

love qehb

Queen Elizabeth Hospital Birmingham Charity

ISSUE 24

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  qehbcharity  qehb.org



Challenge yourself for charity in 2018

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.

Happy new year and welcome to the new edition of Love QEHB! I'm thrilled to bring you the first newsletter of 2018 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 in 2018!

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 three new events, the Birmingham Triathlon in Sutton Park, the Great North Swim in Lake Windermere and the Sunrise Snowdon challenge. So why not make 2018 the year you challenge yourself for Charity?

Last year over 1,000 of you took on the first ever Vélo Birmingham challenge, a 100-mile closed-road cycle through Birmingham, Worcestershire, Herefordshire, Sandwell and Dudley. 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 Vélo this year!

The Charity is proud to support the work of the transplant teams here at QEHB, so be sure to read how we are celebrating Heart month with fun events and prizes! QEHB Charity is also launching a new appeal to bring a 'Home away from Home' to transplant patients and their families nearby to the hospital.

We are always keen to hear from you, so why not find us on social media @QEHBCharity and share your photos, stories or plans for your fundraising events? Or drop us an email on charities@uhb.nhs.uk.

Thank you for all of your hard work and support throughout 2017; we couldn't do it without you.

Mike

Mike Hammond
Chief Executive, QEHB Charity

In this issue...

Heart month

QEHB Charity is marking Heart month this February and raising funds to bring Heart in a Box to QEHB and increase the number of heart transplants at QEHB by up to 50%! On pages 12 and 13 you can read the story of a former professional Welsh rugby player who is living with an artificial heart pump and supporting Heart in a Box appeal.

Home away from Home

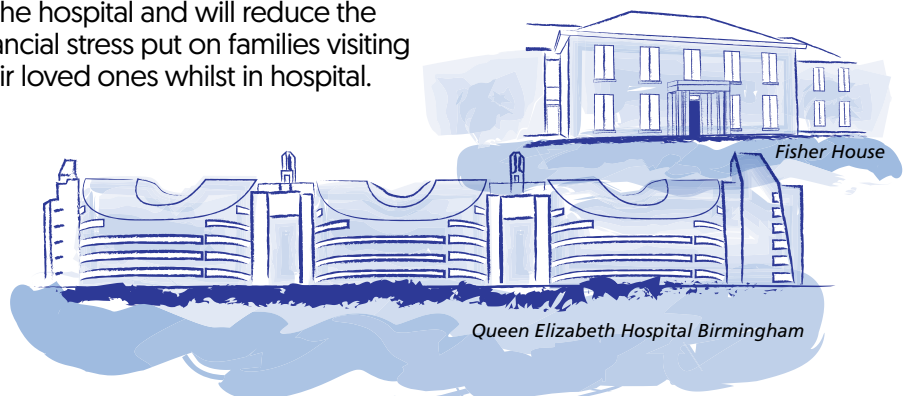
On page 17 learn about how QEHB Charity is launching a new appeal to bring 'Home away from Home' to families of transplant patients at QEHB. The 'home' will be nearby to the hospital and will reduce the financial stress put on families visiting their loved ones whilst in hospital.

Dave wins gold

Turn to page four to find out about how QEHB Charity's very own patient advocate, and former resident of Fisher House, Dave Watson, took home a gold and bronze medal from the Invictus Games in Toronto, Canada.

Vélo

On pages eight and nine you will find a run-down of Vélo 2017, read how QEHB's Eye team have raised over £30,000 and will be jetting off to South Africa this year. You will also hear from some of the riders and find out how you can sign up to Vélo 2018!



Dates for your diary

Do Summit Rewarding

14 April and 15 September

Join QEHB Charity as we tackle the largest mountain in England and Wales - Mount Snowdon – and help to raise funds for a ward or department of your choice. As well as the annual trek to Snowdon's summit, this year, the Charity is also offering a special 'Sunrise Snowdon' trek in April 2018, leaving Birmingham at 9pm and returning to Birmingham at 6am.

Registration for the 'Sunrise' trip is £50 and for the September climb is £45. These include travel to and from Birmingham as well as lunch and professional guides for the duration of the climb. Minimum sponsorship is £100

To book please go to qehb.org/events or contact sophie.carroll@uhb.nhs.uk

Great North Swim

8 - 10 June, Lake District

The Great North Swim is the UK's biggest open water swimming event. Join the Charity at Lake Windermere for a weekend of open water swimming – grab your goggles, wiggle into your wetsuits and get splashing!

To find out more or book your place please go to qehb.org/events or contact rachel.learmonth@uhb.nhs.uk

The Classic Birmingham Tennis Day

18 June, Edgbaston Priory Club

Join QEHB Charity for a fantastic day of tennis and see some of the world's most famous tennis players take to the court in the most celebrated pre-Wimbledon event! QEHB Charity is offering discounted tickets at £7 for adults, £5 for NHS staff and £4 for children.

To join us please visit qehb.org/events or for more information please contact justine.davy@uhb.nhs.uk

WEAR IT RED

16 FEBRUARY

Help raise money for heart patients throughout this year's National Heart Month and join QEHB Charity's 'Wear it Red Day'! Support patients by wearing a red item of clothing for the day and donating £1 to QEHB Charity. If you'd like to purchase something new to wear, why not visit the Charity's Fundraising Hub in the hospital atrium? Throughout February the Charity will stock red hoodies, t-shirts, badges, wristbands and even limited edition love heart teddies!

If you'd like to get involved, or you'd like to sign up on behalf of your school, business or community group, please contact sophie.carroll@uhb.nhs.uk or go to qehb.org/events to find out more.

