

Over & Above

University Hospitals
Birmingham Charity Newsletter
ISSUE 2

University Hospitals
Birmingham
Charity

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‘Make a lotto’ difference!
A ticket to support your local NHS

Find out more about how we have been supporting families and how you can get involved in fundraising for us!

Thank you!

Mike's Letter



Thank you!

What we do at UHB Charity

Together with your help we raise money to provide world-class facilities for patients and their families at the Queen Elizabeth Hospital Birmingham, Heartlands Hospital, Good Hope Hospital and Solihull Hospital that go 'over and above' what the NHS can provide. We spend your generous donations on cutting-edge equipment, world-leading research, specialist facilities and 'added extras' that help to improve the hospital experience for the two million patients who are treated across the Trust each year.

Hello and welcome to the summer edition of UHB Charity's Over and Above newsletter where we bring you our latest news, our upcoming events and stories from our fantastic fundraisers.

The past year has been incredibly hard for everyone, especially our frontline staff and patients. We have been proud to support our hospitals during one of the most difficult years our NHS has ever faced. Looking to the future we will continue to fund all those 'added extras' which help make a patients' stay as comfortable as possible and support our hardworking staff.

With summer just around the corner, it's the perfect time to sign up for an event and raise money to support your local hospital.

We've got a whole host of events coming up so whether you'd like to host a tea party, climb Mount Snowdon or jump out of a plane, there's something for everyone! If you're interested in keeping up to date with our latest news then be sure to follow us on social media, just search for @UHBCharity on Facebook, Instagram and Twitter. Alternatively, you can contact us on 0121 371 4852 or charities@uhb.nhs.uk.

We're as grateful as ever to our wonderful supporters, it's thanks to your generosity that we're able to go 'over and above' for our patients and staff after an immensely difficult year.

Mike

Mike Hammond
Chief Executive,
University Hospitals Birmingham
Charity

In this issue...

Lottery

UHB Charity is launching its very own lottery! To find out how you can support your local hospital, and at the same time be in with the chance of winning £1000 every week, go to page 10 to find out how to sign up!



Birmingham Transplant Centre

We are launching a brand-new £2 million fundraising appeal to create the Birmingham Transplant Centre. This national centre of excellence for organ transplantation will be funded by UHB Charity! Head to page 15 to see how you can help.



NHS Big Tea

On page 14 you will learn about how you can host your own tea party this July to support staff at your local hospital. We're inviting our supporters to take part in #NHSBigTea to celebrate the birthday of the NHS and raise money to support our NHS Superheroes!



Midwifery Led Unit Opens!

We are incredibly proud to announce the opening of a brand new £1 million Midwifery Led Unit at Good Hope Hospital! See pictures of the marvellous new unit on page four.



DATES FOR YOUR DIARY



NHS Big Tea!
5 July 2021

Join us for a national outpouring of thanks for our healthcare heroes. We invite everyone to take a break, raise a cuppa, and celebrate the NHS on its birthday! Host your own tea party or take a 5 minute tea break, donate £5 to UHB Charity and tag 5 people to do the same.

To find out more, visit hospitalcharity.org/nhsbigtea or email sophie.westlake@uhb.nhs.uk

SKYDIVES
MULTIPLE DATES THROUGHOUT SUMMER

Take to the skies with UHB Charity in 2021 and experience the thrill of a lifetime! Enjoy a tandem skydive and raise money to support a ward or department of your choice. There are multiple dates for you to pick from throughout the summer, but be sure to secure your place before they go! You can buy your spot for just £50 with a minimum sponsorship requirement of £400.

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

SNOWDON CHALLENGES
Multiple dates throughout summer

Join us as we climb the highest mountain in England and Wales, Mount Snowdon, to raise funds for patients and staff at our hospitals.

You can take on this challenge during the day, or choose to climb the mountain overnight and watch the sunrise from the peak!

Places for these challenges cost £50 and there is a minimum sponsorship requirement of £175 which includes coach travel from Birmingham City Centre, snacks and drinks, and professional guides who will accompany us on the walk.

Get your ticket today by visiting hospitalcharity.org/events

ABSEIL CHALLENGE
24 July 2021

This exciting abseil challenge will give you the opportunity to abseil down the iconic Green Man Wall in Digbeth to raise funds to support patients and staff across our hospitals.

Places will cost £30 and there will be a minimum sponsorship requirement of £130.

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

MUDNIFICENT7
7 AUGUST 2021

The Mudnificent7 is an event like no other! This seven kilometre obstacle course has been designed by seven different event companies, each designing a one kilometre section of the course. Taking place in the beautiful surroundings of the Heart of England Conference and Events Centre, Mudnificent7 promises an exhilarating, and muddy, adventure.

Places cost £30 each and there is a minimum sponsorship requirement of £120. Go to hospitalcharity.org/events to find out more or email katy.decothi@uhb.nhs.uk

COAST 2 COAST
10-12 September 2021

Join us for a bike ride to remember, an adventure across coasts, raising money for University Hospitals Birmingham Charity's brand new £2 million fundraising campaign, which will raise the vital funds required to build the Birmingham Transplant Centre.

Sign up and pay a registration fee of £95, and UHB Charity is asking you to raise a minimum of £1,000 in sponsorship. To find out more, please email eleanor.pocock@uhb.nhs.uk



BRIGHTER D

Over the last year, the world has been devastated by the pandemic, and too many people have sadly lost their lives, causing devastation to the millions of people who have been bereaved. University Hospitals Birmingham (UHB) Charity expresses its deepest condolences to all those who have lost a loved one and are grieving.

University Hospitals Birmingham NHS Foundation Trust has sadly been the worst affected trust in the country, forcing our staff to work under new and unfamiliar conditions. We cannot begin to imagine how challenging and uncertain the past year has been for all of our staff who have worked tirelessly to continue to care for our most vulnerable patients. UHB Charity cannot put into words how grateful it is for all our NHS Superheroes across the trust for all the amazing work they have done.

University Hospitals Birmingham Charity has been humbled to witness how the local community rallied around to support our wonderful NHS during the pandemic. Thanks to its generous supporters, UHB Charity has been able to help patients and staff throughout the pandemic.

