

love heartlands

Heartlands
Hospital
Charity
Issue 3

Heartlands Hospital Charity Newsletter

 HHospCharity  @HHospCharity  heartlandshospital.org.uk

Black Sabbath legend Tony Iommi becomes patron of Ward 19

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

*Thank
you!*

Mike's letter



Hello and welcome to the third edition of Love Heartlands, the official newsletter of Heartlands Hospital Charity. This edition is packed with news from the Charity and updates on where your money has been spent, alongside incredible stories from fundraisers who have done amazing things to support staff and patients at the hospital.

This year marks the 70th Anniversary of the NHS and there are plenty of ways that you can get involved to mark this momentous year. Read on to find out how the 70th anniversary of the NHS is being marked at Heartlands Hospital.

Heartlands Hospital Charity is delighted to have the support of Black Sabbath legend Tony Iommi as he becomes patron of Ward 19, the dedicated cancer ward at Heartlands Hospital. Read more about his support in this newsletter and find out a few interesting facts about his life and career!

The coming months bring with them a whole range of events that you can get involved in to raise money to support patients, staff and families at Heartlands. From taking part in the Birmingham

Triathlon to jumping from a plane on one of the special Charity skydiving days or pulling on your trainers for the Great Midlands Fun Run, there's no limit to the challenges you can take part in for your local hospital.

The Charity always loves to hear from you. If you're on social media make sure you're following our accounts, just search @HHospCharity on Facebook and Twitter to find out more. If you want to get in touch with us, please call the Charity main office on 0121 371 4852, email charities@uhb.nhs.uk or go to heft.org.uk.

Heartlands Hospital Charity relies on the support of people like you, without whose hard work it would not be possible for the Charity to go 'over and above' for patients at the hospital. I look forward to continuing to hear more inspirational stories from people who have done incredible things to raise money for the Charity.

Mike

**Mike Hammond
Chief Executive,
Heartlands Hospital Charity**

What we do at Heartlands Hospital Charity

Together with your help we raise money to provide world-class facilities for patients and their families at Heartlands Hospital that go over and above what the NHS can provide. We spend your generous donations on refurbishing patient and family areas, providing 'added extras' that help make patients more comfortable and entertained at the hospital, and providing toys and games for children, making trips to Heartlands easier for them and their parents.

In this issue...

We spend five minutes with heavy metal legend Tony Iommi

Turn to page five to find out more about Tony Iommi and how he is supporting Ward 19 at Heartlands Hospital, as well as learning a few facts about the Black Sabbath founder!

Heartlands Hospital Charity launches Children's Appeal

Turn to page six to learn about the Charity's new appeal which will brighten up the children's areas at the hospital, making Heartlands a more welcoming place for children and their families.

Charity Champs do amazing things to raise money

Pages eight and nine are full of incredible stories of just some of the fundraisers who have brought in money to help support patients at Heartlands. Read on to learn more and get inspired for your own fundraising events!

Staff Superstars go 'over and above'

Heartlands Hospital is lucky to be home to lots of staff members who are prepared to go 'over and above' for the patients that they treat. Learn more on page ten about some wonderful members of staff at Heartlands who have taken on challenges for the Charity.



Dates for your diary

Sunrise Snowdon

14 April, Snowdonia National Park

Take on a new, exciting challenge this spring and climb Mount Snowdon, at night! The coach will be departing from Birmingham City Centre at 10pm, arriving at Snowdon at approximately 2am, ready to scale the mountain to watch the sunrise from the summit. This really is a once in a lifetime opportunity and one not to be missed! It is essential that you have an appropriate level of physical fitness on the day of the event and that you have all necessary kit, including the compulsory head torch. A place is £55 and the minimum sponsorship is £150, which can be raised for any ward or department within the hospital.

If you miss the April Snowdon, or would rather climb during the day then join the hospital charity on 15 September. A place is £45 with a minimum sponsorship of £100.

For more information contact sophie.carroll@uhb.nhs.uk and for the kit list or to book either of these events, go to heft.org.uk/events

GREAT MIDLANDS FUN RUN

SUTTON COLDFIELD | 3 JUNE

This run is the perfect way to start the running season, taking place in Sutton Coldfield and attracting visitors from all over the West Midlands. This fun run is 8.5 miles and courses through Europe's largest urban park, Sutton Park. Run, jog or walk this 'challenging but fun' route!

