

love qehb

Queen Elizabeth Hospital Birmingham Charity

ISSUE 26

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  qehbcharity  qehb.org



Celebrating 5 years of Fisher House!

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

Thank you!

Mike's letter



Thank you!

What we do at QEHB Charity

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

Welcome to the latest edition of Love QEHB, the official newsletter of the hospital charity. This edition is full of exciting events and amazing stories from some of the incredible people who have raised money to help support patients at the hospital.

This summer marks five years since the opening of Fisher House, the 'home away from home' for military patients and their families located just a few minutes away from the hospital. This issue brings you stories of some of the people who have stayed at Fisher House since it opened in 2013, either as patients or to stay close to their loved ones, free of charge.

The summer months are always a busy time for the Charity, with lots of exciting fundraising events taking place. There are lots of ways for you to get involved this summer, whether you fancy training for a half marathon or jumping on your bike to take part in the exciting Virtual Velo, a cycling event that puts you in charge!

As always, we are celebrating the 'staff superstars' who work at the hospital and have used their spare time to go 'over and above' for patients by taking on fundraising challenges. Lots of intrepid members of staff took on the Sunrise Snowdon

challenge earlier this year, climbing Snowdon overnight! If you're inspired by this, why not sign up for the Charity's more traditional Snowdon challenge this September?

The Charity relies on your generous donations in order to provide 'added extras' that go beyond that which the NHS can fund. Thanks to your support, the Charity has been able to purchase the cutting-edge 'Heart in a Box' which will increase the number of heart transplants that are carried out at the hospital by up to 50%. Read more about this amazing piece of technology on page eight!

We always love to hear from you at the Charity. You can call us on 0121 371 4852, email us at charities@uhb.nhs.uk or visit us on the Fifth floor of Nuffield House, opposite the Heritage Building. 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...

Fisher House celebrates fifth anniversary

On pages six and seven you can learn more about Fisher House, the 'home away from home' for military patients and their families at QEHB, which is celebrating its fifth anniversary this summer. Find out about the amazing people who work there and read stories from some of the people who have stayed there over the years.

Heart in a Box arrives at QEHB

Turn to page eight to read more about the amazing Heart in a Box that has arrived at QEHB thanks to your incredibly kind donations. This machine is now saving lives and helping the heart transplant team to carry out more transplants than ever before.

QEHB Cycling Club

Page 13 contains all the information that you need to know about the QEHB Cycling Club and cycling ambassador Phil Upton. Learn about how you can get involved in Virtual Velo this summer and join in with some group bike rides from the hospital.

Charity Staff Superstars

On pages 14 and 15, read about some of the staff who work for the hospital charity who have taken on some fundraising challenges to raise money for the Charity. You may even be inspired to take on a challenge yourself after reading about what they got up to!



Dates for your diary

London to Brighton Bike Ride

16 September, Clapham Common to Brighton Seafront

Join the Hospital Charity for a 54 mile bike ride from South London to the beautiful Brighton Seafront. A chance to clock up some miles for those taking part in the Charity's Virtual Velo event, and for others an opportunity to challenge themselves this summer! Coaches will take riders and their bikes back to London at the end of the ride.

Visit hospitalcharity.org/events for more information

Drag Night

27 September, 7.30pm,
The Loft Lounge, Birmingham

Enjoy an evening of laughs, a three course dinner with wine and live entertainment from some of the Village's most infamous drag queens.

Tickets are £25 or £22.50 for NHS staff.
Your ticket includes your dinner and wine.

Visit hospitalcharity.org/events for more information



Giles Trust Ball

13 October, Edgbaston Cricket Club

Join Warwickshire County Cricket Club's Director of Sport, Ashley Giles and his wife, Stine, as they host their annual ball raising money to support patients with brain tumours. An evening of great food, music and entertainment.

Tickets are £80 each or £750 for a table of 10.
Sponsorship opportunities available - please

contact Cathryn Worth on 0121 371 4852 or email Cathryn.Worth@uhb.nhs.uk for more information.

SimplyHealth Great Birmingham Run

14 October, Birmingham City Centre

The Birmingham half-marathon is back for 2018, now established as the second biggest half-marathon in the UK. Run 13.2 miles around Birmingham and enjoy the atmosphere and sights of the second city!

Your place with the Charity is free with £200 minimum sponsorship. Alternatively you can purchase a place through Great Run and there is no minimum sponsorship amount.

SNOWDON CHALLENGE

8 SEPTEMBER

Join the Hospital Charity for a trek up England and Wales' biggest mountain! Do 'summit' amazing and raise funds for your hospital.

Places are £45 with £100 minimum sponsorship.
Your ticket includes transport to and from Birmingham City Centre and snacks.

Visit hospitalcharity.org/events for more information

NHS Big 7 Tea



“What better way to show your gratitude this summer than by having a good old British tea party?”



Celebrating 70 years of the NHS

This summer, join the Charity in raising your cups (and saucers) for an NHS Big 7 Tea party! As you may know, the NHS turns 70 this year but a party isn't a party without guests and so the hospital charity wants you, the local community, to join in with the celebration!

