

love qehb



Issue 18

The QEHB Charity Newsletter

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



Mike's letter



Thank you!

Welcome to our second Charity newsletter of 2016, filled with fabulous charity champs, fantastic fundraising events and great real-life examples showing exactly how your donations are helping patients and staff at the hospital.

As summer approaches, so do a variety of QEHB Charity events! Join us as we take full advantage of the great British outdoors and enjoy the return of established favourites like our annual free Family Fun Day, as well as our brand new Crazy Golf event, a military-themed obstacle course fit for the Royal Marines and an exciting tennis tournament!

There are, of course, many fundraisers who organise fantastic events of their own. You only need to head to our impressive charity champs spreads to see for yourself the wonderful work our supporters do! If you are keen to create an event of your own, be sure to check out their stories and let the inspiration flow!

Your continued support of the Charity is incredibly valuable to patients and staff here at the QE. Whether you are donating to refurbish our paediatric radiotherapy department in order to make it child-friendly, or you are fundraising for groundbreaking equipment such as the Nexstim brain scanner, your donations are vital to improving patients' lives here in Birmingham.

Don't forget to get in touch and let us know all about your latest fundraising adventures! To share with us your photos and comments or to fill us in on your fundraising plans, please email charities@uhb.nhs.uk or contact us on Facebook, Twitter, or Instagram.

Many thanks for your hard work and support; we couldn't do it without you.

Mike

Mike Hammond
Chief Executive, QEHB Charity

What we do at QEHB Charity

Together with your help we raise money to provide world-class facilities for patients and their families at the Queen Elizabeth Hospital Birmingham. We spend your generous donations on cutting-edge equipment, such as cancer-busting radiotherapy machine CyberKnife; facilities like Fisher House, a 'home away from home' for military patients and their families; not to mention added extras including pizza nights, X-Box games and a music teacher for teenagers with cancer.

In this issue...

Join our events

Turn to page six, seven and 14 for information on the latest challenges you can undertake in support of the hospital! Why not climb Mount Snowdon, or take on Born Survivor?

Charity champs

Find out more about who's been fundraising for us on pages eight to nine and 18 to 19. We are constantly inspired by the countless ways our wonderful charity champs raise money to benefit staff, patients and families. We couldn't do it without you!

Henry Wong becomes Fisher House charity partner

Go to page four to find out more about our latest exciting charity partnership.

Meet the new ITM Fellows

Say hello to our new Fellows at the QE's Institute of Translational Medicine on page 12, where you will find out more about their work at the hospital.

Sprinkle Some Magic

Find out what the staff have been doing with their charity grants to improve patient experience at the hospital on page 17.



Fisher House



Queen Elizabeth Hospital

Dates for your diary



Alcester Male Voice Choir

Sunday 17 April, Birmingham Town Hall, 6pm

Alcester Male Voice Choir returns to Birmingham Town Hall for a concert featuring classical music and choral arrangements of popular classics, from Bridge Over Troubled Water to The Prayer by Wagner, Love Changes Everything to We Are The Champions.

The event will be raising money for Fisher House.

To book your place please go to www.thsh.co.uk/whats-on/ or contact Michael Tivey on 0121 371 4852.



Friday 29 April,
Golden Putter
Mini Golf Course,
Cannon Hill
Park, 1-5pm

Challenge your work colleagues, friends or family to a game of crazy golf and help raise money for patients at the QE! Taking place at Cannon Hill Park from 1pm, the afternoon will include entertainment, food and drink and will even offer the chance to win a special QEHB Charity crazy golf trophy.

Register as a team of four for £60 by visiting www.qehb.org/events or by calling Justine Davy on 0121 371 4852.

Aegon Classic Tennis Day Monday 13 June, Edgbaston Priory Club

Returning to Edgbaston Priory Club, this year's event will see some of the world's most famous tennis players take to the court in the most celebrated lead up to Wimbledon, including the first British woman to reach the Australian Open semi-final since 1983, Johanna Konta!

QEHB Charity is offering discounted Upper Tier seating for just £7 a ticket, as well as a luxury hospitality option for £99 including a champagne reception, three course lunch, afternoon tea, and a free bar throughout the day.

To join us please visit www.qehb.org/events or for more information please contact justine.davy@uhb.nhs.uk

All monies raised by the event will be donated to QEHB Charity.



THE MORRISONS GREAT BIRMINGHAM 10K

SUNDAY 1 MAY, BIRMINGHAM CITY CENTRE

Are you a new runner? Do you love a fun-run? Or perhaps you want to try and beat your personal best? Why not join the Morrisons Great Birmingham 10K and raise money for any ward or department at the QE! The 6.2 mile event is a great distance for new and experienced runners, and offers you the chance to join a community event whilst raising vital funds to improve care for patients at Birmingham's largest hospital.

To sign up please visit www.greatrun.org/great-birmingham-10k and email charities@uhb.nhs.uk to let us know you've registered.

PUB QUIZ

The
PLOUGH
— HARBORNE —
Est. 2001

Tuesdays 10 May, 21 June
and 2 August

The Plough, Harborne High St

Come along to the Plough Harborne for a fantastic evening of fun and entertainment, and find out just how good your general knowledge really is! If you are an NHS Staff member remember to bring your ID badge and enjoy a 10% discount.

All proceeds will support teenagers with cancer at the QE.

FAMILY FUN DAY

FRIDAY 29 MAY, WARWICKSHIRE COUNTY
CRICKET CLUB

Join QEHB Charity in celebrating Her Majesty's Armed Forces at its third annual family fun day this summer. With a T20 cricket match between the tri-service military cricket team and the Warwickshire Legends, as well as a funfair and plenty of food and craft stalls, there will be fun for all of the family to enjoy.

The event is FREE for adults and children.

Make sure you book your place by visiting www.qecricket.org or by contacting justine.davy@uhb.nhs.uk



Henry Wong of Harborne supports military patients

Generous Cantonese restaurant Henry Wong of Harborne has kindly announced Fisher House, a 'home away from home' for military patients and their families based at the QE, as its chosen charity for 2016.