BIRMINGHAM TRIATHLON 2018

SUTTON PARK, 24 JUNE

Take on the triathlon challenge for QEHB Charity. The Birmingham Triathlon takes place in Sutton Park, one of the largest urban parklands in Europe covering 2,400 acres! The triathlon begins with an open-water swim in the park's largest pool, followed by a closed-road bike course within the park before a run through heathland and ancient woodland. **Entries are open to over 14s in the Sprint, Super Sprint and Fun distances. Book your place at qehb.org/events**

QEHB TRAVEL CLUB

VARIOUS DATES AVAILABLE THROUGHOUT THE YEAR

Hollywood Travel are running a number of trips during 2018 to help raise funds for QEHB Charity starting with a trip to York on **Saturday 24 March** with free time to explore; and a trip to Oxford on **Sunday 15 April** including a boat trip.

For more information and to book please call Hollywood Travel on 0121 436 6263 and quote 'QEHB'

Double medal haul for hero at Invictus Games

Dave Watson, patient advocate at QEHB Charity and former resident of Fisher House put in some superb performances at the Invictus Games in Toronto, Canada, coming away with a gold and a bronze medal.

Set up by Prince Harry and first hosted in 2014, the Invictus Games is an international, Paralympic style, multi-sport event for wounded, injured and sick service personnel.

Dave, who has worked at QEHB Charity since February 2016, competed in the IF6 Discus and Shot Put events, winning gold in the discus and bronze in the shot put. This is an incredible achievement for Dave, competing in his first Invictus Games after the disappointment of missing out on making the team in 2016.

Speaking of his time in Canada, Dave said: "It was an amazing experience, the atmosphere and sense of community throughout the games was brilliant. I knew that I had a decent chance of winning a medal but I was over the moon to leave with two.

"It was a great feeling to go over to Canada with my family and represent the UK. I'd waited a long time to make it to a big event such as the Invictus Games and I'd love to do it again. I'll be working hard to make the team again next time around."

Dave was supported in Canada by his family, Becky and Josh. The Invictus Games is a family-oriented event and Becky is immensely proud of her husband's achievements, saying: "Dave is the most passionate and determined person I know. He dealt with the disappointment of missing out in

2016, he put it behind him and trained even harder for 2017.

"To come away with two medals including a gold is proof of how hard he has worked. It was so special to be there in Canada supporting him alongside Josh."

Josh, 13, loves telling his friends about Dave's accomplishments, saying: "He's really inspiring, all my mates think it's really cool that he's competed in the Invictus Games and won two medals."

The Invictus Games is a brilliant celebration of overcoming adversity, with the word Invictus meaning unconquerable or undefeated in Latin. This description is certainly a suitable way of describing Dave. Dave joined the Army in 2008 and served in the Scots Guards. During a tour of Afghanistan in 2010, Dave stepped on an improvised explosive device and lost both his legs and his right arm.

During his recovery, Dave spent time at Fisher House, the home away from home for military patients and their families at the Queen Elizabeth Hospital Birmingham. Fisher House opened in 2013 and is an 18 bedroom house where the families of service personnel having treatment at QEHB can stay for free, allowing them to be close to their loved one at the hospital.

Dave's time at Fisher House inspired him to stay on as a patient advocate at QEHB Charity, where he meets patients who have had similar experiences to him. Dave said: "I love working at Fisher House, being able to help support service people and their families through their treatment at QEHB is a privilege.

Become a friend of Fisher House and support military patients and their loved ones. Visit fisherhouseuk.org where you can find out more and donate.



5 minutes with...

Farfia Capper

Senior Research Sister

We caught up with Farfia Capper, Senior Research Sister in the Centre for Rare Diseases at QEHB, to find out what she does and the role that QEHB Charity plays in her job...



Hi Farfia, can you tell us a little bit about your job?

My job title is Senior Research Sister and I have worked at the Centre for Rare Diseases since it first opened in September 2015.

That's great, what's involved in working at the Centre for Rare Diseases?

There are lots of rare diseases classified in the UK, and one in 17 people will be affected by a rare disease in their lifetime. The Centre brings together different teams with specialities to deliver care to patients with rare diseases. The Centre runs complex research trials and that is where my job comes in. I'm part of the team that researches the rare diseases that we come across at the Centre, helping to increase our knowledge of them and how they can be treated.

What sort of research is taking place at the Centre?

We have numerous trials running and some of the studies involve rare diseases such as; Vasculitis, Scleroderma Sjogrens and many more. Patients involved in the research are seen from various specialities including; Liver, Renal, and Dermatology. The trials involve looking at new drugs, medical devices and diagnostics to help progress the very latest scientific research findings to enhance treatments for major health issues including cancer, inflammation and rare diseases.

Can you tell us how the Charity is involved in the Centre for Rare Diseases?

QEHB Charity was crucial to the opening of the Centre, raising £1 million through the appeal. The Charity has also helped by boosting the profile of the Centre and helping to raise awareness since it opened. This has helped patients and clinicians to access the services that are provided. The appeal helped to provide the essential equipment required for the clinic and has also funded staff positions in the Centre.

The Centre has within it a resource room, what is this and how does it help patients?

The resource room is a lovely area that has been created for patients to use. It is bright, colourful and designed to be as comfortable and cosy as possible so patients can relax and feel at ease whilst waiting for their appointments. Patients have the opportunity to meet and socialise with support groups and other patients with rare diseases. This enables them to interact with one another, inspire each other, and share their experiences, ensuring that they do not feel alone, knowing that there are other people who are going through similar experiences.

What's your favourite film of all time?