You can either join the Charity on Thursday 5 July at the Queen Elizabeth Hospital Birmingham for its 7 Tea party or, if you can't make that date then why not organise

your own? Whether you enjoy a milky brew, an earl grey with lemon or a refreshing peppermint, there's a tea for everyone! So call on all your friends, family or colleagues and celebrate this fantastic milestone whilst raising funds for your hospital charity.

Mike Hammond, Chief Executive of QEHB Charity said: “The Charity exists to support patients, families and staff by providing ‘added extras’ over and above that which

is ordinarily funded by the NHS, and it is with the support of all our fantastic fundraisers that the Charity can continue to support the NHS, and so what better way to show your gratitude this summer than by having a good old British tea party?”

You can find out more at hospitalcharity.org/events and register for your fundraising pack by emailing charities@uhb.nhs.uk.

Royal Wedding Tea Party

As the excitement of the Royal Wedding gripped much of the nation, staff and patients at QEHB got into the swing of things, with tea, cake and bunting galore, with parties held across the hospital to mark the special day.

On Ward 518, the staff organised a tea party for the elderly patients complete with red, white and blue balloons, hats and plenty of tea, cake and sandwiches for all. Sister Kelly-Ann Simmonds said: “It was lovely to be able to celebrate the Royal Wedding with the elderly patients on our ward. We all enjoyed a nice day watching the

ceremony and eating some tasty treats!”

Ciara Johnston, Grants Officer at QEHB Charity said: “It was great to see staff at the hospital going ‘over and above’ to give patients a fun experience and really putting lots of effort into the parties that they held. The Charity is delighted to have been able to support the parties.”

To find out more about how the Charity supports elderly patients at the hospital by providing ‘added extras’ please visit hospitalcharity.org/elderlycare



5 minutes with...

Rochelle Pointon

Heart and Lung Transplant Recipient Coordinator at QEHB

We spent five minutes catching up with Rochelle Pointon, who works at QEHB as the heart and lung transplant recipient coordinator.



So Rochelle, what does your job involve?

My job involves looking after patients who are being considered either for a heart or lung transplant, or for an LVAD (Left Ventricular Assist Device), a device which keeps a patient's heart beating. I look after patients throughout their journey, from assessing their suitability for transplant or LVAD, right through to setting up the transplant and receiving donor offers. My job doesn't stop after the transplant or LVAD operation though; I continue to look after patients for the rest of their lives post-transplant or LVAD in and out of hospital.

What do you most enjoy about working at QEHB?

I feel proud to work for QEHB. The people I work with in the heart and lung transplant team all give 110% to their jobs. I am very proud to be part of such an incredible team who change lives on a daily basis. I think that QEHB is made by the people who work here.

When you were growing up did you always want to have a job in healthcare?

Growing up I always wanted to be a nurse. I can't imagine doing another job!

When you're not busy organising heart transplants, what do you like to get up to in your spare time?

I like to try and keep fit by going to the gym. I love taking my dog on country walks and spending time with family and friends.

How has QEHB Charity made a difference to the job that you do?

The Charity has allowed us to advance our practice in heart transplant by fundraising for 'Heart in a Box', a machine that keeps a donor heart pumping outside the body. This allows a greater period of time for the surgeons to perform the transplant, and also allows for the heart to be irrigated before transplant, increasing the chances of success. In time, Heart in a Box will increase the number of heart transplants we can carry out at QEHB and reduce the time people are waiting for their transplant.

What is it like when you speak to a patient after they've received a life-saving transplant?

We have a very special relationship with our patients as we care for them throughout the whole transplant journey. Once they have had their transplant it is amazing to see them and help them enjoy their new chance at life. This group

“ I am very proud to be part of such an incredible team who change lives on a daily basis. I think that QEHB is made by the people who work here. ”

of patients are extremely special individuals and I admire their strength and determination.

If someone was considering donating to QEHB Charity, what would you say to them?

I would say do it! The money given to us has transformed our service. Without the amazing support of so many people we would not have Heart in a Box at QEHB. It's a piece of equipment that will change and save lives and everyone who donated to the cause has left a lasting legacy. Thanks to the Charity's support, heart research is taking place at the hospital which could also help to save lives and find new treatments. By donating you will be supporting the amazing research that takes place right here in Birmingham!

Fisher House celebr

Fisher House, the 'home away from home' for military patients and their families at the Queen Elizabeth Hospital Birmingham, is celebrating five years of being open. To celebrate this landmark birthday, we decided to catch up with people who have helped to make Fisher House the incredible place that it is, and asked them what Fisher House means to them.



What does Fisher House do?

The Queen Elizabeth Hospital Birmingham is the receiving hospital for all of the UK's military patients when they are injured or fall ill anywhere around the world. Fisher House allows military patients and their families to stay, free of charge, in comfortable accommodation that gives families privacy during a tricky time, whilst allowing them to socialise with other families who are going through a similar experience.

Pat Cutter and Sue Vincent, Fisher House housekeepers

Pat and Sue are housekeepers at Fisher House and have worked there since it opened in 2013. As well as keeping Fisher House spotless, Pat and Sue are friendly faces who are always around, offering residents someone to chat to and helping to make Fisher House feel even more homely.

