

love qehb

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  hospitalcharity  hospitalcharity.org



Fundraisers conquer Mount Snowdon

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 issue of Love QEHB, the official newsletter for the Queen Elizabeth Hospital Birmingham Charity. This issue is full of the latest news from the Charity, information about how you can get involved, and lots of stories from our incredible fundraisers.

Each year, QEHB Charity raises money to bring Christmas to the hospital, funding special items that help to bring festive cheer to patients, visitors and staff alike. We need your help in order to make the hospital experience the best it can be for our patients this Christmas, so whether you choose to take part in Festive Jumper Day, or join us for our Christmas Carol Service, there are lots of ways for you to get involved.

As the year begins to draw to a close we're taking a look at some of the incredible Charity events that have taken place in 2019. From Snowdon climbs to tandem skydives, so many of you have joined us this year to raise money for patients at the hospital, and have had a great time whilst doing so. I hope that you will be able to join us for an event in 2020 and help us to continue going 'over and above' for our patients.

Over the past ten years we have spent over £50 million on patients at the

hospital, helping to fund revolutionary and life-saving equipment. We are fundraising for a new piece of equipment which could change the way that we treat patients with head trauma. Read on to find out more about this amazing piece of equipment!

We always love celebrating our incredible Charity Champs and Staff Superstars and this issue is packed with amazing stories of inspirational fundraisers and donors who have found innovative ways to raise money for the hospital.

We always love to hear from you, so please contact us on social media, just search @QEHBCharity, or you can come and visit us in the Fundraising Hub in the Main Atrium of the hospital. Alternatively, call us on 0121 371 4852 or email charities@uhb.nhs.uk.

It is thanks to our donors and supporters that we are able to change lives and improve the hospital experience for the one million patients who visit QEHB each year, so thank you for all that you do.

Mike

Mike Hammond
Chief Executive, QEHB Charity

In this issue...

Pets in Hospital turns one

QEHB Charity's Pets in Hospital scheme sees specially-assessed dogs visit patients around this hospital, and this year the scheme has turned one year old! Read about what we do on page four.

Surgeon takes on marathon challenge

On page five you can read about an exciting fundraising event that Lieutenant Colonel Mark Foster is taking on for Fisher House UK and what his job entails as a surgeon here at the hospital.

Christmas at QEHB

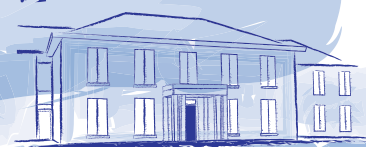
On pages six and seven you can find out how you can help us bring Christmas to the hospital. There are lots of ways for you to get involved over the festive period and you can help to make Christmas special, even for those who have to be in hospital.

Supporting head injury patients at QEHB

We have launched a new appeal to bring a Mobile CT Scanner to the hospital, which could save the lives of those with severe head injuries. Read more about this remarkable piece of equipment and the difference that it could make on pages 16 and 17.



Queen Elizabeth Hospital Birmingham



Fisher House



Dates for your diary

CAROL SERVICE

10 December

Join us at St Philip's Cathedral for an evening of festivities at our annual Christmas Carol Service on Tuesday 10 December. We will be joined by a festive band and choirs to welcome in the festive season. Doors open at 7pm. Tickets are £10 for adults, £7 for NHS staff and free for under 16s. Please note, you will still need to order your free ticket but will not be charged.

To purchase your tickets please go to hospitalcharity.org/events or to find out more details contact roisin.mooney@uhb.nhs.uk

Festive Jumper Day!

13 December

Join the hospital charity in celebrating Christmas by helping us to support patients at QEHB. By taking part in Festive Jumper Day on Friday 13 December, you can help spread Christmas cheer throughout the hospital. Wear your best Christmas jumper and donate £1 to the Christmas appeal!

For more information, please contact christmas@uhb.nhs.uk or go to hospitalcharity.org/events



Velo Birmingham & Midlands 2020

21 June

Velo Birmingham & Midlands is back for 2020! Join the hospital charity's team and take on the 100 mile closed road bike ride that will see thousands of people taking part! There will also be a shorter distance route of roughly 50 miles.

Get your place with the hospital charity today by visiting bikeforbrum.org.

For more information please contact velo@uhb.nhs.uk

Sunrise Snowdon

23-24 May, 25-26 July

After a very successful year of events, there will be two Sunrise Snowdon challenges in 2020! Climb the tallest mountain in England and Wales through the night to reach the top just in time to see the incredible sun rise over the mountains.

Places cost £55 with a minimum sponsorship of £175, places include return coach travel from Birmingham city centre, expert guides to help you up the mountain and snacks for the challenge. Get your places now!

For more information, contact roisin.mooney@uhb.nhs.uk or visit hospitalcharity.org/events

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

TANDEM SKYDIVES

Various dates throughout the summer

Take on a thrill-seeking challenge of jumping 15,000ft out of a plane in a tandem skydive! Join us on one of our many skydiving dates throughout 2020, check our website for updates on the dates!

Each skydive costs £50 with a minimum sponsorship of £400.

For more information, contact roisin.mooney@uhb.nhs.uk or visit hospitalcharity.org/events

NATIONAL MEMORIAL ARBORETUM

21 November

Join University Hospitals Birmingham Travel Club for a trip to the National Memorial Arboretum. The Arboretum is an evolving, maturing woodland landscape featuring 30,000 trees and a vast collection of memorials. The 150 acre site is a living, growing tribute to those who have served and continue to serve our country.

Tickets cost £21 per person and include coach travel, entry to the Arboretum and a tour on the land trains. Book your ticket by calling Hollywood Travel on 0121 436 6263.

