

# love good hope

The Good Hope Hospital Charity Newsletter



Good Hope  
Hospital  
Charity  
Issue 6



## Children's Outpatients Department grand opening

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

Thank  
you!

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# Mike's letter



## What we do at Good Hope Hospital Charity

Together with your help we raise money to provide world-class facilities for patients and their families at Good Hope Hospital. These facilities go over and above what the NHS can provide. We spend your generous donations on refurbishing patient and family areas, providing added extras that help patients be more comfortable and entertained at the hospital, and providing toys and games for children, making trips to Good Hope Hospital easier for them and their parents.

**Hello and welcome to the latest edition of Love Good Hope, the official newsletter for Good Hope Hospital Charity. This edition is packed full of lots of exciting news from around the hospital, including information about a very special refurbishment that the Charity has funded thanks to lots of kind donations.**

One of the best parts about working for Good Hope Hospital Charity is getting to meet all of the amazing people who have done something special to raise money to support patients, staff and families across the hospital.

This issue includes a double page celebration of our incredible Charity Champs who have helped to raise funds for their chosen ward or department.

You can support us like these fundraisers by taking part in one of our exciting events coming up or

even creating your own. There are lots of different things that give you the opportunity to do something different whilst raising money for the hospital charity.

We always want to hear from you whether you just want to send us a message or if you've taken part in an event and want to share it with us. You can get in touch via social media, just search @GHHCharity on Facebook and Twitter. You can also visit our website [hospitalcharity.org](http://hospitalcharity.org) or call us on 0121 371 4852.

Thank you for all that you do for the Charity, without your support it would not be possible for us to provide added extras for patients, staff and families at the hospital. With your continued support we will be able to go over and above for everyone at Good Hope Hospital.

**Mike Hammond  
Chief Executive,  
Good Hope Hospital Charity**

## In this issue...

### Tiny babies need your help

Good Hope Hospital Charity is fundraising £20,000 for a brand new state-of-the-art incubator at the hospital which will help save even more tiny lives on the Special Care Baby Unit. Find out more about the incubator and how you can help us on page four.

### Celebrating our Charity Champs

On pages eight and nine you can learn more about some of the incredible people who have gone over and above for patients at the hospital, raising money to support specific wards and departments.

### Children's Outpatients Department grand opening

The Children's Outpatients Department at the hospital has now been transformed into a light and bright atmosphere for all of the children who are treated there. It has taken almost nine months to transform the department! See what it looks like now on pages six and seven.

### Where your money has been spent

Over the past six months the hospital charity has not only been able to open a newly refurbished department, but we have also funded some really important things for some of the wards. Find out where your donations have been spent on pages 11 and 12.



# Dates for your diary

## Festive Jumper Day!

**13 December**

Whether you're in the workplace, in school, or a member of the community, you can get involved with Festive Jumper Day this year! The money raised will be in support of the Christmas appeal, helping spread Christmas cheer across the hospital. Be sure to send us some photos of your jumpers!



Email [Sophie.Carroll@uhb.nhs.uk](mailto:Sophie.Carroll@uhb.nhs.uk) for more information on how you can get involved in Festive Jumper Day.



## Great Birmingham Run

**13 October, Birmingham City Centre**

Join our team for the Great Birmingham Run, as it returns again in October! The 13.1 mile race is now established as the second biggest half marathon in the UK. Come along and join the incredible atmosphere of the half marathon whilst raising money for patients at the hospital.

To sign up for your place visit the [Simplyhealth website](http://Simplyhealth website) [greatrun.org/great-birmingham-run](http://greatrun.org/great-birmingham-run) and contact [Laura.Power@uhb.nhs.uk](mailto:Laura.Power@uhb.nhs.uk) to receive your free fundraising pack.

## CHARITY CAROL SERVICE

**10 December, St. Philip's Cathedral, Colmore Row, City Centre, Birmingham**

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

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

To book your place please go to [hospitalcharity.org/events](http://hospitalcharity.org/events) for more information

## Velo Birmingham & Midlands

**28 June 2020**

Velo Birmingham & Midlands is returning on Sunday 28 June 2020 and you can beat the crowds and book your place early by signing up to ride for the hospital charity!

