

# love qehb

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  hospitalcharity  hospitalcharity.org



*1,000 riders take on Velo  
Birmingham & Midlands  
2019 for their hospital*

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.



**Hello and welcome to the latest edition of Love QEHB, the official newsletter for the Queen Elizabeth Hospital Birmingham Charity. This edition is full of all of our latest news, our upcoming events, and stories of some of our inspirational fundraisers.**

In this issue, we look back on the incredible event that was Velo Birmingham & Midlands 2019. We had over 1,000 people riding for us this year, who raised a huge amount of money to benefit the hospital charity. Turn to page six to read more!

The legendary saxophonist Brian Travers, from UB40, has been working with the Charity recently to raise money for The Giles' Trust which funds vital research into brain tumours at QEHB. Read more about The Giles' Trust and Brian's fundraising on page 10.

Last year we brought you the news of the brand new Man Van which is changing 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. This year, we have had some incredible fundraisers raise money for prostate cancer including the Pass the Ball group. Read more about this on pages 11 and 16.

This July, the NHS celebrates its birthday with the Big Tea, just like the 70th birthday in 2018 with lots of wards, departments, workplaces, schools and community groups getting involved. Turn to page 14 to read more about how you can celebrate the NHS!

If some of our fundraising stories inspire you to do something for the hospital charity, there are plenty of upcoming events that you can take part in, turn to page three to see more of our events and how you can get involved.

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, 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...

### A&E nurse tells us a bit about their department

Louise Wykes, an A&E nurse, chats to us about what her job involves and how you can help them raise money for the hospital charity!

### UB40 star fundraises for The Giles' Trust

UB40's saxophonist Brian Travers has been fundraising for The Giles' Trust after being diagnosed with a brain tumour himself. Turn to page ten to read more about Brian's fundraising and what The Giles' Trust does.

### Pass the Ball raises £120,000

A group of walkers and cyclists travelled from Twickenham to Stourbridge Rugby Club to raise money for the Prostate Cancer appeal here at the hospital charity. Turn to page 11 to find out how they raised such an incredible amount of money and what it will help us fund.

### The NHS turns 71

Last year, the NHS celebrated its 70th birthday, and this year we are celebrating all over again with the NHS Big Tea! Turn to page 14 to see what we will be doing this year to celebrate.



Queen Elizabeth Hospital Birmingham



Fisher House



# Dates for your diary

## Snowdon Challenge 2019 7 September

Join the hospital charity on Saturday 7 September 2019 for a day of fun-filled trekking up the highest mountain in England and Wales.

This event is open to anyone over the age of 18.

Places cost £45 and the minimum sponsorship is £100 per person. Choose to fundraise for a ward or department of your choice at Queen Elizabeth Hospital Birmingham.

**Please email [roisin.mooney@uhb.nhs.uk](mailto:roisin.mooney@uhb.nhs.uk) or visit [hospitalcharity.org/events](http://hospitalcharity.org/events) to book today!**

## Strictly Come Giles 12 October

Hosted by England cricket legend Ashley Giles and his wife, Stine, come and enjoy a three course meal, entertainment and dance the night away on Saturday 12 October 2019 with DJ Phil Upton at Edgbaston Cricket Ground in Birmingham. Proceeds from this fantastic event will go towards The Giles' Trust brain tumour fund, helping to support patients with brain tumours right here at QEHB.

Tickets cost £75 per person or £750 for a table of 10.

**Join the hospital charity for a night to remember by booking today at [hospitalcharity.org/shop](http://hospitalcharity.org/shop) for information contact [cathryn.worth@uhb.nhs.uk](mailto:cathryn.worth@uhb.nhs.uk)**



## 28 SEPTEMBER

Fancy experiencing the thrill of abseiling from a tall building right here in Birmingham? Look no further than the hospital charity's Big Abseil Challenge!

Join us at the iconic Wesleyan Building in Birmingham on Saturday 28 September and abseil from the roof whilst raising money for patients at your local hospital. Take on this challenge alone, or get together with your friends and colleagues for a team challenge like no other!

You can book your place today for just £30, with a minimum sponsorship requirement of £100. Sign up now before the places go!

**For more details on the event visit [hospitalcharity.org/events](http://hospitalcharity.org/events) or email [roisin.mooney@uhb.nhs.uk](mailto:roisin.mooney@uhb.nhs.uk)**

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

## Great Birmingham Run Half Marathon

### 13 October

The SimplyHealth Great Birmingham Run is now established as the second biggest half marathon in the UK! Join us as the city comes alive with thousands of runners pounding the streets as they tick off 13.1 miles, encouraged by on course bands, entertainment and cheering crowds. This event will take place Sunday 13 October 2019 and there is a minimum sponsorship of £250.

The atmosphere in Birmingham is second to none, so why not come and run for fun or for fitness whilst raising money for a good cause?

This event is open to those aged 17 or over.

**If you are interested in signing up for the run, please call Roisin on 0121 371 4852 or email [roisin.mooney@uhb.nhs.uk](mailto:roisin.mooney@uhb.nhs.uk)**

## SKYDIVES

### Various dates throughout 2020

It's never too early to challenge yourself to something different! Don't wait till the new year to set a resolution for 2020, take on a skydive for the hospital charity! Jump 15,000ft from the sky in a tandem skydive and raise money for the hospital charity. You can pick which ward, department or appeal you would like to raise money for.

