

# love heartlands



Heartlands  
Hospital  
Charity  
Issue 6

Heartlands Hospital Charity Newsletter

 HHospCharity  @HHospCharity  [heartlandshospital.org.uk](http://heartlandshospital.org.uk)



## Family lend their support to the Incubator appeal

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

Thank  
you!

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# Mike's letter



Hello and welcome to the latest edition of Love Heartlands, the official newsletter for Heartlands Hospital Charity. This edition is packed full of lots of exciting news from around the hospital, including information about our brand new Fundraising Hub and all of the things that your donations have helped us fund.

One of the best parts about working for Heartlands 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 @HHospCharity 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 Heartlands Hospital.

**Mike Hammond**  
Chief Executive,  
Heartland Hospital Charity

## What we do at Heartlands Hospital Charity

Together with your help we raise money to provide world-class facilities for patients and their families at Heartlands 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 to be more comfortable and entertained at the hospital, and providing toys and games for children, making trips to Heartlands Hospital easier for them and their parents.

## In this issue...

### The Fundraising Hub is open

Heartlands Hospital Charity has opened a brand new Fundraising Hub in the Tower Block. At the Fundraising Hub you can chat to Charity staff, find out more about what we do and how you can get involved, and even purchase some of our goodies. Find out more 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.

### Incubator appeal receives boosts

In the last issue we brought you the news of our brand new Incubator appeal where we are aiming to buy seven brand new state-of-the-art incubators for the Neonatal Unit. You can read more about the incredible fundraising for this on pages six and seven.

### Where your money has been spent

Over the past six months the hospital charity has been able to fund some really important things for some wards across the hospital. Find out where your donations have been spent on page 11.





# Dates for your diary

## Festive Jumper Day!

**13 December**

Whether you're at the workplace, in school or a member of the community getting into the Christmas spirit, the Charity has its annual Festive Jumper Day this December. The money raised will support the Christmas appeal, helping to bring Christmas cheer to patients in hospital during the festive period. Be sure to send us some photos of your cracking jumpers!

Email [Sabrina.Hussaine@uhb.nhs.uk](mailto:Sabrina.Hussaine@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 greatrun.org/great-birmingham-run](http://Simplyhealth website greatrun.org/great-birmingham-run) and contact [Sabrina.Hussaine@uhb.nhs.uk](mailto:Sabrina.Hussaine@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 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

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)

## Velo Birmingham & Midlands

**28 June 2020**

Velo Birmingham & Midlands is returning on Sunday 28 June 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.



## PREMATURI-TEA PARTY

**17TH NOVEMBER**

Mark World Prematurity Day by hosting a Prematuri-Tea party at home, or in your workplace and help to raise money to support the hundreds of tiny babies who require the world class support of Heartlands Hospital's Neonatal Unit every year.

Whether you serve up homemade or shop-bought cake is up to you! Find out more and get a fundraising pack by emailing [Sabrina.hussaine@uhb.nhs.uk](mailto:Sabrina.hussaine@uhb.nhs.uk)



# Fundraising Hub opens at Heartlands Hospital

**A brand new Fundraising Hub has opened at Heartlands Hospital, providing a one-stop-shop for everyone's Charity needs. The Hub provides somewhere for patients, staff and visitors to come and find out more about the hospital charity, sign up to fundraising events, make a donation, and browse a range of merchandise and gifts.**

The Hub is located in the Tower Block on the ground floor of the hospital, and is already a popular location for regular visitors to the hospital, who enjoy popping into the Hub to find out more about the Charity and the work that we do across the hospital.

Sian Averill, Fundraising Manager at Heartlands Hospital Charity, said: "We are all so delighted with the new Fundraising Hub, it's in a brilliant location within the hospital and there are always lots of people popping in to find out more about the Charity."

As well as being the perfect place to find out more about the Charity's

upcoming events, the Hub provides somewhere for members of staff to come and drop off any donations that they might have received on the ward.

Janet volunteers at the Fundraising Hub, having been a volunteer at Heartlands Hospital for over a year. She said: "I was previously a doctor's receptionist and I really enjoyed being around people. When I finished working as a receptionist, I realised that I still wanted to get involved and meet new people."



