

love qehb

The QEHB Charity Newsletter

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 Queen Elizabeth
Hospital Birmingham
Charity

ISSUE 28



Take to the skies with QEHB Charity

Find out how to get involved in fundraising for QEHB
and meet our fantastic Charity Champs!

Thank
you!

Mike's letter



Thank you!

What we do at QEHB Charity

Together with your help we raise money to provide world-class facilities for patients and their families at the Queen Elizabeth Hospital Birmingham that go over and above what the NHS can provide. We spend your generous donations on cutting-edge equipment such as the cancer-busting machine CyberKnife; facilities like Fisher House, a 'home away from home' for military patients and their families; a teacher for young people with cancer, and much more.

Welcome to the latest edition of Love QEHB and the first of the new year. In this edition of the hospital charity's official newsletter we will be celebrating just some of the incredible people who have gone 'over and above' to raise money to support patients at Birmingham's busiest hospital.

The Invictus Games is a fantastic celebration of overcoming adversity, and many of the superb athletes who took part in the recent games in Sydney have been treated at QEHB. Turn to page four to read more about these fantastic athletes and their wonderful triumphs.

The Charity is incredibly proud to be supporting a new project that will change the way that men are screened for prostate cancer in the West Midlands, whilst also helping to break down some of the misconceptions about the disease and the way that it is treated. Learn more about the new 'Man Van' and the difference that it could make to thousands of men in the West Midlands.

Every day here at QEHB, lives are saved thanks to the incredible work of the teams working in Critical Care. The Charity recently partnered with

the Midlands Air Ambulance Charity for a fundraising event like no other. Read more about The Saving Lives Challenge on page eight.

With the start of a new year, I'm sure many of you have been considering how you can set yourself a new challenge, and do something different or exciting over the coming months. The Charity has a whole host of events coming up this year that you can take part in to raise money to support patients at the hospital. Whether it's climbing Mount Snowdon in the dark, or taking to the skies for a skydive, read on to find out how you can get involved this year.

We always love to hear from you, whether you're taking on a challenge or you're raising money for the Charity having been inspired by a loved one, then please let us know. You can contact us on social media by searching @QEHBCharity, call us on 0121 371 4852 or email us at charities@uhb.nhs.uk

Thank you for all that you do for QEHB Charity, thanks to your support we are able to go 'over and above' for patients at the hospital.

Mike

Mike Hammond
Chief Executive, QEHB Charity

In this issue...

Helping young people with cancer

Turn to page five to read our interview with Jayne Ruisi from the James Brindley School who is a teacher on the Teenage Cancer Trust Young Persons Unit.

AI technology to help fight cancer

Artificial Intelligence technology could help in the fight against brain tumours. Turn to page 11 to learn more about an incredible research project that will be taking place at QEHB.

Velo Birmingham & Midlands 2019

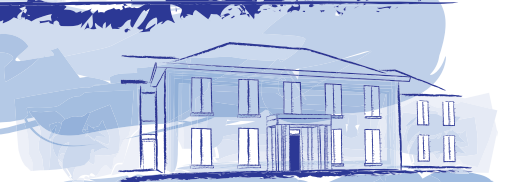
The epic 100 mile bike ride returns for 2019 with an all-new route! Find out on page nine how you can sign up for the challenge, and read about some of the incredible people who are taking part this year to raise money for patients at QEHB.

Challenge yourself for Charity

Turn to pages 14 and 15 to read about the epic fundraising challenges that you can take on for QEHB Charity. Whether it's climbing a mountain or jumping out of a plane, there are loads of exciting events for you to tackle.



Queen Elizabeth Hospital Birmingham



Fisher House



Dates for your diary

Velo Birmingham & Midlands 12 May 2019

Velo Birmingham & Midlands returns in 2019 with the exciting 100 mile closed road route around Birmingham and the surrounding areas. This exciting bike ride is perfect for anyone looking for a cycling challenge. The first Velo Birmingham took place in September 2017 and was a huge success, with 1,000 riders taking part for the hospital charity. Take part this year and raise money for the ward or department of your choice at your local hospital. Hospital charity riders will receive a Charity cycling jersey, and access to special hints, tips and training rides to get you ready for the big day.

Visit bikeforbrum.org for more information and to learn how to register and take part.

THE SKY'S THE LIMIT! Various dates throughout the summer

Do something daring and take the plunge for the hospital charity. The Charity's skydives will be running throughout various dates in 2019. With experienced instructors, it's a fantastic, thrill seeking experience for a worthy cause!

Tickets cost £50 with a minimum sponsorship of £300

Please book your place today by visiting hospitalcharity.org/events or contact charities@uhb.nhs.uk for more information

Sunrise Snowdon 26-27 April

Join the hospital charity for an epic trek up Mount Snowdon... in the dark! Take on this challenge on your own or as part of a team and raise money to support patients at your local hospital. This event was proven to be incredibly popular in 2018, so secure your place now before it's too late.

Places cost £55 and there is a minimum sponsorship requirement of £150. This event is only open to over 18s.

Your tickets include transport to and from central Birmingham and snacks.

Visit hospitalcharity.org/events to book your place, or for more information contact sophie.carroll@uhb.nhs.uk

GREAT BIRMINGHAM RUN 13 OCTOBER

Fancy taking on the ultimate challenge of running in 2019's Great Birmingham Run? The half marathon was a great success last year for the hospital charity and this year we want it to be bigger than ever! Running for Brum and supporting the hospital charity means you can help to support military and transplant patients, children and young people with cancer, patients with rare diseases and many others.