Titanic – Back in 1998, I went to the cinema on four occasions to watch the same movie over again!

When you're not busy working, what's your favourite way to relax?

I do enjoy taking long walks and breathing in the fresh air. I also love spa treatments and shopping where I can splash on myself as well as my friends and family.

What would you say to someone who is considering donating to QEHB Charity?

I would encourage them to take a stroll around the Centre for Rare Diseases and see the amazing things that can be done with their donations. The resource room for instance exists thanks to donations to the hospital charity and I am privileged to see the difference that it makes to patients on a daily basis. The research that is happening at the Centre is really exciting and will give us new ways of treating rare diseases. None of this would have been possible without the kind donations of people who want to make a difference.

“ I am privileged to see the difference that it makes to patients on a daily basis.

Farfia Capper

JOIN OUR

This year is set to be another fantastic year of fundraising events for the Queen Elizabeth Hospital Birmingham Charity. Whether it's running a 10k, scaling a mountain, or watching some professional tennis there are events for everybody to get involved in!



On 18 June, grass court tennis returns to the city with The Classic Birmingham Tennis Day at Edgbaston Priory Club. Join QEHB Charity and a host of world class tennis players for one of the most keenly anticipated dates of the grass court season. Discounted tickets are available for £7, £5 for NHS staff and £4 for children. Book your tickets at qehb.org/events.

On Saturday 9 September 85 determined fundraisers took on Mount Snowdon. The day raised over £10,000 for Birmingham hospitals and due to its roaring success the Charity is inviting you to join its next Snowdon expedition! On 15 September 2018 the Charity is going to take even more people

up England and Wales' highest mountain. As well as the annual day walk, in April the Charity is also running a sunrise walk, set off from Birmingham in the evening and scale the summit of Snowdon to the backdrop of the rising morning sun.

GET INVOLVED

If you'd like to get involved this year and do 'summit' amazing for QEHB Charity then please get in touch by emailing sophie.carroll@uhb.nhs.uk.

In October last year, the inaugural Birmingham International Marathon took place alongside the second biggest half marathon in the UK, the Simplyhealth Great Birmingham Run. Over 100 runners took part for the Queen Elizabeth Hospital Birmingham Charity. Whilst some of those running for the hospital charity were aspiring athletes, others were taking part in their very first marathon or half marathon. Participants ran for a wide variety of causes supported by the Charity including young people with cancer, Liver Foundation UK and the Breast Cancer appeal.

If you're looking for your next running challenge then why not join the Simplyhealth Great Birmingham

EVENTS



10K on 6 May? Beginning in the city centre, the Great Birmingham Run is once again taking to the streets of the Second City. Take in sights around Birmingham whilst listening to tunes from the 70s, 80s, 90s, Noughties and popular tunes from the present day. When you run for QEHB Charity you get a free t-shirt and plenty of cheering on the way round. Or for a bigger feat you can take on the half or full marathon in October. If you would like more information, or to register to take part, please email rachel.learmonth@uhb.nhs.uk.

The Charity is also welcoming two new events to the 2018 calendar, the City of Birmingham Triathlon in Sutton Park, and the Great North Swim in Lake Windermere, both taking place in June.

The Great North Swim is a nationally recognised swimming

event taking place in the beautiful Lake District destination of Windermere, the largest natural lake in England. The Charity has limited places for the one mile event, which you can enter for free with an expectation to raise a minimum of £250 sponsorship for the Charity. Expect family activities on site, food from local producers, music and entertainment, and a craft beer tent for post-swim celebrations.

FIND OUT MORE

For more information about these events please contact the Charity on charities@uhb.nhs.uk or give us a call on 0121 371 4852.



Vélo Birmingham

On 24 September 2017, over 1,000 cyclists, from well-seasoned sportive riders to absolute novices, took to the streets of the West Midlands to cycle Vélo Birmingham for the Queen Elizabeth Hospital Birmingham Charity. The riders raised a staggering £350,000 between them to support patients and families at the hospital. Each of the 1,000 people who took on the Vélo Birmingham challenge for the hospital charity has their own unique story and inspiration for getting on their bike and cycling 100 miles.

Stuart Turner took on Vélo to raise funds for the Renal Unit at QEHB after his wife, Rachael, was diagnosed with a degenerative kidney disease. When Rachael required a kidney transplant, in 2012, Stuart was found to be a match and gave his wife the ultimate present; a kidney. Stuart raised over £1,000 for the Unit.

Another brave fundraiser is Christine McAteer, who decided to challenge herself to Vélo after having been knocked off her bike by a van in 2015. Fortunately Christine's injuries were not life threatening and she was able to get back on her bike, and raise funds for the team that cared for her.

Steve Whitehouse rode to raise funds for the Teenage Cancer Trust Young Person's Unit at QEHB as his 18 year old niece is currently undergoing chemotherapy.

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Steve said: "What a fantastic day it was and a pleasure to take part and contribute to your fantastic charity which more than ever is close to my family's hearts."

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Chris Jones said: "It was easily the most satisfying cycle event I've ever completed which was made even better by my being really proud to wear your colours."

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As well as individual supporters, a number of businesses also entered teams to raise funds for QEHB. Thank you to NEC Group's Ian Taylor and Martin Clarke, Oxford Biosystems, Bidfood, Mills & Reeve and RSM.

For QEHB eye-doctor Alastair Denniston and his brother Richard, Vélo Birmingham was a particularly special challenge. Richard has been blind since shortly after birth and was the inspiration for his brother's career which has led him to become an Ophthalmology consultant at QEHB.

