



# love Solihull

 Solihull  
Hospital  
Charity  
Issue 5

Solihull Hospital Charity Newsletter

 SHospCharity  @SHospCharity  solihullhospital.org.uk



*Help support Solihull  
Hospital Charity's  
Children's appeal*

*Find out how you can join our events and  
support patients at the hospital!*

*Thank  
you!*

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# Mike's letter



Thank you!

Hello and welcome to the latest edition of Love Solihull, the official newsletter for Solihull Hospital Charity. This edition is packed full of lots of exciting news from around the hospital, including information about items that the Charity has funded to improve patients' experiences.

One of the best parts about working for Solihull Hospital Charity is getting to meet and hear about all of the amazing people who have done something special to raise money to support patients and staff at the hospital. As always, this edition includes a celebration of our incredible Charity Champs, as well as Staff Superstars from around the hospital who have helped to raise funds for their ward or department.

There are lots of events coming up in 2019 that give you the opportunity to experience a new challenge,

whether that's climbing a mountain, running a 10k, or jumping from a plane, there are lots of ways that you can get involved.

We always want to hear from you, you can get in touch via social media, just search @SHospCharity on Facebook and Twitter. You can visit our website at hospitalcharity.org or call us on 0121 371 4852.

Thank you for all that you do for the Charity, without your support it would not be possible for us to provide added extras for staff, patients and families at the hospital. With your continued support, we will be able to go 'over and above' for patients at Solihull Hospital.

**Mike Hammond**  
Chief Executive,  
Solihull Hospital Charity

## What we do at Solihull Hospital Charity

Together with your help we raise money to provide world-class facilities for patients and their families at Solihull Hospital that go 'over and above' what the NHS can provide. We spend your generous donations on refurbishing patient and family areas, providing 'added extras' that help make patients more comfortable and entertained at the hospital, and providing toys and games for children, making trips to Solihull Hospital easier for them and their parents.

## In this issue...

### Mobile Dental Unit

On page four you can read about the new Mobile Dental Unit that will be taking dental care around Solihull and the surrounding areas, helping to improve the dental health of children. This state of the art unit will include specialist sensory equipment to keep children calm before their treatment.

### Celebrating our charity champs

On pages eight and nine you can learn more about just some of the incredible people who have gone 'over and above' for patients at the hospital, raising money to support specific wards and departments.

### Going 'over and above' for elderly patients

On pages six and seven you can find out more about how the Charity supports elderly patients and patients with dementia at Solihull Hospital. With your support, we can do even more to go 'over and above' for elderly patients.

### Join one of our events

Check out our handy diary dates page opposite, or turn to page 14 to read more about some of the events that are coming up this year. They might inspire you to take part, or hold an event of your own.





# Dates for your diary

## Solihull Big Tea 5 July

Take part in Solihull Hospital Charity's Big Tea Party this July and host your very own tea party at work, school or within your community group! Bring in plenty of cake, biscuits and tea and enjoy a relaxing tea party whilst raising money for the hospital charity.

For more information contact [rachel.learmonth@uhb.nhs.uk](mailto:rachel.learmonth@uhb.nhs.uk)



## Snowdon Challenge 7 September

Do 'summit' rewarding this year and climb up Mount Snowdon with the hospital charity. The event is open to over 18s only and places cost £45 with a minimum sponsorship of £100. Ticket prices include return coach travel from Birmingham City Centre, qualified professional guides for the whole day, fundraising kit and advice, and snacks to help you complete your challenge!

Get your place now at [hospitalcharity.org/events](http://hospitalcharity.org/events), or contact [roisin.mooney@uhb.nhs.uk](mailto:roisin.mooney@uhb.nhs.uk) for more information.

## Simply Health Great Birmingham Run 13 October

Fancy taking on the ultimate challenge of running in 2019's Great Birmingham Run? The half marathon was a great success last year for the hospital charity and this year we want it to be bigger than ever!

Sign up for a free charity place, raising a minimum of £250 in sponsorship, or purchase an external place for £36.

This event is only open to over 17s. Your ticket will include an exclusive medal and t-shirt, goodie-filled finisher's pack, a timing chip for accurate results as well as free training and advice. You will also gain access to the Charity's exclusive pre and post-race reception, complete with sports massage for those weary limbs!