Places cost £36. This event is only open to over 17s. Your tickets will include an exclusive medal and t-shirt, goodie-filled finisher's pack, a timing chip for accurate results as well as free training and advice.

Visit hospitalcharity.org/events or for more information contact rachel.learmonth@uhb.nhs.uk

PASS THE BALL Walk - 20 April - 10 May, bike 8 - 10 May

In 2019 you can join a team walking or cycling from the home of English rugby, Twickenham, to Stourbridge Rugby Club and raise money for the QEHB Charity Prostate Cancer Fund and the Rugby Football Union's Injured Players Foundation.

By taking part in Pass the Ball you will be joining a fantastic team of people, led by Peter Bache, who raised an amazing amount of money for the Charity through their Dick Whittington Walk in 2018. This promises to be a brilliant event so sign up for your place now.

For more information and to find out how to sign up please visit passtheball.co.uk

Invictus Games glory for former QEHB patients

The Invictus Games is an international multi-sport event that was founded by HRH Prince Harry, Duke of Sussex, and serves as a celebration of the incredible achievements of injured former service people. The most recent games, held in Sydney in October 2018, saw hundreds of athletes compete in a wide variety of sports, including sitting volleyball, wheelchair basketball and powerlifting.

The games were a great success, drawing worldwide coverage and truly demonstrating the unconquerable spirit of the athletes. Amongst the athletes competing were a number of former patients at the Queen Elizabeth Hospital Birmingham, which has a proud history of treating military patients.

Amongst the medal winners was Dave Watson, Patient Advocate for Fisher House, the home away from home for military patients at the Queen Elizabeth Hospital Birmingham. This was Dave's second Invictus Games, having won a gold and a bronze medal at the 2017 games. This time, Dave won two golds, in shotput and discus, and two silvers, in rowing.

Speaking of his incredible achievements, Dave said: "It was a privilege to take part in the Invictus Games again; I was over the moon to win four medals, all of the hard work and training really paid off!"

Karl Hinett is another former patient at QEHB who found success at the Invictus Games,



winning a silver medal in the 1,500 metre race. Karl was serving in Iraq when his tank was petrol bombed during a rescue operation, causing Karl to receive severe burns across 37% of his body.

Karl was treated for the next five years on the burns unit at the Queen Elizabeth Hospital Birmingham. He is a phenomenal fundraiser, and has run over 180 marathons to raise money to support patients at the hospital.

Justine Davy, Head of Fundraising for QEHB Charity, said: "Everyone at the Charity is incredibly proud of Dave and Karl for their incredible efforts at the Invictus Games. The two men have been amazing supporters of the Charity over the years."

Fisher House, which has now been open for five years, recently hosted its 4,000th resident and has provided the equivalent of 60 years' free accommodation for military patients and their families.

Justine said: "Fisher House continues to be a vital source of support for our military patients here at QEHB. For many injured and wounded service people, their conditions will require regular trips to QEHB. This would get incredibly expensive for them and their families if they had to stay in a hotel.

"Fisher House offers far more than just a bed for the night.

It is a home away from home where residents can share their

experiences with others, and give each other the support that they need.

"The Invictus Games is a wonderful reminder for everyone at QEHB of how many amazing service people have been treated at the hospital, and who are now competing at the games."

Fisher House relies entirely on donations, if you have been inspired by the Invictus Games and would like to become a Friend of Fisher House then please visit fisherhouseuk.org



5 minutes with...

Jayne Ruisi
Teacher, James Brindley School

We caught up with Jayne Ruisi, a teacher from the James Brindley School, who teaches on the Teenage Cancer Trust Young Persons' Unit (TCT YPU) for five minutes...

How long have you been working for James Brindley School?

I joined James Brindley School in 2015.

What does your job involve Jayne?

As a secondary school teacher at James Brindley School I work within the Humanities department but my role on the Teenage Cancer Trust Young Person's Unit at QEHB is so much more than classroom teaching. I work four days a week at QEHB. I am very much part of a fantastic team of highly committed educators who work together to provide a comprehensive service.



When a young person is referred to James Brindley via the unit my first task is to introduce the education service we offer. This can vary from providing GCSE or A-Level lessons in a variety of subjects, Functional Skills in Maths and English, supporting deferred university students with ongoing projects, careers workshops and supporting further training for young people who are employed.

Young people are very keen to continue with their studies and an important part of my job is to contact schools, universities and employers to support the students with appropriate academic content or facilitate ongoing training. In addition, students can be entered for a range of qualifications and sit their examinations on the unit whilst receiving treatment. Currently I am working with young people who are studying their A-Levels, a student who has an architectural project whilst having time out from university for treatment, functional skills qualifications and supporting a young person applying to the Open University to study a Certificate in Higher Education. An important part of our work is to provide careers advice and support young people through individually tailored sessions, group workshops developing a range of skills in CV writing, communication, and collaborating with University Outreach departments.

Where did you work prior to this current position?

Prior to this I was Head of Psychology at Edgbaston High School for Girls.

What are your favourite elements of the job?

Engaging with the young people, being able to provide their educational needs and being privileged to observe their commitment to continue with their education or employment despite treatment and watching their confidence and skills develop.



What do you do in your spare time?

I enjoy classical concerts, the theatre, I love cooking and eating, all types of dance and running, [some say jogging!] and the outdoors.

What is your favourite subject to teach?

Anything that supports a young person to gain some normality in their ongoing studies, I know, cheesy!

