

love qehb

Queen Elizabeth Hospital Birmingham Charity

ISSUE 25

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  qehbcharity  qehb.org



Celebrate 70 years of the NHS!

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



Mike's letter



Thank you!

What we do at QEHB Charity

Together with your help we raise money to provide world-class facilities for patients and their families at the Queen Elizabeth Hospital Birmingham that go over and above what the NHS can provide. We spend your generous donations on cutting-edge equipment such as the cancer-busting machine CyberKnife; facilities like Fisher House, a 'home away from home' for military patients and their families; a teacher for young people with cancer, and much more.

Welcome to the spring edition of Love QEHB, as always we have lots of exciting news to share with you about events we've got coming up, appeals we're launching and stories of some of the Charity's most daring fundraisers, who were willing to go over and above to support QEHB.

This year marks the 70th anniversary of the NHS and the Charity is extremely proud to be a part of the celebration. We would love to see many of you getting involved by pledging to raise £70 for the 70th anniversary and help the Charity to continue to provide 'added extras' to patients and staff at QEHB.

The running season is almost underway, so why not 'Run for Brum' this year? There is something for everybody, the Great Midlands Fun Run and the Birmingham Triathlon which both take place in June, or for an even bigger challenge, the Simplyhealth Great Birmingham Run in October. However, if running isn't for you, we can also now offer you the Great North Swim in the picturesque Lake Windermere.

The Charity exists due to your generous donations, with which we can purchase cutting-edge technology which allows the staff at QEHB to offer the best and most up-to-date treatments to patients. Many of you may have seen the BBC documentary, 'Surgeons: At the edge of life' but you may not have realised that many of the revolutionary procedures the skilled surgeons performed were made possible by Charity funding. So be sure to read more about what the Charity has funded this year!

We always love to hear from you! You can call us on 0121 371 4852, email us at charities@uhb.nhs.uk or visit us in the Fundraising Hub in the atrium of the hospital. We are on Facebook, Twitter and Instagram, find us by searching @QEHBCharity.

Thank you for all that you do for QEHB Charity. None of this would be possible without your support.

Mike

Mike Hammond
Chief Executive, QEHB Charity

In this issue...

The NHS turns 70!

On pages six and seven you can read the incredible stories of three women who have worked for the NHS for a combined 150 years! You can also discover how you can get involved this year to raise £70 for 70 years, and seven things your £70 could fund.

CyberKnife treats 1,000th patient

Turn to page 12 to find out about how CyberKnife has treated its 1,000th patient and has reached this milestone faster than any other centre in the UK. You will also find on page 12 how the Stan Bowley Trust has raised a fantastic £100,000 to support the CyberKnife's continued research in cancer treatment.

SACA's Home from Home officially opens!

The Charity is dedicated to providing homes away from home to the families of patients treated at QEHB, and this year saw the opening of SACA's Home from Home. This home is especially for the families of young people with cancer, and is a short walk from the hospital. Thanks to your donations the home is officially open to provide comfort for those who need it most. Turn to page 13 to find photos from the opening event.

Fundraisers of epic proportion

On pages 16 and 17 read the stories of three fundraisers who shunned a sponsored run or bake sale in favour of a bungee jump, a zipwire and an exercise class at Mount Everest!



Queen Elizabeth Hospital Birmingham



Fisher House



Dates for your diary

SKYDIVES

16 June, 14 July, 18 August, 8 September,
Hinton Airfield, Oxfordshire

Take on the challenge of a lifetime and leap from the skies to raise money to support patients at QEHB! The Charity is offering four dates this year for you to take on a tandem parachute jump at Hinton Airfield in Oxfordshire.

A deposit of £50 gets you a place on one of the jumps, and we ask you to raise a minimum of £300 in sponsorship. QEHB Charity's skydives are perfect for individuals looking for a new challenge, or companies looking for a group skydive, a great team-building exercise!

If you want to take on this challenge, or find out more, go to qehb.org/events or email rob.williams@uhb.nhs.uk

BIRMINGHAM TRIATHLON 2018

24 JUNE, SUTTON PARK

Do you enjoy swimming, cycling and running? QEHB Charity is offering you the chance to do all three in one great event, the Birmingham Triathlon. Taking place in the stunning surroundings of Sutton Park, the triathlon begins with a dip in the park's largest pool. This is followed by a closed-road bike course within the park and finally a run through heathland and ancient woodland.

Entries are open to over-14s and there are a variety of distances for you to take part in.

Book your place at qehb.org/events or for more information contact laura.power@uhb.nhs.uk

QEHB Travel Club

QEHB Charity has teamed up with Hollywood Travel to offer you the chance to experience many fantastic trips around the country over the coming months whilst raising money for patients at the hospital.

Upcoming trips include Chatsworth House on 5 May, Cambridge on 2 June and a visit to Royal Ascot Races on 21 June.

For more information please visit qehb.org/shop or contact Hollywood Travel, quoting 'QEHB' on 0121 436 6263

The Birmingham Classic Tennis Day

18 June, Edgbaston Priory Club

With summer around the corner, the grass court tennis season is about to make a return. Join the Charity for a day at one of the premier pre-Wimbledon events, the Birmingham Classic, to see top tennis players in action and help support patients at the hospital.