Tickets cost £50 with a minimum sponsorship of £300. You can find out more information and book your place at [hospitalcharity.org/events](http://hospitalcharity.org/events) or contact [roisin.mooney@uhb.nhs.uk](mailto:roisin.mooney@uhb.nhs.uk) for more information.

## Smarties September

This September, QEHB Charity is launching an initiative that is perfect for those with a sweet tooth who want to do something to help provide added extras for staff and patients at QEHB. During the month of September, come along to the Fundraising Hub and pick up your free tube of Smarties, take it away and enjoy the chocolate, fill the tube with change and bring it back to the Hub in the main atrium.

**For more details on this event please contact [Jess.Harris@uhb.nhs.uk](mailto:Jess.Harris@uhb.nhs.uk)**





# Bringing 'added extras' to patients

Thanks to your donations, we are able to fund 'added extras' for patients at the Queen Elizabeth Hospital Birmingham. 'Added extras' is the name that we give to smaller items that really make a difference to patients, and the experience that they have in hospital.

Here are just some of the 'added extras' that we've been able to provide thanks to your generosity.

## Water bottles for radiotherapy patients

Many patients being treated for cancer at QEHB need to have a full bladder before they receive radiotherapy. This means drinking lots of water immediately before their appointment. Previously, patients would drink from small plastic cups which would waste around 100 cups a week, now the reusable Charity water bottles are a great way to help the environment and keep patients hydrated.

Now, radiotherapy patients who need to drink lots of water before their treatment will receive a free hospital charity water bottle, which they can take home and re-use as much as they would like to!



Ben Allen, Technical Lead Radiographer at QEHB, said: "These bottles are great for our patients who need to drink before their appointment. We have around 35 patients per week who previously had to drink from the plastic cups. Now, thanks to the Charity, they can drink from the much bigger bottles, which is nicer for them and saves around 100 plastic cups per week!"

## iPad arms allow children to watch TV

QEHB Radiotherapy Department is a busy place, and treats children as well as adults. QEHB



Charity has funded special iPad holders that will allow poorly children to watch TV from their beds without having to hold up an iPad.

Liam Herbert, Specialist Paediatric Therapy Radiographer, said: "When children receive radiotherapy treatment they have to lie really still, often for a long period of time. This gets boring and tiring for them, so these new iPad holders will keep them entertained without them having to move. They really will make things easier for our young radiotherapy patients.

The children are often tired and poorly after they've had their radiotherapy treatment, and the iPads will keep them entertained whilst they recover and the holders mean that they won't get tired whilst using them!"

## Time for tea on the wards

QEHB Charity is proud to fund tea sets for every ward around the hospital, so patients and their families can have a cup of tea if they are having a bad day or have received some difficult news.

Staff on the wards can also use the tea sets to cheer their patients up, or to offer to families visiting their loved ones on the ward. Sophie Carroll, Senior Fundraiser at QEHB Charity, said: "We're proud to provide tea sets for every ward at the hospital, we know that they're really popular with patients and families, and help to provide a feeling of home for patients in the hospital."



**If you are a member of staff at QEHB and can think of some 'added extras' that would make the hospital experience better for your patients then get in touch with our Grants Officer, Ciara by emailing [ciara.johnston@uhb.nhs.uk](mailto:ciara.johnston@uhb.nhs.uk) and find out about the Sprinkle Some Magic Scheme.**

# 5 minutes with...

**Louise Wykes**

Nursing Assistant in Accident and Emergency

We spent five minutes catching up with Nursing Assistant Louise Wykes. Louise works in the Accident and Emergency Department here at QEHB and treats people with life-threatening injuries every day.

## Hi Louise, what does your job involve?

I am a Nursing Assistant within A&E here at QEHB and I look after patients. I do observations and keep track of patients' blood pressures and temperatures, making sure that they are at a normal level. Alongside this I am trained to put on certain plasters for broken limbs, and I also look after wound care, including gluing wounds. I also take care of burns. It's a busy place to work and there are always lots of different things to do. We all pitch in to help with the housekeeping, such as changing beds.

## What do you love most about your job?

The team is fantastic here, everyone works so hard and it's such a good team effort. I've worked here for just over a year but worked here through the agency before. Coming to A&E was a bit daunting but I loved my first shift and I haven't looked back since! Patient contact is the best thing, sadly we don't always see people get better, but we do everything that we can for them. Putting smiles on people's faces is so important. Being in A&E can be quite scary and patients can be here for a long time, simple things like giving them a sandwich can make a huge difference. It's important to put yourself in their place, communication is such an important part of what we do.

## What's your favourite movie?

I love anything from the 1980s, Beetlejuice or Dirty Dancing would have to be my favourites!



## What's your dream holiday destination

It would be Bora Bora or the Maldives!

## What does the work of QEHB Charity mean to your department?

The Charity has helped to fund items for children waiting at A&E such as crayons and colouring books. These items really help to make things easier for children and their families, and as a team we want to raise money to fund even more items to keep the children entertained.