Visit [hospitalcharity.org/events](http://hospitalcharity.org/events) to book your place or for more information, contact [roisin.mooney@uhb.nhs.uk](mailto:roisin.mooney@uhb.nhs.uk)



## Great Birmingham 10K 26 May, Birmingham City Centre

Take part in a running challenge for 2019 and sign up to the SimplyHealth Great Birmingham 10K. Running for Brum and supporting the hospital charity means you can help to support children and elderly patients.

The hospital charity gives you access to training hints and tips for the race, fundraising materials, and one of our running tops! Every runner will receive a goodie-filled finisher's pack and a timing chip for accurate times.

Book your place now at [hospitalcharity.org/events](http://hospitalcharity.org/events) and contact [roisin.mooney@uhb.nhs.uk](mailto:roisin.mooney@uhb.nhs.uk) when you have signed up and you will receive your free fundraising pack!

## The Nature Valley Classic 17 June

Join the hospital charity for a day of tennis right here in Birmingham with the Nature Valley Classic. The Classic is one of the premier grass court tennis events in the run-up to Wimbledon and you can enjoy a day of world class tennis whilst raising money for the hospital charity.

Visit [hospitalcharity.org/events](http://hospitalcharity.org/events) to buy your tickets and find out more.

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



# Mobile Dental Unit

**The hospital charity is currently appealing for a major £115,000 project, the Mobile Dental Unit. It's no secret that the dentist can often be a scary place; mostly due to the unnerving experiences we have had as children. This appeal will see a change in the way that children view the dentist, making it less daunting and significantly improving their oral hygiene.**

The Solihull Hospital community dental team currently visit schools around the Solihull borough to ensure that children with the highest levels of tooth decay and the lowest attendance rates with local dentists still receive the best dental care possible.

Solihull Hospital Charity is raising money to fund a brand new unit for the team. This service will offer dental advice, examinations and treatments to children at primary schools in the most deprived areas of the Solihull borough.

The new unit will have the best dental equipment, and has been designed to suit the needs of children with learning difficulties as well as being wheelchair-friendly.

Children with more complex needs such as children on the autistic spectrum (ASD) face the same challenges that other children do when it comes to oral health. However, the challenges can be largely magnified due to sensory processing difficulties. Such children are highly anxious and exhibit behavioural reactions when exposed to a clinical dental environment such as the bright fluorescent lights, touching in or around the mouth and the taste and smell of various utensils can all be very scary for someone with ASD.



The new unit will have sensory items that will calm the young patients, making them feel as comfortable as possible, helping to make the unit feel less clinical.

Examples of the sensory items that we hope to provide include:



*A projector/TV screen in the unit to act as a visual distraction for when children are waiting to be examined.*



*Video goggles to protect the eyes and distract the patients during a dental examination.*



*A local anaesthetic wand which is a computer-controlled dental injection. The flow rate of the local anaesthetic is controlled by a computer meaning that it is guaranteed to be slow and steady therefore reducing pain and fear for all our young patients.*

For many children in Solihull, access to dental surgeries can often be difficult. For children with complex needs, access to treatment can be even harder. With the aid of the unit, this will no longer be an issue. The unit will be readily available for children and will aim to educate them at an early age on how to prevent loss of teeth and extensive tooth decay. The unit will be on school sites, minimising time spent out of school.

With the help of your donations, the Solihull Hospital community dentists will have access to a modernised mobile dental unit that suits the needs of their younger patients. It will enable children, especially those with complex needs, to be treated as comfortably and as smoothly as possible. This will help to improve the oral health of children across the area, and reduce their anxieties around dental health for the rest of their lives.

**To help donate to this appeal, please visit:**  
[hospitalcharity.org/dentalunit](http://hospitalcharity.org/dentalunit)

Thank  
you!

# 5 minutes with...

**Denise Pickford**  
Heath Care Assistant and Ward Clerk

We spent five minutes catching up with Denise Pickford, who is a Heath Care Assistant and Ward Clerk at Solihull Hospital, to find out what her job involves!

## Hi Denise, what is your role at Solihull Hospital?

Hi there, I am the Heath Care Assistant and Ward Clerk for Solihull Hospital's Acute Medical Unit (AMU). I have been doing this role for around 23 years now... a very long time! Prior to working for Solihull Hospital I worked at a nursing home and then wanted to join the NHS health sector and help people.