Sue and Pat have been a key part of the fabric of life in Fisher House for the past five years, and we caught up with them to chat about what it means to them to work at Fisher House. Both Pat and Sue worked within the NHS before Fisher House opened. Pat had worked at the old Selly Oak site on

the Alexandra Wing, where military patients were treated, for 10 years before making the move to Fisher House.

When speaking of making the move to Fisher House, Pat said: "I felt as if I wanted to give something back. Having worked on the Alexandra Wing for ten years I wanted a change, and when I saw that Fisher House was opening I knew I wanted to work there!"

Over the five years that Pat and Sue have worked at Fisher House, they have met and come to know hundreds of residents, and both love this aspect of their job. Pat said: "Our longest-staying resident was here for nearly 18 months and in that time you create a bond and a friendship with the resident. We've got lovely memories of working in Fisher House. We've had tearful and we've had happy days but it's the good times that you remember more than the bad times.

Sue spoke of the pride that she feels when welcoming new residents into the house, saying: "I love the amazed look that people often have when they walk into Fisher House. They just don't expect it to be the way it is. Working at Fisher House, I don't

feel like I'm staff, I feel like I'm part of a team that is helping to create something special."

Fisher House offers accommodation to military patients and their families at any time that they are receiving treatment at the hospital. This means that many people stay at the house on multiple occasions. Sue and Pat have learnt a lot from these families over the years, and Pat said: "Working in Fisher House strengthens your belief in people and families. Many of the families who stay in Fisher House have been through a lot of turmoil, and the strength that they show throughout gives you hope for yourself."

Fisher House has provided accommodation for thousands of people over the past five years and, when contemplating the future, both Pat and Sue see themselves staying on to help even more families in their time of need. Sue said: "The families who stay here make our job so enjoyable. It's nice to get up in the morning knowing we're coming into work, knowing that we're going to make a difference. I'm incredibly proud to work at Fisher House and I don't think that I'll ever want to leave!"

Fisher House relies entirely on donations to remain open, and

celebrates 5 years



Pat had some advice for anyone who was considering donating to Fisher House, saying: "Come and have a look at what we do here at Fisher House. If you donate you can feel proud that you have done something to give back to those who serve in our military and their families."

Famous faces who have supported Fisher House

To celebrate the fifth anniversary of Fisher House, we have taken a look back over some of the famous people who have supported Fisher House.



HRH Prince Harry made a trip to Fisher House back in 2015



England footballing legend David Beckham signed a Fisher House t-shirt for a charity auction.



Birmingham comedy legend Jasper Carrott visiting Fisher House

“ I love the amazed look that people often have when they walk into Fisher House. ”

GET IN TOUCH

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

Heart in a Box arrives at the hospital



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

In previous editions of Love QEHB, the Charity brought you news about Heart in a Box, a revolutionary machine that could increase the number of heart transplants carried out at the hospital by up to 50%. Thanks to the incredible support that the Charity received during the fundraising campaign, Heart in a Box has arrived at the hospital.



The machine keeps a retrieved heart alive outside of the body by pumping blood around it and irrigating it ready for transplantation. This radically increases the amount of time that surgeons have to perform the transplant, compared with the traditional method of storing the heart in ice.

Heart in a Box is now at the hospital following the Charity's £265,000 campaign to raise funds for the machine. Heart Research UK generously donated an incredible £132,500 towards the

Heart in a Box campaign, with the rest of the money being raised thanks to the efforts of hundreds of incredible Charity supporters.

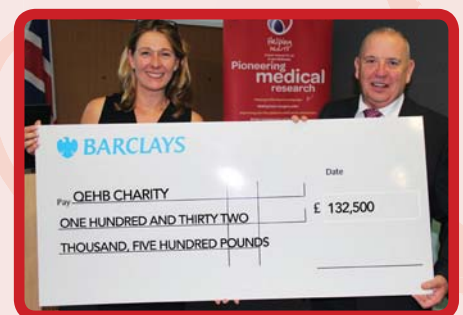
The arrival of Heart in a Box was marked with a special event, put on by QEHB Charity and Heart Research UK, to thank some of the inspirational fundraisers who helped to raise money for this important cause. Justine Davy, Head of Fundraising for QEHB Charity said: "I am immensely proud of all of the hard work and dedication of our fundraisers who have helped to bring Heart in a Box to the hospital. I am delighted that the machine is now at the hospital, ready to help the heart team to save more lives than ever before. Huge thanks go to Heart Research UK in the West Midlands and all of their supporters for their wonderful donation that helped make the campaign such a huge success."

John Lloyd, Regional Executive at Heart Research UK in the Midlands, said: "The Organ Care System has the potential to allow surgeons to carry out 50% more heart transplants every year. This new technology will increase the number of suitable organs and the chance of survival for so many patients.

"Heart Research UK has always been committed to making surgery safer, and 'Heart in a Box' will help patients live healthier, happier and longer lives in the Midlands and nationwide."

