

# love Solihull

Solihull Hospital Charity Newsletter

 SHospCharity  @SHospCharity  solihullhospital.org.uk

 Solihull  
Hospital  
Charity  
Issue 6



## Help to support Solihull Hospital Charity's Cancer appeal

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

Thank  
you!

# 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 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

**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...

### Solihull Hospital Charity's Chamber of Commerce partnership

Solihull Hospital Charity is delighted to announce that it has been chosen by Solihull Chamber of Commerce to be their Charity Partner of the Year. Turn to page four to read more about the exciting times that lie ahead.

### Celebrating our Charity Champs

On pages 10 and 11 you can learn more about some of the incredible people who have gone 'over and above' for patients at the hospital, raising money to support specific wards and departments.

### Refurbishment of the Haematology and Oncology Day Unit

On pages six and seven you can read about the new refurbishment of the Haematology and Oncology Day Unit and the plans to develop a therapy garden area that will be used by patients and their families. Read more about the therapy garden as well as the stunning wall vinyls and the benefits they have for cancer patients during this stressful time in their lives.

### Regular Giving

With your help, the hospital charity can continue to provide 'added extras' for patients at the hospital, turn to page 15 to find out more about setting up a regular donation. No matter the amount, Solihull Hospital Charity will ensure that your donation helps to fund the items that really make a difference to a patients' stays at hospital.



# Dates for your diary

## Festive Jumper Day!

**13 December**

Whether you're at the workplace, in school or a member of the community getting into the Christmas spirit, the Charity has its annual Festive Jumper Day this December. The money raised will support the Christmas appeal, helping to bring Christmas cheer to patients in hospital during the festive period. Be sure to send us some photos of your cracking jumpers!



Email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) for more information on how you can get involved in Festive Jumper Day.



## Great Birmingham Run

**13 October, Birmingham City Centre**

Join our team for the Great Birmingham Run, as it returns again in October! The 13.1 mile race is now established as the second biggest half marathon in the UK. Come along and join the incredible atmosphere of the half marathon whilst raising money for patients at the hospital.

To sign up for your place visit the [Simplyhealth website](http://Simplyhealth website) [greatrun.org/great-birmingham-run](http://greatrun.org/great-birmingham-run) and contact [Charities@uhb.nhs.uk](mailto:Charities@uhb.nhs.uk) to receive your free fundraising pack.

## CHARITY CAROL SERVICE

**10 December, St. Philip's Cathedral, Colmore Row, City Centre, Birmingham**

Join Queen Elizabeth Hospital Charity, Solihull Hospital Charity, Good Hope Hospital Charity and Heartlands Hospital Charity at this year's carol service.

The service begins at 7pm. There will be traditional carols, school choirs and local community choirs, following the service the Charity is providing mulled wine and mince pies.

To book your place please go to [hospitalcharity.org/events](http://hospitalcharity.org/events) for more information

## Velo Birmingham & Midlands

**28 June 2020**

Velo Birmingham & Midlands is returning on Sunday 28 June 2020 and you can beat the crowds and book your place early by signing up to ride for the hospital charity!

The 2019 event saw an incredible 1,000 people cycle to represent their hospital charity and we would love it if you could join us in 2020. Whether you want to cycle the 100 mile route, or the half-Velo route of approximately 50 miles, you can sign up for one of our Gold Bond places for just £40 with a minimum sponsorship of £400.

By joining our team you will get a stylish cycling jersey, and the chance to train with fellow riders as we prepare for the big day by setting out on training rides.

Sign up today and guarantee your place at: [hospitalcharity.org/shop/product/velo2020](http://hospitalcharity.org/shop/product/velo2020)

## TANDEM SKYDIVES

**Various dates throughout 2020**

Come and join the hospital charity for a once in a lifetime experience, where you can step towards the ultimate daredevil thrill – the tandem skydive! Free-fall from 15,000 feet in the air to help support your local hospital charity! There will be various dates throughout 2020 where you will have the opportunity to book, but be quick- places sell out fast!

You are required to raise a minimum of £400 in sponsorship, for more information on dates, please contact [Roisin.Mooney@uhb.nhs.uk](mailto:Roisin.Mooney@uhb.nhs.uk) or visit [hospitalcharity.org/events](http://hospitalcharity.org/events) to keep updated.

