

love heartlands



Heartlands
Hospital
Charity
Issue 5

Heartlands Hospital Charity Newsletter

 HHospCharity  @HHospCharity  heartlandshospital.org.uk



*Help support miracle babies
like Hope and Amber at
Heartlands Hospital*

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

*Thank
you!*

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Mike's letter



Hello and welcome to the latest edition of Love Heartlands, the official newsletter for Heartlands Hospital Charity. This edition is packed full of lots of exciting news from around the hospital, including information about hospital refurbishments, stories from our amazing charity supporters and much more.

One of the best parts about working for Heartlands Hospital Charity is getting to meet and hear about all of the amazing people who have done something special to raise money to support patients and staff at the hospital. As always, this edition includes a celebration of our incredible Charity Champs, as well as Staff Superstars from around the hospital that have helped to raise funds for their ward or department.

There are lots of events coming up in 2019 that give you the opportunity to experience a new challenge, whether that's climbing a mountain, running a 10k, or jumping from a plane, there are lots of ways that you can get involved.

We always want to hear from you, you can get in touch via social media, just search @HHospCharity on Facebook and Twitter. You can visit our website at hospitalcharity.org or call us on 0121 371 4852.

Thank you for all that you do for the Charity, without your support it would not be possible for us to provide added extras for staff, patients and families at the hospital. With your continued support, we will be able to go 'over and above' for patients at Heartlands Hospital.

Mike Hammond
Chief Executive,
Heartland 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...

Supporting newborns in need

Turn to pages six and seven to read about Heartlands Hospital Charity's new appeal to raise £150,000 to fund world-class incubators for the Neonatal Unit at the hospital. These incubators will help the staff to provide the very best care for our youngest and most vulnerable patients.

Chemotherapy at home nurses

Turn to page four to read more about the chemotherapy at home nurses, who are funded by the Charity and take cancer treatment to patients at home, minimising the amount of time that they need to spend in hospital.

Celebrating our charity champs

On pages eight and nine you can learn more about just some of the incredible people who have gone 'over and above' for patients at the hospital, raising money to support specific wards and departments.

Join one of our events

Check out our handy diary dates page opposite, or turn to page 15 to read more about some of the events that are coming up this year. They might inspire you to take part, or hold an event of your own!

We catch up with Christine Morrell

Christine Morrell works as a play specialist at Heartlands Hospital. Read more about her, and the amazing work that she does, on page five.

Eden Suite refurbishment

Turn to page 11 to read about the refurbishment of the Eden Suite, the specialist bereavement maternity suite at Heartlands Hospital.



Dates for your diary

GREAT MIDLANDS FUN RUN

2 June, Sutton Coldfield

The Great Midlands Fun Run is perfect for everyone, including children, families and groups of friends, as you can choose whether you want to walk, run or jog! The route is eight and a half miles long so is great for a long summer stroll! By walking, running or jogging for the hospital charity you will receive a free fundraising pack and an invite to our post-race reception!

Entries are open now, book your place at greatmidlandsfunrun.org and contact charities@uhb.nhs.uk when you have signed up to receive your fundraising pack!

SKY'S THE LIMIT!

Various dates throughout the summer

Do something daring and take the plunge for the hospital charity. The Charity's skydives will be running throughout various dates in 2019. With experienced instructors, it's a fantastic, thrill seeking experience for a worthy cause!

Tickets cost £50 with a minimum sponsorship of £300

Please book your place today by visiting hospitalcharity.org/events or contact charities@uhb.nhs.uk for more information

Snowdon Challenge

7 September

Join the hospital charity and take on the Snowdon Challenge as it returns for 2019. Climb Mount Snowdon with your friends or colleagues and raise money to support patients at Heartlands Hospital.

Tickets cost £45 with a minimum sponsorship of £150. This includes coach travel to and from Birmingham City Centre, snacks and water to help you complete your challenge, fundraising kit and advice and professional guides to walk with you.

