



News

Issue 2 | Spring 2026

Welcome to our latest issue of MWL NHS Charity News!

Spring is finally here and we have lots of fresh and exciting things coming up that we can't wait to share.

We have a brand new fundraising challenge to get involved with, plus the return of the Whiston Hospital Abseil. We also have an update on our Spinal Appeal, some truly inspirational fundraiser stories, and some wonderful examples of how your support has helped to make a real and difference to patients.



Scrubs 

Get active for MWL NHS Charity!

Challenge 100 is a month-long mission for individuals to cover 100 miles via a range of different activities. You could choose to run, walk, swim, cycle, or use a combination of exercises to help reach your goal. If it gets you moving, it counts!

Set a fundraising target and rally family, friends and colleagues to support your efforts by sponsoring you. Choose from one of our specialty or hospital site funds to support, or fundraise towards our General Fund, which allows us to direct funds to where they are needed most across our hospitals.

There's still time to sign up and commit to completing 100 miles by the end of March. It's free to take part, and once your fundraising hits £25 you will receive a free MWL NHS Charity t-shirt!

Register [here](#) and set up your online fundraising page and we will send you a free fundraising pack containing a mile-tracker, sponsorship form, and a sweepstake card to help boost your fundraising pot.



If you would like to fundraise for MWL NHS Charity, or ask any questions, please get in touch!



hello@mwlnhscharity.org



0151 290 4400



@MWLNHSCharity



Update

In the last newsletter we launched our latest fundraising appeal - the Spinal Appeal - through which we are aiming to raise £50,000 to develop the patient day room at the North West Regional Spinal Injuries Centre, based at our Southport Hospital site.



Many patients on the unit experience longer stays due to the complicated nature of spinal conditions, often requiring intensive therapy and rehabilitation that can take weeks or even months to get them to the point where they are fit to be discharged. In the meantime, their world has been narrowed down to the confines of the unit.

Whilst the current day room offers some respite from the clinical environment of the ward, it needs some improvements to bring it up to date and offer a more inviting and functional space for patients and their families.



This artist's impression shows what we hope to be able to achieve with your help; a warm, relaxing and engaging space, with activities to enjoy and quiet rooms where patients can have some privacy to spend time alone or with family and friends.

We are delighted to report that so far, we have raised over £10,000 towards the appeal through the kindness and generosity of our fundraisers and supporters. A huge thank you to everyone who has helped us to get the appeal off to a great start!

There is still lots to do to reach our target. If you would like to get involved and support the appeal, there are a few opportunities to do so over the coming weeks and months, such as buying a ticket for our Spring Raffle, or supporting our cake sales at one of our hospitals. More details about these can be found in this newsletter and on our website.



If you would like to fundraise or make a donation towards this appeal, visit www.mwlnhscharity.org/spinal-appeal.

You can also email us at hello@mwlnhscharity.org, or call us on **0151 290 4400**.

Supporting patients through recovery

Over the past year, we have granted a combined funding of more than £12,500 to the Burney Breast Unit and Burns & Plastic Surgery Department, funding nearly 700 specialist post-operative and reconstructive bras for patients recovering from surgery.

These garments play a vital role in the recovery of patients undergoing treatment for breast cancer and/or breast reconstruction - providing essential support, reducing discomfort, and protecting surgical sites.

By funding these items, MWL NHS Charity is helping ensure that every patient receives the comfort, dignity, and reassurance they deserve. A further £14,000 has also been committed for 2026/27.

This is only made possible thanks to the kindness and generosity of our supporters. Every donation makes a meaningful difference to patient care across our hospitals.



Bespoke murals transform Ormskirk Hospital

Young patients at Ormskirk Hospital are now stepping into brighter, more welcoming surroundings thanks to kind donations from supporters of MWL NHS Charity.

Two clinical areas, the treatment room and the x-ray room, have been completely transformed with bespoke murals designed to bring comfort, colour and calm to what can often be an anxious moment for children and their families.

By creating a more playful and reassuring environment, the murals help distract young patients during procedures, reducing stress and making their hospital experience feel far less daunting.



Supporting our
Spinal Appeal



Spring Raffle

£100 cash,
a family pass to Knowsley
Safari Park, a spring hamper,
and more to be won!

