

# love qehb

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity

*Fisher House receives a royal visit!*



Photo © QEHB Charity

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

Thank you!



Welcome to our first charity newsletter of 2015, jam packed with exciting fundraising events, fantastic charity champs, a brand new appeal and a very special Royal visit (turn to page 4 to see more from HRH Prince Harry!)

We are very excited to announce our new partnership with the Birmingham Mail, which will see 1,000 runners taking part in the brand new Birmingham 10k in support of the hospital. Turn to pages 10 and 11 to find out how you can represent your city and join 'Team Birmingham' today.

As well as the exciting 10K which is new to the city, this year also sees the launch of our 'My Life Stories' appeal which will support dementia patients on the hospital's elderly care wards. We need your support to raise £150,000 to bring specialist equipment to the hospital, which will benefit patients and their families. Take a look at page 15 to find out more.

As always, we want to show you how the charity is funding things that the NHS can't pay for. Please take a look at pages 6 and 7 to see exactly where your money has been spent and how it is making a difference.

We have so many wonderful charity champs who constantly amaze and inspire us! Take a look at our choc-a-bloc charity champ spreads and turn to pages 18 and 19 for news about our very special junior champs, who are helping support children with cancer.

Remember, we love hearing from you! If you have raised money for QEHB Charity, or are interested in doing so, please let us know by emailing [Charities@uhb.nhs.uk](mailto:Charities@uhb.nhs.uk).

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

A handwritten signature in black ink that reads "Mike".

**Mike Hammond**  
Chief Executive, QEHB Charity

# What we do at QEHB Charity

Together with your help we are making a huge difference to our remarkable patients and their families, as well as the wonderful staff who care for them, by providing facilities that go above and beyond that which is provided by the NHS. We do this by spending funding on...

**Cutting edge equipment**, like the cancer-busting radiotherapy machine CyberKnife, which is helping patients access new treatments earlier.

**Research projects**, including finding ways to increase the success rate of organ transplants.

**Facilities like Fisher House**, a 'home away from home' for military patients and their families.

**Added extras**, like a teacher, pizza nights, X-box games and DVDs for **young people with cancer**.



# Dates for your diary



## Bone-Shaker Marrow-Thon

Sunday April 19th 2015



Join this 35 mile motorbike ride from QEHB to the Queen's Hospital in Burton-on-Trent and help raise funds for research against blood cancers. After the ride will be a family fun day and entertainment, with refreshments at the National Brewery Centre in Burton Upon Trent. There will be a marquee, café, bars, restaurant and discounted access to the museum.

For more information or to take part please contact [Laura.Power@uhb.nhs.uk](mailto:Laura.Power@uhb.nhs.uk) or call 0121 371 4852.

## Abseil

September 2015, Broad street, Birmingham

Take part in an adrenaline-pumping event this September and join QEHB Charity's abseil down the Hampton by Hilton in Birmingham.

For more information please contact [Charities@uhb.nhs.uk](mailto:Charities@uhb.nhs.uk) or call 0121 371 4852.

## Five soldiers theatre production

23rd – 25th April, Birmingham Repertory Theatre

Support Fisher House by attending '5 soldiers', A visceral 'tour de force' of the senses that provides an intimate view of the training that prepares soldiers for the sheer physicality of combat, for the possibility of injury and the impact conflict has on the bodies and minds of everyone it reaches.

Tickets cost £20 and doors open at 7.30pm. To book your place please visit [www.birmingham-rep.co.uk/event/5-soldiers/](http://www.birmingham-rep.co.uk/event/5-soldiers/)



## Half Marathon



18th October, Birmingham City Centre

The Morrisons Great Birmingham Run is a great way to feel good about yourself and give your health a boost. Thousands take part each year, battling the 13.1 mile course around the city's landmarks in aid of their favourite charity.

If you become one of our runners you can choose to help any of our patient groups or appeals, including children with cancer, military casualties and those battling rare diseases.

Book your place by visiting [www.qehb.org/events](http://www.qehb.org/events)

## PUB QUIZ

21st April, 2nd June, 14th July

8pm, The Plough, Harborne, High Street

The Plough Harborne is holding a quiz night in support of young people with cancer at the Queen Elizabeth Hospital Birmingham.

Come a long from 8pm and show your support and remember to bring the friends with the biggest brains!