## It sounds like you're a close-knit team, how does it feel to work with such a group of people?

It's great, we've got a lovely staff incentive where we write nice comments about each other on a card and pop them in a box. It's so nice as it gives members of staff some lovely feedback. It's good for staff morale and this rubs off

on patients. We're hoping to do a fundraising event as a team, maybe a skydive or a walk to raise money for the department. I'm sure we'll have great fun and also help to make a difference to our patients!

## Have you been treated in A&E or know someone who has?

**Why don't you donate to help support the patients and families who go through the doors every day by donating at [hospitalcharity.org/donate](https://hospitalcharity.org/donate).**





# Velo riders complete

**Velo Birmingham & Midlands 2019 saw over 17,000 cyclists take to the roads to complete either a 100 mile or 42 mile challenge. An incredible 1,000 people took part to support the hospital charity, with a sea of QEHB Charity riders setting off in the same wave to create a visual spectacle like no other.**



Velo began in Birmingham, bright and early on a Sunday morning, with the riders setting off on a route that took them to North Warwickshire, and down to Coventry, when those cycling 42 miles completed their challenge right by the iconic cathedral. Those taking on the 100 mile route continued on through Solihull, before heading north through Sandwell and Dudley, finishing back where they had begun their journey, many hours later, in Birmingham city centre.

One rider who wore the QEHB Charity colours was the legendary Chris Boardman, who rose to fame by winning Gold at the Barcelona Olympics in 1992. Chris hosted the QEHB Charity riders at the Boardman Performance Centre in Evesham in the build-up to the big day for a practice ride,

and took his place on the start line alongside the excited QEHB Charity riders.

On finishing the 100 mile challenge he said: "100 miles done and dusted, Velo Birmingham was an awesome day out and great to ride alongside 17,000 other people. I got to speak to loads



of people and we all got to do something for this fantastic Charity, raising much needed funds. Thanks to everybody who took part!"

QEHB Charity's Cycling Ambassador, Phil Upton, helped to train the Charity's cyclists, taking them out on training rides to get



# their epic challenge

ready for the big day, and always being on hand to give out hints and tips on the QEHB Charity Velo WhatsApp group.

Phil said: "You were awesome, everybody. I am in total awe of every single one of you. We were blessed by the weather, and it was great to see everyone out and about on the route, which was a wonderful course. The crowds were fantastic, helping to cheer us along the way, all the way around the route. Huge thanks go to everyone who took part and I look forward to seeing you for the next Velo event!"

Justine Davy, Head of Fundraising at QEHB Charity, said: "What a

privilege it was to be there to see all of the incredible people who worked so hard to take part in Velo Birmingham & Midlands 2019. Our riders had all pushed themselves, not only to train for the day, but to raise money to support patients at the hospital. The money that we've raised thanks to our Velo riders will help us to provide equipment, research and facilities for our hospital that we simply couldn't have provided without those donations. We're already looking forward to Velo 2020 and hope to see even more QEHB Charity cyclists in a year's time."

The 1,000 hospital charity riders all had different inspirations for taking on the challenge for the hospital charity, for some, like Jovan and John, who rode together with their friend Dan, cycling Velo was a way of giving back to the hospital where they had been treated. Jovan said: "John and I have both had a few health issues over the last couple of years and we both got on a bike to try to get fitter and stronger, both mentally and physically."

For others, such as Professor David Mutimer, it was a chance to raise money for a new project at the hospital. David was cycling to raise



money to provide a Hepatitis C mobile clinic to test patients in Birmingham city centre for the disease. David said: "The Velothon was a great day out on the bike with enjoyable company of like-minded people. In addition to the personal challenge of the ride, it was an opportunity for me to promote and to raise money for UHB Charities, and specifically for funds to further our efforts to diagnose and to eliminate the problem of hepatitis C virus infection from the population of Birmingham. Donations made by friends and patients will contribute to the purchase of diagnostic equipment which is essential to our cause."



## Ride with us in 2020

Following the success of the 2019 Velo we are delighted to confirm the date of the 2020 Velo event.

On Sunday 28 June 2020, join us on the 100 mile closed road bike ride or take part in the shorter 'half' Velo if you are new to cycling but still want to take part in the experience. By riding for the hospital charity, you will have access to our training

rides to help you prepare, whether you're a keen cyclist looking to get some miles in your legs, or a complete newbie setting off for the first time, we'll be with you each step (or pedal) of the way!

**So, why wait? Get your friends and family involved and sign up to take part in Velo 2020 by heading to [hospitalcharity.org/shop/product/velo2020](https://hospitalcharity.org/shop/product/velo2020)**

# Charity Champs

## Craig fundraises £1,162 to say thank you for saving best friend's life!

In the early hours of the morning on 17 February 2019, 26 year old Ryan Wayne was tragically involved in a vicious knife attack. Ryan was immediately rushed to QEHB's Trauma Unit. Upon arrival, doctors assessed the damaged that had been inflicted by the knife attack via a CT scanner and discovered that his liver had been severely



lacerated. After surgery performed by specialist liver and trauma surgeons, one week in the Intensive Care Unit and one week in Ward 726, he was discharged on 1 March 2019.

After hearing about the horrific incident that had happened to his best friend, Craig Butler decided to fundraise for the hospital that helped to save Ryan's life. For his birthday, Craig appealed to his Facebook friends to not buy him presents, but rather to donate just £1 to QEHB Charity in order to fund a Mobile CT Scanner, which will be able to save even more lives like Ryan's. Thanks to this wonderful gesture, Craig's friends raised an incredible £1,162.