The 2019 event saw an incredible 1,000 people cycle to represent their hospital charity and we would love it if you could join us in 2020. Whether you want to cycle the 100 mile route, or the half-Velo route of approximately 50 miles, you can sign up for one of our Gold Bond places for just £40 with a minimum sponsorship of £400.

By joining our team you will get a stylish cycling jersey, and the chance to train with fellow riders as we prepare for the big day by setting out on training rides.

Sign up today and guarantee your place at: [hospitalcharity.org/shop/product/velo2020](http://hospitalcharity.org/shop/product/velo2020)

## TANDEM SKYDIVES

**Various dates throughout 2020**

Come and join the hospital charity for a once in a lifetime experience, where you can step towards the ultimate daredevil thrill – the tandem skydive! Free-fall from 15,000 feet in the air to help support your local hospital charity! There will be various dates throughout 2020 where you will have the opportunity to book, but be quick- places sell out fast!

You are required to raise a minimum of £400 in sponsorship, for more information on dates, please contact [Roisin.Mooney@uhb.nhs.uk](mailto:Roisin.Mooney@uhb.nhs.uk) or visit [hospitalcharity.org/events](http://hospitalcharity.org/events) to keep updated.

Some of these events may have passed but you can keep up to date with what's happening by visiting [hospitalcharity.org/events](http://hospitalcharity.org/events)

# Helping to save vulnerable little lives

**Good Hope Hospital Charity is fundraising to bring a brand new state-of-the-art incubator to the Special Care Baby Unit that will help save vulnerable lives.**

The £150,000 appeal is seeing seven brand new incubators brought across Heartlands and Good Hope hospitals which will provide the best care possible for the hundreds of babies who need it.

Some babies can be born up to four months early and can weigh as little as one pound. These tiny, vulnerable babies require intensive care and support, and are cared for around the clock to give them the best chance of developing and growing.

The new incubator includes all of the equipment that the staff on the unit need to treat the tiny newborns, and they also allow the parents to have safe and easy access to their baby.

Some babies need specialist cooling treatment to prevent them from brain injuries, unlike the previous model of incubator, the new incubator offers this service, meaning that babies needing this will no longer need to be transferred to another hospital.

Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: "This new incubator will benefit not only the babies on the unit, but also the staff and the parents. It is an incredibly difficult time seeing your baby poorly, but this new incubator will mean that parents can still bond with their baby and touch them whilst they are receiving all of the right treatment from the incubator."

The new incubator will make it easier for parents to be able to interact with their baby. They have the ability to change the name, date of birth and gender on the screens to make it more personal to them.

The new equipment can tell parents everything they need to know about their baby whilst they're in the incubator, from their temperature to their heart rate, which puts parents at ease a little bit.

Being able to hold your baby is a huge part of the bonding process,



and if your baby is really poorly, that can be delayed. This new incubator allows much easier access to the baby for nurses and parents without causing any heat loss or problems.



Chloe spent 15 weeks in an incubator at Heartlands

**You could help us save even more tiny lives by helping us bring this incubator to the hospital, donate now by visiting [hospitalcharity.org/incubatorappeal](https://hospitalcharity.org/incubatorappeal).**

*Thank you!*

# 5 minutes with...

**Lisa Smith**  
Senior Sister, Frailty Assessment Unit

We spent five minutes catching up with Lisa Smith, a Senior Sister on the Frailty Assessment Unit at Good Hope Hospital, to get to know more about what she does in her job.

## What is your job role and what does your job entail?

I am the Senior Sister on the Frailty Assessment Unit at Good Hope Hospital. I lead and manage an award-winning team and together we give the best care possible to our patients and families.

## What do you enjoy most about your job?

I love making a difference to patients and their families, it means a lot to them when we do simple things like have a conversation with them and it's really great to see and hear that they are happy with their care at Good Hope.

## How has the Charity made a difference to your job?

The Charity has helped me to get pieces of equipment that the NHS can't fund for us and there's no other way of us getting them. They have provided us with multiple things on the ward including a HoverJack® air mattress which helps the staff when a patient has had a fall and needs getting up off the floor. It isn't always easy lifting patients when they've had a fall, especially if they've injured themselves, so this is really helpful in situations like that.