What would you like to say to those who have funded your QEHB Charity-supported post at TCT YPU?

I would say a massive thank you for their foresight in understanding the overwhelming need of young people to have the opportunity to engage in studying, training or discover new opportunities whilst undergoing treatment. Many parents and young people are surprised to find out about the role James Brindley fulfils in the hospital, but quite a few have expressed how pleased they are.

You can help to support the work of Jayne and the other incredible people who help to treat young people with cancer at QEHB by going to hospitalcharity.org/teenagecancer

Welcome to the new prostate cancer Man Van

As a part of the Prostate Cancer appeal here at QEHB, the Charity is partnering with the University of Birmingham to fund an all new Man Van.

The Man Van aims to be a drop in centre for men's health as it is common for men to go many years before discovering an underlying health issue, including prostate cancer.

The Man Van is kitted out with all of the medical equipment needed to test men for health issues, these won't only be cancer related, but will also test for cardiovascular risk factors. The van will visit work places where there are a higher number of high risk communities that work there, including the Afro-Caribbean community.

The Afro-Caribbean community has double the risk of developing prostate cancer, as well as an increased risk of death once diagnosed. The increased risk of death is driven by late diagnosing which therefore reduces the treatment option.

The Man Van is an innovative way of reaching out to men that would otherwise ignore their symptoms.

Typically, men will go to the GP for their health issues when they are severe, or in the majority of cases with prostate cancer, patients will have to go to A&E with urine retention. At this late stage, treatment for prostate cancer is more difficult than if it was found earlier with less severe symptoms.

The Prostate Cancer appeal is a project that will enable men to be diagnosed earlier by making sure the patients have access to medical treatment earlier. By making initial appointments less daunting, men can visit the Man Van whilst at work and talk to

medical staff if they have any health worries.

Most men think that surgery for prostate cancer is invasive, but if it is caught early then patients can have access to early curative treatments which are less invasive and typically take less time to treat.

Professor Nick James, of Clinical Oncology, is driving the appeal forward with Mehreen Mahmood, Uro-Oncology Clinical Trials Coordinator.

Nick said: "We know that many men with prostate cancer suffer with their symptoms in silence, and can suffer for many years, before presenting with their cancer. The Man Van will be a fully kitted out vehicle which will visit workplaces as a drop in centre for men's health issues. With better awareness of the disease, we hope the Man Van will help the outcomes of people's treatment."

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "The Charity is very excited to launch this new appeal, with the help of our incredible supporters we will be able to change the way that prostate cancer is thought about in the West Midlands."

To find out more, or to donate please visit: hospitalcharity.org/prostate



Prostate Cancer facts:

- Most common form of cancer in men
- 47,000 new prostate cancer cases each year
- 15,000 deaths each year
- 1 in 4 African Caribbean men are at risk to get the disease



Christmas

Charity
Champs

Every year, QEHB Charity is proud to provide festive 'added extras' to help bring Christmas to the hospital. This would not be possible without the incredible support that the Charity receives from a wide range of fundraisers and partners.

The Christmas appeal got underway with Smarties September, with hundreds of fundraisers getting their free tube of Smarties from the Charity and filling the tube with change. Thank you to everyone that got involved, together the Charity has raised over £2,000 towards the Christmas appeal.

Amongst some of the keenest Smarties September participants were mother and son Heather and Texas who raised over £100 by filling in excess of 20 tubes of Smarties. The duo were inspired to take part in Smarties September thanks to Texas' treatment at the hospital.

The Christmas period was made extra-special thanks to the wonderful school and community choirs who came to sing in the atrium of the hospital, spreading festive joy through the power of singing.

Sophie Carroll, Senior Fundraiser at QEHB Charity, said: "All of the choirs who came to sing at the hospital were fantastic. They make a huge

difference to the atmosphere of the hospital, cheering people up at what can be a tricky time of year to be in hospital."

Many local schools raised money for the Christmas appeal by taking part in Festive Jumper Day. By wearing their favourite Christmas jumper and donating £1, hundreds of school pupils from across the West Midlands helped to provide 'added extras' for patients at the hospital.

Thanks to the generosity of the Charity's partners, the hospital was decorated with Christmas trees and decorations, with support coming from a range of wonderful supporters who sponsored a floor of the hospital. Support also came from the fantastic Woods Barn Decorations who donated trees and decorations for the hospital, and also took part in Festive Jumper Day.

Justine Davy, Head of Fundraising at QEHB Charity, said: "Thanks to hundreds of supporters, the Charity has been able to bring Christmas to the hospital. Thanks to their generosity, we have been able to decorate the hospital, provide free parking and free TV on Christmas Day, and deliver delicious hampers to staff working on Christmas Day.



"With your support, we will continue to go 'over and above' for patients at QEHB all year round, providing added extras to make the hospital experience better for everyone."

Thank
you!

Find out more about how QEHB Charity supports patients, and read more about the Charity's incredible fundraisers by going to hospitalcharity.org/news

A huge thank you to the organisations who sponsored a floor at QEHB
Friends of QE Medical Centre
FBC Manby Bowdler
Coltham Developments Ltd
Martin Walsh
Kidney Patient Association
LCFA
Get Ahead



Saving Lives Challenge

A fundraising event like no other recently took place at the Queen Elizabeth Hospital Birmingham to celebrate the incredible work of the teams in the Critical Care department at QEHB and the Midlands Air Ambulance.