For more information please contact rachel.learmonth@uhb.nhs.uk

Wiggle Forest Ranger Sportive

Sunday 21 October

Uttoxeter Racecourse, Staffordshire

Join the hospital charity for an epic cycle around the beautiful Midlands countryside. Take on a variety of distances ranging from 44 to 86 miles. The course will take you through the most scenic parts of East Staffordshire and Leicestershire counties, also encapsulating the most enticing cycling roads around The National Forest.



Enter at ukcyclingevents.co.uk and email charities@uhb.nhs.uk to receive your free fundraising pack!

Simplyhealth Great Birmingham 10K

Birmingham City Centre • 6 May

Heartlands Hospital Charity is delighted to once again offer places for the Simplyhealth Great Birmingham 10K. Beginning in the city centre, the route goes to Digbeth, across to Cannon Hill Park and the iconic Edgbaston Stadium before returning to the city for the big finish.

Sign up for your place at heft.org.uk/events and contact rachel.learmonth@uhb.nhs.uk to receive your free fundraising pack!

Great North Swim

8-10 June.

Lake Windermere

Join Heartlands Hospital Charity for its first swimming event! Great North Swim is the UK's biggest open-water swimming event in the beautiful Lake District location of Lake Windermere. The event takes place over three days and you can choose which day and time to do your swim. The swim is one mile and takes on average 45 minutes. Charity places are free with a minimum of £250 in sponsorship.

For more information contact rachel.learmonth@uhb.nhs.uk or go to heft.org.uk/events to book.

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

70th anniversary

2018 marks 70 years of the NHS and whilst the technology has changed, the people who work within it have remained dedicated to providing the best care to their patients. The Charity is supporting this momentous milestone by encouraging everybody to do 70 for 70! Can you raise £70 for the 70 years of the NHS and help the Charity to continue to provide added extras 'over and above' to support patients at Heartlands? The Charity spoke to some members of staff from Heartlands Hospital to hear why they're celebrating this year...

Name: Collette Iles

Job role: Matron, Critical Care

Time at the Trust: I have worked on Critical Care at Heartlands since 1994. I trained as a nurse 30 years ago at Dudley Road, which is now City Hospital.

What does your job in the NHS mean to you? After 24 years on Critical Care, I can safely say that I love my job. In the Intensive Care Unit (ITU) we see the most ill patients in the hospital who need the most care. We support them

with medicine and machinery, using the most up-to-date methods to give them the best treatment. We also support the families in the process, especially as many of our patients are

critically ill. We get to touch the lives of patients and their families. Being on ITU is a stressful time for the family and we get to enter their situation and support them, and it's a privilege to do so. As well as helping patients it's also my job to keep our staff happy, to motivate and empower them, and to ensure they have the right tools to do the job. I am grateful for the help of the Charity gives me to support our dedicated staff members.

Name: Rachel Laking

Job role: Staff Nurse, Accident and Emergency

Time at the Trust: I joined in



January 2018 as a Newly Qualified Nurse but began my training at Heartlands in 2015.

What does your job in the

NHS mean to you? My job in the NHS means the world to me, no one wants to come into Accident and Emergency, and to give them comfort, or to make them smile, or even make them laugh is something I value a great deal. To be in the NHS is to be a part of something bigger than one person, it's a community, an organisation that has the patients and staff at the heart.

Name: Manos Nikolousis

Job role: Consultant Haematologist on Ward 19

Time at the Trust: Eight years.

What does the NHS mean to you?

The NHS is an exemplary system where lots of significant work is done daily. The haematology team all has the same focus, we want to cure patients with life-threatening blood conditions. There are lots of challenges, patients are living longer which means we're seeing more diseases but there is a good amount of research going on in the NHS



which is enhancing and creating new drugs to treat them. Thanks to the NHS and the Charity, patients have better access to these new drugs. It's rewarding to see the patients doing well and it's a pleasure to treat them, and in many cases cure them. Our aim, like the NHS's is to see more healthy people.

Get involved!

How will you do '70 for 70' this year? Whip up a storm and hold a delicious bake sale at work, school or in your community group! How about a sponsored silence, a car wash, or a sponsored dog walk?

The Charity always loves to hear about your unique fundraising ideas! Get in touch with Fundraising Manager, Sian Averill at sian.averill@uhb.nhs.uk to receive a fundraising registration form.

Visit us on social media

 HHospCharity

 @HHospCharity

Thank you!

5 minutes with...

