

Medirest Partnership with Sophie's Legacy Drives Change

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Following 14 months of the partnership with Sophie's Legacy, Medirest, the healthcare sector of [Compass Group UK & Ireland](#), has served over 26,800 free meals to the parents of unwell children in hospitals across the country.

In November 2024, Medirest announced it was the first hospital caterer to offer free meals to the parents and carers of children in hospitals (paediatric patients on extended clinical care plans), as part of their commitment to Sophie's Legacy.

Sophie's Legacy was created in memorial of Sophie Fairall and the legacy of change she wanted to create. While being treated for cancer, aged nine, Sophie wanted several things in healthcare changed, including feeding the parents of children in hospitals. Sophie understood the importance of parents and carers not having to leave an unwell child if they need to get a meal and the challenge of the cost associated with this issue (estimated at £15-18 a day for a parent).

The initiative is now up and running at Medirest hospital sites with a children's ward and where hospitals have agreed to partner on the initiative. Meals provided are from the Steamplicity menus, across breakfast, lunch and dinner.

As well as feeding parents and carers of unwell children, Medirest supports Sophie's Legacy with events and fundraising, including sponsorship of the Sophie's Legacy Ball – with a commitment to be a Gold tier sponsor for the event in 2026. Other fundraising activities in 2025 included charity runs, bake sales and raffles. In December, the Compass healthcare team raised £1,500 for Sophie's Legacy and the Southend Hospital team also raised over £1,000 for the charity. Other plans for 2026 include Egle Cironkaite, Medirest Contract Manager, who is trekking Mount Kilimanjaro in June.

Charlotte Fairall, Sophie's mother, founder and CEO of Sophie's Legacy said: "Our partnership with Medirest is so important. We know the difference this makes to families who are navigating the challenges of caring for a child in hospital. I am pleased to see one of Sophie's wishes coming true and continuing to grow as time goes on."

Russell Blake, Managing Director, Healthcare – Compass Group UK & Ireland said: "Our teams are privileged to be able to support this important initiative and love to get involved in raising additional funds for Sophie's Legacy in any way they can. I'm so proud of what we've achieved over the last year and I know this will be having an impact on the families of children being treated."

Egle Cironkaite, Contract Manager at Southend Hospital and lead for the Sophie's Legacy partnership: "The event with our whole healthcare team in December was more than just fundraising – it was a moment to reflect on the profound impact this charity has and to celebrate the courage and strength of Sophie – her legacy continues to inspire us all."

Along with her wish for parents to be fed when staying with their child in hospital, Sophie's Legacy commitments include:

- Play specialist 7 days a week in hospitals
- Improvements to food for children in hospital
- For GPs, nurses and health professionals to be trained in childhood cancer
- To increase the funds in childhood cancer research

To find out more about Sophie's Legacy, [visit their website](#).