Visit hospitalcharity.org/events to book your place or contact roisin.mooney@uhb.nhs.uk for more information

Heartlands Big Tea

5 July

Take part in Heartlands Hospital Charity's Big Tea Party this July and host your very own tea party at work, school or within your community group! Bring in plenty of cake, biscuits and tea and enjoy a relaxing tea party whilst raising money for the hospital charity.

For more information, contact stan.averill@uhb.nhs.uk



Simply Health Great Birmingham Run

13 October

Fancy taking on the ultimate challenge of running in 2019's Great Birmingham Run? The half marathon was a great success last year for the hospital charity and this year we want it to be bigger than ever!

Sign up for a free charity place, raising a minimum of £250 in sponsorship, or purchase an external place for £36.

This event is only open to over 17s. Your ticket will include an exclusive medal and t-shirt, goodie-filled finisher's pack, a timing chip for accurate results as well as free training and advice. You will also gain access to the Charity's exclusive pre and post-race reception, complete with sports massage for those weary limbs!

Visit hospitalcharity.org/events to book your place or for more information, contact roisin.mooney@uhb.nhs.uk

The Nature Valley Classic

17 June

Join the hospital charity for a day of tennis right here in Birmingham with the Nature Valley Classic. The Classic is one of the premier grass court tennis events in the run-up to Wimbledon and you can enjoy a day of world class tennis whilst raising money for the hospital charity.

Visit hospitalcharity.org/events to buy your tickets and find out more.

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

Chemotherapy at Home Nurses

Heartlands Hospital Charity is delighted to fund the incredible work of Charlotte Coldrick and Harley Tombs, who work as Chemotherapy at Home nurses. Charlotte and Harley are based at Heartlands Hospital and visit cancer patients at home, to deliver their chemotherapy treatment. We caught up with them to find out more about their work.

What does being a Chemotherapy at Home nurse involve?

Charlotte: "We come into the hospital in the mornings and then go out to treat people in their homes treating between four and ten people every day. We deliver chemotherapy treatments and other supportive treatments. We treat patients who are housebound, have mobility issues or who are too unwell to leave the house."

What chemotherapy treatments do you offer?

Harley: "We offer chemotherapy treatments which are a five to seven day course, as well as weekly or twice weekly treatments. We also offer supportive care such as red or white blood cell stimulation treatment. Each month, we will deliver roughly 120 treatments in the area around Heartlands, East Birmingham, Shirley and Solihull."

So what are the benefits of this service to patients?

Harley: "This service saves our patients from having to come into hospital. Given their mobility issues, these patients would require patient transport which can take a long time and cause them to have to wait at home for the bus, and then in the hospital for their treatment. The service also helps to take the pressure from Ward 19 at Heartlands Hospital and the Day Unit at Solihull Hospital."

Charlotte: "Often these patients have other carers who come into the home, so their treatment would need to be organised around this. Also, as there are just two of us, we can offer great continuity of care as the



patients do not have to get to know a new nurse each time. The patients have our phone numbers so they can call us if they have any problems, so it's great for them. Another key aspect is infection. Our patients often have a very weak immune system, so spending time in a waiting room with lots of other people puts them at risk of infection. By being at home, they minimise their infection risk."

Your posts are funded by Heartlands Hospital Charity, if someone was considering donating to the Charity, what would you tell them?

Harley: "Having a cancer diagnosis is a traumatising and stressful time for anyone, our service allows them to stay at home where they are most comfortable. Instead of having to go to the clinic for 7 days in a row, they can be at home, eating and sleeping as they normally would."



Charlotte: "Thanks to the support of Heartlands Hospital Charity, we are able to make life easier for cancer patients across the region. Your continued support will allow us to continue the service that we provide for our patients."

If you would like to support the Chemotherapy at Home nurses, you can donate to Heartlands Hospital Charity's cancer fund at hospitalcharity.org/ward19

5 minutes with...

Christine Morrell
Paediatric Unit Health Play Specialist

We spent five minutes catching up with Christine Morrell, a Play Specialist at Heartlands Hospital, to get to know more about what her job entails.

Hi Christine, can you tell me a little bit about your job and what you do at Heartlands Hospital?

