

love heartlands

Heartlands
Hospital
Charity
Issue 2

Heartlands Hospital Charity Newsletter

 HHospCharity  @HHospCharity  heartlandshospital.org.uk



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

Thank
you!

Mike's letter



Welcome to the second edition of Love Heartlands, the official newsletter of Heartlands Hospital Charity. This edition brings you lots of exciting news from the Charity, updates on the amazing things that have been done with your donations on the sprinkle some magic pages and incredible stories from fundraisers in our charity champs section.

There are a whole host of fantastic events coming up over the next few months for you to get involved in. Whether you'd like to pull on a pair of trainers and tackle a run or perhaps jump on a bike in order to raise money for Heartlands Hospital Charity, there is sure to be an event for you!

There are plenty of ways to get in touch with us, you can call the Charity main office on 0121 371 4852, email us at charities@uhb.nhs.uk or you can visit the website to find out more at heartlandshospital.org.uk

If you're on social media, why not follow our accounts for the all the latest Charity news, events and appeals? Just search for @HHospCharity on Facebook and Twitter to find out more. Please share your photos, experiences and fundraising news with us on social media, we love hearing about what you're getting up to!

Heartlands Hospital Charity relies on the support and hard work of all of you so I would like to extend my thanks for all that you do. I can't wait to hear more incredible stories in the future from charity champs and staff superstars who have done amazing things to raise money for the Charity.


Mike Hammond
Chief Executive, Heartlands Hospital Charity



5 minutes with... Sian Averill Fundraising Manager

We took five minutes to catch up with Sian Averill, Fundraising Manager at Heartlands Hospital Charity...

Hi Sian, can you tell us a bit about yourself?

Hello, I'm the new Fundraising Manager at Heartlands Hospital Charity. I've been a fundraiser at the Queen Elizabeth Hospital Birmingham Charity for over four years and before that I worked in a bank.

What do you love about your job?

I love being able to meet new people every day, from staff at the hospital who would like to improve their wards and departments, to fundraisers who are enthusiastic about raising funds to make a real difference at the hospital.

What's your favourite film?

It would be a toss up between The Notebook and the 1979 remake of The Champ – both tearjerkers!

What does your role involve at the hospital charity?

I am responsible for working with the staff at the hospital to identify projects that could make a difference on their wards, as well as going out to talk to potential fundraisers in the community who can help us to raise as much money as possible, so that we

can deliver projects on the ward and departments.

What are you scared of?

Wasps and mice!

What's your favourite food?

Italian or Nandos.

If you could go anywhere on holiday, where would you go?

Somewhere exotic and peaceful like the Maldives or the Cayman Islands.

How can people find out more about the hospital charity?

People can find out about the hospital charity by visiting the website at heartlandshospital.org.uk, or follow us on Twitter and Facebook @HHospCharity, or feel free to get in touch with us directly and have a chat!

What's the best way for people to get in touch with you?

You can:

- Give me a call on 0121 424 0606 or email me on sian.averill@uhb.nhs.uk
- Feel free to pop up and see me in the charity office based at Stratford House, although it may be best to call



first to make sure I am in!

We want to hear from anyone that is either holding an event, taking part in an event, would like to make a donation, wants to volunteer or would just like some more information on Heartlands Hospital Charity. Equally, if you are a member of staff and would like to apply for funding for something within your area to benefit patients we would love to hear from you!

What would you say to someone who is thinking about supporting the hospital charity?

If you would like to support your local hospital and really see how your fundraising is making a difference, I would definitely encourage you to support Heartlands Hospital Charity. We have a range of different events to get involved in or if you'd like to put on your own event, we can support you all the way with that too!

Dates for your diary

FESTIVE MEMORY WALK

9 DECEMBER • CANNON HILL PARK

Take a walk down memory lane and raise funds for Heartlands Hospital Charity's Elderly and Dementia Appeal. The 5K walk will take place in Edgbaston's beautiful Cannon Hill Park!

Fancy dress is optional but recommended! Dress up as your favourite era and some festive accessories, and look back to the 'good ol' days!' If you'd like a bigger challenge why not tackle the 10k route instead?