As well as volunteering in the Hub, Janet helps out on Ward 29, one of the older people's wards at the hospital. When she found out about



volunteering at the Hub, Janet was interested, saying: "I wanted to come here to meet new people, it's a really busy place to be.

"Being in the Hub, you get to meet people who are fundraising for the hospital charity and who tell you their story. It's really amazing and humbling to hear the things that people have gone through, and their inspiration to raise money for the hospital."

Janet hopes that the Fundraising Hub will encourage more people to get involved with the Charity, saying: "People have got somewhere to come, it's welcoming and bright! I also hope that it will encourage more people to volunteer and help out with the Charity, as volunteers we're always happy to help out at events, such as bucket collections and fun days."

Janet has had personal experience of Heartlands Hospital, as both of her parents were treated at the hospital before passing away. She said: "It means an awful lot to be able to give something back to this hospital."



**Come and visit us in the Fundraising Hub at Heartlands Hospital, we're open from 9:30am to 4:30pm Monday to Friday**

# 5 minutes with...

**Ayo Karunaratne**  
Therapy Support Worker

**We spent five minutes catching up with Ayo Karunaratne, who works as a Therapy Support Worker on Ward 19, a role which is funded by Heartlands Hospital Charity.**

## **Hi Ayo, can you tell us a little bit about your role?**

Hi, I work on Ward 19, the specialist cancer ward at Heartlands Hospital. Ward 19 treats patients with a wide range of cancers. Patients on our ward are often there for several weeks at a time, during which they receive treatment which can leave them feeling weak and ill. My job is to help patients feel better by working with the Dietetic and the Occupational Therapy team, to make sure that they are eating and drinking and are physically active.

## **That's great, how does your work help the patients?**

My role relates to the Eat, Drink, Dress, Move initiative which aims to get patients up and about during the day, wearing their own clothes, eating and drinking well, and moving about. This is such an important initiative, and it's especially important for cancer patients. Eating and drinking can be tough for cancer patients as they often have side effects such as nausea and vomiting, and stem cell transplant patients can have sore mouths alongside other side effects. I encourage patients to eat and drink, and make sure that they've got the food and drink that they like and need to feel better.

## **What do you like most about your job?**

It's great to form relationships with patients, getting to know them and helping to build their independence is really rewarding. Helping patients to get out of bed and getting active, whether that's walking or doing arm and leg exercises, and putting on their own clothes. That all really helps with a patient's mental and physical wellbeing. My patients often feel much better after a wash, and many of them look forward to the exercises and walking that I do with them.

Some patients on the ward require reverse barrier treatment following a bone marrow or stem cell transplant. Reverse barrier treatment is a system which minimises the risk of coming into contact with illness and disease. This means that patients are isolated in a side room, with minimal visitors, and usually have their meals served through a hatch and interact with nurses through an intercom. I am one of the members of staff who will have direct contact with these patients, and it makes a huge difference to them. Patients in the side rooms can feel especially isolated and I enjoy being able to go and chat to them and make sure they've got everything they need.



## **Heartlands Hospital Charity has funded your role thanks to the generosity of our donors and supporters, what does that mean to you?**

It's wonderful that I've been able to take up my role thanks to the generosity of the Charity's supporters. I am able to make a big difference to patients' experiences of our hospital, and make sure that they are doing everything that they can to recover from their treatment. I really enjoy my role; it's great to be able to look after all of the different aspects of my patients' health.

## **When you're not busy treating patients, what do you like to get up to?**

I love gardening and spending time with my family. I love films too, my favourite at the moment is The Lion King!

**You can find out more about Ward 19, and donate to support the incredible work done by staff members like Ayo, by visiting [hospitalcharity.org/ward19](http://hospitalcharity.org/ward19)**



# Helping to save vital lives at Heartlands

In the last edition of Love Heartlands, we told you about an ambitious new appeal that we were launching to bring seven new state-of-the-art incubators to Heartlands Hospital's Neonatal Unit.

