

# love qehb



Issue 22

The QEHB Charity Newsletter

qehbcharity @qehbcharity qehbcharity qehb.org



## Fisher House receives national award!

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

Thank you!



# Mike's letter



Thank you!

Welcome to the spring edition of Love QEHB. As usual, we'll be filling you in on the brilliant achievements of our charity champs and staff superstars, as well as giving you the latest information about our upcoming events that we can't wait for you to get involved in!

From the return of our sporting challenges like the Great Birmingham Half Marathon and the new Birmingham International Marathon, to the popular Aegon Classic and Big Fun Run 5K, it is brilliant to see that so many of you have already signed up to join us for what promises to be a fantastic summer of diverse and entertaining activities!

I'm delighted that so many of our wonderful staff here at the hospital will be joining us for the first ever 100-mile closed-road bike ride in the city, Velo Birmingham, which will come to our streets this September. The latest to sign up are a brilliant team of QEHB eye doctors. You can read more about their work at the hospital and find out how to join them in this issue.

We are incredibly humbled to have received a national award for Fisher House, a 'home away from home' for military patients and their families on-site of QEHB, and would like to take this opportunity to say a huge thank you to everyone who has supported, promoted or donated to Fisher House over the years. It is with your help that we are able to continue to help more military families in their time of need.

If you'd like to get in touch with us why not find us on social media? You can follow us on Facebook, Twitter and Instagram @QEHBCharity, or pick up the phone and give us a call on 0121 371 4852. If you are at the hospital why not pop in and say hello? We love to meet with as many of you as we can! You can find us on the fifth floor of Nuffield House, opposite the Heritage building.

Thank you for your hard work and support: we couldn't do any of it without you.

Mike

Mike Hammond  
Chief Executive, QEHB Charity

## 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.

## In this issue...

### Celebrate our Staff Superstars

We wouldn't be able to do what we do without the continued enthusiasm and support of Queen Elizabeth Hospital Birmingham staff, who time and again go over and above to give their patients the best possible care. This issue, we continue to celebrate them: turn to **pages 14 and 15** to read more.

### Bike for Brum

Turn to **pages 6 and 7** for the latest about Velo Birmingham, a 100-mile closed-road bike race that is coming to the second city in September, and see how an enthusiastic team of eye doctors at QEHB have risen to the challenge. Plus, browse our new range of cycling merchandise and pre-order your selection today.

### Tasty ways to support QEHB

Calling all foodies! Two of Birmingham's best eateries have launched tasty ways to support patients, families and staff at the Queen Elizabeth Hospital Birmingham. Turn to **page 4** to find out how to get your hands on these tasty treats.

### Fisher House wins national award

National newspaper The Sun hosted its ninth annual Military Awards as a salute to Britain's amazing Armed Forces, and Fisher House was winner of the Support to the Armed Forces category. Find out more on **pages 8 and 9**.



Fisher House



Queen Elizabeth Hospital Birmingham



# Dates for your diary

## Aegon Classic Tennis Tournament Monday 19 June, Edgbaston Priory Club

Join QEHB Charity for a fantastic day of tennis and see some of the world's most famous tennis players take to the court in the most celebrated lead up to Wimbledon!

QEHB Charity is offering discounted upper tier seating for just £7 per ticket.

To join us please visit [www.qehb.org/events](http://www.qehb.org/events) or for more information contact [justine.davy@uhb.nhs.uk](mailto:justine.davy@uhb.nhs.uk)



## Memory Walk Sunday 21 May, QEHB

Starting at 10.30am, this sponsored 5K walk will take place during dementia awareness week, helping to raise vital funds for the Elderly Care fund at QEHB Charity. Participants are encouraged to dress up in outfits from their favourite era, and all monies raised by the event will help to fund activities and specialist equipment for elderly and dementia patients at QEHB. To sign up, please go to [www.qehb.org/events](http://www.qehb.org/events). Registration costs £10 per person. For more information please contact [laura.power@uhb.nhs.uk](mailto:laura.power@uhb.nhs.uk)

## PUB QUIZ PLOUGH

— HARBORNE —  
Every six weeks from April  
The Plough, Harborne High Street

Test your wits over a pint at The Plough's pub quiz every six weeks from Tuesday 11 April and help raise vital funds for young people with cancer at QEHB. The popular pub on Harborne High Street is holding regular quiz nights from 8.30pm. Get a team together, get your thinking cap on and come along for a fun evening in support of a great cause! For more information please contact [justine.davy@uhb.nhs.uk](mailto:justine.davy@uhb.nhs.uk)

## FAMILY 5K

SATURDAY 9 SEP,  
CANNON HILL PARK

Are you looking for a fun, family-friendly activity? Then why not take part in the Big Fun Run?

The 5k Big Fun Run takes place in Cannon Hill Park on Saturday 9 September from 11am, and will see a host of friends, families, groups and individuals taking part to do their bit for their favourite charity. If you'd like to sign up and take part on behalf of QEHB Charity, please go to [qehb.org/events](http://qehb.org/events) or contact [sophie.carroll@uhb.nhs.uk](mailto:sophie.carroll@uhb.nhs.uk) for more information.