For more information please contact sian.averill@uhb.nhs.uk

PARACHUTE JUMP

Various dates | Hinton Airfield, Oxfordshire

Do something daring and take the plunge for Heartlands Hospital Charity! The Charity runs several tandem parachute jumps throughout the year at Hinton Airfield in Oxfordshire. With experienced instructors, it's a fantastic experience for a worthy cause!

A £30 deposit gets you a place on one of our jumps, and then we ask you to raise a minimum of £300 in sponsorship.

Please book your place by visiting heft.org.uk/events or contact sian.averill@uhb.nhs.uk for more information.



VÉLO BIRMINGHAM 100 MILE CLOSED ROAD BIKE RIDE

REGISTER NOW FOR 2018 STARTING IN BIRMINGHAM

In 2018 thousands of riders will be taking to the streets of Birmingham, Worcestershire and Herefordshire, and you can join them to raise funds for Heartlands Hospital Charity.

When you ride for Heartlands Hospital Charity expect a detailed training programme, access to a network of other charity riders and a free high quality cycling jersey!

Get your Golden Bond place for £40 by signing up online at bikeforbrum.org, or contact sian.averill@uhb.nhs.uk to find out more.

CHARITY CAROL SERVICE

14 December

St. Philip's Cathedral, Colmore Row, City Centre

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

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

To book your place please go to heft.org.uk/events or contact sian.averill@uhb.nhs.uk for more information.

Festive Jumper Day

15 December • Heartlands Hospital

Support patients at Heartlands Hospital this Christmas by donning your favourite festive knit! If you aren't able to wear a jumper on the day, then why not wear some Christmas socks?

You can donate your donate £1 by dropping your change into one of the collecting tins located throughout the hospital. Be sure to send us some photos of your jumpers!

For more information please contact sian.averill@uhb.nhs.uk



GREAT MIDLANDS FUN RUN

3 JUNE • SUTTON COLDFIELD

Take part in the 8.5 mile fun run and support Heartlands Hospital Charity!

The run begins in Sutton Coldfield town centre and enters Europe's largest urban park- Sutton Park. The course attracts people from far and wide of a whole range of abilities; you can walk, jog, or of course, run!

Register for your place on greatmidlandsfunrun.org and choose to support Heartlands Hospital Charity! Please email sian.averill@uhb.nhs.uk when you have signed up to receive fundraising support and materials, or to find out more.

BIRMINGHAM INTERNATIONAL MARATHON 2018

Take on the ultimate running challenge and run the Birmingham International Marathon for Heartlands Hospital Charity.

By running for the hospital charity you will receive a free charity running jersey and exclusive access to hints and tips for training.

You can register your interest and find out more information by emailing charities@uhb.nhs.uk.

Some of these events may have passed but you can keep up to date with what's happening by visiting heft.org.uk/events

New appeal supports elderly and dementia patients

The Elderly Care and Dementia appeal at Heartlands Hospital Charity is raising money to support elderly and dementia patients at the hospital, by providing a variety of 'added extras', patient activities and extra comforts for dementia patients and their families. Examples of extras already provided by the Charity include orientation clocks and signs that show whether it is day or night, dementia friendly crockery, twiddle muffs, dolls and large-pieced jigsaws.

Sian Averill, Fundraising Manager at Heartlands Hospital Charity, said: "Here at the Charity we are really pleased to be able to support elderly and dementia patients.

"A stay in hospital for a person living with dementia can be a confusing and potentially frightening experience.

"While we have wards at the hospital that specialise in the treatment of elderly patients, many of whom have dementia, the reality is that people with dementia can be admitted to hospital with any condition or injury, meaning frequently they will be staying on a ward that does not specialise in dementia and may be the only person on that ward with the condition.



"Because of this, we want to bring specialist activities and added extras to many wards at the hospital, and that's why we are asking for community groups, businesses and members of the public to support our Elderly Care appeal."