## Your role must be challenging at times, can you tell us a little bit about what you do day to day?

On a day to day basis I will help to assist the qualified nurses on duty. From an admin perspective I will often work on the reception desks, booking in ambulances and dealing with patients and relatives as well as medical professionals. It can be quite stressful at times but I always aim to have a good rapport with every single person that comes in and out of the Acute Medial Unit.

## What do you enjoy most about your job, Denise?

Probably getting to know patients and relatives, as we are an assessment unit, we don't get much time with patients before they are taken to a ward. In the short time that they are here I really enjoy sitting and chatting to them about their life.

## What do you do when you aren't at work?

I'm a full time Mom... I work long hours so once I'm home I dedicate all my attention to my kids, it really is a full time job.

## When you were growing up, did you always want to work within the healthcare services, and if so why?

Yes, I always have. I have done nothing else career-wise, I have such a strong passion for my job and I couldn't imagine doing anything else. I have worked with a wide range of patients, from elderly people to children with learning difficulties. I love the feeling of giving something back and having the ability to make someone's day however big or small.

## How has Solihull Hospital Charity helped both staff and patients on AMU?

Potentially life-saving equipment has been kindly provided by Solihull Hospital Charity when we needed it most. The equipment on the unit is a huge help for both staff and patients, we are an extremely busy unit, we also maintain resus too so our equipment is constantly being used.

## What would you like to say to the fundraisers who support Solihull Hospital Charity?

I would like to say a huge thank you to everyone who donates to such a worthy cause, with your support the Charity will be able to provide our patients with the things that the NHS cannot provide. Every additional piece of equipment helps to ensure that we provide them with the best care that we can for our patients.



**You can help to support the hospital charity by visiting [hospitalcharity.org/donate](http://hospitalcharity.org/donate)**



# Solihull Hospital care a

**The hospital charity's elderly care appeal is raising money to bring specialist enter activities, to the elderly car**

Solihull Hospital treats over 4,000 patients every year who are elderly or have dementia. The hospital has two elderly care wards dedicated to caring for elderly patients and patients with dementia. There is also a specialist team of nurses, doctors, occupational therapists, speech and language therapists, physiotherapists and dieticians available to ensure they have access to the best care possible.



The hospital charity is proud to support the needs of our elderly patients, providing them with 'added extras' that are not funded by the NHS. The Charity is aiming to provide the units with many 'added extras' over the years; most notably My Life Dementia Improvement System Software. Solihull Round Table has generously donated £1,500 to purchase one of these units. The My Life Units enable patients with dementia to communicate more effectively with staff and their

loved ones, and the Charity is looking to fund further units for the hospital.

Dementia is a syndrome that can affect memory, thinking, behaviour and the ability to perform everyday activities. By providing patients with interactive software it will aid their dialogue and improve their memory. The specialised software has been developed by carers for carers, helping to keep care focused on the patient and their wellbeing.

Justine Davy, Head of Fundraising for Solihull Hospital Charity, said: "The specialist My Life Dementia Improvement Systems will help staff to learn more about patients' interests, hobbies, likes and dislikes, allowing them to strike up engaging, nostalgic conversations making both the patients and themselves feel more at ease. "This is a wonderful opportunity for people to get behind a local appeal that makes a difference to people's lives, at a time when it is most needed. We hope as many

# Charity's elderly appeal

## entertainment systems, called My Life Dementia Improvement Systems, as well as other wards at Solihull Hospital.

people as possible recognise the chance to make a real difference and show their support for elderly patients at Solihull Hospital."

For dementia patients, the hospital can be a daunting and confusing place, many of the hospital's elderly patients with dementia are often admitted to hospital for another condition or an injury. This means that our dementia patients will frequently end up on wards that do not give them the appropriate mental stimulation and activities that they need, as a result, this can lead to a frightening experience for them.

Solihull Hospital Charity's Elderly Care appeal aims to provide a variety of 'added extras' to help support patients and their families. Examples of such 'added extras' could be as simple as special orientation clocks and signs that show whether it is day or night, dementia friendly crockery, dolls and large-pieced jigsaws.

Rachel Learmonth, Fundraising Manager at Solihull Hospital Charity, said: "While we have wards at the hospital that specialise in the treatment of elderly patients, many of whom have dementia, they will often stay on a ward that does not specialise in dementia and may be the only person on that ward with the condition. Because of this, we want to bring specialist activities and 'added extras' to many wards at the hospital, and that's why we are asking for community groups, businesses and members of the public to support our Elderly Care appeal."