Present at the event was Sarah Codling, 31 year old mother of one from Woodgate Valley, who received a heart transplant at QEHB in 2015. Since her heart transplant, Sarah has worked tirelessly to fundraise for heart patients at the hospital and was delighted that Heart in a Box is now at the hospital. Sarah said: "Heart in a Box is an astonishing piece of technology. I am really proud to have played my part in helping to fundraise for it. Since my heart transplant I've wanted to give something back to the amazing hospital that saved my life. I know that Heart in a Box will completely change the way that heart transplants are carried out at QEHB and the heart team will be able to change even more lives in the future."

QEHB Charity is continuing to support heart patients by funding research taking place at the hospital and providing 'added extras' that are over and above those which the NHS is able to fund. Go to hospitalcharity.org/heart to find out more or to donate.



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

CHARITY SUPPORTERS GET ADVENTUROUS

SUNRISE SNOWDON A SHINING SUCCESS

On Saturday 14 April, 50 brave hospital charity fundraisers began the journey to North Wales ready to see the sunrise from the summit of Mount Snowdon.

The climb began in the early hours of the morning, led by experienced guides, and the participants reached the summit just as the sun rose at 6am.

Sophie Carroll, Fundraising Officer said: "It was difficult to negotiate the mountain in the dark, but we all had head torches and we were fortunate that it stayed dry for most of the night! Although it was quite foggy at the top, on the way down the views were breath-taking and everybody felt a huge sense of achievement for having reached the summit for their hospital."

The climbers, made up of staff and fundraisers from the Queen Elizabeth Hospital Birmingham, Good Hope Hospital, Heartlands Hospital and Solihull Hospital, have raised a combined £10,000 for their hospitals.

Shireen Velangi, Consultant Dermatologist whose team has raised over £1,800 for Skin Cancer at QEHB, said: "I took on the Sunrise Snowdon challenge with eight other members of the dermatology team to raise funds for the Charity's Skin Cancer fund. Although many melanomas can be cured by surgery, for those which cannot the disease can quickly spread. By funding research into revolutionary treatments the team hope to improve the outlook for all patients with advanced melanoma."

If you'd like to do 'summit' amazing for your hospital charity then why not join the Charity on 8 September for a climb during the day? Places are £45 with a minimum sponsorship of £100. To sign up, go to hospitalcharity.org/events



Sunrise Snowdon

GREAT NORTH SWIM MAKES A SPLASH!

The Great North Swim event took place on 8-10 June and saw a group of bold QEHB supporters take the leap into the picturesque Lake Windermere for a one-mile open-water swim.

Urology Clinical Nurse Specialists Kim O'Keeffe and Fran Harries participated in the challenge to raise funds for wards in the hospital where they had both previously had parents treated.

Although both women swam competitively as children, neither of them had ever done any open-water swimming before and so completing the event was a huge feat for them, and a special opportunity for them to give back to the hospital.

Fran said: "My dad was a keen sportsman and was especially passionate about swimming. The staff on Edgbaston ward were amazing. My dad received fantastic care and they showed such great attention to detail to make sure he was as comfortable as possible before his passing.

"The swim was difficult on the day and it was absolutely freezing but I was so proud of Kim and myself for finishing it in just under 60 minutes!"

Kim wanted to do the swim to not only support her friend and colleague, but also to give thanks

to ward 621 and 625 who cared for her mother before she passed away five years ago.

Kim said: "My mother developed Leukaemia whilst working at Birmingham Women's Hospital and became very unwell. However if it hadn't been for the staff on 621 and 625 she would have deteriorated even quicker."



Great North Swim

Charity Champs

Elvis tribute night raises over £2,000 for YPU

Glenys Padfield from Oswestry has raised an incredible £2,600 from her Elvis tribute night for the Teenage Cancer Trust Young Person's Unit at QEHB (YPU) following the treatment that a family member received on the unit. YPU is a specialist cancer unit that treats teenagers and young people aged 16 to 24. YPU is designed to ensure that teenagers and young adults are diagnosed efficiently, treated effectively and have the support they need to make it through their treatment and rebuild their lives after cancer.



Charity Champs

Glenys said: "Everybody had a fantastic night and I am so happy with the amount raised and hope to raise even more in future events!"

Sophie Carroll, Fundraising Officer at QEHB Charity said: "Thank you to

Glenys and all her friends and family who went along to the night and donated so generously. The monies raised will go towards supporting young people who are facing cancer."

Fundraiser marks NHS's 70th Anniversary with muddy challenge



Charity Champs

Alicia Parker has raised a fantastic £233 to mark the 70th anniversary of the NHS this year.

The fab fundraiser was inspired to take part in the Wolf Run after reading a Charity article about seven things that could be bought for £70. However, Alicia, not content with just raising £70, racked up over three times that amount!

Sophie Carroll, Fundraising Officer said: "Thank you to Alicia for your fantastic efforts, especially taking on such a hard challenge."

Entrepreneurial students raise funds for Fisher House

A-Level Business Studies students from St John's Military School in Cyprus have raised £1,000 for Fisher House from a project they undertook as part of their studies.

May Schapendonk, Head of Business Studies at the school, set her students the task of starting their own business venture to raise money for a charity and to learn about the practicalities of running a small business. The students

decided to raise funds for Fisher House, not only due to their military link, but also as their teacher, May, frequently stays in the house when being treated at the hospital.