Fisher House opened its doors in April 2013, and has already provided medical assistance and respite for over 1,700 people, including patients, parents, partners and children. This adds up to more than 10,000 nights of accommodation provided for people ranging in age from one month to 94 years!

Help from businesses like Henry Wong of Harborne is integral to the running of Fisher House, as it solely relies on funds from charitable donations.



Mike Hammond, the Chief Executive of QEHB Charity, which runs Fisher House, said: **"We are extremely grateful to everyone at Henry Wong of Harborne for choosing to support Fisher House. It costs the Charity £250,000 a year to run the**



facility and we rely entirely on the generous support of individuals and companies, like Henry Wong, to raise this. More fundraising means we can offer more free accommodation and support to more military patients and their families."

It was a perfect fit for Henry Wong of Harborne owner, Parm Rai, who has a long history in supporting Birmingham-based charities. Commenting; "First and foremost I wanted to support a charity local to the restaurant in Harborne. Mike Hammond from Fisher House regularly visits Henry Wong and has, on occasion, brought along some of his patients to dine with us, as part of their reintegration to society. I, like many, feel indebted to these military personnel who have literally laid their lives on the line for us, so I could think of no worthier charity to support in 2016." Henry Wong of Harborne will be organising a calendar of exciting events both on and off-site that will raise awareness and funds for Fisher House.

FIND OUT MORE

To find out more about Fisher House or to make a donation please visit www.fisherhouseuk.org or call 0121 371 4852.

Did you know we have a new website?

Over the past few months, we have been working to create a fresh, fun, informative and responsive website that highlights exactly what we do, where your generous donations have been spent, how you have helped support our patients and why we still need you.

Check it out at www.qehb.org



QEHB Charity is now funding free Wifi for patients and visitors throughout the hospital! Just search for and connect to the network (QEHBCharity-guestWiFi), enter your email address and then agree to the Terms and Conditions.

The Wifi is available at the following locations:

Queen Elizabeth Hospital Birmingham • Nuffield House • Heritage Building (majority of areas) • Smethwick Dialysis Unit • Trust Headquarters/ Haematology Clinic • Post Graduate Centre • The Learning Hub

5 minutes with...

Christopher Bagnall

QEHB Charity Cancer Immunotherapeutics Support Officer

We met up with new father and QEHB Charity-funded Research Officer for five minutes...

Where are you from?

I'm a born and bred Brummy; I grew up in Bournville and was born at Selly Oak Hospital.

How old are you?

I am 32 years young!

How long have you been a Cancer Immunotherapeutics Support Officer at CIIC?

Around six months - I began my post here on the 14 September 2015.

What did you do prior to this post?

Before this I worked in Warwick as a Senior Biomedical Scientist in the Histology and Immunohistochemistry Department for five years (2010-2015).

What does your job entail?

I run the research into immunohistochemistry (IHC), which is used to diagnose diseases such as cancer by testing human tissue samples, and digital pathology services at the Human Biomaterials Resource Centre, based at the University of Birmingham.

My job involves creating stained slides of different types of tissue; this helps to visualise different molecules in the tissue and helps to further our research. I also perform what's called 'multiplex fluorescence IHC', which is when specific targets (up to six) in tissue sections are stained in various colours. Then I use a special system called the 'Perkin Elmer Vectra Automated Quantitative

Pathology System', a piece of imaging technology funded by QEHB Charity, which is designed to accelerate cancer immunology research through visualising the different markers. The system can then be trained to identify and measure the different markers in specific structures in the tissue... it's all very scientific!

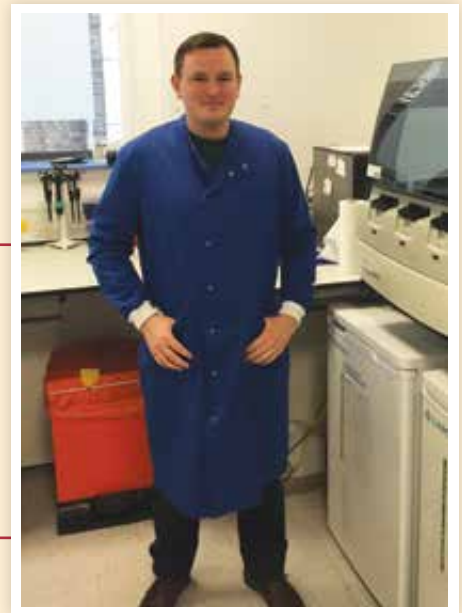
I have strong links with the Cancer Immunology and Immunotherapy Centre, Cancer Sciences and Institute of Biomedical Research as well as the Histology Lab at the QE, which is great for my line of work.

What is your favourite part of the job?

I really enjoy the variety my post offers. I collaborate with various academics, researchers, technicians, biomedical scientists and consultant histopathologists on a frequent basis.

You have (bravely) decided to take on a very muddy obstacle, when you run 'Tough Mudder' for QEHB Charity. Can you tell us why you have decided to take part in the challenge?

I have undertaken Tough Mudder twice before, and although it is very hard and extremely painful it is very rewarding! To be able to raise money for QEHB Charity makes the experience even more enjoyable. My favourite part of Tough Mudder is scaling the 12ft walls, as you have to work as a team to overcome this particular obstacle.



What is your favourite food?

I enjoy most food, but in my opinion you cannot beat a Balti!

What do you enjoy doing in your spare time?

I love spending time with my wife and baby boy, who is only four months old. I also enjoy going for runs on the Lickey Hills with my dogs!

What is your dream holiday destination?

I would love to go to Thailand and travel around Asia from there.

What would you like to say to those who have funded your QEHB Charity-supported post?

I would like to say a huge 'thank you' to the QEHB Charity for funding the post. It has allowed me to use my diagnostic and clinical experience to help in the translation of research into a clinical setting. The funding has allowed an experienced biomedical scientist such as myself to provide a high quality service.

“ I would like to say a huge 'thank you' to the QEHB Charity for funding this post”
Christopher Bagnall

JOIN US

From hikes to half marathons, QEHB Charity has a huge variety of fundraising events on offer and we'd love you to join us!



