

love qehb

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  hospitalcharity  hospitalcharity.org



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



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.

Happy New Year and welcome to Love QEHB! I'm thrilled to bring you the first newsletter of 2020 and I can't wait to share the stories of our fantastic staff superstars, and inspiring charity champs, as well as giving you all the information you need to know about how to get involved with the exciting events we've got coming up this year!

As we welcome in the New Year we are encouraged to take on new challenges and push ourselves harder than ever before. This year the Charity has two Sunrise Snowdon challenges coming up and the ultimate cycling event that is Velo Birmingham & Midlands. So why not make 2020 the year you challenge yourself for the hospital charity?

Last year over 1,000 of you took in the Velo Birmingham & Midlands challenge, a 100-mile closed-road bike ride. The event was a huge

success and I am delighted to see that so many of you have already signed up to take part in 2020!

If you're interested in keeping up-to-date with our latest news then be sure to follow us on social media, just search for @QEHBCharity on Facebook and Twitter. Alternatively, you can contact us on 0121 371 4852 or charities@uhb.nhs.uk.

If you're at the hospital, why not come and visit us in the Fundraising Hub in the atrium? You'll also be able to find lots of Charity merchandise in the Hub, sign up for events, and make donations.

Thank you for all that you do for the Charity, it's thanks to your generosity that we're able to go 'over and above' for our patients here at QEHB.

Mike

**Mike Hammond
Chief Executive, QEHB Charity**

In this issue...

Half marathon success!

The hospital charity is extremely grateful to each and every runner that took part in the Great Birmingham Run last year. Turn to page four to read the incredible story of Luke Burgess, who took part in the half marathon after being inspired by his mum's liver transplant.

Waiting rooms to receive refurbishment

On page 15 you can read about QEHB Charity's new appeal to refurbish the waiting rooms on wards across the hospital, helping to make them into brighter and more comfortable environments for patients and their families.

Helping to improve a young cancer patient's stay in hospital

Turn to pages ten and eleven to read all about how the hospital charity is helping to make young cancer patients' stays in hospital that little bit easier and how you can get involved to help!

Challenge yourself for Charity

Turn to page 16 to read about the epic fundraising challenges that you can take on for QEHB Charity. Whether it's climbing a mountain, jumping out of a plane or baking cakes, there are lots of exciting events for you to take part in.



Queen Elizabeth Hospital Birmingham



Fisher House



Dates for your diary

Sunrise Snowdon 23-24 May, 25-26 July

We're giving you the chance to climb Mount Snowdon overnight to raise money to support patients at the hospital! Join us for one of our two Sunrise Snowdon dates in 2020 and enjoy a physical challenge with a difference. Secure your place for £55, with a minimum sponsorship requirement of £175. Your place includes coach travel from central Birmingham to Snowdon and back, snacks and water and a QEHB Charity hoodie! Get your place today at hospitalcharity.org/events or contact roisin.mooney@uhb.nhs.uk for more information.

SKYDIVES

Multiple dates across the summer

Take to the skies with QEHB Charity in 2020 and experience the thrill of a lifetime! Enjoy a tandem skydive over the beautiful Oxfordshire countryside and raise money to support a ward or department of your choice. There are multiple dates for you to pick from throughout the summer, but be sure to secure your place before they go! You can buy your spot for just £50 with a minimum sponsorship requirement of £400.

Go to hospitalcharity.org/events to find out more or email roisin.mooney@uhb.nhs.uk

Velo Birmingham & Midlands 2020 21 June

Set yourself a challenge in 2020 and take on Velo Birmingham & Midlands, the 100 mile closed-road cycling event! Last year, over 1,000 people took part in Velo to raise money for the hospital charity, and this year we want even more of you to take part. By riding for the hospital charity you will be joining a supportive team of riders, gain access to our exclusive training rides, hints and tips, as well as get your hands on one of our stylish jerseys. Find out more and sign up at bikeforbrum.org

SNOWDON CHALLENGE 12 September

If you're looking for a fun outdoor challenge in 2020 then why not take part in our Snowdon Challenge in September? This is a great challenge to take on as part of a team, and our professional guides will make sure that you'll have an amazing time as you climb the highest mountain in England and Wales.

Secure your place for £45 with a minimum sponsorship of £125. Head to hospitalcharity.org/events to buy your ticket, or contact roisin.mooney@uhb.nhs.uk for more information.

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

Umami Harborne Curry Night

26 March

Umami Harborne has built a reputation as one of the finest places to eat in the city, and on 26 March will be hosting a special fundraising evening hosted by Professor Colin Watts. With incredible food on offer for £35 per head, this evening will be raising funds to support brain tumour patients at the hospital.

Get your tickets at hospitalcharity.org/events

Sutton Sound Clash 2020

28 February

Come along to the Sutton Coldfield Town Hall for an evening of music from live bands and DJs, showcasing musical favourites from a variety of genres. This event is raising money to support brain tumour patients at the hospital.