I work on the Paediatric Unit as a Health Play Specialist. Health Play Specialists work as part of the multi-disciplinary team providing play as a therapeutic tool for children and young people who are in hospital. As a play service, we work across sites providing play from 7:30am until 8:00pm. I work alongside fantastic nursery nurses and have enjoyed the job I do for 30 years now.

What do you enjoy most about your job?

I enjoy arranging for visitors to come in and see the children and young people, as hospital can be very boring for not only the children, but the parents as well. It helps to give the children some normality and something to look forward to.

How does the Charity make a difference to your job?

We were able to put on a pantomime for the regular patients at the hospital and have a magician and balloon modeller in for the children. This wouldn't have been possible without the fantastic work that the hospital charity does. They were able to provide the funding for the pantomime and also provide selection boxes for the children. The Charity has been very supportive of the play team and is currently fundraising to improve the children's areas of the hospital, including the Children's Outpatients Department. The refurbishment will be great for the children and will make the area



brighter and all of the new games and play areas will be a distraction for them during appointments.

What do you do in your spare time?

In my spare time I enjoy watching Birmingham City Football Club, and I have two grandchildren who keep me extremely busy! I also have family in Yorkshire and Devon so I like to visit them and do lots of walking.

What would you say to anyone who is thinking about fundraising for Good Hope Hospital Charity?

If anyone is thinking of fundraising for the Paediatric Unit, please do.

Every penny makes a difference to the children and goes towards providing welcome distraction from what can be a very boring and distressing time.



To find out more about the children's departments and to donate to the Children's appeal, please visit hospitalcharity.org/childrenandyoungpeople

Help us support new Heartland

Heartlands Hospital Charity is launching a new £150,000 appeal to bring seven state-of-the-art incubators and omnibeds to the Neonatal Unit which will provide the very best care for the smallest patients at the hospital.

Each year, over 11,000 babies are born at Heartlands Hospital and Good Hope Hospital, and over 800 babies will require the support of the Neonatal Unit. The unit provides care for newborn babies and offers a welcoming and friendly environment for parents and families in their time of need.

Some babies are born up to four months early, and can weigh as little as one pound. These tiny babies require intensive care and support, and are cared for around-the-clock.

Heartlands Hospital Charity is proud to support the incredible work of the staff on the unit by providing the very best equipment possible, helping them to care for the vulnerable newborns on the unit.

The new incubators and omnibeds will include all of the equipment



that the staff need to treat tiny babies, removing the stress of moving them from bed to bed in such a critical environment.

The incubators will allow much easier access to the baby for the nurses and mothers, without causing any heat loss. The incubators are also able to cool the baby, as some premature babies need specialist therapeutic hypothermia to reduce the likelihood of a brain injury. Currently, babies who need this treatment have to be transferred to another hospital.

Bhavna Gokani, Head Nurse in the Paediatrics Department at Heartlands Hospital, said: "The new incubators would make a huge difference to the babies that we treat, their families, and the staff on the unit. This new equipment would make the

Neonatal Unit a world-class facility, right here at Heartlands Hospital.

"The Trust provides over 20,000 days of neonatal care every year. This shows the huge number of lives that would be changed by this new equipment. Heartlands Hospital receives premature babies from across the region, from hospitals that do not have the facilities that we do.

"With the help of the Charity's supporters, we will be able to provide the very best care for the tiny, vulnerable babies on the unit. These incubators won't just keep the baby warm, but they provide food and oxygen whilst protecting them from the outside world whilst they grow to a size that will allow them to survive and thrive."

Newborns in need at Heartlands Hospital

Hope and Amber's Story

The new incubators will help to treat babies just like Hope and Amber, who were born on the Neonatal Unit at Heartlands Hospital in 2010 and are now healthy and happy eight year olds.

Speaking of their birth, Amber and Hope's dad, Julian, said: "After 23 weeks and five days my wife Tracey's waters broke. She called the midwife and was told to get to hospital immediately."

"We knew really that there really wasn't much hope that they were going to survive."

Tracey said: "We were told that they don't necessarily resuscitate children born before 24 weeks. I was told that if I went into labour



immediately that there would be pretty much nothing that could be done to keep Hope and Amber alive."