If you're entertaining little ones, looking for a free food and craft event or are a huge cricket fan, our free Family Fun Day could be just what you're looking for!

Returning for a third year, this year's event will take place on Sunday 29 May, as we celebrate Her Majesty's Armed Forces and raise money for Fisher House, a 'home away from home' for military patients and their families.

With a T20 cricket match between the tri-service military cricket team and the Warwickshire Legends, as well as a funfair and plenty of food and craft stalls, **there will be fun for all of the family to enjoy!**

FIND OUT MORE

To book your free place at this event, please visit www.qecricket.org or call Justine Davy on 0121 371 4852 for more information.



If you'd like to support military patients and their families but fancy more of a challenge, then why not compete in this year's brand new event, Born Survivor?

A gruelling sports challenge, Born Survivor is designed to test even the most experienced fitness fanatic.

An obstacle course set over a span of ten kilometres, it is the ultimate test of physical and mental strength. The event is one that the British Army would come face-to-face with every day

within their training, and has been created by British Royal Marines Commandos.

On Saturday 16 July, Born Survivor is coming to the Midlands for the first time ever, to support Fisher House. Set within the beautiful 1,000 acres of Weston Park, this is sure to be an event to remember!

BORN SURVIVOR

Why take on the challenge for Fisher House?

1. For every team of 11 people that sign up as a team, the 11th team member goes free!
2. Our sign-up fee is £50 – this price will not increase for later joiners.
3. The person who raises the most donations for Fisher House will have their sign-up fee refunded!
4. We can offer you plenty of support and promotion to help reach your fundraising goal!

FIND OUT MORE

To book your place please visit www.qehb.org/events or call 0121 371 4852.

PRIZE TEAM



If Born Survivor is a step too far, why not participate in a group event and 'Do Summit Rewarding'?

Participants joining the **'Birmingham Hospitals Snowdon Challenge'** can climb Mount Snowdon, the highest peak in England and Wales, as a family or climb with friends, or set a personal goal, whilst raising money for any ward within the Queen Elizabeth Hospital Birmingham. Registration costs £45 and includes travel to and from Birmingham and lunch.



For a relaxed day with a great atmosphere, why not join us for a fantastic day of Tennis on the first Day of the Aegon Classic?

Returning to Edgbaston Priory Club on 13 June, this year's event will see some of the world's most famous tennis players take to the court in the most celebrated lead up to Wimbledon, including the first British woman to reach the Australian Open Semi-Final since 1983, Johanna Konta!

Tickets are for Upper Tier seating only, and can be bought for £7 at www.qehb.org/events.

Alternatively, why not go all out and buy full hospitality tickets for £99 per person, which includes a champagne reception, three course lunch, afternoon tea and free bar (wine, beer and soft drinks).

All monies raised by the event will support patients at the QE, and will directly benefit patients from the West Midlands and surrounding area.



FIND OUT MORE

If you would like to join the QEHB Charity Snowdon team on Saturday 2 July please visit www.birminghamhospitals.org and select QE Hospital.

For a laid-back afternoon filled with fun and games, sign up to take part in our first ever Crazy Golf Day!

Challenge your work colleagues, friends or family to a game of crazy golf at Cannon Hill Park from 1pm, on Friday 29 April, and help

raise money for patients at the QE. This is the perfect opportunity to pit yourself against your work colleagues to win the coveted QEHB Charity crazy golf trophy! Food and drink will be available to buy on-site, or you can bring a picnic from home!

FIND OUT MORE

To book a team of four for £60, please visit www.qehb.org/events or call 0121 371 4852 for more information.

Charity Champs

Generous support from Adults & Communities Access Point



Charity Champs

Staff at Adults & Communities Access Point raised £815 for QEHB Charity's Liver Foundation UK. Staff member Paramajit Kalsi received a liver transplant at the Queen Elizabeth Hospital Birmingham in 2006, which inspired her to fundraise for the Charity.

The money was raised through an event that has been held annually by Paramajit for ten years, which has fundraised for a variety of worthy causes. The event includes a huge sale of samosas, cookies and books, raising hundreds of pounds each year for a variety of charities.

Eager to continue challenging herself, Paramajit has set a fundraising target of £1,000 for next year's event.

Liver transplant patient raises thousands for others like him



Charity Champs

A couple who decided to marry in the midst of liver cancer raised a fantastic £3,968 for QEHB Charity's Liver Foundation UK.

Keith Murphy and Andrew Senior decided that they wanted people to donate to the hospital's liver department instead of receiving wedding presents, and soared beyond their initial fundraising target as awareness of the benevolent couple grew.

The couple tied the knot on Saturday, 21 November, at a wonderful ceremony which included a Gary Barlow tribute act and matching pairs of red patent leather shoes. Then, two weeks later, even more good news was received when Keith received his life-saving liver transplant at the QE, from which he is recovering well.

Local secondary school staff give to children with cancer

Charity Champs



At the end of 2015, teachers at Great Barr Secondary School decided to put their annual staff party to good use and raise some Christmas cash for QEHB Charity's VIP Treatment Appeal, which supports children who come to the QE to receive radiotherapy.

The generous staff members held a raffle with prizes including bottles of fizz, a luxury hamper and massage treatments. Staff also donated pound coins to

participate in party games, such as Heads and Tails. One member of staff even held a 'samosa sale', boosting funds even further. Prior to the staff party, charity collection tins were placed throughout the school, and students and visitors made generous contributions throughout December.

In total, Great Barr Secondary School raised a whopping £400 to help children with cancer. Thank you everyone!

Having a ball for brain tumour patients

Supporters of brain tumour research at the QE raised a staggering £35,000 at the inaugural Giles' Trust Ball in October 2015. In attendance were former England cricketer Ashley Giles and his wife Stine, who set up the Giles' Trust after Stine received ground-breaking treatment for brain tumours at the QE. They were joined by many friends and supporters, including fellow retired cricketer Andrew Strauss, OBE, and his wife Ruth MacDonald.



Charity Champs

Professor Garth Cruikshank, the Consultant Neurosurgeon who operated on Stine, was also there to speak about the importance of research for patients with brain tumours.