The Charity is offering discounted tickets at £7 for adults, £5 for NHS staff and £4 for children, making this a great value day out! Get your friends and colleagues together and enjoy a day in the sunshine watching world-class tennis right here in Birmingham.

For tickets, go to qehb.org/events or for more information contact justine.davy@uhb.nhs.uk

DO SUMMIT REWARDING

8 September, Snowdonia National Park

Dig out your walking boots and join QEHB Charity to climb the beautiful Mount Snowdon whilst also raising money for the department of your choice. Book your place for £45 and a minimum sponsorship requirement of £100.

This price includes qualified professional guides for the whole day, return coach travel from Birmingham, fundraising kit and advice and snacks provided on the day. This is the perfect event to take on as a team, so round up your colleagues and friends and raise money for patients at the hospital.

For more information on this incredible trip or to book your place, see qehb.org/events or contact sophie.carroll@uhb.nhs.uk

Run for Brum

14 October, Birmingham city centre

Take on the Simplyhealth Great Birmingham Run Half-Marathon! You can join the amazing QEHB Charity team which gives you access to training hints and tips for the race, receptions before and after the run and of course, one of our stylish running vests!

To find out more information and learn how you can sign up, visit qehb.org/events or email rachel.learmonth@uhb.nhs.uk

Charity funds new cutting-edge post

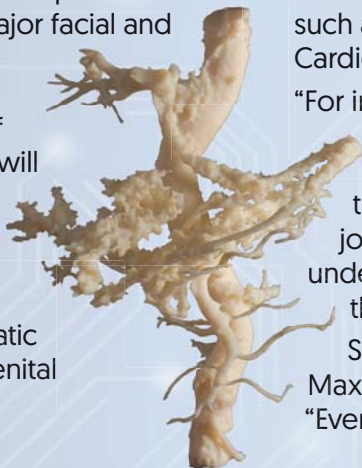
One of the ways that QEHB Charity provides 'added extras' for the hospital is by funding positions to enhance patient care, beyond that which the NHS would ordinarily be able to fund. The fantastic Maxillofacial team (often referred to as MaxFax) has just employed a new member of staff whose post is being funded thanks to donations to the Charity.

Heather Goodrum has taken up the new post of QEHB Charity Biomechanical Engineer and is already hard at work at the hospital to improve and enhance patient care. The MaxFax team, who featured in the recent BBC



Steve Worrollo and Stefan Edmondson with Heather Goodrum

Two series Surgeons: At the Edge of Life, work predominantly to provide technical, surgical and clinical support for patients undergoing major facial and reconstructive surgery at QEHB. Many of these patients will require facial prosthetics for defects from cancer surgery, traumatic injury or congenital absence.



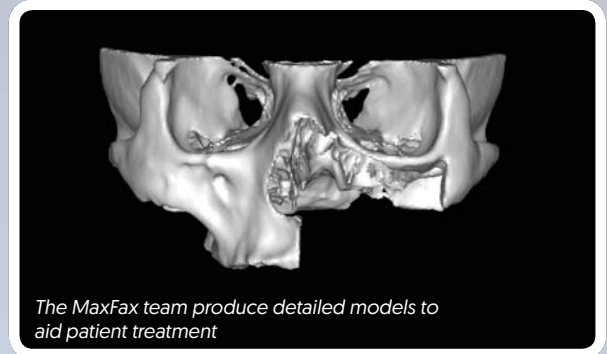
The team make use of new digital technologies, including a 3D printer funded by QEHB Charity, to produce accurate medical models on which surgical procedures can be planned and tested before theatre resulting in reduced surgical time and improved patient outcomes. Heather has joined the team in order to supplement the existing digital expertise and to make available the specialist service to other specialities within the Trust that could benefit from working with the MaxFax team.

Heather said: "The MaxFax team here at QEHB has worked incredibly hard to build an amazing department that has done so much to benefit patients who have undergone surgery. I am here to open up our

department to other specialities. The technology that we use can be of benefit to other specialists in the hospital, working in areas such as Orthopaedics, Trauma and Cardiology.

"For instance, we can use the simulation software to map out operations before they take place, printing models of joints to allow surgeons greater understanding of the operation they are about to undertake."

Steve Worrollo, Consultant Maxillofacial Prosthetist, said: "Everyone in the department is



The MaxFax team produce detailed models to aid patient treatment

incredibly excited at Heather's appointment, this is the first service of its type in the UK and we are very proud to be a part of it. With Heather's additional expertise we will be able to offer services to other disciplines across the Trust enabling, in complex cases, the ability to evaluate potential surgical options before surgery. We will have the capability to produce patient-specific templates, cutting guides and design bespoke prostheses to provide the best possible outcome for our patients."

Justine Davy, Head of Fundraising at QEHB Charity said: "The Charity is proud to support the MaxFax team by funding Heather's appointment. The department provides world-class care right here at QEHB, and thanks to your donations, the department will expand the services they are able to provide.

"None of this would be possible without the generous donations of the Charity's donors and fundraisers. If you're looking to donate, £95 would pay for one day of Heather's employment here at QEHB."



5 minutes with...