Rainbow over QE



In March 2020 we launched our NHS Superheroes appeal, and we were overwhelmed by the response. This generosity helped us to raise £1 million to support our patients and staff throughout the pandemic. With this support, we have been able to provide hundreds of iPads for patients to stay in touch with their families, thousands of bereavement packs for families of those who have died, 40 'wobble rooms' and thousands of care packages for the well-being hubs which provide



Staff with donations

also been amazed by the support we have received from our local community and businesses! We could not have done what



Wellbeing Hubs

psychological and emotional support for our staff. Charlotte Schofield, Director of Fundraising at University Hospitals Birmingham Charity said: "We cannot begin to imagine the year that some people have had. Our condolences go out to all those who have lost a loved one and are grieving. UHB Charity, along with the support of many, I am sure, wants to express its gratitude to our NHS, to all the staff in our four hospitals who worked so unbelievably hard this year! This year has been the hardest that our NHS has ever faced, and yet our staff have come to work every single day and faced it head on. There are no words to explain how grateful we are. We have

we have done for our staff and patients over the last year without all our fundraisers and donors." Whilst there are still tough times ahead, UHB Charity is looking towards the future, with hope of brighter days ahead. We will continue to support our staff, patients, and families in whatever way we can, going 'over and above' to improve patient experience for our local community. Going forward, we have plans to refurbish areas of our hospitals, with particular focus on our Paediatric services across our hospitals. This includes the Children's Outpatients department at Solihull Hospital, and the Children's Ward at Good Hope

AYS AHEAD...

Hospital. We want to make it brighter and more inviting for our youngest patients, taking the stress and anxiety away from visiting our hospitals. The refurbishments will involve complete redecoration of these areas, the installation of child-appropriate wall-art, and new comfortable seating and sensory equipment for children and their siblings.

At Heartlands Hospital we are currently raising funds to provide a home from home for families of children receiving treatment at the hospital. Heartlands Hospital treats 76,000 children every year, treating some of the most poorly children across the West Midlands, with many making return visits, or having long stays in hospital for emergency procedures. UHB Charity wants to fund a home from home that will allow parents, guardians, and family members to stay, free of charge, in a comfortable environment close to the hospital, close to their child.

We are incredibly excited to launch some of our new projects across the hospital sites and continue supporting our staff, patients, and families after what has been an incredibly difficult year for us all.

To keep up to date on all our projects, please visit: hospitalcharity.org/news and to make sure you see any exciting announcements, follow our social media platforms.



LinkedIn, Facebook
University Hospitals Birmingham Charity



Twitter and Instagram
@uhbcharity



TikTok
@uhbcharity_

Thank you!

THANK YOU TO ALL OUR STAFF!

A message from a family of a patient, for Critical Care staff at the QE

"Bless you all, words cannot express how grateful we are to you for all the care and skill that has seen Deborah through these last 5 weeks. Strength to you - the stars in our lives."

A message to the Porters, Housekeepers, Security & Catering across UHB

"To the team who help keep the hospital functioning, clean, safe and fed during these especially trying times - Thank you. We appreciate the risks you take each day to help patients, families and staff."

A message for the nurses and doctors at the Special Care Unit at Good Hope Hospital and Heartlands Hospital

"We just wanted to say a massive thank you to all the nurses and doctors in the special care unit at Good Hope Hospital and at Heartlands Hospital that looked after my baby for the month he was in hospital. The care and the support to us as a family meant everything and made it easier for us to deal with having a premature child. The care was so high and we're so thankful and grateful for each and every person who looked after baby. Thank you so much!"

A message to staff on Ward 515

"You have been an amazing team to be a part of, such a family feel, always supportive and always a joy to work with. You all got thrown into the deep end more than a year ago and you should all come out with your heads held high. Be the superheroes you all deserve to be."

Pride in opening Led

On Monday 19 April, University Hospitals Birmingham (UHB) Charity was extremely proud to unveil the brand-new Midwifery Led Unit (MLU) at Good Hope Hospital! This £1 million project will support new mothers and babies, giving women the reassurance that they are in the safest place they can be when delivering their new baby.

Having a baby is an incredibly special time in parents' lives and in the build up to the delivery date, the bond between mother and midwife becomes extraordinarily strong as the midwife supports the mother throughout her pregnancy. More recently, there has been an increase in demand for Midwifery Led Units where the midwife assists with a natural birth. The MLU will provide women with a 'home from home' like experience, so that women feel safe, comfortable and in control of the birth of their baby. This £1 million investment into maternity services at Good Hope Hospital will have a direct benefit on the mother, baby, and families.



Lavender birthing suite

The new unit is home to four new spacious and beautifully decorated birthing suites (Lavender Suite, Camomile Suite, Eucalyptus Suite, Jasmine Suite), two of which include birthing pools. They also incorporate brand new equipment such as birthing cubes, stargazer chairs and height adjustable cots to encourage family centred care and ensure everyone involved feels as comfortable as possible.

There are two new overnight rooms which will provide a home away from home for mothers, a family dining and lounge area and its own entrance, all creating a more relaxed and less clinical environment which will have a positive impact on mother and baby.

The maternity team at Good Hope Hospital has already seen the benefits of the MLU. Just hours after the unit opened, Hannah Stait and Tiago Estradas welcomed their first baby boy into the world - Joey Des Estradas.

The couple arrived on the unit on Monday afternoon, and were instantly mesmerised by the unit, feeling comforted by the soft lighting, calming imagery, and non-clinical surroundings. Hannah and Tiago were shown round the MLU, and asked to choose which room they would like stay in. The pair chose the Jasmine birthing suite, as not only is this home to one of the amazing birthing pools, but the suite is blue, which they felt was very appropriate as they knew they were having a little boy.

Speaking to the new parents about



Sandalwood Family room

of new Midwifery Unit!

their experience on the MLU, Hannah said: "It was nothing like I ever expected. As soon as I got onto the MLU and into the birthing



Joey Des Estradas

suite, I was so excited, and I could not believe it. It was just such a lovely experience! We had music, the birthing pool, and the birthing ball - I was having the time of my life! I felt really privileged, I kept thinking how lucky we were, and



Tiago, Hannah and Joey



Maggie Coleman and Laura Power

I never realised it was going to be this amazing."

