

love good hope

The Good Hope Hospital Charity Newsletter



Good Hope
Hospital
Charity
Issue 2

 GHHCharity

 @GHHCharity

 goodhopehospital.org.uk



Find out how you can join our events and support patients at the hospital!

Thank
you!

Mike's letter



Welcome to the second edition of **Love Good Hope**, the official newsletter of Good Hope Hospital Charity. This edition brings you lots of exciting news from the Charity, updates on the amazing things that have been done with your donations and incredible stories from fundraisers.

There are a whole host of events coming up over the next few months for you to get involved in. Whether you'd like to pull on a pair of trainers or perhaps jump on a bike in order to raise money for Good Hope Hospital Charity, there is sure to be an event for you!

There are plenty of ways to get in touch with us, you can call the Charity main office on 0121 371 4852, email us at charities@uhb.nhs.uk or you can visit the website to find out more at www.goodhopehospital.org.uk

If you're on social media, why not follow our accounts for all the latest Charity news, events and appeals? Just search for @GHHospCharity on Facebook and Twitter to find out more. Please share your photos, experiences and fundraising news with us on social media, we love hearing about what you're getting up to!

Good Hope Hospital Charity relies on the support and hard work of all of you so I would like to extend my thanks for all that you do. I can't wait to hear more incredible stories in the future from charity champs and staff superstars who have done amazing things to raise money for the Charity.


Mike Hammond
Chief Executive, Good Hope Hospital Charity



5 minutes with... Laura Power Fundraising Manager

We took five minutes to catch up with Laura Power, Fundraising Manager at Good Hope Hospital Charity...

Hi Laura, can you tell us a bit about yourself?

Hello, I am thrilled to be the new Fundraising Manager here at Good Hope Hospital. I have thoroughly enjoyed working at QEHB as a fundraiser for the past five years, and prior to that I graduated with a degree in Events Management.

What do you love about your job?

I love being able to see what a huge difference charity donations make to patients and their families here at the hospital. Good Hope is my local hospital and the hospital I was born at. My dad also had a triple heart bypass last year with part of his treatment being here and he was looked after extremely well, so I am particularly passionate and excited to be part of the team at Good Hope Hospital!

What's your favourite film?

I would say my favourite film would have to be *Gladiator* or *The Green Mile*.

What are you scared of?

That's a tricky question! I am not bothered by some of the usual things like spiders and heights, but I have a weird fear of getting lost whilst driving!

What's your favourite food?

I think I could eat pizza every day for weeks!

If you could go anywhere on holiday, where would you go?

My partner and I have always wanted to go on a safari in Africa.

What's the best way for people to get in touch with you?

You can:

- Give me a call on 0121 424 7560 or email me on laura.power@uhb.nhs.uk
- Feel free to pop up and see me in the charity office based in Trust HQ, although it may be best to call first to make sure I am in!

We want to hear from anyone that is holding or taking part in an event, would like to make a donation, wants to volunteer or would like some more information on Good Hope Hospital



Charity. Equally, if you are a member of staff and would like to apply for funding for something within your area we would love to hear from you!

What would you say to someone who is thinking about supporting the hospital charity?

It is a common misconception that hospitals do not need support. I have witnessed over the past six years the enormous difference charity funding can make to a hospital and its patients by helping to fund added extras that NHS funding can't provide. These can be anything from the smaller items we like to call 'patient comforts' such as toys and games for the children's departments or stimulating activities for our elderly patients, to pieces of equipment that are not normally found in NHS hospitals. However you would like to support us, please do get in touch and allow us to support you too!

Dates for your diary

FESTIVE MEMORY WALK

9 DECEMBER • CANNON HILL PARK

Take a walk down memory lane and raise funds for Good Hope Hospital Charity's Elderly and Dementia Appeal. The 5K walk will take place in Edgbaston's beautiful Cannon Hill Park!

Fancy dress is optional- but recommended! Dress up as your favourite era and some festive accessories, and look back to the 'good ol' days!' If you'd like a bigger challenge why not tackle the 10k route instead?