The huge amount raised will enable QEHB Charity to fund the post of a Giles' Trust Clinical Research Nurse for a full year, whose job it will be to help patients with brain tumours at the QE access some of the world's most advanced drug trials and support them through the process.

How have you been supporting patients?

Let us know!

Philanthropic family abseil for Ward 625



Charity Champs

On 6 September 2015, eight members of the same family spontaneously completed the QEHB Charity abseil, dropping 150 feet down the side of the Hilton Hotel, in memory of a loving mum. Rashpal Kaur passed away whilst receiving treatment on Ward 625 at the Queen Elizabeth Hospital in August 2015. Her niece, Syan Dulai, signed up for the charity abseil to raise funds in Rashpal's memory, and on the day a team of relatives came along to show their support - then seven family members made a last minute decision to join Syan and take the plunge!

Mishka Somel, Sharondeep Narll, Mukhtyar Narle, Ranjit Nall, Nishum Somel, Gurpreet Singh Narle and Mandeesh Narle all conquered their reservations to abseil down the hotel - an especially impressive feat for Mandeesh, who is Rashpal's daughter, as the event took place on her birthday! The inspirational family raised a grand total of £1,338.94 which will go towards helping patients and staff on Ward 625.

Footie fanatics support teenagers with cancer

Members of Bartley Green Football Club made a generous donation of £510 to QEHB Charity, in aid of the Teenage Cancer Trust Young Persons Unit (YPU) at the Queen Elizabeth Hospital Birmingham. The amount was raised through some hairy fundraising! Three members of the club - Paul Nash, Paul Jerons, and Pat Goulding - resisted shaving throughout November 2015, resulting in some marvellous examples of facial hair. Paddy O'Neil, steward of the club, visited YPU to present the cheque with his wife, Dawn, who is a member of auxiliary staff at the

hospital and has often worked on the ward.

The money raised will help make the stay on YPU as comfortable and enjoyable as possible for young patients with cancer, funding musical instruments, video games, DVDs, pizza nights, and even a specialist teacher to help patients continue with their studies.

Charity Champs



JOIN US at the Morrisons Great Birmingham 10K and the Great Birmingham Half Marathon!

For runners, both new and experienced, the Morrisons Great Birmingham 10K will return to the city on Sunday 1 May 2016.

Whether you are a new runner facing your first ever 10K, or you are a marathon pro looking for your next event, if you choose to run for QHEB Charity you can raise money for any



ward or department of your choice, offering support to teenagers with cancer, transplant patients, those battling rare diseases and many more.

The event will see a whole host of popular tunes blasted from loud-speakers, with several warm-up points dotted around the course.

To sign up to the 6.2 mile event please visit www.greatrun.org and email charities@uhb.nhs.uk to let us know you have registered.

For more information please call Laura Power on 0121 371 4852.

For more of a challenging race, why not take part in the Morrisons Great Birmingham Half Marathon on Sunday 16 October?

This year we are offering participants the chance to run as part of 'Team Doctor', 'Team Nurse' or 'Team Patient', led by a doctor or nurse from the QE, or a patient who has previously been treated at the hospital.



Why not group your colleagues together and round up supporters of your department, encourage previous patients to run and spread the word throughout the hospital?

Remember, you don't have to be a doctor, nurse or patient to run in any of the teams, and we are encouraging all runners to ditch the professional running gear and instead opt for a fancy dress option! Why not support your favourite

surgeon and dress in scrubs and a stethoscope, or put on a tunic and become a nurse for a day? Have you struck up a close relationship with a nurse who cared for you or your family? Perhaps you'd love to support the doctor who cared for you or a friend? Do you know how it feels to be a patient in hospital?

This is your chance to choose your team and run as part of a group with a collective mission to raise as much money as possible for patients and staff at the hospital.

Certificates will be awarded to the fastest runner in each team, the most money raised in each group and the best fancy dress outfit!

To sign up please visit www.qehb.org/events.

Select your team from the dropdown-menu and get training!

QHEB Charity can provide you with fundraising materials and running vests, as well as support and encouragement in the lead-up to the race, and plenty of cheering from start to finish on the day! There will also be a pre and post-race reception where runners can meet with their Team Captain and enjoy refreshments and a post-race massage at the Hyatt Hotel.

For more information please contact Laura Power on 0121 371 4852.

Finally, we want to say a huge thank you to our fantastic London Marathon runners!

This year, six brave athletes took to the big city to show their support for patients at the West Midlands' leading hospital. The 26 mile race is a challenge for even the most experienced runners, so to our spectacular six, we salute you! Our fabulous runners included:

Hannah Tomes

Nicki Hudson

Marcus George

Sarah Vince

Holly Dagger (pictured)

Mariann Bourne



Cancer-busting radiotherapy machine treats 500th patient!

Staff and patients at the Queen Elizabeth Hospital Birmingham celebrated an extra-special milestone in March 2016 as CyberKnife, a state of the art radiotherapy machine, treated its 500th patient.

CyberKnife arrived at the hospital in October 2013, following months of intensive fundraising by QEHB Charity and its supporters.

Following severe head pain, nausea and fatigue in early 2014, and a trip to the doctor for an ear infection in April that year, Beth was diagnosed with two lesions on her brain.

One lesion was surgically removed, and the other was treated using CyberKnife radiotherapy in May 2014. Radiotherapy is, by necessity, an aggressive treatment that

worthwhile cause. It has minimal side effects, leading to a small recovery time; you can be 'up and running' within a few days of the treatment. As it does not damage any healthy tissue, this is a rare and uncommon piece of equipment that is truly life-saving. I want to thank all those who fundraised and donated to QEHB Charity so that they could purchase such incredible technology."



The ground-breaking machine offers a valuable lifeline to hundreds of patients because it can treat patients with tumours previously considered inoperable, including those that are in difficult positions to treat, such as near the spinal cord, liver, lungs or in the brain.

It works by shooting hundreds of beams of high dose radiation at the tumour with sub-millimetre accuracy, meaning there is a lower chance of healthy tissue around the tumour being affected.