Justine Davy, Head of Fundraising at the hospital charity, said: "This is a wonderful opportunity for people to get behind a local appeal that makes a difference, at a time when it is most needed. We hope as many people as possible recognise the chance to make a real difference and show their support for elderly patients in Birmingham."



If your group, club or business would like to make a donation to support elderly patients at the hospital, please contact sian.averill@uhb.nhs.uk for more information, or to find out more about other ways you can support elderly patients at the hospital go to www.heft.org.uk/elderlycare

Christmas at Heartlands Hospital

Christmas is fast approaching so why not get into the festive spirit by taking part in one of the Charity's events, buying some Charity Christmas cards or donning your favourite knitwear for festive jumper day?

Festive Jumper Day

Heartlands Hospital Charity's Festive Jumper Day is on 15 December! This is a great opportunity to get together with your friends, colleagues or school mates and wear your favourite Christmas jumpers whilst raising money for Heartlands Hospital Charity.

For more information about Festive Jumper Day, please contact Sian Averill, Heartlands Hospital Charity's Fundraising Manager at sian.averill@uhb.nhs.uk or by calling 0121 371 4852.



Christmas Cards

Sending cards out to your loved ones is a special part of the build up to Christmas. This year, Heartlands Hospital Charity has a range of festive cards for you to purchase. Not only can you spread Christmas cheer to your friends and family but you'll also help to provide added extras for patients and staff at Heartlands Hospital.

If you'd like to purchase Christmas cards please visit the website at heft.org.uk and visit the shop page where you'll find a great selection of cards to suit every taste.

Christmas Carol Service

This December, warm up your vocal chords and come along to the Birmingham Hospitals carol service at St Philip's Cathedral in Birmingham on Thursday 14 December. Join hospital staff from Heartlands Hospital, Solihull Hospital, Good Hope Hospital and Queen Elizabeth Hospital, family, friends and patients for a magical evening of Christmas carols, mulled wine and mince pies.

To book your place please go to heft.org.uk/events or contact sian.averill@uhb.nhs.uk to find out more.

Memory Walk

This Christmas, Heartlands Hospital Charity is holding a memory walk at Cannon Hill Park in aid of the Elderly Care Appeal. This 5km walk is the chance for you to wear fancy dress inspired by your favourite decade and raise money for Heartlands Hospital Charity. The walk takes place on Saturday 9 December.

If you'd like a bigger challenge why not tackle the 10k route instead?

Book your place by visiting heft.org.uk/events



Charity Champs

Woman scales Snowdon in memory of mum

Dawn Jarman is setting about the challenge of climbing the highest mountain in England and Wales, Mount Snowdon, to raise money for the Renal Unit at Heartlands Hospital. Dawn was inspired by her late mother, Sheila Bailey, who was treated on the Renal Unit.

Dawn said: "My mum received brilliant care on the Renal Unit. They were like a second family to us all, and showed kindness and patience to everyone.

"Although it is a really busy unit, a friendly chat was no trouble for the nurses and my mum was never frightened or alone, despite spending hours receiving dialysis three times a week."

I wanted to give something back to say thank you from my family and I after the wonderful support that the unit gave us."

Dawn has raised a wonderful £460 so far and hopes to raise even more.



Couple tackle Three Peaks Challenge to raise money for Eden Suite at Heartlands

Catrina Wilson and her husband Will completed the Yorkshire Three Peaks challenge in just over 12 hours. The challenge saw them cover a gruelling 24.5 miles over three of Yorkshire's highest peaks.

Despite the appalling weather conditions, Catrina and Will, along with Will's colleagues from Talent Hive (a recruitment business based in the Jewellery Quarter), made it to the end of the challenge which finished with a well-deserved sit down in a pub.

Will and Catrina lost their baby boy Arthur at 23 weeks just before Christmas last year. The couple decided to do something amazing to raise money for the Eden Suite at Heartlands, which supported them during the tough time after the loss



of their son.

Catrina said: "We wanted to say thank you to the amazing staff on the Eden Suite who supported us. It has been a tough year but we've managed to stay positive and we are looking forward to seeing what the future holds for us.