Marghoob Mohamed

Volunteer at the Queen Elizabeth Hospital Birmingham

We spent five minutes catching up with Marghoob Mohamed, a volunteer at the hospital with a passion for exciting hobbies!

Hi Marghoob, can you tell us a little about yourself?

Hi, I'm Marghoob and I'm a volunteer here at QEHB and I also competed in the British Bobsled Championships!

What was your inspiration to compete in a bobsled championships?

I decided that bobsledding looked fun and loads of people told me that I couldn't do it and that normal people don't get involved in bobsled – this spurred me on to do it!

So how did you go from having an idea to actually competing in the championships?

I had to find someone who was in the sport, most people who take part in bobsledding are athletes, and I'm not one of those! I have participated in Street Luge, where you lie on a long skateboard and go feet-first down a road on a steep hill, and through this I know Ian Richardson. He runs a company called IceSpeed and this offers people the chance to have a week's experience of bobsled. My friend Jameel and I signed up for this and had a five-day intensive course with former Winter Olympics contestant and Coach Tom De La Hunty, who is the best in the business, the Jose Mourinho of bobsled!

After this course we decided to enter into the British Bobsled Championships, held in Igls near Innsbruck in Austria – to qualify

for the Championships we had to complete a full push-start and get round the course in one piece. We managed to do this and qualified for the Championship on the Saturday! Sadly we finished last, but we were only three seconds slower than the winner so that's not bad!

What's your next challenge going to be?

I really want to experience zero-gravity flying in the USA, this is where a plane takes you up at speed and you can experience different types of gravity, such as zero, moon and Mars gravity!

How are you involved in the Queen Elizabeth Hospital?

I have volunteered at QEHB for the last eight years, helping out anywhere that needs me or has a shortage of resources. I've loved helping out in all the departments, especially the medical photography team. I love being able to make a difference.

What else do you like to do in your spare time?

I'm always busy, I love rock climbing, wind-surfing, Moto Cross and I've even sung in a choir!



Marghoob, pictured on the left with coach Tom De La Hunty and friend Jameel

Some of these hobbies are quite hard to get into - what advice would you give people looking for a fun and interesting new hobby?

Take advantage of taster days – I recently learnt how to row at a free session and it was absolutely brilliant. Once you've done a free session you'll know if you like it or not and can get more involved! I hope that more barriers will be broken and people will realise that sports, even unusual ones, are for everyone!

What would you say to someone looking to do a sponsored event for the Charity?

I always love it when people do things that are out of their comfort zone – this encourages people to donate and helps the person conquer their fears at the same time! I would encourage people to do something that is going to push them, something that they don't have many opportunities to do. QEHB Charity organises loads of brilliant events such as skydiving, running and cycling events. People should give it a go, prove to themselves that they can conquer their fears, achieve new goals and raise money at the same time.

“ I've loved helping out in all departments, especially the medical photography team. I love being able to make a difference. ”

In celebration of 70 years

Did you know Aneurin Bevan started the NHS at Park Hospital in Manchester and the Charity met three people who combined

Pat Yeomans, Ward Administrator on Critical Care joined QEHB in 1967 aged 17, as a medical records administrator at the Oak Tree Lane site.

Dame Julie Moore, Chief Executive of QEHB, said on Twitter: "What better typifies the values of the NHS than such wonderful dedication and service to our patients? Thank you Pat."

"My nurse training was very different to how it is now, it was more like boarding school. We all lived in nurses' accommodation and weren't allowed to marry until we'd completed training. We had to go into the hospital at 9:45 every night and could apply for a 'late pass' from the Matron once a month that meant we could go out later with our friends. However, nobody ever did this because they were all too scared of the Matron to ask! There was a warden who lived in our accommodation and no males were allowed in, not even our fathers. It sounds strict, but we enjoyed the camaraderie and many of us are still in touch!"



Heather Orr, Critical Care Sister, grew up in Comber, Northern Ireland, and began her nursing career in sick children's training in 1968 at the Ulster Hospital in Dundonald, Belfast, aged 17. She stayed there for four years before moving to continue her training at the Edinburgh Royal Infirmary.

Similarly to Pat, Heather's entry into the NHS wasn't straightforward.

"The careers advisor at school, and my mother, told me not to become a nurse, they didn't think I would be any good at it!"

However, Heather has been awarded the Matron's prize twice during her 50 year-long career.

Babs Ramcharn, moved to England from Kenya in 1967 to pursue a career in nursing, after qualifying in 1971 she worked at Gloucester Royal Hospital. Babs then went on to train as a midwife, as was customary in those days in Marston Green, before starting at QEHB in Selly Oak.

"My job was non-stop because back then medical records were all on paper, and so every single day we would have to bring the notes up in the morning from the basement so the doctors could look at them for the ward round, and then bring them all down, update them, and do the same again later on in the day. It was hard work!"

Pat didn't take to the job straight away however, after her first day she decided she didn't like it and asked her older sister if she could leave, but, having left two jobs in the last year, her sister told her to stay. Fifty years later, Pat is finally hanging up her uniform!

"I went part-time in 2010 so I could spend some time with my husband, but even then, I asked my sister if I could, fortunately she said yes!"



One early memory for Babs was the excitement of receiving her first pay cheque.

"My first pay cheque was for £11, it wouldn't go very far nowadays!"