Plus, if you're an NHS staff member you can enjoy a 10% discount on production of your ID badge.

The  
**PLOUGH**

— HARBORNE —

Est. 2001

## Morrisons Great Birmingham 10k

3rd May, Birmingham city centre

QEHB Charity has joined forces with the Birmingham Mail to raise £60,000 for the hospital, by entering a team to the brand new Great Birmingham 10k.

To represent Birmingham and help raise money for an appeal of your choice, join 'Team Birmingham' by visiting the Great Run website, [www.greatrun.org/great-birmingham-10k](http://www.greatrun.org/great-birmingham-10k), or contact [Charities@uhb.nhs.uk](mailto:Charities@uhb.nhs.uk) for more information.

## Aegon classic Tennis Day

15th June, Edgbaston Priory Club



Join QEHB Charity for a fantastic day of tennis, on the first day of the Aegon Classic, and see some of the world's most famous tennis players take to the court in the most celebrated lead up to Wimbledon!

Discounted from £10, we're offering Upper Tier seating for just £7 a ticket. To join us. To join us and secure your goody-bag, visit [www.qehb.org/events](http://www.qehb.org/events) All monies raised by the event will be donated to QEHB Charity.

### Psssttt!

When buying your tickets you will also be automatically entered into a prize draw for two 'Behind The Scenes' guided tour tickets to see the player's lounge and restaurant area, media centre and tournament offices. For more information or a list of terms and conditions

please contact [Justine.Davy@uhb.nhs.uk](mailto:Justine.Davy@uhb.nhs.uk)



# Fisher House receives a Royal visit



In January Fisher House, a 'home away from home' for military patients and their families, received a very special visit from His Royal Highness Prince Harry.

"We were delighted to welcome Prince Harry to Fisher House," said Mike Hammond, Chief Executive at QEHB Charity, which runs Fisher House.

"He spent a long time talking to the families at Fisher House and we were very honoured to have him visit us."

Fisher House offers free accommodation to military patients and their families whilst their loved one is being cared for at the Queen Elizabeth Hospital Birmingham.

The house is funded entirely by charitable donations and although families stay at

the house for free, it costs **the charity** £25 per night to accommodate them.

**To support a family at a time when they need it most, please donate today. Visit [www.fisherhouseuk.org](http://www.fisherhouseuk.org) or call 0121 371 4852.**

**Why not take part in one of our events and help fundraise for Fisher House?**



## Night for the Brave

Help raise vital funds for Fisher House by joining us for a night of entertainment on 25th April.

Kicking off at 7pm at Tally Ho, Pershore Road, Birmingham, the event will play host to a variety of exciting entertainment, including Tribute Acts for Michael Bublé, Queen and the Blues Brothers, as well as performances from a magician.

Tickets cost £10 and all proceeds from the event will be donated to Fisher House and the Royal British Legion.

**To book your place, visit [www.qehb.org/shop](http://www.qehb.org/shop)**

## Family Fun Day

Join QEHB Charity in celebrating Her Majesty's Armed Forces at a special family fun day this summer, with a T20 cricket match between the Warwickshire Legends and the UK Armed Forces Cricket Team.

Taking place on 16th May at Warwickshire County Cricket Club, the free event will include a variety of entertainment and fun for all of the family.

In a spectacular show, the Red Devils will parachute into a 40ft army assault course, whilst craft-lovers and foodies can enjoy browsing the different stalls.

**The event is FREE for adults and children.**

**To book your place, please visit [www.edgbaston.eventbrite.co.uk](http://www.edgbaston.eventbrite.co.uk)**

# 5 minutes with...

**Roger Raybould**

**Grandfather, aerobatics pilot and long-term QEHB Charity volunteer**



## **How long have you been a QEHB Charity volunteer?**

I have volunteered for QEHB Charity for around five years now. I'm also a welcomer for the voluntary services at the hospital, which I really enjoy.

## **What drew you to volunteering at QEHB Charity?**

Sadly my wife passed away six years ago. We spent our lives together and were married for 44 years. After she died I decided to put my time to good use and give something back to the staff who cared so well for her. Whilst I am fit and able, I want to help improve care at the hospital by supporting the charity in whatever way I can.

## **What do you love most about volunteering?**

It's definitely the 'feel-good-factor'! Being able to help people is what makes it all worth it. I've met some wonderful people along the way, and I've even had two marriage proposals! People like to be met with a happy attitude and I think my whacky sense of humour really helps get the conversation going.