Tickets are £15 on the door or for £10 online. Head to hospitalcharity.org/events for more information.

Luke runs half marathon to celebrate transplant

One of the highlights of the calendar is the SimplyHealth Great Birmingham Run, the second biggest half marathon in the UK. Each year a whole host of runners take on the course to raise money to support patients at the Queen Elizabeth Hospital Birmingham.



The 2019 event was no different, with a large group of runners making the best of the soggy conditions to go the distance, whether this was their first time taking on a half marathon or not!

One of those who took part was Luke Burgess, who was inspired by his mum, Michele, to take on the challenge. Throughout Luke's childhood his mum struggled with her health and doctors were unable to diagnose what was wrong with her. By 2018, Michele's health had deteriorated to the point where she was admitted to hospital and spent three months there before being transferred to QEHB.

Clinicians discovered that she had liver failure and she was placed onto the super-urgent waiting list. Michele was at the family home in Gloucestershire when she got the call at 1am to say that a liver had been found for her. The operation was a success and, one year on, Luke wanted to take on the half marathon to raise money to support the hospital that saved his mum's life.

Luke said: "The support that my mum received on the ward and the work that all of the staff did to save her life was inspirational. It was an incredibly tough time

for us all, but the support that they gave us all was amazing.

"I wanted to raise money to support the research that is conducted into rare liver diseases at the Queen Elizabeth Hospital Birmingham. If it weren't for the amazing team at QEHB my mum would not be here today, I hope that the money I raised will help other families who are going through the transplant journey."

Michele said: "I'm so proud that Luke has raised money for the hospital that saved my life. I am now 100% recovered and I have never been in such good health, having suffered with illness for most of my life. I owe this to the Queen Elizabeth Hospital Birmingham and all of the amazing staff who treated me."

Luke raised an incredible £570 for the Liver Foundation and said: "It was great fun taking on the half marathon for QEHB Charity, it was a fantastic day celebrating my mum's health and the amazing work of the whole liver team at the hospital."

It's not too early to secure your place for the half marathon in 2020, if you choose to run for QEHB Charity you will receive a free running vest and gain access to helpful hints and tips. You and your family will be invited to our pre and post-race receptions near the finish line of the marathon, meaning you can relax before and after the race and even get a massage to ease those tired legs!

Find out more about running for QEHB Charity at hospitalcharity.org/events



5 minutes with...

Rachael Kimber
Senior Sister on Critical Care Area D

We spent five minutes chatting to Rachael Kimber, a Senior Sister on the Critical Care Unit at the Queen Elizabeth Hospital Birmingham, who specialises in treating patients with serious heart and lung problems. Rachael does lots for the hospital charity and loves taking part in different challenges to bring awareness to the hospital charity and to raise money.

Hi Rachael, can you tell me a little bit about your job?

I'm a Senior Sister on Critical Care area D which is a 24-bedded unit, we look after critical care patients who have either had heart surgery or heart or lung transplantation. It also includes any emergencies nationally that need heart or lung devices or emergency heart surgery.

What do you do in your spare time?

I'm known as a bit of an outdoors girl, I do running, cycling and camping and things like that. I take part in marathons; I've recently done the Snowdonia marathon which was really fun. I'm part of a running club but anything that's outdoors and challenges me I go for.

Can you tell us about the choir that you're in, Signing Through Song?

I got involved with Signing Through Song initially through my children's school, there's a British Sign Language teacher there and she goes round lots of school to teach children sign language. My children started it in Year 3 and it's all to music so it's fun and engaging for the kids and since then we've kind of branched off as our own little choir. It's mainly children but the adults do join in and we do lots of charity work, especially for QEHB. We perform in the atrium and it does bring people together, it's really lovely. We also do a lot in schools where there's a lot of children who have hearing or sight



impairments and also in nursing homes. None of the children are deaf themselves but it's really good to learn sign language, you don't know who you will meet who needs the visual aid of sign language. It's such an important skill to learn.

What would you say to anyone who is looking to fundraise for the hospital charity?

I think it's a great thing to do; there are so many things you can get involved with to raise money. I've done lots of static bike rides in the atrium to help raise money. Critical Care currently have an appeal to help raise money for a Mobile CT Scanner, it's really important to help a patient's journey, it's invaluable and a piece of equipment like this will really help those patient's that shouldn't really be leaving the unit.

We have so many things going on in the hospital that you could help with; it's a really brilliant cause to get involved with!

Thank you!

Funding world-class our ho

The Queen Elizabeth Hospital Birmingham is home to some of the most advanced medical equipment in the world which is used by clinicians every day to save and change lives.

Over the years, the Queen Elizabeth Hospital Birmingham Charity has been able to fund a wide range of equipment that has helped to deliver the best care possible for the one million patients who pass through the doors of the hospital each year. Now, we are asking for your help as we set out to raise £120,000 to develop the existing stroke ward, Ward 514, into a Hyper-Acute Stroke Unit, or HASU for short. The HASU Ward will admit all patients who have had an acute stroke and will give them world-class 24-hour care thanks to the amazing staff who work there, and cutting-edge equipment.

case possible.