## Fundraiser gives thanks to the hospital that saved her life



On 19 August 2017 Beccy Humphrey was involved in a horrific incident which caused severe bleeding and bruising to her brain and a fractured skull. Thankfully due to the amazing work of the staff at QEHB, the team saved her life.

Beccy said: "I was so grateful for being surrounded by such amazing staff members. Everyone was amazing and made me feel at ease at such a difficult, scary time." Beccy and her work colleagues at Pertemps Recruitment in Birmingham all held a fancy dress day to raise money for the hospital that saved her life. In total, they raised an amazing £3,200. Well done team!

## Liver transplant recipient raises £4,500

Rosemarie Nash Smith received a liver transplant at QEHB three years ago and has since gone on to raise a fantastic amount of money to support transplant patients just like her at the hospital.



In total, Rosemarie has raised an incredible £4,500 thanks to the generosity of her friends and family. She said: "I do the background work on fundraising but it's the people who attend the events that really bring the money in.

"I've done two afternoon teas in my garden, which people have thoroughly enjoyed. I've also done quiz evenings at a local community hall, who let me have the room free of charge so every penny raised can go to the Charity."

Justine Davy, Head of Fundraising at QEHB Charity, said: "It is thanks to the generosity of people like Rosemarie that we have been able to provide world-class equipment, and fund leading research into liver disease right here in Birmingham, thank you."



## A close shave for fundraiser Nicola Riggs who raised an incredible £10,203

Nicola's inspiration to shave her head came from her friend Sara's son, Edward. Edward was taken to A&E when he was just three months old, and by conducting various tests it was discovered that Edward had Primary Hyperoxaluria, a rare condition characterised by the overproduction of a substance called oxalate, due to a deficiency of an enzyme in the liver.

Edward currently has to have dialysis for eighteen hours every day to try and remove as much of the oxalate as possible, if it builds up in his body it will start to shut his organs down.

The Centre for Rare Diseases is based at QEHB, within the Institute of Translational Medicine which is dedicated to developing and implementing ground-breaking treatments, technologies and techniques to benefit patient care. Nicola wanted to raise money to support the research being done into liver diseases at the Centre for Rare Diseases. The team all wanted to meet Nicola and personally thank her for fundraising such a substantial amount in aid of their vital research into such a specialist field.

When asked how she managed to raise such an incredible amount, Nicola humbly said: "I just have very generous friends that helped and supported me."



**If you would like to read more about the Centre for Rare Diseases please visit:**  
[hospitalcharity.org/centreforrarediseases](https://hospitalcharity.org/centreforrarediseases)

## Martin shaves head and epic beard in fundraising effort for transplant team



Martin Howard, whose dad Mick had a heart and lung transplant 11 years ago at the hospital, went along to Peaky Barbers in Friar Park for a rather radical haircut. Martin raised a fantastic £739 for the hospital that helped to save his father's life so long ago. He said: "I'm so pleased to have been able to raise so much money to support the transplant team at the hospital. They've given dad years of life that we didn't think he would have, and for that we're incredibly grateful."

## Kayleigh's fundraising mission

At just 16 months old, Kayleigh was diagnosed with Cystic Fibrosis. Kayleigh said: "I have spent most of my life in and out of hospital. My lung function and general health really started to decline in 2015, breathing became harder than normal. I needed an oxygen tank to walk and I was extremely underweight."

Despite her illness Kayleigh didn't allow it to impact on her life up until 14 February 2016 when she received 'the call' for a double lung transplant. Thankfully, the operation was a huge success and with help from physiotherapists at the hospital, Kayleigh was walking again in just seven days!

Kayleigh said: "I owe everything to the fantastic transplant team at QEHB, and of course my donor and their amazing family. So to say thank you and in memory of my donor it's time for me to donate something. I will be having my hair cut off at the end of December 2019... how much comes off will be dependent on how much I raise!"



**To help support Kayleigh, please visit her fundraising page at:** [uk.virginmoneygiving.com/kayleighmurphy](https://uk.virginmoneygiving.com/kayleighmurphy)



# UB40 legend Brian Travers lends support to The Giles' Trust

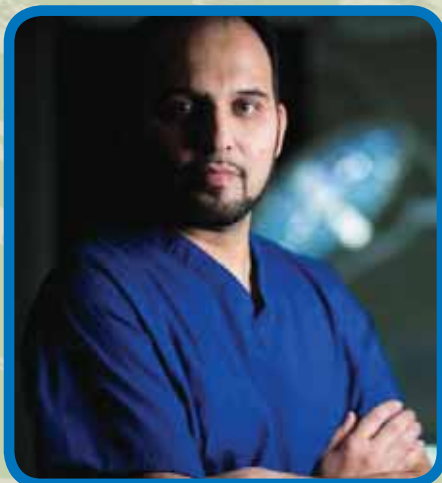
**Brian Travers, saxophonist for the iconic Birmingham reggae band UB40, is raising money to support The Giles' Trust following his own diagnosis with brain tumours.**



In March 2019, Brian announced that he had been diagnosed with brain tumours, and the iconic musician has since undergone surgery at the Queen Elizabeth Hospital Birmingham, where he will continue to receive treatment.