## **What has been your favourite QEHB Charity event so far?**

My favourite event that I've volunteered at definitely has to be the Birmingham half

marathon. I was helping out at the charity stand a few years ago but I couldn't cross the road to get to the other volunteers. I ended up joining in the half marathon, running up the road for about quarter of a mile and then crossing over and running back down to meet the guys at the charity stand! I was thrilled to be able to say I took part in the half marathon!

## **What do you do in your spare time?**

I am lucky enough to have been blessed with two beautiful grand-daughters and two lovely grandsons, so I spend a lot of time with them. I also enjoy badminton and am now a level 1 coach at a club in Bromsgrove. Two years ago I also began taking weekly art classes at the MAC (Midlands Art Centre) Birmingham, which I really enjoy. I'm now a commercial artist having sold one of my paintings for 50p!

## **What is your dream holiday destination?**

I'd love to take my family somewhere warm with gorgeous scenery. We could swim with dolphins, explore the area and take part in loads of different activities.

## **What is your favourite book?**

I love 'The Count of Monte Cristo' by Alexandre Dumas.

## **Do you have a favourite film?**

Shawshank Redemption is incredible; I could watch it over and over again!

## **What would it surprise people to know about you?**

I think it would surprise people to know just how varied my life has been. For example, not many people know how much I love to take part in extreme sports. I love skiing! Once, as a beginner on a trip in France, I got caught in a snow storm and accidentally skied down a black run meant for professionals! Four years ago when I was 69, I also piloted a WW2 bi-plane doing all sorts of aerobatics, which was great fun!

## **What would you do if you won the lottery?**

First and foremost I would look after my family. If it was a big win, I'd donate a large percentage to QEHB Charity, because I think it is a great local cause that is worth everyone's support. The hospital is a fantastic facility and the staff really go the extra mile to give patients the best possible care. The charity goes that one step further by providing those added extras, like pizza nights for teenagers with cancer and slippers for patients in elderly care, that make all the difference.

## **What have you learnt from volunteering at QEHB Charity?**

So much! 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.

## **What would you say to anyone who is thinking about becoming a QEHB Charity volunteer?**

Do it! You won't look back. I lost the love of my life and found myself in limbo. I needed to focus on something and motivate myself to make the most of the life I had been given. QEHB Charity gave me that motivation and gave me back my self-esteem. Volunteering for QEHB Charity teaches you so much about yourself and offers you the chance to experience new challenges and meet new people, all whilst helping a local cause that improves the lives of real people. I would encourage everyone to try it; you could find it very rewarding.

**Psssst...**

**Did you know we are now on social media?**

**Never miss a thing!**

Follow us on Twitter and like us on Facebook for photos, shout outs and competitions!



[facebook.com/qehbcharity](https://facebook.com/qehbcharity)



[twitter.com/@qehbcharity](https://twitter.com/@qehbcharity)



[www.youtube.com/user/qehbcharity](https://www.youtube.com/user/qehbcharity)



[www.linkedin.com/company/queen-elizabeth-hospital-birmingham-charity](https://www.linkedin.com/company/queen-elizabeth-hospital-birmingham-charity)

Get involved and help us spread the word for better care - we need you!

# Thanks to **YOU** we are making a **BIG** difference to patients and their families...



Will you continue support us? To donate £3 text 'HOSP01 £3' to 70070

# Where your money has been spent

**With your donations we have been able to bring a brand new pager system to the QE, allowing patients more freedom and independence as they wait for their appointments.**

The 'QuietCall IQ patient pagers' have been introduced to allow patients to move away from waiting rooms if clinics are late or doctors are called to an emergency.

Patient pagers are handed out by reception staff and buzz



Ward Manager Andrea Fernyhough with the new pagers

five minutes before the patients are needed for their appointment, giving them time to get back.

Patrick Moore, QE GP Services Manager, said: "Sometimes waiting times are unavoidable so being able to free patients from waiting rooms to relax over a tea or coffee improves their experience during their visit."

**Thanks to you, we have also been able to fund ground-breaking research that teaches breast cancer patients to 'breath-hold' for over five minutes, reducing the risk of damage to healthy tissues.**

When patients breathe during radiotherapy treatment their chest moves, creating the risk of damaging healthy tissue and organs, such as the heart or lungs.