Tickets £1 each
Buy online [here](#)



Draw date:
30th April





Making Waves for the Spinal Appeal

There was plenty of excitement, a few nerves, and a whole lot of bravery as three incredible supporters took on a truly jaw-some challenge in support of our Spinal Appeal.

Carole, Mika and Laura spent the day at Blue Planet Aquarium learning the ropes of scuba diving before taking the plunge into the aquarium's shark tank. After their training session, the trio donned their diving gear and descended beneath the water to come face-to-face with some of the ocean's most fascinating residents.

Swimming alongside sharks might not be everyone's idea of a relaxing Saturday, but for Carole, Mika and Laura it was all part of their mission to raise funds for a fantastic cause. And their efforts have certainly paid off, as together they have raised over £1,600.

Taking on such a unique challenge takes real determination, so a huge thank you to all three of our fearless divers, and to everyone who donated to support them.



Play, Win, and Make a Difference

Joining our charity lottery is a simple way to give back whilst having the chance to win fantastic cash prizes of up to £25,000. Every time you play, you are supporting your local hospitals, making a real difference to patients and their families.

Funds raised through the lottery help provide more than just medical care. Your support helps us invest in advanced equipment, improve hospital environments, and fund additional services that make patients' experiences more comfortable and positive during their time in hospital.

From creating more welcoming spaces to supporting innovations in care, every player contributes to projects that enhance wellbeing and aid recovery across our hospitals.

By taking part, you're not only entering for the chance to win, you're helping to improve and support critical services that people rely on every day.

To learn more and sign up, visit:
www.mwlnhscharity.com/lottery

MWL NHS CHARITY LOTTERY

Play from just £1 a week for a chance to win up to

£ 2 5 , 0 0 0

Every play helps make a difference to patients in our hospitals

GambleAware Advice | Tools | Support

How it works

For every £1 you play, you will receive a unique 6-digit number. Every Friday, a winning number is drawn at random. If you match at least three digits from your number in the same positions as the digits in the winning number sequence, you win a prize!

- 3 digit match = 5 entries in the next draw
- 4 digit match = £25
- 5 digit match = £1,000
- 6 digit match = £25,000

Fundraiser Focus



Wigan indie band, The Lilacs, have shown amazing support for MWL NHS charity and the Lilac Centre at St Helens Hospital for several years.

Their connection to the Lilac Centre runs deep. The band's lead guitarist Sam's mum received treatment for secondary breast cancer at the centre before she sadly passed away in 2018. As a tribute to her and to the care she received, the band adopted the name "The Lilacs" and have proudly championed the Lilac Centre ever since.

In a cruel twist of fate, Sam himself was diagnosed with testicular cancer in early 2025. He was forced to take a break from the band whilst undergoing treatment, and their highly anticipated tour had to be cancelled.

Thankfully, following specialist care at The Christie, Sam received the wonderful news in January that his treatment had been successful and he was given the all-clear.

Determined to turn a challenging time into something positive, the band's lead singer Ollie set himself a fundraising challenge in January – to run 5 kilometres every day for the entire month in support of MWL NHS Charity and the Lilac Centre. He was joined by his bandmate Dave, and together the pair took on the challenge with the support of the band's loyal fans and wider community.

Their efforts – and the generosity of their supporters – resulted in an incredible £5,750 being raised. This will help enhance the care and experience of patients receiving treatment at the Lilac Centre.

We would like to extend a heartfelt thank you to The Lilacs, and to all the fans and supporters who rallied behind them to raise such a fantastic amount. Your generosity and determination are a powerful reminder of the difference a community can make.



Left to right: Sam Birchall, Ollie Anglesea, Dave Gomersall, and Matt Johnson

The Lilacs have also been a huge source of inspiration for their fans too...

Inspired by his love of The Lilacs, and moved deeply by Sam's story, Kevin Allen has shown immense passion and commitment to the Lilac Centre by completing several long-distance races to raise funds.



This year he is taking on an incredibly tough challenge - 8 ultramarathons of 50 miles each in just 9 months, right across the UK. An extraordinary test of strength, resilience, and determination, all in support of an incredible cause.