Pets in Hospital turns one

The Pets in Hospital scheme has turned one year old, and we are celebrating an incredible 12 months of the dogs visiting patients and staff to brighten up their days.

Since launching in July 2018, our dogs have been visiting patients as much as they can to bring a smile to their face during what can be a really difficult time.

The dogs were brought to the hospital to show that animals can have a positive impact on improving patient wellbeing. So far, dogs like ours have been shown to reduce anxiety, help reduce the perceived level of pain experienced by a patient through distraction therapy, and promote a calm and positive working environment for staff.

Jo Latimer, who owns Monty, has visited patients many times since the scheme began and said: "I absolutely love bringing Monty to the hospital. To

see the smiles on the faces of patients that we visit is so heart-warming. Being a Pets in Hospital volunteer is great fun, and Monty loves the attention that he gets!"

After dog visits we receive feedback forms from staff members about how

their visit has gone, one staff member said: "We've seen extremely positive effects from the dogs on our patients, they put a big smile on their faces."

The scheme was originally launched on the older people's wards at QEHB, but has now expanded across the hospital so even more patients have the benefit of a Pets in Hospital visit.



Stella

Ellie Pocock, who coordinates the service, said: The scheme has been incredibly successful over the past year and we can't wait to see how else we can improve it."

"We get such amazing feedback from staff on wards and even the patients who have had a visit from a dog. It really does brighten up their day and gives them something to look forward to whilst they're in hospital.



Bailey



Coco

You can learn more about our Pets in Hospital scheme by visiting hospitalcharity.org/petsinhospital or contacting Ellie on petsinhospital@uhb.nhs.uk

5 MINUTES WITH...

Lieutenant Colonel Mark Foster
Surgeon at the Queen Elizabeth Hospital Birmingham

We spent five minutes catching up with Lieutenant Mark Foster, a surgeon at the Queen Elizabeth Hospital Birmingham who specialises in treating patients who have severe injuries to their hands. Mark is taking on the Marathon Des Sables, a 156 mile run across the Sahara Desert, to raise money for Fisher House.

Hi Mark, what does your job involve?

Hello, I work as a surgeon at the Queen Elizabeth Hospital Birmingham, as a specialist in plastic surgery and reconstruction, specialising in hands. I work within the Royal Centre for Defence Medicine at the hospital. I experienced treating the injured troops as they returned home from the conflicts in Iraq and Afghanistan, often with severe injuries as the result of explosions.

So what is the Marathon Des Sables?

The Marathon Des Sables is an ultra-marathon that sees participants take on a 156 mile run over the course of

six days, across the Sahara Desert, finishing in Marrakesh, Morocco. It's even tougher than it sounds as you have to carry all of your clothes, food and bedding with you as you go. The toughest day is the equivalent of running two marathons. It's going to be 40-50°C during the day in the desert so that's the biggest challenge.

So what made you want to take on this challenge?

I wanted to take on a challenge in my fiftieth year, I've never run a marathon before but I have done half marathon distances with weight on whilst in the military! I wanted to raise money for Fisher House (the home away from home for military patients and their families at QEHB) as I've seen it since its inception and it's a massive resource for the families and serving individuals who have to travel long distances.

It's a unique environment and has such a family community feel. I have many patients, particularly upper arm and nerve patients, who return regularly to the hospital for treatment, and they're able to stay at Fisher House.

What difference does Fisher House make to those who stay there?

Having been in the army since I was 16, I directly see the amazing benefit of Fisher House and the incredible support it can offer. It is amazing to see patients that return for treatment be able to stay in the house. It reduces stress for them and their family and it's just a short walk from the hospital.



Thank you!

How do you think that you'll be able to keep going throughout the Marathon Des Sables?

It's a mental as well as a physical challenge, it's your own dogged determination to drive you through that will see me finish the race. This challenge will prove to myself that I can do something incredibly challenging from a physical and mental capacity.

Mark will be taking on the Marathon Des Sables in April 2020.

If you've been inspired by his story, then donate and help him to reach his fundraising goal at [justgiving.com/mark-foster41](https://www.justgiving.com/mark-foster41)

Find out more about Fisher House by visiting [fisherhouseuk.org](https://www.fisherhouseuk.org)



Help us to bring C

For most of us the Christmas period is a time to spend with family and friends, relaxing and enjoying the festivities. However, for many patients at the Queen Elizabeth Hospital Birmingham, Christmas will be spent on the ward.

Each year, thanks to your kind donations, QEHB Charity helps to make Christmas a little easier for patients, staff and families who will be at the hospital over the festive period.

Whether it's bringing beautifully decorated trees into the hospital, or giving out festive hampers to members of staff, QEHB Charity is proud to bring a little Christmas spirit to the hospital each year.

The hospital's Paediatric Radiotherapy Department treats children with cancer, which often involves daily radiotherapy treatments which can leave children feeling tired and poorly. Last Christmas, ten-year-old Philip had just finished a course of radiotherapy at the hospital when he was able to pick up a gift from a very special Christmas tree.

Philip took home a reindeer soft toy from the tree in the

department, which was funded thanks to Get-Ahead Charitable Trust. Speaking at the time, Liam Herbert, Specialist Paediatric Radiographer, said: "It was a privilege to see Philip's face light up when I told him that he could take a toy from the tree. Having radiotherapy treatment is tough on young children and can make them feel really poorly. That's why it's so nice to be able to give toys to the children when they finish their treatment."