New father Tiago said: "The environment that has been created is so nice. It felt almost like a holiday or night away! We feel lucky. The home-like feel of the MLU made it feel really special and more natural and I did not panic at all. If Han had not been as comfortable as she was, it might have been scarier, but we were really relaxed."

The unit has also been special for the maternity services and midwives at Good Hope Hospital. Lindsay Fitzgerald and Beth Bliss were the midwives who delivered Baby Joey. Lindsay said "I had been looking forward to working on the MLU for a long time. I helped fundraise for it back in 2019 by abseiling down a nine-storey building in Birmingham! And I must say it has been very worth the wait, the unit is absolutely amazing. It is everything that we imagined it to be and more. The birthing suites have lovely features

such as pull-down double beds, mood lighting and murals on the walls making the unit a lovely, calming environment for women who choose to give birth here."

Fundraising Manager at University Hospitals Birmingham Charity, Laura Power said: "UHB Charity is so pleased with the new Midwifery Led Unit, it looks amazing, better than we could ever have imagined! We are so grateful to Friends of Good Hope for their generous donation of £150,000 towards the unit, and all the support of the local community for making this project possible. With over 3,500 babies born each year at Good Hope Hospital, the MLU will mean more mothers will be able to benefit from the support of midwives in a specialist unit. It is wonderful to hear that the MLU provided our first couple with such an amazing experience. We wanted the MLU to provide that home-like birthing experience and we are so glad that is how Hannah and Tiago felt!"

Charity Champs

Over the last few months we have been humbled by the number of people who have taken on a fundraising event in support of our patients and staff. Thank you to each and every one of you for your incredible support. Here are just some of the amazing fundraisers who have done something special over the past few months.

Dean's Sahara Trek

Dean is one of our incredible fundraisers who has kindly chosen to raise money for staff on Ward 622 at Queen Elizabeth Hospital Birmingham to thank those who looked after his partner Sarah, who very sadly passed away from cancer suddenly on the 28th Sept 2020.

Dean plans to trek 78km through the Sahara desert next year, camping the whole way and ending his epic challenge in Marrakesh!

Speaking to why he was choosing to undertake this challenge Dean said: "Sarah is the love of my life and her diagnosis had a huge emotional impact on us both. Although her short stay in the QE was traumatic I cannot begin to thank the staff who cared for both of us when we were at our lowest – I truly consider them angels on earth. I would like to specifically thank nurse Rachel Ede who went above and beyond to support us. This challenge has given me something to focus on and my way of giving back to the absolutely incredible staff at the QE. I know Sarah will be by my side every step of the way."



George and Florence continue their fundraising mission

In June 2020, siblings George and Florence Bannister aged seven and five, raised an incredible £250.61 for staff and patients at Good Hope Hospital by setting up a shop outside their home.

The duo decided to raise funds to support our NHS and so set about selling unwanted toys and other items to their neighbours. George and Florence's kind-hearted neighbours began to donate items for them to sell, and at one stage they were selling strawberry plants!



The siblings have been hard at work since then, and in February 2021 raised a further £210 by holding a charity bingo month. This involved the pair hosting bingo games, via video call, for friends and family. A huge thank you to the Bannister family!



Friends take to the skies!

Natasha Burton, alongside friends Lauren and Katie Boxall, raised an incredible £2,962.50 for University Hospitals Birmingham Charity's Cancer appeal after taking on a skydive!

The three friends were inspired to take on the skydive after Natasha's dad, Andrew, was treated for throat cancer at the Queen Elizabeth Hospital Birmingham in 2018. After a neck dissection in July 2019 Andrew received the all clear the following month and his treatment inspired Natasha to take on the skydive.

She said: "It's thanks to the QE that my dad is still with us and I wanted to raise money to say thank you to the amazing team that saved his life."

Natasha has since joined UHB Charity as a Fundraising Assistant, and will be supporting fundraisers, like herself, to raise money for causes close to their heart!

Daughter's marathon mission as Mom battles Covid

Laura-Jenny Melvin-Smith set herself the epic challenge of running a marathon throughout March, to raise money for Critical Care at the Queen Elizabeth Hospital Birmingham, where her mother, Lorraine, was treated for COVID-19.

Speaking of the care Lorraine has received, Laura said: "I cannot fault the care my Mom is receiving, they are making and taking every opportunity to organise for me and the rest of the family to be with Mom virtually. I hope by doing this fundraiser to repay them in some way for everything they have done."

Thanks to generous supporters such as Laura-Jenny, UHB Charity has been able to support our patients and staff throughout the pandemic, providing over 600 tablets to help patients to stay in touch with their families.



Heart warming fundraiser in honour of transplant patient



An incredible donation of £3,250 has been made in memory of Phill Alcock who sadly passed away in 2019 after a heart transplant. Phill was a great supporter of UHB Charity, and this donation further adds to the lasting legacy he leaves behind.

The money raised by his fiancée, Sarah Bramley, Phil's daughter, Olivia, and some of his lifelong friends. Sarah said: "After Phill passed away, I was overwhelmed with the number of messages I received from people telling me how much Phill had shaped their lives and what a special man he was. It was then that I decided I must do something to honour Phill and the extraordinary difference he made to so many people."

The money will be used to purchase 12 INR testing machines. The machines allow patients to monitor themselves at home, rather than having to go into hospital every two to three weeks. Thanks to Sarah and Olivia the machines will make a real and lasting difference to patients here at Queen Elizabeth Hospital Birmingham.

Family take on epic challenge for Fisher House

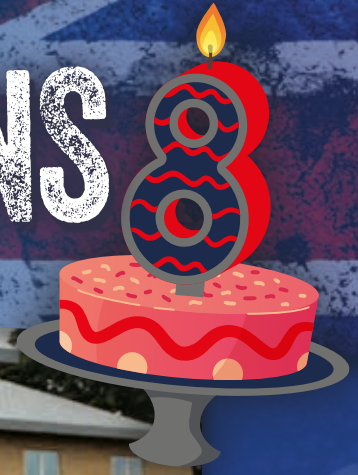
The Osborne family from Herefordshire is taking on a fundraising challenge that will see them cover the distance from Land's End to John O'Groats in aid of Fisher House, the military home from home at the Queen Elizabeth Hospital Birmingham (QEHB).