Amazingly, Tracey didn't go into labour until 26 weeks, and she gave birth to Amber and Hope at Heartlands Hospital. Julian said: "I remember Hope coming out and her head was black, then Amber



came 20 minutes later and she wasn't breathing.

"The doctor had a straw which he popped in her mouth which he was breathing through and you could see her chest going up and down then she was into the incubator."

Despite the incredible work of the staff on the unit, Tracey and Julian were not confident of their babies' chances. "We knew really that there really wasn't much hope that they were going to survive." Tracey said.

However, with each passing day their hope grew. Julian said: "Going in every day we knew that the chances of them surviving were going up."

Eventually, Hope and Amber were able to go home. Tracey said: "The first three years were really tough, but it was just amazing that they were here and growing into happy, healthy children."

Julian said: "Amber has mild cerebral palsy, and we didn't know if she was going to be able to walk or talk. Now, she doesn't stop! You hear them reading to each other and laughing and you think 'wow,

we never expected to get to that stage."

Reflecting on the work of the Neonatal Unit, Tracey said: "We've been so lucky; the Neonatal Unit is an amazing place. If the nurses were here now I'd say what I've said to them before, and that's thank you so much for all that you did. For looking after us and our children, without them we wouldn't have made it."



"The more money that people raise, then the better it is for the babies just like Hope and Amber who are on the unit."

Julian added: "With even better equipment, the unit could save lots more children. The more money that people raise, then the better it is for the babies just like Hope and Amber who are on the unit."

With your help, more vulnerable babies just like Hope and Amber will be able to grow up healthy and happy. Go online to hospitalcharity.org/newbornsinneed to donate and help to bring a new incubator to Heartlands Hospital.

Neonatal Char

In this issue we are celebrating some of the incredible people who have raised money to support the Neonatal Unit at Heartlands Hospital. Many of these charity champs have experienced the life-saving work of the unit, and the money that they have raised will help to save even more newborns in need.

Nine fundraisers run for unit that saved baby's life

Bethan and Tom Odey's baby boy, Benjamin, was born 12 weeks early, weighing just 3lbs 1oz and spending his first five weeks of life on the Neonatal Intensive Care Unit.

Whilst on the unit, Benjamin was ventilated and then on oxygen for four weeks before having to learn to breathe on his own and how to feed.

Bethan, said: "He came home on 7 February 2018 and he is now a happy and healthy baby and this is all down to the dedication of the staff at Heartlands and Good Hope."

Bethan and Tom wanted to raise money for the Neonatal Unit at Heartlands, and have so far raised an incredible £4,493. A group of nine fundraisers, including Tom, completed the Birmingham half marathon to raise money for the unit.



A heartfelt donation for Heartlands Hospital Charity

Jessica and James Mitchell's daughter, Margot, was born at Heartlands Hospital three months prematurely, weighing a tiny 1lb and 10oz.

After Margot's birth, she spent three months in hospital being closely monitored in both critical and special care. Margot was eventually discharged from hospital on her due date, with the help of oxygen set up at home to support her little lungs and regular visits from the neonatal community outreach team.

Her parents were taught by the medical team how to care for Margot at home, learning new skills such as taking her temperature, tube feeding and changing a nappy without disturbing the wires surrounding her. Jessica said: "James and I had 24/7 access and could also ring up at any time. The staff got to know Margot

and us as a family on a personal level and also included us in every decision made for her care. Every diagnosis, treatment and medication was discussed in great detail."

Saturday 17 November marked World Prematurity Day, inspiring the couple to raise funds to give back to the ward that cared for their little girl.

James said: "Heartlands NICU and all the staff within the unit saved our daughter and gave us the chance to become a family. I don't know how we could ever repay them for what they have done for us. It's been a tough journey, one I am glad Margot will not remember but one we certainly will never forget. They will always have a special place in our hearts! Thank you."



The couple raised an incredible £1,219 for the neonatal unit which will help to provide 'added extras' for the babies who are treated there.

ity Champs



Fundraising family continue their charity efforts

Stechford Mobility, a Birmingham based company, has raised an incredible £7,214 for the Neonatal Unit at Heartlands Hospital.