Pat, Heather and Babs all agreed that the starkest difference in their professions now is the advance in technology, much of which is funded by the Charity.

Babs said: "Technology has

70 Years of the NHS QEHB

... since 1948? Since then the NHS has changed dramatically, to hear more and have done 150 years' service for the NHS!



... made my job a lot easier, but I still enjoy spending time with the patients and making them look nice and presentable for their families. They may be ill but it's important to maintain that dignity. "For me, every day is a bonus when you enjoy coming to work."

“

For me, every day is a bonus when you enjoy coming to work.

”

Thank you!

To celebrate the NHS's platinum anniversary, the Charity is asking you to pledge to raise £70 for the 70th Anniversary!

Here are seven ways you can raise £70 for QEHB Charity...

1. Leg wax
2. Coffee morning
3. Beard shave
4. Raffle
5. Give up something you love such as chocolate, crisps or coffee
6. Ask for donations instead of birthday presents
7. Take on a sporty challenge- a sponsored swim, cycle, 5k run

What could your £70 buy?

1. Three nights for a patient's family in Fisher House or a 'home away from home'
2. A specialised bra for someone following a mastectomy
3. Seven quilts for children receiving radiotherapy
4. Activities for people in Elderly Care wards and those with dementia
5. Half a day's research into cutting-edge treatment
6. Two pizza nights for young people with cancer
7. One tree for the Green Spaces at QEHB

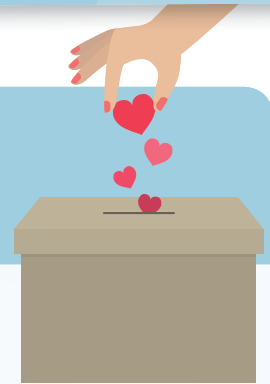
GET IN TOUCH

Thank you!

The Charity would love to hear about your fundraising ideas! Get in touch on social media, Facebook QEHBCharity Twitter @QEHBCharity Instagram @QEHBCharity email on charities@uhb.nhs.uk or give us a call on 0121 371 4852

Where your money

Heart in a Box



Back in January, we brought you news of a fundraising campaign that was going to revolutionise the way that heart transplants are carried out at QEHB. We asked for your help to bring Heart in a Box to the hospital, a piece of equipment that has the capacity to increase the number of heart transplants that take place at the hospital by up to 50%.

QEHB Charity is delighted to report that, thanks to the incredible

Justine Davy, Head of Fundraising for QEHB Charity said: "I am incredibly proud of our amazing fundraisers who have helped to bring this revolutionary piece of equipment to the hospital. Huge thanks go to Heart Research UK for providing half of the total cost of £265,000; the rest has been funded thanks to the hard work of our supporters.

"Everyone who has helped to bring Heart in a Box to QEHB has

of the entire team to everyone who donated

to this important cause, your donations are helping us to save lives and carry out more transplants than ever before."

The Charity is now fundraising to build a 'home from home' that will allow the families of heart transplant patients to stay for free in a home close to the hospital. This will ease the pressure of having a loved one in hospital and keep families together during this challenging time. Justine Davy, Head of Fundraising, said: "The Charity is always looking for new ways to go 'over and above' for patients and their families at QEHB. We have seen through Fisher House and SACA's Home Away from Home that we can make a huge difference by providing a place to stay for families. With your support, we will create a place for heart transplant patients' families to stay when their loved ones are in hospital."



The heart team who are now working with the revolutionary Heart in a Box

support from people like you, Heart in a Box is now at QEHB and is being used to save lives of patients receiving heart transplants. Heart in a Box allows doctors to take a heart from a donor and, instead of storing it on ice, the heart is put in a box and blood is pumped through it. This keeps the heart in a better condition for longer and increases the amount of time that surgeons have to perform the transplant.

helped to save lives already and your gift will continue to change and save lives long into the future."

Heart transplant Consultant Mr Jorge Mascaro said: "Heart in a Box has changed the way that we carry out heart transplants here at QEHB. Thanks to the help of the brilliant fundraisers, we are undertaking transplants that previously would not have been possible.

"I would like to pass on the thanks

FIND OUT MORE

To find out more about the heart appeal, or to learn about other projects that the Charity is raising money for visit qehb.org/appeals

ey has been spent

Bra scheme comes to QEHB

Thanks to your donations, QEHB Charity is supporting women who have had surgery for breast cancer by providing them with special bras that help to speed up post-surgery recovery, both physical and psychological.

The scheme, being referred to as 'Bra first' runs across QEHB and the Birmingham Women's Hospital and has been funded by donations to QEHB Charity. There are two types of bra in the scheme, one type specially made for patients who have received reconstructive surgery and the other for women who have received either a single or double mastectomy.

The bras for patients who have received reconstructive surgery are different from conventional bras in that they take pressure off the suture lines, helping them to heal. The second type of bra includes within it a pouch for gel prosthetics, allowing women who have received a mastectomy to have a restored sense of self.

The team of surgeons behind the scheme had realised that patients had not been able to provide their own special bras following surgery due to concerns over cost or worry surrounding having their surgery.