As the project took place just before Valentine's Day, the young people contacted a local florist to negotiate a deal on flowers and balloons to make gift-sets available to order from the school and to be hand-delivered on the day itself.



Charity Champs

Law firm employees go 'over and above' for QEHB patients



For the past year, QEHB Charity has been the charity partner of the year for law firm Freeths. The law firm's employees raised a fantastic £3,299 to support patients at the hospital. The team held a number of events throughout the year, including bake sales and cinema nights, and also took part in the annual QEHB Charity Snowdon Challenge.

Fundraising Officer, Sophie Carroll, said: "The Charity is incredibly grateful to Freeths for their support

over the past year. The Charity is always delighted to welcome corporate supporters. There are lots of ways for companies to get involved, through taking part in our events or enjoying a team building day on the green spaces here at QEHB."

If you would like your company to support QEHB Charity, you can find out more by emailing charities@uhb.nhs.uk or calling 0121 371 4852.

Triple bypass recipient raises £2,725 for Heart in a Box

Shirley man Peter Callaghan raised an incredible £2,725 for Heart in a Box by holding a charity evening with his band Wilbury Jam. Peter received a triple heart bypass at QEHB in December 2016 and decided that it was time to give something back to the hospital that saved his life.

Alongside his band mates, Nick and Mike, Peter entertained friends and family, with donations going to the Heart in a Box appeal. Senior Fundraiser Rachel Learmonth said: "It is inspirational to see patients come back after significant surgery and raise money for patients at the hospital. Huge thanks go to Peter and the rest of Wilbury Jam for raising such a fantastic sum of money that has enabled QEHB Charity to purchase Heart in a Box,



a machine that will increase the number of heart transplants carried out at QEHB by up to 50%."

Fundraising family hold golf day for renal ward



Nikki White and her family, from Telford, have raised over £10,000 for the renal ward at QEHB after her brother donated his kidney to his wife.

Nikki's sister-in-law Sarah, went to the GP after feeling more tired than usual and was told that her kidney function was dramatically low and she required an urgent kidney transplant. Fortunately for Sarah, her husband, Andy, was found to be a match.

The family held a golf day at Shifnal Golf Course and raised over £3,000, tipping their total to over £10,000 following their first event where they auctioned off an accurate replica of a Stormtrooper helmet as seen in the Star Wars films.

Andy and Sarah have both now made a full recovery and are looking forward to continuing to give back to the Charity.

Smarties September

October will see the launch of the QEHB Charity Christmas Campaign 2018. This year the Charity is being a super smarty and starting early and would love you to get involved! During the month of September the Charity would like to give you a free packet of Smarties, with the request that, once empty, you use the tube to collect donations for the QEHB Charity Christmas Campaign. Last year the Charity's Smarties September campaign raised a fabulous £2,000, all of which went towards providing over and above for patients and staff in

the hospital over the festive period. This year QEHB Charity wants to raise even more!

Did you know that you can get 37 £1 coins in a tube or £12.40 in 20p's? Not only do you get free chocolate, but the Charity is also offering a prize to the person who squashes the most amount of money into a single Smarties tube!

If you'd like to get involved please visit the Fundraising Hub in QEHB's main atrium during September to pick up your free packet of Smarties.



Have you thought about making a will?



Many people say they must make a will, or review their will but then never get around to doing so. Wills are important as they let you decide what happens to your money, property and possessions after your death and they can help make sure you don't pay more inheritance tax than you need.

Each year, QEHB Charity takes part in Remember a Charity in your Will week, which this year is 10-16 September. This offers you a chance to make your will through Co-Op Legal Services, which can be done over the telephone or online without having to see a solicitor.

QEHB Charity is offering a 20% discount on the cost of a will – by quoting code RACWILLS01. The cost of a simple single will is £120, or £200 for a simple joint will. Just call 03306069578 or visit www.co-oplegalservices.co.uk.

Despite the name of Will Week, there is no requirement to leave a gift to the Charity in your will, but if you do, you will be helping patients and their families in an amazing way.

Each year, generous gifts left in wills helps the Charity to fund many projects across the hospital.

Mike Hammond, Chief Executive at QEHB Charity, said: "We're incredibly grateful that people remember QEHB Charity in their wills - it's a deeply personal decision and I am always very humbled speaking to the people who choose to support the hospital in this way. But, regardless of whether people decide to leave a gift or not, as a charity we think it is important that everyone has the opportunity to learn more about making a will, and that everyone considers whether to make one or not. That's why we are excited to be working in partnership with Remember a Charity to raise awareness."

To find out more information, go to www.rememberacharity.org.uk or call QEHB Charity on 0121 371 4852.

Bike for Brum!



Over the years, thousands of you have chosen to raise money for QEHB Charity by hopping on your bike and taking on a challenge. Be that a short, fun sponsored cycle or an epic, gruelling challenge involving steep hills and rough weather, many of you have pedalled and panted your way to fundraising greatness!

Many of you enjoy the feeling of getting out and about on your bike, cycling along canal paths or country lanes, blowing away the cobwebs and doing something for Charity at the same time. This summer, QEHB Charity is offering you the chance to do something special and take on an amazing new challenge called Virtual Velo.