QEHB is one of only a few regional centres that can provide a procedure called a Mechanical Thrombectomy to emergency stroke admissions. This procedure sees surgeons remove the clot from the brain through a small incision made in the groin and aims to alleviate the life-changing effects of a stroke.

This vital procedure has to take place within the first 24 hours of the stroke symptoms setting in. This means that the team at the hospital need the best monitoring equipment possible in order to perform a thrombectomy on all emergency



deliver a 24-hour thrombectomy service for our patients, adding to the world-class service that we can offer as a hospital, both to our patients locally and regionally.

“The West Midlands sees over 5,000 stroke patients every year, and strokes are currently the fourth biggest killer in the UK. The new HASU Unit will enable us to treat more patients within the crucial 24 hour window, reducing the life changing effects of a stroke and transforming lives for the better.”

Sophie Carroll, Senior Fundraiser at QEHB Charity, said: “We are proud to support the incredible work of the stroke team and that’s why we’re asking for help to raise the £120,000 that this new unit will cost. We have the potential to make a massive difference to stroke patients across the region, and your donations will help to save and change lives for the better.”



The HASU Unit will contain 12 beds, each equipped with advanced monitoring equipment which will be able to observe the patient around the clock, helping clinicians to give them the best

stroke patients.

Adam Davis, Operational Manager for the Stroke Department, said: “The new equipment that the Charity is raising funds for will allow us to

Help us save lives today by visiting hospitalcharity.org/donate

Equipment across Hospital

Changing the way that we treat patients with cancer

Breast cancer is the most commonly diagnosed cancer in women in the UK. It is estimated that one in eight women will develop breast cancer over the course of their lives.

QEHB Charity is determined to help our amazing clinicians to give the best care possible to patients with breast cancer at the hospital. Thanks to your incredible support, we brought two pieces of equipment to the Radiotherapy Department, costing a huge £400,000.

This equipment means that doctors at QEHB can offer a new form of treatment to patients, called Deep Inspiration Breath Hold (DIBH). This is perfect for patients with

protecting the heart.

This system has revolutionised treatment for patients with left-sided breast cancer. Ben Allen, Technical Lead Radiographer at QEHB, said:

“This new equipment allows the radiographers and the patients to be confident in the DIBH treatment and ensures we are delivering the radiotherapy exactly as we plan to.”

Thanks to the Surface Guided Radiotherapy Technology (SGRT) which was funded thanks to your donations, women receiving breast cancer treatment at QEHB are no longer required to have tattoos in order to receive their treatment.

When breast cancer patients receive radiotherapy treatment, they are usually required to have at least three tattoos on their chest, so that the treatment is delivered to the right place.

Although small, these tattoos will be there for the rest of the woman’s life as a permanent reminder of their cancer and the treatment that



they have received, and can have a further psychological impact on the patients.

The new treatment has been made possible thanks to SGRT, which utilises camera-based technology to detect the patient’s skin surface and allows the radiographer to position the patient without the need for tattoos.

Ben said: “We are incredibly proud to be the first NHS hospital in England to be able to treat breast cancer patients without the need for tattooing. This has only been made possible thanks to the incredible generosity of all those who donated to QEHB Charity’s Breast Cancer appeal.”

With your help, we will be able to fund even more incredible equipment like this in the future, changing the way that we treat cancer and improving patients’ experiences.



left-sided breast cancer, as this technique moves the breast away from the heart during treatment, minimising the dose to surrounding areas and

You can help us fund more pieces of equipment like this by donating at hospitalcharity.org/breastcancer



Orme family raise money for NETS

In May 2019 Alice Orme began to suffer from shortness of breath and was referred to QEHB for tests on her heart. It was recommended that she has surgery on her heart after being diagnosed with a cancerous neuroendocrine tumour.

Due to complications in surgery, Alice sadly passed away. Her daughter Donna said: "It was a big shock as this was not expected. She was looking forward to her 80th birthday party in November."

Alice's family and friends decided to donate to the hospital charity instead of buy flowers for her funeral and raised

an incredible £620. All of the money goes to further research into the field of neuroendocrine tumours and added extras for patients just like Alice.

Alice's husband, Tony, said: "Alice was a wonderful, fun and positive lady who looked for the good in all people and situations. She was a ball of bright light and happiness – even first thing in a morning."

Prior to her passing, Alice said: "Life is too short to worry about silly things. Have fun, fall in love, regret nothing and don't let people bring you down. Life is short, take the trip, buy the shoes, eat the cake!"



Heart transplant patient gives back

Heart transplant recipient Jan Lockett hosted a golf weekend to raise money for the transplant unit that gave her a second chance at life.

Jan underwent life-saving treatment at QEHB in November 2011 after being told she only had weeks left to live if she didn't have a new heart. Since her operation, Jan has become a vocal campaigner for transplant awareness and organises events to raise awareness.