The Saving Lives Challenge saw staff from both QEHB and Midlands Air Ambulance, alongside volunteers from across the West Midlands, take on a 12 hours a day, week-long challenge to keep two static bikes and a treadmill moving.

The challenge was a fantastic success, and raised an astonishing £10,000 to be split between QEHB Charity and the Midlands Air Ambulance Charity. Those taking part in the challenge worked hard to keep the bikes and the treadmill going.

Not only did the Saving Lives Challenge raise a fantastic amount of money, but it also helped to raise awareness of the amazing work that the teams from the Midlands Air Ambulance and the trauma department at QEHB do every single day.

Amongst those to challenge themselves for charity was Natalie Queiroz, who has a deeply personal connection to both the Queen Elizabeth Hospital Birmingham and the Midlands Air Ambulance Charity. Back in November 2015, Natalie was eight months pregnant when she was attacked by her husband whilst

in Sutton Coldfield. Natalie was stabbed 24 times, putting both her and her baby's lives at risk. Incredibly, thanks to the advanced clinical care that was provided for her that day by the aircrew from the Midlands Air Ambulance Charity, and the trauma team at QEHB, both Natalie and her daughter survived.

Speaking of the treatment that she received following the attack, Natalie said: "There is no doubt that my daughter and I would not be alive today without the amazing lifesavers who work for Midlands Air Ambulance Charity and the Queen Elizabeth Hospital Birmingham."

Lieutenant Colonel Dr Ravi Chauhan was on the helicopter that day and helped to save Natalie's life before helping to hand her over to the trauma team at QEHB. He said: "I was so proud to take on the Saving Lives Challenge alongside Natalie. She is an incredible person, and to have



contributed so much to this event is credit to her character."

Natalie said: "Three years on from the attack, I was immensely proud to take part in the Saving Lives Challenge, helping to raise awareness and money for these two important causes. It was a great week, if tiring, and I'm delighted that we managed to raise so much money."

Sophie Carroll, Senior Fundraiser at QEHB Charity, said: "Huge thanks go to everyone who took on the Saving Lives Challenge. It was a fantastic week, with so many inspirational people taking part to help raise a huge amount of money.

"The money we raised will help to provide 'added extras' for the critical care and trauma teams here at QEHB, helping to save even more lives in the future."

You can still donate to the Saving Lives Challenge, head to justgiving.com/campaign/savingliveschallenge to donate.



Velo Birmingham & Midlands returns

In 2017, the hospital charity had 1,000 riders participate in Velo Birmingham & Midlands to raise money for the hospital and departments close to their hearts.

The 100 mile closed road bike ride is back for another year where you cycle through Birmingham, Solihull, Warwickshire, Coventry, Sandwell and Dudley before returning back to Birmingham City Centre. Join the hospital charity on 12 May 2019 for this extraordinary event that will help you cross something off your bucket list!

After having an amazing event in 2017, the hospital charity is aiming to have 2,019 riders to join us on the journey in supporting the Queen Elizabeth Hospital Birmingham Charity, Heartlands Hospital Charity, Good Hope Hospital Charity and Solihull Hospital Charity.

If you ride with the hospital charity, you will receive a free cycling jersey for the hospital you are supporting, hints and tips, and invites to training rides with our Cycling Ambassador Phil Upton.

When signing up to ride for the hospital charity, you can choose which hospital and department you would like to fundraise for. The

ward or department will then be able to decide what added extras to fund that go over and above for patients, staff and families.

Although the public spaces have sold out for Velo Birmingham & Midlands, there are still Gold Bond places available through the Charity.

Cycling enthusiast makes 100 mile cycle even harder

Richard Banks is a keen cyclist from Oswestry in Shropshire who is no stranger to a big cycling event. He has competed in numerous challenges over the years, including Velo Birmingham & Midlands 2017.

Back in 2017, Richard decided to take part in Velo Birmingham & Midlands on his Brompton bike, a folding bike popular with commuters who cycle short distances, and this was the first time he was riding it for 100 miles in one day.

Despite the wheels only measuring 16 inches, Richard completed the challenge in 9 hours and 24 minutes, and raised a huge £1,600 to support cancer patients at QEHB. His inspiration for fundraising for cancer patients came from the treatment that

his partner's mother received at the hospital.

Richard has now signed up for Velo Birmingham & Midlands 2019 but will be riding his Moulton bike, a similar model to the Brompton with



equally small wheels, and will be raising money for cancer patients at QEHB.

Richard said: "The first event in 2017 was absolutely fantastic and very well organised. The key thing was the number of people out in the towns and villages, waving flags and offering people food and drinks. There was a fantastic atmosphere which helped to make it such a memorable day."



Get your Gold Bond place for just £40 with a minimum sponsorship of £400 by going to bikeforbrum.org

Where your money has been spent

Thanks to the generosity of hundreds of supporters, the Queen Elizabeth Hospital Birmingham Charity is able to provide 'added extras' for staff, patients and their families around the hospital. Here are some examples of the items that the Charity has been able to fund.

Tablets for research nurses

The Charity has funded four new tablets for research nurses in Critical Care to help streamline the work.

Rapid access to this technology enables the research team to offer patients the chance to be involved in trials of innovative therapies for life threatening emergencies. Research nurses are able to use the new tablets to recruit patients in the Emergency Department, at the bedside, without any delay or disruption to clinical care.

Sophie Carroll, Senior Fundraiser for QEHB Charity, said: "The Charity is so happy to be able to fund these tablets for the research nurses on Critical Care. They will help the nurses so much in their research and help us go over and above for patients at the hospital."