The bra scheme, supported by QEHB Charity, will provide a free, specially made bra in the correct size for all patients who have had breast cancer surgery. This service will include a visit from a nurse to help with measuring and fitting



The breast team will provide the bras to patients for free following surgery

and a velvet bag for the bra to be presented in.

QEHB surgeon and star of BBC Two's *Surgeons: At the Edge of Life* programme, Kate Nelson said: "My colleagues and I in the breast reconstruction team have seen the effect that breast surgery has on patients. We thought it would be a great idea to provide each patient with a properly-fitted bra that will aid their recovery, ease pain and increase self-confidence.

"I am delighted that QEHB Charity has been able to fund this initiative, thanks to the generous donations from the Charity's supporters, patients will benefit from properly fitted bras long into the future."

Senior Fundraiser at QEHB Charity, Rachel Learmonth, said: "The Charity is delighted to be able to support this wonderful scheme to the benefit of breast

cancer patients at the hospital. QEHB Charity's aim is to go 'over and above' for patients and this scheme certainly does this, improving patient welfare and helping to restore a sense of normality to their lives after a traumatic period."

Thank you!

SUPPORT OUR APPEAL

You can help QEHB Charity support women with breast cancer by visiting qehb.org/breastcancer

Charity Champs

Couple do the Charity a favour at wedding



A newlywed couple, from Bristol, has donated a fantastic £650 to the lung transplant team.

Andy and Vicky Moore bought 65 Charity pins to give away as wedding favours, as well as holding a 'bride and groom quiz' which people donated to participate in. Andy had also previously raised £300 from a cake sale at his work.

Andy had a lung transplant at QEHB and the family wanted to say thank you for his excellent treatment.

Vicky said "We are so happy to have raised so much money from our wedding day, the transplant team has been fantastic to my husband and I. The wedding wouldn't have happened had it not have been for their amazing work."

Sophie Carroll, Fundraising Officer said: "Thank you to Vicky and Andy for thinking of the Charity on their special day, and to spread awareness of the work that the Charity does, not just for people from Birmingham, but for anybody who needs it, anywhere in the country."

Birmingham woman raises money for the ward that treated her husband

Birmingham woman Liz Whitworth has raised £2,000 for patients at the Queen Elizabeth Hospital Birmingham by running the Birmingham International Marathon in memory of her husband Kieran who was treated at the hospital.

Liz recently returned to the hospital to present the staff on Ward 623 with special Dyson fans that have been purchased with the money that she raised thanks to her superb running efforts.

Liz said: "I promised Kieran that when he was better again we would run a half marathon together. After he died I wanted to keep that promise and thanks to some inspiration from a friend I decided to run the full marathon.

"I wanted to give something back to Ward 623 at the hospital which is where Kieran received most of



Liz presenting the fans to Babongile Ncube and Sister Margaret Kowalczyk from Ward 623

his treatment. He never liked being in hospital but he loved being with the staff on the ward. They laughed with him, joked and teased him and they made sure I was ok, they were our angels."

Brother and Sisters go the extra mile for QEHB Charity

Stuart Adams together with sisters, Charlotte and Lorna, colleagues and friends have taken on a range of gruelling marathons raising over £3,000 so far for QEHB's Oncology Department.

Their mother, Patricia, bravely fought kidney cancer for 11 years, pushing through to spend precious moments with her family.

Most recently, Stuart took on the Birmingham International Marathon in October 2017, and is planning to continue on his mission to raise funds for the hospital's cancer centre.

Sophie Carroll, Fundraising Officer at QEHB Charity said: "Thank you very much to Stuart and his family and friends, I am humbled to see such strength from the family following the sad loss of their mother. The monies raised will help the Charity to continue to provide 'added extras' over and above what the NHS can ordinarily fund."



Charity Champs

BAE Systems Apprentices go 'over and above' for military patients



A team of apprentices from BAE Systems (formerly British Aerospace) visited QEHB for the Innovation Challenge Showcase to demonstrate their amazing work to a panel of judges and staff from the hospital. QEHB Charity has been working alongside the brilliant engineering apprentices from BAE Systems to develop ideas and prototypes for

therapy devices that could be used at the hospital to help treat and rehabilitate patients.

This year the apprentices have been working to address three challenges: a foot exerciser for patients who have a frame around their leg to help their recovery, a weight-bearing measure for therapists to use to encourage patients to bear weight

on their feet as they recuperate, and a viscosity measure to help accurately gauge the required viscosity in drinks.

Andy Wright, Strategic Technical Director at BAE Systems was present at the event to meet the teams and judge their creations, saying: "This showcase has been a fantastic exhibition of innovation and enthusiasm. BAE Systems is lucky to have such a talented and hardworking group of apprentices. Their work is of an exceptional quality and I am very proud of all of their fundraising efforts!"

Alongside their work, the BAE Apprentices have all been busy fundraising for Fisher House, the home away from home for military patients and their families at QEHB. The teams have been putting on events from band nights and mud runs to taking on the Yorkshire Three Peaks challenge and pulling a Typhoon aircraft up a runway! Overall, the teams have raised over £15,000 which has been very generously match-funded by BAE Systems.

Forces take on the Nijmegen Challenge for Fisher House

A team from the Royal Centre for Defence Medicine (RCDM) based at QEHB and the Defence Medical Rehabilitation Centre (DMRC) based at Headley Court, came together to take on the Nijmegen Challenge. The epic challenge involves a 100 mile hike over 4 days ending in Nijmegen, the Netherlands.