As well as funding Christmas trees across the hospital, with your support we will be able to fund festive hampers for the staff who will be



working on Christmas Day. Funding festive hampers helps to make life easier for those members of staff for whom Christmas Day will be a working day. Justine Davy, Head of Fundraising for QEHB Charity, said: "Thanks to the generosity of our donors and supporters we are able to provide festive treats for the amazing nurses, doctors, porters and housekeeping staff who will all be working so hard on Christmas Day."

With your support, QEHB Charity will also fund festive activities for older patients, many of whom will have been in hospital for a long time. No-one wants to be in hospital over Christmas, and for older patients it can be a particularly tricky time of year. We want to help spread smiles this Christmas by funding festive activities for older patients.



Christmas to QEHB

How you can get involved

There are lots of ways that you can get involved this year to help us bring Christmas to the hospital. One really easy way to support us this Christmas is to buy a packet of our Christmas cards. Available in many different designs, including a special Pets in Hospital themed card, you can get one item ticked off your to-do list whilst helping patients at the same time! Get yours today by visiting hospitalcharity.org/shop.

If you're visiting the hospital, come and find us in the Fundraising Hub in the Atrium, which will be full of Christmas gifts and decorations for you to buy. So whether you want a stocking-filler for a loved one or something special for your tree, you will be able to find it in our Hub.

Why not join us for our Christmas Carol Service at the beautiful St Philip's Cathedral in Birmingham on Tuesday 10 December? This is the perfect way to start the festive period, with singing from local choirs, plus mince pies and mulled wine after the service. You can get your tickets at hospitalcharity.org/events.

If you're looking to hold a fundraising event at work or in your school or college, then look no further than Festive Jumper Day! This popular event takes place on Friday 13 December and



gives you the perfect excuse to wear your most garish Christmas knitwear and donate £1 to QEHB Charity. Get your colleagues together and raise money to fund Christmas at the hospital by holding a coffee morning, or even a 'mince pie morning' at the same time!

However you choose to support QEHB Charity this Christmas, your donations will help make a huge difference to the patients who will be staying in the hospital over the festive period.

You can find out more and donate by going to hospitalcharity.org/christmas



Charity Champs

Inspirational primary school teacher raises over £3,000 for QEHB Charity

Primary school teacher Ryan Wayne, 26, was enjoying an evening out with friends in Birmingham City Centre when he was attacked, stabbed twice and left fighting for his life on the pavement.



Charity Champs

Ryan spent the next week in a coma, and spent the following months slowly recovering his strength after this horrendous ordeal. He said: "The hardest part wasn't the wounds or the pain. It was seeing my mum, dad and sisters so upset."

It was gut-wrenching, but the care I received was absolutely incredible."

Whilst Ryan was still in hospital, his best friend Craig Butler decided to start a fundraising campaign for the Mobile CT Scanner at QEHB.

Thanks to the generosity of their friends, Craig raised a fantastic £1,162 to help towards funding a new Mobile CT Scanner which will change the way that patients with brain injuries are scanned at the hospital.

Ryan decided to hold a charity walk to raise funds for the hospital that saved his life, as well as knife crime charity Ben Kinsella Trust.

The idea for the Lichfield Walk for Awareness was born, and Ryan decided to walk over 18 miles from Lichfield City Centre to QEHB, accompanied by friends and family.

The walk raised an incredible £3,461 for QEHB Charity, and Ryan and his friends and family celebrated with a cheque presentation at the hospital.

Man completes epic 50km run inspired by his dad

Darroch Reid of Quinton, Birmingham, completed a 50km run to raise money to support the Critical Care Department at the Queen Elizabeth Hospital Birmingham where his father had been treated. Thanks to his friends and family, Darroch raised an incredible £1,042 for the Critical Care Department at the hospital.



Charity Champs

Darroch's father, Kenneth, was admitted to hospital in June following a blood clot in his bowel, and has spent a long time in Critical Care.

Darroch said: "It's been really humbling to have received so much support from people who know dad, who know me, or who know the hospital and have wanted to support my fundraising. They have all given so much support and I'm really pleased to have raised so much."

Family take on skydive to raise money for Lymphoma fund

Gita Devlia, along with her nephews Shailen and Jay, took to the skies and raised an amazing £2,102 for the Lymphoma Fund at



Charity Champs

QEHB. The family trio took on a skydive at the Hinton Airfield in Oxfordshire and were surrounded by their friends and family as they completed their challenge. The family had a special reason to raise money for this fund, as Gita has been treated at the hospital for Lymphoma since she was diagnosed in 2012.

She said: "I live with Lymphoma and the hospital have been very good to me since I was diagnosed in 2012. I have received treatment constantly since then, as my immune system is very depleted. I wanted to give something back to the hospital." Reflecting on her fundraising experience, Gita said: "It was incredible, I enjoyed the view so much and it really does feel like you are flying."

Dad runs first half marathon for home from home



Rob Hilton's son was diagnosed with a brain tumour at the same time that his wife was diagnosed with breast cancer. Rob said: "I was frequently travelling the 120-mile round trip between my son's bedside, and my wife at home."

After being on his son's ward, Rob found out about SACA's home away from home which was created to help house families when their children are being treated

for cancer at the hospital. Rob ended up staying at the home from home for almost an entire month whilst his son received treatment. SACA's home away from home provides a place for families to stay, just a five minute walk from the hospital where their loved ones are being treated. Families can use the home, free of charge, for any length of time, enabling them to remain close to their children whilst they are being treated.

To say thank you for the help that he received, Rob raised an incredible £4,014 for QEHB Charity by running the half marathon in Ilkley!

Talking about staying in the home from home, Rob said: "Somewhere to call our Birmingham home took away so much anxiety and enabled us to rest between treatments and visits to Birmingham so I just wanted to say thank you for that."