Brian was unaware that he had brain tumours, before suffering a seizure one night in his sleep. "I was in bed at home and I knew nothing about it. Four days later I had the operation." Brian said.

The reggae legend has been under the care of Ismail Ughratdar, Ish, who has recently starred in the BBC Two programme *Surgeons: At the Edge of*



Life. Ish said: "Brian underwent a craniotomy, essentially just a trap door in the skull to take out the lump, the tumour, within his brain."

Speaking of the care that he has received at the hospital, Brian said: "The care has been incredible. Ish and the team have helped me so much and I'm in awe of what they do. I believe in giving back, and I want to raise lots of money to help support The Giles' Trust.

"Since being unwell I've received nothing but love from people. It really is a beautiful world."

The Giles' Trust was set up by England cricketer Ashley Giles, and his wife Stine, after she was treated for brain tumours on two separate occasions. The Giles' Trust funds research and equipment, and has helped to put the hospital on the cutting edge of brain tumour research.

Brain tumours are the most common cancer-killer in people under 40, but compared to other cancers have not received the funding needed to better understand them.

Each year, The Giles' Trust hosts a glamorous fundraising ball at Edgbaston Stadium in Birmingham.

This year's ball takes place on Saturday 12 October, with the theme being 'Strictly Come Giles'.

Brian is looking forward to attending the ball, saying: "It will be a great night, fundraising for this important

cause. It will be a privilege to help Ashley and Stine raise money to support the amazing work that Ish and the team do at the hospital."

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "We are delighted to have Brian on board, fundraising for The Giles' Trust. He has shown incredible energy and determination to raise awareness of the work of The Giles' Trust and the fundraising that he is doing will make a huge difference to brain tumour patients at the hospital.

**You can find out more about The Giles' Trust at [gilestrust.org](http://gilestrust.org), or for more information about the ball, turn to page four.**

Thank you!



# Promoting men's health across the West Midlands

**Last year, we launched an appeal to fund a mobile health van which would tour the West Midlands and empower men to talk about their health and be aware of any problems that they may have. Now, the Man Van is here and is ready to go out into the community and workplaces with a specialist team on board.**

One of the main aims of the Man Van will be to get men talking about prostate cancer. Currently, prostate cancer affects one in eight men, and causes 15,000 deaths each year.

Professor Nick James, of Clinical Oncology, has been a driving force behind the Man Van. He said: "Many men with prostate cancer suffer with their symptoms in silence, and can suffer for many years before presenting with their cancer."



In 25% of cases, men are not diagnosed with prostate cancer until it is too late to cure them. The Man Van aims to catch these men earlier, by identifying men most at risk of cancer, through age, lifestyle or family history, and giving them a finger-prick blood test. The men will get their blood test results back right there on the van, and this will lead the member of staff on the van to refer them on for further tests if needed.

Professor James said: "There is a huge stigma around testing for prostate cancer. We want to tell men that getting checked for prostate cancer doesn't need to be uncomfortable. We won't be

performing examinations on the Man Van, rather we'll be chatting to men about their health and their family history, and conducting simple blood tests."

By reducing the stigma around prostate cancer, and getting men to talk about their health, the team are confident that they can make a real difference to the way that we treat the disease.

Professor James said: "The Man Van is the perfect way to reach out to men and give them the chance to talk about their health in a relaxed environment, near to their place of work or their community."

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "We are incredibly proud that the Man Van is now ready to go out into the community, with a brilliant team on board.

"The Man Van cost £100,000 and we will need funding each year to continue to provide this important service to men in the West Midlands. Prostate cancer is the most common form of cancer in men, and changing the way that we diagnose prostate cancer has the potential to save a huge number of lives."

**You can find out more about the Man Van, and donate to support its work, by visiting [hospitalcharity.org/manvan](http://hospitalcharity.org/manvan).**





# 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.**

## Mental Health Nurse climbs Snowdon

Becky Hoskins started her weight loss campaign in June 2018 so her and her husband can be referred for fertility treatment, and to help her along the way she took part in the Sunrise Snowdon challenge for QEHB Charity. So far, Becky has lost over six stone and completed the Sunrise Snowdon challenge in April for the hospital charity as part of her get fit campaign! Becky's walk up Mount Snowdon started at midnight and she arrived at the summit at around 5am, just in time for the sun to rise!



Becky, a Mental Health Nurse at QEHB, said: "I have Polycystic Ovarian Syndrome which I was only diagnosed with four and a half years ago, just before I got married. I can't be referred for fertility treatment due to the high risks if you are overweight, so this has spurred me on to be more active!

"Since starting at the Trust two years ago, I have wanted to raise money for the Charity. I've seen first-hand the amazing work the Charity does and how it helps transform the lives of so many patients, their families and the wider community."

Becky raised an incredible £1,518.26 and is looking forward to doing even

more for the Charity in the future and is already looking at climbing more mountains to raise money!

## Staff take on Velo Birmingham & Midlands!

In May, we had over 1,000 riding for the hospital charity in Velo Birmingham & Midlands; the route took them from Birmingham, to Solihull, Warwickshire, Coventry,



Dudley and Sandwell before finishing back in Birmingham.