# BIG FUN RUN

## GUNG HO!

6 MAY, COFTON PARK,  
BROMSGROVE

Gung-Ho! is back for 2017, bigger and bouncier than ever! Take part in the seriously fun 5K course over giant inflatable obstacles, including the biggest inflatable slide in Europe, and help raise money for patients at QEHB. Please contact [laura.power@uhb.nhs.uk](mailto:laura.power@uhb.nhs.uk) to access our unique code, which gives you a 20% discount.



# Birmingham's best eateries support patients and families

**Two of Birmingham's best restaurants have launched tasty ways to support patients, families and staff at the Queen Elizabeth Hospital Birmingham.**

The first, Umami Indian Kitchen in Harborne, has launched a special menu to include an alternating 'charity dish of the month'. Customers who order the chosen item will receive an envelope and can pay any amount they wish for the dish - every penny will go to QEHB Charity, and will be used to fund groundbreaking research, facilities and equipment for patients at QEHB. The generous eatery is also offering a 10% discount for NHS staff.

Umami manager, Abdul Hoque, said: "We are proud to be supporting this fantastic charity right on our doorstep. We have very personal links to the Queen Elizabeth Hospital Birmingham and are delighted we can support the Charity in this way."



**FIND OUT MORE**

For more details about Umami Indian Kitchen please go to [www.umamiharborne.com](http://www.umamiharborne.com)



**FIND OUT MORE**

To find out more about The Plough please visit [www.theploughharborne.co.uk](http://www.theploughharborne.co.uk) or for more information about the pub quizzes, contact [justine.davy@uhb.nhs.uk](mailto:justine.davy@uhb.nhs.uk)

**The second delicious dining offer comes from one of Birmingham's most popular pubs, The Plough in Harborne.**

The rustic restaurant continues its generous support of the hospital by offering 10% off of all food for NHS staff. Food is served from 11am every day - simply show your ID badge when ordering to receive your discount. The pub is also hosting quiz nights every six weeks from Tuesday 11 April, to help raise money for children and young people with cancer at QEHB.

Pub landlord and driving force behind The Plough's brilliant support, Adam Johnson, who is also taking part in this year's London Marathon in aid of QEHB Charity, said: "We've supported QEHB for a number of years now, and the London Marathon seemed like the next challenge! I'm looking forward to it and hope to raise as much as I can for QEHB Charity. The quiz nights are always great fun so we're delighted to be hosting these again. We look forward to seeing lots of new and returning faces as we get stuck into fundraising for young people with cancer this year."

**To sponsor Adam as he runs the London Marathon, please visit his [JustGiving](http://www.justgiving.com/Adam-Johnson27) page at [www.justgiving.com/Adam-Johnson27](http://www.justgiving.com/Adam-Johnson27)**



# 5 minutes with...

## Patrick Hogan Manager of Fisher House

We caught up with Patrick Hogan, manager of Fisher House, a 'home away from home' for military patients and their families, for five minutes...



### Where are you from?

I was born in Birmingham, but have spent all of my life living in the Black Country area of the West Midlands.

### How old are you?

I am fifty-five years old.

### What did you do before coming to Fisher House?

I managed SSAFA Norton House, in Selly Oak, so I have been working in the immediate area of the Queen Elizabeth Hospital Birmingham for quite a long time!

### When did you start working at Fisher House?

I began the managerial role at Fisher House in March 2013.

### What is your job at Fisher House?

Along with a great team, I work towards ensuring that our guests' stay in Birmingham is as smooth and comfortable as possible in what are very difficult circumstances.

### What is your favourite aspect of your job?

It is always nice to see our guests leave Fisher House with positive outcomes.

### Why do you think that Fisher House is important?

I think Fisher House is invaluable. It provides a safe haven for military families, enabling them to both come to terms with their situation, make difficult decisions, and to make plans for the future. It is great that families going through similar situations are able to come together and support each other. I am really proud to be able to work at Fisher House and make a difference to families and patients.

### What do you get up to in your spare time?

I like sport in general but I particularly like football, and am a big Albion Supporter. I also enjoy travelling, both abroad and in the UK.

### What is your dream holiday destination?

The Maldives, definitely!

### What is your favourite film?

Probably Taxi Driver.

### What would you do if you won the lottery?

I have no idea, but I would have fun finding out!

**“Fisher House is invaluable. It provides a safe haven for military families.”**

Patrick Hogan



**FIND OUT MORE**

To find out more about Fisher House or to make a donation, please go to [www.fisherhouseuk.org](http://www.fisherhouseuk.org)



# QEHB eye doctor and his miles to sup

**A team of Ophthalmology Consultants at the Queen Elizabeth Hospital Birmingham, including eye doctor Alastair Denniston and his blind brother, Richard Denniston, are ditching their scrubs in favour of cycling vests and helmets to cycle 100 miles in one day to raise money for the official hospital Charity.**

Alastair, an Ophthalmology Consultant who has worked at QEHB for five years, is one of 12 cycling enthusiasts from the Ophthalmology department who will join QEHB Charity's team at Velo Birmingham. His career choice was inspired from a young age by his brother, Richard, who has been blind since shortly after birth and who will join Alastair and his colleagues on the ride.