If you take on Virtual Velo, you will be challenged to cycle either 500 or 1,000 miles, in your own time, to raise money to support patients at the hospital. Whether you're a bit of a cycling novice, or an experienced road cyclist, this event is the perfect opportunity to stretch those legs and get out and about on your bike. You can sign up for Virtual Velo by heading to virtualvelo.org, which is also where you can sponsor or track the progress of any of your friends, colleagues or loved ones who are taking on the challenge. You don't have to do it by yourself, you can sign up with a team.

Phil Upton, BBC Coventry and Warwickshire Radio presenter and QEHB Charity Cycling Ambassador is taking on Virtual Velo this summer and, if you sign up, will be on hand with lots of tips and advice for all his fellow riders. Phil said: "Virtual Velo is a fantastic opportunity for people who enjoy cycling to raise money to support patients at our amazing hospital. I've loved putting



Phil Upton Cycling Club

in the hard miles to get towards my 500 mile goal, and have had the privilege to chat to lots of incredible people who are also taking on the challenge."

Phil is part of the QEHB Cycling Club established by David Birch. We caught up with David to find out a bit more about the club.

Where did the idea for the QEHB Cycling Club begin?

The idea for the Cycling club came about following the care that my friend Rick's father in law received at the end of his life whilst at QEHB. Rick and myself alongside Russell Hill and Dan Honey-Smith signed up to take on Velo Birmingham to raise money for QEHB Charity. This led to a thirst for fundraising for the Charity and it was decided to combine this with a passion for cycling, which led to an attempt to recruit as many cyclists as possible to do the same.

What does QEHB Cycling Club do?

Mainly cycling! We have signed up to a number of sportives to

raise money for QEHB Charity and we aim to recruit other cyclists to join us! We have designed and created our own full kit which bears the logos of our sponsors [Smith Cooper, Search Consultancy and Giant Leamington Spa] alongside QEHB Charity. We are planning a number of different cycling events for the near future, and we would be delighted to have new members join the team!

Can I join QEHB Cycling Club?

Yes, please join us! Just find a sportive or race you want to do, set up a JustGiving page linked to ours, get in touch for your jersey and we will promote and support you throughout your training and ride. Otherwise feel free to join us on our rides! We'd love to have as many as we can riding together in our jersey and promoting the charity.

If you would like to join QEHB Cycling Club, please email charities@uhb.nhs.uk

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

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!



Claire Lynch, Clinical Nurse Educator in Neurology

has been nominated as a Staff Superstar for encouraging so many members of her team and department to take part in the Charity skydive! In the past two years Claire has persuaded 24 people to jump from a plane in a tandem skydive each raising over £300 for the hospital charity. That is a minimum of £7,200, all of which goes towards providing extra education for her team members. As well as the skydives, Claire organises regular bake sales and other fundraising events, and is an all-round Charity Superstar!



Grant Moss, Head of Trust Security at the Queen Elizabeth Hospital Birmingham

took on the SimplyHealth Great Birmingham 10k on Sunday 6 May, raising a fantastic £600 for QEHB. Grant has been a keen runner throughout his life, regularly taking on huge distances. However, due to illness and a knee injury he was forced to stop running. In October 2017 Grant became determined to get back into shape and start running more seriously again so he began by taking part in Park Run every Saturday, a free weekly 5k run in his local park, Grant began to build up his fitness, losing over two stones in the process!

Grant said: "My Dad was treated at QEHB for heart failure and thanks to the doctors here we were able to have four more years with him than anybody expected. For that I am extremely grateful."



Next up, Staff Superstars in Dermatology Oncology. Helen Williams, Clair McGarr, Samantha Adams and Donna Begg

have been raising awareness of the skin cancer throughout May, to mark Skin Cancer Awareness Month. The nurses held an awareness stall in the main atrium of QEHB with patient information on how to protect yourself and your family from skin cancer, and giving out samples of high factor sun cream encouraging people to protect themselves from harmful UV rays.

Thank you!

superstars



Ruth Salt, Ward Manager of the Harborne Ward at QEHB, a specialist Elderly Care Ward,

raised an excellent £65 for her ward by holding an Easter raffle for staff, patients and their families. Prizes included chocolates and Easter eggs! Rachel Learmonth, Senior Fundraiser said: "Thank you to Ruth and everyone on Harborne Ward for helping to raise these funds for the Charity. Your contribution helps the Charity to continue to provide 'added extras' over and above that which can be provided by the NHS."



Jessica Bridges, Library Outreach Assistant,

put her superstar skills to good use by working with the Dignity in Care team at QEHB to provide more resources for patients with dementia and other cognitive difficulties, and a practical glass cabinet to store them in in the



Liam Herbert and Helen Woodman are Paediatric Radiographers

who specialise in giving radiotherapy to children and young people with cancer up to the age of 24 at the hospital. The pair wanted to give something to their patients to reward them for their bravery during their radiotherapy and started, with the Charity's support, to give the older children and young people vouchers for

Amazon, ASOS, or iTunes. The younger children have received personalised gifts such as a toy of their favourite character from a book. They also have an artist who makes personalised sticker books for the children so they can have a sticker after each day of their treatment.