For more information please contact laura.power@uhb.nhs.uk

PARACHUTE JUMP

Various dates | Hinton Airfield, Oxfordshire

Do something daring and take the plunge for Good Hope Hospital Charity! The Charity runs several tandem parachute jumps throughout the year at Hinton Airfield in Oxfordshire. With experienced instructors, it's a fantastic experience for a worthy cause!

A £30 deposit gets you a place on one of our jumps, and then we ask you to raise a minimum of £300 in sponsorship.

Please book your place by visiting heft.org.uk/events or contact laura.power@uhb.nhs.uk for more information.



CHARITY CAROL SERVICE

14 December

St. Philip's Cathedral, Colmore Row, City Centre

Join Good Hope Hospital Charity, Heartlands Hospital Charity, Solihull Hospital Charity, and Queen Elizabeth Hospital Charity at this year's carol service.

The service begins at 7pm. There will be traditional carols, school choirs and a live brass band, and following the service the Charity is providing mulled wine and mince pies.

To book your place please go to heft.org.uk/events or contact laura.power@uhb.nhs.uk for more information.

Festive Jumper Day

15 December • Good Hope Hospital

Support patients at Good Hope Hospital this Christmas by donning your favourite festive knit! If you aren't able to wear a jumper on the day, then why not wear some Christmas socks?

You can donate your donate £1 by dropping your change into one of the collecting tins located throughout the hospital. Be sure to send us some photos of your jumpers!

For more information please contact laura.power@uhb.nhs.uk



VÉLO BIRMINGHAM 100 MILE CLOSED ROAD BIKE RIDE

REGISTER NOW FOR 2018 STARTING IN BIRMINGHAM

In 2018 thousands of riders will be taking to the streets of Birmingham, Worcestershire and Herefordshire, and you can join them to raise funds for Good Hope Hospital Charity.

When you ride for Good Hope Hospital Charity expect a detailed training programme, access to a network of other charity riders and a free high quality cycling jersey!

Get your Golden Bond place for £40 by signing up online at bikeforbrum.org, or contact laura.power@uhb.nhs.uk to find out more.

GREAT MIDLANDS FUN RUN

3 JUNE • SUTTON COLDFIELD

Take part in the 8.5 mile fun run and support Good Hope Hospital Charity! The run begins in Sutton Coldfield town centre and enters Europe's largest urban park- Sutton Park. The course attracts people from far and wide of a whole range of abilities; you can walk, jog, or of course, run!

Register for your place on greatmidlandsfunrun.org and choose to support Good Hope Hospital Charity! Please email laura.power@uhb.nhs.uk when you have signed up to receive fundraising support and materials, or to find out more.

BIRMINGHAM INTERNATIONAL MARATHON 2018

Take on the ultimate running challenge and run the Birmingham International Marathon for Good Hope Hospital Charity.

By running for the hospital charity you will receive a free charity running jersey and exclusive access to hints and tips for training.

You can register your interest and find out more information by emailing charities@uhb.nhs.uk.

Some of these events may have passed but you can keep up to date with what's happening by visiting heft.org.uk/events

New appeal supports elderly and dementia patients

The Elderly Care and Dementia appeal at Good Hope Hospital Charity is raising money to support elderly and dementia patients at the hospital, by providing a variety of 'added extras', patient activities and extra comforts for dementia patients and their families. Examples of extras funded by the Charity include orientation clocks that show whether it is day or night, dementia friendly crockery, twiddle muffs, dolls and large-pieced jigsaws.

Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: "Here at the Charity we are really pleased to be able to support elderly and dementia patients.

"A stay in hospital for a person living with dementia can be a confusing and potentially frightening experience.

"Whilst we have wards at the hospital that specialise in the treatment of elderly patients, many of whom have dementia, the reality is that people with dementia can be admitted to hospital with any condition or injury, meaning frequently they will be staying on a ward that does not specialise in dementia and may be the only person on that ward with the condition.



"Because of this, we want to bring specialist activities and added extras to many wards at the hospital, and that's why we are asking for community groups, businesses and members of the public to support our Elderly Care and Dementia appeal."