Alastair said: "I have always been very aware of how precious sight is. To train to be an Ophthalmologist is a long road, but it is definitely worth it. I get to help save people's sight on a daily basis - how good is that!"

The 42-year-old, who lives in Harborne, Birmingham, with his wife Sarah and two sons Arran and Ewan, helps to diagnose eye disease and provide treatment for patients who have problems with their eye sight.

He explained: "Like other parts of medicine, the job is to first be a detective and then to provide the treatment. We have to 'join the dots' connecting the patient's symptoms with the subtle changes that may be occurring in the eye. Because so much of the eye is transparent, we can see right into it. Thanks to QEHB Charity we now have such high resolution equipment that we can see down to a thousandth of a millimetre



within the eye. This state-of-the-art equipment means we can detect disease earlier and treat people with confidence."

Along with his brother, Alastair will be joined by staff from the Ophthalmology department at QEHB, including Tim Matthews, Andrew Jacks, Simon Dulku and Mike Burdon, who will all join over one thousand others who are raising money for QEHB Charity, at Velo Birmingham; a 100-mile closed-road bicycle race that is coming to the second city on Sunday 24 September.

Alastair said: "We have a wonderful eye department at QEHB - everyone is very committed. Over the last few years QEHB Charity has helped us buy £0.5m of the most advanced laser and imaging equipment to help us care for patients. We are

committed to working with the Charity to raise money so that we can continue to provide world-class treatment here in Birmingham."

Although places for Velo Birmingham have sold out, QEHB Charity has a limited number of Golden Bond places available. To get yours for £40, simply sign up at [www.bikeforbrum.org](http://www.bikeforbrum.org) and pledge to raise £400 in sponsorship, or call 0121 371 4852 for more information. **To sponsor the eye department please go to [www.justgiving.com/QEHBeyeAppeal](http://www.justgiving.com/QEHBeyeAppeal)**

**Are you taking on the challenge?**

Tweet us using #bikeforbrum to let us know how training is going!



# blind brother will cycle 100 port patients

Calling all cyclists! We are excited to announce that our brand new range of cycling tops, jackets, gilets and shorts are available to pre-order now.

Orders made by 1 July will be delivered week commencing 1 August.

To order your quality kit at an affordable price, and help support patients at QEHB in the process, please go to [www.qehbshop.org](http://www.qehbshop.org) or contact [charlies@uhb.nhs.uk](mailto:charlies@uhb.nhs.uk) for more information.



**JACKET**  
**£35**



**JERSEY**  
**£35**



**GILET**  
**£25**



**SHORTS**  
**£35**  
EACH



# Millies

**Fisher House, a 'home away from home' for military patients and their families on the site of the Queen Elizabeth Hospital Birmingham, has received national recognition for its work supporting the brave men and women of the Armed Forces.**

On Wednesday 14 December, national newspaper The Sun hosted its ninth annual Military Awards - affectionately called The Millies - as a salute to Britain's amazing Armed Forces. Fisher House was winner of the Support to the Armed Forces category, for its work providing accommodation to the families of injured and ill servicemen and women, both active and veteran.

The house is an 18-bedroom property on the site of the Queen Elizabeth Hospital Birmingham, which is home to the Royal Centre for Defence Medicine and is the receiving hospital for all UK military personnel when they are injured or taken ill anywhere around the world. Fisher House enables the loved ones of military patients to stay close by while they receive treatment on the wards, often over a long period of time, with the longest-ever resident living there for 18 months while her husband was critically ill in hospital.

The Military Awards took place in London and were attended by celebrities including Jeremy Clarkson, Duncan Bannatyne from Dragon's Den, footballer Jamie Vardy and TV Presenter Katie Piper. Representing Fisher House were House Manager Patrick Hogan and Patient Advocate Dave Watson, along with QEHB Charity's Head of Fundraising Justine Davy, and Chair of Trustees Brian Hanson.





# Awards

Justine said: "We are absolutely overwhelmed and greatly honoured to receive this award in recognition of the important work done at Fisher House. The house itself is beautiful, but it is the community that is built between the staff and the families who stay there that truly makes it such an invaluable source of support to so many. Keeping families together in times of great stress and change is of the utmost importance, especially when the nature of your injury means you have a long hospital stay, potentially very far from home."



FIND OUT MORE

For more information or to donate to Fisher House, please go to [www.fisherhouseuk.org](http://www.fisherhouseuk.org) or call 0121 371 4852 for more information.



# Charity Champs

## Liver transplant patient supports hospital



Liver transplant patient, Julia Jones, has helped QEHB Charity to receive over £600 from the company where she works. Julia, who has been a patient at QEHB since 2016, is currently being treated at QEHB's Liver Unit, having received a liver transplant last year. Having experienced for herself the excellent care at QEHB and wanting to do something to help other patients, Julia nominated QEHB Charity to her company – Vow Europe Ltd, a business supplies company based in Sheffield – for inclusion in its charity scheme. As a result, QEHB Charity's Liver Foundation received a brilliant £668 from the generous company. Thank you Julia and everyone at Vow Europe for your brilliant support!