Other extras that are not readily available on the NHS are pieces of equipment such as the Sara Stedy. The Sara Stedy enables one caregiver to transfer a patient safely and with ease. The Sara Stedy encourages mobility and provides enhanced standing aid for longer than what a nurse is able to hold a patient for. With the help of donations to the Charity's Elderly Care appeal, Solihull Hospital Charity will be able to give more patients the feeling of independence.

Katherine Roberts, Staff nurse for Solihull Hospital's Ward 9 spoke with the Charity about benefits from a staff perspective on the Sara Stedy, she said: "The Sara Stedy has just revolutionised the way that we are able to help our elderly patients. When they come to our clinics it's of great benefit for us to get their blood pressure lying down and standing up and some of the patients find it really difficult to transfer from a wheelchair to a bed for instance.



The Sara Stedy makes it so easy for them to move out as safely as possible, we can also transfer them easily with no injury to staff in the process."

A donation of £25 will provide orientation clocks to ensure that patients with dementia maintain a healthy routine.



A donation of £50 will fund dementia friendly crockery such as mugs, plates and cutlery.



A donation of £100 will fund numerous games, puzzles and activities to entertain elderly patients, enabling them to bond and socialise whilst in hospital.



**£1,500 can fund one My Life Dementia Improvement System, £890 can fund one Sara Stedy.**

**If your group, club or business would like to make a donation to Solihull Hospital Charity please contact: [rachel.learmonth@uhb.nhs.uk](mailto:rachel.learmonth@uhb.nhs.uk) for more information.**



# Charity Champs

## Friend family donate £1,000 for Cancer Unit

On 16 April 2018 Edwin Friend sadly passed away after a lengthy battle with Leukaemia. Recently, his wife Jill Friend and their daughter Kathryn Preece donated an amazing £1,000.93 for Solihull Hospital Charity in memory of Ed.

Out of the blue, in 2000, Ed was contacted and sadly told the news that he had Leukaemia. Ed was informed that he had Chronic Lymphocytic Leukaemia (CLL) and over the years there were many periods of remission and regular medication meaning that Ed lived a very full life.

Sadly in December 2017 things took a turn for the worse with his CLL changing to Acute Myeloid Leukaemia (AML). After many hospital admissions Ed passed away on 16 April 2018.

Jill Friend said: "We decided as a family that Ed would have liked the money to go to the new Solihull Day Unit as he had followed the progress with this project with interest.

"Ed could see how stressful it was for all the Heartlands Hospital staff working with constant pressures and limited conditions so he welcomed the development of a Ward 19 outpost at Solihull Hospital and he was looking forward to using it. He would have been delighted that some of the donations in his memory would go to this new development."

Rachel Learmonth, Fundraising Manager at Solihull Hospital Charity, said: "Thank you so much to the Friend family who donated this generous amount of money to the Haematology and Oncology Day Unit at Solihull Hospital. The money raised will go towards 'added extras' for the patients on the unit which go 'over and above' what the NHS fund."



## Didds Fest raises an amazing £2,650 for Solihull Hospital Charity



Marianne Barber held a live music event at Diddington Farm in Solihull that they named 'Didds Fest'. The event saw her husband Steve's band, Monster May and its members Dave Boucher, Colin Blaynee and Will Bower, take to the stage performing classic rock and soul songs. The event raised a fantastic £2,650 from ticket sales, baking cakes, auctions and raffles and there was even a BBQ for those who were peckish!

Marianne said: "During our cheque presentation we were given a tour around the Haematology and Oncology Day Unit, it really helped us to see that our donation had gone towards funding for brand new chemotherapy chairs for cancer patients at the hospital"

Fundraising manager, Rachel Learmonth said: "Marianne held such an amazing event for an amazing cause. On behalf of the Charity I would like

to say a huge thank you. Your donation has been able to provide the 'added extras' that go 'over and above' what the NHS can afford."



## Derek Smith may be 80 years old but that hasn't stopped him taking on a skydive to raise money for his local hospital in Solihull.

Alongside his son Neil, friend Andrew and Andrew's son Jack, Derek took to the skies at the Hinton Airfield in Oxfordshire to complete his epic challenge and managed to raise a fantastic £1,540 for the Oncology Department at Solihull Hospital.