Beth Titterton, a 24-year-old teacher from Stafford, was treated using CyberKnife in 2014.

commonly leads to side effects such as extreme tiredness, sickness and hair loss.

The side effects of the treatment on CyberKnife were minimal, with Beth experiencing fatigue and minor headaches only.

When it was discovered that there was regrowth of one lesion in January 2015, Beth decided to undergo CyberKnife treatment once more.

The treatment was a resounding success; Beth has now been living without any new lesion growth for over one year!

She said: "CyberKnife is such a

Beth is now taking a three month hiatus from teaching in order to go travelling around Dubai, New Zealand, Fiji and Hong Kong.

Mike Hammond, Chief Executive of QEHB Charity, said: "As soon as we heard about the CyberKnife machine, we knew that it was something we wanted to bring to the QE. It's amazing to think that since its installation in 2013, it has gone on to treat more than 500 people. On behalf of QEHB Charity, I want to once again thank all those who have donated or raised funds for this wonderful piece of equipment; you are helping to save lives!"

Meet the researchers

Meet the Charity-funded researchers from the new Institute for Translational Medicine

QEHB Charity has funded many projects at the Queen Elizabeth Hospital Birmingham, from vital new facilities like Fisher House to world-leading technology such as CyberKnife. Yet there is another significant but less well-known area where the Charity also makes financial contributions: research.

Medical research is essential for developing new treatments and improving patient outcomes such as

quality of life and survival. The newly-opened Institute of Translational Medicine (ITM) on the site of the QE focusses in particular on helping new laboratory research get as quickly as possible from the lab to the clinic.

We caught up with this year's ITM research fellows to hear more about their work and find out what your donations have made possible.



Dr Manvir Hayer, Specialty Registrar in Renal Medicine (Kidney)



Manvir is looking into the onset and consequences of scarring (or 'fibrosis') in the heart, in patients with kidney disease. Chronic kidney disease affects one in ten people and is becoming more common. Kidney disease is also a risk factor in heart disease that is often not recognised, with kidney damage causing scarring to the heart.

Using new MRI technology that looks for scarring, Manvir hopes to be able to identify high-risk patients in order to understand the reasons behind it and eventually prevent the onset of heart disease.

Dr Mat Orzalkiewicz, Specialty Registrar in Cardiology



Heart attack is the leading cause of death in humans and is caused by structures called 'plaques', which are found in coronary arteries, rupturing. Some plaques rupture and some don't, and we don't currently know what factors make a plaque more vulnerable to rupture. Mat's research is focussed on identifying which plaques are vulnerable and why, so that in the future doctors may potentially be able to identify at-risk people early and develop strategies to prevent heart attacks from happening.

Mr Dejo Olaleye, Specialty Registrar in Otolaryngology (Ear, nose and throat surgery)

Dejo is conducting research into the role of the human papilloma virus (HPV) in causing throat cancer. HPV is the name for a group of viruses that affect your skin and mucous membranes like the cervix, anus and throat and can be responsible for a number of minor problems like skin warts and verrucas. It is also known to cause cervical cancer and some throat cancers.

Dejo is hoping to find out who is at risk of developing throat cancer because of HPV, and why they are at risk. How does the virus enter human DNA? And how can we use this information to improve treatments to block it?

Dejo's funding comes specifically from the Get A-Head Charitable Trust.



cancer, such as chronic lymphocytic leukaemia (CLL). Clinical trials for the drug seem very promising, and it is predicted that it is going to revolutionise treatment for these blood cancers, particularly CLL. However, some patients involved in the trials have experienced spontaneous bleeding as a side effect.

Pip wants to find out why some patients experience these serious side effects while others are unaffected, to gain a better understanding of who should not be prescribed the drug, how to prevent the bleeding from happening, and how to treat it if it does happen.

Mrs Hannah Nieto, Specialty Registrar in Otolaryngology (Ear, nose and throat surgery)



Thyroid cancer affects an increasingly wide group of people worldwide, including young people, and has a high rate of recurrence - meaning it can affect people more than once. This makes it more difficult to treat effectively. Hannah's research will examine DNA taken from thyroid cancer patients and the behaviour of thyroid cells in the McCabe laboratory with the goal of being able to identify who is most at risk of having their cancer recur.

In the future, identifying these patients early would facilitate more accurate prognosis. This would also allow doctors to tailor treatments to individual patients with personalised medicine.

Dr Pip Nicolson, Specialty Registrar in Clinical Haematology

Pip is carrying out research into Ibrutinib, an anti-cancer drug for treating patients with certain types of blood



To support research funded by QEHB Charity, please make a donation by visiting www.qehb.org

THE GREAT VOLUNTEER BAKE OFF

Thank you!



Are you interested in becoming a QEHB Charity volunteer? Want to know what all the fuss is about? Then why not join us for afternoon tea and cake as we celebrate our wonderful volunteers on Volunteer Recognition Day, this year dubbed 'The Great Volunteer Bake Off'!

The afternoon, which will be held at the Postgrad Centre on Tuesday 19 April, offers you the chance to speak to our current volunteers and get your hands on useful information about the different opportunities that are available. QEHB Charity Fundraising Officers, Sian Averill and Laura Power, will also be on hand to answer any questions you might have about

the Charity.

This year's event also encourages volunteers to bring home-made cakes and biscuits, which will be taste-tested by our very own cake expert, Fundraising Officer, Michael Tivey, with a prize given to the baker of the tastiest creation. Certificates will also be awarded to volunteers and will be presented by QEHB Charity staff.

Long-term volunteer Roger Raybould, who has been volunteering at QEHB Charity for over six years, said: "Volunteering at QEHB Charity has given me the opportunity to meet so many lovely people.

"It's given me the chance to get out there and embrace events, experience new things and positively impact on people from all walks of life. Volunteering has definitely added to my quality of life, and I can go home satisfied that I've made the best use of my time.

"I would encourage everyone to try it; you could find it very rewarding."

If you are interested in becoming a QEHB Charity volunteer and you would like to attend the event, please book your place by emailing charityvolunteers@uhb.nhs.uk or call 0121 371 4852 for more information.

We look forward to seeing you there!