Dad Matt, a retired Army Major, was due to receive a liver transplant last year. It was at this time that Matt found out about Fisher House, UHB Charity's military home from home that offers free accommodation to military patients and their families. Over the next five weeks, Matt's wife and mother were both able to stay, free of charge, at Fisher House. Matt said: "It was touch-and-go for a while after my surgery, so this was a stressful time for Leanne and my mother. Fisher House meant that they had nothing to worry about in terms of expensive hotel bills, or long commutes from Herefordshire to Birmingham.

To say thank you, the Osborne Family has raised an incredible £445 for Fisher House!



FISHER HOUSE TURNS 8



This June celebrate with UHB Charity as Fisher House turns eight! Situated on the Queen Elizabeth Hospital site, Fisher House is our home away from home for both serving and ex-military patients, and their families. The house offers free accommodation allowing families to stay as long as they need whilst their loved ones recover in hospital. With 18 spacious bedrooms and large, welcoming communal areas, the house presents a supportive and caring environment without compromising the resident's independence. The house is designed for people of all abilities with an open plan set up, wide corridors and wheelchair accessible lifts.

Since opening its doors in 2013, Fisher House has cared for over five thousand families. To sustain this level of care we

need your continued support and donations. We are eternally thankful to the organisations, charities, companies and individuals who continue to support Fisher House.

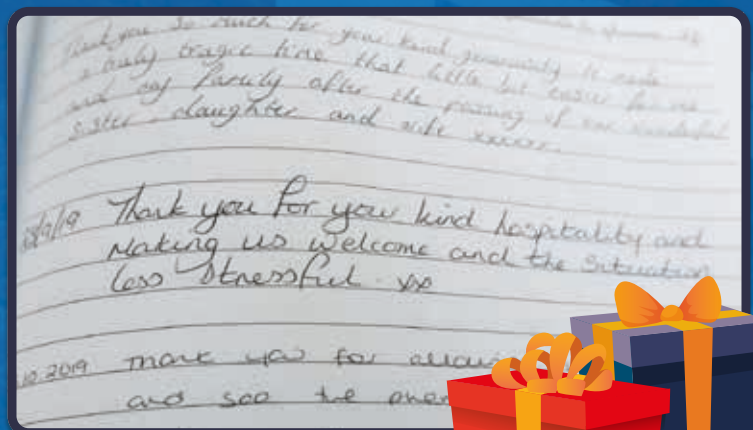
Expertly managed by Patrick Hogan and his team, Fisher House also allows patients to spend time with their loved ones away from the wards. With just a short walk to the hospital, the house eliminates long commutes and financial stresses for families by offering a supportive environment surrounded by those who understand.

Patrick Hogan, House Manager said "It's with great pride we've reached eight years old, enabling over 5,500 people to spend time close to their loved ones whilst being treated in QEHB. It's a big team effort from all concerned, who always remain fully committed to Fisher House. Donations however great or small enable us to provide a much-valued service."

It costs the charity £25 a night for a family to stay at Fisher House, a small amount that makes a huge difference. It allows families to live in a stress-free environment and be a short distance away from their loved ones.

Fundraising Manager, Cathryn Worth said "Fisher House is entirely charity funded and receives no MOD or Government funding. We are incredibly grateful to all those who support the funding of the house."

Please donate if you can so we can support more families through challenging times.
hospitalcharity.org/fisherhouseuk



5 minutes with...

Dave Watson

Motivational Speaker and Ambassador for Fisher House

In 2013, Dave Watson's life changed forever when he stepped on a hidden IED bomb whilst on patrol in Afghanistan. The former Scots Guardsman was only 23 and fully conscious throughout the horrific ordeal. As a result of the explosion he lost both legs as well as his right arm and died three times whilst being air-lifted to safety.

Now a triple amputee, Dave hasn't let his injuries define his pathway in life. He has two daughters with his wife Becky. He's a motivational speaker, an ambassador for Fisher House as well as an athlete.

We caught up with Dave to talk about his story and the importance of Fisher House.

When and why did you join the military?

I joined in 2007. My grandad's brother was in the Scots Guards. I wanted to keep the tradition in the family.

What did your role involve?

After six months of difficult training, I passed. People had doubts I wouldn't last 5 minutes. I then went to London for ceremonial duties. I stood outside Buckingham Palace, met the Royal Family, danced with The Queen. It was an amazing experience.

I then went to Battalion. It was bigger. They became brothers. You look after each other 24/7. We started completing our pre-op training for Afghanistan. I'd never done anything like that before.

How did you feel about leaving for Afghanistan?

Lots of things go through your head when you're going to a war zone. I had to forget everything and put my job first.

Did you have a bad gut feeling the day of your accident?

Yes. All the locals were acting strange. Then our radio said we were surrounded.

We were wading through a stream, my mate slipped. I stopped to help. I heard a click. My weapon hit me in the face at 100mph. The blast threw me 15 feet in the air. I landed underwater. My life flashed before my eyes.

I was dragged out. They said 'Dave don't look down.' My legs were gone. My arm was dangling from its tendons. I knew nothing could save it. I died three times at 37,000 feet.

Any advice to others going through life-changing injuries?

Never give up, keep pushing forward. There is always something you can do. You can't spell disability without ability. Ability is going to be with you all the time focus on it push on and smash it.

How would you describe Fisher House?

Fisher House is absolutely amazing, it's a home away from home, that's what it's here for. Families can go to the hospital to see their loved ones, when they come out and walk through the front door, that gets left behind. You can relax and clear your head. Each family helps each other out because you're all going through similar things. It's a constant circle. That's the good thing about Fisher House it keeps everyone's spirits high.



Thank you!

LOTTERY

Win up to £1000 every week!

**Looking for a fun, easy and affordable way to support your hospital every week?
Make a difference today. It's so easy to join!**

Here at University Hospitals Birmingham Charity we work across our hospitals to fund cutting edge equipment, world leading research and added

extras that change and save lives. Our goal is to improve the hospital experience for the two million patients we treat every year.

Over the past five years we have spent over £25 million on improving our hospitals and we have ambitious plans for the future!