Charity Champs

## Photography exhibition supports patients with brain tumours

Since early 2016, it was always Tony Warren's intention to hold a photographic exhibition at Birmingham Café, the Quarter Horse Coffee Roaster. However, when Tony discovered he had two brain tumours, life brought about a different focus.

With the date for the exhibition having been set for 11 November, Tony underwent a Craniotomy for a biopsy at the Queen Elizabeth Hospital Birmingham on 2 November.

Despite post-operative tiredness and some associated speech issues, supported by a willing army of family and friends, the show went ahead as planned! Tony donated images to a raffle, and along with encouraging general sales, managed to raise a brilliant £250 for the Giles' Trust at QEHB Charity, which funds research into brain tumours at QEHB.



Tony said: "The event was a huge success and I'm delighted the show went on as planned! I'm really grateful to both Solihull hospital and QEHB where I have been cared for and treated so brilliantly."

## Family effort to support cancer patients



Nicola Hancox-Parkes has been the driving force behind a flurry of fundraising activities, including everything from bake sales to bike rides. Supported by her family and friends a fantastic £1,897 has been raised for the Cancer Immunology and Immunotherapy Centre, and £1,262 was raised for the Neurosurgery Ward.

Nicola, with her husband, Ryan, two daughters Victoria and Alivia, friends, Leanne and Daniel Cruickshanks and their daughter,

Isabelle, presented a cheque to Clinical Nurse Specialist in neuro-oncology, Claire Goddard, and QEHB Charity Fundraising Assistant, Sophie Carroll. Sophie said: "I am so pleased that Nicola's fundraising campaign has been so successful and it's great to see the support of her family and friends alongside her. They all have a number of reasons why they wanted to fundraise for the QEHB Charity and we are incredibly grateful for their support."

Charity Champs

Charity Champs



## Say cheese! Photobooth fundraiser for cancer research

West Midlands events organising company, Meji Media, has raised over £1,640 for QEHB Charity, at its 'Moonlight and Mistletoe' events, which were held in December.

The Wolverhampton company, which is owned by Gurmej Singh Pawar, set up a fun photo booth complete with props and flattering lighting, and charged guests £1 to have their photo taken.



Rob Williams, Fundraising Assistant at QEHB Charity, said: "We're really grateful to everyone at Meji Media for raising such a brilliant amount for QEHB Charity, which will be used to support patients and families at the Queen Elizabeth Hospital Birmingham. Thank you for your fantastic support."

### Are you taking part in fundraising for QEHB Charity?

Send us your photos on Twitter & Instagram using #LoveQEHB or #QEHBCharity. We love seeing what you've been up to!

## Grace is Chemotherapy Unit's number one fan

Grace Leahy and her friends in Quinton and at the Ranch Caravan Park in Evesham, have been hard at work again raising funds to support the patients on the Chemotherapy Day Unit at the Queen Elizabeth Hospital.

After speaking to the ward manager, Grace and her friends purchased three Dyson fans for the unit, that can be used in areas where a traditional bladed fan is banned.

Grace is an inspiring fundraiser who has supported so many areas of the hospital and we're so grateful for everything she does.



"Grace comes in to the Unit and puts a smile on everyone's face", said Andrea Ferryhough the ward manager, "and with the new Dyson fans keeping out patients cool, she really is our number one fan!"

## Primary schools help bring festive cheer to patients



In December QEHB Charity asked for your help to raise money to support patients at Christmas. Schools from across the West Midlands did not disappoint, flaunting their best festive knits during our Festive Jumper Day on Friday 16 December, and raising hundreds of pounds in the process! The money raised helped QEHB Charity to provide Christmas trees for the hospital, free parking for visitors on Christmas Day, free TV and a special chocolate hamper for staff and patients to enjoy.

We'd like to say a big thank you to all of the schools who took part, including Hillwest Primary School, Bannersgate Primary School, Bordesley Green Primary school, Highters Heath Nursery, St George's Primary School, Holy Trinity C of E primary school, Kitwell Primary School, Northfield manor Primary School, Oaklands Primary School, Percy Shurmer, St Edwards Catholic Primary School, St Peters C of E Primary School and The Oaks Primary School.



# Car crash survivor set to race 10K

We're delighted to see so many of you getting stuck into our bumper selection of running events this year. From the Great Birmingham 10K to the Virgin Money London Marathon, you've got it covered!

**Kelly Jackson, who lost her leg after sleepwalking to her car and crashing into a tree, is running the 10K to thank 'fantastic' staff at the hospital for saving her.**



Kelly, 28, spent three weeks in a coma at QEHB, and her right leg was amputated above the knee.

She said: "I don't know why I got into my car, but I was found in my pyjamas. I have no memory of being in the car or the crash itself, I suspect I will never really know what happened but one thing I do know is that I am lucky to be alive."