Now, she has raised an incredible £2,550.37 for the hospital charity by hosting her Heart Transplant Challenge Cup Golf Day at Leominster Golf Club. The two-day event took place in May 2019 and saw her family and friends take part in a weekend of competitive golf to raise money.

Speaking of her time in hospital, Jan said: "I was so excited when they found a heart for me, it felt like the greatest gift anyone could ever receive."



Giles' Trust Ball raises an incredible £89,000

The annual Giles' Trust Ball took place in October 2019 and raised an incredible £89,000 for brain tumour research at QEHB.



The ball, attended by stars of sport, stage and screen, was themed 'Strictly Come Giles' and is hosted every year by Managing Director for England Men's Cricket Ashley Giles and his wife Stine who was treated at the hospital for a brain tumour.

The event included a drinks reception, three course meal, raffle, and a silent auction for over 300 guests. Incredible prizes were won, including holidays to Lake Como, Thailand and America!

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "The night was a huge success and everyone thoroughly enjoyed the evening. A huge thank you goes to Ashley and Stine and everyone who helped make the night a roaring success."

Rupert runs half marathon in memory of wife



Rupert Hannibal and his family all have a connection to QEHB in some way, and now thanks to the care that they received, he decided to give back by running the SimplyHealth Great Birmingham Run.

In 2015, Rupert lost his wife, Sharon, of 30 years to bowel cancer. He said: "She was treated very well at QEHB. Losing her and becoming widowed was catastrophic in so many ways. She was an extremely insightful and

compassionate woman – I am very lucky to have had her in my life."

To cope with the loss of his wife, Rupert went to meditation lessons, yoga and joined a widowers walking group where he met Gaynor. He said: "I completely lost my place in this world. I found myself not knowing how to be a dad or a grandad. The yoga and walking helped me find new friends and helped me face life and give me a purpose."

Rupert is now remarried to Gaynor and she was his inspiration to push himself during his running. He ran for the VIP Treatment appeal which supports children and young people with cancer at the hospital after a student at his school passed away from cancer. Rupert raised an incredible £815 for the appeal which will provide added extras for children and young people who are being treated for cancer at the hospital.

Family raises money for TCT YPU

The Teenage Cancer Trust (TCT) Young Person's Unit (YPU) treats teenagers and young adults who have been diagnosed with cancer at QEHB. The unit is designed to ensure that these young people have all of the support they need to make it through their treatment and not miss out on any of their life whilst in hospital.

Alexander 'Sandy' Stuart was diagnosed with testicular cancer aged 24 ten years ago, he was initially treated in London for his cancer with surgery and was then transferred to QEHB to complete his chemotherapy treatment.



Alexander's father, Irvine, said: "The unit had a certain ethos that certainly contributed to his recovery. It also helped my wife's ability to cope too, seeing him with other young people his own age. The care patients receive is first-rate and we are immensely grateful."

To celebrate being ten years cancer free, and his mother's birthday, they asked family and friends to donate to the hospital charity and raised an incredible £500 for the unit.

A kick-about for the Cancer appeal

Malcolm Westall was diagnosed with tonsil cancer in 2010 and was treated on a piece of equipment funded by the hospital charity. Now, almost ten year later, Malcolm and his wife, Caroline, decided to raise money for the hospital that treated him.

Malcolm and Caroline have been fundraising for the Cancer appeal at the hospital since he received his treatment here and have altogether raised over £2,000 through various events.

In 2019, they held a football match at Austin Sports and Social Club in Northfield with two teams battling against each other. The manager of the club also donated new kits for them to play the game in!

Talking about the treatment he received, Malcolm said: "The team at the hospital is brilliant and I can't thank the Charity enough for funding the fantastic piece of equipment that helped me return back to normal life so quickly. I'm still so very grateful for the treatment I received almost ten years ago."



Thank you!

LITTLE HEROES WEAR MASKS

Little Heroes Wear Masks is a scheme running at the Queen Elizabeth Hospital Birmingham and with your help QEHB Charity will be able to continue to provide young cancer patients with a personalised radiography mask for every little hero!

The Queen Elizabeth Hospital Birmingham treats over 400 young people with cancer every year and is a centre of excellence for cancer care. Children of all ages, including babies, are treated at the Radiotherapy Department.

Treatment can be every single day for up to six weeks and is incredibly difficult on a young patient's body. Occasionally, children have to undergo general anaesthetic to receive their treatment as they must lie incredibly still whilst they receive the radiotherapy, a process that can be extremely stressful for the child and their parents alike.

Many children are required to wear a specially-made radiotherapy mask over their head so that the treatment is precise and doesn't damage any healthy tissue. The mask is rather bulky and clinical so children can feel trapped and claustrophobic or even frightened of the mask and the whole experience can be daunting and traumatic. Liam Herbert, Specialist Paediatric Therapeutic Radiographer, decided in order to combat their fear, that he would turn their masks into their favourite superhero or character. Liam takes the time to ask the patients about their hobbies and interests and then proceeds to

paint each mask individually to suit them. We have had superheroes, princesses and even dinosaurs, an idea as simple as this has really benefitted the way children feel about receiving their radiotherapy treatment.