Justine Davy, Head of Fundraising at the hospital charity, said: "This is a wonderful opportunity for people to get behind a local appeal that makes a difference, at a time when it is most needed. We hope as many people as possible recognise the chance to make a real difference and show their support for elderly patients in Birmingham."



If your group, club or business would like to make a donation to support elderly patients at the hospital, please contact laura.power@uhb.nhs.uk for more information, or to find out more about other ways you can support elderly patients at the hospital go to www.heft.org.uk/elderlycare

Christmas at Good Hope Hospital

Christmas is fast approaching so why not get into the festive spirit by taking part in one of the Charity's events, buying some Charity Christmas cards or donning your favourite piece of knitwear for festive jumper day?

Festive Jumper Day

Good Hope Hospital Charity's Festive Jumper Day is on 15 December! This is a great opportunity to get together with your friends, colleagues or school mates and wear your favourite Christmas jumpers whilst raising money for Good Hope Hospital Charity.

For more information about Festive Jumper Day, please contact Laura Power, Good Hope Hospital Charity's Fundraising Manager at laura.power@uhb.nhs.uk or by calling 0121 371 4852.



Christmas Cards

Sending cards to your loved ones is a special part of the build up to Christmas. This year, Good Hope Hospital Charity has a range of festive cards for you to purchase. Not only can you spread Christmas cheer to your friends and family, but you'll also be helping to provide added extras for patients and staff at Good Hope Hospital.

If you'd like to purchase Christmas cards please visit the website at goodhopehospital.org.uk and visit the shop page where you'll find a great selection of cards to suit every taste.

Christmas Carol Service

This December, warm up your vocal chords and come along to the Birmingham Hospitals carol service at St Philip's Cathedral in Birmingham on Thursday 14 December. Join hospital staff from Good Hope Hospital, Solihull Hospital, Heartlands Hospital and Queen Elizabeth Hospital, family, friends and patients for a magical evening of Christmas carols, mulled wine and mince pies.

To find out more or to book your place, please go to heft.org.uk/events or call 0121 371 4852.

Memory Walk

This Christmas, Good Hope Hospital Charity is holding a memory walk at Cannon Hill Park in aid of the Elderly Care Appeal. This 5km walk is the chance for you to wear fancy dress inspired by your favourite decade and raise money for Good Hope Hospital Charity. The walk takes place on Saturday 9 December at 11am.

If you'd like a bigger challenge why not tackle the 10k route instead?

To find out more or book your place please contact laura.power@uhb.nhs.uk



Charity Champs

New equipment supports cancer patients



Dermott Dune, a long-standing volunteer for Cancer Information Services at Good Hope Hospital, recently presented a new piece of equipment to the Haematology/Oncology department.

For some patients, undergoing chemotherapy treatment can lead to hair loss. The specialist equipment is used to cool the scalp and help reduce the effects of hair loss. In some cases, the hair is completely preserved. For patients, this means the opportunity to regain some control, maintain their privacy and encourage a positive attitude towards treatment. Thank you, Dermott!

West Midlands family raises £4,000 to fund CuddleCot

Sam Phillips and her partner Carl were at a routine 28 week scan, when they discovered that their daughter Willow had no heartbeat. Sam delivered Willow two days later and thanks to a piece of equipment called a 'CuddleCot', Sam and Carl were able to spend five days with their daughter, giving them and their families valuable time with her.



Sam and Carl were determined to raise money for more CuddleCots, so organised a sponsored walk around Sutton Park with their families and friends – raising £4,000 to purchase a new one.

They found the stillbirth very traumatic, but were grateful for the time they had with Willow and raising this money, they feel like her life has meant something. Sam said: "We were devastated to lose Willow, but spending time on the Snowdrop Suite, where it was so peaceful, gave us time to grieve for our daughter. I am proud that we've been able to help other families who have lost a child."

Couple pays tribute to maternity teams



A couple have paid tribute to the care they received from the maternity teams at Good Hope Hospital at the most difficult of times by donating almost £7,000 to help those going through similar situations in the future.