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)

# Solihull Chamber of Commerce Charity Partner of the Year goes to...

**Solihull Hospital Charity is delighted to announce that it has been chosen by Solihull Chamber of Commerce to be their Charity Partner of the Year.**

Solihull Chamber of Commerce exists to support local businesses that are looking to connect with, support and grow the Solihull business community. Solihull is one of the strongest performing economies in the centre of the UK and offers a world class location to live, work and invest in. Each year the Chamber votes on a series of local charities, after the selected few have delivered a presentation as to why they believe their Charity best represents the local community, the Chamber then decide who to appoint.

Newly appointed President of the Committee, Robert Elliott, was extremely impressed with the outstanding work that Solihull Hospital Charity provides. Lillian Elekan, Head of Solihull Chamber of Commerce, said: "I am delighted to welcome Solihull Hospital Charity as our chosen charity for 2019. It is so important to support a local cause, which delivers much needed funds and support to the outstanding hospital here in Solihull."

The hospital charity's aim is to go 'over and above' for its patients, providing world-class facilities, equipment, training and research that the NHS cannot fund. The Charity prides itself by going that extra mile for its patients, and with help from local businesses, it can make a patient's and their family's stay at hospital that little bit easier.

Rachel Learmonth, Fundraising Manger for Solihull Hospital Charity, said: "Solihull Hospital Charity is absolutely delighted to be selected as Solihull Chamber of Commerce's Charity Partner of the Year. We look forward to working with the Chamber to ensure that the Charity can continue to provide patients with exceptional facilities as well as receiving the best treatment available. It is a wonderful opportunity for local businesses to support their local hospital and for the Charity to have a platform to showcase our exciting new appeals that will benefit each and every patient that gets treated at Solihull Hospital.



"Local charitable support could help the Charity fund equipment such as our brand new reclining chemotherapy chairs, exciting new research trials, sensory equipment for children with learning difficulties or dementia friendly clocks to help our elderly patients feel more at ease during their stay."

*Thank you!*

**If you would like to help your local hospital in Solihull, please visit [hospitalcharity.org](http://hospitalcharity.org) to find out more.**

# 5 minutes with...

**Laura Bird**  
Oncology and Haematology Sister

We spent 5 minutes catching up with Laura Bird, who is one of the Chemotherapy Nurses at Solihull Hospital, to find out what her job involves!

## What is your role at Solihull Hospital and how long have you been in this role?

I am one of the Chemotherapy Sisters for the Haematology and Oncology Day Unit. I began my career in Chemotherapy on Ward 19 Day Unit at Heartlands in October 2017, and moved over to Solihull with the Chemotherapy team in May 2018, once the new unit opened.

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

Every day is different here. The role can vary day to day depending on where we are allocated. We will either be co-ordinating patients for the next day, taking charge of the main treatment room to ensure safe and efficient patient flow, or administering chemotherapy and supportive treatments.

## What do you enjoy the most about your job?

I love the patient contact, and how we make a difference to our patients' lives. We are always learning on the job, so I really enjoy that too. Also, it's really nice to work with such a supportive and caring team.

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

I have three horses who always keep me busy, I love going to gigs and festivals, I'm currently training for the Loch Ness Marathon, I go to the gym four times a week, and I'm also a drummer.

## When you were young, what was your dream career?

My first dream career was to be an astronaut after my Dad took me to The Kennedy Space Centre, but I

always wanted to work with animals when I was younger, so I spent years wanting to be a vet or an equine vet. I knew I always wanted to have a role that cared for others.

## How has Solihull Hospital Charity helped the Haematology and Oncology Day Unit since its opening last year?

The Charity has done amazing things for our unit in the past 14 months. We have received new scalp cooling caps which were desperately needed, they have funded several of our nurses to attend university in order to benefit the team and our patients. We have also received much needed Air Gloves to help patients who are quite difficult to cannulate and we now have bright vinyls throughout the unit to help make it look more welcoming and create a more positive environment for our patients and their relatives.

## What would you like to say to those who have fundraised or are currently fundraising for your unit?

On behalf of the whole team, I would like to say a huge thank you to anyone who has donated to Solihull Hospital Charity. All of the modifications to the unit and helpful medical equipment that we have received have made a massive difference to the way we deliver patient care as well as the experience that our patients have here in the Day Unit. We would not have been able to do this without your help. We want anyone who walks through our doors



to have a positive experience, and the Charity is definitely helping us to achieve that.