This £150,000 appeal will help to provide the very best care possible for the 800 babies who need the life-saving care of the incredible staff on the Neonatal Unit each year. Some babies are born 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.

Thanks to the generosity of hundreds of donors and fundraisers, we are now close to reaching our target of £150,000, but we need your support to help us fund the last of the seven incubators.

The new incubators include all of the equipment that the staff on the unit need to treat the tiny newborns, and allow parents and staff easy access to the baby, so that they can treat and care for them without losing the heat from the incubator.

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

Since launching this appeal, we have received an incredible amount of support from individuals, families and organisations across Birmingham and the West Midlands, who have all been inspired to raise or donate money to this vital appeal. Sian Averill, Fundraising Manager at Heartlands Hospital Charity, said: "On behalf of everyone at Heartlands

Hospital Charity, and the Neonatal Unit, I would like to thank all of our generous donors and supporters who have helped us to get so close to reaching our overall target."

The Incubator appeal has received support from a huge number of



people, but one key donation has come from the Alan Miller Charitable Trust, which was set up by Alan before he passed away.

After Gerry and Pauline heard about the Incubator appeal, from their granddaughter Lucy – a nurse on the Neonatal Unit – they were inspired to help. Alan left a large sum of money to charity in his will, and Gerry and Pauline, as executors of his will, decided to donate an incredible £71,000 to support the Neonatal Unit.

This amazing donation funded three of the incubators, as well as funding two Mamaroo Bouncers, which are little chairs that bounce and rock babies to help comfort them, and an Apnoea Monitor which tracks a baby's heart and breathing rate.

Another of the seven incubators has been funded thanks to the Bates family, who raised an amazing £19,031 by hosting a fundraising ball to celebrate the 18th birthday of their daughter, Rebecca.

Rebecca was born at Heartlands Hospital back in February 2001, arriving 17 weeks early, weighing just 11b 6oz, and spent the first months of her life on the Neonatal Unit at Heartlands Hospital, fighting for her life.

Eighteen years on, her parents Adrian and Paula decided to celebrate her birthday by hosting Rebecca's Legends Ball, with 380 people coming together to raise money for the Incubator appeal.



You can help support vulnerable babies in their time of need by supporting our Incubator appeal. Visit [hospitalcharity.org/incubatorappeal](http://hospitalcharity.org/incubatorappeal) to donate and help to save tiny lives.

# Vulnerable little lives at Heartlands Hospital

## Chloe and Phoebe's Story

**Laura O'Neill gave birth to twins Chloe and Phoebe in June 2017 after just 27 weeks of gestation. The twins were immediately rushed to the Neonatal Intensive Care Unit at Heartlands Hospital.**

Both of the twins had devastating brain bleeds, and sadly Phoebe died just four days later. Chloe spent the first 15 weeks of her life at Heartlands Hospital, fighting for her life under the care of the specialist neonatal team at the hospital.



Chloe spent the first 15 weeks of her life in an incubator

Laura was inspired to raise money for Heartlands Hospital Charity after hearing about the Incubator appeal. Speaking of the care that Chloe and Phoebe received, Laura said: "Without Heartlands Hospital Neonatal Unit we would not have been able to spend four precious days with Phoebe.

"I cherish those last moments, and we cuddled her and sang



Phoebe and Chloe together in their incubator

to her. Every so often she would take a big breath, and then at 5:30pm, at exactly four days old, she passed away in my arms."

Chloe spent the first 15 weeks of her life in an incubator, which kept her warm and protected from the outside world. However, in the older style of incubator, it was difficult for Laura and her husband Karl to interact with her.

Laura said: "It was daunting at first, we could only put our hands in the incubator through the small openings in the side and we were worried that we'd do something wrong. As time went on it got easier, but it was still very difficult."

The new incubators will make it easier for parents to interact with their babies, Laura said: "We would have been able to access her from all angles and we would have been much more at ease."

Speaking of the care that she, Karl and her babies received on the unit, Laura said: "The staff are

incredible; they saved one of my precious girls and did all that they could for the other. They are all such lovely people who I will remember forever."