Emma and Paul Owen sadly lost their baby boy Archie three years ago after they discovered at his 12 week scan he had the serious genetic condition Edwards Syndrome and as a result they spent time on the Snowdrop Bereavement Suite at Good Hope Hospital. Previously, Emma had given birth to the couple's daughter at Good Hope and had spent time

on the Special Care Baby Unit (SCBU) after she was being born six-and-a-half weeks early and was cared for by the team there until she was fit and well enough to go home. The couple were keen to say thank you to staff for the care they received on both occasions so Paul put forward the Snowdrop

Suite and SCBU, as the charity of the year at Brake Distribution in Tamworth where he works.

As a result, Brakes raised a fantastic £6,651 over the year through a range of events including a Halloween party, charity football match, cake sales and much more.

Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: "We are incredibly grateful to Emma and Paul and everyone at Brakes for this fantastic donation. The money will be used to help fund comfortable chairs for mums to sit down and relax in SCBU and to redecorate a room in the Snowdrop Suite."

Tamworth Community Centre CIC supports elderly patients



Thank you to Tamworth Community Centre CIC for raising a fantastic £160 for Good Hope Hospital Charity's Elderly and Dementia Appeal by holding a coffee day. Organised as part of Dementia Awareness Week, the day consisted of a range of activities including a 'guess the amount of sweets in the jar' game, a bake sale, tombola and encouraging people to create a memory tree.

The brilliant fundraisers presented a cheque to the ward at Good Hope Hospital along with some twiddle muffs knitted by some talented members of the community centre. The generous donation will go towards funding dementia trolleys and stimulating activities for elderly and dementia patients, including hair brushing, nail painting and conversation cards.

Colour Rush raises £600

Catherine Slavin, along with colleagues from Bovis Homes, recently took part in a Colour Obstacle Rush to raise money for Ward 24 at Good Hope Hospital, in memory of her Nan. The event took place in Uttoxeter, and included a host of exciting inflatables and

obstacles, as well as a sponge ball ocean, space hopper racing and water balloon fights. Catherine and her colleagues raised a brilliant £600 for the hospital charity, which will help to fund added extras over and above what the NHS can provide. Thank you, Catherine!



Art exhibition raises thousands

An art exhibition organised by the Friends of Good Hope Hospital has been brightening up the Treatment Centre at Good Hope Hospital.

The 'Friends Art Exhibition', which is supported by the Knowle Art Group, has been raising money for patients and families at the hospital for nearly a year and provides a calm and relaxing distraction as patients wait for their appointments.



Tony Cannon, Chair of Friends of Good Hope Hospital, said: "The art gallery has been a feature in the centre for many years and provides a pleasant distraction for patients awaiting their appointments. We were delighted to be asked to take it over in 2016. Around 20 artists help to keep the gallery updated with new work, paying a hanging fee as well as donating 10% commission on any sales, to support patients and families at the hospital."

In January 2017 professional artist Petra Rohr-Rouendaal exhibited her work for six months. Petra since commissioned a sculpture in honour of the hospital and its staff, entitled 'The Little Angel of Good Hope.' Since its inception, the art exhibition has raised over £1,000 for the benefit of patients and families at Good Hope Hospital.

Thank you!

Sprinkle & Co

Did you know if you are a member of staff at the hospital, you can apply to Good Hope Hospital Charity's Sprinkle Some Magic grant scheme?

Sprinkle Some Magic exists to give staff the power to improve their hospital by offering grants of £1,000, £500 and £250. From games to radios, tea sets to sensory kits, the Charity is here to help you support patients and their families.

Already making use of the charity's grant scheme is Amanda Brookes, who works in the Children's Assessment Unit at the hospital.

Amanda applied to the charity for a grant to purchase portable

DVD players so that her young patients can watch films in their bed spaces. The DVD players can also be used as a distraction when having bloods taken. The grant also helped to provide toys for the playroom, which includes a dolls house and car garage.

Amanda said: "The Children's Assessment Unit treats hundreds of teenagers every year, and often, they have young siblings who come and visit them as well.