Cloud kits to help young people come to terms with cancer

QEHB Charity has purchased a selection of Cloud Kits for children and young people whose family members have been diagnosed with skin cancer.



The aim of the cloud kits is to give information in an accessible format to the different age groups. The kits also include activities and therapy tools to be used by parents and teachers to help support them in processing their emotions and come to terms with their family members' diagnosis.

The kits come aimed at different ages up to 16 years old and they have the information in different formats that are easily accessible and understood by the different age groups.

Rachel Learmonth, Senior Fundraiser at QEHB Charity, said: "The Charity is proud to have been able to fund these cloud kits, to help skin cancer patients explain their diagnosis to their children, making a hard conversation a little bit easier for them."

New radios for Norman Power

The Charity has funded seven new radios for the patients at the Norman Power Centre, an adult nursing home which provides an off-site ward run by QEHB with 32 patient beds. The Centre supports the best possible route out of hospital for patients that require a more appropriate care setting whilst they are waiting for the next stage in their care.

Sometimes it can get lonely in the rooms, and some patients are visually impaired so enjoy having something to listen to. Being able to have music on in the background comforts patients and helps to maintain a calm environment.

Jo Bubb, Activities Coordinator, said: "The radios have been a real lifeline for patients; the radios lighten up their days and keep them in touch with the outside world. One particular patient, who used to play in an orchestra with her husband, has really enjoyed having a radio by her bed as it helps to bring back some happy memories."



ARTIFICIAL INTELLIGENCE FOR BRAIN TUMOURS

Artificial Intelligence, or AI, is an area of computer science that deals with giving machines the ability to mimic human intelligence through the power of coding. The use of artificial intelligence is being trialled across the globe, particularly in scientific research. QEHB Charity is appealing for £113,000 to fund ground-breaking research into AI for brain tumours.

There are around 11,000 new brain tumour patients diagnosed in the UK alone each and every year, and sadly that number is rising. There are a number of treatments for aggressive brain tumours; however, there is more research to be done to improve the overall quality of a patient's life. Vijay Sawlani, Consultant Neuroradiologist at QEHB, along with PhD student Markand Patel are aiming to find out if AI can provide additional and more accurate information for doctors to

understand what is happening to a patient's brain tumour.

After surgery or chemo-radiation treatment, brain tumours initially appear to increase in size to the human eye. This gives the overall impression to the doctor that the treatment is not working. However, in a number of cases the increased size is temporary, and is down to the treatment itself, rather than the actual tumour growth. This temporary growth is known as 'pseudoprogression' and is thought to be related to dying tumour cells. MRI scans help to determine if the treatments are working, however it is not possible for doctors to differentiate between pseudoprogression and growth of a tumour. As a result of uncertainties, patients are often treated for a further three months. Ongoing treatments can take a huge toll both emotionally and physically on a patient, it can also delay patients from entering

clinical trials for newer therapies if the tumour is indeed growing.

Recent advances in technology means that AI can now be used to discover new information and patterns about brain tumours that are not visible to the human eye. In other words, computers will be able to recognise what is a dying tumour and what is a growing one.

This type of AI aims to provide information about tumours earlier and more accurately than is currently possible, as a result potentially saving countless lives in the process. The Queen Elizabeth Hospital Birmingham Charity funds equipment, research and other 'added extras' that the NHS is unable to fund. Improving the overall quality of care and patient experience is what the Charity aims to achieve, and with the help of donations from generous people such as you, it will be possible to fund such a revolutionary treatment for brain tumour patients.

Cathryn Worth, Fundraising Manager for Queen Elizabeth Hospital Birmingham Charity, said: "The hospital charity is committed to provide this outstanding artificial intelligence for our patients here at QEHB. Your donations will mean that cancer patients will receive the highest quality of care that is currently available as it will be at the forefront of modern scientific technology."

The hospital charity is continuing to provide 'added extras' for staff and patients, to find out more on how the charity helps its current brain tumour patients please visit hospitalcharity.org/thegilestrust



Charity Champs

Bernard raises £800 on his 70th birthday



Bernard Larkin recently celebrated his 70th birthday and rather than asking for gifts he decided to fundraise for QEHB Charity instead.

On Bernard's 67th birthday in 2015, he was taken to QEHB with a tumour on his heart that led him to have a complicated operation where his tumour was removed and part of his aorta was replaced, correcting his abnormal heart rhythm. After over six hours in surgery and a complication following it, Bernard was back

on the ward and was looked after by the amazing cardiac team who were there to sing happy birthday to him.

Three years on, Bernard's family and friends made donations to QEHB Charity. In total, they raised an amazing £800!

Bernard said: "For my last milestone birthday, my 60th, people were buying me lots of things and although they were very lovely, I didn't need them. I just wanted them to generously give to such an amazing cause that will help so many people.

"During the dark moments, when someone's there to hold your hand - it's priceless."

Thank you!

Fundraiser Lou Baldwin smashes Great Birmingham Run



Lou Baldwin was admitted back in November 2012 to QEHB having been diagnosed with a brain tumour, specifically a meningioma. Thankfully the removal of the tumour was a success and found to be benign. The care and support that Lou and her family received during her stay at QEHB was in her husband Andy's words: "second to none as was the rehab and continued aftercare".

Following her surgeries, in October 2016, Lou and

Andy welcomed their beautiful baby girl Grace into the world. In January 2018 Lou was given the all clear from the regrowth of her tumour. After an emotional few years she decided to take on the challenge of running the SimplyHealth Great Birmingham Run to say thank you for the care that she received at the hospital. Poignantly, the half marathon took place six years to the day that Lou was diagnosed.