The Charity has also helped me build a reminiscence trolley for our patients, which is full of all sorts of things to help dementia patients remember their past. It includes a box of smells which might remind



them of their past, and also books and old packaging to show them things that they might remember from when they were younger. The trolley really helps us to get a conversation out of some of our more anxious and weary patients but they love to talk about their past and what they used to do, it really helps us get to know the patients and makes them feel more comfortable with us as they may forget where they are at times.

## What do you do in your spare time?

I spend a lot of time baking and spending time with my children when I'm not at work!

## What would you say to anyone who is thinking of fundraising for Good Hope Hospital Charity?

Please go for it! The Charity is a vital resource to help when we need

equipment we can't get from the NHS or anywhere else. You can find out more about the hospital charity and all of the different things that they have done for the Frailty Assessment Unit by visiting [hospitalcharity.org](http://hospitalcharity.org).

Thank you!

# Children's Outpatients De

**In 2018 we brought you the news of the Children's appeal launching at Good Hope Hospital. Now, thanks to your generous donations, we have been able to complete the full refurbishment of the department at the hospital!**

The Children's Outpatient's Department is now home to lots of toys for children of all ages, bright and colourful waiting areas and treatment rooms and is an all-round more child-friendly area. Toys including a game station, colouring pads, books, iPads, sensory toys and an interactive floor projector are all part of the department now to help entertain children there.

The Children's appeal has completely renovated the children's areas within the hospital to make them more child-friendly, calm, colourful and relaxing to be in. Although being in hospital may never be relaxing or enjoyable, it is sometimes hard for a child to understand why they are there, so filling the areas with toys, activities and games will make them feel a little bit more relaxed and less stressed about their visit.



use some of the toys and sensory equipment during appointments to encourage children to open up and feel safe.



Talking about the completed refurbishment of the department, Sarah who is Charlie and Oliver's mom, said: "Charlie is seven and has cerebral palsy so is a quadriplegic, and Oliver is two and has muscular dystrophy, so trips to the hospital used to be very tricky for me. Oliver gets bored quickly and Charlie couldn't use the play area because of his wheelchair but now the department is more inviting and all of the different types of toys help occupy and entertain them whilst we are waiting for their appointments."

Each year, 30,000 children are treated at Good Hope Hospital for a range of conditions, including life-threatening and life-limiting ones. Children who are treated at the Outpatients Department may visit regularly, but it also might be some children's first visit to the hospital. Visiting the hospital can be a daunting experience for children which can make hospital appointments stressful for parents and staff as well.

The new areas don't just benefit the patients. Parents now don't need to worry so much about distracting their child whilst waiting for an appointment and know that they will be in a comfortable environment whilst at the hospital. The new refurbishment also means that staff have a better place to work in and can



# Department grand opening



Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: "Thanks to everyone who has donated to the Children's appeal, we have been able to complete the refurbishment and make the department a much nicer, brighter and child-friendly place.

"The children who visit the hospital, whether it is for regular visits or a one-off, will benefit from the changes to the departments throughout the hospital. Having more colourful and child-friendly areas means that children will feel more comfortable in the hospital and will be less anxious about their visits, therefore making it less stressful for parents and staff too."

As well as the Outpatients Department, we have also completed a refurbishment in the Radiology Department where a colourful play area now sits full of toys for children of all ages.



None of this would have been possible without your support. There are still lots of other things going on in the hospital that you can help out with! You could join one of the fantastic events coming up this year or set up your own fundraising event at work or in the community.

**Find out more about our events on page three, on our website: [hospitalcharity.org/events](http://hospitalcharity.org/events) or by contacting [laura.power@uhb.nhs.uk](mailto:laura.power@uhb.nhs.uk)**

## Thank you to all of these donors who have made a significant difference to the Children's appeal:

Some amazing donations have really helped us complete the refurbishment throughout the children's areas at the hospital. A huge thank you goes to the Sutton Coldfield Charitable Trust, Royal Sutton Coldfield Town Council, Friends of Good Hope Hospital, the late Sir Doug Ellis and the Boparan Charitable Trust. All of these donations have gone towards the refurbishment of

the children's areas at the hospital and have meant that we have been able to complete the changes. The hospital now has a brand new Children's Outpatients Department which is now more suitable for children and has plenty of toys for children of all ages. By providing the children with games and activities whilst they wait for their appointment, or whilst they receive treatment, they are less likely to

worry and be stressed about being in hospital and will, in turn, make appointments easier for parents and staff.