As a cycling enthusiast, Alastair wanted to take on the Vélo Birmingham challenge for QEHB Charity but didn't want to take it on alone. Alastair and Richard decided to take on the cycling challenge together and, thanks to their trusty tandem bike and a lot of hard work and training, made it through the 100 mile course in an incredible time of 7:34.

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Christine said: "Vélo surpassed my expectations, it has given me back my love of cycling and now I have amazing memories of all the beautiful countryside and the wonderful support from the people of Birmingham, Staffordshire, Worcestershire, Sandwell and Dudley."

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Birmingham

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Tim Matthews, Consultant Neuro-ophthalmologist at QEHB said: "It was a pleasure to cycle Vélo Birmingham alongside my colleagues from the Eye Department at QEHB. We all enjoyed the significant challenge that cycling 100 miles posed to us and it was wonderful to raise so much money.

"We are all incredibly excited and honoured to have won the Business 100 prize and we look forward to sending a team over to South Africa next year."

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Together with Alastair's colleagues from the eye department at QEHB, the team beat their incredible fundraising target of £30,000 which will go towards a new scanner that the team want to bring to the hospital. The scanner,



which is the latest generation of OCT scanners that enable earlier detection of diseases such as macular degeneration, glaucoma and diabetic eye disease, and helps guide treatment, will be of benefit for patients as well as staff at the hospital.

The Eye team were so successful in their fundraising that they won the Business 100 prize of an all-expenses trip for four riders to take part in the 2018 Cape Argus, a world-famous annual cycle held in Cape Town, South Africa.

HOW TO SIGN UP FOR VÉLO 2018

Whether you are a seasoned sportive rider, a cycling newbie on a mission to complete a century or a charity fundraiser in search of an epic challenge, Vélo Birmingham will deliver an unforgettable experience for each and every participant.

You can purchase a standard Vélo place by visiting velobirmingham.com with no requirement for a minimum sponsorship.

If you miss out, QEHB Charity has a number of Golden Bond places which you can purchase for a £40 registration fee with a minimum sponsorship of £400. This is because we have a limited number of these guaranteed places, and want to maximise the amount of money the Charity can raise to support patients and their families. You can purchase a Golden Bond place at bikeforbrum.org.

When you cycle for the Charity team you will receive a free cycling jersey and gain access to hints and tips on training.

Charity Champs

Sweet treats raise over one hundred pounds for hospital charity



Charity Champs

Cake-baking Harleen Sidhu recently visited the hospital to present QEHB Charity with a cheque for a very tasty £119! Harleen is no stranger to QEHB, having both volunteered at the hospital and experienced first-hand the excellent care as a patient. Having decided she wanted to give something back to the hospital, Harleen set about organising a delicious bake sale to fundraise for the hospital charity. Cathryn Worth, Fundraising Manager at QEHB Charity, said: "It was lovely to meet Harleen and hear why she wanted to get involved with fundraising. We are incredibly grateful for her support."

Young fundraiser tackles mini military course to thank staff for caring for his Grandad

Young fundraiser Eddie McGinity, who is five years old, completed a mini military mud run at Rockingham Castle in memory of his grandfather who sadly passed away at QEHB. Eddie successfully completed the tough challenge and raised a brilliant £935 for the Oncology Department at the hospital!

He said: "The hospital looked after my Grandad really well when he was poorly. They were all very kind and we'd like to say thank you to them."

Sophie Carroll, Fundraising Officer at QEHB Charity, said: "We are really proud of Eddie's brilliant fundraising and are incredibly grateful for the money he has



Charity Champs

donated to the hospital. The money will be used to help fund extra equipment, facilities and added extras for patients who are treated on the Oncology Department."

Medical student scales the height of Everest in support of brain tumour research



Charity Champs

A brave medical student at Bristol University, Jess Harris, along with her dad, Rob, decided to set themselves an 'Everest Challenge' to raise money for brain tumour research at QEHB. The pair completed 17 individual hill and mountain walks around Britain, scaling a cumulative total of 29,029ft – the height of Mount Everest. The mountain walks ranged from the Worcestershire Beacon in the Malverns to Scafell Pike and Ben Nevis.

Jess, who was diagnosed with a brain tumour in 2010, successfully completed the challenge and managed to raise a whopping £3,500 in the process! She said: "I will always be grateful for the support of staff at the hospital who have helped me to recover, to the point where I am now able to return to University and continue my studies. I'm really pleased to be able to give back to the hospital and support QEHB Charity in this way."

Smarties September raises hundreds for Christmas Campaign



Throughout the month of September, QEHB Charity handed out hundreds of tubes of smarties, in exchange for donations towards the Christmas Campaign. Sophie Carroll, Fundraising Officer at QEHB Charity, said: "On behalf of the Charity I'd like to say a huge thank you to everyone who returned their smarties tubes to us, packed full of change! A special congratulation goes to Stacey Brazier for having £45.58 in her Smarties tube and winning herself a QEHB hoodie!" In total you raised over £1,800!

If you'd like to hold your own fundraising day exchanging sweets for donations, please contact sophie.carroll@uhb.nhs.uk for more information.

Are you taking part in fundraising for QEHB Charity?

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

Loving mum and friend support Charity following son's lifesaving op



QEHB Charity Supporters, Christine Evans and Janet Burgess, spent most Wednesdays of their summer running a market stall at Wednesbury Market to raise money for the Liver Foundation at QEHB Charity. The generous pair wanted to raise money for the hospital after Christine's

son received a life-saving liver transplant earlier in the year. So far the pair have raised more than £2,100! The money will be used to fund extra equipment, facilities and added extras for liver patients at QEHB. Thank you Christine and Janet!