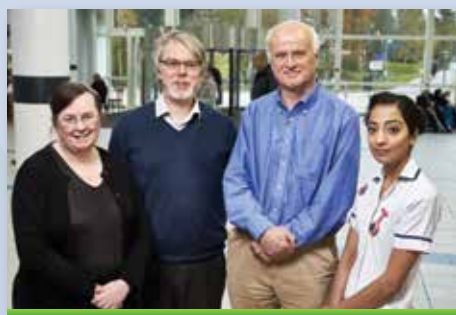
Dr Michael Parkes, of the School of Sport and Exercise Science at the

University of Birmingham, explained: "The trial involves patients breathing special air mixtures through a facemask and being trained to be ventilated and then hold their breath for much longer than is usually possible. Our results show patients are able to breath-hold for an average of five and a half minutes."



**Your donations have also helped us, in partnership with head and neck charity Get A-Head, bring a new 3D printer to the Maxillofacial department of the QE hospital, to treat patients undergoing reconstructive surgery.**

The 3D printer will **greatly improve the hospital experience** for patients by creating a faster turnaround to reduce theatre and waiting times.



Andrea Stevens, Stuart Green, Michael Parkes, Sofia Parveen

Mike Hammond, QEHB Charity Chief Executive, said: "We are pleased to be able to bring this much needed machine to the hospital.

"I'd like to thank everyone who donated to QEHB Charity and Get-A-Head, with special thanks to patient Peter McNeil, who's company donated £45,000 as a thank you to surgeons for looking after Peter."

**To continue to support added extras for patients and help make a real difference, please visit [www.qehb.org](http://www.qehb.org) or call 0121 371 4852.**

## DID YOU KNOW?

**By donating to QEHB Charity, you can support many different causes locally, and decide exactly where your money is spent.**

Whether you'd like to support a specific ward, department or QEHB Charity appeal, we can help you make sure your donation is spent exactly as you wish.

The charity has different funds for all the major areas of the hospital, as well as varied and targeted appeals, allowing you to choose exactly where your donation will go.

For more information about our appeals, please visit [www.qehb.org/appeals](http://www.qehb.org/appeals) or call 0121 371 4852.

## FIND OUT MORE

**You can support us within your local community**

Strapped for cash? Whilst donations are vital to transforming the lives of patients at the hospital, there are plenty of other ways you can get involved too!

Why not follow us on social media and help spread the word - @QEHBCharity and facebook.com/QEHBCharity - or nominate us to become 'charity of the year' at your local group, club, school or company? The most common opportunities include schemes at your local supermarket or bank.

# Charity Champs



## Local business supports Fisher House

West Midlands based company JVM Castings has generously donated £10,000 to three QEHB Charity appeals.

The kind-hearted company donated £5,000 to sponsor a room in Fisher House, a 'home away from home' for military patients and their families, as well as donating £2,500 to QEHB Charity's children's leukaemia fund and £2,500 to the pancreatic cancer fund, both of which are causes close to JVM Tooling Director Karl Murcott's heart.

He explained: "QEHB Charity is a great local cause and one we are delighted to support, now and in the future. As Worcester is our largest branch we have decided to name our sponsored room at Fisher House the 'Worcester' room."



## Extreme fitness challenge raises hundreds for patients

QE Physiotherapists Rhy Thomas and Jon Weblin raised hundreds for Fisher House and QEHB Charity, by organising a gruelling fitness challenge.

The 'Lift for Heroes' challenge involved collectively lifting 287 tonnes; the approximate combined weight of the vehicles involved in transporting

injured military personnel from Camp Bastion to the QE Hospital.

The challenge took place in the hospital Atrium in November 2014, and raised over £430 for Fisher House, a 'home away from home' for military patients and their families, and the physiotherapy department at the QE.

## Son of liver patient raises thousands

The son of a liver transplant patient raised over £4,000 for QEHB Charity's liver foundation, by tackling an enduring cycle challenge.

Jam Price rode a set of rollers for eight hours without a break, at Worcester Cycle Centre to raise money for the Liver Unit at the Queen Elizabeth Hospital Birmingham where his father was treated.

His father, Roy Price, underwent two liver transplants and a kidney transplant at the QE, which saved his life.

Inspired by his father's achievements since recovering from surgery, Jam decided to support other patients like him.

