



What MKH Charity Funds

Our charity creates a better environment and experience for our amazing hospital staff, our incredibly brave patients, and their loved ones. This is everything 'over and above' the statutory requirement of the hospital.

All money raised through Be Seen in Green will help enhance services at Milton Keynes University Hospital.

We work with our visitors and the staff team to develop projects based on their feedback and suggestions. Through our incredible funders, we have been able to secure state-of-the-art equipment, fund enhanced spaces and comfort items. Some items we have funded this year have included:

- The Staff Hub – a non-clinical safe space for our team to take a break and
 - Three new top-of-the-range incubators for the neonatal unit
 - Updated courtyards and new green spaces for staff and patients
 - Special, easy to read clocks for wards with dementia patients
 - Toys and play equipment for the children's wards
 - Improved waiting areas for patients
- And much more

Without our charity, these items would not exist within the hospital. We want to change the way people feel when they walk through the hospital doors and create a safe, inviting environment for those with medical or emotional needs whether due to trauma, facing a routine operation or experiencing the excitement of a new life coming into the world.

The past 18 months have demonstrated how incredible our NHS is. Our team at Milton Keynes University Hospital have continued to go above and beyond providing incredible care to the local community throughout the COVID-19 pandemic.

Be Seen in Green is not only a way to raise much needed funds for the hospital but also to recognise and thank the incredible team for everything they have done and continue to do.

As lockdown restrictions are lifted, and life returns to normal for many people the hospital is continuing to recover.

Donations are needed to help us as we prepare for the coming year.

With your support we will continue to work closely with wards and departments to identify and fund improvements and special equipment not funded by the NHS, enhancing the patient and staff experience at Milton Keynes University Hospital.

*Thank
you!*

Dress in Green

One of the easiest ways to celebrate Milton Keynes Hospital Charity is to dress in our favourite colour for a day.

Every year schools, businesses, and individuals across Milton Keynes wear their brightest, greenest clothes.

Fundraising tips

- Organise a Dress in Green Day at your work and get everyone involved
- Host a best dressed competition, charge an entry fee (£1 is good) and offer a prize for the sharpest or silliest dresser
- Add other fun activities to your Dress in Green Day to maximise the fun and money raised on the day
- Set a challenge to wear as many green clothing items for the duration of Be Seen In Green
- Don't forget to share pictures in your green outfits using #BeSeenInGreen



Email: fundraising@mkuh.nhs.uk

Keepie-Uppie for Charity

Show off your skills, and help raise awareness of the Milton Keynes Hospital Charity. Get out a football, and see how long you can keep it off the ground.

record your kick-ups and share them to social media. Don't forget to tag @MKHCharity #BeSeenInGreenMK

Have fun and show your support to Milton Keynes Hospital and our incredible NHS staff.

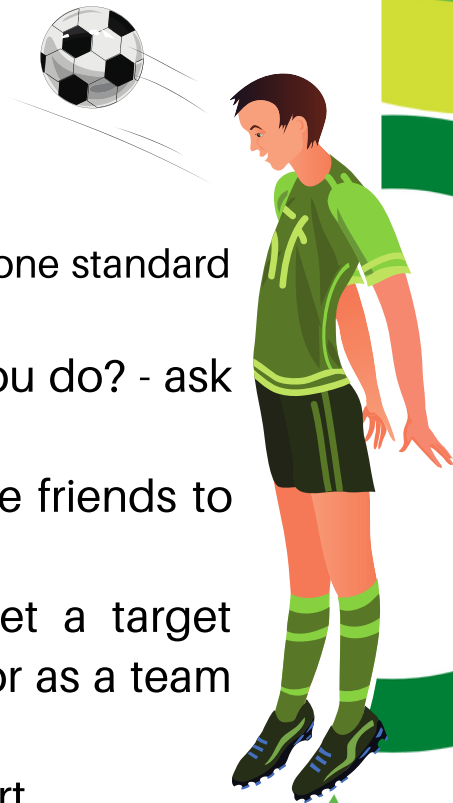
Fundraising tips

- Text **KICK** to **70470** to donate **£5**.

(Texts will cost the donation amount plus one standard network rate message.)

- Set a challenge, how many can you do? - ask friends and family to sponsor you.
- Share the challenge and nominate friends to take part.
- Set an endurance challenge - set a target time, decide if you will do it solo or as a team and get kicking!
- Raise over £50 and get a free T-shirt

Email: fundraising@mkuh.nhs.uk





Knit for team MKUH

Get your knitting needles out and start stitching for the team at Milton Keynes University Hospital.

Every year Milton Keynes Hospital Charity funds projects that improve the experience of the incredible NHS heroes at Milton Keynes Hospital Charity.

Help us continue to above and beyond to improve working conditions and thank our incredible frontline staff for the amazing support and care they continue to provide every day!

Download the free knitting pattern below, and knit a special thank you to the staff at Milton Keynes University Hospital.

Fundraising tips

- Share the free pattern with friends and ask for a donation in return
- Sell the knitted dolls for a donation - they make perfect Christmas gifts!
- Donate any unsold bears to us, we can help find them new homes and use funds to continue improving staff and patient experience at MKUH.



[download knitting guide](#)

[Email: fundraising@mkuh.nhs.uk](mailto:fundraising@mkuh.nhs.uk)

Recycle Unwanted Money

Dig out any old and foreign cash and donate them to Milton Keynes Hospital Charity.

By donating your unwanted coins and banknotes we can recycle them and generate income to continue improving the experience our staff and patients at Milton Keynes University Hospital.

Collect up your coins and drop them into the fundraising team at the Hospital and we do the rest.

What can be recycled:

- Any currency of any age
- All foreign coins and notes
- All old UK and Irish currency
- Pre-euro currency
- Pre-decimal coins and notes
- Anything that is or was currency!



for more information, or to arrange delivery or collection of your coins please **Email: fundraising@mkuh.nhs.uk**

Do Your Own Thing

You choose your own event or challenge, give it a green theme, and help raise money to improve your local hospital.

Get creative and do your own thing, or use the list below for inspiration.

Ideas include:

- Bake Sale with green cakes
- Bake-off challenge in your office
- Bring and Buy Sale. People get bonus points for selling and swapping homemade and unwanted items – a different take on the green theme with recycling!
- Walk to work and donate your saved travel expenses to Milton Keynes Hospital Charity
- Set a challenge for Be Seen in Green fortnight, 1,000 skips or 10,000 steps a day and get your friends and family to sponsor you
- Host a virtual or in person quiz.



Whatever you are planning get in touch with our fundraising team who can send out materials or offer advice on how to make your event a success **Email: fundraising@mkuh.nhs.uk**



Make a Pledge

If you are unable to get involved in Be Seen in Green this year make a pledge to support later in the year, host your own event, or ask our fundraising team about some incredible events and challenges coming up in 2022 including our first ever Springtime Skydive!

Get in Touch

If you would like to take on a fundraising challenge or support us in another way for Be Seen In Green, please email: fundraising@mkuh.nhs.uk

We love to hear about all the amazing things people are doing to support us. We can also provide any advice or support you may need including materials to help promote your event.

Including:

- Posters
- Bunting
- Money boxes / Buckets
- Balloons
- T Shirts



Whatever you are planning get in touch with our fundraising team who can send out materials or offer advice on how to make your event a success **Email: fundraising@mkuh.nhs.uk** or phone 01908 996 221

Milton Keynes Hospital Charity, Standing Way, MK6 5LD