Laura, Oliver, Karl and Chloe together

Thank  
you!





## Football match raises £500 in memory of beloved dad and grandad

Brett Gazey has raised £500 for the Renal Unit at Heartlands Hospital thanks to a football match held in memory of his dad, Michael, who was treated on the unit for kidney failure before sadly passing away.

Brett said: "I was amazed at the treatment that my dad received at Heartlands Hospital. Every member of staff was incredible, and they all worked so hard to keep dad alive for as long as possible."

Thanks to the generosity of the staff at Walsall FC, the match took place at Bescot Stadium, with around 50 of Michael and Brett's friends and family coming along to watch the match.



Brett said: "It was an amazing experience playing at Bescot Stadium, the pitch was unlike anything else I've ever played on. I'm more used to Sunday league pitches so this was incredible! We all had a great day, we really enjoyed playing together and I was blown away to raise so much money. I really want to do this again next year and hopefully raise even more money for the Renal Unit at Heartlands."

## Parents raise money for the Eden Suite in memory of daughter

Fiona and Kieran Healy have raised £3,750 for the Eden Suite at Heartlands Hospital, after spending time there following the loss of their baby, Charlotte.

Fiona said: "I am so thankful that we were looked after on the Eden Suite because the care really can't be faulted."

"Obviously I wish I had never walked through the doors, but if I had to choose I could not have chosen a better place. Throughout our whole stay the team really couldn't do enough for us, nothing was too much trouble."

The couple decided to host a charity football tournament at Moseley Cricket Club with 11-a-side teams, a raffle and other activities for people to take part in. They beat their original target of £500 and managed to raise an incredible £3,750 for the Eden Suite!

Fiona and Kieran decided this was the perfect time to raise money and awareness as the event was held around Charlotte's first birthday. Fiona said: "This is a perfect opportunity to give something back to this department to help make the facilities a little better for another couple who unfortunately will have to use this ward just like we did."



## Meadway Sports & Social Club continue generous giving

Each year, the Meadway Sports & Social Club raises money through a dominoes tournament and a lottery to support children at Heartlands Hospital.

This year, the team have raised a fantastic £510, taking their overall fundraising total to over £1,500!

The Club has a proud history of fundraising for Heartlands Hospital, as their friend and former member Sean Kelleher was a keen fundraiser for the children's ward. The Club holds the dominoes tournament in memory of Sean.

The money that the team have raised will be helping to fund the children's garden at Heartlands Hospital, which will

form a fun space for children to play in, taking time away from being on the ward.

Ian Lomas, a member of the Club came along to present the cheque to staff on the children's ward. Sian Averill, Fundraising Manager at Heartlands Hospital Charity, said: "Thank you to everyone at the Meadway Sports & Social Club for your continued support of the children's ward here at Heartlands Hospital."

"We're hoping to create a fantastic new space in the children's garden here at the hospital, and the money that the Club has raised will help us towards that goal."





## Mum diagnosed with cancer at 40 weeks pregnant gives back now she is cancer-free!



Back in August 2017, at 34 years old and 40 weeks pregnant, Catherine Aldridge was diagnosed with Hodgkin's Lymphoma, which is cancer that starts in white blood cells called lymphocytes. Catherine started regular chemotherapy on Ward 19 at Heartlands Hospital, the specialist cancer ward.

Catherine said: "Ward 19 had become my new home. Every time I walked in I was greeted with a smile, tea or coffee, genuine concern as to how I was, and lots and lots of support!"

Catherine threw a fundraising ball, saying: "All the staff are partly responsible for me being cancer-free and I

wanted to give something back to help them continue to make patients, like me, feel that little bit more comfortable.

"It was a great night and I am really overwhelmed with the amount we raised. Everyone said it was an amazing evening and the total amount is completely overwhelming. I hope that the money we raised will go some way towards saying thank you to Ward 19 for all the help and support I've received, and still receiving."

In total Catherine's event raised a staggering £3,826.88 towards Ward 19.