Liver Cancer team tackle Snowdon!

Staff from QEHB decided to take on the daunting trek up Mount Snowdon, a grueling seven hour hiking event where participants climb 3,560 feet!

The team all work in the Liver Cancer

Unit and between them decided to raise as much money as possible, pictured left to right are Yvonne Steel, Claire Collinson, Sofi Dhanaraj, Jodie Bool, Shish Shetty, Tahir Shah, Jo O'Rourke and Joanne Kemp Blake.

The group raised an incredible £2,635 to support the Neuroendocrine Tumour fund.

Sophie Carroll, Senior Fundraiser at QEHB Charity, said: "The Charity is truly grateful to the team for raising such a substantial amount of money for QEHB. I would like to congratulate all of the team members on them completing this feat and raising an amazing amount in the process. Thank you team!"



DIY Derek fundraises for Fisher House

Derek has been a regular fundraiser for Fisher House, the 'home away from home' for military patients and their families, based at QEHB.

After learning about this wonderful facility, that has been offered to military patients and their families since 2013, Derek decided to raise money to support Fisher House, which is solely run on charitable donations. With a keen eye for craftsmanship, Derek made a large collection of beautiful, brightly coloured birdhouses; all profits are being donated to Fisher House. So far he has raised nearly £200 by selling his work, selling wristbands and badges and also through goblet collections.

Cathryn Worth, Fundraising Manager at QEHB Charity said: "We are extremely grateful to Derek for choosing to support Fisher House. Donations such as this will continue to provide a service that goes 'over and above' for our military patients and their loved ones during difficult times. Thank you"

Pictured is Derek's friend David, who sells the beautiful bird boxes.



Farming family's fundraising legacy continues



A group of friends and family presented a cheque to the Charity for £25,000 for brain tumour research in memory of Richard Watson Jones.

Richard was just 37 when he went on holiday with his family in 2000. Sadly, Richard didn't return from holiday, passing away as the result of a brain tumour.

With 700 people paying their respects to the youngest Vice President of the National Farmers' Union, a childhood friend, David Briggs, wanted to create a lasting legacy for Richard.

David said: "Richard was a fantastic character, a great bloke, and he was destined for great things. Eighteen months after he passed away, I wanted to try and mark Richard's life in a lasting way."

David organised a golf day in 2002 at the Market Drayton Golf Club which was a huge success with over 200 golf players attending. It has since become an annual event, with family and friends attending every year. The family have raised a huge £90,000 over the years.

Family hold festival in memory of beloved son

A family who lost their beloved son Adam to leukaemia in 2009 have raised an incredible £2,218 to support the Teenage Cancer Trust Young Person's Unit (TCT YPU) at QEHB.

The Earp family, with the help of a whole host of friends, organised AdamFest on what would have been Adam's 30th birthday. AdamFest saw 120 people attend an afternoon and evening of music at Joe Joe Jims, a retro gaming bar in Cofton Hackett, Birmingham.

Amongst the bands that performed on the day was Big Wolf Band, led by Adam's dad Jonathan. The band played a track off their album called "Darkest of my Days", a song about losing Adam and the journey of grief that followed.

Adam's Mum, Tracey, said: "People don't understand what YPU does until they've been on the unit, the work they do is incredible and we're all really glad to have been able to raise so much money to help young people on the ward."



Go 'over and above'

The beginning of a new year is the perfect time to look ahead and consider how you can take on a new challenge, or experience something new over the course of the year ahead. With QEHB Charity, you can do something adventurous, have a great time, and raise money to support patients at the hospital!

There are lots of fantastic events coming up over the next 12 months for you to get involved in, whether you want to take to the skies, or conquer a mountain, you can do it with QEHB Charity.

Do 'Summit' incredible

Join QEHB Charity and take on the highest mountain in England and Wales, Mount Snowdon, in the dark! The Sunrise Snowdon Challenge is returning for 2019, and gives you the rare opportunity to climb a mountain in the dark, accompanied by expert guides, reaching the summit just in time for the sunrise.

Last year, a group of 50 hospital charity fundraisers took on the climb and reached the summit just as the sun rose at 6am. One fundraiser said: "The views were absolutely breath-taking, and everybody felt a huge sense of achievement for having reached the summit."

Places are now open for this year's expedition, taking place on 27 to 28 April, and you can secure your spot for just £55 with a minimum sponsorship requirement of £150. The price of your ticket includes

return coach travel from central Birmingham, snacks and water, and professional, qualified guides who will walk with you every step of the way.

If you would prefer to tackle Snowdon during the day, then you can join the Charity for the annual Snowdon Challenge on

7 September. Coach travel and professional guides are also provided for this expedition.

If you would like to take on the Sunrise Snowdon Challenge, or if you would like to learn more, please email sophie.carroll@uhb.nhs.uk or go to hospitalcharity.org/events



The sky's the limit

Each year, hospital charity supporters take to the skies to raise money for patients at QEHB. A tandem skydive offers a thrill like no-other, as you leap from a plane at 13,000 feet over the beautiful Oxfordshire countryside.

QEHB Charity has once again got a number of skydiving dates booked at the awesome Hinton Airfield, with their team of professional skydive instructors who will make your skydive a fun and exciting experience.