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.

Charity Champs

Thank you!

Tulips for Teresa

On Wednesday 25 April, representatives of Teresa Speed's family and friends visited the Radiotherapy Department at QEHB to see what a difference the refurbishment that they supported has made to patients.

The family donated £6,000 in Teresa's memory to the Wooden Spoon Society, a Charitable Trust, who then made the grant to the

hospital to build a new quiet area for patients on the ward, known as the Tulip Room.

The family said: "We were delighted to be invited to see the Tulip Room. We know Teresa would have been pleased to have been able to help fund such a lovely quiet, peaceful room for families to be able to spend time together away from the busy hospital environment."



Fundraiser shaves head in memory of husband



Sharon Brookes braved the shave and had all of her hair shaved off in memory of her husband, Phil, who was treated at QEHB.

Sadly Phil passed away from skin cancer. His wife Sharon wanted to do something to say thank you to the hospital and the department for the amazing care he received whilst he was looked after here.

Sharon's head shave raised a staggering £1,000, the cheque for which was presented to the department.

Clarissa's Love raises funds for the Charity



Clarissa Greenfield, aged four, is a very special young person who put her budding artistry skills to use to make a very special gift for her Granny, Denise.

Denise started to feel depressed after doctors found an aneurysm on her brain, and as Clarissa and her granny had such a close relationship, Clarissa noticed, and felt she ought to do something to cheer her up.

Clarissa, together with her mum, Felicity, put out an appeal asking for people to write love letters to her Granny from all of the places she loved, some of which they had visited together. In total, Clarissa collected an astonishing 207 love letters from all over the world from as far as China, Australia and the US!

Following the success of the letters, Yorkshire-based artist Catherine Davis suggested that Clarissa do a drawing which she could print onto mugs and cushions. Clarissa drew two colourful elephants, representing her and her Grandma and the items are being sold in Catherine's online shop at www.artbycatherinedavis.com, with profits coming to the Queen Elizabeth Hospital Birmingham Charity.



Huge thanks also goes to...

- La Roche-Posay
- Sun Sense
- Wesleyan
- Metro Real Estates Group
- Café Rouge
- Rumour Hairdressers
- Boston Tea Party
- Solvay
- Escape Live

Prostate cancer survivor prepares to set off in the steps of Dick Whittington

Peter Bache, director and co-founder of Birmingham-based valuation company European Valuations, was diagnosed with prostate cancer in February 2017, and after receiving chemotherapy at the Queen Elizabeth Hospital Birmingham, is now in remission. Peter was so grateful for the care he received at the hospital that he wanted to set himself a challenge and raise funds for the hospital in

the process. So Peter and his friends decided to follow the footsteps of Dick Whittington and walk from Gloucester to London, over eight days, averaging 16 miles a day! The group completed the walk, on time, and they all had a fantastic time and have raised an incredible £61,372 for the Prostate Cancer appeal at QEHB and Prostate Cancer UK.

Fundraiser raises £700 from first ever marathon

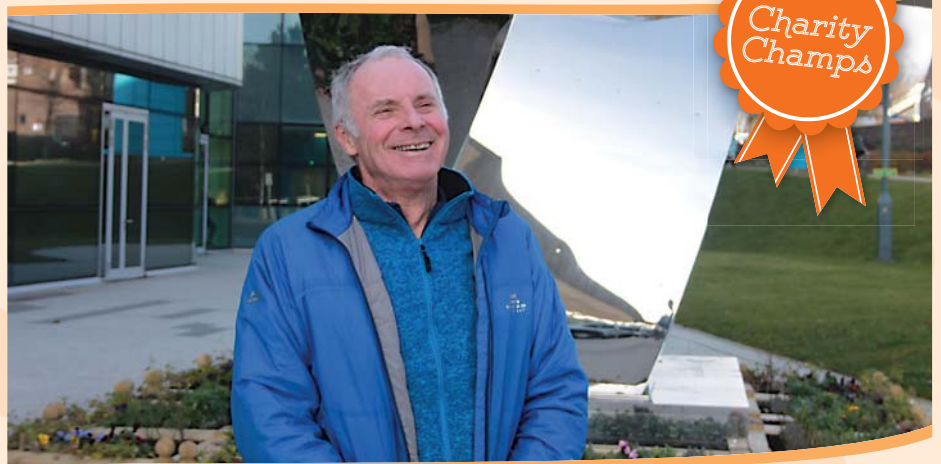


Emma Higgins took on her first ever London marathon in April 2018 to raise money for The Giles' Trust, which is a part of QEHB Charity and supports research into brain tumours. Emma was inspired to raise money for The Giles' Trust as she has two friends who are currently being treated for brain tumours. Emma obtained a place through her running club, Halesowen Athletics Club, and was cheered on on the day by her husband Mark and daughters Lily and Amelia who are also members of the club. Emma completed the marathon and has raised a fantastic £700 for The Giles' Trust.

Roger steps up to the challenge!