"My family and I have been completely overwhelmed by the kindness and generous support of our friends and family, we hope the money raised will benefit other families like ours."



Stourbridge man takes to the skies in memory of his wife

Lorraine West was brought to QEHB with lumps in the left-hand side of her head that were pressing on her brain. She was treated in the Centre for Rare Diseases before passing away and now her husband Nick has raised an incredible amount of money for the hospital charity.

After Lorraine passed away in March 2018, Nick felt like he needed to do something to thank the staff in the Centre for Rare Diseases for all of their care and hard work whilst Lorraine was in hospital.



She was admitted in September 2017 and Nick said: "I basically watched her die over six months. She couldn't get off the bed, she was fed with a tube and the only thing she said of a night when I visited was 'help me'."

"I visited every single day whilst she was in hospital and never missed one, and I didn't even have a day off work."

The lumps in Lorraine's head were pressing on her brain which caused her to have a brain stem stroke. It was difficult to help her as her condition was so rare there was little knowledge on it at the time.

Nick took on a skydive in Lorraine's memory and jumped 15,000ft out of a plane in a tandem skydive on what would have been their 23rd wedding anniversary. He raised an incredible £1,750.50 for the Centre for Rare Diseases!

To find out more about the Centre for Rare Diseases and what they do here at the hospital, please visit hospitalcharity.org/centreforrarediseases

Michelin Star chefs put on fundraising dinner like no other

Just under two years ago, Matt Davies received a severe electric shock that left him fighting for his life and ultimately left him without the use of his left arm. At the time, Matt was a Michelin listed chef, who was responsible for an 80-strong group of staff working across six Michelin Listed and Multi AA Rosette fine dining restaurants in Staffordshire.

Nearly two years on from his accident, Matt held a fundraising dinner which saw seven Michelin starred chefs come together to put on a dinner like no other. The chefs, Tom Brown, Glynn Purnell, Luke Tipping, Jonathan Howe, Aktar Islam, Adam Bennett and Andreas Antona, put on a dazzling evening of food at University College Birmingham to raise money for Matt's chosen charities, QEHB Charity, Mind, Hospitality Action and University Hospitals of North Midlands Charity.

The evening raised an incredible £8,000, of which £4,000 was donated to QEHB Charity.



What an ev

Over the past year, thousands of you have joined the QEHB Charity team at one of our fundraising events. Whether that's cycling 100 miles or jumping out of a plane, we are so grateful to everyone who has helped to make our 2019 events a success. Thanks to all of you who have run, cycled, swam, climbed, jumped, abseiled and donated, our events have raised over £150,000 to support patients, staff and families at the Queen Elizabeth Hospital Birmingham this year.

We're taking a look back at some of the events that took place in 2019, and if you're inspired to take part in an event in 2020, then check out our events page at hospitalcharity.org/events

SNOWDON CHALLENGES

Mount Snowdon is the highest mountain in England and Wales and proves a challenging but enjoyable climb for novice and experienced walkers alike. This year, QEHB Charity held three Snowdon Challenge events which saw over 150 people climb to the top of the peak to raise money for the hospital charity.

Holly took part in the Sunrise Snowdon Challenge in July and said: "Sunrise Snowdon was absolutely unforgettable... what a way to spend the weekend. I don't think that this will be the last mountain I climb!"

Farfia Capper works in the Centre for Rare Diseases and also took on Sunrise Snowdon with other

members from her team. She said: "What a great experience Sunrise Snowdon was! It was a massive physical challenge but worth the beautiful view at the end."

Roisin Mooney, Fundraising Events Officer at QEHB Charity said: "Our Snowdon Challenge Events are proving as popular as ever. We've got three more dates lined up for 2020 so get your places before they go! Everyone who has taken on Mount Snowdon has said how fun they found it, despite the physical challenge, and that they felt a huge sense of pride having completed it!"



Thank you!



entful year!

THE SKY'S THE LIMIT!

Taking on a tandem skydive is one of the most exhilarating ways to raise money for charity, and 2019 has seen lots of people take to the skies for QEHB Charity. Throughout the summer, QEHB Charity holds skydive events at Hinton Airfield in the beautiful Oxfordshire countryside, which have raised well over £20,000!

One of the fundraisers to take to the skies in 2019 was Gita Devlia, who took on the challenge alongside her nephews Shailen and Jay. Gita, who has been treated at the Queen Elizabeth Hospital Birmingham for Lymphoma since 2012, said: "My mother persuaded me to do a skydive after she saw it on Facebook! The skydive was incredible, I enjoyed the view so much and it really does feel like you are flying."

QEHB Charity will once again be holding a range of skydiving dates in 2020, check out our events page at hospitalcharity.org/events to find out more and to book your place.



VELO BIRMINGHAM & MIDLANDS 2019

Over 1,000 people took part in Velo Birmingham & Midlands 2019 to raise money for the hospital charity. This 100 mile, or 42 mile, closed road cycling event was a huge success which saw cyclists go 'over and above' for the Charity.

For many of the participants it was their first experience of a closed-road cycling event, and being part of the 1,000-strong QEHB Charity team helped to spur them on to complete the challenge.

QEHB Charity's Cycling Ambassador, Phil Upton, helped to train the Charity's riders for the big day, leading them out on training rides and always being on hand with helpful hints and tips on the Velo Whatsapp group. Phil said: "Velo Birmingham & Midlands was definitely the highlight of 2019 for me.

To be a part of such a big team was a fantastic feeling, and it was great seeing people tackle the challenge of cycling 42 or 100 miles by starting small and gradually building up their miles and confidence!"