Thanks to the generosity of our donors and supporters we are able to make an incredible difference but we need your support now more than ever.

Sign up to University Hospitals Birmingham Charity's weekly lottery! For £1 a week you will be entered into our weekly prize draw! Playing our lottery is a fun and exciting way to improve the lives of patients and staff at University Hospitals Birmingham and be in with a chance to win amazing prizes. Every single week we will hand out an amazing lottery jackpot of £1,000 to a lucky winner along with 5 other cash prizes ranging from £10 to £100.



How this will help staff and patients?

Funds raised by the lottery will be poured straight back into our hospitals. UHB Charity funds cutting edge equipment, world leading research and added extras that change and save lives and improve the hospital experience for the two million patients we treat every year as well as our 22,000 staff.

The money raised will help fund projects, both big and small, to provide extra care for patients, staff and their loved ones. So join today and make a 'lotto' difference!

How to play?

Joining is simple! All you have to do is complete the form on the back of the newsletter, and then post it back to us.

Should you require any further information please do not hesitate to contact us by email on charities@uhb.nhs.uk or you can call us on 0121 371 4852.

What Happens Next

Following receipt of the form we will send you your unique lottery numbers via email (or post if you do not have access to an email). If paying by Direct Debit we will also be able to tell you when your first payment will be taken. Best of luck!

Any other enquiries

For any further information, you can email the Charity Office at charities@uhb.nhs.uk, or call 0121 371 4852.

We are registered with Birmingham City Council and hold a Small Society Lottery License, Number 6869. The promoter is University Hospitals Birmingham Charity, Nuffield House Fifth Floor, Queen Elizabeth Hospital, Birmingham. B15 2TH

If you require help, support and advice on problem gambling please visit www.gambleaware.org

It is an offence for persons under the age of 16 to enter a lottery. As a Charity we request that our players are 18 or over.

For more information please see our website to view our terms & conditions. These can be found at: hospitalcharity.org/lottery





TINA'S HOME IN MEMORY

If, over the last 17 years, you have made a donation to the charity or, indeed as a member of staff requested funding from the charity, you may well have come across Tina. When Mike Hammond came on board as Chief Executive and re-launched the charity back in 2009, Tina was just coming back to work from maternity leave which made her our longest serving member of the charity team. She was an integral part of the team as the charity grew and a fountain of knowledge on all things charity and grants.

The charity team would joke that the fundraisers would raise the money and Tina would just spend it but her role was so much more than that. In



recent years Tina's focus as Grants Manager was in ensuring all the requests coming into the charity met the correct criteria and identified appropriate funds crossing all the t's and dotting all the i's as she went. She also spent a lot of time ensuring the charity got the

best value for money whether she was purchasing cutting edge medical equipment or the more standard and routine items for the ward. She was shrewd, meticulous, efficient and professional – everything you'd want from someone looking after the charity's grants to be but she was also the most caring, supportive member of staff with a wicked sense of humour and a memorable smile!

In 2018 Tina was diagnosed with cancer and found herself being treated by the teams she had spent years supporting professionally. Sadly in January this year Tina passed away.

Tina's family decided to set up a Tribute Fund in Tina's memory (tina-hales.muchloved.com) which also enabled donations to be collected for the charity. In deciding what to do with the funds raised in her memory the family thought it would be a fitting tribute to dedicate one of the charity's homes from home to Tina for the year and so we are proud to now have Tina's Home from Home. These home from homes are apartments and houses which offer free accommodation to those who have to travel to the hospital and require overnight accommodation.

They are kitted out as you would like a home to be and provide a safe space away from the hospital but within a 5 minute walk and are available for as long as required. For families who are travelling long distances or need to be close to the hospital these homes are incredibly important. They enable families to stay together and remove the stress of finding local accommodation as well as financial burdens relating to having to find accommodation.

"Tina was very much a valued member of our charity team and we miss her greatly. It was an honour and a privilege to name one of our homes from home in memory of Tina and we are grateful to her family in supporting this project."

Mike Hammond, Charity Chief Executive.

HOME AWAY FROM HOME

University Hospitals Birmingham Charity's Home away from Home appeal helps to provide patients and families with free accommodation near to our hospitals, helping to keep families together during difficult times in their lives. Our Homes from Home appeal began with Fisher House, our military home from home, and has continued with Karen's Home from Home, which is for Leukaemia patients. We are always raising money to fund this accommodation for the families of patients who are being treated at our hospitals.

For patients and their families, visiting the hospitals can be a stressful experience without the added pressure of trying to find somewhere to stay to be near a loved one. We provide these homes away from home to alleviate that stress, and make visiting the hospital, under what can be very difficult circumstances, as easy as possible.

We are now raising funds to open a new home from home at Heartlands Hospital, to provide accommodation for the families of our most poorly children. You can donate to our Home from Home appeal to make this a reality.

FROM HOME

OF TINA HALES



£25 would fund a night's stay for a family in one of our homes. If you would like to help us support families, scan the QR code or visit hospitalcharity.org/homefromhome.



Thank you!

DENNIS' STORY

In June 2020 12-year-old Dennis Morgan, from mid-Wales, was diagnosed with stage four Hodgkin's lymphoma. This devastating diagnosis turned his family's lives upside down, and he urgently started a course of cancer treatment at the QEHB. Dennis, his mom Amanda, and his dad Guy, were all able to stay at the Homes from Home during his radiotherapy treatment.

Amanda said: "Dennis is autistic, and so for him the prospect of staying somewhere unfamiliar was worrying. But the flat is beautiful, and we felt so at



home there right from the start. It was great that he had his own bedroom so that he could spend time on his own, on his computer."

"This would usually have been a four-hour round trip which would have had a huge physical and financial cost for us as a family."

Dennis' radiotherapy treatment was successful and just eight months on from his diagnosis he is looking forward to the future.

None of this would be possible without the support of our donors, and with your continued support we will be able to offer free accommodation to more patients and families across our Trust.

You can read Dennis' full story by visiting:
hospitalcharity.org/news/family-reflect-on-home-from-home-experience

#NHS Big Tea!

Raise a cuppa for the NHS!