We had lots of members of staff take part in the ride including the Charity's very own Mike Hammond and Gwen Eccleston! Mike, the Charity's Chief Executive, and Gwen, the Charity's Office Manager, completed the 42 mile route from Birmingham to Coventry!

As well as Charity staff, hospital staff also took part including Professor Nick James, of Clinical Oncology, who took part in the 100 mile route. Professor James raised money for the Man Van appeal which aims to encourage men to talk about their



health, and it looks specifically into prostate cancer.

You can read more about Velo Birmingham & Midlands 2019 on pages six and seven.

## Liver Team bake cakes for Charity

Diane Bick and the Liver Team held a bake sale to raise money for the hospital charity and to help us provide added extras for patients, staff and families at the hospital.

The bake sale, which was held in the main atrium of QEHB, raised over £1,000 for the Charity which is incredible!

The team also held a fancy dress day where they raised even more money. Sophie Carroll, Senior Fundraiser at QEHB Charity, said: "A huge well done goes to Diane and the team for raising so much money from their bake sale and fancy dress day! They definitely have the fundraising bug!"

The hospital charity aims to provide



# Superstars



added extras for patients, staff and families across the hospital, and fundraisers like Diane and the Liver team really help us to go over and above what the NHS can fund.



## Thank you to our Sunrise Snowdon climbers!

More than 50 fundraisers took part in the Sunrise Snowdon Challenge on the last weekend in April to raise money for the hospital charity and those wards and departments who have made a difference to their lives. The group, who set off on their climb just after midnight, raised over

£10,000 between them!

Ann Penson, one of the climbers, said: "I thoroughly enjoyed myself even though it was much harder than I thought, but I loved it!"

Sian Averill, Fundraising Manager at Heartlands Hospital Charity who took part in the climb, said: "It wasn't what I'd typically be doing on my Saturday night but it was such an amazing experience with a lovely bunch of people. So much money was raised through people's friends and families donating to all four hospitals.

"A huge well done to everyone who took part, it wasn't an easy challenge, and thank you for raising so much money that will make a huge difference to patients, staff and families at the hospitals."



## Hayley Carruthers captures nations' hearts

Running sensation Hayley Carruthers, who has recently come to the spotlight for crawling across the finish line at the London Marathon, is one of QEHB's Research Radiographers!



Hayley has become a worldwide star after her incredible triumph at the marathon. She was just metres from the finish line when she collapsed, before crawling to the finish line to claim her spot as the 18th fastest woman, smashing her own personal target by three minutes!

Less than 24 hours after the end of the London Marathon, Hayley was back at work at QEHB and tweeted saying: "Don't worry guys I'm a'ok! Back to reality... #doublelife".

Justine Davy, Head of Fundraising at QEHB Charity, said: "Hayley's incredible story has inspired us all. To have got over the line in the way that she did was nothing short of amazing and it's wonderful that her story is now going out across the world. She's a credit to our hospital and I look forward to following her running career in the future."

**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](mailto:charities@uhb.nhs.uk) or get in touch on Facebook, Twitter or Instagram, all @QEHBCharity**



# CELEBRATING THE NHS

During the 71 incredible years that the NHS has existed, it has helped to transform the health and wellbeing of millions of people across the UK. There are lots of ways that you can raise money to continue to support your local hospital! What's more, you can choose exactly where your money goes to and decide how you raise it, here are just a few examples of the many wonderful things you can do to help QEHB Charity!

## The NHS Big Tea

Last year thanks to your help, we raised over £10,000 for the hospital charity. This year, we need your help to make the NHS Big Tea even bigger and better! You can host your own tea party at work, home or



at school and have a tea-riffic time whilst celebrating the NHS. Just let us know when you're having your tea party and we can send you a free fundraising pack to get you started!

Contact [roisin.mooney@uhb.nhs.uk](mailto:roisin.mooney@uhb.nhs.uk) or visit [hospitalcharity.org/shop/product/bigtea2019](http://hospitalcharity.org/shop/product/bigtea2019) for more information.

## Fundraising at work

Fundraising or volunteering with your work colleagues can be an absolute blast! Each and every year QEHB Charity has many corporate fundraisers who go over and above in order to help support their local hospital. There are many ways you can get involved and raise money for your chosen ward or department. You could take part in our annual Mount Snowdon treks, jump from a plane in one of our skydives or hold a bake sale. You can also volunteer with us, we are lucky to have lots of green spaces at the hospital where you can take part in gardening sessions!

Jackie Wilkes, Portfolio Manager for NatWest, said: "Myself and my colleagues have had the pleasure of working with the Queen Elizabeth Hospital

Birmingham Charity. From day one we have found the team to be so helpful and supportive and have provided us

to no end with fundraising ideas. Their volunteering days at the hospital are well organised and the staff who have attended them have all thoroughly enjoyed them. The staff are all friendly and make you feel so appreciated with the charity funding that you are taking part in."



## Fundraising in schools

Whether you choose us as a charity-of-the-year partner, hold your own fundraising event or take part in one of ours, we've got lots of fundraising ideas to help you get started! We can also support you



with cheque presentations, assemblies and materials to help you promote your fundraising. Nurseries, schools and colleges can all get involved, from Wear it Red Day for the

younger ones to a daring sky dive for the older years! If you have a school choir we would love you to come into the hospital and perform for the patients.