## Roll of honour

**Nifty Fingers Craft Club**  
**Joe Bennett**  
**Helen Jenner & Friends**  
**Sue Chippendale**  
**Carl Beasley and Peter Bevington**  
**Julie Barnfield**  
**Edward Brewer**  
**Doreen & Peter Brayley**  
**John Lewis Grand Central**  
**Carl Tipping**  
**Sasha Tracey**  
**Rosemarie Hendricks**

## School pupils raise incredible £3,000 for Eden Suite

School pupils from Widney Junior School have raised £3,000 to support the Eden Suite at Heartlands Hospital.

The pupils picked the Eden Suite as their chosen charity for Charity Week and set about raising money by holding a range of fundraising events. The pupils also did a lot of research into the Eden Suite, and learned about how Heartlands Hospital Charity supports the unit.

The school had a fantastic fundraising idea, which saw them install a see-saw in the hall with teacher, Mrs Kitching, sat on one end. They put all the money that they had collected into a bucket on the other end until the teacher was lifted up off the ground!

Headteacher, Mrs Jo Bridges, said: "The children were absolutely wonderful, bringing in cakes, sweets, toys and books to sell in the House markets and collecting coins to lift children on the see-saw. It really was a wonderful week and the sense of community in the school was fantastic."

The money that the school raised will be going towards the Eden Suite memory garden, which allows parents to spend time outside, giving them a relaxing and peaceful space to reflect on their experiences.



## Father takes on skydive to raise money for Heartlands Neonatal Unit



A huge thank you goes to Gary Williams who jumped from 15,000 feet to raise money for the Neonatal Unit at Heartlands Hospital.

Gary's daughter,

Molly, was born by emergency caesarean section at just 27 weeks old, weighing just 1lb 9oz at Heartlands Hospital on 14 March 2014.

Reflecting on Molly's birth, Gary said: "Molly was delivered by caesarean due to complications, and we were unable to see her straight away as they had to work on her, and rush her to the Neonatal Unit."

Molly spent the next three months being treated on the Neonatal Unit, which cares for 800 premature and poorly babies each year, battling for her life. Hayley, Molly's Mom, said: "We celebrated every milestone that most parents took for granted, such as gaining an ounce of weight, being able to breathe more on her own, and being able to take on more formula."

To celebrate Molly turning five, Gary chose to do something spectacular by taking on a tandem skydive. He said: "Now is the time to start paying back and saying thanks to the amazing Neonatal Unit for everything that they have done, making my girl as healthy as possible."

Gary fundraised a phenomenal £2,057 towards the unit that will help to provide the best possible care for newborns at Heartlands.

# 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 Heartlands Hospital Charity has teamed-up with Bequeathed to offer staff and patients 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 you 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 Heartlands Hospital Charity, said: "Heartlands Hospital Charity is delighted to have partnered with Bequeathed to offer those at Heartlands 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 it is.

"Thanks to Bequeathed, we are able to offer everyone at the hospital 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 the hospital, 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 Heartlands Hospital Charity in their memory.

**For more information on in memory giving, please contact Heartlands Hospital Charity's Fundraising Manager Sian Averill at [sian.averill@uhb.nhs.uk](mailto:sian.averill@uhb.nhs.uk).**

**bequeathed**  
free wills, valuable advice



# Eden Suite quiet room is refurbished

The Eden Suite's quiet room at Heartlands Hospital has been given a £10,000 refurbishment to create a calm and therapeutic space for patients and their families.



The bereavement suite, which cares for families who lose their baby through miscarriage, stillbirth or neonatal death, uses the quiet room to provide a peaceful and private environment for parents in their time of need.

The room was previously small and dark, with only enough space to fit a small sofa and a coffee table but it has now been transformed into a much larger room with space for a kitchen, a seating area, storage space and a memory tree.

Clare Beesley, a Bereavement Midwife working in the Eden Suite, said: "The quiet room is a very important space for our families, somewhere for them to go and have time with their baby, to have blessings done and is where we first bring families when they are told their baby has died.

"The previous room wasn't very user friendly or the environment we were trying to create for families and could only fit three people in when sitting down.