"Previously, patients would find themselves bored with nothing to do. I really wanted to be able to bring DVD

like to say a huge thank you to Good Hope Hospital Charity for making this small but vital change possible. Thanks to Sprinkle Some Magic patients are able to enjoy a good range of films, TV programmes, games and activities, which helps to brighten their stay at the hospital."

Also benefiting from the Charity's Sprinkle Some Magic scheme is Nichola Clarke, who works in the Discharge Lounge.

Nichola contacted the Charity to request a grant to improve patient experience, by funding items to



players to the Unit to help alleviate boredom and to create a distraction whilst patients are having their bloods taken, as this can be quite a distressing time.

"The playroom was also in need of some 'added extras' as many of the toys were outdated. I'd

help occupy patients as they wait for transport and medications. These included a record turntable, Snakes and Ladders and Draughts, CDs, DVDs and a DVD player and dolls for children. Nichola also used the grant to create three themed areas in the Discharge Lounge, to help support dementia patients.

ome magic

Nichola said: "The areas have been painted to create different themes, including Old Birmingham, a 1980s room and a brightly coloured room with music and games. We will also use the grant from the Charity to buy some pictures to display to theme the three waiting areas, which have been newly painted."

a lack of head and neck control, so the pillows help to provide support by keeping the baby propped to the breast, whilst also taking the weight off the mum's arms and back."

Finally, Sue Cartwright, who works on Ward 12, used her Sprinkle Some Magic grant to buy fans for her elderly care patients.

After noticing some discomfort among her patients in hot weather, Sue decided to approach the Charity for a grant to purchase the fans.

She said: "The new fans are brilliant addition to the wards. Previously, and especially in hot weather, the wards got quite stuffy. Thanks to the

new fans from the hospital charity patients can stay comfortable, whatever the weather!"

Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: **"We are really pleased to see the difference that the Sprinkle Some Magic grant money can make and I'm delighted that staff are approaching the Charity for support.**

"We encourage as many people as possible to apply to the Charity for a grant. They are best placed to know what will benefit their patients and it's wonderful to spend generous donations in the places that they are most needed."

To submit your suggestion for a grant award please write to us at charities@uhb.nhs.uk and tell us a bit about yourself. We'd love to know who you are, what you would spend the money on and how much you would like to receive.



Julie Shwalbe, who works on the Special Care Baby Unit, used a grant from the hospital charity to buy ten feeding pillows for new mums.

She said: "The feeding pillows have been really well received so far and help mothers to get their babies into a good nursing position. New-born babies have



Join our events

From bike rides to skydives, Good Hope Hospital Charity has a huge variety of fundraising events on offer and we'd love you to join us!

If you're looking for a cycling challenge of epic proportions, why not consider taking part in Vélo Birmingham, a 100 mile bike ride returning to Birmingham for a second year?

In 2018, more than 15,000 cyclists will line up in the heart of Birmingham city centre before heading out on a 100 mile route on closed roads through picturesque Worcestershire and Herefordshire countryside. Whether you're a seasoned sportive rider, a cycling newbie on a mission to complete a century ride or a charity fundraiser in search of an epic challenge, Vélo Birmingham will deliver an unforgettable experience for each and every participant. Places for this year's ride have sold out, but Good Hope Hospital Charity has a limited number of Golden Bond places available for next year's event.

If you'd like to take part please sign up by visiting bikeforbrum.org or email laura.power@uhb.nhs.uk to find out more.



If running is more your thing, why not consider taking part in the Birmingham International Marathon on behalf of the hospital charity?

Taking place in 2018, you can register your interest by emailing charities@uhb.nhs.uk and join thousands of runners pounding Birmingham's pavements in aid of their favourite charities.

If a marathon is a step too far, why not join the Simplyhealth Great Birmingham 10K?

Taking place in the City Centre, the Great Birmingham 10K is set to return in 2018. Strut your stuff across the start line to the most popular tunes from the 70s, 80s, 90s or present day, then hit the streets to your favourite music for an electric party atmosphere that will keep you going as you walk, jog, run –

or even dance – all the way from the start to the finish.

