These are unprecedented circumstances and King's College Hospital has had one of the highest Covid-19 admissions in the country.

Our staff and volunteers have worked tirelessly to provide safe and compassionate care to patients in all of our hospitals, and it's been a privilege to be part of the team which has helped more than 2,300 people recover from Covid-19.

During this pandemic, we have all needed to work outside of our comfort zone. Many people stepped up to do tasks that they hadn't done for many years, and learnt new skill sets to help care for our patients. So many colleagues went the extra mile during these extraordinary times, with special mention to redeployed staff, and medical and nursing students.

What stand out moments have helped to keep you motivated?

Hearing the streets around all of our hospitals come alive with the applause of thousands of residents showing their appreciation for everybody who works in the NHS was an unforgettable moment. The generosity and kindness of people and companies, both locally and nationally, who donated food, toiletries, accommodation, and their time as volunteers, was overwhelming. In these challenging times it was heart-warming to see how our local community came together to support us and the NHS.

Is there anything from the response to Covid-19 that you hope we'll keep?

I hope that we can keep the focus, the flexibility, and the team spirit. Covid-19 has tested the NHS to the fullest, but it is also an opportunity to transform how we work, how we care for patients and how we support one another.

During the pandemic, we were able to cut through process and bureaucracy to come up with some clever ways of providing our patients with the best possible care and treatment. We now need to hold



on to those changes and make them part of everyday life at the Trust.

What are the next challenges on the horizon?

Covid-19 remains with us, and we must continue to be vigilant in our response to this pandemic. Nevertheless, we are now working hard to try to get back to a 'new normal'. This means getting as many of our other services back on track, while keeping our staff and patients safe from the virus. The safety and wellbeing of our patients, staff and volunteers will always be our top priority.



King's Youngest Covid-19 Survivor



Seven-month-old Emmanuel Akuamoah Boateng has become King's College Hospital's youngest COVID-19 survivor. He was born nearly three months premature at the end of January and developed Covid-19 in March 2020.

His mother, Evelyn, explained: "As soon as Emmanuel tested positive, he was put in paediatric critical care. We had to self-isolate for 14 days and weren't able to see him. It was very hard not seeing him,

but a nurse made sure I could video call to see him, and I called the hospital every day.

"After the 14 days were over and I could visit Emmanuel, his brother Morris was saying to me 'Mummy, tell my brother I like him,'" she added.

Emmanuel made an incredible recovery and is now back at home with his family.

Amanda Aldred, Matron at King's, said: "We're delighted that baby Emmanuel is back at home with his family and getting to know his big brother. Our staff have been working extremely hard to care for COVID-19 patients of all ages, and it really lifts our hearts to see him doing well."

Image: Emmanuel and his mother, Evelyn. Courtesy of King's College Hospital

Octogenarian makes Covid-19 recovery



Jose-Luis Fernandez, an 80-year-old grandfather of five, from Sidcup, was admitted to hospital in March where he tested positive for Covid-19. His symptoms worsened drastically, and two days later he was moved to intensive care.

His daughter, Natasha Rachael Raphoz, explained: "It was heart-breaking when we got the call telling us my Dad had been moved to intensive care.

We really weren't sure if we'd ever see him again. All we could do was prepare for the worst, but desperately keep hoping for the best."

After 28 days in intensive care, Jose-Luis's condition began to improve, and at the end of April, he returned home to his family.

Natasha added: "Dad's recovery has been nothing short of miraculous. At one point, we didn't know if he'd be able to walk or talk again, yet he's back on his feet.

"So many people at King's were instrumental in my Dad's recovery. We can never thank them enough."

Sarah Dheansa, Acting Head of Nursing for Neurosciences, was part of the team who cared for Jose-Luis and she said: "We were thrilled to be able to give Jose-Luis a proper send off after making such an incredible recovery from COVID-19."

Image: Jose-Luis and his grandchildren. Courtesy of King's College Hospital

Smile For LIBRA As You Shop



Now LIBRA supporters can enjoy online shopping this Christmas with a smile. Simply choose to help LIBRA every time you shop on Amazon.co.uk.

In September 2020, we became a registered charity for AmazonSmile, the official charity arm of Amazon.co.uk. By personally registering with Amazon Smile, you can donate 0.5% of all your purchases made through the site to LIBRA.

AmazonSmile is an easy and automatic way for you to support LIBRA every time you shop, at no cost to you. AmazonSmile is available at smile.amazon.co.uk on your web browser and can be activated in the Amazon Shopping App for iOS and Android phones.

Trustee Glyn Upjohn said: "We are delighted that our supporters now have an easy way to raise funds for us at no extra cost to them. We hope that many people will use Amazon Smile for LIBRA as they shop throughout the festive season."

Please visit LIBRA's official Amazon Smile account to find out more at <https://smile.amazon.co.uk/ch/276685-0>

Christmas Wishes



LIBRA Trustees and our fantastic supporter Dame Kelly Holmes MBE would like to wish you a peaceful and joyful Christmas.

Chairman Andrew Lodge said: "We are so very grateful for

the support that Lions Clubs, individuals, King's patients and their families have provided throughout the Covid-19 pandemic.

"It has been humbling to receive heart-warming messages, donations and inspiring fundraising ideas in these challenging times. We always love to hear what our supporters have been doing.

"Despite Covid-19 the LIBRA Trustees have pulled together and carried on with meetings and forward planning online. Going into 2021 we hope to fulfil our goal of raising £300,000 for our Going for Gold Campaign. It is wonderful that we are

already half way there and we hope that supporters will be inspired to help us reach our goal for the Haematology Department at King's College Hospital."

Dame Kelly Holmes added: "Covid-19 has had a huge impact on all of our lives and it is inspirational that so many people are still doing amazing things and raising funds for LIBRA to help tackle blood cancers and blood disorders. I wish LIBRA and all of its supporters a happy Christmas and the very best for 2021."



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 LibraCharity

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Charity Number 276685*