"We have had really positive feedback from bereaved families about how it is improved and now creates a home away from home environment."

The Eden Suite has been designed to provide as much privacy as possible for women and their partners, with individual en-suite rooms and a quiet garden for parents to be outside and reflect.

The suite offers the best care possible for women and their families with experienced, highly-trained

staff on hand to support the women and their partners through their time on the suite, and continue to provide care after they leave the hospital.

The refurbishment was made possible by the Heartlands Hospital Charity and its fundraisers who provided the funds for the transformation.

Laura Bell, who was previously a patient on the Eden Suite, held a charity football match in partnership with the company Salts Healthcare raising over £3,000 for the Eden Suite.

Laura said: "One of the things we remember when we lost our baby was how tiny the quiet room was and that we couldn't get many people in there.

"We are glad there is now a much more comfortable space for families on the Eden Suite and are thankful for all the people who took part in the football match and helped us to raise money for the Eden Suite.

It was important for us to bring awareness of the amazing work that the Eden Suite does and give something back."



Sian Averill, Fundraising Manager for the Heartlands Hospital Charity, said: "We appreciate the importance of needing a larger family space and we are really happy to be able to fund it thanks to the donors and fundraisers for the Eden Suite."

**Find out more about the Eden Suite by visiting [hospitalcharity.org/edensuite](https://hospitalcharity.org/edensuite)**

# Staff Sup

Heartlands Hospital Charity is grateful for the incredible fundraising efforts of members of staff across the hospital. Whether it's taking on a physical challenge or holding a bake sale, there are no limits to the lengths that these incredible staff members will go to. Here are just some of the amazing Staff Superstars who have recently gone 'over and above' for the Charity.

## Velo Roll of Honour

Many riders took on Velo Birmingham & Midlands 2019 to raise money for Heartlands Hospital Charity. Thanks to their incredible efforts, they raised over £15,000 to support patients at the hospital.

**Ward 19 Team**  
 Carl Ikeme  
 Mark Taylor  
 Keith Grigg  
 Anthony Mynett  
 Paul Bird  
 Byron Batten  
 Imandeep Kaur  
 Raj Bansa  
 David Phillips  
 Ngozi Shankara  
 Tsebo Monteleng  
 Steven Cartwright  
 Simon Chapman  
 Tim Murphy

## Roll of Honour

**Heartlands Estates Team**  
 Thomas Chapman  
 Samantha Phillips  
 Hollie Sayers  
 Holly Hodgkins  
**Recruitment Team**  
**Ward 19 Snowdon Team**  
 Sarah Humphries  
 Byron Batten  
 Fetal Medicine  
 Lucy Hardingham  
 Jodie Owen

### Ward 19 team, led by Wolves legend Carl Ikeme, complete Velo challenge

Wolverhampton Wanderers goalkeeper Carl Ikeme was diagnosed with leukaemia back in 2017 and has since received treatment at Ward 19 at Heartlands Hospital. In May 2019, Carl took on Velo Birmingham & Midlands alongside a team of clinicians from Ward 19.

Velo, a 100 mile closed-road cycling challenge, saw thousands of cyclists push themselves to complete the event and raise money for Charity. Carl and the Ward 19 team raised a phenomenal £5,400 to support the patients on the ward.

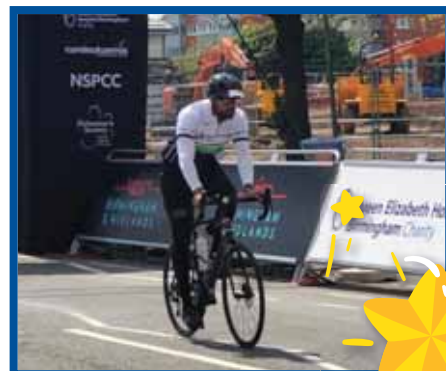
Carl was diagnosed with leukaemia at the age of 31, whilst he was still a professional footballer with Wolves. Since then, Carl has been under the care of Ward 19 and two years on, he is in complete remission.