Tony Iommi
Guitar legend and patron of Ward 19
at Heartlands Hospital

We spent five minutes catching up with Tony Iommi, legendary lead guitarist of the Birmingham-based Black Sabbath, considered one of the greatest guitarists of all time, and now patron of Ward 19 at Heartlands Hospital.



What was life like in Black Sabbath before you became hugely popular?

We played a lot of gigs in pub rooms and small clubs in Birmingham and Lichfield. The scene wasn't great so we went to Switzerland where there was a bigger appetite for our music. We played for six weeks in a club in Zurich, playing seven hours per day for no pay, staying in a room with bunk beds and rats. It wasn't a glamorous time!

That sounds tough! How long was it before you found success?

Well we were playing those sort of gigs, with no-one watching, in 1969. Our first album came out in 1970 and by the time that 1973 came around we were playing to 300,000 people at the California Jam. It all happened so quickly and the first album was the launch point for our success.

What was it like to tour the world as a rock star?

It was incredible to play for huge international audiences. We visited most countries in the world which is a privilege. You don't get to see much of the country though, it's a lot of airport lounges and hotels on the edge of town. You don't get many

days off and when you do you're in the hotel all the time so it's not as exciting as you might think!

What was it like to tour for the final time?

The final tour was special, we played 81 shows worldwide and over the course of the tour, 1.6 million people came to watch us. It's amazing that after so long we have such a big following. Our fan base has changed as well, plenty of younger people came along who would have been introduced to our music by their parents or grandparents which was great to see.

Black Sabbath is a proud Birmingham band, how have you seen the city change over the years?

We all grew up in Aston, Ozzy went to the same school that I did. The area has certainly changed a lot over the years. Ozzy's house is the only one left standing I think. As for the city centre, that's changed beyond recognition!

Have you had any embarrassing moments with Black Sabbath?

There was the famous time at the Grammy's in 2014 when we were

announcing an award for Ringo Starr and had our scripted lines to say. Ozzy went first and got his completely wrong so then what I said made no sense. That was pretty embarrassing and I also failed to recognise Ringo Starr when we were in a lift together!

You're the new patron of Ward 19 at Heartlands Hospital, what does the ward mean to you?

My friend was treated for cancer on Ward 19 and I went along with him on a few occasions to support him. I was blown away by the commitment of the staff on the ward, they're a fantastic team and I wanted to do something to support them. Last year I auctioned the guitar strings that I used for the final Black Sabbath show, and decided to donate to Ward 19 to help support their excellent work. It's fantastic that there is going to be a new facility at Solihull Hospital to treat patients with cancer, and I'd encourage everyone to support the Charity's campaign to help cancer patients across Birmingham and the West Midlands.

Heartlands Hospital Children's Appeal

Heartlands Hospital Charity is launching a new £500,000 appeal to transform the children's areas at the hospital, so visiting children feel as comfortable as possible, minimising stress for their parents and the staff who treat them.

Each year, Heartlands Hospital sees 56,000 children and the Charity is aiming to improve the quality of the children's areas to complement the excellent quality of care on offer. With your help, Heartlands Hospital Charity will renovate the children's areas to make them much more child friendly.



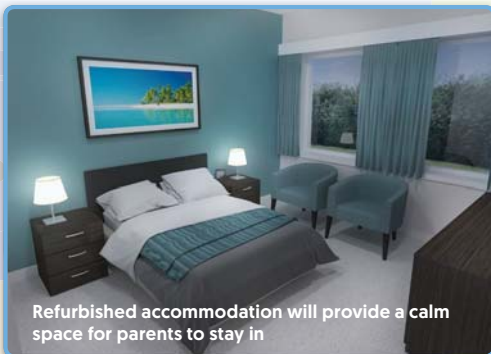
The new-look corridors will change the feel of the children's areas

Heartlands Hospital Charity is fundraising to renovate the relatives' rooms, the garden and the Children's Outpatients department, helping to create a child-friendly atmosphere right across the hospital.

On average, 17,000 children each year will be admitted to the children's wards, a stressful time for them and their parents. The Charity is going to refurbish the two relatives' rooms to a high standard, allowing parents to stay in comfort near to the ward where their child is being treated.

Being in hospital can be a frightening time for children and they need their parents and families close by. This renovation will allow more parents to stay at the hospital for free, reducing their stress and anxiety, to the benefit of their child.

The rooms will offer families a space to clear their heads, to shower and rest or even just have a cup of tea. The rooms are currently very basic, with office lighting and a clinical



Refurbished accommodation will provide a calm space for parents to stay in

feel. After renovation, they will be a comfortable oasis of calm amid the busy children's ward.