This year, the NHS Big Tea will be a national outpouring of love, thanks, and generosity for the people at the heart of our NHS.



University Hospitals Birmingham Charity invites you to celebrate the #NHSBigTea with family, friends, neighbours or colleagues and raise money for our wonderful NHS. It is an opportunity to reflect on the past year and say thank you for everything that NHS staff have done and continue to do, and raise some money for our staff and patients.

This July join us in saying Happy Birthday to the NHS as it turns 73 years old!

Community support

If you would like to host your very own tea party, UHB Charity will provide you with free fundraising

resources including bunting, posters and a donation goblet. It's a great opportunity to get your loved ones together and raise money for your local NHS.

Corporate support

If your company would like to sponsor a ward or department during NHS Big Tea, and help us to provide long term mental health support for our staff, please contact sophie.westlake@uhb.nhs.uk

Take 5 – Tag 5 – Donate £5

If you can't host your own event, you can show your support by taking five minutes to enjoy a tea break, donating £5 to support UHB Charity and tagging five friends on social media and calling on them to do the same.

Text NHSSUPERHEROES 5 to 70085 to donate £5!

Together, let's pour a brew and help raise funds to support our NHS champions, who need us more than ever. Will you say a big thank you with a Big Tea this July?



To download your free fundraising materials visit hospitalcharity.org/nhsbigtea to host your own tea party!

Bike for Birmingham Transplant Centre

Putting Birmingham on the map

University Hospitals Birmingham (UHB) Charity is launching a brand-new £2 million fundraising appeal to create the Birmingham Transplant Centre. This national centre of excellence for organ transplantation will be funded by UHB Charity.



This new development will put patient care at the forefront of transplantation and will create a “one stop shop” for patients undergoing organ transplants. The new centre will bring all the specialist care to patients, including pre-transplant consultations, additional fitness classes before surgery, patient support groups, and rehabilitation classes after surgery.

To help fund this exciting new facility, we are asking you to get involved with the Coast 2 Coast Challenge! Departing from the coast of West Cumbria at Whitehaven, this challenging cycle ride over two days takes you to the North Sea at Whitley Bay. You will get to experience



the beauty of the Northumbrian scenery, with the picturesque route which crosses the northern edge of the Lake District, then climbs into the dramatic landscapes of the northern Pennines. Following the ancient fringes of Hadrian’s Wall, it then heads down to the coastline of Whitley Bay.

There will be four teams taking on the challenge of a lifetime – team heart, team lung, team liver and

team kidney to represent the four areas of transplantation that the Birmingham Transplant Centre will bring together under one roof.

Champion of our Coast 2 Coast Challenge, Nick Murphy – Care and Anaesthetist Consultant and the lead clinician on the Birmingham Transplant Centre, said:

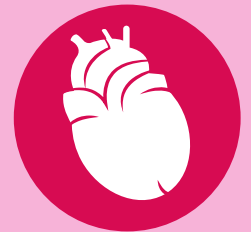
“This is a new and exciting event that UHB Charity is putting on to help with the funding of their brand-new fundraising campaign, the Birmingham Transplant Centre. I am delighted to be involved in this and be championing Team Transplant for the event and I can’t wait to get staff, supporters and fundraisers on board to join me and help raise money for the charity!”

To find out more information, scan the QR code here:



10-12th September 2021

hospitalcharity.org/shop/product/coast2coast



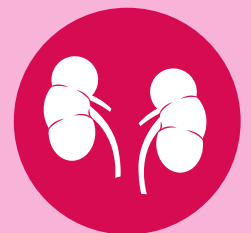
TEAM HEART



TEAM LIVER



TEAM LUNG



TEAM KIDNEY



FRIENDS 😊 F...

We are so grateful to everyone who has been supporting our patients, families and staff over the past twelve months, but in particular, we'd like to thank the "Friends of" groups across Good Hope, Solihull and Queen Elizabeth Hospitals for all they have continued to do throughout the pandemic.

Each of these hospitals has groups of dedicated volunteers who continue to provide those added extras to help make a difference to the lives of patients by providing equipment that the NHS can't fund.

If you'd like to find out more about our "Friends of" groups or might be interested in joining in with the fundraising activities, or volunteering in our hospitals, please email us at charities@uhb.nhs.uk

We'd also like to hear from anyone interested in a launch of "Friends of Heartlands Hospital" to complete the set!

FRIENDS 😊 F GOOD HOPE HOSPITAL

Cloud Cancer kits for young people

It's always hard for children when a parent is diagnosed with cancer, and even more so during the pandemic when less face to face support has been available. Friends of Good Hope Hospital have for a number of years funded Cloud Cancer kits that contain age-appropriate tools designed to help children or young people to understand what cancer is, the treatments given and the side effects they may cause. There are also tools to help improve communication within the family, help manage changes in the family's routine, and tools that explore the emotional impact a cancer diagnosis brings.



FRIENDS 😊 F SOLIHULL HOSPITAL

MRI wheelchair

The Radiology Department at Solihull recently took delivery of an MRI wheelchair kindly funded by Friends of Solihull Hospital. This is a special metal-free wheelchair that allows radiologists to wheel patients directly into the MRI machine for their scans if they require a wheelchair.



FRIENDS 😊 F QUEEN ELIZABETH HOSPITAL

Home testing kits for heart patients



Patients on the heart transplant waiting list are now able to carry out tests in the comfort of their own home, and send the results to their doctors, thanks to the generous donation of home testing kits by Friends of Queen Elizabeth Hospital. Patients who have been fitted with an LVAD heart pump used to have to travel to the hospital for regular testing but during the pandemic, they have benefitted from the ability to offer home testing thanks to the Friends.

STAFF SUPERSTARS

Here at UHB Charity, we celebrate our incredible NHS staff across all of our hospital sites. These individuals' hard work, dedication and passion, never goes unnoticed. We equally celebrate those in non-patient-facing roles. The last 12 months have been extremely challenging for the NHS yet these selfless individuals have gone over and above to fundraise for UHB Charity. As ever, we are truly thankful. Here are some of the stories of our Staff Superstars over the past year.