Carl said: "Manos and the team perform miracles at Ward 19. The care I received was incredible and I wanted to do what I can to give back."

Speaking of his experiences on the day, Carl said: "I was nervous before the ride, it wasn't something that I had done before. It was a huge challenge and I was proud to cycle alongside Manos and the Ward 19 team."

In 2018, Carl opened the new cancer



unit at Solihull Hospital which forms an extension of Ward 19 and is hopeful that his fundraising can continue to make a difference to patients who are treated at both hospitals.

He said: "The money is going to a great cause. The additional facilities will mean that they can treat even more patients like me, and like all of the other amazing patients that I got to meet whilst at the hospital. The money really does help people, I'm proof of that really. The money can affect everyone in the area, and even across the world as the team change the way that we treat cancer."

Manos said: "I can't believe that Carl is in the situation where he was able to take on this massive challenge. It's a great example of how someone can overcome their disease and continue with their normal life. I was proud to cycle alongside Carl."







## Team take on Fun Run for research fund

Three members of staff from the Thoracic Surgery Research Team took on the Sutton Fun Run on 2 June 2019 to support Heartlands Hospital Charity!

The Thoracic research department at Heartlands Hospital is devoted to improving outcomes for its patients facing surgery, improving diagnosis and reducing post-surgery complications.



Amy Kerr, Charlotte Ferris and Hollie Bancroft ran the 8.5 mile Fun Run route to raise money to fund research at the hospital for thoracic patients. The group of friends wanted to fundraise towards facilitating new research projects, and enabling patients to attend events to help further the department's research as well as improving understanding into diseases that affect so many patients. Charlotte and her friends decided to set themselves the target of getting fit whilst raising money for patients. Charlotte said: "Improving care for patients with lung cancer and other respiratory illnesses is our number one priority." Charlotte continued to say that they were also running "In memory of all patients who are sadly no longer with us, but who made a huge contribution to the work that we do. Their memory lives on." In total the team have raised over £1,300 for their department and finished the Fun Run in the excellent time of one hour 35 minutes. Sian Averill, Fundraising Manager for Heartlands Hospital Charity, said: "On

behalf of the Charity I would like to say a huge thank you to you all for raising such a huge amount towards Thoracic surgery research."

## Doctors get muddy for Heartlands

Doctors from Heartlands and Solihull teamed together as part of one of their Mess activities and took part in a Tough Mudder 5K for Heartlands Hospital Charity.

The team decided that they wanted to take on something a bit more challenging outside of the workplace, and raise money for a worthy cause at the same time.

Na'im Merchant, Vice President of the Doctor's Mess, said: "We picked



Heartlands Hospital Charity because they do great work. We chose to do the Tough Mudder 5K because it was a challenge but also achievable, most of us were either on call the day before or the day after the challenge so everyone was struggling but we all had a really good time."

The team raised an incredible £1,153.65 by completing the challenge and hope that the doctors who are in the team in the future will continue doing a challenge like this annually to raise money for the hospital charity.

Lee Ann Quek, one of the doctors that took part in the challenge, said: "It was exceptionally good fun, you could see why you needed to have a good team to work together and it was really great to work with a good team and it was such a good bonding exercise."

## Ann Penson climbs Snowdon for Medical Day Hospital

Fundraiser Ann Penson took part in Sunrise Snowdon to fundraise for the Medical Day Hospital (MDH) at Heartlands Hospital. MDH is an outpatient facility where patients attend for assessment, treatment or rehabilitation during the day to ease the pressures on the Acute Medical Unit.

Ann raised a fantastic £520 by climbing the tallest mountain in England and Wales to help to purchase items for the garden at the Medical Day Hospital. The garden is primarily used by older people and stroke patients who are treated at the hospital.

Ann said: "I worked at the Medical Day Hospital for a number of years and, even though I don't work here anymore, my heart is still there. There are lots of older people I know that have been treated here and the garden is a joyous place, they get to come out and enjoy a change of atmosphere and a bit of fresh air."

Bernie Goodburn is the Dietetic Assistant Practitioner on the unit and said: "The Charity has been a huge help in keeping the garden looking lovely for the patients by getting in regular volunteers to keep on top of all of the work and we are so grateful for Ann's donation."