QEHB Charity received a grant of £2,000 from LoveBrum after the general public voted for them to be charity of the month. Thanks to this grant, the Charity will be able to provide a specialist artist to paint the masks, ensuring every mask

is completely individual and personalised to each little hero.

This scheme will be able to offer them a distraction and something fun that is 'over and above' what the NHS can provide. The benefit that the personalised masks have had on the patients is huge, but it also makes a difference to the family.

Liam said: "Having a child going through cancer treatment is an incredibly hard and difficult time but with the distraction and personalisation that painting the masks can bring to the child; this also makes it easier for the family. Parents can see that their child is less stressed about the treatment they are about to receive and are excited about wearing a superhero or princess mask that they helped to design."

It is the small things like this that can make a daunting and difficult time that little bit easier. It also helps the staff as they can build up a relationship with the child, making the experience easier and calmer for everybody involved.

The feedback we have had from families is so positive and really proves why the artist and paints are so needed. Liam has said the best part of his job is "seeing a child transition from being scared at the start of their treatment to running in high-fiving me and asking where their mask is by the end of their treatment, that's really special."



If you would like to help support the young cancer patients that are treated here at the Queen Elizabeth Hospital Birmingham, please visit:
hospitalcharity.org/youngpeoplewithcancer

QEHB Charity awarded grant by BBC Children in Need for young cancer patients

The Queen Elizabeth Hospital Birmingham Charity is absolutely delighted to announce that it has been awarded funding from BBC Children in Need!

Thanks to a grant of £9,988 from BBC Children in Need to QEHB Charity, the Teenage Cancer Trust Young Person's Unit (TCT YPU) is able to continue to provide many added extras for the ward.

The hospital charity will now be able to continue to provide TCT YPU's weekly pizza nights and breakfast clubs for the next three years. Activities such as these are not only a yummy treat but they are also a way to encourage young cancer patients to socialise.

and allows them to do the things that any normal teenager would like to do. It gives them a sense of purpose and a reason to get up, dressed and out of bed whilst still receiving their treatment. They also help to educate and build confidence as

the young people can learn about nutrition at the breakfast club and learn new skills such as smoothie making.



The BBC Children in Need grant will not only go towards supplying delicious treats to the unit, but it will also be used to provide activities that will be centred on learning skills and bonding sessions.

Trust Consultant Nurse, said: "It is wonderful that BBC Children in Need has recognised the work that we do with young people on the ward. We have seen the difference that our pizza nights, breakfast clubs and other activities have made to our young people over the years and it is brilliant that the funding is now secured for the next three years."

Senior Fundraiser, Sophie Carroll, said: "We are so grateful for being awarded this grant from BBC Children in Need. Knowing that the pizza nights, breakfast club and activities funding is secured for the next three years is incredible, it is amazing to be able to offer these added extras to the young people on the ward."



The pizza nights are a great way for patients to invite their friends or family over to the hospital for a bite to eat in the communal kitchen and chat over pizza and watch TV. Patients are encouraged to invite their siblings and friends up to the ward for some normality. Activities such as this are vital for giving the young person control over their life,

Throughout the year seasonal occasions such as Easter, Halloween or Christmas will all have tailored activities that help to build the patient's self-esteem, confidence and help to empower them as they continue with their cancer treatments for example t-shirt and candle making.

Nicky Pettitt, Teenage Cancer

Thank you!

**You can donate to TCT YPU by visiting:
hospitalcharity.org/youngpeoplewithcancer**



Staff Superstars

The hospital is full of incredible members of staff who have dedicated their lives to the care of others, each of them working to make the hospital the very best it can be. Alongside their jobs, hundreds of members of staff take on fundraising challenges in support of QEHB Charity each year. Here are just some of the incredible stories of our Staff Superstars from the past few months.

Staff members from Ward 514 came together to volunteer their time in helping Ian Sherwin, a stroke survivor with a garden makeover. James Smith, an Occupational Therapist on the ward, said: "We thought this would be a fantastic way to help a stroke survivor and a previous patient at QEHB, with an aspect of their life that they were finding difficult."



Ian said: "Whilst I was in hospital, I was lucky enough to get on well with the staff. It was fantastic to see that the staff wanted to support me outside of hospital with something that I have a passion for. I enjoy my garden, and with their help I am able to enjoy it again."

Huge thanks go to all of the incredible members of staff who gave up their time to make a difference to one of their patients!

One member of staff who is always going to extra mile to raise money to support her patients is Kay Norris. Kay is the Senior Sister on Critical Care A and when she's not busy saving lives on her ward she is often found in the atrium of the hospital, peddling away on a static bike to raise money to support the ward.