**Our Events Fundraising Assistant, Rosin Mooney, will be pleased to talk about school fundraising with you. You can contact Rosin on 0121 371 4852 or by email at [roisin.mooney@uhb.nhs.uk](mailto:roisin.mooney@uhb.nhs.uk)**



# CELEBRATING OUR VOLUNTEERS

Here at QEHB Charity we are incredibly grateful for our volunteers. Every year, hundreds of people selflessly volunteer their time to help those who need it most at the hospital. Whether that be to sit and talk to our patients that do not get much company or to help us plant flowers across the hospital grounds. Each volunteer helps enormously with however big or small the gesture

The hospital charity needs reliable and enthusiastic volunteers to get involved in a wide range of exciting new events. From staffing our weekly atrium stands to lending a helping hand for our larger events such as the Birmingham Half Marathon, there are many ways you can help!

**If you would like to get involved either individually or as a team, please email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk)**



Long term volunteer, Alan Bailey, has been helping out at QEHB Charity for over ten years. Alan said: "The Queen Elizabeth Hospital Birmingham has played a big part in mine and my family's life over the years and for that I will always be grateful. Knowing that I am making a difference and helping out at the hospital is such a wonderful feeling and I would encourage anyone if they have a little bit of spare time to help support this fantastic hospital!"

## Becoming a Trust member for University Hospitals Birmingham

The face of University Hospitals Birmingham NHS Foundation Trust (UHB) is ever-changing, with major developments, new facilities and hospital sites being built and our ground-breaking, innovative work being showcased both nationally and internationally. And you can be a part of these changes, and make your opinions heard, by becoming a Trust member.

### As a member you:

- Receive a monthly newsletter, keeping you up-to-date with exciting Trust news and developments
- Have the opportunity to vote in the elections for the Council of Governors or even stand for Governor yourself
- Are invited to attend membership events, including monthly health seminars on a wide range of topics
- Could help out within the hospital - you decide on how much or little you wish to be involved.

The larger and more involved our membership is, the more closely it reflects the diverse communities we treat as patients.

Sarah Snowden, Corporate Affairs and Governor Liaison Manager, said: "As a member, you are encouraged to contribute suggestions for improvements and feedback on the needs and expectations of the local community. We now have almost 50,000 members.

"Elections are currently running for public Governors and we will give the results of these in our next bulletin. We will also provide information so you can identify the Governor for your constituency."

Anyone who lives in the Birmingham area and is over 16 years-old is eligible for membership.

**For more information on the benefits of UHB membership, or to become a member, visit:**

**[www.uhb.nhs.uk/membership.htm](http://www.uhb.nhs.uk/membership.htm)**

Thank you!



# Pass the Ball team raise astonishing £120,000

**In May, a group of intrepid fundraisers set off from Twickenham Stadium, the Home of England Rugby, on a 150 mile walk which would take them all the way to Stourbridge Rugby Club in the West Midlands.**

A week later, a group of cyclists set off to follow the same route, and the two teams arrived at the rugby club, ten days after the walkers had set off, for a day of celebration.

The challenge, named Pass the Ball, was inspired and organised by Peter Bache, Co-Owner of European Valuations, a valuation and auctioneering company. Peter was treated at the Queen Elizabeth Hospital Birmingham for prostate cancer and has since raised funds for QEHB Charity's Prostate Cancer appeal.

Pass the Ball took its name from the rugby ball that the walkers carried with them on the route, a ball which previously toured the world promoting this year's Rugby World Cup in Japan.

The challenge raised money for QEHB Charity's Prostate Cancer appeal and the Rugby Football Union's Injured Players Foundation.



Thanks to hundreds of kind supporters, the team raised over £120,000!

Peter said: "It feels fantastic to have completed this challenge. It was an amazing ten days of hard work and we had really mixed weather for the last three days of the challenge. But the support that we had throughout from everybody was incredible.

"The amount that we've raised is going to make a difference to people's lives. We have raised enough money where we can truly change and improve lives through what we've done."

The money raised for QEHB Charity's Prostate Cancer appeal

will be helping to fund the Man Van. The Man Van is a mobile health van, which will be touring the West Midlands and encouraging men to be aware of their health, especially

when it comes to prostate cancer.

Peter hopes that the van will be able to make a difference, saying: "If we can pay for and run the Man Van then that is going to save lives, real lives. We will be able to prevent as well as cure prostate cancer. That is the whole purpose and reason why we have just walked 150 miles!"

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "It has been a privilege to work alongside Peter and the Pass the Ball team on this amazing fundraising challenge. Thanks to all of their hard work, they have raised a staggering amount of money which will make a huge difference to prostate cancer patients at the hospital."

**Find out more about the Man Van on page 11.**





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



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

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

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

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

Justine Davy, Head of Fundraising at UHB Charity, said: "UHB Charity is delighted to have partnered with Bequeathed to offer those at University Hospitals Birmingham this free will writing service. Modern life is

busy and hectic, especially for our hard-working staff across the hospitals, and writing a will can feel like a task that's never top of the to-do list, no matter how important we may feel that it is.