Kelly suffered a brain injury and severe burns and has undergone a string of operations to reconstruct parts of her face, and still needs more cosmetic surgery.

Having already completed QEHB Charity's abseil in 2015, Kelly is set to embark on a new challenge as she joins thousands of others at the annual Great Birmingham 10K, which takes place in the city centre on Sunday 30 April.

She said: "I've been training using my new blade, which felt weird at first, but now I'm getting the hang of it. I'm not sure how much of the race I will be able to run, but I'll definitely do my very best on the day!"

The race is open to people of all abilities and includes musical waves featuring hits from the 1970s, 80s, 90s and 00s. Running as part of QEHB Charity's team gives you access to training tips, a free running vest and plenty of cheering on the day.

**If you'd like to join Kelly and run the 10K this year or next year, you can sign up by visiting [www.runforbrum.org](http://www.runforbrum.org) or by contacting [laura.power@uhb.nhs.uk](mailto:laura.power@uhb.nhs.uk)**

**If you'd like to sponsor Kelly before or after the race, please go to [www.justgiving.com/Kelly-Jackson28](http://www.justgiving.com/Kelly-Jackson28)**

**If you've been inspired to jump off the sofa and into your trainers, why not consider joining the Great Birmingham half marathon or the Birmingham International marathon in October?**

**Just go to [www.runforbrum.org](http://www.runforbrum.org) to register, or contact Laura Power on 0121 371 4852 for more information.**

**Joining Kelly are our brilliant London Marathon runners, who will pound the pavements of the country's capital on Sunday 23 April, to raise money for QEHB Charity.**



Solihull GP Arif Zafar may describe himself as the 'opposite of a runner' but he's taken on the challenge of running the London Marathon in memory of his mother Shahnaz, who died after a road accident in 2013. He said: "I will never forget the compassion and kindness of the staff in Critical Care who looked after my mother. I intend to raise money for this amazing ward which can benefit other patients in need."

The GP at the Charles Road Surgery in Small Heath aims to raise £2,000 for QEHB Charity.

**To sponsor Arif please visit [www.justgiving.com/fundraising/Arif-Zafar2](http://www.justgiving.com/fundraising/Arif-Zafar2)**

Joining Arif are Ross Burton, who is raising money for Critical Care in memory of his father, and Adam Johnson, who is raising money for young people with cancer.

**Although places for the Virgin London Marathon 2017 have sold out, you can register your interest to take part next year by contacting [laura.power@uhb.nhs.uk](mailto:laura.power@uhb.nhs.uk)**



# Challenge events

## BIRMINGHAM INTERNATIONAL MARATHON

SUNDAY 15 OCTOBER  
BIRMINGHAM CITY CENTRE

To be staged for the first time in October, the Birmingham International Marathon will cement the city's position as the Capital of Running. The 26.2 mile event will start at Alexander Stadium, taking in a number of the city's most iconic landmarks before finishing in the city centre. Running as part of QEHB Charity gives you access to personalised fundraising support, plenty of cheering on the day, one of our fantastic running tops and a pre and post-race reception, including a massage!



To Run for Brum and help raise money for Birmingham's busiest hospital, head to [www.runforbrum.org](http://www.runforbrum.org) or contact [laura.power@uhb.nhs.uk](mailto:laura.power@uhb.nhs.uk) for more information.

## BORN SURVIVOR

CAPESTHORNE HALL, MANCHESTER

Are you a Born Survivor? Join QEHB Charity at Capesthorne Hall and take on the ultimate military obstacle course! Designed by Royal Marines, this is a 10K race with a gruelling twist. Sign up today by visiting [www.qehb.org/events](http://www.qehb.org/events) or call 0121 371 4852 for more information.

## OUTDOOR TRAINING SESSIONS AT QEHB

EVERY TUESDAY, MEETING AT FISHER HOUSE CAR PARK

Long term Fisher House supporter Outdoor Physical Training (OPT), has put together training sessions aimed at utilising green spaces at the hospital, whilst encouraging staff to get fit and healthy as part of the QEHB Health and Wellbeing Campaign.

Taking place every Tuesday at 4.15pm, and designed for all levels of fitness, these sessions are perfect for anyone wishing to get fit away from the gym.

If you'd like to take part simply get into your gym gear and head to the Fisher House car park, located next to the Morris Centre.



For more information contact [justine.davy@uhb.nhs.uk](mailto:justine.davy@uhb.nhs.uk) or call 0121 371 4852.

## VÉLO BIRMINGHAM

SUNDAY 24 SEPTEMBER, BIRMINGHAM CITY CENTRE

For the first time ever, Birmingham will host a 100-mile closed road cycle, with 15,000 cyclists expected to take part, and over 1,000 already signed up to ride for QEHB Charity. The event will be one of only three closed road cycles in the UK. QEHB Charity has a limited number of extra golden bond places available for the ride, so if you want to take part please sign up today at [www.bikeforbrum.org](http://www.bikeforbrum.org). Registration costs £40 with a minimum sponsorship of £400. Contact [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) for more information.



