

Spring  
2020



**THEODORA**  
Children's Charity  
Much more than Laughter

# Newsletter

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Giggle Doctors

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thank yous

Welcome  
to our new  
volunteer

And...

# Learn about Lily's story





Hello from  
Chief Executive,  
**Judi**

Firstly, I would like to send you our very best good wishes from the whole Giggle Doctor team and hope that you are all safe and well.

As I write this we are in the grips of the Covid-19 pandemic, and our office team are working from home and continuing to keep in touch with you, our donors and supporters. During this unprecedented and uncertain time, Giggle Doctors are understandably unable to visit children in hospitals, and we cannot bring to them our moments of fun and laughter in what may be a scary situation.

This is why you will see over the coming weeks and months our virtual Giggle Doctor programme continuing on all media platforms, and on our website. The Giggle Doctors will be able to offer children those special moments of escape, magic and play, albeit from

a distance. We also know from their feedback that NHS staff love seeing the Giggle Doctors on their wards and we want to thank them for their care by sending some special best wishes via our media.

We ask that you continue to work with us through your invaluable donations, so children, and the NHS staff, know that the Giggle Doctors are still there for them and we will be back just as soon as we can.

Thank you

**Judi**



# Learn about Lily's story

We recently spoke to Lily's mum about the impact of the Giggle Doctor visits for Lily.

"Before Lily was visited by Dr Dotty and Dr Easy Peasy, she had been feeling really low, she was on her 46th day in hospital and missing everything about home. The first time Lily met the Giggle Doctors, they appeared at the door and engaged with her based on her own possessions. They spotted photos and talked about these with Lily. There was lots of silliness, dancing, gymnastics and blowing bubbles into bubbles! Lily loved the interactions and was smiling, laughing and actively taking part.

The thing that stood out the most about the Giggle Doctors was their personal touch. They remembered that Lily was an aerialist and based the whole visit around their super silly gymnastic routines.

They were hilarious!

Dr Dotty and Dr Easy Peasy were also very receptive to Lily and quickly took a step back in the moments they felt Lily was finding it difficult to interact."



"Staying in hospital is pretty boring and sad but when the Giggle Doctors appear, you forget where you are and that you feel rubbish. It is my favourite time in hospital."  
Lily, aged 16



## with Programme Manager, Molly

### What do you enjoy the most about your job?

"A couple of times a month, I visit one of our hospitals for a programme visit. Programme visits involve meeting with our hospital contacts to discuss how our partnership has been going, meeting with our Giggle Doctors and seeing them interact with the children and families. It is always so warming to speak to nurses, play staff and parents about what we do and the difference that it makes to the children.

### What does the training to become a Giggle Doctor involve?

It's a rigorous training programme! There are many artistic modules in which the trainees learn hard skills such as balloon work and how to work with props and they are specially trained to work in the hospital setting. The trainees then work closely with Senior Giggle Doctors on hospital visits, where they practice their skills and develop their character.

### How long has our longest serving Giggle Doctor been with Theodora's?

Dr Ding Dong, Dr Geehee and Dr Doppit have been Giggle Doctoring since 2002, so 18 years! That's a lot of visits and a lot of Giggles that they have brought to many children.

**Dr Geehee and Dr Ding Dong have been Giggle Doctors since 2002!**

### What does managing the programme involve?

It is my job to make sure that the whole programme runs efficiently, safely and successfully. It is important that I build strong relationships and have good communication with our hospital partners. Another important part of my role is to set our Programme Schedule for the visits. I also work closely with our two Artistic Coordinators, to assess the quality of the programme and provide training and development opportunities for the Giggle Doctors. There's so much more including budget tracking and impact reporting. No two days are the same but I love it!

### How long do Giggle Doctor visits last?

Most Giggle Doctor visits are 4 hours long. Most hospitals have us in weekly, others more sporadically.

### What would be your Giggle Doctor name?

Dr Leafy as I love plants and have a special cactus on my desk at work!



**"As a filmmaker I had been looking for a way to utilise my skills and knowledge to help more people and when I discovered this charity, I was blown away by their work to bring smiles and laughter to children."**



As a filmmaker I had been looking for a way to utilise my skills and knowledge to help more people and when I discovered this charity, I was blown away their work to bring smiles and laughter to children.

With the current global health crisis we're in at the moment, the isolation and the uncertainty, reaching out to children and families who need help is more important than ever.

I became a parent myself the day after I officially joined the team as a volunteer and the work took on a whole new perspective for me. I'm looking forward to being part of a team who are clearly so caring and passionate about what they do.

I'm thrilled to be part of Theodora Children's Charity as a new communications volunteer.



We would like to say a special

Newsletter

Spring 2020 

# THANK YOU

to the following corporates who have provided generous support:



Employees from **Hugh James'** London office and the **Centre for Strategy and Communcation** for voting for Theodora Children's Charity to be their charity partner.

A special mention to **Natalia Rushworthwhite** at **Hugh James** for nominating us there too!

**Boyes Turner**, based in Reading, who are funding our Giggle Doctor visits at Royal Berkshire Hospital.

**Happythreads** for supporting us as their March 'charity of the month'.

The team at **Rachel Riley** for supporting us again through their Spring/Summer collection.

## Join us on social media

See the Giggle Doctors on YouTube!  
[youtube.com/watch?v=OiTK3T4n7R4](https://youtube.com/watch?v=OiTK3T4n7R4)

We maybe in lockdown but that hasn't stopped our Giggle Doctors from continuing to provide virtual moments of fun and laughter!

To see what they are getting up to and to learn a bit more about the life of a Giggle Doctor, come and join us on social media!

-  [facebook.com/giveagiggle](https://facebook.com/giveagiggle)
-  [twitter.com/giveagiggle](https://twitter.com/giveagiggle)
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