"We're delighted to have raised nearly £2,000 for the Eden Suite and I'm sure it will go to great use."

A close shave for great cause



Avery Maycroft decided to have her hair shaved off in solidarity with her mum Debbie who has been treated on Ward 19 at Heartlands for almost 20 years for the condition myelofibrosis; a type of blood cancer that affects the bone marrow and causes scar tissue to build up and affect the production of blood cells.

She underwent a splenectomy and also had chemotherapy in preparation for a stem cell transplant which she has recently undergone, thanks to a donor from the United States.

As Debbie readied herself for the chemotherapy she began cutting her hair shorter and shorter to prepare the expected hair loss and so Avery decided to do the same to show her support.

Avery said: "It was something I vowed to do to support my mum. However, I also wanted to raise funds for the incredible team on Ward 19, as well encourage people to join the donor register.

"I set a £500 target but we have now surpassed that which I am delighted about and I have to thank all the generous people for their support."

Thank you!

Marathon star raises fantastic amount for Renal Care Units in memory of his father



Stuart Hatton took part in the Virgin London Marathon and raised a phenomenal £2,072 for the Heartlands Renal Care Units. Stuart's father, Bryan Hatton, received life-extending dialysis care via the Heartlands Renal Care Unit at their satellite centre in Castle Vale.

Stuart said: "Sadly my dad passed away in April 2012, but without this valuable care we would have lost him sooner."

The money that Stuart raised has gone to the Renal Care Units and will help the staff to go over and above for patients like Bryan in the future.

Dad walks 100km in one day to raise money for Heartlands Neonatal Unit

Russell Round pulled on a pair of walking boots and took part in the Cotswolds Challenge, a gruelling 100km walk which takes around 24 hours to complete. Russell raised a brilliant £875 which will be used to support the Heartlands Neonatal Unit.

Russell's son, Ralph, spent some time at the Neonatal unit when he was born. It was this that inspired Russell to do something special to raise money for Heartlands Hospital Charity. Russell said: "I wanted to recognise the incredible work done on the Neonatal unit every hour of every day to help new-borns and their families."

Speaking of the challenge that the 100km walk proved, Russell said: "It was seriously hard work. I can't say it was enjoyable but I was determined to get across the line. I'm delighted that the neonatal unit will get some well-deserved funds."



Young fundraiser gives back to the hospital that saved her life



Sophie Eagle, aged six from Dorridge, ran the Knowle Fun Run to raise money for Heartlands Hospital Neonatal ward.

The keen runner was born in 2010 at just 31 weeks, and spent five weeks being looked after in the Neonatal ward before she was strong enough to come home.

Sophie's mum, Becky, explained: "We've always been very open with Sophie about her time at Heartlands, and there's a photo of her with a feeding tube in an incubator in her bedroom. I asked Sophie which charity she wanted to do the fun run for; she said straight away 'Can I run for the hospital that saved my life?'"

Sian Averill, Fundraising Manager at Heartlands Hospital, said: "Sophie is a true charity champ, maybe in a few years she'll be running a marathon for Heartlands Hospital Charity!"



Sprinkle & Co

Did you know if you are a member of staff at the hospital, you can apply to Heartlands Hospital Charity's Sprinkle Some Magic grant scheme?

Sprinkle Some Magic exists to give staff the power to improve their hospital by offering grants of £1,000, £500 and £250. From games to radios, tea sets to sensory kits, the Charity is here to help you support patients and their families.

One example of staff 'sprinkling some magic' can be found on the Medical Day Unit where staff applied for a grant to purchase furniture for the garden area.

Bernie Goodburn, who works in the Medical Day Unit, said: "The garden area is a

beautiful space full of colour, light and nature which allows patients to feel as if they are not in a clinical environment and enjoy some time with their family.

"Now, thanks to the sprinkle some magic programme, our patients can relax in comfort and sit down to enjoy a cup of tea with their family. They really appreciate this and, as staff, we can tell that it has really made a difference."