Sophie Carroll, Senior Fundraiser at QEHB Charity, said: "Kay is an inspiration! Not only is she dedicated to her job, she spends lots of time and effort

encouraging others to join her in fundraising for the unit. It is thanks to people like Kay that the Charity has been able to fund equipment and facilities for the Critical Care Department such as the amazing Mobile CT Scanner."

Kay has raised an incredible £1,350 for the Critical Care Department through all of her fundraising efforts, thank you Kay!

The Atrium of the hospital regularly plays host to fundraising events, with members of staff from across the Trust getting involved in static cycling events, rowing challenges and much more in order to raise



Charity Superstars



funds to support the world class care provided at the hospital.

A team of staff from the Royal Centre for Defence Medicine (RCDM) recently took on a fundraising event called Step Up for Transplants that saw them cycle, row and walk 6,000km over the course of a few days to raise money to support liver transplant patients. The team work on the Ward 726, the liver surgical unit, and wanted to cycle or walk one kilometre for each patient on the liver transplant waiting list nationwide.



Sergeant Alex Flavell organised the event and said: "We wanted to do a kilometre for each person on the waiting list. We had fantastic support in reaching our goal by getting members of the public, and staff from around the hospital to chip in with their 'steps'. We wouldn't have reached our target if it weren't for them!"

The team worked overnight to complete the challenge, and also held a tasty bake sale alongside the event to encourage donations and to offer support for the team. Overall, this amazing challenge raised over £2,000 which was split between QEHB Charity and the British Liver Trust.

A whole host of staff members from across the Trust recently 'did the descent thing' and abseiled from the heights of the Wesleyan Building in Birmingham

City Centre to raise money to support patients at the hospital.

The day was a great success, with a host of fundraisers taking to the top of the building before taking the nerve-wracking step over the edge and down the outside of the building whilst trying to enjoy the beautiful views!

Amongst those who took part were a team of colleagues Suzanne Vickerage, Joanne Kemp and Tallis Dove from the Neuroendocrine Tumour department - known as the NETs team. The team are no strangers to fundraising, having previously tackled Mount Snowdon to raise money to support their patients.

Although not as high as Mount Snowdon, the Wesleyan Building was certainly a daunting prospect, but the team had great fun and raised over £1,500 to support research into NET tumours at the hospital.

Adam Davis was also one of the fundraisers to take on the abseil, and he was raising money to support the Stroke Department at the hospital, helping to fund the new HASU unit, which you can read more about on pages six and seven.

The QEHB Charity team wasn't going to be left behind on the ground, with Ciara Johnston and Sian Averill both taking on the abseil as well!



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

New Research Nurse for brain tumour patients

Thanks to The Giles' Trust, QEHB Charity has been able to fund and appoint a second Clinical Research Nurse to run brain tumour trials at the hospital.

The Giles' Trust was created by Ashley Giles, Managing Director of England's men's cricket, and his wife Stine with the aim to help patients with brain tumours at the Queen Elizabeth Hospital Birmingham after Stine was treated there for two brain tumours.

In 2017, Donna Gillen was appointed as the first Clinical Research Nurse by The Giles' Trust and has since opened six new brain tumour trials at the hospital, with another one due to open soon. Donna's post was funded for two years by the hospital charity and she was then taken on by the NHS Trust as her work was so vital.

Now, a second Clinical Research Nurse has been appointed to help continue these trials and open more to patients who are being treated at the hospital.

Talking about her role, Donna said: "These trials will help to increase our understanding of brain tumours and could change the way that we treat people with these tumours.

"I'm here to provide advice for patients who come onto the drug trials and it's great that we can open up more trials with the help of another Clinical Research Nurse."

The new role will improve clinical care, facilitate patient support and promote the research that is done at the hospital thanks to the



Stine Giles [l] and Donna Gillen [r]

fundraising done by The Giles' Trust.

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "It is incredible that Donna has opened six new research trials so far at the hospital and has been taken on by the Trust. It is an incredible opportunity for brain tumour patients at the hospital

to take part in trials like these to improve the outcomes for brain tumour patients.

"Thanks to The Giles' Trust we have been able to fund a second Research Nurse who will be able to continue opening new trials and recruiting patients to help out with this vital research."



The hospital charity can't do any of this without supporters like you, if you would like to support The Giles' Trust and brain tumour patients at the hospital, please donate now at thegilestrust.org

Waiting room refurbishments

The hospital charity has launched a new £90,000 fundraising appeal to refurbish waiting rooms throughout the Queen Elizabeth Hospital Birmingham to make them brighter, more comfortable and welcoming.



There are 23 waiting rooms throughout QEHB and the hospital charity's aim is to transform each one to make them look less clinical so friends and family can be comfortable whilst waiting for their loved ones. The refurbished rooms are to encourage patients and staff to come away from clinical areas and sit in a nice bright room to relax.

A lot of people sit in waiting rooms for hours at a time, they can be waiting for a loved one to come out of surgery or finish their treatment, which can be extremely uncomfortable, especially when they are worried about what is happening.