If you're looking for the thrill of a lifetime, then this really is the

event for you. In 2018, Nafeesa Ali took on a skydive alongside her colleagues from the neurology team at QEHB and on landing said: "That was absolutely incredible, I'd encourage anyone to do a skydive, there's no feeling like it in the world. I'd happily go back up there right now and do another one!"

Run for Charity in 2019

Run for Brum

The SimplyHealth Great Birmingham Run is one of the biggest half marathons in the UK, with thousands of runners taking to the streets of Birmingham each year to complete the 13.1 mile race.

QEHB Charity is incredibly proud that lots of runners decide to put on a QEHB Charity vest and take part to support patients at the hospital. Many of the runners who take part are doing so because a loved one has been treated at the hospital, but for some of them it's even more personal than that.

Jamie O'Brien was diagnosed with a brain tumour in October 2016 and had successful surgery at QEHB to remove it in early 2017, shortly before the birth of his son Jaiden.

Jamie said: "This hospital and its fantastic staff saved my life. I had a brain tumour successfully removed and I owe so much to the people who cared for me during my time at the hospital."

On a poignant day for Jamie, he completed the Great Birmingham Run, raising over £1,400 in the process. Jamie was joined on the day by his friends and family, who



were there to cheer him over the finish line.

Rachel Learmonth, Senior Fundraiser at QEHB Charity, said: "The Charity is so proud of every single runner who takes on a challenge like the Great Birmingham Run to raise money for the hospital charity.

"I have met so many inspirational people who have trained hard to complete the race, and have raised lots of money in the process. I hope to welcome even more runners into the QEHB Charity running family in 2019!"

By running the Great Birmingham Run for QEHB Charity you get access to training hints and tips, as well as a pre and post-race reception complete with a free massage, snacks and drinks. If you'd like to sign up, head to hospitalcharity.org/events



You can book your place on one of QEHB Charity's skydive dates by going to hospitalcharity.org/events.

Book your place for just £50 with a minimum sponsorship requirement of £300.



Staff Superstars

We are incredibly grateful for the amazing members of staff who work at the hospital and raise money for the Charity to help us provide 'added extras' for patients at the hospital.

Here are just some of the staff superstars who have gone 'over and above' for patients.

The Great Breast Unit Bake Off!



Staff at Birmingham Women's Hospital baked up a storm during Breast Cancer Awareness Month. From chocolate ganache to carrot cake, their delicious homemade goods looked scrumptious. Members of staff were given the difficult task of tasting lots of different sweet treats and marking them out of five, the winner was a chocolate and orange cheesecake baked by Irene Burgess, Breast Unit Receptionist.

The team raised a fantastic £230 towards the Charity's Breast Cancer Appeal, to continue supporting women who have had surgery for breast cancer by providing them with 'added extras' such as special bras. The Amoena bra is part of a beautifully feminine collection that aids recovery care and helps to speed up post-surgery healing along with helping

towards a woman's psychological recovery.

The scheme, referred to as 'bra first' runs across the Queen Elizabeth Hospital Birmingham and Birmingham Women's Hospital. This scheme would not be possible without the support of fundraisers such as such the Breast Unit team who donate to Queen Elizabeth Hospital Birmingham Charity. Well done team!

10 marathons in 10 days for Critical Care

Kay Norris has been a nurse for over 30 years, 22 of which have been spent at Queen Elizabeth Hospital Birmingham in Critical Care. Kay's role as a Critical Care nurse can be challenging, however this does not deter Kay from loving her job, Kay said: "The best part of my job is working with such an amazing, dedicated and professional team who make a difficult job worthwhile."

Despite her hectic work life, Kay has taken on an extreme challenge by running 10 marathons in 10 days consecutively!

Her husband, Patrick, inspired her to take part in this incredible challenge with him, all proceeds that Kay fundraises will be donated to Queen Elizabeth Hospital Birmingham's Critical Care Unit.

Sophie Carroll, Senior Fundraiser at QEHB Charity, said: "This is an

incredible challenge that Kay has set to achieve, on behalf of the hospital charity I would like to wish you the best of luck and I cannot wait to hear all about your achievements!"

Staff member takes to the skies



Polly Kaur, Senior Auxiliary Nurse for Ophthalmology at Queen Elizabeth Hospital Birmingham, took to the skies to fundraise for the hospital charity. Polly chose to raise money for the Ophthalmology department as she wanted to go 'over and above' for her patients who she treats on a day to day basis.

Polly has raised over £2,500 towards the department by jumping out of a plane at a nerve-wracking 13,000 feet in the air!

Rachel Learmonth, Senior Fundraiser at Queen Elizabeth Hospital Birmingham Charity, said: "It is so wonderful that Polly has decided to fundraise for the hospital charity! A huge congratulations to you for raising an amazing £2,500, your donation will be able to provide added extras for patients, families and staff."

Superstars

Suzanne accomplishes her personal best while fundraising!

Suzanne Vickrage, a Neuroendocrine Tumour (NETs) Clinical Nurse Specialist at QEHB, ran in the Great Birmingham Run to help support her team in funding studies and trials. Suzanne said: "I felt this was a good opportunity to raise funds as well as achieve one of my personal goals"

Sophie Carroll, Fundraising Officer for the Queen Elizabeth Hospital Birmingham Charity, said: "The money raised from the half marathon will go towards the NETs team and their aim is to be able to fund more trials and studies, helping more patients who are diagnosed with these cancers."

NETs are rare cancers and the team at the Queen Elizabeth Hospital Birmingham is looking at future trials and studies to find a cure and how it can prevent these cancers.