The DMRC and RCDM team raised money for Fisher House, the 'home away from home' for military patients and their families at QEHB, raising £3,401. The money will help Fisher House to continue providing free accommodation at the hospital where the UK's military patients are treated.

The team took on a 50 mile qualifying trek at RAF Cosford before heading to the Netherlands for the Nijmegen challenge which had a 6,000-strong military contingent from 34 countries.

Flt Lt Scott Murray said: "It was an



excellent challenge that saw a huge military contingent from across the world take on the 100 mile trek. Add to that the 45,000 civilian participants and the million or so people who turned up to watch and it was quite an incredible event!"

Flt Lt Stacey Clews said: "We were

immensely proud to raise money for Fisher House. It is a wonderful place that offers a fantastic service to military patients and their families. The Nijmegen Challenge is all about camaraderie and community spirit, and these values are so evident at Fisher House."

CyberKnife machine treats 1,000th patient

CyberKnife is celebrating having treated its 1,000th patient. The £3.5 million CyberKnife machine joined the QEHB Cancer Centre's cancer-fighting toolkit in 2013, and was entirely funded by generous donations to QEHB Charity.

The machine is a robotic system which uses high doses of radiation to sub-millimetre accuracy to target cancerous tissues, reducing the risk of damage to surrounding areas. It is particularly important in the treatment of brain tumours as damage to these tissues can have disastrous effects on a patient. The machine, however, is now increasingly being used to treat other types of tumours, for example prostate, liver and spine.

Dr Geoff Heyes, Principal Clinical Scientist said: "We are excited to have reached this momentous

CyberKnife specialises in treating tumours that are particularly hard to reach, allowing QEHB to treat a wider range of patients with a variety of different cancers, however, for some, their cancer is better treated using traditional radiotherapy techniques.

Dr Paul Sanghera, Consultant Oncologist and Radiology Lead said: "Thank you to everyone who continues to work so hard on making CyberKnife such a success. We are only able to deliver such an excellent service with the collaboration with other clinical teams including imaging, radiology and neurosurgery.

Mike Hammond, Chief Executive of QEHB Charity said: "This is a fantastic milestone to have reached so quickly since the

Stan Bowley Ball raises funds for CyberKnife



The 11th Stan Bowley ball has raised a fantastic £25,000 for CyberKnife. The first ball was held in 2007 to raise funds to allow Alan 'Stan' Bowley to receive treatment on the CyberKnife machine for pancreatic cancer in Washington D.C. before it was available in Europe. The treatment allowed Stan to live for four more years, return to work, and go on holidays with his wife and children. The Stan Bowley Trust became a charity in his memory in 2011 and his family, including brother, Ian Bowley, has continued to tirelessly fundraise to bring a CyberKnife machine to QEHB and support research into CyberKnife treatment.

This year the Stan Bowley ball took place at Alton Towers and raised an incredible £25,000, taking the total amount raised to over £100,000.

Mike Hammond, Chief Executive of QEHB Charity said: "Thank you to the Stan Bowley Trust, and everybody who came along to the ball. As always it was a fantastic night of fundraising, the incredible amount raised for CyberKnife will make a huge difference to patients with cancer at QEHB."

Thank you!



The Cyberknife team with the amazing machine that has now treated 1,000 patients

milestone so quickly, as the only CyberKnife outside of London we are proud to have been able to treat 1,000 patients quicker than any other machine in the UK."

CyberKnife's arrival at QEHB. The Charity is extremely proud to have facilitated bringing the machine to the hospital and is continuing to go 'over and above' for patients with cancer."

New 'home from home' opens

QEHB Charity has been working alongside the Sikh Arts and Cultural Association (SACA) to go 'over and above' for patients at the hospital. SACA has been fundraising to renovate a property near to the hospital that will provide a 'home from home' for the families of young people with cancer.

The Charity is delighted to announce that the SACA 'home from home' is now open, providing a comfortable environment for free to families who would otherwise have to travel long distances or pay for hotel accommodation when visiting their loved ones at the hospital.

QEHB is the largest centre for paediatric radiotherapy outside London and therefore sees young people from across the Midlands and beyond. Many families have to travel a significant distance so that their children can undergo treatment, but thanks to SACA's 'home from home' many can now stay just a five minute walk from the hospital.

Mike Hammond, Chief Executive of QEHB Charity said: "I am delighted that there is now a 'home from home' for families of young people with cancer here at QEHB. This would not have been



bike ride from Birmingham to London, attracting riders from across the country, and beyond, to take on the challenge to raise money for a good cause that helps children. The SACA Charity Bike Ride has been a fantastic partner for QEHB Charity,

possible without the hard work and dedication of the Sikh Arts and Cultural Association.

"The SACA team have been fantastic fundraisers for QEHB over the years and have to date raised £130,000 to support patients at the hospital, with the 'home from home' their latest project following on from the redevelopment of the radiotherapy outpatients waiting area.



helping to bring about the SACA 'home from home'. Harmi Kaler, SACA Events Co-ordinator, said: "Each year the SACA Charity Bike Ride is becoming ever-more popular. Thanks to the hard work of the amazing people who take on the ride each year, we have been able to make a difference to children's lives.