Velo Birmingham & Midlands is returning for 2020, and just like the 2019 event there will be a 100 mile distance and a shorter distance of roughly 50 miles. Phil said: "I can't wait to be a part of the QEHB Charity Velo 2020 team as we aim once again to be the biggest team taking part in the event!"

If you're interested in taking part in Velo Birmingham & Midlands on 21 June 2020 then head to bikeforbrum.org where you can sign up for a Gold Bond place for just £40 with a minimum sponsorship of £400.





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.

BHBN Hospital Radio holds 24-hour Charity Radiothon

BHBN Hospital Radio, based at QEHB, held a 24-hour Charity Radiothon to raise funds for the radio itself and for the hospital charity. The team raised an incredible £217 after 24 hours of broadcasting live to patients around the hospitals.



The broadcast started at 9am on Friday 5 July, in conjunction with the NHS's birthday, and ended at 9am on Saturday 6 July. The team were also celebrating their 'Station of the Year' award at this year's National Hospital Broadcasting Association Awards.

BHBN's Vice Chairman, Dave Horton, said: "We're really pleased that the Radiothon was a success in raising money for the hospital charity as well as increasing awareness about the service BHBN provides.

"We had lots of patients ringing up throughout the day for requests, there was great feedback from people who visited our stall in QEHB's Atrium, and some of the hospital staff even came to tour our studios!"

Doctors cycle to raise money for Haemophilia patients

Doctor Smita Sinha and her team have taken on a static bike ride in the hospital to raise money for the West Midlands Adult Haemophilia Unit.

The team, including consultants, nurses and secretaries, cycled for 12 hours in the main atrium of the hospital to

raise awareness of the genetic disorder and to raise money for the patients who are treated here at the hospital for it.

Haemophilia is mostly an inherited genetic disorder that means the body can't make blood clots that are needed to stop bleeding. People who suffer from this will experience longer bleeding after an injury, easy bruising and an increased risk of bleeding inside joints or the brain.

Talking about the bike ride, Smita said: "The cycle went really well. I was really proud of my teams who stepped up to do 30-60 minute slots on the static bikes.

"Along with consultants, nurses and secretaries, we were joined by Gareth Duncan and Kaz Smith who are ex-military and are also joining me in future fundraising challenges!

The team raised an incredible £598.28 which will be split between the West Midlands Adult Haemophilia Unit and Unicef.



HIV Team take on 10km to raise funds



Superstars



A group of colleagues from the HIV team at the Queen Elizabeth Hospital Birmingham took on a 10km run to raise money to support their patients. The group decided to take on the 10km run as it proved a physical challenge and gave them the chance to spend some time together outside of work.

The team were led by Satwant Kaur, who said: "We wanted to get everyone together and bond as a team whilst raising money for our patients." Speaking of the work that the HIV team do, Satwant said: "As a team we have a lot of specialities, we are made up of health advisors, specialist nurses, pharmacists, health care assistants and social workers. Everyone plays a really big part in looking after our patients with HIV on a day-to-day basis."

Satwant said: "We wanted to stretch ourselves and do a 10km, for a few of us it was a case of going from couch to 10km! We ran a route that one of our colleagues gave us, we started in Harborne and went around the reservoir."

The money that the team raised will help them to give the best possible care for their patients.

Team climb Snowdon for brain tumour patients



A team of 20 colleagues from QEHB took on Mount Snowdon to raise money for The Giles' Trust, the brain tumour fund within QEHB Charity. The team, who all treat patients with brain tumours, are no strangers to fundraising, with many of them taking

on skydives and other sponsored activities in the past. Claire Lynch helped to organise the team for the Snowdon Challenge and said: "It was a great day! Walking up Snowdon as a group was great as we all spurred each other on. We're all so proud to support The Giles' Trust, which has made a huge difference to our patients."

The Giles' Trust has raised over £500,000 for equipment and research in the fight against brain tumours since the Trust launched in 2015.

Tea party brings in a sweet amount



A group of colleagues who work for the National Institute for Health Research, and are based at QEHB, raised a tasty £400 through their NHS Big Tea party. The team held their party to celebrate the 71st birthday of the NHS and sold delicious cakes and biscuits, including one very special cake which was decorated for the occasion.

Helen Green, Administration Manager, said: "We all had a great time at the NHS Big Tea Party and we were all so pleased to have raised so much money to support the important work of the hospital charity."

Do you know a staff superstar? Do you want to nominate them for a shout out in the next Charity newsletter? If so please get in touch and share your story by emailing charities@uhb.nhs.uk or get in touch on Facebook, Twitter or Instagram, all @QEHBCharity

5,000th liver transplant celebration

QEHB's Liver Transplant team have completed 5,000 liver transplants and to celebrate this amazing achievement, every liver transplant patient was invited to a special celebration at Aston Villa's Holte Suite.

Thousands of liver transplant patients, their families and staff members joined us for a day of fun to celebrate the 5,000th liver transplant taking place at QEHB. Tamara Perera is one of the Liver Surgeons at QEHB and Birmingham

life and are now actively working and contributing to society and that's the whole idea of organ transplantation. I am sure the donor families would be so happy to know that the greatest gift of life from their beloved ones has made a significant change in a patient's life."

wouldn't have been able to have that liver as they wouldn't have considered it to be suitable."

The celebration raised a spectacular £2,317 for the Liver Foundation here within the hospital charity which will go towards providing added extras that go over and above what the NHS can fund.

Justine Davy, Head of Fundraising for QEHB Charity, said: "The event was such a wonderful occasion and



Children's Hospital and was there on the day and met many patients who he had treated over the years since working at the hospital.

