

### Raising spirits

#### Gift an Easter egg to someone in hospital

Just one Easter egg could brighten a patient's day. If you would like to donate one or multiple Easter eggs, please contact the Fundraising Team and arrange a drop off at Warrington or Halton.

[whh.charity@nhs.net](mailto:whh.charity@nhs.net) 01925 662666



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#### Harry's story

When 18-year-old Harry Underhill arrived for his orthodontic appointment, he was expecting the usual thick dental moulds and uncomfortable impressions. Instead, his experience was completely different.

Thanks to new intraoral digital scanners funded through the Raising Smiles Appeal at Warrington and Halton Teaching Hospitals, Harry's scan was quick, simple and far more comfortable than he imagined. The handheld device moved gently around his mouth, capturing a detailed digital image in around five minutes. There was no messy plaster, no unpleasant taste and none of the restricted feeling that can make breathing awkward.

Harry said: "The scanner was placed in my mouth and moved around periodically. The scan took only around five minutes and was much quicker as it didn't require much preparation.

"It was far more comfortable. There was no plaster residue, no unpleasant taste and it felt much less restrictive to my breathing. It definitely made me feel more relaxed during my treatment because the whole process was so quick and straightforward."

For Harry, that difference has changed how he feels about his appointments. Instead of anxiety, he now feels reassured and confident about continuing his treatment. He believes the new technology will help other young people feel less worried and more positive about orthodontic care.



[Read the full story](#)

#### Pulmonary Rehabilitation Team step up for 36-mile challenge

The Pulmonary Rehabilitation Team laced up their boots for a 36-mile walking challenge as part of our 30 for 30 celebrations. On Sunday 8 March, 12 walkers, including team members and their children, took on the route at Haigh Hall to raise funds for WHH Charity.

The charity recently funded more than £1,000 of exercise equipment to support pulmonary rehabilitation classes in Warrington and Widnes. These vital sessions help people living with long term respiratory conditions build strength, improve breathing and regain confidence.

Exercise specialist Julie Pentony said: "The impact can be life changing, with many patients experiencing fewer infections and greater independence."

Now the team are giving back, determined to help even more patients breathe easier and live well.

[Support their challenge](#)



#### Seven marathons in seven days for Warrington's neonatal team

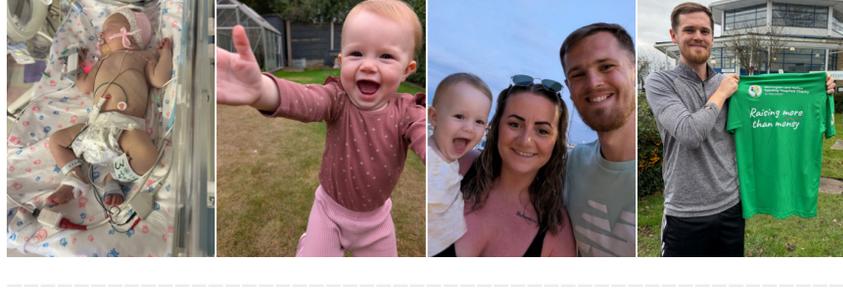
An Orford dad is preparing for the ultimate endurance test to thank the neonatal team at Warrington Hospital who saved his daughter's life. In May, Tom Dore will run seven marathons in seven consecutive days, starting and finishing at the hospital.

When his daughter Taiya was born in September 2024, she needed urgent help to breathe and was later treated for meningitis on the neonatal unit. After two weeks of expert care and constant support for the family, she was well enough to go home. Now one-year-old Taiya is thriving.

Tom said: "We were told the first 48 hours were vital and that is something you never forget. We had to put all our trust in the neonatal team and they were incredible in every possible way. They cared for Taiya with such skill and compassion, and they looked after us as parents too."

Funds raised will help enhance facilities and support the smallest and most vulnerable patients.

[Back Tom's challenge](#)



#### Get ready to take on something amazing

This year is bursting with big moments, bold challenges and brilliant ways to support your hospitals. Whether you want to push your limits, try something new or simply have fun with your friends and family, there is a challenge waiting for you.

Step up to our fully supported **Giant Walk** from Hale in Merseyside to Hale in Cheshire. Covering 42km and mostly flat, it is the perfect mix of achievable and inspiring. Delivered with the expert team at Regenesys Events CIC, you will enjoy stunning waterside views, an unbeatable atmosphere and that incredible finish line feeling. Join us on Sunday 10 May and make every step count.

Craving a thrill? Take on our **charity abseil** and descend 52 feet down the education building at Warrington Hospital on Saturday 30 May. It is daring, it is different and it is guaranteed to leave you buzzing.

If fun is your fuel, our **inflatable obstacle course** challenge on Saturday 18 July is for you. Choose 2.5k, 5k, 10k or go all out with 15k. Expect laughter, teamwork and plenty of bouncing as you jump, slide and scramble your way to the finish, all while raising funds to enhance care and comfort when it matters most.

Round up your crew for our **Dragon Boat Race** this August Bank Holiday at Pennington Flash in Leigh. Feel the adrenaline as paddles hit the water in perfect rhythm and teams battle it out for glory.

Ready to chase a personal best? **Warrington Running Festival** returns on Sunday 20 September. Whether you take on the 10k or conquer the half marathon, every mile you run will help support patients, families and NHS staff across Warrington and Halton.

And to celebrate our 30th birthday year, we are launching **30 for 30**. The challenge is simple. Pick a goal inspired by the number 30 and make it your own. Walk 30 miles, bake 30 cakes, complete 30 workouts. However you choose to do it, every pound raised helps enhance comfort and care.

Want to sign up or plan your own fundraising idea? **Get in touch** today and request your fundraising pack.

Getting involved makes a real difference. With your energy, passion and support, we can continue to go further for our local communities who rely on our hospitals.

*Let's make this our biggest year yet.*



### How you can help

There are many ways to show your support – from fundraising and events to volunteering.

Every contribution is truly appreciated.

[Get involved](#)

### Make a donation, make a difference