Samantha Bull and her team host a successful bake sale!

Samantha Bull, a nurse for the Centre for Clinical Haematology based at the Queen Elizabeth Hospital Birmingham, decided to fundraise in a delicious way for her department, by baking a vast array of cakes! The spread consisted of cupcakes, brownies, flapjacks and many more goodies.

Samantha and her team at the centre raised a grand total of £347 for QEHB Charity. All monies will go towards providing patients and staff with 'added extras' that go over and above what the NHS can fund.

Cathryn Worth, Head of Fundraising at Queen Elizabeth Hospital Birmingham Charity, said: "We are delighted that the team over at the Centre for Clinical Haematology decided



to fundraise for QEHB Charity, your donations will ensure that the hospital can continue to provide excellent service and facilities for our patients, thank you so much."

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 hospitalcharity.org or call 0121 371 4852 to speak to one of the QEHB Charity team!

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, Twitter or Instagram, all @QEHBCharity

Charity Champs

Former patient Simon raises funds

Simon Hardiman, a former leukaemia patient, raised £1,000 to support patients who are going through the same thing as he did. Simon decided to raise money through hosting a day of football and charity fun.

Friends, family and colleagues all helped Simon reach his goal of £1,000, and as a lifelong Plymouth Argyle fan, the club helped him fundraise by donating items to be auctioned.

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "The Charity's thanks go to Simon for raising such a brilliant amount of money following what must have been a very tough period for him and his family."



Charity Champs

Mother and son do Smarties September



Charity Champs

During September, Heather Bishop and her son Texas took part in the Smarties September challenge. Smarties September is a delicious, and easy way of fundraising for the Charity, all you have to do is collect your Smarties, eat them and then refill the tube with your spare change.

Heather and Texas raised a huge £100 by handing in over 20 Smarties tubes! The Smarties challenge was the start of the Christmas fundraising at QEHB to help bring the festive spirit to the hospital.

Jess Harris, Fundraising Hub Officer, said: "Thank you to Heather and Texas for the amazing contribution to our Smarties September challenge. The money raised will go towards providing added extras for patients, staff and families this Christmas."

Sam raises money after staff saved his life

In January 2018, Sam Smith was admitted to QEHB after suffering an arterial rupture in his stomach causing life-threatening internal bleeding. After two weeks on Critical Care and a further three weeks in other departments, Sam wanted to raise money for the staff that saved his life.

Sam had to go to physio to re-learn how to sit up unaided, then grasp walking and then running.

He ran the Bournemouth Marathon to say thank you and raised £1,232!

Rachel Learmonth, Senior Fundraiser for QEHB Charity, said: "What an inspiration Sam is! Sam's dedication to running the marathon is a remarkable accomplishment and his funds will help towards the added extras for patients in Critical Care."



Charity Champs

Professional golfer teaches record lesson



Charity Champs

Jamie Cundy, Golf Manager at Calderfields Golf Club in Walsall, held an epic 27-hour long golf lesson to raise money to support the skin cancer department at QEHB.

The fundraising idea originated when Jamie was diagnosed with skin cancer and underwent two successful operations. He has since wanted to raise awareness of the risks of working outdoors and the disease itself.

Jamie said: "We did 27 hours non-stop golf coaching without any breaks at all. It was a bit of a marathon but I managed to get through it and everyone has been really supportive."

So far Jamie has raised £1,018 which will help the Charity go over and above for patients at the hospital who are being treated for skin cancer.

Family donate to cardiology department in memory of mother

The Timmins family donated a huge £1,260 to the Cardiology Department in memory of Sadie Timmins who was cared for on the ward before she passed away in 2018.

Sadie's husband, daughter and granddaughter visited the ward to donate the money which will go towards added extras for patients who are being treated there.

Sadie's husband said: "Professor Leyva and his team were always so lovely to Sadie and I and they gave her the best care possible. I am glad we were able to donate the money to the Charity, it is lovely to think that through it we are able to help other patients."



Huge thanks also goes to...

Clayton Hotel

Domino's

Helix Sport

Woods Christmas Tree Farm

University College Birmingham

Natalie Queiroz

Dudley Councillor runs marathons for Critical Care



Richard Body worked his way through 12 marathons and an ultra-marathon in 2018 for Critical Care at QEHB. His inspiration for raising money came from a routine health check in 2016 where Richard found out he was classed as obese and at risk of type 2 diabetes.

Through exercise and a healthy diet, Richard decided to fundraise for Critical Care whilst he was getting into shape as his dad was receiving treatment on the ward. His exercising began with power walking every day until it began to get painful and he was diagnosed with stage four osteoarthritis.

Richard has raised a huge £635 towards his target and said: "Never give up and you'll achieve more than you could ever imagine. The QE was like another world, the care that my Dad received was fantastic."

Thank you!

Fiancé runs half marathon for cardiology

Emma Walker's fiancé, Eric, has been having treatment in the Cardiology Department at QEHB so she decided to fundraise for the department that changed their lives.

After an appointment where Emma, Eric and consultants talked about the opportunity of an operation for Eric, Emma said she realised how much they rely on this department for Eric and wanted to raise money for the department so they can benefit other patients.

Emma took part in the Rock and Roll half marathon in Liverpool and the Lake Vyrnwy half marathon and wants to continue raising money for the department.

Emma said: "I am eternally grateful for the ongoing support the Cardiology Department give to Eric and myself."





WHEN I GROW UP I WANT TO CARE FOR PEOPLE

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