This was not the first time that Derek has jumped out of a plane, having completed a skydive nearly 60 years ago when he was serving with the British Army in Hamelin, Germany in the 1950s.

Speaking of his inspiration to sign up for a skydive, Derek said: "It was my 80th birthday back in March and I decided to do something a bit different to celebrate so got together with my son, Neil, and some friends to do a skydive.

"I had done a skydive back when I served with the Army, it's definitely a better experience nowadays with the modern parachutes. The landing was much smoother than it was with the Army parachutes, that's for sure!"

Derek's friends and family were keen to support his efforts, and dug deep to sponsor him with the money going to support cancer patients at Solihull Hospital. This included the staff and patrons at the Land Rover Sports and Social Club in Solihull.

Derek said: "Solihull Hospital has been there for my family and me over the years. The staff at the hospital work so hard for the patients that they treat and so I wanted to do something to give back to them."

Rachel Learmonth, Fundraising Manager at Solihull Hospital Charity, said: "The Charity's thanks go to Derek for his fantastic fundraising efforts. It takes a lot of nerve to take on a skydive, and that he was keen to do one sixty years after his first says a lot about his character."



## Ward 8's relative's room is transformed thanks to John Lewis & Partners



John Lewis & Partners has kindly helped to refurbish Ward 8's new relative's room for patients' families to stay after their loved ones have suffered a stroke. The room was previously a disused area, ward manager Emma Jewiss and her team wanted to use the room for better use. Sara Breen, Community Relationship Manager at John Lewis & Partners helped to transform the area into a relative's room where visiting relatives can take time away from the ward and relax, or to receive bad news. John Lewis & Partners kindly donated over £5,000 worth of furniture which includes; two leather sofas, lamps, a clock, a mirror, side tables and artwork. The room is now widely used and all the staff on Ward 8 are over the moon with the room.

## Bags of help for Solihull Hospital Charity

Tesco bags of help scheme kindly awarded Solihull Hospital Charity £4,000 after the Charity applied for a grant on behalf of the Children's Appeal which will help refurbish the children's outpatient department at Solihull Hospital. The hospital charity received the highest number of blue tokens in the Tesco stores around Solihull. Gillian Smith, Community Champion at Monkspath Tesco said "I am very happy to award Solihull Hospital Charity and present them the cheque."





# Solihull Hospital Children's Appeal



**Solihull Hospital Charity has launched an ambitious fundraising appeal to completely renovate the Children's Outpatients Department at the hospital, transforming the spaces where the 17,000 children who visit the hospital each year are treated.**

The appeal is raising money to refurbish five consultation rooms, the waiting area, the treatment room and the playroom in the Children's Outpatients Department, making them much more child-friendly. This renovation will complement the amazing quality of care that is on offer throughout the department.

The refurbishment will transform the department, and is being designed with children in mind. There will be activities aimed for all ages, from a soft play area for toddlers, through to a chill-out area complete with TV and games consoles for the older children and teenagers who visit the hospital.

Not only will this renovation make the department look and feel more welcoming, it will have a positive impact on the children who visit. For many children, a visit to Solihull Hospital Children's Outpatients department is their

first experience in a hospital. This can be a scary and unsettling time for them. Currently, the unit feels and looks very clinical but once the renovations have taken place, the space will offer a calming environment where children can take their minds off their treatment.

The refurbishment of the department will have a big impact on the staff that work there, as well as the children who are treated there. Dr Deepak Parasuraman, who works in the Children's Outpatients Department, said: "It is a real privilege to be a part of the Children's Outpatients department at Solihull hospital; I treat such a range of children with a diverse range of needs and am proud to be able to provide such a necessary service to young people in and around Solihull.

"However, the department needs a renovation to bring the standard of the surroundings up to that of the care on offer. New wall decorations, a more comfortable waiting room, and new modern toys will act as a distraction to children visiting the department allowing parents to relax, and the staff to treat the children as quickly and efficiently as possible."