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



# Haematology and Oncology refurbishment

**In May 2018, the Solihull Haematology and Oncology Day Unit was built due to the increasing strains and pressures on the Chemotherapy Department Ward 19 at Heartlands Hospital. The stresses meant that chemotherapy patients at Heartlands Hospital were having their treatments delayed and new patients were being put onto a waiting list.**

However, due to the very generous support of local charities and businesses, the new unit at Solihull has been able to offer an extension of chemotherapy treatment to thousands more patients and overall, the number of patients that can now be treated, has increased by an amazing 170%.

At Solihull Hospital, some patients' chemotherapy treatments can range from three to six sessions over a number of days and each session can sometimes last for up to 10 hours per day. Many patients and their families can find this a very stressful and uncomfortable time.

In order to match the excellent care and treatment now available at the unit, the hospital charity is currently appealing for donations towards a major £100,000 project to improve the interior and exterior of the unit.

As part of this project, we would like to create a safe, relaxing and therapeutic area outside the unit to help alleviate the stresses that the thousands of our chemotherapy patients face. Our aim is to provide our patients and their relatives with a tranquil therapy garden filled with beautiful plants, a private gazebo and space to plant herbs and vegetables.

Gardening can be an excellent way for people recovering from cancer treatment to raise their levels of physical activity, as it involves gentle movements and helps to build up strength over a period of time. Tending to plants or flowers and watching them grow often enables people to regain a sense of control, offers time for reflection, and helps



provide a tranquil space in which patients can spend time with loved ones.

After a cancer diagnosis, it can often seem like you are no longer in control of your life - the cancer has taken over and with it comes a myriad of doctor appointments and hospital visits. Spending time in a garden environment or sitting and absorbing the tranquillity of nature, goes part way to giving patients back some control.

# Oncology Day Unit ishment

Thank  
you!



The new vinyls really brighten up the treatment room.

Solihull Hospital Charity is also funding beautiful wall vinyls to decorate the interior of the unit. Natural scenery such as lavender, blossoms and other scenic views are pictured throughout the unit, giving patients a more visually pleasing and homely feel as opposed to a harsh and clinical environment. Patients and families have already expressed what a difference the new vibrant décor has made to the unit.

A cancer patient on the unit said: "I love the colour schemes and designs on all the walls, it makes me feel so much more positive and relaxed whilst receiving my treatment. It also gives my wife something else to look at!"

Gemma Hughes, Unit Manager, said: "The atmosphere in the Solihull Haematology and Oncology Day Unit was quite clinical, so, as a team we thought that the wall vinyls around the unit would begin to create a positive

aesthetic. We have been so surprised by the calming influence of the newly improved décor.

**"The use of the images in the clinical rooms provided by the Charity has had a really positive impact on patients as well as the team."**

The colourful graphics around the communal areas have also helped to improve awareness about the supportive services available for patients and their relatives. We are

so grateful for the support of the Charity, as they really have helped make our patients' stays in the unit that little bit easier."

Rachel Learmonth, Fundraising Manager at Solihull Hospital Charity, said: "Thanks to our wonderful charity supporters, we are able to provide a collection of stunning wall vinyls across



the unit. We hope to extend this tranquil ambience into the garden areas around the unit, creating a therapeutic and private area for patients to have a break from their treatment. As a Charity we aim to go 'over and above' for our cancer patients, we want our patients to feel as comfortable as possible in their surroundings and make the unit a home away from home."

**To find out more about the Haematology and Oncology Day Unit, or to donate, please visit [hospitalcharity.org/cancercentre](http://hospitalcharity.org/cancercentre)**

# Mobile Dental Unit Appeal

In 2018 Solihull Hospital Charity appealed to fund for a major £115,000 project, the Mobile Dental Unit. Thanks to the generosity of the Charity's fundraisers we are proud to announce that the Mobile Dental Unit is now built and ready to change the way that children view the dentist, making it less daunting and scary whilst significantly improving their oral hygiene for the future.