"I am especially proud to have raised money for the SACA 'home from home' at QEHB. It is a beautiful property and will provide a relaxing, private space for families to rest and spend time with each other during a stressful time in their life.

"There is still time to apply to take part in the SACA Charity Bike Ride for 2018, so if you would like to join us for a two day challenge whilst raising money to support young people at QEHB, please visit charitybikeride.com."



"I look forward to continuing to work alongside SACA in the future to continue to go 'over and above' for staff, patients and their families at QEHB."

For over thirty years, SACA has organised a two-day



Members of the SACA officially open the 'home from home'

Staff Superstars

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



Day, cycling on average 16 miles per hour!

The diabetes team are working, alongside colleagues in Taunton, on a research trial called ExTOD (Exercise in Type One Diabetes) to develop a programme to support adults with type one diabetes to manage their blood sugar levels around activity.

Manyee Li, who is a Specialist Dietitian at QEHB and works with patients who have type one diabetes, said: "It was a great day of cycling and fundraising. Huge thanks to all of my amazing colleagues as well as the patients and the volunteers from Lloyds Bank who took on a stint on the bike.

"It is great to be working alongside Taunton Hospital on this trial raising awareness of diabetes. The interest from the public on World Diabetes Day was fantastic, with many people seeking advice and tips about how to manage their diabetes better or to reduce their risk of developing the condition."

Senior Fundraiser at QEHB Charity Rachel Learmonth said: "It was great to see the team go over and above to raise awareness of type one

diabetes and the amazing research that the team are going to be undertaking.

"I look forward to hearing about the trial as it progresses, and witness the positive impact on the lives of people with diabetes. My thanks go to the team for their hard work in raising money to support patients at QEHB."

The second amazing staff superstar is Dee Dobson who works as a radiographer in the Breast Unit at QEHB who has used her sporting prowess to raise money for breast cancer patients at the hospital.

Dee raised a fantastic £225 by taking part in the Great Birmingham Run. This was not enough for Dee, who also got her boxing club, 'Aero-Kick' involved in QEHB Charity's Breast Cancer Awareness month raffle, taking part to raise money to support breast cancer patients at the hospital.

**BIG
THANK YOU**

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

Our first shout out goes to the wheelie-good diabetes team who, alongside patients and volunteers, cycled the distance from QEHB to Taunton Hospital in Somerset, to mark World Diabetes Day.

The cyclists took turns on a static bike in the atrium of the hospital and completed the 128 mile route over the course of World Diabetes

superstars

Rachel Learmonth, Senior Fundraiser at QEHB Charity said: "It's fantastic that Dee has got so involved in raising money for the unit where she works. The money that she has raised through running a half marathon and through her boxing club has helped QEHB Charity to go 'over and above' for patients with breast cancer. Well done Dee!"



The final staff superstar shout out for this edition goes to the amazing radiotherapy team who dressed head to toe in pink and let their baking skills run wild!

The team showed some baking skills that Mary Berry would be proud of to put on a tasty cake sale in the hospital to raise money for breast cancer patients. Taking on the pink theme of QEHB Charity's Breast Cancer Awareness Month, the team dazzled patients and fellow staff members with their bright outfits and wigs, raising a brilliant £318.77.

Senior Fundraiser, Rachel Learmonth said: "Well done to every staff superstar in the radiotherapy team for putting on a wonderful cake sale. The money that they raised will go a long way to helping breast cancer patients at the hospital, and full marks to all of them for their stylish pink outfits!"

Thank you!

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

Do you know a staff superstar? Do you want to nominate them for a shout out in the next Charity newsletter? If so please get in touch and share your story by emailing charities@uhb.nhs.uk or get in touch on Facebook, Twitter or Instagram.

Fundraisers that go

Thrill seeker zips through fundraising challenge

Patricia Paddington, aged 72 from Shropshire, has raised a fantastic £950 for QEHB Charity by taking on the world's fastest zip wire, Zip World Velocity at Penrhyn Quarry, Wales.

Adventurous Patricia was gifted the zip line experience for her 70th birthday and decided to get her friends and family to sponsor her as she took on the mile-long challenge which saw her reach speeds of up to 100 miles per hour!

Patricia and her generous sponsors raised £950 to be split between the Haematology Unit and Karen's Home from Home, the two bedroom property near QEHB that offers free accommodation to the families of leukaemia patients undergoing treatment at the hospital.

Patricia's daughter in law, Sally Higgs, received a stem cell transplant two years ago at QEHB. Whilst she was receiving her treatment, Patricia and her family members stayed in Karen's Home from Home so that they did not have to travel to and from Shropshire each day.

Speaking of the home from home, Patricia said: "It was fantastic to be able to stay so close to the hospital for free. Now that Sally is doing much better, I wanted to give something back to those who had helped my family. The zip wire was fantastic, I loved all 58 seconds of it and I would do it again tomorrow!"

Sophie Carroll, Fundraising Officer at QEHB Charity said: "Patricia is an inspiration to all of us, what a fantastic way to raise money for a great cause. The money will go a long way to support patients and their families right here at QEHB."



