

# DONATION FORM



Your contribution will have a direct impact on the bereaved families that Zephyr's cares for, helping to offer loving support at such a difficult time.

Post your donation to us at: **FREEPOST NUH CHARITY**  
Alternatively, you can donate online at [www.nottinghamhospitalscharity.org.uk](http://www.nottinghamhospitalscharity.org.uk) or over the phone by calling 0115 962 7905

Please complete this form to donate to Zephyr's:

First Name:   
Surname:   
Email:   
Telephone:   
Address:   
Postcode:

I would like to donate: £  to Zephyr's

I would like to pay by:

Mastercard  Visa  Switch/Maestro  Cheque

Please make all cheques payable to: **Nottingham Hospitals Charity**

Name on card:   
Address:   
Postcode:   
Card number:   
Expiry date:     Start date:      
Security code:    Issue No:

*giftaid it* If you are a UK taxpayer, your donation can go further with Gift Aid. The Charity can reclaim 25p of tax on every £1 that you donate. If you pay less Income Tax and/or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all your donations, then it is your responsibility to pay any difference.  
Gift Aid Declaration: I am a UK taxpayer. I have read and understood the above information. Please claim Gift Aid on: This donation only . All donations I have made in the last 4 years and in the future .

We may share details of your donation (limited to your name, donation amount & the area you supported) with NUH Trust in order to make best use of your gift. If you do not wish for your details to be shared in this way, please tick here:

We would love to keep you updated on how your gifts are having an impact through our twice-yearly newsletter, and information about our fundraising events and activities that may be of interest to you. Please let us know how you're happy to hear from us below:

By post: YES / NO By phone: YES / NO By email: YES / NO  
(Please circle/delete as appropriate)

You can change your contact preferences at any time, or let us know if you would prefer not to hear from us in the future, by calling 0115 962 7905 or emailing [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk). For more information read our privacy statement: [www.nottinghamhospitalscharity.org.uk/privacy-policy/](http://www.nottinghamhospitalscharity.org.uk/privacy-policy/)

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## GIVING YOUR TIME

As well as needing donations, we also rely on the generosity of committed volunteers to support Zephyr's and all who use it.



Could you lend a hand and help take care of Zephyr's, whilst looking after our visitors too?

From watering plants and making tea, to fundraising, admin help, leading an activity or being there for someone who's grieving, there are plenty of ways you can get involved.

If you would like to become a key part of the Zephyr's family and volunteer your time – whether you have an hour to spare or you'd like to help regularly – please email [contact@zephyrsnottingham.org.uk](mailto:contact@zephyrsnottingham.org.uk).

"I volunteer to share the love and life that my son gave to me"

Emma, Zephyr's volunteer



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Nottingham Hospitals Charity

At the heart of your care

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0115 962 7905

[nottinghamhospitalscharity.org.uk](http://nottinghamhospitalscharity.org.uk)



**zephyr's**  
nurturing support for bereaved families

Nurturing support for bereaved families following the loss of a pregnancy, baby or child



Nottingham Hospitals Charity





## Zephyr's is a centre for bereaved families at Nottingham City Hospital, offering loving care and support following pregnancy loss or the death of a baby or child.

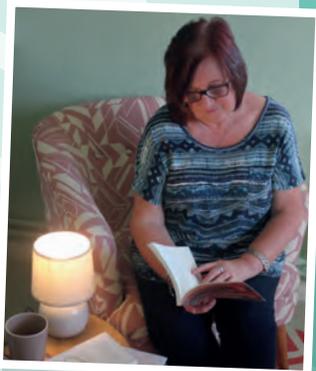
The centre receives more than 1,000 visits each year from families affected by the loss of a pregnancy, baby or child, accessing support services such as counselling, creative therapy and support groups.

Zephyr's is supported by a community of bereaved families, and funded entirely by the generosity of donors and fundraisers.

The centre was opened in April 2017 with the help of Carly and Martin, a local couple who raised £20,000 for the centre in memory of their first son Zephyr, who was stillborn in December 2013.

Although the couple were grateful for the care and compassion they had received, they found the bereavement support they were given meant they had to go back to the last place they wanted to be – the maternity ward – where every sight and sound echoed painful memories. They dreamed of an alternative – a better place to support grieving families.

Zephyr's is a safe and homely place where it is okay not to be okay.



With love at its heart, Zephyr's provides an important addition to the clinical support already available for parents and families at our hospitals. This includes:

- Professional bereavement counselling for parents after the death of a child
- Therapeutic activities for bereaved parents, families and individuals
- Regular peer support drop in sessions, creating a supportive space for those affected by grief to find strength in a safe surrounding with others who understand
- A quiet, peaceful space for parents to meet with hospital bereavement staff, away from clinical areas.



"Zephyr's is a place that doesn't forget; that allows, encourages and helps bereaved families as they carry on with their life to include and remember their cherished babies and children"

**Jackie Browne, Child Bereavement Facilitator, NUH**



"I came to Zephyr's this evening feeling very low and sad... I left feeling joy in my heart and inspired. I can't thank you enough and feel like facing the world again."

**Georgina, Jackie's mum**

## HOW YOU CAN HELP

Zephyr's is entirely funded by donations made to Nottingham Hospitals Charity – we need to raise at least £30,000 every year.

**£10** will buy resources for the library shelves at Zephyr's, providing families with comforting reads in the shock of their grief.

**£25** will provide one counselling session for a grieving parent, offering a lifeline of support from a trained counsellor at such a difficult time.

**£50** can help fund therapeutic activities for bereaved parents and families.

We rely completely on the support of donors and fundraisers to maintain and develop this vital service. You can help by making a donation today or signing up to one of our huge range of fundraising events.



Get in touch with the Nottingham Hospitals Charity fundraising team on 0115 962 7905 or by emailing [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk) if you would like to find out more about how you can get involved – we're here to help you.