Sunday 15 October, Birmingham City Centre  Simplyhealth 

The Great Birmingham Run is back for another year! Join the QEHB Charity team and help raise vital funds for patients at QEHB. All monies raised will go directly to helping patients and staff at QEHB. Runners can also receive free entry to the race by pledging to raise £150 sponsorship. Sign up today by visiting [www.runforbrum.org](http://www.runforbrum.org) or contact [laura.power@uhb.nhs.uk](mailto:laura.power@uhb.nhs.uk) for more information.

Have you conquered your fears or tackled an extreme challenge for QEHB Charity? Let us know! Get in touch by emailing [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk)



# Staff Superstars

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



great progress in the face of adversity, and this was never more true than in the case of Alison Heathcote, one of many victims of the June 2015 Tunisia mass killing. Isobel said: "I decided to do something I've never done before and compete in the New York marathon to raise money for QEHB Charity, not only because I work at the hospital it supports, but because of a fantastic, strong-willed woman I met through work."

Alison was severely injured in the Tunisia terror attacks. She was shot five times whilst on holiday with her husband, who was also shot and tragically died, as they celebrated their 30th wedding anniversary. Alison was rushed to QEHB where she endured hours of surgery. She received gun shots to her shoulder, three to her torso and two to her right arm, which caused her bones to shatter into 18 pieces. Isobel said: "Alison underwent hours of intense therapy, and I was one of the team of professionals who treated her."

It wasn't long before the pair struck up a strong friendship, with Isobel commenting: "Alison

is an amazing woman who went through unbelievable trauma. She is a true inspiration, moving on in her life in positive way, despite facing such unthinkable tragedy."

So inspired by Alison's journey, Isobel decided to compete in the New York marathon and has raised hundreds of pounds in support of other patients like Alison, as they undergo occupational therapy at QEHB and begin to rebuild their lives. **Thank you, Isobel!**

**Our next 'hats off' goes to Clinical Nurse Specialist in Dermatology, Clair McGarr, and her daughter Hannah, who raised money for diabetes patients at QEHB.**

The fundraising duo participated in QEHB Charity's Diabetes Swimathon, which took place at the Morris Centre during Diabetes week. The challenge was to swim the length of the English Channel (indoors!) to help raise awareness and funds for the diabetes department at QEHB. Patients, families and staff took part in November and conquered the



# BIG

## THANK YOU

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

Our first shout out goes to kind-hearted Occupational Therapist at QEHB, Isobel Deeley, who has conquered America's New York marathon to raise money for patients in Critical Care.

Isobel, a 27 year old from Sutton Coldfield, has worked as an Occupational Therapist at QEHB for over three years. During that time she has met thousands of inspiring patients who have made



# superstars



distance of English Channel - and more! - covering an impressive 39.6 miles. Hannah said: **"About 18 months ago I noticed changes in my brother. He went from being very energetic to being tired all of the time, and he had no interest in any of the active things he used to enjoy. My mum, a specialist nurse at QEHB, recognised something was wrong and took him to the doctors. He was rushed to hospital with a dangerously high blood sugar level and was immediately started on insulin injections.**

**"Following the injections he made a great recovery, but he lives with diabetes every day. I'm so proud of the way he has dealt with the diagnosis - he was administering his own insulin on the day of diagnosis and was taking his own blood sugar levels the following day. My mum and I decided to raise money for QEHB Charity's diabetes fund to help fund research and improve treatment for diabetic patients, and to help raise awareness so that other parents can recognise the symptoms early and get their child the support they need."**

**Our final thanks goes to two occupational therapists at QEHB, who have won a national award for their 'handy' patient video.**

Lisa Jordan, Senior Occupational Therapist, and Suzanne Beale, Clinical Specialist Occupational Therapist, both work in QEHB's Therapy



Services department, in the upper limb unit. The upper limb unit helps to rehabilitate patients following surgery, nerve injury or fractures to their hands, wrists, elbows or shoulders. Rehabilitation usually involves the patient completing simple but important exercises in their own time to help strengthen muscles and regain mobility, which means it's important for staff to be able to show patients how to do the exercises in a way they will remember easily.

Lisa said: **"We normally just give out instructions and information to patients in paper form, but Suzanne and I wanted to change that."**

Following an audit at the hospital in 2015 which showed that patients were struggling to retain information given to them by staff in its current format, Lisa and Suzanne decided to take action in their own department, focussing initially on patients who have had surgery on their hand to repair their flexor tendon.

Lisa added: **"We wanted to create a video to explain to patients what a flexor tendon does, the nature of their injury, what they could expect**

**from therapy and why they need regular therapy, as well as visually demonstrating how to do the exercise. In the long term we hope this will reduce rupture rates for patients and increase attendance at our clinics."**

After successfully applying to QEHB Charity for funds, Lisa and Suzanne worked with a hospital videographer to produce the video - and initial audits are showing patients who watch the video are retaining information up to 60% more accurately than patients who are only given the information on paper. All of the patients who received the video said they found it either helpful or very helpful.