STAFF WELLBEING AND PATIENT SUPPORT AT SOLIHULL

Gemma Hughes, Senior Sister on Haematology and Oncology Day Unit at Solihull Hospital is passionate about fundraising to make a significant difference to staff and patient wellbeing on her ward.

Gemma said "We have lots of little events running throughout the year. One of our team makes handcrafted Christmas decorations; a lovely patient donates hand-knitted teddies to sell. A team member undertook a half marathon and a group of the team took part in the Abseil challenge."

WHY SHOULD OTHER TEAMS GET INVOLVED IN FUNDRAISING?

"There's always something we can do to make the patients' experience better, whether that be to improve the feel of the unit, equipment or further educating staff. Patients deserve our commitment to continue fundraising to ensure this."

Similarly, Flo Haslem, Housekeeper on Ward 12 Surgery, does all she can to help support UHB Charity. Flo said, "I try to help out as much as possible. I sell raffle tickets, badges and I ask shops to donate cakes and toys that we can raffle to raise as many funds as possible."

QUEEN ELIZABETH HOSPITAL- 5KM WALK IN HEAT AND SCRUBS!

Operational managers Caitriona Martin-O'Mullane and Sophie Ebanks at QEHB completed a long-distance walk around Cannon Hill Park last August in full hospital-style clothing. Caitriona said they were inspired to fundraise as they saw how staff were "giving 110% in a hugely challenging environment and how this was affecting staff emotionally and physically." They raised an amazing total of £909.16.



Caitriona Martin-O'Mullane and Sophie Ebanks

RAISING MONEY FOR HEARTLANDS CHILDREN'S WARD

Mark Webb, a Security Controller at Heartlands Hospital has collected donations from staff and family for the last ten years to support the Children's ward. Mark said "I raise about £400 per year with my change bucket.

Fundraising is essential to improving the well-being of children who have to stay in the

hospital for any period. By having the funds to buy books, games, toys and entertainment, a smile can be brought to a child's face often in the worst of times. When I was a child I was on a hospital ward for a few weeks and I remember it being scary and lonely. If raising money helps make a child's time happier then I'm always glad to help".

If you, or your team, would like to fundraise for your ward or department, please get in touch with us at charities@uhb.nhs.uk. You could take part in one of our events, or hold your own fundraising event. We love to hear about all our wonderful staff who get involved and fundraise for the charity!

Do you have someone in your team that's helping make a difference to patients' lives? If so, please contact ella.iggulden@uhb.nhs.uk so they can get the recognition they deserve!

Corporate Support

This year, our corporate supporters have been instrumental whilst we have been doing everything we can to aid our hard-working staff, our patients and their families who have had an incredibly tough year. We would like to take this opportunity to thank everyone who has shown their appreciation of University Hospitals Birmingham (UHB) Charity this year. We could not have provided a helping hand to our staff, patients, and families without you.

In July 2020, the charity received a grant of £22,000 from the VINCI Foundation to go towards its NHS Superheroes appeal, helping to develop staff wellbeing hubs across Good Hope, the Queen Elizabeth, Heartlands and Solihull Hospitals.

Birmingham City Football Club (BCFC) named UHB Charity as their official charity partners for the 2020/21 season, following on from the club's incredible fundraising during lockdown which raised



Sembcorp cheque presentation at Solihull Hospital

from corporates. One of these corporates was Sembcorp Energy UK, an integrated energy business headquartered in Solihull. Each year, UHB Charity raises funds to bring some Christmas spirit to its hospitals.

Sembcorp donated an incredible £7,500 to help support patients and staff across the West Midlands at Christmas.

UHB Charity is incredibly grateful for all the corporate assistance we have received over the last 18 months, but also for the support we continue to receive year in, year out. Without the help from incredible local businesses and our wonderful community, we would not be able to do what we do for the staff, patients and their families.

Thank you!



over £30,000. The club went on to launch a charity auction with a selection of signed merchandise and memorabilia to raise money for UHB Charity. Items up for grabs included NHS match issued shirts and one-off NHS warm-up tops worn by Lukas Jutkiewicz, Dan Crowley, and Scott Hogan. UHB Charity is incredibly proud to announce that BCFC has very kindly extended their charity partner for the 2021/22 season as well!

At Christmas, UHB Charity was humbled to receive an overwhelming amount of support



VINCI cheque presentation at Good Hope Hospital

If you are a business and want to support us, or if you know a company who might want to support us, you can find out more at: hospitalcharity.org/companies

AWAY THERE, MATEY!

University Hospitals Birmingham Charity supports younger patients and children in a variety of ways. In 2018, UHB Charity launched a £950,000 Children's appeal across Solihull Hospital, Heartlands Hospital and Good Hope Hospital sites. The aim of the appeal was to transform the children's areas across the three hospitals so that visiting children feel as comfortable as possible, minimising stress for their parents and the staff who treat them.

Thanks to the many generous donations received, UHB Charity has funded a complete refurbishment of the new Paediatric Day Surgery Unit and a Children's garden and play area at Heartlands Hospital. This is as well as the Children's Outpatients Department and brand new Emergency Department at Good Hope Hospital.



The departments are now much lighter, brighter and more child-friendly, incorporating beautiful artwork and new features which have transformed the look and feel of the wards. The garden is completely accessible and allows young inpatients at Heartlands Hospital to enjoy some time outside



in a fun and exciting space, giving them a break from being on the wards. Complete with a pirate ship, the garden gives space for children of all ages to play or simply to sit. The area is now a bright, and appealing, central play area which can also assist children with additional needs and help with the distress of being in hospital.

Amee Denyer-Smith, Senior Practice Development Nurse at University Hospitals Birmingham, said: "Our teams work tirelessly to support children and families who



access services across our trust. We are dedicated to delivering compassionate healthcare to children aged 0-16 years. The renovations at our hospitals will make a huge difference to the experience our children and their families have, and it will help make their time with us more comfortable."

Being in hospital can be a scary experience for anyone, but it can be extremely frightening for our youngest patients. The charity continues to raise funds to help transform our Children's departments across the Trust, to make them more child friendly.



If you would like to support the Children's appeal and help us transform these areas, please visit: hospitalcharity.org/childrenandyoungpeople

Dear Diary...