The inspiration for the partnership came when Martyn Thomas, whose father David is the Managing Director of Stechford Mobility, spent time on the unit following the premature birth of his daughter Lyla. Lyla spent four weeks being treated on the Neonatal Unit, and Martyn and his wife Hannah were so impressed with the care that they received that they wanted to give something back.

The fundraising family and their friends and colleagues have already raised over £7,000 having taken on a number of very different challenges. Martyn set himself a challenge along with his sister-in-law Amy of completing four Wolf Runs, a 10km run with extreme obstacles, one in each season of the year.

Martyn's father David, along with a group of friends, decided to ride their Vespa scooters all the way from Birmingham to Edinburgh! Setting off at 5am on a sunny July weekend, the team made it to Edinburgh by 3pm.



Despite being only three years old, Lyla has taken on a fundraising event of her own. Along with her mum Hannah, she walked two miles around Castle Vale as part of the Mini's First Miles event that was organised by Stacey Shaw, Senior Ward Sister on the Neonatal

Unit. The event saw parents and their babies and toddlers who had been born on the unit take on the two mile walk to raise funds for the unit. Stacey said: "Despite the rainy weather, the walkers had a great time and raised a fantastic amount of money."

Charity ball raises funds for Neonatal Unit

Siobhan Devlin decided to hold a charity fundraising ball for the Neonatal Unit at Heartlands Hospital after both of her sons were treated there after being born at 35 and 36 weeks.

The mother-of-two joined up with her colleagues from Lloyds Bank to hold a Charity Ball at the Park Regis Hotel which raised a huge £3,200 for the Neonatal Unit! Lloyds Bank made a donation of £2,500 to support Siobhan's fundraising, taking her total to an incredible £5,700.

Siobhan said: "I'm really happy that we managed to raise so much for the unit as both of my boys were supported by the unit as they were born prematurely. I know the strength it takes for the parents and



families of premature babies to deal with the situation." Siobhan wants to continue supporting the babies, families and

staff at the hospital over the next year and is hoping to reach her huge fundraising target of £10,000!

Staff Superstars

Heartlands Hospital Charity is delighted to have the support of a whole host of incredible fundraisers who work at the hospital to provide 'added extras' for patients on their ward. In this issue, we are celebrating some of the brilliant Staff Superstars who have gone over and above for their patients.

Devon House team continue incredible year of fundraising

A team of staff from Devon House at Heartlands Hospital have raised a fantastic £261.55 from a cake and samosa sale that they held to coincide with Festive Jumper Day.



Over the past year the team have raised nearly £1,000 for Heartlands Hospital Charity, after holding a Big NHS 7Tea Party to celebrate the 70th Anniversary of the NHS, and also holding another coffee morning in September.

The team, who work hard to keep the hospital running smoothly, were keen to raise money to support patients at the hospital. Ann Penson organised the cake sale and said: "It was a fantastic day, we all looked the part in our festive jumpers and we were really pleased with the amount that we raised.

"We're proud to support the patients at the hospital by raising money for the Charity, and we know that all of the money goes to a good cause. We look forward to continuing to raise money for the Charity over the coming year!"

Sabrina Hussaine, Fundraising Officer for Heartlands Hospital Charity, said: "Our thanks go to the team from Devon House for raising such a fantastic amount of money, not just in December but throughout the whole year.

"It is always wonderful when staff members get involved in fundraising for the hospital, and the money that the team have raised will allow us to continue to provide 'added extras' for patients at the hospital."

Delivery Suite team hold fun day

The staff from the Delivery Suite at Heartlands Hospital held a fun day, complete with cakes, face-painting and a raffle to raise money to fund



'added extras' for mother and babies on the unit.

The team raised a fantastic £420, which will help to bring the best quality of care possible to the ward. Each year, over 11,000 babies are born across Heartlands and Good Hope Hospitals, and the team at the Delivery Suite work incredibly hard to provide an

Huge thanks goes to the following wards and departments who raised over £500 between them through the Smarties September scheme! By picking up their free tube of Smarties and filling the tube with change, they have helped to make a difference to patients across the hospital.