The Charity is refurbishing the children's garden area, transforming it into a safe and fun area for children to spend time outside in the fresh air, away from the ward. The garden will be fully accessible, allowing children in bed to be outside and benefitting from a change of environment.

The garden will encompass an inside space for sheltered activities. This child-friendly environment will provide a



Artist's impressions of how the new children's areas at Heartlands Hospital will look

calming space for children waiting for surgery, relieving stress for them and their parents. The space will lead to greater physical wellbeing for children, but will also offer a chance for

specialists to speak with their young patients in a non-clinical environment, where they are more likely to open-up and talk about their concerns or worries.

The 13,500 patients who visit the outpatients department at Heartlands each year will benefit from a refurbished department, including new treatment rooms, bright corridors, a waiting area with a TV, comfortable chairs and a large play area. This will benefit all children visiting the department, especially those with learning or behavioural difficulties for whom trips to hospital can be particularly distressing.



The new play area will help to keep children relaxed and happy before their treatment

Sian Averill, Fundraising Manager at Heartlands Hospital said: "It is really exciting to be launching this appeal that will completely transform the children's areas at Heartlands Hospital. The care that children receive at the hospital is fantastic and the Charity is determined to help improve the quality of surroundings, going 'over and above' for the young people treated at the hospital, and their families."

None of this will be possible without your support; there are lots of ways that you can raise money to support the Children's appeal at Heartlands Hospital. Join one of the fantastic events coming up this year or set up your own fundraising event at work or in the community. To make a donation to the Children's appeal, please visit heft.org.uk/childrenandyoungpeople or for more information contact sian.averill@uhb.nhs.uk

Where your money has been spent

Thanks to your generous donations Heartlands Hospital Charity has been able to go 'over and above' for departments throughout the hospital benefitting patients and staff.

Lara Taylor, Specialist Midwife for teenage pregnancy, works across Good Hope and Heartlands to educate young parents on how best to care for their new baby. One particular area of education is shaken baby syndrome, which has a higher prevalence in young parents.

Lara said: "Even the smallest shake of a baby can be fatal, but it was hard to emphasise that to the parents without a clear visual representation."

Lara applied to the Charity for two shaken baby simulators. The simulators have a transparent head with a plastic brain, which, when shaken, lights up in the

areas which are being damaged. The dolls are designed to educate young and new parents at the earliest possible stage on how to safely hold their baby, and prevent damage by shaking.

"These dolls have really helped me to show parents just how easy it is to cause long-term or fatal damage to their child." Justine Davy, Head of Fundraising at Heartlands Hospital Charity said: "These dolls are extremely important in the education of parents, and the Charity is proud to support Lara in her mission to reduce shaken baby syndrome."

Heartlands Hospital's Children's ward and High Dependency Unit (HDU) sees thousands of ill children, and those waiting for operations every year.

The Charity has funded a sensory trolley which includes state of the art sensory equipment in an easily portable trolley which can be transported between cubicles and wards.

The equipment aims to distract young patients who are nervous waiting for treatment, or scared during procedures. The toys will also help children who are coming round from anaesthetic who may be confused or disorientated and need help to



readjust to their surroundings. Chris Morrell, Play Specialist, said: "We are seeing more and more children with special needs and so this equipment will help us to do our job safely by distracting them in difficult situations."

Sian Averill, Fundraising Manager at Heartlands Hospital Charity said: "Thank you to everybody who has supported the Charity to purchase this trolley, the sensory toys are already helping many of the children visiting the department. They not only calm the children but also reduce the stress put on parents by seeing their children upset, and allow the staff to focus on getting the children better again."



Charity Champs

Grandson completes half marathon to support his Grandma



James White completed the Stratford Half Marathon, raising a staggering £1,700 for Ward 19 at Heartlands Hospital.

James was inspired to raise money for Ward 19, the dedicated cancer ward, following the treatment that his Grandma received, saying: "My Grandma has always spoken highly of the staff there, saying that they did a lot to make her comfortable during a very difficult time.

"Unfortunately, my Grandma was recently diagnosed with cancer for the second time, so I wanted to help those who are continuing to care for her by raising as much money as possible."

Heartlands Hospital Charity's Sian Averill said: "James has done a fantastic job in raising so much money to support staff and patients on Ward 19, helping the Charity to provide 'added extras', over and above that which the NHS can provide. I would like to wish James' Grandma all the best for her continuing treatment."

