

# 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  .

**Keeping in touch:** We would like to keep you updated on our work and how your support is making a difference. Please let us know how we can contact you: I'm happy for you to contact me by email  . Please do not contact me by: phone  post  .

We will always keep your details safe and you can change your preferences at any time. For more information about how we hold your personal data and what we do with it, please 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, 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 [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk) or call 0115 962 7905.

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

Emma, Zephyr's volunteer



To find out more about the services and support available go to

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

Nottingham Hospitals Charity

At the heart of your care

Sherwood Building  
City Hospital Campus  
Hucknall Road  
Nottingham NG5 1PB

0115 962 7905

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

# zephyr's

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



Nottingham Hospitals Charity

Supporting Nottingham University Hospitals NHS Trust



## 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 was set up by Carly and Martin, after their first son Zephyr was stillborn in December 2013. The care and compassion they received was first class, but they found that when they needed continued support, 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 run by Nottingham Hospitals Charity, supported by a community of bereaved families, and funded entirely by the generosity of donors and fundraisers.

Zephyr's is here to hold and support people at the hardest of times. It is a place where it's okay not to be okay. If you have been affected by the miscarriage, stillbirth or neonatal death of a baby, or the death of a child of any age, Zephyr's is here for you.



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 writing and art workshops for bereaved parents and families
- A regular gardening group, providing a supportive, creative space for those affected by grief to find strength in a safe surrounding with others who understand
- Specialist counselling and support for siblings affected by the death of a brother or sister
- Friendship, craft, play and supportive conversation for anyone parenting after loss
- 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, Jacob'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.

**£5** will help to keep the all-important tea & coffee stocks topped up. Warmly welcoming every visitor to Zephyr's with a cuppa and nurturing a homely atmosphere is important to us.

**£10** will buy a new book for the library shelves at Zephyr's, providing families with comforting reads and companionship 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** will support a couple of therapeutic sessions for bereaved children, helping siblings to cope with the death of a brother or sister.

**£100** will give four families the opportunity to be lovingly supported by Zephyr's, through therapeutic art and gardening activities.

**We rely completely on the support of donors and fundraisers to maintain and develop this vital service. A gift of any size will have a huge impact.**



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