Thanks to all of these donors for their incredible contributions, the new department is already making a huge difference to all of the children, their families and the staff who treat them, and will make the hospital a less daunting place for them to visit.



## Friends of Good Hope make spectacular donation to Midwifery Led Unit

Over 3,500 babies are born each year at Good Hope Hospital and by creating a new Midwifery Led Unit, more mothers will be able to benefit from the support of midwives in a specialist unit.

Parents in Sutton Coldfield who

wanted to give birth in one of these units would have to travel to another hospital, but now, Good Hope will have its very own unit at the hospital.

Friends of Good Hope Hospital have very generously helped us out with this project and have made their largest ever single donation of £150,000 to the Midwifery Led Unit appeal!

The unit will be a home to four new birthing rooms, two of which will have birthing pools. There will also be two new overnight rooms which will provide a home away from home for mothers, focusing on family centred care, creating a more relaxed environment.



## Sutton Park Tangent donates to breast services

The Sutton Park Tangent is a group of ladies who raise money for different charities and this year they chose to donate their money to Good Hope Hospital's breast care services after one of their members, Cathy Lance, was treated there.

Cathy, who used to work in the hospital's HR Department, said: "The treatment I had was excellent, I couldn't fault it. I just found that the breast care nurses were so good and so approachable, it made the situation a lot easier for me."

The Tangent donate whatever they can and always make sure that the charity are donating to a cause that means something to its members. They donated £150, which will mean that the hospital charity can provide more added extras for staff and patients in the department.



## Shirley and Konrad hold charity ball for Critical Care



Konrad Puchowski was taken to Good Hope Hospital with a high temperature and found out that he had sepsis, he was then treated on the Critical Care Unit.

Shirley and Konrad decided to host their very own charity ball for the Critical Care Unit and raised over £3,000 to thank the staff and the hospital for the care Konrad received.

Shirley said: "Konrad really is a walking miracle. One day I just thought he wasn't going to make it, they really saved his life."

As well as sepsis, Konrad found out he also had endocarditis which is an infection of the lining of the heart chambers and the heart valves, and renal failure.

The money they raised meant the hospital charity could purchase a SaraSteady hoist for the Unit which you can read more about on page 11.



## Boparan Charitable Trust donates £15,000 to Children's appeal

Boparan Charitable Trust has made an amazing donation of £15,000 to the Children's appeal at Good Hope Hospital to help us continue with the refurbishment of the Children's Outpatients Department.

The Trust aims to help children and young people when they need it most, this means providing them with new equipment that their families might not be able to afford, to helping charities like us with some of the bigger projects.

The Children's appeal at Good Hope has seen the Children's Outpatients Department refurbished, to create a more child-friendly environment. The department is now full of new toys and games for children to play with, including sensory equipment, whilst they are waiting for their appointments.

Along with the waiting area, the treatment rooms have also been revamped and are now bright, colourful and calming for the children who are treated in them.

Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: "A huge thank you goes to the Boparan Charitable Trust for donating such a huge amount of money to help us with the Children's appeal. The new department is incredible and will benefit patients, families and even the staff so much."



## Over 1,000 take part in Velo Birmingham & Midlands

In May 2019, over 1,000 people took part in Velo Birmingham & Midlands for the hospital charity and raised tens of thousands for patients at all four hospitals.

Many of the riders took part for Good Hope Hospital, raising thousands of pounds for patients at this very hospital.

One of the riders that took part was Steve Price who has now taken on this challenge twice, but this time he wanted to do it without any stops so carried all food and fluids required on himself or the bike.

Steve raised money for the hospital as his mum had been treated there quite a lot over the years for various things from kidney stone removal to outpatient appointments for a quintuple heart bypass she received at Royal Stoke University Hospital. Overall Steve raised an incredible £535 which was split between Good Hope Hospital, QEHB and Heartlands Hospital.

Another rider that took part was Richard Jenkins who was the hospital charity's top individual fundraiser for Velo raising an incredible £4,733.75! Included in his donations was an incredible £750 from Rubery Owen Group Charitable Trust!

Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: "A huge thank you goes to everyone who took part in Velo for the hospital charity and for raising so much money! All of the money raised will help us fund even more added extras for patients, staff and families across the hospitals."



See page three to find out how to sign up for Velo in 2020!

## Selina and Ava jump from the sky in memory of good friend

Selina Henson and her daughter Ava Taroni jumped 15,000ft in a tandem skydive to raise money in memory of their friend Jessica Bourne.

Jessica was diagnosed with cancer and treated at Good Hope Hospital. Her children were given cancer cloud kits on the ward which are kits that are aimed at different

aged children to help them come to terms with their family member's diagnosis. The kits can be taken everywhere with them and help them understand what is happening and gives them support suitable for their age.

Talking about the cloud kits, Selina said: "Jess and I were in awe of the cancer cloud kits, which are only made available through generous Charity donations, given to her whilst receiving chemotherapy. I wish all young children were given these kits, they need a lot of support and help understanding in their own terms.

"As mother and daughter we togged up and left fear on the ground and we thoroughly enjoyed our skydive in memory of our beautiful friend Jessica."



# Great Midlands Fun Run 2019

The Great Midlands Fun Run returned again in June 2019 and was a huge success for the hospital charity with over 100 people taking part and raising thousands for their chosen wards and departments!



The Fun Run, based in Sutton Coldfield, is great for local people to get involved with fundraising for the hospital charity. In 2019, we had over 100 people take part including staff, ex-patients and their family members to make Team Good Hope the biggest it's ever been.

An incredible £6,677 was raised by all the participants who took part and the money will be used to purchase added extras for the individual wards and departments that people chose to fundraise for!



Just some of the teams that took part in the fun run for the hospital charity included those from the Eye Department, Oncology, Pathology, Children's Units, Division 4 – Older People, Midwives, New Hall Hotel and many more!

The 8.5 mile route began in Sutton Coldfield's town centre, then took everyone on a scenic route through Sutton Park and the surrounding areas, and then back into the town centre to the finish line where everyone collected their medals.

The fun run will be back again in 2020, keep a look out on our website [hospitalcharity.org](http://hospitalcharity.org) to see when places are available!



**Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: "A huge congratulations to everyone who took part in the Great Midlands Fun Run for their chosen wards or departments. We had such a huge team walking, running and jogging for the hospital charity and we are so grateful for everyone who took part! All of the money you have raised will help us fund even more added extras throughout the hospital for patients, staff and families who come to the hospital every single day. We hope you had an amazing day and we hope to see you again in 2020!"**

# Staff Superstars

## Endoscopy team climb Snowdon

In July, 52 fundraisers took on the Sunrise Snowdon challenge to raise money for the hospital charity. Amongst those fundraisers



was a team from the Endoscopy Department who reached the top of the mountain just in time to see one of the best sunrises the Snowdon guides have ever seen.

The team have so far raised an incredible £7,500, and there are still more donations to come in!

Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: "A huge well done to everyone who completed the Sunrise Snowdon challenge and raised an incredible amount of money for the hospital charity!"

"All of the money raised will go towards funding added extras for patients, staff and families across the hospital to improve their experience here."

## Gemma takes on a trio of challenges

Gemma Chance, a Urology Oncology Clinical Nurse Specialist, has signed up to take part in not just one, but three Charity fundraising events to raise money for her department!

She has also got some of her colleagues, Emily and Charmaine, to take part in one event each to support her along the way.

Gemma is taking part in climbing Mount Snowdon, abseiling down the Wesleyan Building in Birmingham and doing the SimplyHealth Great Birmingham half marathon!



Talking about her fundraising, Gemma said: "As a Urology Oncology Clinical Nurse Specialist, I see the day-to-day struggles patients with cancer face. I am honoured and proud to play a part in their treatment and care and would like to contribute something more to make them more comfortable throughout their journey."

## Staff celebrate the NHS's birthday

This year for the NHS's 71st birthday, the hospital charity invited wards, departments, schools and friends and family to create their very own tea party to celebrate the NHS's birthday and raise money for the Charity!

Along with the hospital charity, some of the wards and departments that held their own tea parties included the Older People wards and the Children's Assessment Unit who held an Alice in Wonderland themed party!

The hospital charity aims to provide added extras that go over and above what the NHS can fund from life-saving equipment, refurbishing departments to funding toys for poorly children and lollipops for chemotherapy patients.