Intrepid Mum takes on 160ft bungee jump!

Kiren Rathaur, a 39 year old mother of two from Derby took on a 160ft bungee jump in aid of the Queen Elizabeth Hospital Charity, seven years after she received treatment for a brain haemorrhage at the hospital.



Kiren had an Arteriovenous Malformation (AVM), a volatile tangle of poorly formed blood vessels in her brain, which had ruptured causing significant damage to the fragile brain tissues. Specialists tried to glue the vessels back together but due to the immense pressure of the blood pouring from the haemorrhage Kiren was forced to undergo a craniotomy, where a section of the skull was temporarily removed, and damaged brain tissue the size of a golf ball was cut out, and the bleeding was stopped before stitching the skull back in place.

Now, several years later, Kiren decided to take on an extreme challenge and do a bungee jump from 160ft!

"I am petrified of heights so I knew this would be a huge challenge for me, of course I was terrified just thinking about it as each day went by, even on the day, but when I jumped I felt so free, it was extremely liberating. It was also a show of how far I'd come since my illness, and to prove that anything is possible when you put your mind to it."

go over and above

Intrepid group of friends aim to break world record on Mount Everest for Fisher House

In December 2017, former Royal Marine Jonjo Murphy attempted to break a Guinness World Record for the highest altitude fitness class at the Base Camp of Mount Everest, along with friends Lee Hart, Cam Gentles and Sam Blundel.

Jonjo and team wanted to raise funds for Fisher House, the 'home away from home' for military patients and their families.

"I saw what a difference Fisher House makes to people and so I decided to give something back. I've always been the adventurous type so I wanted to do something really different to raise money. I got together with some friends and we thought it would be amazing to try and break a world record.

"We teamed up with Heart Rate Fitness who were planning this incredible challenge at the Base Camp of Mount Everest and thought that we should take part!"

"We were all a bit nervous but were really looking forward to taking on the challenge, raising lots of money for Fisher House and hopefully writing our names into the record books!"



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

Charity Champs

Rotary District 1060 celebrate year of supporting Fisher House

Dave Watson, Fisher House Patient Advocate, was delighted to be presented with a cheque in recognition of Rotary District 1060's fundraising and support of Fisher House over the past twelve months.

Rotary District 1060 is made up of 63 Rotary clubs across Birmingham and the West Midlands and each year the District Governor chooses a number of charities for the Rotary clubs to support.

This year, Dr Charan Bunger PhD MBE picked Fisher House as one of his charities, and Rotary clubs across the region really threw themselves into supporting the military patients and their families that use the house.

Rotary District 1060 and the individual clubs have supported the hospital charity for a number of years now and we are very grateful to them. You can find out more about Rotary at www.1060.org.uk



Charity Champs

Thank you!

Cannock Veolia makes generous donation to The Giles Trust

The team at Veolia in Cannock has raised a staggering £1,713 for The Giles Trust.

Each department at the company put their own unique spin on the fundraising efforts and held a number of different activities, as the fun day took place in December, there was a festive theme. They held a Santa's Grotto, a 'pin the nose on the Rudolph' game, and a delicious cake stall, everybody got stuck in!

The Giles Trust raises funds to support the treatment of, and research into brain tumours at the Queen Elizabeth Hospital Birmingham. Veolia chose to fundraise for this cause as one



of their colleagues is currently under the care of the Neurology Department for a brain tumour.

Holly Garoghan, from the Accounts Department at Veolia said: "We all

had a great day, and the team is extremely pleased to have been able to raise so much money for a cause so close to our hearts."

£1,600 raised by Solihull salon for Neurology at QEHB



Velda Smith and her colleagues, from Sensory Hair Salon at Bannatyne's Gym in Solihull have raised an incredible £1,600 for the Neurology team at QEHB.

The money was raised through a raffle, a cake sale, and a collection tin in the salon. Velda wanted to fundraise for this cause after her husband received treatment in the Neurology department. Velda's husband has recovered and is now fit and well.

Cathryn Worth, Fundraising Manager said: "Thank you to Velda and her colleagues, you have raised a fantastic amount of money which will go towards funding cutting-edge equipment and research in the field of Neurology at QEHB."

Golf Club tee off on donation to young people with cancer

Olton Golf Club Seniors has donated a fantastic £2,750 to the Teenage Cancer Trust Young Persons Unit at QEHB.

The club presented the cheque to Fundraising Manager, Cathryn Worth at their annual dinner event.

Each year, the Captain has the difficult task of choosing a Charity of the Year. Last year the group chose to support The Giles' Trust, after the Vice Captain, Terry Hanley's wife was being treated at QEHB for a brain tumour.

Terry, who is this year's Captain, wanted the Club to continue to support the hospital but chose to focus their support on young people.

Cathryn said: "Thank you for supporting QEHB Charity again, your continued donations help us to go over and above for patients at the hospital, providing added extras which cannot be funded by the NHS."



Huge thanks also goes to...

Birmingham City Football Club

FBC Manby Bowdler

Provest Financial Services

One call accident management

Meji Media

BNI Apollo

Get Ahead

Kidney Patients Association

Martin Walsh

Friends of QE

The Plough

Co-op

HIA International

Comedy Loft

Floral Scenter

The Gentleman Barbers

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