Generous business supports cancer research



Business Advisors and Chartered Accountants in Cheltenham, Davies Mayres Barnett (DMB), kindly chose to support QEHB Charity as their 'Charity of the Year' for 2016/2017, following nomination from staff member, Rachel Nokes.

Rachel especially wanted to support the Skin Cancer Fund and Cancer Immunology and Immunotherapy Centre. The incredible £4,050 donation from

DMB has been split between the two funds.

Fundraising Manager at QEHB Charity, Cathryn Worth, visited the company to meet those involved in the fundraising and explain a little more about the work of the two departments and how the charity has funded them. She said: "On behalf of the Charity I'd like to say a huge thank you to everyone at DMB for a brilliant year of fundraising!"

Heart in a

This February is Heart month and QEHB Charity is asking you to help bring Heart in a Box to the Queen Elizabeth Hospital Birmingham. This cutting-edge equipment will cost £265,000 and will change the way that heart transplants are carried out at QEHB. Its technology means that blood can continue to pump around the heart whilst outside the body, keeping the tissues in tip-top condition prior to transplantation. Currently, only eight out of ten people receive the heart transplant that they need and over 1,300 people in the UK die each year waiting for an organ. With Heart in a Box there is the potential to carry out 50% more heart transplants at QEHB. Heart Research UK has kindly pledged to donate £130,000 towards the purchase of the equipment and with your help, QEHB Charity will be able to bring Heart in a Box to the hospital. This Heart month QEHB Charity is getting hearts pumping with a variety of

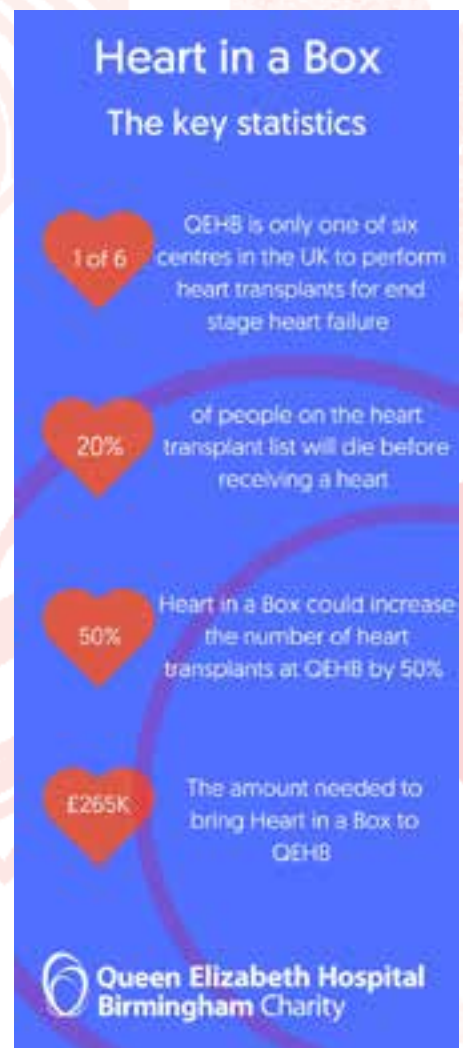
different events and activities you can get involved in!

Why not organise a 'wear it red' day on 16 February and rock your favourite red garments in your workplace, school, or community group? Just donate £1 and raise awareness of heart research at QEHB. If you're at QEHB this February then pop along to the Fundraising Hub in QEHB's main atrium. The Hub will be decorated in red for the month and there you can purchase a limited edition heart teddy bear, a red heart badge, or buy a raffle ticket to be in with a chance of winning some fantastic prizes! Some of the prizes on offer are a kilo of heart-shaped Haribo sweets, a large bunch of flowers, a night's stay in a West Midlands hotel, a meal for two at Umami Harborne, tickets to an evening at the Comedy Loft on Broad street, £50 voucher for The Gentleman Barbers and more!

Just a few of the 'heart pumping' activities you can take part in for the Heart appeal are: the Simplyhealth Great Birmingham 10K in May, or the half and full marathons taking place in October. If running isn't your thing, then why not take on a skydive? Beginning in summer, impress your friends by jumping out of a plane and raising funds to bring Heart in a Box to

QEHB. Why not think of your own 'heart pumping' activity or event? Sponsored skipping? A Charity rounders match? **The Charity always love to hear your unique fundraising ideas so please do get in touch with us on Facebook at QEHB Charity, Twitter and Instagram @QEHBCharity, or email charities@uhb.nhs.uk.**

Keep your eyes on our social media throughout Heart month, you may just spot some familiar faces from around the hospital who have swapped uniforms for sweatbands and are getting their hearts pumping for charity!



Box appeal



Photo Courtesy of The Welsh Government

Rhys Thomas, former professional rugby player is supporting the Heart in a Box appeal.

Former Wales rugby union star Rhys Thomas has come out in support of QEHB Charity's Heart in a Box campaign.

Rhys was playing for Welsh club Newport Gwent Dragons in a match against Northampton Saints in November 2007, shortly after representing his country at the World Cup, when he took a knock which caused a clot to develop in his heart.

This caused Rhys to have a minor heart attack and he was told that he needed to take a six month break from rugby. Rhys went on to make an excellent recovery, playing top level rugby, earning a move to Scarlets and making further appearances for his country.

However, the rugby star was mid-way through a high-intensity workout on an exercise bike at the Scarlets' training ground in 2012

when he had a huge heart attack. One of the arteries in Rhys' heart had dissected and if it weren't for the swift treatment of the Scarlets medics then it is unlikely that he would have survived.