If you would like to take part in any of our running events on behalf of Good Hope Hospital Charity, please register your interest by emailing laura.power@uhb.nhs.uk or head to runforbrum.org to find out more.

Not the sporty type? Don't worry! You don't need to be an athlete to support patients.

Why not take on the challenge of a lifetime and join one of our hospital charity skydives? You'll complete a breath-taking tandem jump and amaze your friends and family. A £30 deposit gets you a place on one of our jumps, and we ask you to raise a minimum of £300 in sponsorship.

To find out more, go to www.heft.org.uk/events or contact laura.power@uhb.nhs.uk to find out more.



Staff Superstars

Every day we are delighted to hear from our brilliant fundraisers, who give up their time to support patients at Good Hope Hospital. Included in our wonderful charity champs are our 'staff superstars' who work at the hospital and go over and above to help us fund extra equipment, facilities and research on top of what the NHS is able to provide. In this issue we are saying a



The sporty pair raised over £1,700 for their ward, and will use the money to purchase additional equipment for their patients recovering from stroke by restoring movement, strength and mobility.

Kim explained: "Treating stroke patients every day we see how difficult it can be for them to adjust after such a life-changing event. We are delighted to be able to provide the ward with equipment and see the real difference it could make to our patients."

We'd also like to say a huge well done to Anand Kumar, Senior Physiotherapist at Good Hope Hospital who is taking on the Birmingham International Marathon to raise funds for Good Hope Hospital Charity.

So far Anand has smashed his fundraising target by raising £300 and is hoping to raise even more for the Physiotherapy Department at Good Hope Hospital.

Anand said, "I'm excited, and a little nervous to run the marathon, and I am so grateful to everybody who has donated, your generosity will keep me going right to the finish line!"

Laura Power, Fundraising Manager at Good Hope Hospital said: "Thank you so much to Anand, you really are a superstar, a marathon is a huge challenge and we wish you the best of luck!"



Thank you!

If you'd like to get involved in fundraising for your ward or department, or would like to find out more about our events, please head to our website at goodhopehospital.org.uk or call 0121 371 4852 to speak to one of our friendly team members!

**BIG
THANK YOU**

to our fantastic staff superstars who have gone over and above to help improve the hospital experience for patients and families. Well done!

Our first shout out goes to Kim Guest and Louise Barker, who are part of the therapy team on the Acute Stroke Unit (ward 24). The brave duo took on the huge challenge of hiking 100km along the coast of the Isle of Wight to raise money for the hospital charity, walking continuously for 28 hours!

Do you know a staff superstar? Do you want to nominate them for a shout out in the next Charity newsletter? If so please get in touch and share your story by emailing charities@uhb.nhs.uk or get in touch on Facebook or Twitter.

All you need to know about contacting the hospital charities

If you would like to get in touch with Good Hope Hospital Charity, Heartlands Hospital Charity or Solihull Hospital Charity, the names and numbers you need are included here in our handy tear-off guide:

Main office:

Tel: Charity Chief Executive - Mike Hammond 0121 371 4852
Head of Fundraising - Justine Davy 0121 371 4852
Email: charities@uhb.nhs.uk
Website: www.heft.org.uk

Good Hope Hospital Charity

Tel: 0121 424 7560
Email: Fundraising Manager - Laura Power laura.power@uhb.nhs.uk
Website: www.goodhopehospital.org.uk

Heartlands Hospital Charity

Tel: 0121 424 0606 or 07407 635 081
Email: Fundraising Manager - Sian Averill sian.averill@uhb.nhs.uk
Website: www.heartlandshospital.org.uk

Solihull Hospital Charity

Tel: 0121 424 5467
Email: Fundraising Manager - Samantha Howell samantha.howell@heartofengland.nhs.uk
Website: www.solihullhospital.org.uk

If you work at any of the three hospital sites and receive queries or donations, please give us a call on the main office number and we will come and see you. Thanks!

Thank you!



**Good Hope
Hospital
Charity**