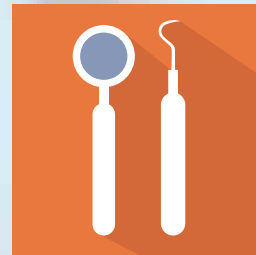
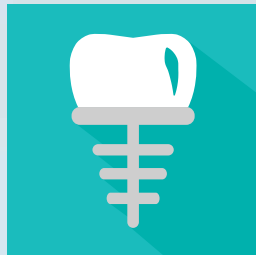
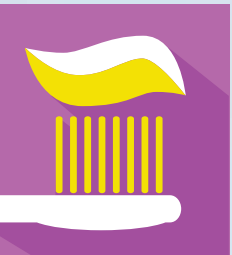
The Solihull Hospital Community Dentists currently visit schools



the unit has been designed to fit the needs of many children such as children with learning difficulties as well as being wheelchair friendly. However, for children with complex needs such as those who are on the autistic spectrum (ASD) this can still be a very intimidating place to be treated. Such children

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 the standard



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 set up the Mobile Dental Unit appeal to help fund the brand new unit for the team. This service will offer dental advice, examinations and treatments for children at primary schools in the most deprived areas in the Solihull borough. Currently

are highly anxious and exhibit behavioural reactions when exposed to a clinical dental environment such as the bright fluorescent lights, sharp and painful injections into the mouth and the smell of unfamiliar utensils.

The Mobile Dental Unit may look impressive for many of Solihull's children, but for some it can still be a frightening visit. Solihull Hospital Charity wants to make the unit the best it can possibly be by including sensory items that can make the dental treatments as efficient and comfortable as possible for patients with developmental disorders, examples 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

sharp, uncomfortable pain for our young patients. With the aid of items such as this to the unit, the dentists will be able to treat their patients without causing them distress.

With the help of your donations, the Solihull Hospital Community Dentists will have access to specialised equipment 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.

**Help to fund this equipment by donating here:**  
[hospitalcharity.org/dentalunit](http://hospitalcharity.org/dentalunit)



# Children's appeal

**In 2018 the Charity brought you the news of the Children's appeal launching across Solihull Hospital, Heartlands Hospital and Good Hope Hospital sites. Thanks to the many generous donations received, Good Hope Hospital was able to complete the refurbishment at the Children's Outpatients Department. The department has now completely transformed into a more child-friendly, calm, colourful and enjoyable area.**

For some, hospital may never be an enjoyable place, but with the aid of this beautiful new department along with specialist toys, activities and games it will make it that little bit better.

Helen Rooney, Paediatric Nurse at Solihull Hospital's Children's Outpatients Department, said: "This appeal means so much to the team on the unit. Ultimately we want the very best for each and every child that is

treated here; some children have lifelong conditions such as cystic fibrosis or diabetes that mean we have to see them regularly for check-ups. We would love a fun and playful area that is tailored for our patients' needs in mind. Currently the unit is quite outdated and it can be very boring for our patients to stay here for hours on end."

Whilst Solihull Hospital hosts excellent medical treatment and support for children and their families during their visits, the department lacks a child friendly setting that you would expect at a children's department, subsequently making a visit

**The current unit is extremely outdated for young patients**



With the exciting news about Good Hope Hospital, Solihull Hospital Charity is keener than ever to get the unit looking as fun and vibrant as Good Hope's, but we cannot do this alone. Over 17,000 children are seen each and every year at Solihull Hospital's Children's Outpatients Department.

With your donations, we will be able to transform the department with children aged 0-18 in mind. From a chill-out area complete with TV and games consoles for the older children to a soft play area for toddlers we want to make every patient feel relaxed.

Part of the appeal will also include the repurposing of the baby feeding room. This area will be used as a multi-sensory room for children who have complex needs. The room will include equipment and facilities such as bubble machines, soft play, projectors, mirrors and sensory toys making the area much more accessible and stress free.

**With your help, the new unit will model Good Hope Hospital's Children's Outpatients Department.**



to Solihull hospital more daunting for the thousands of young patients that visit every year.

**Please help support Solihull Hospital Charity's Children's Outpatients Departments today by visiting:**  
[hospitalcharity.org/childrenandyoungpeople](https://hospitalcharity.org/childrenandyoungpeople)

## Charity Champs

# Jaguar Land Rover raises funds to support their local hospital!

Solihull's Jaguar Land Rover team have donated an incredible £4,800 to support the Pulmonary Rehabilitation Centre at Solihull Hospital.

Pulmonary Rehabilitation is an exercise course for patients who have long term lung conditions such as

COPD, bronchiectasis, asthma, pulmonary fibrosis or other conditions which makes them breathless.

One of the patients that required pulmonary rehabilitation was Technical Lead Engineer at Jaguar Land Rover, Chris Dean. Chris has a long-lasting condition called Bronchiectasis, a condition whereby the lungs become abnormally widened; this can be controlled by exercise and medication.