In October 2016, the British Society for Surgery of the Hand awarded Lisa and Suzanne with an Educational Presentation Award, which recognises healthcare professionals who create innovative educational content to benefit patients who have had hand surgery. The generous pair donated their £750 prize money back to QEHB Charity, in order to keep helping patients at the hospital.

**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 [www.qehb.org](http://www.qehb.org) or call 0121 371 4852 to speak to one of our friendly team members!**

**Are you a QEHB staff member who has endured a challenge event, completed a marathon or held a cake sale in aid of your patients? Would you like to be featured in our next round-up of fantastic staff superstars? Please get in touch and let us know - we would love to hear from you! Email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) or contact us on Facebook, Twitter or Instagram.**



# Care for gr

With Spring comes the emergence of a number of blooming bulbs, which can be spotted on site of the hospital. From early Spring snowdrops to daffodils and bluebells, there are a range of flowers to look out for this season. It is also a time of great activity for our bird life, and is a good opportunity to get out and enjoy the green spaces the hospital has to offer.

## Sponsor the trees

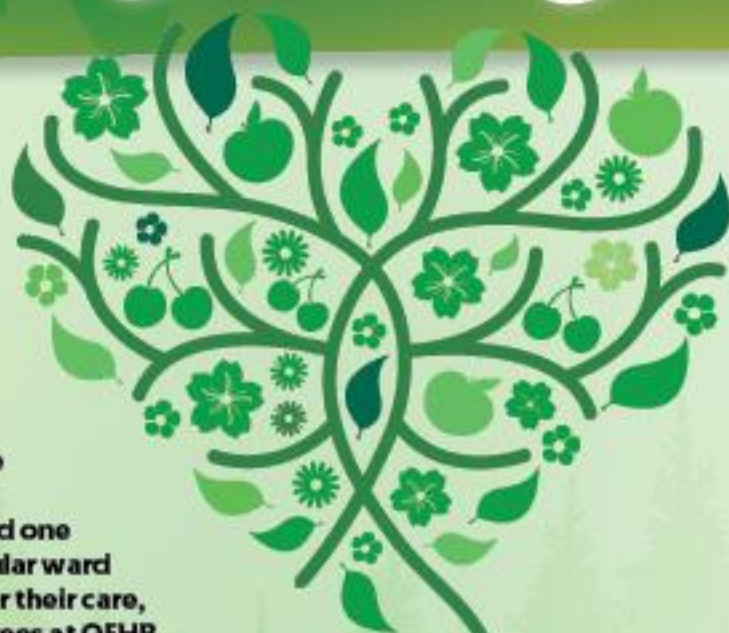
With all the vital, life-saving work that occurs on a daily basis at the hospital, it can be easy to overlook the environmental factors that can have an impact on wellbeing when coping with recovery, rehabilitation or grief.

Regardless of the high standard of care provided by staff at QEHB, staying in hospital or visiting a family member can be stressful and difficult to deal with. Having a quiet space to reflect and relax away from the wards can be invaluable when it comes to wellbeing – not just for patients and their families, but for the staff who treat them.

We are lucky at QEHB to have a lot of green space available throughout the site, and these areas are currently being transformed through a new Community Orchards and Gardens Project. As part of the project, different species of new trees have been planted around the site. The trees will require love and care as they continue to grow and bear fruit, and we are asking for your support to keep our new community orchards and gardens going with the launch of our Sponsor the Trees appeal.

**Please donate £50 to support this project and keep QEHB a beautiful and relaxing place to visit, stay and work. Whether you**

**want to celebrate an anniversary, remember a loved one or thank a particular ward or department for their care, sponsoring the trees at QEHB is a great way to leave a lasting contribution to the site itself.**



SPONSOR THE TREES AT QEHB



FIND OUT MORE

To find out more or make a donation, please visit:  
[www.qehb.org/sponsorthetrees](http://www.qehb.org/sponsorthetrees)





# Green Spaces



## Opportunities for Community Groups and Corporate Teams

### Community Orchard Days

We're working with QEHB Community Worker, Glenn Powell, to help keep our green spaces in tip-top condition, and we need your help! If your school, community group or corporate team would like to get involved in nurturing our Community Orchards and gardens, please contact our Fundraising Assistant, Sophie Carroll.

Sophie said: **"We invite as many people as possible to join us in learning more about nature, whilst helping to preserve and care for our green spaces."**

**FIND OUT MORE**

For more information or to book your place, please contact [sophie.carroll@uhb.nhs.uk](mailto:sophie.carroll@uhb.nhs.uk)

## Opportunities for QEHB Staff

### Bird Walks and Staff Grow Club

Join The Conservation Volunteers (TCV) at their fun and friendly bird walks around the green spaces at QEHB, which take place on the first Sunday of the month from 07.00 - 08.00. The meeting point is outside the main entrance to QEHB. If you're interested in growing your own fruit and veg, why not join TCV at their twice weekly drop-in sessions where staff will be on hand to offer advice and support on all things growing? Sessions are relaxed and friendly with all equipment and tools supplied.