He said: "I was overwhelmed to see so many patients turn up for the 5,000th liver transplant celebrations, I felt so humbled when so many of them came up to me to thank me for doing my part in their journey of liver transplantation.

"The greatest pleasure of the job is to see them all do so well, enjoying

One of these who wanted to thank Mr Perera for all of his work and care in his journey was Patrick Dunn who said: "I had my liver transplant four years ago and I wouldn't be here if it wasn't for Mr Perera. I pop in to see the liver team to say hello sometimes, they are fantastic, each and every one of them."

Another patient who attended the event was Gemma Jolly who received her successful liver transplant in 2018 thanks to the new OrganOx machine, funded by the Ann Fox Foundation who fundraise in memory of Ann who passed away after a transplant. Gemma was diagnosed with auto-immune hepatitis in 1997 and after the birth of her two children in 2001 and 2006, her liver began to fail.

The OrganOx machine helps to clean a donated liver ready for transplantation which increases the chances of the recipient's body accepting the new liver, and therefore increasing the number of organs that will be considered for a transplant.

Gemma said: "Before I went into surgery, Mr Perera told me that if it wasn't for the machine then I



went down so well with everyone. I would like to thank each and every person that attended the event and those that helped to make it special.

"The money raised on the day will go towards supporting liver patients at QEHB by funding research, equipment and facilities over and above what the NHS can provide."



Thank you!

**Find out more and donate:
hospitalcharity.org/liverfoundationuk**

Special beer launches to raise funds for Fisher House



Charity Champs

Fisher House, the home away from home for military patients and their families at QEHB, has teamed up with Mad Yank Brewery to launch a special new beer which will be raising funds for the house.

Watchkeeper's Promise launched in the summer with an event at the Old Rose & Crown Hotel in Lickey, with families from Fisher House amongst the special guests to be amongst the first people to taste this new beer.

Watchkeeper's Promise was crafted by Grant and Larissa Graeber, whose brewery is based in north-west London. Grant served in the US

Navy for many years and he and Larissa decided to do something special to raise money to support Fisher House.

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "Huge thanks go to Grant and Larissa for crafting such a wonderful beer to raise money for Fisher House. It is a wonderful example of how the military family looks after one another, which is one of the key values that makes Fisher House a home away from home."

Charity football match raises money for Cancer appeal



Charity Champs

Malcolm Westall was the first person in the UK to receive pioneering treatment for his throat cancer in 2011 with a machine that was Charity funded. He was treated using the Monaco IMRT (Intensity Modulated Radiation Therapy) planning system which was purchased before the new state-of-the-art CyberKnife and Tomotherapy machines.

Since his treatment, Malcolm and his wife, Caroline, have been fundraising for the Cancer appeal at the hospital which was the start of the fundraising for the life-saving CyberKnife machine. The two are still fundraising to support cancer research at the hospital and have donated another £500 from a charity football match they held this summer.

The teams included their son's team, Shane and his friends, and the Conservative Club's team who hadn't played football in 20 years.

Held at the Austin Club in Northfield, the owner Graham donated the kits for them all to play in support of their fundraising.

Talking about his treatment and the fundraising, Malcolm said: "The team at the hospital were brilliant during my treatment and I can't thank the Charity enough for funding this piece of equipment that got me back on my feet again.

"We've been fundraising for years now, we love to put on events like this and raise money for the hospital charity so they can fund even more amazing things."

Daughter climbs three peaks for Dad

Gary Heeley was diagnosed with a pituitary tumour in 2018 and was admitted to the Queen Elizabeth Hospital Birmingham for surgery to remove it. After spending almost a month in hospital, his daughter, Sophie Newman, has climbed the three peaks to thank the hospital for their care whilst her dad was in hospital.

Talking about the care he received, Gary said: "The care was first class, the team was just fantastic. When I was moved to intensive care I saw how much work there is with just moving someone without bothering them, it was then I realised what intensive care really means.

"I was gobsmacked when Sophie said she was taking on this challenge for me, it was just amazing. I'm very proud of her."

Sophie climbed the three peaks along with 11 of her colleagues from the school that she works at and they split the money raised

between three chosen charities, QEHB Charity pituitary tumour fund, Rainbows Hospital and a dementia charity.

Sophie raised an incredible £513 which is going towards pituitary tumour research at the hospital which will help more patients just like Gary.



Charity Champs

Life-Saving

A life-saving £325,000 appeal has been launched for critically ill patients at the hospital who need CT scans during their admission.

Each year, hundreds of patients need to be moved from the Critical Care Unit to the Radiology Department whenever they need a CT scan, and this can often be several times within the same admission.

The new Mobile CT Scanner will allow patients with severe head injuries to receive life-saving CT scans without having to leave the Critical Care Unit.

For many patients at QEHB, especially those who have suffered major head trauma, the transfer between Critical Care and Radiology is not a journey done without risk. These patients need to be disconnected from ventilators and bedside monitoring, laid flat and then transported two floors down for the scan. When the scan is complete, the process happens in reverse back up to their bed on Critical Care.

Some patients who are in a severely unstable condition can miss out on these scans all together as the risks associated with the transport are too high for their injuries.