Chris was referred to Solihull Hospital, he said: "When I was diagnosed with Bronchiectasis six years ago, it was life-changing news. But with the support of the Pulmonary Rehabilitation Centre at Solihull Hospital I was able to cope with my condition and learn how to manage it better. The staff and volunteers at the centre are so supportive and they have plans to improve the facilities and equipment available to patients. As a way to give something back and say thank you, I nominated the Centre for 'Motorvate', which is a Jaguar Land Rover scheme set up to support local charities and organisations. I'm really looking forward to seeing the Charity fund new equipment to help improve a patient's recovery and treatment plan."

The money will be able to provide patients with a vast array of exercise equipment that is 'over and above' what the NHS can fund, thank you team.



## Work colleagues go 'over and above' for Solihull Hospital Charity

Sally Brunt was sadly diagnosed with breast cancer in 2018. Prior to her diagnosis Sally worked for several years at Timpson and Johnsons Dry Cleaners Company as a Branch Manager. After hearing the news about Sally, as well as another colleague who was also fighting cancer, the team decided that they wanted to show their support in any way that they could.

Shelley Banks, a colleague and friend of Sally, said: "We wanted to show our support and love to them by making sure they didn't feel that they were fighting this alone. We decided to raise money on their behalf for a cancer charity of their choice."

As Sally is currently being treated at Solihull Hospital, she wanted to raise money to the Haematology and Oncology Day Unit which is supported by the hospital charity. The unit opened in July 2018 and was designed specifically with a patient's needs in mind, offering a more peaceful and comfortable environment for them whilst receiving chemotherapy treatment.

Shelley said: "Sally was so pleased when we raised over £1,500 for the amazing people who had helped her in her hours of need, her "heroes in uniform".

"Sally was overwhelmed at the support she received from her colleagues and customers. I was honoured to stand with her to present the cheque to such amazing people. It's a small token of thanks to the most amazing, caring team. Sally still has a long road ahead, but she is always positive. Sally would like to say a personal thank you to the wonderful doctors and nurses for all their support. Words cannot express what an amazing job they all do."



## Balsall Common Lions Club raises money for the Haematology and Oncology Day Unit at Solihull Hospital

Balsall Common Lions Club host a quarterly quiz night at The White Horse Pub. The quiz consists of difficult questions to get people's minds racing whilst fundraising! The Club have been vital supporters of Solihull Hospital Charity for many years. In the past, the hospital has helped some of the members during their own cancer treatments, making their donation towards the Haematology and Oncology Day Unit very close to their hearts. Collectively, the night raised an amazing £900! The money raised has helped to purchase cooling caps; a piece of medical equipment that is worn by the patient during their chemotherapy treatment to help preserve hair follicles. Hair loss is a common side effect from chemotherapy and can be a very distressing condition for both male and female patients. With the donation provided by The Lions, this will hopefully help to improve a patient's confidence and wellbeing. Well done Lions!



Charity Champs

## Asda Chelmsley Wood raises money for children at Solihull Hospital



Charity Champs

Solihull Hospital Charity was nominated for Asda Chelmsley Wood's three green token scheme. The scheme runs quarterly in the store and has three boxes representing three different charities and the one with the most votes receives a charitable donation.

The Charity was delighted to find out the local community awarded the largest amount of tokens to Solihull Hospital Charity, and as a result won a fantastic donation of £500!

Medina Chambers, Community Champion at Asda Chelmsley Wood met the Charity for a cheque presentation. The donation of £500 will go directly towards the Children's Appeal at Solihull Hospital

Charity, helping to provide toys and sensory equipment for the children who visit the hospital.

**If you would like to find out more about the Children's Appeal at Solihull Hospital or to donate, please visit [hospitalcharity.org/childrenandyoungpeople](http://hospitalcharity.org/childrenandyoungpeople)**

## Benidorm or Bust!

An event named "Benidorm or Bust", set up by Pat Dunne and his friends, saw them travel an amazing distance of over 1,400 miles from Dover to Benidorm to fundraise for Solihull Hospital Charity.

Sadly, Pat's Father, Martin Dunne aged 75, is currently receiving pancreatic cancer treatment at Solihull Hospital's Haematology and Oncology Day Unit.