The waiting rooms are currently dark, dull and clinical areas that are unwelcoming for families to

wait in. The new areas will be bright, colourful and comfortable so visitors feel like they can relax whilst they wait.

One waiting room has already been refurbished on a Neurology ward thanks to The Giles' Trust, the Senior Sister, Jemma Cliffe,

said: "The new waiting room is amazing. The furniture is so comfortable and the wall art brings the staff and patients so much joy."

With over one million patients passing through QEHB's doors every year, waiting

rooms are used every single day and renovating them will change someone's experience at the hospital.

Sophie Carroll, Senior Fundraiser for QEHB Charity, said: "The new and improved waiting rooms will also be used for staff to help a patient's recovery, as well as families waiting for their loved ones. The rooms will be bright, cosy and calming for everyone to enjoy a cup of tea and socialise away from the hospital bed. There will also be storage units for activities for patients, staff and families to use.

"With your support we can transform the waiting rooms to become day rooms for patients, their families and staff to socialise

in a calm and relaxing environment whilst still being on the ward.

"The hospital charity exists purely to provide added extras that go 'over and above' what the NHS can fund and these waiting rooms will be an incredible added extra for patients and their families."

To find out more about the refurbishment of the waiting rooms, you can get in touch with Sophie.Carroll@uhb.nhs.uk or make a donation online at hospitalcharity.org/donate.

Thank you!



Events for 2020

Whether you're cycling 100 miles or jumping out of a plane, we are so grateful to everyone who takes part in our events. In 2019, thousands of fundraisers ran, cycled, swam, climbed, jumped, abseiled and donated raising over £150,000 to support patients, staff and families at the Queen Elizabeth Hospital Birmingham. This year, let's make it even bigger!

Below are just a few of our fantastic events taking place throughout 2020, challenge yourself this year and sign up today at hospitalcharity.org/events.

Snowdon Challenges 2020

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 will hold three Snowdon Challenge events for our fundraisers to climb up 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!"

Roisin Mooney, Fundraising Events Officer at QEHB Charity, said: "Our Snowdon Challenge events are extremely popular with fundraisers who are looking for a challenge to push themselves. We've got three 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 after having completed it!"

Velo Birmingham & Midlands 2020

Over 1,000 people took part in Velo Birmingham & Midlands 2019 to raise money for the hospital charity. This 100 mile closed-road cycling event was a huge success which saw cyclists go 'over and above' for 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, 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, taking place on 21 June. 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.

The Sky's the Limit!



Taking on a tandem skydive is one of the most exhilarating ways to raise money, 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 said: "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.

Protect your loved ones' futures with free will-writing service

We recently launched a partnership with Bequeathed to offer a free will-writing service for staff, patients and families across University Hospitals Birmingham.

Bequeathed offers a simple and convenient service which allows you to make the right will for you in the way that suits you best. Since launching, well over 100 people from across the hospital have begun the process of creating their will through Bequeathed.

Bequeathed offers an online service which allows you to write your will online, taking the stress and complexity out of the process. The online service offers a 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 pass away. This doesn't always mean that everything is passed to your spouse, and you're even less protected if you're not married.

By writing a will you can make sure that the people and causes that you care about most are cared for after your death.

Justine Davy, Head of Fundraising for QEHB Charity, said: "We are delighted to have been able to partner with Bequeathed to provide this



service for everyone across the hospital, whether they're a member of staff, a patient, a family member or a Charity supporter.

"It is wonderful that so many people have started their journey towards writing a will through Bequeathed and I would encourage everyone without a will to look into this service.

"Writing a will is a task that is often at the bottom of the 'to-do list' but through Bequeathed the process is simplified, meaning that you can write a will from the comfort of your own home."



Get started with your will today by visiting bequeathed.org/uahbc

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Gallagher Bassett conquer the Snowdon Challenge



A team of 50 fundraisers climbed Mount Snowdon overnight to raise funds for Fisher House, the military home from home.

The intrepid walkers all work for Gallagher Bassett, a claims services provider that operates in more than 75 countries worldwide, and are coming together from across the UK to raise money for Fisher House.

Fisher House is the home away from home at QEHB which provides free accommodation for military patients and

their families, free of charge. Fisher House is funded entirely thanks to charitable donations and since its opening in 2013 has provided free accommodation for nearly 5,000 people. QEHB is home to the Royal Centre for Defence Medicine and is the receiving hospital for all UK military personnel.

The Gallagher Bassett team tackled Mount Snowdon overnight from Friday 13 to Saturday 14 September, taking on the highest mountain in England and Wales to raise money for Fisher House.

Julie Cowley BEM, Executive Assistant at Gallagher Bassett, has been the driving force behind this fundraising challenge and explained that each year the Gallagher Bassett executive team do something to raise money for charity. Julie said: "When I suggested Fisher House as a fundraising idea to the team they were all keen to get involved. I had seen that Fisher House puts on Sunrise Snowdon Challenges and we all thought that it would be great fun to take part in our own!"