• NURSES' DAY •

Nurses' Day is an important opportunity to celebrate the enormous contribution that nursing staff make every single day. Thanks to your donations, QEHB Charity will help hardworking nurses at the QE celebrate, by delivering special chocolate hampers throughout the hospital.

filled with delicious treats, to every hospital ward.

Commenting on the hampers that were provided by the charity last year, Michele Owen, Deputy Chief Nurse at the QE, said: "The hampers were fantastic last year. It was a great boost to staff morale and a wonderful way to mark Nurses' Day.

"Speaking on behalf of all of our hardworking nursing staff, I'd like to say a big thank you to everyone who has donated to QEHB Charity. Although the hampers may seem like a small gesture, they have a huge impact on staff and patient morale, and we are incredibly grateful that QEHB Charity is able to provide these hampers once again in 2016."



International Nurses' Day takes place each year on 12 May, the anniversary of Florence Nightingale's birth. This year the Queen Elizabeth Hospital Birmingham is

holding its inaugural nursing conference celebrating dignity in care on this date, whilst QEHB Charity team members will deliver special chocolate hampers,



Challenge events

BORN SURVIVOR | SATURDAY 16 JULY | WESTON PARK

Are you a Born Survivor? Join QEHB Charity at Weston Park and take on the ultimate military obstacle course! With a 10K run and over 30 obstacles to face, you will certainly get wet, dirty and feel the burn on this fantastic course.

Registration for people supporting QEHB charity is reduced to £50 and if you are a team leader you can get your place for free - just sign up ten of your friends and your place (the 11th) is free!

To book your place please visit www.qehb.org/events or call 0121 371 4852

DO SUMMIT REWARDING FOR THE QE HOSPITAL BIRMINGHAM | SATURDAY 2 JULY, QE BIRMINGHAM

Join QEHB Charity as we tackle the largest mountain in England and Wales – Mount Snowdon – alongside Birmingham Community Healthcare Trust, Heart of England and NHS Foundation Trust and Birmingham Women's Hospital.

Participants can conquer Snowdon as a family or climb with friends, or set a personal goal, whilst raising money for any ward within the Queen Elizabeth Hospital Birmingham. Registration costs £45 and includes travel to and from Birmingham and lunch.

If you would like to join our Snowdon team please visit www.birminghamhospitals.org and select QE Hospital.

THE MORRISONS GREAT BIRMINGHAM HALF MARATHON | SUNDAY 16 OCTOBER 2016

Join Birmingham's biggest party, as thousands of runners pound the pavements in the half marathon. Join the QEHB Charity team, where you will receive hints and tips, a professional running top, a post-race massage and plenty of cheering and support from start to finish! Friends and family are welcome, and every penny you raise will go directly to helping patients at the QE.

You can choose to run as part of 'Team Doctor', 'Team Nurse' or 'Team Patient', with each team being led by a QE doctor or nurse, or a patient who has been treated at the hospital. Remember, you don't need to be a doctor, nurse or patient to join the half marathon! All monies raised will go directly to patients and staff at the QE hospital.

Sign up today by visiting www.qehb.org/events or contact laura.power@uhb.nhs.uk

LEAP FROM THE SKIES | SATURDAYS 4 JULY, 6 AUGUST, 10 SEPTEMBER | HINTON AIRFIELD, BRACKLEY

It doesn't get much crazier than leaping from the skies! Why not amaze your friends and family with an extreme feat of bravery in 2016 and take part in one of our QEHB Charity skydives?

A £30 deposit gets you a place on one of our jumps, followed by a minimum of £300 sponsorship. You can choose to raise money for any charity appeal or hospital department of your choice!

To sign up please visit www.qehb.org/events or contact laura.power@uhb.nhs.uk.



Have you conquered your fears or tackled an extreme challenge for QEHB Charity? Let us know! Get in touch by emailing charities@uhb.nhs.uk

Drugs previously used to fight epilepsy could treat cancer



QEHB Charity has launched a £1 million appeal, with cancer charity Get-A-Head and the University of Birmingham, to fund a new programme giving cancer patients access to new drugs quicker than anywhere else in the country, through the reallocation of drugs originally created to treat other illnesses.

Drug development through pharmaceutical companies using the conventional approaches can take up to 15 years before they reach patients, and have a 90% failure rate.

Due to these difficulties, a team of eager researchers at the University of Birmingham decided to set up an accelerated drug treatment programme, using drugs originally licenced for other indications, in order to look into and identify if these drugs could be used as treatments in the field of head and neck cancer.

By working with a team at the Institute of Head and Neck Studies and Education, patients at the QE could receive new treatments within the next two years, **speeding up the process of**

recovery for patients and cutting the cost to the NHS.

Thanks to your generous donations, QEHB Charity has funded a Research Fellow, Nikos Batis, who is analysing data from hundreds of experiments that the team undertakes to find out if re-purposed drugs can be used to treat certain types of cancer.

Nikos, a 33-year-old who has studied and lived in Birmingham for the past 13 years said: "Cancer is indiscriminate. It affects people of all ages and races and indirectly, the patient's loved ones.

"Drugs that have been used to fight cholesterol or epilepsy, for example, could help fight cancer - we just need to test them out, which is why we need your support."

This appeal is about speeding up treatment by matching existing drugs, which have already been approved in other conditions like arthritis, to cancers where they have not been tried before.

Since the program began two and a half years ago the team has made exciting discoveries.

Nikos explained: "We have now reached a point where we have screened thousands of drugs and have established that nine of these drugs have shown strong results against cancer cells in the laboratory. The results are so strong that we are now planning to start human clinical studies in people suffering from cancer, to prove how effective they are against cancer."

If the team can prove that re-purposed drugs can be used to treat head and neck cancers, the programme can be rolled out to test other types of the disease.

Kind-hearted donations have also helped fund a Get A-Head Research Technician, Baksho Kaul, who works alongside Nikos in the laboratory. She said: "Please help us raise the £1 million we need to match existing drugs, which have already been approved in other conditions such as arthritis, to cancers where they have not been tried before.