Jaguar Land Rover team raise funds to support premature babies



A team from Jaguar Land Rover in Solihull raised an incredible £1,820 on World Prematurity Day to support the Neonatal Unit at Heartlands Hospital.

The team were led by Darren Hemming, whose daughter Florence was born on the unit. Darren said: "I wanted to do something special to raise money for the amazing unit that cared for Florence.

"It was fantastic to see the support that my colleagues gave to the

cause. We had a whip-round on three shifts and raised £1,820!"

Fundraising Manager Sian Averill said: "Huge thanks go to Darren and the team from Jaguar Land Rover for their generous donations. The Charity has funded breast feeding pumps and comfortable recliner chairs to help mums feed their babies more comfortably, and fundraisers such as the team at JLR make this possible."

Master of the Lodge of Grace raises funds for Heartlands Neonatal Unit

Paul Palmer, Master of the Lodge of Grace, raised an incredible £7,000 for the Neonatal Unit at Heartlands Hospital. Paul's granddaughter Hollie was born with a rare condition and was treated on the unit. The condition meant that Hollie's diaphragm didn't develop properly leaving a small hole, which caused her stomach and bowels to move into the space and limited the growth of her lungs.

Paul said: "It was amazing to see the care and constant monitoring that the doctors and nurses gave Hollie. She's now six and I'm so happy to see her running around just like any other little girl."

Paul, together with the other members of the Lodge, raised the funds by holding a garden party at his home, and a Ladies Night at Nailcote Hall.

Sian Averill, Fundraising Manager said: "Thanks to Paul and the Lodge of Grace for raising such a fantastic amount for the Neonatal Unit, helping the Charity to go over and above to ensure every child has the best care."



Fundraiser puts in hard miles

Louise Longman went outside of her comfort zone to raise £435 to support patients at Heartlands Hospital by taking on the Gower Triathlon.

Louise's husband Phil, who she described as her best friend, her constant, and her guiding light, recently turned 40 and is a keen triathlete. Louise, however, was less-keen but decided to take on the



challenge as part of Phil's birthday celebrations.

Louise decided to raise money for Heartlands Hospital as her mum, 'Wonderwoman' to Louise, had fallen and broken her hip and was treated at Heartlands Hospital.

Sian Averill, Fundraising Manager, said: "It's great to see someone taking on a challenge to raise money for a good cause. Thanks to Louise for raising a fantastic amount of money to support patients at the hospital and I hope to see her taking on another challenge for the Charity in the future!"

Thank you!

Couple host glamorous event to raise money

Rebecca and Rod Lee have raised £5,290 to be split between the Colostomy Department at Heartlands and the Cancer Centre at QEHB following a black tie dinner complete with a raffle and an auction.

The couple were inspired following Rod's treatment for rectal cancer at Heartlands and QEHB. Rod said: "The staff at Heartlands Hospital are dedicated, caring and highly personable. They save lives and I wanted to find a way to express my gratitude for their help and support throughout my treatment."

Rebecca said: "Huge thanks go to everyone who helped to make it such a special evening. Together we raised an amazing amount which I know will help patients and staff at the hospitals."

Fundraising Manager Sian Averill said:

"I'm delighted that Rebecca and Rod had such a good evening and raised such a fantastic total that will support patients at Heartlands and QEHB."



TSB Sheldon go 'over and above' for Charity



The brilliant team from TSB Sheldon has raised £4,822 for Ward 19 at Heartlands Hospital by putting on cake sales, dress-down days, letting their competitive side shine through in a bake off as well as holding an annual staff fun day.

The team chose to raise money for Ward 19 after the husband of one of their colleagues received treatment on the ward.

Sian Averill, Fundraising Manager, said: "Huge thanks go to the team from TSB Sheldon and in particular to the charity co-ordinator Amanda Barton who has worked really hard to raise so much money to support cancer patients at Heartlands Hospital. The money will ensure that we continue to provide the very best care to patients on Ward 19."

Staff Superstars

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

Thank you!



Dawn has even spent her day off educating people in the hospital about spotting the first signs of dementia by holding a dementia awareness stand. Keep up the fantastic work Dawn!

Gurpreet said: "The blood, sweat and tears we experienced in doing this event are not even an ounce compared to what these families and babies endure during their neonatal journey." The team raised an incredible £1,200 for the Neonatal ward at Heartlands.