The Eden Suite at Heartlands Hospital is a dedicated bereavement suite for parents who experience a stillbirth. The specialist bereavement midwives provide care and support before, during and after the birth.

With the support of Heartlands Hospital Charity and the sprinkle some magic grant, a 'Garden of Eden' was opened at

the hospital. This memory garden provides a space outside of the hospital where parents can spend alone time with their baby in a private environment.

Clare Beesley, Bereavement Midwife, said: "It's been fantastic to have the support of Heartlands Hospital Charity throughout the process of creating the Garden of Eden. It's such a peaceful space and it will help grieving parents come to terms with what has happened."

Last year, children in Birmingham attended over 13,000 outpatients appointments at Heartlands Hospital. The children's outpatients department treats young babies, teenagers and all ages in-between for a wide range of illnesses.

Staff working for the department thought that a selection of toys and games for the waiting area would help to make children's visits to the



ome magic



Sprinkle some magic also exists to help provide added extras for the staff at the hospital. Thanks to the Charity, 'Patient safety and learning lessons staff boards' have been put up in wards arounds Heartlands Hospital.

These boards help ward managers communicate with their teams and help the staff learn about particular safety incidents. The boards are designed to enhance communication and support staff in their challenging jobs.

hospital friendlier and more fun. Thanks to Heartlands Hospital Charity the department now has as a playhouse, football table, drawing boards in the clinic rooms, and activities tables.

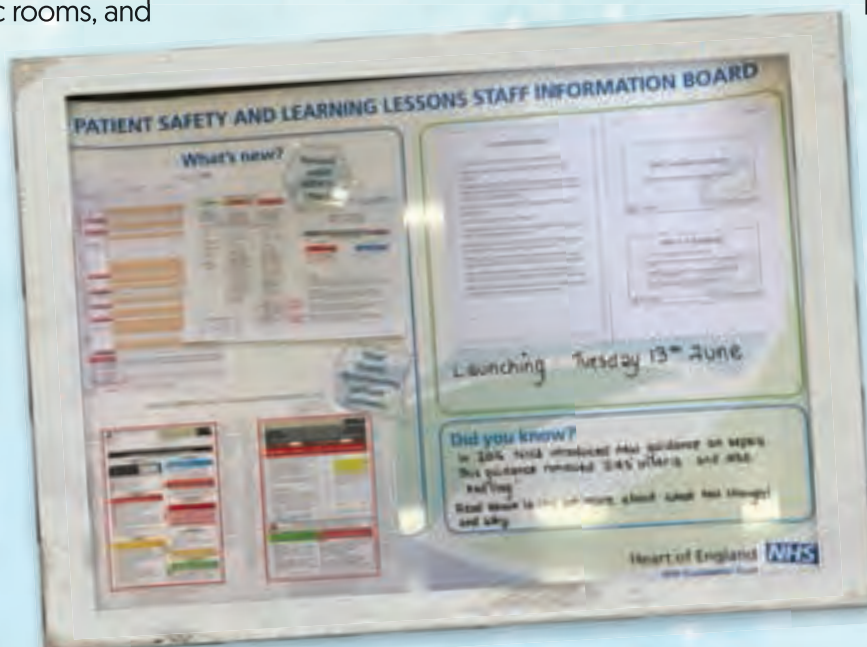
Alison Ginn, Sister in the department, said: "My colleagues and I are very grateful to the Charity for what it has provided. It really will make a huge difference to children being treated here."

The feedback from the nurses on wards has been excellent with the nurses saying: "Thanks to the Charity, we can communicate more easily within the teams and together we can learn and develop our ideas. This makes life easier and better for our patients."

Sian Averill, Fundraising Manager at Heartlands Hospital Charity, said: "We are really pleased to see the difference that the Sprinkle Some Magic grant money can make and I'm delighted that staff are approaching the Charity for support.

"We encourage as many people as possible to apply to the Charity for a grant. They are best placed to know what will benefit their patients and it's wonderful to spend generous donations in the places that they are most needed."

To submit your suggestion for a grant award please write to us at charities@uhb.nhs.uk and tell us a bit about yourself. We'd love to know who you are, what you would spend the money on and how much you would like to receive.