"If everyday drugs do have an effect on cancer cells, they will be cheap to produce and easy to supply, enabling patients to receive them quicker."

Please donate to the cancer appeal by visiting www.qehb.org/appeals or call 0121 371 4852.



Sir Doug Ellis donates £100k to neurosurgery patients



On Monday 1 February, former Aston Villa FC Chairman Sir Doug Ellis OBE visited the QE to present Ismail Ughratdar, Consultant Neurosurgeon, and Mike Hammond, Chief Executive of QEHB Charity, with a cheque for £100,000 - which is worth an incredible £125,000 with government Gift Aid taken into account!

Sir Doug decided to give to QEHB Charity's brain surgery fund after Mr Ughratdar performed an operation in January 2016 to remove a brain tumour from 26-year-old Matthew Stride, the son of Sir Doug's close friend Steve Stride, a former operations director of Aston Villa. The money will pay for a special brain scanner machine, which was demonstrated on a volunteer for Sir Doug when he came to present the cheque along with Matthew, Steve, and Matthew's mum Carolyn.

Speaking about the importance of this cause to him, Sir Doug said: "I am proud to be associated with the QE, which is one of the best

and most advanced hospitals in the country, and honoured to see for myself the full value of this wonderful piece of equipment. It's amazing to have Matthew, the real patient, sitting next to me – what's happening on that screen was happening in his head."

Sir Doug's donation will enable QEHB Charity to purchase a Nexstim 'Navigated Brain Stimulation' (NBS) brain scanner - making the QE's neurosurgery department the first in the UK to purchase one. The innovative device allows doctors to perform a pre-surgery brain scan on their patients, which they then use during the operation as a 'map' of the patient's brain. This is much safer and more accurate than the only current alternatives for this type of brain surgery, which include an

awake craniotomy, wherein the patient remains conscious, while the surgeon operates on their brain, and is asked to sing or speak throughout so that the doctor knows they haven't 'gone too far'. Matthew was able to have a pre-surgery scan using the Nexstim device, which was being trialled at the QE at the time. Following Matthew's successful surgery, Sir Doug knew he wanted to enable other patients to benefit from this revolutionary piece of equipment, which is worth £250,000.

Mr Ismail Ughratdar said: "Having access to NBS will be an invaluable addition to neurosurgery at the QE. Because the scan is a non-invasive and relatively quick and easy procedure, this will undoubtedly improve the experiences of patients, both in terms of the safety of the operation and the recovery time required after surgery. It will reduce the risk of strokes or patients losing the ability to speak. We are all incredibly grateful to Sir Doug for his kind donation."

The Giles' Trust at QEHB Charity is a dedicated fund specifically

to benefit patients with brain tumours through supporting ground-breaking research. The Giles' Trust was founded in 2015 by former England cricketer Ashley Giles and his wife Stine, who received pioneering TomoTherapy treatment at the QE after she was diagnosed with two brain tumours in 2012.

To find out more about the Giles' Trust, or to make

a donation to help patients with brain tumours like Matthew and Stine, please go to www.qehb.org/thegilestrust



Your donations support elderly patients at the QE

With your donations, QEHB Charity has been helping elderly patients get on track to recovery.



Teresa Deakin first applied for funds from QEHB Charity's 'Sprinkle Some Magic' scheme, which empowers staff at the QE to request small grants to help improve their ward or area with 'added extras', in August 2015. She initially applied for a selection of board games, from Chinese Checkers to Connect Four, to help stimulate elderly patients receiving care on Ward 726, which treats liver patients.

Following the success of those purchases, Teresa, who is a Matron at the QE, decided to request a similar set for Ward 727, which cares for patients with liver and gastrointestinal problems. The games provide much-needed entertainment for patients who may need to stay in hospital for a while, as well as being an invaluable source in aiding cognitive recovery for patients whose condition makes them disoriented or easily confused.

Teresa said: "The board games went down so well on Ward 726 that I had to get the same for Ward 727. We

have a variety of games like Snakes & Ladders, Draughts, and Scrabble, as well as more creative things like Airfix modelling kits. The patients love them – the Airfix models are really popular and we've had a few people wanting to take them home!

"I think for some of our older patients playing these classic games takes them back to when they had children of their own, but all ages love them. It brings the whole ward closer when staff and patients can have a bit of fun together, even in a clinical setting."

Alison King, Ward Manager, continued: "Having the games allows us to interact with and care for patients in a different way. We've had nurses and the people they are treating playing Connect Four and cards together as well as groups of patients, which is really lovely to see."

With your help, QEHB Charity has also provided a selection of activities and games to support the Dignity in Care team at the hospital.

Joanne Bubb, Activities Coordinator at the Queen Elizabeth Hospital Birmingham, recently received a grant under the Sprinkle Some Magic scheme. Joanne used the grant to buy cake stands, table cloths, DVDs, two cassette players, radios, books, games, active minds puzzles, painting books, and much more. She then split up the materials equally for various wards across the hospital, keeping each section within a separate pink box.

Known as 'starter kits', these boxes are for elderly care wards across the hospital. The aim of the boxes is to encourage and assist patient social engagement; whether through using the cake stands and table cloths to bring patients and staff together for a tea party, or through using the active minds puzzles and games.

As well as being an amazing resource for patients, the boxes are a brilliant help to staff and volunteers, who up



until now had nothing to help engage patients in various activities.

Joanne said: "I'm really grateful to QEHB Charity for providing staff the opportunity to make a difference to their patients. The games and activities have already had a huge impact on patient engagement and I can only see this improving."

QEHB Charity has been offering Sprinkle Some Magic grants to staff at the QE since 2013. In that time, thanks to staff requests, the Charity has been able to provide lockers for patients using MRI machines, CD players, books, DVDs, headphones and much more.

Tina Hales, Grants Officer at QEHB Charity, said: "There is no-one better placed to tell us what an individual ward or area needs than the staff who work there every day. The Sprinkle Some Magic scheme is designed to help us improve patient experience with small additions that make a big difference. We're really pleased patients are enjoying their board games, and would urge any member of staff with an idea for how to improve their area to get in touch."