Speaking of his heart attack, Rhys said: "It came completely out of the blue. I was so lucky to have been surrounded by medics. If this happened to me at home I wouldn't be here today."

Rhys received an emergency quadruple bypass which saved his life and a long period of recovery began. Rhys recovered sufficiently from this heart attack to be added to the heart transplantation list where he has remained since.

Despite being on the urgent list, Rhys has yet to receive a heart transplant and instead has been kept alive thanks to an LVAD machine – a pump that keeps the heart alive. The operation to install this machine led to Rhys being in a coma for two weeks but it was the only option available to Rhys at the time.

The LVAD keeps Rhys' heart beating but this comes at a price. The machine relies on battery packs, which Rhys has to carry around, and he spends his nights hooked up to the mains.

However, Rhys has been able to get on with life since having the machine fitted, saying: "I live a fairly normal life with my family. Aside from things like swimming I can do most of the things that I love to do.

"I'm lucky just to be alive so I'm incredibly grateful for every day. The technology that's kept me alive is remarkable and I literally owe my life to it."

For Rhys, the challenge of receiving a heart transplant in the conventional way would be even greater. Due to the numerous operations that Rhys has had, there is a large amount of scar tissue in his chest.

Rhys said: "If a heart became available, it would take surgeons two to three hours just to cut through the scar tissue in my chest to gain access to my heart.

"This would cause a delay to the operation and the longer a heart is out of the body; the less likely it is that my body would accept it."

Heart in a Box will keep a heart alive outside of the body, increasing the time that doctors would have to transport the heart to the correct location and prepare the patient for surgery. In Rhys' case this could be the difference between a successful and unsuccessful operation.

Speaking of the difference Heart in a Box would make, Rhys said: "This piece of equipment will make a huge difference for people like me who are waiting on a heart suitable for transplantation.

"There aren't sufficient organs for transplant anyway and once you've taken geography and time into account the situation is even harder. Anything that will extend that period of time where a heart can be transplanted is going to be of huge benefit to people on the waiting list."

"It is estimated that three people die each day in need of an organ. Heart in a Box will completely change the way that heart transplants are carried out, benefitting people in the West Midlands and far beyond."

Staff Superstars

The staff at QEHB never fail to amaze us with their dedication to their patients and their departments, always working tirelessly to make the hospital the best it possibly can be. So many members of staff do incredible things for the Charity, helping us to fund extra equipment, facilities and research on top of what the NHS is able to provide. In this issue we are saying a



of benefit for patients as well as staff at the hospital.

The 14-strong team took on the tough 100 mile challenge around the rather hilly West Midlands and was made up of surgeons, nurses, patients and their families. The team came together to fundraise and between them raised an incredible £31,425.

The team did so well in fact, that they won the Business 100 award, with the prize of an all-expenses trip for four riders to take part in the 2018 Cape Argus, a world-famous annual cycle held in Cape Town, South Africa.

Their prize, donated by Vélo Birmingham's official wine partner, Klein Constantia, includes flights, accommodation, an exclusive tour around the Klein Constantia vineyard, as well as entry into the Cape Argus event.

Tim Matthews, Consultant Neuro-ophthalmologist at QEHB said: "It was a pleasure to cycle Vélo Birmingham alongside my colleagues from the Eye Department at QEHB. We all enjoyed the significant challenge that cycling 100 miles posed to us and it was wonderful to raise so much money.

"We are all incredibly excited and honoured to have won the Business 100 prize and we look forward to sending a team over to South Africa."

Justine Davy, Head of Fundraising for QEHB Charity said: "The QEHB Eye Cycle Team are an inspiration to all of us, they worked incredibly hard to raise an enormous amount of money which will go a long way to support eye patients at QEHB.

"I'm delighted that they won the Business 100 prize and I look forward to hearing about how they all get on in South Africa."

One member of the QEHB eye team, Panos Theodoromanolakis, who works in the Ophthalmology Department at QEHB has had an incredibly active year as a fundraiser. Not only did he take part in Vélo Birmingham, just weeks before he leapt out of a plane and raised a brilliant £300 in the process.

Panos took part in one of QEHB Charity's skydiving days at Hinton Airfield in Northamptonshire, overcoming a broken-down car on the day, taking a taxi to ensure that he arrived on time. Well done Panos for going 'over and above' to support patients at QEHB!

Staff scramble up Snowdon to support Birmingham patients

When QEHB Charity advertised a trip to Mount Snowdon, plenty of staff members were keen to sign up for the challenge. The Charity took a team of 85 determined fundraisers over to Snowdonia, including teams from wards 512 and 621, Pathology, and plenty of individual staff members keen to climb for their own department.

BIG

THANK YOU

to some of the fantastic staff superstars who have gone over and above for patients and their families.

Eye team win award for their amazing cycling efforts!

There are some amazing staff superstars at QEHB, and few are more impressive than the QEHB Eye Team that took part in the inaugural Vélo Birmingham to raise money for a new scanner that the team want to bring to the hospital.

The scanner, which is the latest generation of OCT scanners that enable earlier detection of diseases such as macular degeneration, glaucoma and diabetic eye disease, and helps guide treatment, will be

superstars

The hardy bunch faced tricky weather conditions on the highest mountain in England and Wales but thanks to a lot of determination and some expert guidance from the amazing professional guides, the team made it to the top.

It was a tiring day for all involved but everyone's combined fundraising brought in over £10,000 to support patients across Birmingham. Sophie Carroll, Fundraising Officer at QEHB Charity said: "It was a fantastic day, with

lots of amazing fundraisers coming together to do something special. It was great to have so many amazing members of staff come along and take part."