He explained: "Rollers are a type of indoor training apparatus, where



the rider must keep their own balance.

"Unlike a static bike, which holds you up, in order to remain upright on the rollers I had to use strength from my back, hips, shoulders and arms.

"Cycling for eight hours was tough, but it was definitely worth it in the end. It was fantastic to donate so much money, and I'm delighted to have exceeded my target of £500."



## Charitable five year old raises funds in memory of Dad



Kind-hearted son, Harry Deo, has helped to raise thousands in memory of his doting father Satvinder, who sadly passed away after losing his battle with Liver Cancer shortly after the birth of his baby daughter, Annie. The charitable five year old has

helped raise an impressive £1,320 for QEHB Charity's Liver Foundation, and Harry and his mum, Kash Deo, are also holding a family fun day on 29th March 2015, which will take place from 11am-3pm at Asprey Arena, Noose Lane, Willenhall, WV13 3BB.

## Uncle and friends smash £10,000 target



First-time biker David Brenton and his friends raised over £6,000 for the QE Fighting Skin Cancer fund by organising a motor-bike ride, after his nephew Brandon was sadly diagnosed with stage 4 terminal Melanoma cancer.

Since he passed away, David has continued to support QEHB Charity and has this year reached his target of raising £10,000 in Brandon's memory.

Laura Power, Fundraising Officer at QEHB Charity, said: "We are incredibly humbled by David's fundraising and would like to thank him, and everyone else involved, for their consistent and valuable support."

"It is touching that Brandon's family and friends have joined together to do something fantastic in his memory."

## Birmingham Irish Cycle Appeal



The Birmingham Irish Cycle appeal raised over £20,000 for the VIP Treatment Appeal by cycling over 550km around the Island of Cyprus in October.

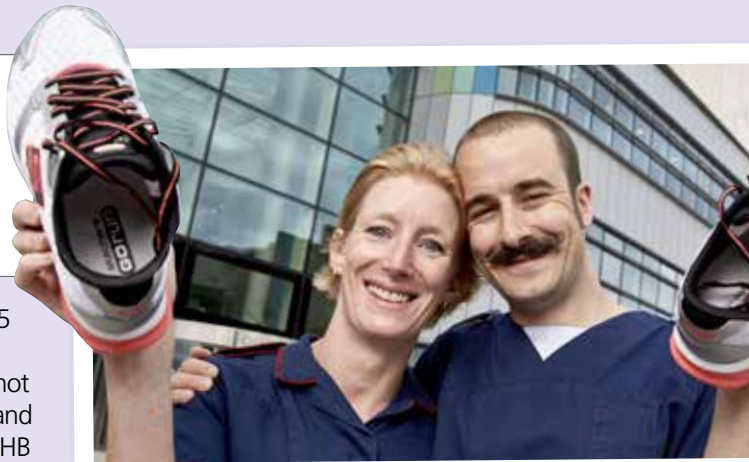
The cycle began on 11th October and lasted for five days, and included a climb of the Troodos mountains which stretch 6500ft.

Sian Averill, Fundraising Officer at QEHB Charity, said: "We are incredibly grateful to the Birmingham Irish Cycle Appeal for their hard work and fantastic fundraising."

"The money they have raised has given our VIP Treatment a great boost, which means that children with cancer can receive improved care at the hospital."

**How have you been supporting patients? Let us know!**

# Join 'Team Birmingham' and run the new Birmingham 10K for QEHB Charity



Perhaps one of your resolutions for 2015 is to lose weight, get fit and make a difference for a local cause? Then why not join 'Team Birmingham' and run the brand new Morrisons Birmingham 10K for QEHB Charity!

**We've teamed up with the Birmingham Mail to raise £60,000 by entering a team in the Great Birmingham 10K run.**

Taking place in the City Centre on 3rd May, the 6.2 mile event is a great distance for both new and experienced runners, and offers you the chance to represent Birmingham at its first ever Great Birmingham 10K, whilst raising money for an appeal of your choice.

Fun-runners and elite athletes are welcome to the new course which takes in several of the city's landmarks, and can enjoy meeting friends in the event village in Centenary Square at the end of the run.

Runners will start in 'musical waves' and there will also be a 'walking wave' for those who would rather walk the route. In each of the musical waves tunes from the 1970s, 80s, 90s and the 00s will blare out from loudspeakers and entrants can pick which pop decade they would like to start in.