FIND OUT MORE

To apply for a grant, please contact Tina Hales at tina.hales@uhb.nhs.uk and on 0121 371 4852.

Charity Champs

Loving godfather raises money in gratitude

A caring godfather and his family have donated over £1,000 to help children with cancer at the Queen Elizabeth Hospital Birmingham.

Nigel Morgan has so far held two football fundraising events this year in aid of QEHB Charity's VIP Treatment appeal.

The first event, a 'FIFA tournament', took place in March this year at the District Club in Church Stretton, Shropshire. Competitors made a donation to take part in the FIFA challenge whilst bucket collections and a raffle boosted the total to £495.

Most recently a football match in Shrewsbury, during which 'Team



Queen Elizabeth Rangers' took on 'Team Queen Elizabeth Rovers', raised £530 taking the total amount raised to an impressive £1,025.

Nigel said: "I am passionate about raising money for the QE after my godson was treated there for cancer. "After years of illness he has made a full recovery, thanks to the great care he received."

Enterprise Rent-a-Car Birmingham supports patients

The philanthropic arm of Enterprise Holdings, which operates the Enterprise Rent-A-Car, National Car Rental and Alamo Rent A Car brands has made a generous donation to QEHB Charity, in support of both Fisher House and the Critical Care Unit.

Three local managers visited Fisher House on Tuesday 8 December to present Justine Davy and Sian Averill from QEHB Charity with a cheque for £2,000.

Kay Parbat, Sam Patel and Gavin Cunjamalay visited Fisher House to see first-hand an example of the important work their vital donation will support. The £2,000 donation will be divided equally between Fisher House, the charity's 'home away from home' for military patients and their families, and the hospital's Critical Care Unit.



Enterprise Rent-a-Car [ERAC] Birmingham has been proudly supporting Fisher House for two years. They are also long-standing supporters of CCU after Jasmini Parbat, the wife of ERAC Public Sector Development Manager Kay, sadly passed away in November 2013 at the age of 38.

Justine said: "This generous donation will help us continue to provide much-needed support for injured and ill servicepeople and their families, as well as for the patients and staff on CCU. We are really grateful to Enterprise Rent-A-Car for their ongoing support."

Heart transplant patient embarks upon culinary fundraising quest for QEHB Charity



Julie Bushell, a 47-year-old from Castle Bromwich, has been busy raising money for QEHB Charity following years of ill health which culminated in her receiving a heart transplant in late 2014.

Since then, the brave survivor has been fundraising for QEHB Charity's Heart and Lung Transplant fund at the QE through selling sweets at various craft fairs across the West Midlands, as well as organising a brilliant Valentine's Dance, which took place on Saturday 13 February 2016.

The dance was a popular event, complete with raffle, auction, and disco, and took place at Maitland Hall Social Club. It raised an incredible £1,600 for QEHB Charity's Heart and Lung Transplant fund.

Thank you!

Duo journeys across India in aid of brain tumour patients

In January 2016, Ben King and Reena Nathwini teamed up with 'The Adventurists', a company that specialises in overseas fundraising challenges, to raise money for research into brain tumours at the Queen Elizabeth Hospital Birmingham.

The thrill-seeking duo embarked upon a 'Rickshaw Run' on 29 December in Cochin, South India, and then travelled non-stop covering 2,175 miles from their starting point to reach the finish line on 14 January in Jaisalmer, Rajasthan.



The duo raised an incredible £3,723.46 for the Giles' Trust.

Sian Averill, Fundraising Officer at QEHB Charity, said: "The 'Rickshaw Run' is an incredibly challenging event to take part in; on behalf of QEHB Charity, I would like to thank Ben and Reena for their hard work and dedication in fundraising for the Giles' Trust."



83 year-old completes daring abseil in aid of cancer patients



Michael Richardson, an 83-year-old from Rubery, raised £3,032.39 for QEHB Charity after taking part in an abseil in September 2015.

The artist and novelist decided to take part in the event, despite having a profound fear of heights, during a battle with bowel cancer that resulted in surgery in April of 2015 and chemotherapy between June and December.

Justine Davy, Head of Fundraising at QEHB Charity, said: "Michael's fundraising has been amazing; taking part in an abseil just months after intensive surgery is remarkable, and the amount raised for QEHB Charity shows just how much people have valued Michael's efforts."

Scuba team raises thousands for Fisher House

Ray Kirton has organised annual swimming events for the last two years in aid of Fisher House. 2015's event was a huge success, with members of Ray's scuba team swimming over 1,782 lengths (over 27 miles). As well as this, the group traded water for land in December of 2015, holding a fundraising evening at the Royal Pug Pub, Leamington Spa: the evening consisted of a talk from Forever Living and raffle with 32 prizes.

The events raised an amazing £2,000 for Fisher House, the 'home away from home' for military patients on their families.

Huge thanks also goes to...

- Cancer Services Team
- David Austin Roses
- Gavin Sandford
- Henry Wong
- Joan Kinahan
- Julie Bushell
- Marco Pierre White Birmingham
- Mazars
- Nigel Tinsley
- Sainsburys Northfield
- The Malvern Quilters
- Tony Fox and family
- Ward 621
- Weightmans Solicitors

Sian Averill, Fundraising Officer at QEHB Charity, said: "The dedication of Ray and his scuba team, is incredibly moving. On behalf of the charity, I want to congratulate and thank the group for all of their efforts."



HENRY WONG

H A R B O R N E



A HOME AWAY FROM HOME FOR MILITARY PATIENTS AND THEIR FAMILIES

A la Carte Cantonese

HENRY WONG HARBORNE ANNOUNCES FISHER HOUSE AS OUR CHARITY OF THE YEAR



'WE INVITE YOU TO HAVE A DRINK ON US TO CELEBRATE WHEN YOU DINE AT HENRY WONG'
COMPLIMENTARY GLASS OF CHAMPAGNE PER PERSON WHEN QUOTING FISHER HOUSE 2016
OFFER EXPIRES 31ST MAY 2016

LUNCH: DAILY: 12PM-2PM
DINNER: MONDAY - SATURDAY: 6PM-11PM
(SUNDAY CLOSED)

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