Join our events

From bike rides to skydives, Heartlands Hospital Charity has a huge variety of fundraising events on offer and we'd love you to join us!

If you're looking for a cycling challenge of epic proportions, why not consider taking part in Vélo Birmingham, a 100 mile bike ride returning to Birmingham for a second year?

In 2018, more than 15,000 cyclists will line up in the heart of Birmingham city centre before heading out on a 100 mile route on completed closed roads through picturesque Worcestershire and Herefordshire countryside. Whether you're a seasoned sportive rider, a cycling newbie on a mission to complete a century ride or a charity fundraiser in search of an epic challenge, Vélo Birmingham will deliver an unforgettable experience for each and every participant. Places for this year's ride have sold out, but Heartlands Hospital Charity has a limited number of Golden Bond places available for next year's event.

If you'd like to take part please sign up by visiting bikeforbrum.org or email sian.averill@uhb.nhs.uk to find out more.



If running is more your thing, why not consider taking part in the Birmingham International Marathon on behalf of the hospital charity?

Taking place in 2018, you can register your interest by emailing charities@uhb.nhs.uk and join thousands of runners pounding Birmingham's pavements in aid of their favourite charities.

If a marathon is a step too far, why not join the Simplyhealth Great Birmingham 10K?

Taking place in the City Centre, the Great Birmingham 10K is set to return in 2018. Strut your stuff across the start line to the most popular tunes from the 70s, 80s, 90s or present day, then hit the streets to your favourite music for an electric party atmosphere that will keep you going as you walk, jog, run –

or even dance – all the way from the start to the finish.

If you would like to take part in any of our running events on behalf of Heartlands Hospital Charity, please register your interest by emailing sian.averill@uhb.nhs.uk or head to runforbrum.org to find out more.

Not the sporty type? Don't worry! You don't need to be an athlete to support patients.

Why not take on the challenge of a lifetime and join one of our hospital charity skydives? You'll complete a breath-taking tandem jump and amaze your friends and family. A £30 deposit gets you a place on one of our jumps, and we ask you to raise a minimum of £300 in sponsorship.

To find out more, go to www.heft.org.uk/events or contact sian.averill@uhb.nhs.uk to find out more.



Staff Superstars

Thank you!

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

BIG

THANK YOU

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



and have even climbed the highest mountain in England and Wales, Mount Snowdon, to raise as much money as they can for patients.

The money raised by midwives Liz Hope, Carla Jones-

Charles and Julia Forbes will go to providing added extras for mothers who give birth in the Willow Suite. The team have already raised a superb £700 and are well on their way to beating their £2,000 target. Thank you Liz, Carla and Julia!

Our first thank you goes to an amazing team of nurses and doctors branded 'Max's Minions' who took part in the endurance challenge 'Wolf Run' and raised over £1,500 to provide added extras for the Children's A&E Department where they work.

Their fantastic efforts at Stanford Hall in Leicestershire will go towards refurbishing the Children's A&E department and will provide toys for children to make their stay a little easier. Julie Thomas said: "It was great to take part in a challenge as a team. We were aiming to raise £1,000 so I'm delighted that we went well past our target!"



The second staff shout-out goes to the amazing midwives from the Willow Suite at Heartlands Hospital. In order to raise money for their department, the midwives have hosted cake sales, taken part in a wolf run

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 heartlandshospital.org.uk or call 0121 371 4852 to speak to one of our friendly team members!

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 or Twitter.

All you need to know about contacting the hospital charities

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

Main office:

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

Heartlands Hospital Charity

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

Good Hope Hospital Charity

Tel: 0121 424 7560
Email: Fundraising Manager - Laura Power laura.power@uhb.nhs.uk
Website: www.goodhopehospital.org.uk

Solihull Hospital Charity

Tel: 0121 424 5467
Email: Fundraising Manager - Samantha Howell samantha.howell@heartofengland.nhs.uk
Website: www.solihullhospital.org.uk

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

Thank
you!



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heartlandshospital.org.uk