Martin's family are extremely grateful for the wonderful care that Martin receives, and wanted to say a special thank you to Ms Joyce Thompson, Consultant Medical Oncologist, and her team for all of their incredible support and treatment.

In total Pat raised an outstanding £3,270! Reflecting on his trip, Pat said: "I have good friends who wholeheartedly contributed and rallied their own contacts to contribute. Without whom I wouldn't have raised so much money. I am forever in their debt."



Charity Champs

# Staff Superstars

## Fundraising goes to new heights



Staff from the Haematology and Oncology Day Unit are braving new heights for their Abseil Challenge! The team, that consists of Gemma Hughes, Laura Bird, Leanne Painter, Alexander Banfield, Emily Emberton, Emma Williams, Collette Pinfield and Chloe Russell, will all be taking part to raise money to fund a therapy garden for cancer patients to sit and relax in during their treatments.

Despite her fear of heights, staff superstar Gemma Hughes, said: "I am so nervous to abseil down the Wesleyan building, but I know that all money we fundraise will provide the very best 'added extras' for our cancer patients. I am willing to face my fears for that!" Good luck team!

**Help support them by visiting: [justgiving.com/TEAMSHODU](https://www.justgiving.com/TEAMSHODU)**

## Sunrise Snowdon team climb for their community!

Four staff members from The Community Diabetes team, Angela Granger, Kathleen Farrell, Trisna Patel and Laura Prichard, have set their sights on conquering the tallest mountain in England and Wales, Mount Snowdon. The group are raising funds to support patients, families and fellow staff



and have already collectively raised a fantastic £600!

**To help support the team in raising funds for Solihull Hospital Charity, visit their [JustGiving Page today at justgiving.com/laura-pritchard15](https://www.justgiving.com/laura-pritchard15)**

## Helen Rooney goes 'over and above' for her patients



Paediatric Nurse, Helen Rooney always goes 'over and above' for her patients and seeks to find the best equipment possible for the hundreds of children that are seen at the Children's Outpatients Department each and every week. Helen recently requested a Musical Fantasy Roundabout sensory toy which is a toy that helps to occupy and relax children with complex needs such as autism.

The musical toy plays a soothing melody when wound-up and the coloured balls rotate on their springs as the melody plays,

creating an audible and visual reward whilst encouraging touch.

Helen said: "Items such as this would not be possible for me to request without the generous donations of fundraisers. Being able to provide children with distractions such as this, really helps to make hospital a less clinical and scary place, it is also a huge benefit for parents as their child is no longer in distress."

## Linda takes to the skies

Linda Parsons, Healthcare Assistant at Solihull Hospital's Ward 19, has decided to take on the ultimate challenge of jumping out of a plane at 15,000 feet in the air for her local hospital charity.

Linda said: "I have wanted to do it for a couple of years; I care so much for the hospital and I would love to raise money for the necessary equipment it really needs. I would love to fundraise for so many patients such as the respiratory patients as well as to obtain a bladder scanner. I love anything fast and I can now tick this off my bucket list."

Linda will be 63 the day after the skydive, she said: "It's my present to myself whilst fundraising for others at the same time." Good luck Linda!



**If you would like to support Linda's skydive please visit [www.justgiving.com/Lin-Parsons](https://www.justgiving.com/Lin-Parsons)**

# Where your money has been spent

Thank you!

## Time for tea

Solihull Hospital staff treat approximately 60,000 patients each and every day. From caring for older patients with few or no family members, young children with complex needs and life limiting illnesses, to emergency admissions and people in need of life-saving treatments.

Here at Solihull Hospital Charity we thought we would say thank you to staff for all their hard work!

The Charity has recently provided beautiful new tea sets for staff and their patients throughout the hospital!

Rachel Learmonth, Fundraising Manager at Solihull Hospital Charity said: "It was a pleasure to be able to provide the tea sets to staff. The hospital charity exists to provide 'added extras' for both

## Palliative Care dental kits

Mouth problems are common in palliative (end of life) care. Mouth problems can have a negative impact on quality



of life, both physically and emotionally. Mouth care should be part of daily routine care for all patients; however this can sometimes be a struggle for palliative patients.

Common mouth problems in palliative care can include dry mouth, infections and even drooling, all of which can cause severe discomfort and cause patients a lot of distress. This distress during the later stages of life is something that no one should have to worry about. However, thanks to your donations, Solihull Hospital Charity has been able to provide Palliative Care with dental care kits that contain items such as a safe mouth swab and a soft tooth brush. This will help to alleviate pain in the gums that can often be a side-effect of the medication they need to take.