The portable CT scanner will allow radiographers to perform urgent scans for critically injured patients at their bedsides. Patients who need a CT scan are normally at their most vulnerable and unstable

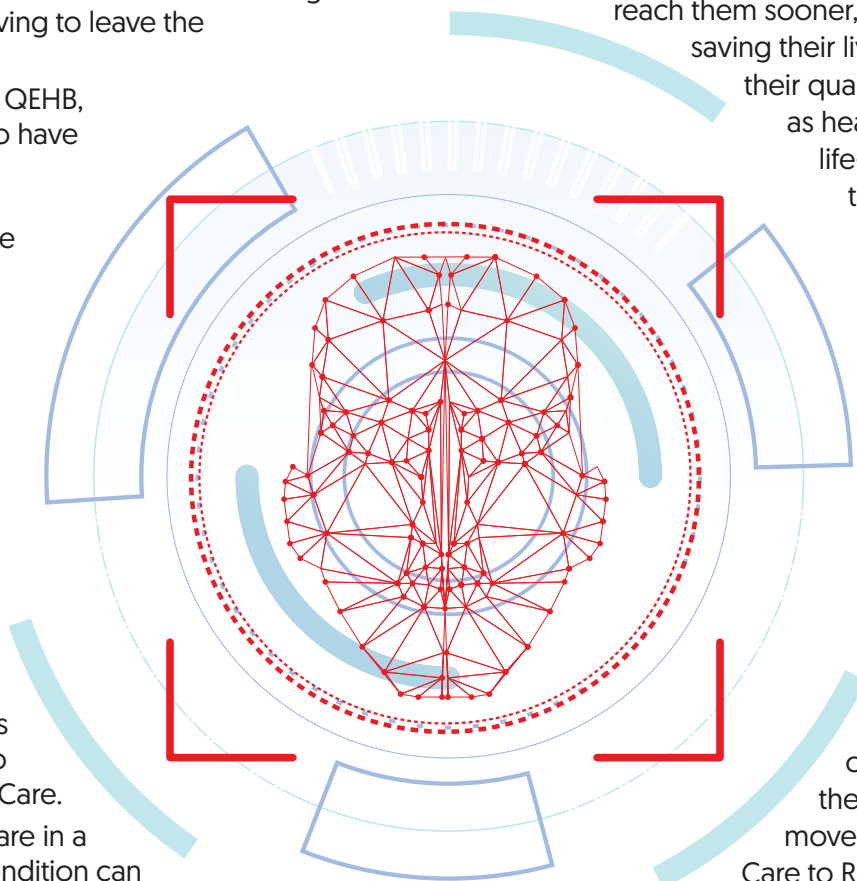
and are more than likely relying on ventilators and monitoring equipment.

Although staff that look after these patients are highly skilled, any movement of a critically ill patient carries a risk.

The new CT scanner will allow crucial treatment to reach them sooner, not only potentially saving their lives, but improving their quality of life post-surgery as head injuries can cause life-long disabilities if the brain sustains permanent damage.

Justine Davy, Head of Fundraising for QEHB Charity, said: "This new appeal will help us to bring a piece of life-saving equipment to the Critical Care Unit. A lot of patients who are treated here need at least one CT scan during their admission, but the movement from Critical Care to Radiology can be life-threatening.

"With your help we will be able to fund this incredible piece of equipment that will not only help critically ill patients, but also the staff who treat them. The Mobile CT Scanner will make scans safer and more readily available to patients who are in desperate need of them."



To find out more about the Mobile CT Scanner and how you can donate, please visit hospitalcharity.org/mobile-ct-scanner

ing appeal

The hospital charity is lucky enough to have had some incredible fundraisers take part in challenges and donate money to help our Mobile CT Scanner appeal.

Claire Dixon

Claire faced her fears and took on a tandem skydive with her sister-in-law Pippa after her mum, Lesley, was treated at the hospital for a brain tumour. Lesley's brain tumour was partly removed and thanks to her incredible care, Claire decided to help raise money for the Mobile CT Scanner which would have helped her mum whilst she was in hospital.

Lesley needed multiple CT scans whilst she was cared for on the Critical Care Unit and had to go through the two-floor move to receive her scan. Claire said: "Whilst my mum was in intensive care, the communication we had from all of the staff was just amazing, the care they provide is just outstanding.

"I heard about the Mobile CT Scanner and thought I have to do something.

Mum needed a scan after her 13 and a half hour operation and had to be sedated to be moved, having this new scanner on the ward would be such a help for patients and less disruptive."

As well as the skydive, Claire and Pippa gathered their friends and family to fundraise for the appeal too with the local pub, The Bell Inn in Leominster, holding a darts match, and Claire's dad selling football cards. They all raised an incredible £1,845.70 for the appeal which will help so many patients receive their CT scans at their bedside in the future.



Team Lewis

A group of 13 members from the Lewis family took part in a Gung-Ho challenge in Cofton Park to raise money for the Mobile CT Scanner appeal. Kevin Lewis was treated for cancer at QEHB and spent some of his time on the Critical Care Unit before sadly passing away.

During the eight weeks in hospital, he spent four weeks on Critical Care and needed to have multiple CT scans done so had to be unplugged from ventilators and monitoring equipment to be taken down to Radiology for them to be completed.

Kevin's daughter, Hannah, was at the forefront of the fundraising and 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 and well. It really hard."

The team raised an incredible £1,000 for the Mobile CT Scanner appeal in memory of Kevin and hope to take on even more fundraising challenges to raise more money.

The challenge involved a 5k race and 11 obstacle courses where the team had to jump through holes, go over and under things and climb huge walls to make their way around.





Rob cycles 400 miles for Lymphoma patients at QEHB

Late last year, one of Rob Clarke's friends discovered a lump on his neck which led to him being diagnosed with Lymphoma at the Queen Elizabeth Hospital Birmingham, and now Rob has ridden over 400 miles to raise money for the hospital.