The Charity would also like to say a huge thank you to Robinsons catering who supplied the sandwiches for the day and kept everybody energised for the six hour walk, Britvic for keeping everyone hydrated, and Marks and Spencer's Harborne and the Co-Op Oldbury Road for keeping everybody's energy levels up.

The day was such a success that



another trip up Mount Snowdon has been arranged for 15 September. If you're interested in taking part, please contact sophie.carroll@uhb.nhs.uk.

For a bigger challenge why not take on a 'Sunrise Snowdon' walk on 14 April? It will see walkers set off in the middle of the night, accompanied by guides and summit Snowdon as the sun rises. Keep your eyes open for this event or register your interest by contacting sophie.carroll@uhb.nhs.uk

Runners raise funds in memory of their colleague

Sarah Thornber and Professor Dan Rea took part in the 2017 Simplyhealth Great Birmingham Run and raised an incredible £2,500 for the Adele Francis Foundation which is supported by QEHB Charity.

Sarah, a Trial Coordinator at the University of Birmingham and Professor Dan Rea, a Medical Oncologist with a primary research interest in Breast Cancer came together with a team of their colleagues to take part in the half marathon. Their inspiration for their challenge came from their colleague Professor Adele Francis who was a breast surgeon at QEHB and who sadly died of pancreatic cancer in January 2017.

Adele was a much loved part of the team researching and treating breast cancer at QEHB. She was the first female general surgeon at University Hospitals Birmingham and was described by her colleagues as being hard working, incredibly kind, and as someone

who always found time to make friends and enjoy life despite her work commitments.

In her memory, the Adele Francis Foundation has been set up as a charitable trust within the hospital charity to support cancer research and to continue to foster a research ethos across the hospital and University.

Cathryn Worth, Fundraising Manager for QEHB Charity said: "Huge congratulations to the team that took on the Simplyhealth Great Birmingham Run for the Adele Francis Foundation. The Foundation will benefit greatly from the money that they raised and will continue to build Adele's legacy long into the future."



If you'd like to get involved in fundraising for your ward or department, or would like to find out more about our events, please head to our website at qehb.org or call 0121 371 4852 to speak to one of our friendly team members!

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.

Where your money has been spent

Your money supports patients at QEHB

October 2017 was Breast Cancer Awareness month and the Charity launched its Breast Cancer appeal. By the end of the month a staggering £101,000 had already been raised. Incredible fundraisers held bucket collections in their local businesses, schools and community groups, whilst others opted to have a 'pink day' and wear all things pink. The most daring amongst you even took part in a pink skydive plunging yourselves from a plane! Thank you to the University of Birmingham who turned the clock tower, 'Old Joe' pink for breast cancer, spreading pink for all to see. Thanks to the support of the tremendous fundraisers, QEHB Charity is closer than ever to bringing two new pieces of cutting-edge equipment for the treatment of left-sided breast cancer to QEHB's Radiotherapy Department.

Radiotherapy tea bar raises over £10,000 in a matter of months!



The Radiotherapy tea bar is open five days a week and sells a selection of hot drinks, biscuits and sandwiches for patients to enjoy whilst waiting for their appointments. All profits from the tea bar go directly towards providing 'added extras' for the Radiotherapy department.

The tea bar is now celebrating having raised an incredible £10,000 in less than a year!

The tea bar is run by volunteers, Sukh Devi, Jean Mannan and Liz Moran, who combined have volunteered in the

department for 47 years!

An example of what your donations have funded are side tables for patients to use while they're waiting for their appointments.

Carol Cole, Radiotherapy administrator said: "Thanks to the Charity patients have somewhere they can put their packed lunches and drinks which is easy to reach from their beds. It is a small thing but we are committed to making patients' visits to the department as easy as possible and are so grateful to QEHB Charity for their support with this."

Team bring new scanners to hospital

Beverly Hudson, Head of Imaging (MRI), and her colleagues have been fundraising to help bring two Portable Ultrasound Scanners to the imaging department. The scanners will assist with difficult needle insertions, particularly those who have had extensive chemotherapy.

Beverly said: "MRIs can be a stressful time for a patient, and extra time taken to be cannulated can increase stress for patients. The new machines will reduce this time, therefore reducing patient stress."



New appeal to bring 'Home away from Home' to families of patients at QEHB

QEHB is performing an increasing number of transplants each year, and the number of people on the transplant waiting list is also rising.

There are approximately 12 transplant families at any one time visiting their relatives who have received a transplant at QEHB. Whilst some of these families are local to the West Midlands and can travel to and from QEHB each day, others live much further away. The hospital serves a large catchment area, with some transplant families travelling from the North West, Wales, and the South West.

QEHB Charity wants to bring a 'home away from home' nearby to the hospital, so that families of transplant patients can be close to their loved one in their time of need, without having to worry about financial pressures or finding accommodation at short notice.

Sophie Carroll, QEHB Charity's Fundraising Officer who is heading up the campaign, said: "Having their loved ones close by will be a huge source of comfort for transplant patients. A dedicated home away from home will ensure that patients won't have to worry about their family's

accommodation which, in turn, will help them to concentrate on their medical recovery. Families can focus on what really matters; being there for their loved one as they undergo life-changing surgery.

"We need to raise £300,000 in order to fund the home, which will be situated within a five minute walk of the hospital, offering a non-clinical environment for families and patients. The Charity will also be responsible for the ongoing running costs, which will include funding every day home comforts like tea, coffee and biscuits, as well as heating, electricity and overall maintenance of the property."