Date: / /
Note: **Karen Ailreja - Day shift nurse**

7am - Arrive at work early to ensure the allocation for the day shift is done so that the nurse in charge of the night shift is not too late home with up to 32 babies to tell me about!

11am - Go to the Postnatal Ward to administer antibiotics to any potential septic babies who are well enough to remain with their mothers. Today there was only one baby so it didn't take long.

The midwife on the delivery suite phones to update me there is an expectant mother of triplets who needs to deliver today. I discuss this with the consultant and we make plans to move the babies around so we can accommodate the delivery.

2pm - Quick bite to eat. Waiting for a phone call on the triplet delivery.

4pm - Delivery suite tell us they're going to deliver the triplets, this is no easy feat and I have to send three nurses and two students.

Excellent teamwork! Staff stayed well beyond their shift to help out.

5pm - Back to the postnatal ward to administer antibiotics. I feel like I'm abandoning the nurses down here but it's so busy, there is no one else free to go.

I feed two babies as the nurse is helping with the triplets. I get them out for skin to skin with their parents and chat to them about how well their babies are doing.

6.30-7pm - I go round each room to get an update on the babies conditions to hand over to the night team. I thank everyone for the great teamwork which has got us through the shift.

Dear Diary is our new page to showcase a typical day in the life of our incredible NHS workers. We caught up with the Neonatal Unit at Heartlands Hospital who gave their account from a day shift to a night shift.



Note: **Leanne Macdonald - Night shift nurse**

7.30pm - Tonight I'm caring for one special care and one high dependency baby. There have been no issues overnight thankfully. Each baby is on a two hourly nasogastric feed and both like to drop their oxygen levels occasionally to keep me on my toes!

4am - The midwife informs us that a preterm lady is delivering. I go to the delivery suite with doctors to assist with the resuscitation. I help bring the baby back to the unit and help to stabilise.

In between feeding the babies, I'm reading my 'Newborn Life Support Manual' as every four years we have to have a written and practical exam on resuscitation.

5am - Documenting everything on the system and writing up my notes.

Covid has undoubtedly made an already stressful time for our parents even worse. As nurses, we have been there to support parents and listen to their concerns. We make very good listeners and I think parents have been very grateful for our support throughout the pandemic.

hospitalcharity.org/newbornsinneed



IN MEMORY GIVING

Tribute pages can offer a place of comfort and are somewhere that can be visited virtually to remember a loved one who has sadly passed away.

University Hospitals Birmingham Charity has partnered with Much Loved to offer the opportunity to remember a loved one through a personalised online tribute page.

By setting up a tribute page, an online space can be created and dedicated to a loved one, where friends and family can post memories, photographs and thoughts and light virtual candles to mark special dates. It is free to set up and free to post tributes to the page but there is also a facility to raise money in a loved one's memory and, therefore, support the work of University Hospitals Birmingham Charity if so wished. It's a great way to bring all the friends or family that want to come together to commemorate a special person and to fundraise in their name.

Most importantly, it is a special, dedicated place where you can share the words you wanted to say, and remember and celebrate your loved one.

For more information on Tribute Funds please visit hospitalcharity.org/tribute

If you have any questions about setting up a Tribute page please contact University Hospital Birmingham Charity on charities@uhb.nhs.uk or call us on 0121 371 4852.



COMMUNITY SUPPORT

At the beginning of the pandemic, we were in desperate need to support our hardworking frontline staff and the people of Birmingham really stepped up to the plate! We wish to highlight just some of our amazing community groups who generously donated this year.

Sri Dasmesh Sikh Temple Lozells gave an incredible £21,000 to UHB Charity in April 2020

Thank you!

Sukhwinder Singh Sungu, the President of the Temple committee, said: "We are delighted to be able to support our NHS across Birmingham and the West Midlands at this difficult time. This donation is thanks to the generosity of the Gurdwara community, who have been very generous in making donations to help us to support those in need around the world."

In another outstanding show of generosity, the Guru Teg Bahadur Gurdwara Wolverhampton donated an incredible £24,900! Both of these donations made an immeasurable difference to our staff and patients at the height of the pandemic and we are forever grateful.

If your community group would like to find out how you can help, please email charities@uhb.nhs.uk





How to sign up?

Fill in the forms below, tear out and post to UHB Charity, 5th Floor Nuffield House, Queen Elizabeth Hospital, Birmingham B15 2TH. Please print in block capitals. We will use your personal information provided below to process your chances.

Alternatively scan the QR code to sign up via our website hospitalcharity.org/lottery



1. YOUR DETAILS

Title: Initials: Forename: Surname:

Address:

Postcode:

Email Address:

Telephone number: Mobile number:

Date of Birth: / /

Please tick this box to confirm you are aged 18 years or over

Please tick this box to confirm you live in Great Britain (England, Scotland and Wales)

All entrants must be age 18 years or over and live in Great Britain. Any monies received without confirmation of age or address will not be entered into the lottery and will be treated as a donation. Thank you.

2. PAYMENT OPTIONS

Payment options by Direct Debit

1 entry a week (£1) or 2 entries a week (£2)

Frequency of payments

Monthly Quarterly 6 Monthly Annually

Payment options by cheque

1 entry a week (£1) or 2 entries a week (£2)

Number of weeks

13 weeks (£13) 13 weeks (£26) 26 weeks (£26) 26 weeks (£52)

52 weeks (£52) 52 weeks (£104) Please make cheques payable to 'UHB Charity'

3. PAYMENT BY DIRECT DEBIT

Instructions to your Bank or Building Society to pay by Direct Debit. Please fill in the form using a ballpoint pen and return to: University Hospitals Birmingham Charity, Nuffield House Fifth Floor, Queen Elizabeth Hospital, Birmingham. B15 2TH



To: The Manager: Bank or Building Society Name:

Reference (for internal use)

Bank or Building Society Address:

Postcode:

Bank Sort Code: Bank or Building Society Account Number: Name(s) of Account Holder(s):

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Instructions to your Bank or Building Society. Please pay the University Hospitals Birmingham Charity from the account detailed on the instruction subject to the safeguards outlined by the Direct Debit guarantee. I understand that this instruction may remain with University Hospitals Birmingham Charity and if so details will be passed electronically to my bank or building society.

Signature: Date: / /