Ward 19
Eden Suite
Children's Wards
Ward 3
Renal Department
Ward 28
Children's Outpatients Department
IT Team
Gynaecology Outpatients
Diabetes Centre
Devon House
MIDRU
Children's Physio
Ward 1
Ward 29
Ward 7

incredible service to mothers and their babies.

Sian Averill, Fundraising Manager at Heartlands Hospital Charity, said: "The Charity's thanks go to the team from the Delivery Suite for their hard work in fundraising for the unit. This is a great example of how staff from the hospital can raise money to fund 'added extras' for their own patients."

If you work at Heartlands Hospital then why not fundraise for your ward or department? The money you raise will help to provide 'added extras' for your patients. Take on a skydive, climb Mount Snowdon, or run the half marathon as a team and go 'over and above' for your patients. Email sabrina.hussaine@uhb.nhs.uk for more information.

Eden Suite quiet room receives refurbishment

The Eden Suite at Heartlands Hospital is a dedicated bereavement suite which cares for women who sadly lose their baby through miscarriage, stillbirth or neonatal death. The unit provides a peaceful and private environment for parents in their time of need.



The Eden Suite offers the best care possible for women and their families and the experienced, highly-trained staff are always on hand to support through their time on the suite, and continue to provide care after they leave hospital.

Heartlands Hospital Charity works alongside the incredible staff on the Eden Suite to provide the best possible care for parents. There is a quiet room on the unit, which is used as a non-clinical space, where parents can speak to members of staff, or sit and reflect on their own or with family members.

This space has been refurbished thanks to funds raised for the Eden Suite, and the quiet room is now much bigger, and has been filled with beautiful, non-clinical furniture, which has created a calm and tranquil space for parents to spend

time with each other, or with other family members.

Talking about the project, Clare Beesley, Bereavement Midwife, said: "This new delivery suite will be invaluable to mothers who sadly lose their baby due to neonatal death, miscarriage or stillbirth. Our bereavement services are used every week and we strive to give the best possible care, this new delivery room will help them achieve that and give families privacy during such a devastating time.

"Mothers will not be the only ones affected by this refurbishment, partners, siblings and other family members will also benefit from the new suite as it will give them a chance to spend time together and come to terms with their loss."

Sian Averill, Fundraising Manager at Heartlands Hospital Charity,

said: "The Charity is delighted to have been able to fund this refurbishment. The new quiet room is a beautiful space, and will be of benefit to all of the parents who need the expert services of the Eden Suite.

"The Charity is immensely grateful to all of the incredible fundraisers who have managed to make this renovation possible. Many of the families who are treated on the Eden Suite go on to raise money to support the services that the unit provides.

"The Charity will continue to support the work of the Eden Suite, from providing world-class equipment, to improving patient comforts and facilities such as the quiet room."

If you would like to learn more about the Eden Suite, please visit hospitalcharity.org/edensuite



Fundraiser completes 10km run in memory of his dad

Luke Nicholls has raised a fantastic £675 after he completed a 10km run between Hopwas and Lichfield.

Luke's dad, Andrew, was treated for cancer at Heartlands Hospital before sadly passing away. Luke said: "I am doing this to raise some money to give back to the hospital that supported and helped my dad before he lost his short battle with cancer.

"The staff were all so friendly

and helpful towards my dad, I couldn't thank them enough. They don't stop trying to help and support anyone that needs them."

Luke completed the 10km run, between the Fox pub near Hopwas and the Ruby pub in Lichfield. His family and friends all came together to donate to his cause, and he raised well-over his initial £500 target. Well done Luke!



TSB fundraises an amazing £9,931 for the Children's Appeal



A huge thank you goes to the team at TSB Bank Sheldon Service Centre who have raised £9,931 for the renovation of the children's garden at Heartlands after a year of fundraising.