"Thanks to Bequeathed, we are able to offer everyone across the four hospitals the chance to write their will in a straightforward manner, for free, which makes the process as easy as possible.

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

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

**bequeathed**   
free wills, valuable advice



## Lily raises a coffee cup to the Pancreatic Foundation

One of our youngest fundraisers, 12-year-old Lily Bradley, has raised an astonishing £2,222.73 for the Pancreatic Foundation within QEHB Charity after her mom, Christy, was treated here. Christy was admitted to QEHB to get an intraductal papillary mucinous neoplasm (IPMN) removed from her pancreas, and since her operation Lily has wanted to fundraise to say thank you.

Lily held a coffee morning and a bake sale over two days at Erdington Methodist Church to

raise money. Lily said: "My mom had an operation and was looked after on Ward 726 and I am very grateful for all of the people who had taken care of her, that is why I am raising money as a token of thanks and so it helps other people who are in my mom's position."

Christy was readmitted after her operation after having complications which required further treatment, she is still under the surgical team here after having a stent fitted but said that "they have all been fantastic."



## Team Lewis climbs obstacles in memory of loving Dad

Kevin Lewis sadly passed away from cancer in April 2018 after being treated at QEHB and now his wife and children want to do all they can to raise money for the new Mobile CT Scanner we will be purchasing for the Critical Care Unit.

Team Lewis, a group of 13 members of the family, all took part in the Gung-Ho challenge in Cofton Park on the anniversary of Kevin's death and raised an incredible £1,000 towards the new piece of equipment. The scanner will allow radiographers to perform urgent scans at a patient's bedside rather than moving them somewhere else which will be more comfortable for the patient and easier for the staff.

Talking about why they wanted to fundraise for this appeal, Kevin's daughter, Hannah, said: "When my dad had to be taken down for his scan it was like a military operation. He had about three stands of drips, his life support machine and then there was him as well. It was really hard."

The team want to take part in even more challenges to raise money for the hospital charity in memory of Kevin.



## Golf Club Captain raises money for Fisher House

Richard Alli, Captain of Holywell Golf Club in North Wales, held events including a head shave, Captain's golf day, auctions and raffles to help raise money for Fisher House UK here at QEHB.



Richard served in the Royal Engineers for 14 years and wanted to support service and ex-service men and women and their families who may need the help of Fisher House whilst they are being treated here at the hospital.

The events raised £3,092.63 for Fisher House UK which will fund over 100 nights of accommodation for patients and families! Richard said: "I thought I had an opportunity to help and with the members of the golf club, that's exactly what we did. We held social functions such as Captain's Day with auctions and raffles, and our annual dinner dances, as well as other events. After learning about Fisher House and being involved with them, I'm looking forward to raising some more money!"



# Friends of Queen Elizabeth Medical Centre fund new chairs



The Friends of Queen Elizabeth Medical Centre have generously purchased 58 new chairs for around the hospital. The group purchased the original chairs in 2010 when the new hospital opened but they were in need of an upgrade for patients, families and staff to relax in off the wards.

Sandra Haynes, Co-Chair of Friends of QE, said: "I am delighted to confirm that the Friends of QE committee has funded 58 chairs to be used for patients and their visitors throughout the hospital. They have been well used in stressful time and it has more than provided its worth. By funding the new furniture, we hope to support many more people in the coming years."

## Kelly's Heroes raise money for The Giles' Trust

In September 2018 Kelly was diagnosed with a Grade 3 brain tumour. Unfortunately, the brain tumour couldn't be removed so Kelly has so far undertaken 30 sessions of radiotherapy and will be receiving chemotherapy until December 2019.

Kelly's husband, Dean, and five of their friends took on the challenge of completing the 100 mile Velo Birmingham & Midlands bike ride.

Kelly said: "As a family we wanted to give something back to QEHB and The Giles' Trust and thank them for all of the support, care and dedication they have given to us. My consultant Dr Sanghera has been outstanding and we can't thank him enough for his guidance and support, as well as Clinical Nurse Specialists Fred, Will and Claire who have helped us through this difficult time."

Kelly's Heroes raised an incredible £6,323 for The Giles' Trust and are already planning their next fundraising challenge!



## 3 Minis go to Turkey!

Dave Cassidy and five of his friends planned an extraordinary fundraising challenge to raise money for cancer patients at QEHB. Dave's father-in-law, Peter Garnett, has recently received six months of chemotherapy at QEHB, and to thank the hospital and the staff for caring for him. They drove three Mini Cooper S cars, inspired by the Italian Job, 5,000 miles from Cannock to Turkey and back and raised almost £10,000!

Talking about the challenge, Dave said: "Thanks to all the staff and doctors on the ward, Peter had fantastic, positive treatment throughout his time there. We had a great time taking on the challenge and raised loads of money for a really important cause."

Peter was treated on the Oncology Day Unit so all of the money raised from the challenge will go to benefit the cancer patients on this ward.



*Huge thanks also goes to...*

- Blakemore Foundation
- St Bernadette's Catholic Primary School
- ASDA Perry Barr
- Co-op
- Britvic
- Mountain Warehouse
- Umami
- Nando's Selly Oak
- The Gamson Family
- Rorkes Drift Rally
- Blenheim Palace
- Stourbridge Rugby Club
- Bromsgrove School



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