## Friends of Solihull provide Bladder Scanners

The Solihull Continence Advisory Service has received two new portable bladder scanners from Friends of Solihull Hospital Charity (FOSH). The Continence Advisory Service is a service for housebound patients in Solihull providing confidential specialist clinical advice, support and understanding to men and women with bladder and bowel dysfunction.

The bladder scanners will enable patients to be assessed in their own homes thus reducing the need for a hospital visit and providing an immediate assessment. When a patient is having an issue emptying their bladder a scan is performed. If the results determine a catheter is needed it can be inserted at that time in the patient's home, or if needed then intermittent catheterisation can commence.

Not only do these scanners play a part in a continence assessment and monitoring process, which is invaluable for the continence team, they also enable the community nurses to attend a patient's home, reducing the need for a hospital visit. It also allows the service to facilitate a trial without catheter in the patient's home. If the trial is successful it has immense benefits to the patients as it allows patients to live catheter free and also reduces the risk of infection so the patient is able to live more independently. The equipment is accessible for all the Adult Community Nursing teams in Solihull and therefore improving patient outcomes and quality of life throughout Solihull. The Adult Community Nursing Services are very grateful for the continued support of FOSH in their services for housebound patients in the community, 80% of which are elderly frail.

Pictured is Specialist Nurse Stephanie Roe with the new bladder scanner which will be used to provide accurate continence assessments in the community.



patients and staff. The staff at Solihull Hospital work tirelessly and we wanted to say thank you for the amazing work that they do. Thanks to our generous donations we are able to go over and above for our staff and patients, thank you!"

**If you would like to donate to Solihull Hospital Charity, please visit: [hospitalcharity.org/donate](http://hospitalcharity.org/donate)**

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

The hospital charity is delighted to offer two fantastic ways to write a will that are both free and simple to use. We all want to make sure that our loved ones' futures are protected, and that's why Solihull Hospital Charity has teamed-up with Bequeathed and Accord wills to offer a free will-writing service at Solihull Hospital. By writing a will, you can make sure that your money, property and possessions go to the people and causes that you care about after you die.

Bequeathed offers a simple, free and convenient online service which allows you to make the right will for you in the way that suits you best. Writing a will does not need to be a complex process, and through Bequeathed, you can access all of the information and advice that you need in a simple, straightforward way. Bequeathed's online service offers a simple, step-by-step way for you to write your will, and if at any time during the process you need more detailed legal advice, Bequeathed will be able to put you in touch with a solicitor who will give you a price for completing the will.

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

Justine Davy, Head of Fundraising at Solihull Hospital Charity, said: "Solihull Hospital Charity is delighted to have partnered with Bequeathed to offer those at Solihull Hospital this free will writing service. Modern life is busy and hectic, especially for our hard-working staff across the hospitals, and writing a will can feel like a task that's never top of the to-do list, no matter how important we may feel that it is.

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



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

Accord Wills provides a free face-to-face or over-the-phone service to ensure that you can find the right will for you. Accord Wills have written thousands of wills over the years ensuring that people find the best way to protect their assets and loved ones. By providing a free service, Accord Wills asks that people offer a donation to Solihull Hospital Charity in return for their services.

Derek Dickson, Legal Services Consultant at Accord Wills, said: "Your peace of mind is our number one priority. Our consultants specialise in a range of essential legal affairs, including Wills, Lasting Powers of Attorney, Probate and Trusts, as well as advice on care fees and estate planning."

**To find out more about Accord Wills and the free services available, please visit [accordlegalservices.co.uk/contact-us/](https://accordlegalservices.co.uk/contact-us/) quoting Solihull Hospital Charity, or email [Derek.Dickson@accordwills.co.uk](mailto:Derek.Dickson@accordwills.co.uk)**

**ACCORD**  
LEGAL SERVICES LTD

**bequeathed**  
free wills, valuable advice

# 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 [charities@uhb.nhs.uk](mailto:charities@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.



£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



# A WILL PROTECTS YOUR LOVED ONES AFTER YOU'VE GONE

You can ensure that your estate goes to the people and causes that you care about the most.

Bequeathed offers a free online will writing service that is straightforward and convenient.

Get started today at [hospitalcharity.org/bequeathed](https://hospitalcharity.org/bequeathed)



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