Over the year Amanda Barton, Charity Ambassador for TSB Sheldon Service Centre and her team raised money by hosting dress-down days at work, cake sales, quizzes and so much more! They have also pledged that they will continue to raise money for the Children's appeal for Heartlands Hospital Charity again this year.

Each year, Heartlands Hospital treats 56,000 children, and the Charity is aiming to improve the quality of the children's areas to make the hospital experience more calming for children, complementing the excellent quality of care at the hospital.

Family fundraises for Children's appeal



Parents Jessica and Nilesh Chauhan, along with their son Rhys, have fundraised an amazing £875 for the Children's appeal at Heartlands Hospital to say thank you for the treatment their son received back in October 2016.

Rhys was diagnosed with autoimmune neutropenia (AIN), a condition that is most common amongst infants and young children. The body identifies the white blood cells as enemies and makes antibodies to attack them, as a result this reduced Rhys's immune system.

The fundraising family and friends known as 'Rhys's Helping Hand' raised the money by hosting a car wash and bake sale selling yummy cakes, brownies and for those who don't have a sweet tooth, delicious sandwiches. The family organised the event at Ward End Fire Station raising money by washing cars for Heartlands Hospital Charity and the local firefighters gave a helping hand by hosing down all the suds.

The day was a roaring success!

Ward 19 receives a generous £1,000 from AVISC

The Aston Villa Independent Supporters Club (AVISC) has raised a huge £1,000 for Ward 19 at Heartlands Hospital.

Ward 19 is the specialist cancer unit which treats patients with a wide range of cancers including breast, leukaemia, lung and prostate cancer.

Aston Villa Independent Supporters Club, based in Sutton Coldfield, has raised more than £2,600 over the past three years for Ward 19 after former member "England Dave" received treatment between 2015 and 2016 before passing away. The club raised the money through silent auctions, donations and the annual end of season party.

The money that the group raised will help to provide the hospital's cancer patients with a more comfortable environment whilst they are undergoing their treatments.



Tasleem Academy donates to Heartlands Children's appeal

Tasleem Academy, based in Sutton Coldfield, chose to fundraise for Heartlands Hospital Charity's Children's appeal this year.

The Academy is a charitable educational institution that specialises in teaching Quranic Arabic and Islamic Studies to children.



The children who attend the academy raised the money by doing good deeds during Ramadan and were sponsored by their parents and family members. The children then brought in their donations and put them in the 'good deed jar'.

Salim Moola who helps run the school, also volunteers with the chaplaincy department at Heartlands Hospital and wanted to support the Children's Appeal.

The children at the school also handmade a get well soon card for the children who are on the ward receiving treatment at Heartlands.

The Academy raised a total of £425 which will go towards the refurbishment of the children's departments at Heartlands Hospital to make them brighter and more child-friendly. Being in hospital can be a daunting experience for children and better surroundings for them will make them feel more comfortable and less stressed out when they are visiting the hospital.

Roll of honour

The following schools and community groups took part in Festive Jumper Day, or came to sing at the hospital in order to raise money to bring Christmas to the hospitals! Together, they raised over £3,000!

Colebourne Primary School

Mapledene Primary School

Cedars Academy

Cherry Orchard Primary School

Featherstone Primary School

Acocks Green Primary School

Yardley Community Choir

Blakesley Hall Primary School

Brownmead Primary School

Handsworth Wood Girls School

Guardian Angels Catholic Primary School

Alston Primary School

Osborne Primary School

Quinton Church Primary School

Cockshut Hill Primary School

Washwood Heath Academy

Rockwood Academy

Where your money has been spent

Thank you!

Your donations help to bring smiles to patients and relatives at Heartlands Hospital, here are some examples of just a few ways that your donations have made a difference across the hospital.

New relatives' room for stroke unit

Thanks to the incredible generosity of the Charity's supporters, there is now a relatives' room on the Hyper Acute Stroke Unit. A room



has been transformed into a comfortable and private room for families to use when they first arrive at the unit after their loved one is admitted.

The room offers a tranquil and quiet space away from the ward where doctors can have private conversations with family members. Ward Sister Sarah-Jane Taylor said: "We are all delighted with the new relatives' room; it will make a huge difference to families on the ward."