A committed team of patients and hospital staff from the Queen Elizabeth Hospital Birmingham took on an epic challenge to mark Skin Cancer Awareness Month in May. The team, led by Roger Calow who has been treated for skin cancer at QEHB, climbed the equivalent height of Mount Everest by walking from the ground to the seventh floor at the hospital! The team took it in turns to climb up to the top of the hospital and back down as many times as possible. A total of 230 ascents were needed to make the goal of 8,480 metres,

making it a gruelling challenge for Roger and the team. As well as raising the profile of Skin Cancer Awareness Month, the team raised a fantastic £4,020 for the Charity to further fund research into skin cancer at the hospital. This is not the first time that Roger has set his heights on Mount Everest for a fundraising challenge. Roger, a retired teacher from Herefordshire, previously cycled up the formidable Bealach Na Ba in Wester Ross, Scotland, a total of 15 times to match the equivalent height of Mount Everest.



Charity Staff

In this edition of Love QEHB we are celebrating some of the wonderful people who work for the hospital charity and have taken on a fundraising challenge during their time working for the hospital. If you're inspired to take on an event after reading the stories on this page, go and check out hospitalcharity.org/events to see if there's something coming up that you would like to take part in!

Tara and Sophie – climbed Mount Snowdon at night time

Sophie Carroll, Fundraising Officer, and Tara Sullivan, Communications Officer, took on the epic Sunrise Snowdon challenge to raise money for the hospital charity! Starting their ascent up Mount Snowdon in the middle of the night, in time to reach the summit for sunrise, Sophie and Tara went the extra mile for the Charity.

Sophie said: "What a fantastic event Sunrise Snowdon was. I really enjoyed taking such a fantastic group of fundraisers on the trip. Everyone had a great time, although the walk was harder than expected! I had climbed Snowdon before but never in the dark - it was such a unique experience!"

The hospital charity has a more traditional Snowdon challenge coming up on 8 September. If you would like to take part, head to hospitalcharity.org/events where you can find out more information and book your place. Alternatively, contact sophie.carroll@uhb.nhs.uk if you have any questions.



Gwen – taking on Virtual Velo

QEHB Charity Administration Officer Gwen Eccleston is challenging herself this summer by taking on the Charity's unique cycling event, Virtual Velo. Gwen has chosen to cycle 500 miles, the distance from Birmingham to Hamburg, in order to raise money to support patients at the hospital.

Gwen, who has worked at the Charity since 2015, said: "I enjoy cycling and when I first heard about Virtual Velo I wanted to sign up! 500 miles is a long way to cycle, but I'm looking forward to clocking up the miles over the course of the summer. I'm going to be cycling to work and back every day, so that's a good start at least!"

To find out more about Virtual Velo, turn to page 13 or head to virtualvelo.org

Mike, Justine and Laura – Sutton Fun Run

Charity Chief Executive Mike Hammond, Head of Fundraising Justine Davy and Fundraising Manager Laura Power all took on the Sutton Fun Run to raise money for the hospital charity! The Charity team decided that taking on the fun run in a traditional manner would be boring so they decided to push 4ft teddy bears in wheelchairs around the course instead!

The trio certainly caught the attention of the crowds that had lined up to watch the fun run as they pushed the wheelchairs around the streets



of Superstars

of Sutton Coldfield! Justine said: "It was an exhausting but fun time. We wanted to do something a little different that would help to raise awareness for the hospital charity. That's why we chose to push wheelchairs around the course. It slowed us down a bit but we all got round in the end!"

There are lots of fun running events that you can take part in for the Charity, such as the Transplant Games Donor Run on 5 August. You can celebrate the Transplant Games coming to Birmingham by taking part in the 5km fun run around the Vale in Edgbaston. For more information on this event, please contact rachel.learmonth@uhb.nhs.uk

Alistair – ran the SimplyHealth Great Birmingham Run

Communications Officer Alistair McIntosh took part in the SimplyHealth Great Birmingham Run in October 2017, running the 13.1 mile course through Birmingham, to raise money for the Charity. Alistair was just one of the hundreds of people who took part in either the half marathon or the full marathon to raise funds for patients at the hospital.

Speaking of the day, Alistair said: "It was a tough run, but the support from spectators all the way around the course helped to get me through the race! Seeing so many people in hospital charity running tops was fantastic. There was a real sense of community amongst my fellow runners. The post-race reception was great and the massage was much-needed!"

The Great Birmingham Run returns to the streets of the Second City on 14 October, if you choose to run for the hospital charity you will receive a free running top, access to helpful training hints and tips, as well as a pre and post-race reception with a sports massage to ease those aching limbs! Visit hospitalcharity.org/events to sign up or email rachel.learmonth@uhb.nhs.uk for more information!



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Queen Elizabeth Hospital Birmingham Travel Club



Enjoy a range of day and weekend trips with the Queen Elizabeth Hospital Birmingham Travel Club. For more information visit hospitalcharity.org/shop or call 0121 436 6263

Tuesday 7th August	Buckingham Palace	£40.00 per person, admission included
Saturday 18th August	Althorp House	£42.50 per person including admission
Saturday 8th September	Wisley Gardens Flower Show	£38.00 per person includes admission, reduction for RHS members
Saturday 6th October	Bath	£24.00 per person
Saturday 17th November	National Memorial Arboretum, Alrewas	£20.00 per person