A fabulous team from Critical Care at Heartlands took on the mega-challenge of a virtual cycle from Land's End in Cornwall to John O'Groats in Scotland to raise funds for extra equipment and facilities to support patients in their department.



The team rotated throughout the day, with some people hopping on straight after a night shift! In total they cycled 874 miles in just six hours, raising a staggering £1,400!

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

Our first shout out goes to Dawn Hicken, Healthcare Assistant on Accident and Emergency and Clinical Decisions Unit at Heartlands Hospital.

Dawn has a passion for supporting patients with dementia, and although Heartlands has designated elderly and dementia wards, Dawn saw the need for dementia support in all areas of the hospital. Dawn started by bringing in dolls for patients with dementia who were getting distressed in the waiting room. She then approached the Charity for support and now has a dementia trolley filled with activities such as board games, playing cards, jigsaws and modelling clay.

The next staff superstar is Neonatal Nurse, Gurpreet Sunsoy. Gurpreet has worked with premature and poorly babies for eight years, and has witnessed what she describes as 'a rollercoaster ride' for parents.

Realising the strength required from parents of ill babies inspired her and a group of friends to take on the gruelling Wolf Run. The 10K 'military style' race requires grit and determination to mount the obstacles and wade through pools of mud.



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.

Join our events

Whether you're a thrill-seeker, or an aspiring Edmund Hillary, Heartlands Hospital charity has the event for you, and with the wide range of events on offer, why not join us?

Join the hospital charity for the Great Midlands Fun Run on 3 June.

The Great Midlands Fun Run is an eight and a half mile course which snakes through the streets of Sutton Coldfield, entering Europe's largest urban park, Sutton Park, before returning to the City Centre. Run, walk or jog in this 'challenging but fun' event and raise funds for Heartlands Hospital Charity.

For more information on how to sign up go to heft.org.uk/events and email sian.averill@uhb.nhs.uk to get your free fundraising pack!



Have you ever wanted to climb a mountain? Then why not do 'summit' amazing for Heartlands Hospital Charity and hike up Snowdon, England and Wales' largest mountain?

On Saturday 15 September join the Charity for a day's walking to raise funds for patients and staff in the hospital. Places costs £45 and minimum sponsorship is £100, your place includes return transport from central Birmingham, experienced guides and snacks.

To sign up go to heft.org.uk/events and contact sophie.carroll@uhb.nhs.uk for more information.

Do you want a challenge, but can't decide whether to swim, cycle or run?

The Birmingham Triathlon consists of an open-water swim, a rural closed-road bike course and finishes with a run through heathland and ancient woodland, all in the beautiful Sutton Park! The event is on 24 June and is open for over 14s in the sprint, super

sprint and fun distances! A place is £70 and there is no minimum sponsorship.

Purchase your place at uktriathlon.co.uk/events and contact charities@uhb.nhs.uk to receive your free fundraising pack!

If sport isn't for you, then the Charity also offers you the opportunity to do a tandem skydive!

There are several dates available including 16 June, 14 July, 18 August and 8 September. Places are £50 and minimum sponsorship is £300. If you are from a company or organisation that is interested in holding a team skydive we are able to cater for large group bookings too, great for team building, and we can allocate you your own private day. Have fun whilst raising money for a good cause with our corporate skydives.

Contact rob.williams@uhb.nhs.uk for more information and sign up at heft.org.uk/events.



If open-water swimming sounds like a splash then why not join the Charity for the Great North Swim, and take on a one-mile swim in the picturesque Lake Windermere?

Taking place over the weekend of 8-10 June, you can choose on which of the three days and at what time you'd like to do your swim. The event is suitable for all abilities and is equivalent to approximately 64 lengths of a standard 25m pool, and on average it takes 45 minutes to complete. Soak up the landscape with a leisurely breast stroke or pick up the pace with a fast front crawl! Please note that our hospital charity places are free but we do ask that all charity swimmers raise a minimum of £250 in sponsorship.

To sign up for your charity place go to heft.org.uk/events or email rachel.learmonth@uhb.nhs.uk for more information.

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 371 4852 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 371 4852 or 07512 141 432
Email: Fundraising Manager - Laura Power laura.power@uhb.nhs.uk
Website: www.goodhopehospital.org.uk

Solihull Hospital Charity

Tel: 0121 371 4852 or 07920 756 709
Email: Fundraising Manager - Sam 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!



**Heartlands
Hospital
Charity**