One of the regular patients to attend Children's Outpatients is Riley. Riley is seven years old and he suffers with atopic eczema which means he constantly has eczema with regular flare ups. Riley's treatment involves daily baths, bandages and ointments to

try and control the flare ups on his skin. Riley's mum, Chris, said: "The treatment Riley has received has been life changing and made his eczema manageable." Riley really enjoys the company of the paediatric staff but the limited amount of toys and games provided are not always suitable



for a child of his age so do not occupy him whilst he is waiting. Children who are Riley's age have a better understanding of why they are in hospital which can often make them anxious, especially if they know they will be having a procedure. Toys and games can take away the fear of being in hospital for children which is why refurbishing the children's departments at Solihull Hospital is so important to children like Riley.

**To find out more about the Children's appeal, or to donate, visit [solihullchildren.org](http://solihullchildren.org)**





# Where your money has been spent

## The Red Bag scheme

The Red Bag scheme is a simple yet effective way of improving communication between home and hospital care, making life easier for the patient.

145 of the bags, which have been funded by supporters donating to Solihull Hospital Charity, will be used to ensure that personal belongings, medication and documentation are kept together and are transferred smoothly from care home to hospital and back.



The bag stays with the patient from the moment they leave the home up until they return after being discharged from hospital. It contains standardised information about the resident and a section for personal belongings such as glasses and hearing aids.

The scheme will cut down on unnecessary delays by keeping all the important things in one place. Patient information is transferred safely and is available to those who need it.

Divisional Head of Nursing Ann Edgar said: "I am delighted that we are launching The Red Bag scheme in Solihull. Similar projects have proved a great success in other parts of the country with many benefits for patients and staff and I am sure it will be the same here.

"This initiative should make sure the nursing team has everything it needs when a patient arrives in hospital and also help speed up the discharge process when a patient is ready to be leave hospital. We are very grateful for the generosity of Solihull Hospital Charity in making it possible for us to go ahead with the red bags scheme."

## The Mesi tool

Thanks to yet another kind donation from the Friends of Solihull Hospital, three Mesi devices have been purchased for the Solihull Community Nurses.

The Mesi is a useful diagnostic tool for calculating the ankle brachial pressure index (ABPI), allowing Solihull Community Nurses to assess the pressure of blood flow in the lower legs. This information is essential for nurses when completing a comprehensive

holistic assessment with regard to the treatment of patients with leg ulcers. The outcome of this assessment helps the nurses to determine if the patient is suitable for treatments such as compression therapies, or further investigations.

The Mesi takes approximately five minutes to calculate the ABPI, freeing up time for both patients and making effective use of the community nurse's time.



## Cooling caps for cancer patients

Hair loss can be an extremely distressing side effect of chemotherapy for both men and women. Cooling caps can help to combat hair loss from certain chemotherapy drugs. The specialised cap is worn during a patient's chemotherapy sessions; it is filled with a cold gel that directly targets the hair follicles to potentially reduce hair loss. Solihull hospital charity has recently purchased six cooling caps at a cost of £125 per cap for cancer patients that are receiving chemotherapy.

Pictured below are the old (left) and the new (right) cooling caps. The older caps were bulky and uncomfortable for patients, but the new, lightweight caps are far more comfortable and effective.



# Staff Superstars

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

# BIG THANK YOU

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

## Consultant goes 'over and above' for his patients

The first staff superstar that we are saying thank you to in this edition is Manos Nikolousis, Consultant in Haematology at Heartlands and



Solihull Hospital. Manos has been awarded staff superstar for his caring attitude towards his patients and their relatives during and after treatment. Manos is a huge supporter of the hospital charity and despite his hectic schedule will always try to be there to receive cheque presentations and have time to talk and listen to his ex-patients and their stories. Thank you, Manos, for going 'over and above' for the hospital charity.

## AMU staff cake sale raises an astonishing £1,000

The staff over at AMU Short Stay recently organised a raffle and a cake sale for their 'eat, drink, move' campaign on the ward and raised over £1,000 in the process. All the money raised will help purchase dementia friendly items for the ward. All the staff really enjoyed organising their event and getting dressed up in vintage 1940's themed fancy dress for the occasion, much to the joy of the patients and their relatives.

Rachel Learmonth, Fundraising manager at Solihull Hospital Charity said: "Well done team



for raising such an outstanding amount of money! Your donations will enable the hospital charity to make a huge difference to people,

at a time when it is most needed. By providing dementia friendly items such as jigsaw puzzles, motor skills games, picture books and nostalgic items, staff will be able to help stimulate memory for the patient; a treatment referred to as reminiscence therapy."