Children treated to panto performance at Heartlands

Heartlands Hospital Charity works alongside the fantastic play team to make the hospital experience as happy as it can be for children who have to be admitted to the wards. The Charity funded the play team to organise a pantomime to come to the hospital, bringing smiles to the children's faces.

The wonderful Chaplins Pantomime Company came to the hospital to perform Treasure Island. The lecture theatre was filled with current and regular patients, who made the trip to the hospital with their families to watch the pantomime.

Play Specialist Chris Morrell said: "It was a fantastic day; our thanks go to Chaplins for putting on such a great show. Parents and children alike loved the show, and it was wonderful seeing so many happy, smiling faces in the audience."



Tesla Owners Group UK makes special donation to Heartlands Hospital

Children being treated at Heartlands Hospital will be able

to travel to their operations in style thanks to the Tesla Owners Group UK (TOG UK). TOG UK donated a fun-sized version of the iconic Tesla Model S to the hospital which is perfect for budding young drivers. The car will allow children to have some fun and drive the electric vehicle down the hospital corridors before their surgery, taking their



mind off the procedure that they are about to have.

Chris Morrell, Play Specialist at Heartlands Hospital, said: "What a fantastic donation this is. Our thanks go to Tony and the team from TOG UK for this incredible gift that will help to keep our young patients relaxed and happy before their procedures."

Tony Stein from TOG UK said: "The TOG are proud to have raised the funds to purchase over a hundred of these brilliant cars for children's hospitals and hospices around the country and are delighted that this car will in some way go to making a difficult time for children at Heartlands less worrying and a little more fun."

Join our events!



Sky's the limit

Each year, hospital charity supporters take to the skies to raise money for patients at a hospital of their choice. A tandem skydive offers a thrill like no-other, as you leap from a plane at 13,000 feet over the beautiful Oxfordshire countryside.

Skydivers such as 80 year old Derek Smith, whose last experience of jumping out of a plane was in the 1950s whilst he was serving with the British Army thoroughly enjoyed the experience. Derek said "It was my 80th birthday and I decided to do something a bit different". If like Derek you too have a big celebration or want to take on the thrill of a life time for the hospital charity, then this is certainly the event for you!

Visit hospitalcharity.org/events to view the event dates running from June to September 2019. Book your place for just £50 with a minimum sponsorship requirement of £300.



Snowdon Challenge 2019

Join the hospital charity on Saturday 7 September 2019 for a day of fun-filled trekking up the highest mountain in England and Wales. This fantastic event is the perfect opportunity to challenge yourself for Charity, so get your friends and colleagues together, sign up and conquer Snowdon as a team. The event is open to anyone over the age of 18. Sophie Carroll, Senior Fundraiser for the hospital charity, said: "Snowdon is an incredible experience; it's a great way of ticking something off of the bucket list whilst raising money to support your local hospital"

Places cost £45 and the minimum sponsorship is £100 per person. Choose to fundraise for a ward or department of your choice at QEHB, Good Hope, Heartlands or Solihull to support your local hospital.

SimplyHealth Great Birmingham Run 2019

The SimplyHealth Great Birmingham Run is one of the biggest half marathons in the UK, thousands of runners take to the streets of Birmingham every year to run the 13.1 mile race.



Runners from all walks of life with inspiring stories have previously participated in the Great Birmingham Run. From

people who have recovered from life-saving brain surgery to those who have set themselves a challenge to get fit, anyone can take part and run for the hospital charity of their choice! Joy Johnson, a Clinical Research Facilitator at QEHB participates every year said: "I did my first event when I was 51 and since then I have done one every year, the atmosphere is brilliant and I will be back for number five this year"

To read more about the Great Birmingham Run, which is taking place on 13 October 2019 visit hospitalcharity.org/events.



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.hospitalcharity.org

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

Solihull Hospital Charity

Tel: 0121 371 4852 or 07920 756 709
Email: Fundraising Manager - Rachel Learmonth rachel.learmonth@uhb.nhs.uk
Website: www.solihullhospital.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

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!