A brave double lung transplant patient, Kayleigh Murphy, is backing the Charity's Home away from Home appeal, and is even taking on her own fundraising challenge in aid of the cause. Kayleigh, who underwent a transplant in 2016, is set to trek more than 230km of Iceland's terrain on horseback, to raise money for the appeal.

She said: "I travelled to QEHB from Lichfield but many patients and families travel much further. This becomes an added stress,

especially when factoring in accommodation costs, as patients can sometimes be in hospital for weeks or even months at a time. Undergoing a transplant is a very stressful time for everyone involved, so being able to stay close by to loved ones would make a huge difference in helping to take some of that stress away. I'm doing this challenge to raise money for the brilliant hospital that saved my life, as well as to help other families who are going through similar experiences. I also want to do this to honour my donor. Without my donor and her family I wouldn't be here today. I made a promise to make each day count and to make the most of the gift I have been given."

FIND OUT MORE

To find out more about the Home away from Home appeal please go to qehb.org/homefromhome or call 0121 371 4852.

Charity Champs

Young fundraiser is determined to make a difference



Twelve year old Ryan Raeiszadeh has raised over £80 to support research into Alzheimer's at QEHB.

Ryan has been taking on chess challengers at a local cafe, with money going to support patients with Alzheimer's. Ryan decided that playing chess was a great way to raise awareness as the game is linked to keeping the mind active.

Ryan has also been giving talks to school friends on the issue, saying: "I have seen what Alzheimer's can do, and the effect it has on family members.

"One day I want to become a Neurologist and find a cure or a treatment to prevent this terrible disease. It means a lot to contribute to the research into dementia and Alzheimer's."

Eager fundraiser completes a marathon and a half in one day!



Jude Thompson, Managing Director of CSCM, an IT business based in Oldbury, has gone fundraising mad for QEHB Charity! Jude not only took on a skydive, he also took part in Vélo Birmingham, a 100 -mile cycle ride, and just three weeks later, Jude completed both the Birmingham International Marathon and the

Simplyhealth Great Birmingham Run Half Marathon on the same day! So far Jude has raised £1,000 with more still to come in! Justine Davy, Head of Fundraising at QEHB Charity said: "Thank you Jude for your truly momentous effort for the Charity, you really have gone over and above for patients and staff at QEHB."

Memorial night raises huge amount for young people with cancer



Phil Lancaster and his family and friends have raised between them an incredible £9,000 to support young people with cancer at QEHB. The event was held in memory of Phil's son James who was treated on the Teenage Cancer Trust's Young Person's Unit (YPU) at QEHB.

The night was a great success, with an auction including paintings and prints from artists Hamish Blakely and Adam Bartlett.

Mike Hammond, Charity Chief Executive said: "It was a poignant way of remembering James and the money raised will go a long

way in helping the Charity to go 'over and above' for young people with cancer. I'd like to thank Phil for his hard work, and also thank everyone who came along and helped to raise such a brilliant total."

YPU treats teenagers and young adults aged 16-24 and helps to support them on their journey with cancer, from providing fun activities and pizza nights, to a specialised tutor to minimise the disruption to their education. To find out more about how the Charity supports young people with cancer, or to donate, visit www.qehb.org/teenagecancer

Paramedic scales Snowdon seven times in seven days



Kidderminster paramedic Amanda Hill has raised a staggering £3,148.87 by climbing Mount Snowdon seven times in just seven days to raise money to support patients and fund research into neuroendocrine tumours.

Amanda was inspired by her neighbour William Fidoe, who is a patient of Dr Tahir Shah at the Queen Elizabeth Hospital Birmingham. Amanda knew how much the team at QEHB had helped Mr Fidoe and decided to do something incredible to raise

money to support the team and their work.

During her walking expedition, Amanda camped at the bottom of Snowdon along with her husband and dog. Mr Fidoe and his wife came along to give moral support to Amanda as she went about her epic mission.

Amanda is pictured above alongside William and Lynda Fidoe, NET Clinical Nurse Specialist Stacey Smith and Dr Tahir Shah, Head of Birmingham NET Centre.

Right royal ball raises over £45,000 for The Giles Trust



The annual Giles Trust ball held at Edgbaston Cricket Ground was once again a huge success, raising awareness and funds for brain tumour research at QEHB. Attendees included former England Cricketers, Ashley Giles and Jim Troughton, and

entrepreneur Caprice. Ashley and his wife, Stine set up the Giles Trust after Stine developed a brain tumour in 2006.

The event had musical entertainment from reality TV star turned musician, Julius Cowdrey, and DJ Phil Upton, as well as silent and live auctions with exciting sporting prizes.

Cathryn Worth, Fundraising Manager said: "It was a wonderful evening of food and dancing, and of course generous fundraising, thank you to everybody who came along and I hope to see many of you at the next event to continue to support brain tumour research in the West Midlands."

Huge thanks also goes to...

- Birmingham New Street Station
- Britvic
- Chona Feliciano & the Endocrine Team
- Co-op Oldbury
- Emma Wingate & Radiotherapy Team
- Heidi Morrell
- I dex Consulting Company
- Jodie McDowall & Theatre Team
- QEHB Travel Club
- Robinsons catering
- Zoe Scoular

Team 'Scrambled Legs' don their running trainers for QEHB Charity



A team of over 30 runners from The Plough pub in Harborne took to the streets of Birmingham for the International Marathon and the Simplyhealth Great Birmingham Run to raise funds for the Teenage Cancer Trust Young Person's Unit at QEHB.

The team have worked tirelessly throughout the year by holding pub quizzes and pub landlord, Adam, even completed the Virgin Money Giving London Marathon in 2017. The dedicated fundraisers have already raised over £15,000!



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