## Lynn Reaper hikes for Solihull Hospital Charity!

Lynn Reaper, lead Cancer nurse, took on the gruelling challenge of climbing Mount Snowdon in September to raise money for



cancer nurses. Lynn endured wind and rain on the way up but despite this she thoroughly enjoyed every minute of the challenge and she raised a fantastic £748. Lynn's donation will help towards training and education for the cancer nurses at Solihull Hospital, thank you Lynn!



# superstars

## Children's outpatients nurses bring joy to their patients

Helen Rooney and Carole Stanley are both staff nurses on the Children's outpatients department. Helen and Carole kindly took it upon themselves to organise a raffle to help raise money for their department to purchase toys for their younger patients. They want to help make their patients' time on the department a little easier and fun whilst they wait for to be seen for their appointments, they certainly put a lot of smiles on children's faces!



## Community Services COPD cake sale fundraiser

Community Nurses Lisa Green and Rhiannon Micklewright, organised a delicious cake sale in the main entrance of Solihull Hospital in order to raise awareness of Chronic Obstructive Pulmonary Disease (COPD). The pair raised a fantastic £384.84 from the event. Rachel Learmonth, fundraising manager at Solihull Hospital



Charity said: "Well done ladies for fundraising for such an important cause, thanks to your donation, the hospital charity will be able to provide 'added extras' for the respiratory team."

## Fundraising staff superstar Manjit goes 'over and above'

Manjit Sohota PA on Ward 14 [general surgery ward] has been awarded one of Solihull Hospital Charity's staff superstars as she



been a proactive fundraiser for Ward 14 by organising raffles, taking part in the hospital charity's Smarties September and Mince Pie Monday campaigns. Manjit is always supportive of the hospital charity and continues to help raise as much money for Ward 14 as she can, thank you Manjit!



If you have come across a staff member at Solihull Hospital who you think deserves to be recognised as a staff superstar, then please get in touch with the Charity to nominate them!

Find us on social media or contact [rachel.learmonth@uhb.nhs.uk](mailto:rachel.learmonth@uhb.nhs.uk)



# Join our events!



## Sky's the limit

Each year, hospital charity supporters take to the skies to raise money for patients at a hospital of their choice. A tandem skydive offers a thrill like no-other, as you leap from a plane at 13,000 feet over the beautiful Oxfordshire countryside.

Skydivers such as 80 year old Derek Smith, whose last experience of jumping out of a plane was in the 1950s whilst he was serving with the British Army thoroughly enjoyed the experience. Derek said "It was my 80th birthday and I decided to do something a bit different". If like Derek you too have a big celebration or want to take on the thrill of a life time for the hospital charity, then this is certainly the event for you!

**Visit [hospitalcharity.org/events](http://hospitalcharity.org/events) to view the event dates running from June to September 2019. Book your place for just £50 with a minimum sponsorship requirement of £300.**



## The Great North Swim

Take on the ultimate challenge of endurance to fundraise for the hospital charity of your choice. With distances to suit all levels and abilities you can enjoy a challenge in the great outdoors with both friends and family. Take your pick to swim 250 metres, ½ a mile, 1 mile, 2 miles, 5K or a 10K!

**Please email [roisin.mooney@uhb.nhs.uk](mailto:roisin.mooney@uhb.nhs.uk) or phone 0121 371 4852 for further information, or visit [hospitalcharity.org/events](http://hospitalcharity.org/events).**

## SimplyHealth Great Birmingham Run 2019



The SimplyHealth Great Birmingham Run is one of the biggest half marathons in the UK, thousands of runners take to the streets of Birmingham every year to run the 13.1 mile race. Runners from all walks of life with inspiring stories have previously

participated in the Great Birmingham Run. From people who have recovered from life-saving brain surgery to those who have set themselves a challenge to get fit, anyone can take part and run for the hospital charity of their choice! Joy Johnson, a Clinical Research Facilitator at QEHB participates every year said: "I did my first event when I was 51 and since then I have done one every year, the atmosphere is brilliant and I will be back for number five this year."

**To read more about the Great Birmingham Run, which is taking place on 13 October 2019 visit [hospitalcharity.org/events](http://hospitalcharity.org/events).**





# Regular Giving

With your help, Solihull Hospital Charity can continue to provide 'added extras' for patients at the hospital.

By setting up a regular donation to Solihull Hospital Charity you will be helping to support patients and staff on the ward or department of your choice, improving the quality of care and making the hospital experience better for everyone.