A die-hard fan of The Lilacs and a dedicated supporter of the Lilac Centre, Shane Fillingham raises money by setting himself unique cycling challenges that tie in with his personal connection to the band.

In his latest challenge Shane has committed to cycle the number of times he has seen The Lilacs live, multiplied by 62. Initially this totalled 4,154 miles, however, he will continue to add a further 62 miles for every time he goes to see them this year!



Whiston Hospital Abseil

After the phenomenal success of last year's abseil, we are pleased to announce that the event will once again be taking place in 2026!

Ninety brave challengers took the plunge in 2025, raising over £22,000 for MWL NHS Charity. This year, we hope to attract even more people to take part in this exciting fundraising challenge.

With the full support of trained professionals, abseilers will descend 60 feet down the front of the hospital, swapping solid ground for an unforgettable adrenaline rush. Whether you're an experienced thrill-seeker or someone looking to conquer a fear of heights, this is a fantastic opportunity to challenge yourself whilst making a real difference.

It's completely free to take part - all we ask is that participants commit to raising a minimum of £50 in sponsorship - although we do encourage everyone to raise as much as they can! As a thank you for going the extra mile, anyone who reaches £100 in fundraising will receive a free MWL NHS Charity t-shirt to wear with pride on the day.

Funds raised from the abseil will help us continue to fund projects that go beyond NHS funding, and participants can choose where they would like their fundraising to go by selecting one of our twenty-one funds to support.

So, if you're ready to step over the edge and do something amazing for your local hospitals, [sign up here for the 2026 Whiston Hospital Abseil](#).

Spaces are limited, so gather your friends, family or colleagues and get ready to take on the challenge!



Friday 17th July
2026



Upcoming Events



Supporting our Spinal Appeal

MWL
NHS CHARITY
SPINAL APPEAL

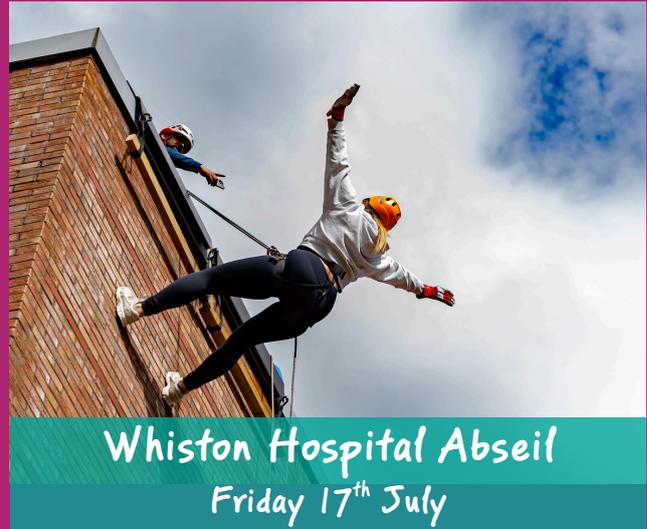
Charity Cake Sale

Charity Cake Sale
Various dates and locations

Come along to one of our cake sales and help us as we aim to raise £50,000 for our Spinal Appeal!

The Charity Team will be setting up shop across our hospital sites and will have lots of lovely cakes and sweet treats to tempt you with.

Check our social media pages or the Events section of our website to find out when and where we will be popping up.



Whiston Hospital Abseil

Friday 17th July

Join us for a thrilling 60ft abseil down the front of the hospital and raise funds for the hospital service that means the most to you.

Whether you're an adrenaline junkie or just passionate about giving back, this is your chance to do something unforgettable for an incredible cause.

Entry is free of charge, all we ask is that everyone who takes part raises a minimum of £50.

The Events page on our website is regularly updated with all the latest activities:
www.mwl NHS charity.org/events

Volunteer with
MWL
NHS CHARITY



There are lots of opportunities for volunteers to lend a helping hand:

- Fundraising
- Public collections
- Events
- Awareness stalls
- Raffles & tombolas
- Christmas campaign

We are always looking for people to get involved, so if you would like to find out more, visit our website or get in touch.

www.mwl NHS charity.org/volunteer
hello@mwlnhscharity.org
0151 290 4400