In total the team exceeded their £10,000 target and raised in total £15,169! Well done team.

Young Cancer patients receive free accommodation thanks to QEHB Charity



Ned Hilton has been receiving treatment at QEHB for a brain tumour, and has been staying at the SACA (Sikh Arts and Cultural Association) Home from Home, which provides free

accommodation for young people with cancer and their families just a few minutes away from the hospital.

Ned and his dad Rob stayed at the home from home for four weeks whilst Ned was receiving treatment, and they reflected on their stay at the home. Rob said: "It really was a home, it's beautifully set out and very comfortable. It's so close to the hospital and you can't put into words the amount of anxiety it reduced and the amount of worry it took away."

For Ned, the home meant that his dad could be by his side throughout his treatment. Ned said: "If I had been doing any of it alone, which I don't think I could've done, it would have been a lot more difficult for me. It means that we've been able to do it all together."

Rob was inspired by his stay at the home from home and went on to run the Ilkeley Half Marathon and, thanks to the generosity of his friends and family, has raised over £4,000 for the home from home appeal.

Family fundraises in memory of their father, Jan Zoltonos

Charlotte and her family have been supporting the Queen Elizabeth Hospital Birmingham by raising money for the Renal Unit.

Recently, Charlotte and her brother-in-law, Jeff added to the funds already raised by completing the Cheltenham Half Marathon in memory of her father, Jan Zoltonos, who was treated at QEHB.

Charlotte said: "Dad had such excellent care throughout his time at QEHB on the Renal Unit, Haematology Ward and finally the Critical Care Unit. By raising money, the family wanted to support staff in their future work, caring for others in the amazing way they cared for Dad."

"Running was a way of coping with the loss of dad and I felt that if I could raise money by completing the Cheltenham Half Marathon, this would be a fitting tribute to both dad and the wonderful work that QEHB do."

Jan sadly passed away on 13 October 2018 of Lymphoma.

In total, they have raised an outstanding £5,320 for the hospital charity. The whole family will continue to fundraise and hope to increase the donation even further.



Rabia jumps from the skies for Breast Cancer appeal

Rabia Khanum decided to face her fears and jump 15,000ft from a plane in a tandem skydive to raise money for the Breast Cancer appeal at QEHB.

One of her closest friends of over 35 years, and two of her colleagues, are currently being treated for breast cancer at the hospital so she wanted to raise money for the appeal as it is close to her heart.



Talking about the skydive, Rabia, who works at the University of Birmingham in the Medical School Library, said: "I've never done anything like a skydive before and I wanted to do something that would challenge me, so this was an ideal opportunity and I just thought, why not?"

"It was both exhilarating and exciting at the same time and it was absolutely amazing. I only screamed when I first dropped out of the plane, after that it just felt like I was floating.

"The view as you're coming down was just amazing, it was a wonderful feeling."

Rabia has raised an incredible £1,282.11 for the Breast Cancer appeal with the help of her friends and family sponsoring her to face her fears!

Nick does a surprise skydive for the hospital charity

Emma Barrett surprised her partner, Nick, with a skydive voucher for his 40th birthday and he took to the skies in order to raise money for the hospital charity!

Talking about Nick taking on the skydive, Emma said: "It was booked as a surprise as part of his 40th birthday celebrations and he was presented with a certificate for it at his surprise party.



"We have both personally been affected, with family included, by all four hospitals and it felt right to give back."

Both of their families have had to rely on the work of all four hospitals over the last few years. Emma herself was diagnosed with bulging discs in her spine which requires ongoing treatment at QEHB. Both of her nans have been severely ill in the past from strokes and numerous other things so have relied on the hospitals to make them better, and Emma's grandad was treated at QEHB in the last few years of his life.

Nick raised an incredible £470 through his skydiving efforts!

Huge thanks also goes to...

Asda Halesowen

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Discover Skydiving

Large Outdoors

Hollywood Travel

RedPoint

Wesleyan

Gallagher Bassett

Mavis raises over £1,000 in memory of her son

Mavis Morgan, 79, has raised an incredible £1,052 to support bowel cancer patients by taking on a sponsored walk with her friend, Gloria.



Mavis decided to raise money to support bowel cancer patients after her son, Peter, passed away following treatment for the disease in October 2018. Tragically, Mavis' husband also died of bowel cancer 26 years ago.

When speaking of her determination to fundraise for the hospital, Mavis said: "Walking is the only thing that I can do to raise money. I can't sing or dance but I can walk, and I enjoy it. I've got arthritis but it's the best thing for it, by walking I can raise money to help someone else. You always need money, particularly for cancer research, and I wanted to remember Peter through a walk."

Mavis walked from Selly Oak, up the canals, into the centre of Birmingham, with her friend Gloria. The two met each other as Peter worked with Gloria's husband. Thanks to the generosity of their friends and family the pair raised £1,052.



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