Each donation will allow staff to identify items that they can purchase which will make a huge difference to their patients, in turn reflecting the outstanding care that is on offer at the hospital. Help the hospital's patients by going 'over and above' for those who need it most.

No matter the amount, Solihull Hospital Charity will ensure that your donation helps to fund the items that really matter for patients at the hospital.

Please fill out the form below if you wish to make a regular donation to help support the hospital charity. Collect your free postage envelope at the General Office in the main reception; please leave with the General Office staff once the form is completed.

Alternatively cheques can be posted to 5th Floor, Nuffield House, Queen Elizabeth Hospital Birmingham, B15 2TH.

For more information please go to [hospitalcharity.org](http://hospitalcharity.org) or email [Rachel.learmonth@uhb.nhs.uk](mailto:Rachel.learmonth@uhb.nhs.uk), thank you.

## SUPPORTING SOLIHULL HOSPITAL

I would like to support Solihull Hospital Charity and help the Charity to enhance patient welfare within the hospital during their stay.

(If applicable) I would like my donation to go to the following area/fund in the hospital.

AREA/FUND NAME

### SET UP A REGULAR MONTHLY DONATION

I would like to pay... (Tick as appropriate)

£  on  1st or  15th of the month and monthly hereafter.

To my bank: please set up the following standing order and debit my/our account accordingly.

#### My/our bank details

Account name  Sort Code  -  -   
Account N<sup>o</sup>  Reference **63-5-308**

#### Recipient bank details

UHB Charity • Sort Code **20-07-89** • Account N<sup>o</sup> **83304124**

### Boost your donation by 25p of Gift Aid for every £1 you donate

I want to Gift Aid my donation and any donations I make in the future or have made in the past four years to UHB Charity. I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Name

Address

Email

Signed  Date  /  /

OR Make a one-off donation of £

We would like to stay in touch with you and send newsletters and other information from the hospital charity. Tick to join: our mailing list  and/or email list

Please return form to: **Fifth Floor, Nuffield House, Queen Elizabeth Hospital, Birmingham B15 2TH**

Queen Elizabeth Hospital Birmingham Charity, Heartlands Hospital Charity, Good Hope Hospital Charity and Solihull Hospital Charity are working names of University Hospitals Birmingham Charity, a company limited by guarantee in England (N<sup>o</sup> 10004003) and a charity registered in England and Wales (N<sup>o</sup> 1165716). Registered Office: Fifth Floor Nuffield House, Queen Elizabeth Hospital, Birmingham B15 2TH.

Registered with  
**FR** FUNDRAISING  
REGULATOR



£5 will fund active mind cards to keep elderly patients engaged.



£10 can buy dementia-friendly games to help patients feel relaxed and at ease



£30 could provide portable CD players to allow end of life patients to listen to the music of their choice



£20 will help to provide sensory equipment which can help to calm children with autism or learning difficulties before and during treatment

# All you need to know about contacting the hospital charities

If you would like to get in touch with Solihull Hospital Charity, Heartlands Hospital Charity or Good Hope Hospital Charity, the names and numbers you need are included here in our handy tear-off guide:

Main office:

**Tel:** Charity Chief Executive - Mike Hammond 0121 371 4852  
Head of Fundraising - Justine Davy 0121 371 4852  
**Email:** charities@uhb.nhs.uk  
**Website:** www.hospitalcharity.org

## Solihull Hospital Charity

**Tel:** 0121 371 4852 or 07920 756 709  
**Email:** Fundraising Manager - Rachel Learmonth rachel.learmonth@uhb.nhs.uk  
**Website:** www.solihullhospital.org.uk

## Heartlands Hospital Charity

**Tel:** 0121 424 0606 or 07407 635 081  
**Email:** Fundraising Manager - Sian Averill sian.averill@uhb.nhs.uk  
**Website:** www.heartlandshospital.org.uk

## Good Hope Hospital Charity

**Tel:** 0121 371 4852 or 07512 141 432  
**Email:** Fundraising Manager - Laura Power laura.power@uhb.nhs.uk  
**Website:** www.goodhopehospital.org.uk

If you work at any of the three hospital sites and receive queries or donations, please give us a call on the main office number and we will come and see you. Thanks!



**Solihull  
Hospital  
Charity**