**FIND OUT MORE**

For more information about either of these events please contact [glenn.powell@uhb.nhs.uk](mailto:glenn.powell@uhb.nhs.uk)



# Charity Champs

## Olton Golf Club supports brain tumour research



Charity Champs

## Reggae night raises thousands for cancer patients



Anne Costello, who lives in Solihull, raised a fantastic £5,045 at a Reggae Extravaganza evening at popular pub Casey Joes, in Birmingham, in support of cancer patients at the Queen Elizabeth Hospital.

The money was raised for the Chemotherapy Ward at the hospital where Anne's Mother Val, sister, Valerie, and friends Anita, Angela and Kathleen have all received treatment. Anne's daughter, Jade Costello, also works as a nurse at QEHB.

Sophie Carroll, Fundraising Assistant at QEHB Charity, said: "It's been a pleasure getting to know Anne and meeting her parents, they have raised an amazing amount with support from family, friends and businesses, and it's wonderful to see everyone come together. I would like to say a huge thank you to Anne and everyone involved in raising such a fantastic amount for patients at QEHB."

After a year of fundraising, Olton Golf Club's Seniors presented a cheque to Cathryn Worth, Senior Fundraiser at QEHB Charity, in December at their end of year Christmas Dinner. Vice Captain Terry Hanley had been given the task of appointing a Charity of the Year to work with and following his wife Judy's treatment at QEHB the previous year for a brain tumour, The Giles' Trust, which supports patients with brain tumours at the hospital, seemed the obvious choice.

Captain Brian Warren and Vice Captain Terry Hanley presented the cheque for an incredible £3,250. Cathryn commented: "It was lovely to hear from Judy how supportive Olton Golf Club had been to them as a couple during Judy's illness, and they have all worked so hard in raising this money for The Giles' Trust. We are really grateful for all their efforts in helping support patients with brain tumours at QEHB."

## Land Rover funds wheelchairs for patients



The Land Rover Charity Committee has kindly donated £5,000 to QEHB Charity, to fund two special Tilt in Space wheelchairs for the rehabilitation of patients. Deborah Jones, who works at the Solihull plant, kindly nominated QEHB Charity to receive the donation, after tackling the three peaks challenge for the hospital charity, along with her husband, in 2016. The wheelchairs are designed for patients who need to spend longer periods of time in the chair, and who may also need help with their posture. The wheelchair can be tilted and redined to help patients maintain the correct posture, as well as assisting with even pressure distribution. Thank you, Deborah!

Charity Champs



## SACA raises £50,000 to create home from home



The Sikh Arts and Cultural Association (SACA) has raised over £50,000 to go towards creating a 'home away from home' for the families of children with cancer to stay in whilst their child receives treatment. In July 2016, around 200 cyclists took part in a 126-mile charity bike ride from the Queen Elizabeth Hospital Birmingham to Southall in London, where they arrived the next day. The ride was organised to raise money to create a place to stay for the families of children and young people with cancer who receive treatment at QEHB. Called SACA's Home from Home, it will be a five-minute walk from the hospital, enabling parents, siblings and loved ones to be close by while their children or relatives receive radiotherapy treatment or stay on the Young Persons Unit at QEHB.

QEHB is the largest centre for paediatric radiotherapy outside of London, and one of the

most technically advanced radiotherapy departments in Europe. Many families travel a significant distance so that their children can undergo treatment at QEHB. Unfortunately, due to a lack of affordable, appropriate accommodation, patients and their families are not always able to share a physical and emotional closeness during periods of extended hospital treatment.

Mike Hammond, Chief Executive at QEHB Charity, said: "SACA has supported children with cancer before through our VIP Treatment appeal to refurbish the pediatric radiotherapy department at the hospital, and now this fantastically generous donation will go towards a home away from home for families going through a hard time. I want to say a huge, heartfelt thank you to everyone who got involved and helped to raise £50,000 - you should all be incredibly proud."

## Tennis match supports kidney research



Renal patient at QEHB, Siddhartha-Bandyopadhyay, with support from Laura Phillips, Dialysis Sister at QEHB and Dialysis Nurse Teodora Popescu, kindly organised a brilliant charity tennis match in November last year, in aid of Kidney Research at QEHB Charity. The event raised a fantastic £1,963, which will help to fund vital research and added extras for kidney patients at QEHB.

*Huge thanks also goes to...*

- Aston Labs
- Best Connection
- Circus starr
- Diabetes Team
- Getrag Ford
- Kiran Sahota & Family
- NPF Bassetts Pole
- Sean McCumisky
- Yell.com

## Brilliant support from Brummie Business



Kind hearted colleagues at Birmingham business, Weightmans Solicitors, have raised over £10,000 for Queen Elizabeth Hospital Birmingham Charity.

The generous firm topped up their fundraising total, which has been steadily rising throughout the year thanks to various events including raffles, skydives, a summer fayre and by competing in the Wolf Run.

Laura Power, Senior Fundraiser at QEHB Charity, said: "We are extremely grateful to Weightmans Solicitors for choosing QEHB Charity as its charity of the year. The ongoing support they have provided is absolutely fantastic!"





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