Darren, Rob's friend, noticed the lump on his neck in late 2018 and after being referred and diagnosed at QEHB, he immediately started a course of chemotherapy. Lymphoma is a type of blood cancer that affects the lymph nodes in the body.

Rob decided to take on an incredibly difficult challenge of cycling 400 miles from Wolverhampton to Aberdovey to raise money for the hospital that treated his friend.



Talking about the challenge, Rob said: "I ended up riding 401 miles and climbing 26,700 feet. I'm so pleased to have been able to help raise funds for the Lymphoma fund."

Rob raised an incredible £1,302.69 for the Lymphoma fund within QEHB Charity!

Darren has recently finished his course of chemotherapy at QEHB. Rob said: "QEHB have been brilliant, the money raised will be going directly to where Darren spent most of his time during his treatment."

Luke and Ed complete Tough Mudder in memory of their Mums

Luke, Sam, Ed, Daniel and James took part in a Tough Mudder challenge in memory of Luke, Sam and Ed's mums, Kerry and Carol who passed away in 2017 and 2018 from cancer.

The team completed the 12 mile Tough Mudder challenge in July for QEHB Charity.

Kerry was a keen athlete and used to get involved with all sorts of challenges, including some Tough Mudder challenges, which Luke took part in with her so this challenge was the perfect one to do in her memory.

Talking about the challenge, Luke said: "It made it all worth it though to see the amount we have raised. I may not have had my mom running alongside me this year but to do it in her memory whilst giving back to the people who cared for her for so long feels like a mini victory in itself."



Altogether, the team raised £1,380 for the hospital charity which will help us go 'over and above' for

patients, staff and families at the hospital by providing added extras throughout the hospital.

Liver transplant patient raises money at wedding

Ruth and Ed Harcourt got married at the beginning of June 2019 and chose to raise money at their wedding for the Liver Unit after Ruth received a liver transplant at QEHB.

Ruth was put on the liver transplant list on 26 October 2017 and received her transplant on 9 November that year.

She suffered from Primary Sclerosing Cholangitis (PSC) which is a chronic, long-term disease that slowly damages bile ducts in the liver which damages the liver so much the patient needs a liver transplant to survive.

Ruth said: "We wanted to give a little something back as a massive thank you for the most amazing care I received. I was admitted again in July 2018 as I suffered a rejection which can be easily rectified with a change of medicine, and they were still fabulous despite being so busy."

Ruth spent three weeks on the Liver Unit and has since been visiting the hospital for her outpatient appointments. She was in hospital longer than usual as she had to have an operation for an internal bleed.

Ruth and Ed were originally supposed to get married on 4 June 2018 but decided to move the date when she was put on the transplant list to give them more time to plan it, at their wedding this year they raised an incredible £1,280 for the Liver Unit!

If you have been inspired by Ruth and Ed's story and want to do some fundraising of your own, visit hospitalcharity.org/getinvolved.



National Citizen Service Worcestershire raise money for Fisher House

The team from YMCA National Citizen Service (NCS) in Worcestershire made it their goal this summer to raise money for Fisher House UK, the Queen Elizabeth Hospital Birmingham Charity's military home away from home.

The group from NCS put on their very own pub quiz and cake sale at The White Swan in Wythall and raised an incredible £410.59 for Fisher House UK!

NCS is a government-funded initiative that brings young people from different backgrounds together to offer new experiences, providing them with the chance to discover their talents and realise their potential.

The programme allows young people to make a difference and contribute to their local communities, just like the Worcestershire team have done with Fisher House UK.

Sophie Carroll, Senior Fundraiser at QEHB Charity, said: "A huge thank you goes to the team at YMCA NCS in Worcestershire who put on their very own pub quiz and raised an incredible amount of money.

"The money raised will go towards making families stay more comfortable at Fisher House and could fund up to 16 nights in Fisher House UK for families who are visiting their loved ones in hospital."



QEHB Charity wins £1,000 Movement for Good award



QEHB Charity has won a £1,000 Movement for Good award thanks to nominations from the public and staff across the Trust.

The Charity was nominated to win a £1,000 boost as part of specialist insurer Ecclesiastical's Movement for Good awards.

The £1,000 awarded to the Charity is being spent on added extras in the Radiotherapy Department. The money will be spent on toys for the children who are being treated there, we aim to get toys for children of all ages so there is always something for them to do whilst they are waiting for their appointments.

Mark Hews, Group Chief Executive at Ecclesiastical, said: "As a company whose purpose is to contribute to the greater good of society, charitable giving is at the heart of our business. We know that £1,000 can make a huge difference to the incredible work that charities do and we're looking forward to seeing how this financial boost will change lives for the better."

Celebration of life raises over £3,000 for cardiology

Earlier this year, Sarah Halford, Sidney Timmins and their family and friends came together for a night of celebration, music and fundraising at Sedgley Working Men's Club. The family celebrated the life of Sadie Timmins, Sarah's mother and Sidney's wife, who sadly passed away.

The event was held a year after her death and gave her family and friends a chance to come together to share their memories of Sadie and fundraise to support the work of the Cardiology Unit at the hospital where she was treated.

The event raised a fantastic £3,335.57 for the Cardiology Unit, thanks to ticket sales, a raffle and tombola.

Sidney said: "Professor Leyva and his team were always so lovely to Sadie and I, and they gave her the best care possible."





Christmas Carol Service Tuesday 10 December 7:30pm

**Join us for a glorious evening in the beautiful
St Philip's Cathedral in Birmingham.**

Doors open at 7pm, tickets are £10 for adults,
£7 for NHS staff and free for under 16s.



FIND OUT MORE AND GET YOUR TICKETS

 hospitalcharity.org/events

 **0121 371 4852**

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