Thank you!

If you work at Good Hope Hospital and would like to get involved with one of the amazing fundraising events that the Charity holds each year, head to [hospitalcharity.org/events](http://hospitalcharity.org/events) to find an event that suits you!

# Where your money

Thanks to all of the donations from incredible fundraisers, Good Hope Hospital Charity has been able to fund added extras across the hospital to improve everyone's experience here.

## New hoist for Critical Care

Thanks to kind donations from Shirley West and Konrad Puchowski, Good Hope Hospital Charity was able to purchase a new SaraSteady hoist for the Critical Care Unit at the hospital. Konrad was diagnosed with sepsis at the hospital in 2011 and was



put in an induced coma and treated on the unit so they have been raising money ever since. This fantastic new piece of equipment was requested for by the staff on the ward and thanks to kind donations we were able to provide them with the hoist. The hoist allows staff to move patients around when necessary and is safer, easier and more comfortable for the patients who have limited mobility.

## Time for tea

The hospital charity is proud to fund tea sets for every ward around the hospital so patients and their families can enjoy a cup of tea when they need it.

It was common for staff on wards to purchase their own tea sets when they thought they needed them, so the new Charity funded tea sets are a huge help



for the wards and means families and patients have something to drink out of whilst on the ward.

Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: "We are proud to provide tea sets for every ward at the hospital, we know that they are really popular with patients and families, and help to provide a feeling of home for patients in the hospital."

## Frailty HoverJack® mattress

Patients who are being treated on the frailty wards are at high risk of tripping or falling over as they can be unstable on their feet.

The HoverJack® Air Patient Lift is like a mattress which is placed on the floor where a patient has fallen or tripped



# ey has been spent

and they are lifted gently onto it. Once they are on it, the HoverJack® is pumped with air slowly which lifts them up to bed level where they can then be lifted safely into their bed.

This amazing new piece of equipment reduces the risk of further injury and distress to the patient who has fallen or tripped, and allows them to be examined in their bed for any injury caused after a fall instead of where they had fallen.

## Reminiscence trolley for older patients

A brand new reminiscence trolley has been funded for the older patients at the hospital. The trolley includes various items suitable for older patients with dementia. The items range from wartime memorabilia such as books and gas masks, chocolate and sweet packages from when they were younger, to picture books of Birmingham throughout the years.



The reminiscence trolley can really help patients with dementia as it gives them something physical that they can pick up and look through. Patients often feel more comfortable after looking through the things and it encourages them to open up and trust those around them if they forget where they are and spurs on conversations about when they were younger which in turn, improves their mood.

Lisa Smith, Senior Sister at Good Hope Hospital, said: "The Reminiscence Trolley is of amazing use to us and the patients. The bits inside can be given to patients to look through and can even help improve their mood and encourage them to talk about things in the past that they remember that made them happy."

## A&E viewing room

The Accident and Emergency Department viewing room is not the first thing someone would think of funding for the hospital, but thanks to your kind donations we have been able to make difficult



circumstances a little bit more comfortable in the Accident and Emergency Department.

The viewing room is now brighter and furnished with comfortable chairs so families can be with their loved ones after they've passed away and away from the loud A&E Department.

Next door to the viewing room is a family room with sofas that can be used to take time away from the ward and for members of staff to talk to the families.

Laura Power, Fundraising Manager at Good Hope Hospital Charity, said: "The viewing room means that families can be with their loved ones away from the ward after they have passed away. Being such a difficult time it is so important that families have their privacy and have somewhere to go to spend time with their family member."



# Free will writing service launches for staff and patients across the Trust

**We all want to make sure that our loved ones' futures are protected, and that's why University Hospitals Birmingham Charity has teamed up with Bequeathed to offer those across the Trust a free will-writing service. By writing a will, you can make sure that your money, property and possessions go to the people and causes that you care about after you die.**

Bequeathed offers a simple, free and convenient service which allows you to make the right will for you in the way that suits you best, whether that's online, face-to-face or over the phone. Writing a will does not need to be a complex process, and through Bequeathed, you can access all of the information and advice that you need in a simple, straightforward way.