Reflecting on her fundraising event, Ann said: "I really enjoyed Snowdon and Bernie and I are going to try and raise a bit more money for elderly as we are doing the Charity's skydive too!"

## Corporate Charity Champs

Heartlands Hospital Charity is incredibly grateful to the wide range of companies and organisations that choose to support the Charity. Whether that's taking on a skydive as a team, or through a 'Charity of the Year' scheme, there are lots of ways for businesses to support Heartlands Hospital Charity.

### TSB jump from the skies for poorly children

A team from TSB in Sheldon took part in a tandem skydive for Heartlands Hospital Charity's Children's appeal and raised an incredible £2,610. Overall, thanks to dress down days and Christmas fundraising, the TSB Sheldon team have raised £21,954 to support children at the hospital.



Corporate Charity Champs

Their donations will be

supporting the children's garden at the hospital. The new and improved garden will provide a fun space for children to relax and play in whilst they are in hospital.

Sian Averill, Fundraising Manager at Heartlands Hospital Charity, said: "A huge well done to the team from TSB in Sheldon who took on a skydive for the Children's appeal at the hospital. You have raised an incredible amount of money for us through all of your fundraising activities!"

### Blakemore Food Services supports Critical Care Unit

Blakemore Food Services chose Heartlands Hospital Charity to be their Charity partner of the year and the team took part in various events to raise money for the Critical Care Unit.

The Blakemore team voted to raise money for Heartlands Hospital Charity



Corporate Charity Champs

after Contract Manager Nicky Hill nominated the Charity following the life-saving treatment that her husband, Chris, received following a ruptured aorta.

Nicky said: "The care was absolutely brilliant, we were told there was a 10% chance of survival but they were so kind, especially to me and my daughter who was only seven at the time, they were so kind and caring, all round brilliant."

Nicky and the team took part in the Carver Wolverhampton 10K challenge in September 2018 and raised an incredible £3,000!

### Ward 19 receives generous donation from Pertemps

Pertemps, the UK's largest privately-owned recruitment agency, has made an incredible donation of £8,262 to support Ward 19, after being chosen by staff members to receive support from the organisation.

Pertemps Chairman, Tim Watts, said: "Pertemps recognises that it has a corporate responsibility to uphold but it is very much more than that: we are a business with a heart. Our employees astound me time and time again with the lengths they're prepared to go to in the pursuit of helping others."

Sian Averill, Fundraising Manager at



Corporate Charity Champs

Heartlands Hospital Charity, said: "A huge thank you goes to Pertemps for this incredibly generous donation to Ward 19. We are raising funds to refurbish the ward and this money will go a long way in helping us to do this."

### Stroke survivor climbs Snowdon to raise money for hospital that saved his life

Around 40 Staffordshire businesspeople have raised over £8,800 by climbing one (or more) mountains to raise money for Heartlands Hospital following the treatment that Peter Robinson received.



Corporate Charity Champs

Peter, Managing Director of Prizm Solutions Ltd in Tamworth, suffered a severe stroke in 2018 but thanks to the care he received at Heartlands Hospital Peter recovered well.

A team of three from Prizm took on the Three Peaks Challenge (climbing Ben Nevis, Scafell Pike and Snowdon in 24 hours) whilst Peter and around 40 other employees took on Snowdon.

Peter said: "It was really hard going, as on the day we battled torrential rain and howling winds on the mountain, but we did it! Not only that, but we smashed the sponsorship target we'd set, as initially we said we'd like to raise £5,000."

If your business or organisation would like to support Heartlands Hospital Charity then get in touch with our Fundraising Manager, Sian Averill, at [sian.averill@uhb.nhs.uk](mailto:sian.averill@uhb.nhs.uk)



# 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 Heartlands 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 Heartlands 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 Heartlands 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](http://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 Heartlands Hospital Charity.

## Get active for Heartlands 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 Heartlands 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](http://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](http://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](http://hospitalcharity.org/events) for our latest events.**



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