

**PRESS RELEASE – 5 DECEMBER, 2018**

**South Tyneside Hospital staff help to give local families  
a Happy Christmas**



An appeal to [make it a happy Christmas](#) for local families in need has touched the hearts of staff at South Tyneside District Hospital.

Through the Hebburn Helps ‘Reverse Advent Calendar’, they have donated hundreds of food and toiletry items, as well as some additional seasonal treats. For each of the first 25 days of November, there was a corresponding item, including Christmas pudding, tins of vegetables, fruit juice and cereal. Participants chose a day and donated the suggested item. Donations on the list will now be put together in boxes, which will be given out to families during Christmas week.

Nurses, [doctors](#), allied health professionals and ancillary staff in various departments at South Tyneside District Hospital, including Ward 10 (for respiratory patients), the Intensive Care Unit, Outpatients, the Cancer Nurse Specialist team, Occupational

Therapy and Physiotherapy, took part and encouraged colleagues and their family and friends to do the same.

The idea of helping people in the local community at this special time of year really captured their imaginations and there was a fantastic response. In many cases, they brought in not just one donation but two or three and they also added little extras such as chocolate coins and selection boxes.

Hebburn Helps community food bank and crisis response team is a voluntary organisation that was set up to help families - predominantly in South Tyneside - who are struggling to make ends meet.

Angie Comerford, of Hebburn Helps, said: "The generosity of everyone in our local community never ceases to amaze us and we can't thank staff at South Tyneside District Hospital enough for their support. Their kind donations will mean many families will not feel forgotten this Christmas."

Hebburn Helps is always looking for donations of food, clothes, household items and anything else that people may no longer want. Anyone wishing to help can contact them: Tel 0191 4899707, Facebook [www.facebook.com/hebburnhelps/](http://www.facebook.com/hebburnhelps/), Twitter @hebburnhelps

## **ENDS**

*Photo caption: Angie Comerford, of Hebburn Helps, fourth from right, receives some of the bags of items donated by Ward 10 staff*

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