Bequeathed's online service offers a simple, step-by-step way for you to write your will, and if at any time during the process you need more detailed legal advice, Bequeathed will be able to put you in touch with a solicitor who will give you a price for completing the will.

We all want to make sure that the people we care about are looked after once we've gone, and having a will is the only way to do this. If you don't have a will, the law distributes your estate after your die. This doesn't always mean that everything is passed to your spouse, and you're even less protected if you're not married.

Justine Davy, Head of Fundraising at UHB Charity, said: "UHB Charity is delighted to have partnered with Bequeathed to offer those at Good Hope Hospital this free will writing service. Modern life is busy and hectic, especially for our hard-working staff across the hospitals, and writing a will can feel like a task that's never top of the to-do list, no matter how important we may feel that is it.

"Thanks to Bequeathed, we are able to offer everyone across the four hospitals the chance to write their will



in a straightforward manner, for free, which makes the process as easy as possible.

"I strongly encourage everyone across UHB, who do not already have an up-to-date will, to take advantage of this scheme and ensure that they protect their loved ones after their death."

**You can start to write your free will online using Bequeathed's straightforward and clear system by going to [hospitalcharity.org/bequeathed](https://hospitalcharity.org/bequeathed)**

## IN MEMORY GIVING

If you have recently lost someone that you love, there are many ways that you can raise money for Good Hope Hospital Charity in their memory.

**For more information on in memory giving, please contact Good Hope Hospital Charity's Fundraising Manager Laura Power at [laura.power@uhb.nhs.uk](mailto:laura.power@uhb.nhs.uk)**

**bequeathed**   
free wills, valuable advice

# Join our events!

**Whether you enjoy chasing a thrill or prefer to relax and enjoy listening to beautiful music, there is a chance for you to get involved with one of our events! Get inspired with one of our events, or even host your own to raise money for Good Hope Hospital Charity.**

## Christmas



This Christmas, join us to celebrate the festive season and raise money to support those patients who will be in hospital over Christmas. On Friday 13 December, wear your favourite Christmas jumper to work or to school and donate £1 to Good Hope Hospital Charity. This is the perfect opportunity to raise money as part of a team and you don't need to stop at wearing jumpers! Why not hold a Christmas bake sale or sponsored walk at the same time?

Nothing says Christmas quite like the beautiful sound of a choir singing carols. Join us at St Philip's Cathedral in Birmingham for the Birmingham Hospitals Christmas Carol Service on Tuesday 10 December. No carol service is complete without mince pies and mulled wine!

## Do something adventurous!

If you like to get out and about, taking on adventurous activities, then we've got the events for you! Join Good Hope Hospital Charity in 2020 and take on a tandem skydive, experiencing the thrill of a lifetime as you raise money for patients at the hospital. We hold Skydive dates throughout the year, head to [hospitalcharity.org/events](https://hospitalcharity.org/events) to find our dates for 2020 and get yourself signed up.



If you prefer to keep closer to the ground, then why not take on one of our Snowdon Challenges in 2020? Whether you'd prefer to walk in the daytime, or overnight for a slightly different challenge, you can 'do summit' amazing for Good Hope Hospital Charity.

## Get active for Good Hope Hospital Charity

If you're looking for your next fitness challenge, or perhaps fancy taking on a running or cycling event for the first time, you can join us at one of the many sporty challenges throughout the year.

The annual Great Birmingham Run is held in October and sees thousands of runners take to the streets of our city for a spectacular running event. Run for Good Hope Hospital Charity and join one of the biggest teams taking part, and enjoy a complimentary massage at our post-race reception! The 2019 event takes place on Sunday 13 October, find out how to sign up at [hospitalcharity.org/events](https://hospitalcharity.org/events).

Velo Birmingham & Midlands is returning for 2020, with the 100 mile cycling challenge taking place on Sunday 28 June. As well as the 100 mile route, there will be a shorter 'half Velo' distance to take on. Ride with us and join a team of welcoming and friendly cyclists who will help you to get ready for the big event by going out together on practice rides and sharing tips via Whatsapp. What's more, you'll get a free cycling jersey! Find out more at [bikeforbrum.org](https://bikeforbrum.org)



**Whatever the time of year, there are always lots of amazing ways for you get involved, so be sure to check out [hospitalcharity.org/events](https://hospitalcharity.org/events) for our latest events.**



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