Children are also invited to take part. There will be Junior and Mini Runs of shorter distances, which are open to children aged 3 years and up.

*QE staff Kate Mansbridge and John Molesworth ran the half marathon in 2014*



*New 10k Course Map*



*Beth Platts, Mark Robins ran marathons for QEHB charity*

# Birmingham' Birmingham 10K



...son, Louise Carroll and Karl Hinett. Karl has run over 128  
...arity

## New to running? Don't sweat it

As part of our partnership with the Birmingham Mail, we've also teamed up with Riggs Fitness in Moseley, which will help runners train for the event by offering tips and advice to get you ready for the race.



Sam Smith owner of Riggs Fitness in Moseley



Chris Williams

Liver transplant patient Chris Williams raised over £7,500 for QEHB Charity by climbing Mount Snowdon after cycling 70 miles from Shrewsbury to Snowdon. "If I can do that," he said, "then anyone can run six miles!"

"I know from first-hand experience that every penny of your sponsorship money will go straight back to the QE into equipment and care for patients.

"I'm encouraging everyone to join the 10K! I would never have dreamed I could cycle 70 miles, but it's all about setting yourself a goal and it's for such a good cause; **without the QE I wouldn't be here today.**"

**If you would like to represent Birmingham in the new Great Birmingham 10K whilst raising funds for the Queen Elizabeth Hospital Birmingham, join 'Team Birmingham' today by visiting [www.greatrun.org/great-birmingham-10k](http://www.greatrun.org/great-birmingham-10k), or for more information please call to Laura Power on 0121 371 4852.**

## Tackle a bigger challenge and run the half marathon!

For a bigger challenge, why not join QEHB Charity at the Morrisons Great Birmingham Run?

The 13.1 mile challenge is the leading half marathon in the Midlands, attracting thousands of runners every year.

**If you become one of our runners you can choose to help any of our patient groups or appeals, including children with cancer, military casualties and those battling rare diseases.**

The run will take place on Sunday 18th October in Birmingham City Centre. **To book your place please visit [www.qehb.org/events](http://www.qehb.org/events)**

# Junior Charity Champs



## Thank you for taking part in our VIP Day!

On Friday 13th February schools from across the region took part in our 'VIP Day' to help raise money for children with cancer.

Children and staff dressed up as their interpretation of a VIP and donated £1 to our £250,000 VIP Treatment appeal. For some, this was someone famous, for others a person in history and for many, this was a family member.

Cape Primary School raised over £600 with the help of children and staff. Teacher, Sally Baker, said: "A great day was had by all! The children dressed up as VIPs including the Queen, princesses, Spiderman, teachers and the most important VIPs of all - mums and dads!"

"The staff decided to take on an additional challenge and cycled the distance between Birmingham QE and Great Ormond Street in London. Teachers took it in turns throughout the day to jump on the exercise bikes and cycle for 10 minutes each. I took the final shift as the children were leaving at the end of the day."

Sian Averill, Fundraising Officer at QEHB Charity, said: "We are delighted that so many people took part in our VIP Day and would like to thank all the staff and wonderful children for being so generous and supportive of our appeal to help children with cancer."



93rd Brownies and 2nd Rednal Rainbows

### Special thanks to...

Banners Gate Primary School  
93rd Birmingham Brownies  
172nd Birmingham Rainbows  
Blakesley Hall Primary School (Year 2)  
Cape Primary School  
Four Dwellings Primary Academy Holy Family Primary School  
King Rise Academy  
Reaside Academy  
2nd Rednal Rainbows  
St Augustine's Primary School  
St Brigid's Catholic Primary School  
St Chad's Primary School



Students from St Brigid's Catholic Primary School



Students from King Rise Academy



# About our VIP Treatment appeal



New waiting area - VIP Treatment Appeal



We want to transform part of the Radiotherapy department into a child-orientated environment to make coming to the QE a more pleasant and calming experience for our young patients with cancer.

The treatment is a daunting experience for anybody, but it is especially intimidating for children who are more used to the bright interiors of children's hospitals.

**The new space will be light, bright and welcoming with toys and games to take their minds off the treatment ahead. We will also give every child a toy after completing their treatment to mark their incredible bravery.**

**If you've been inspired to help support children with cancer please visit [www.qehb.org](http://www.qehb.org) or contact [Sian.Averill@uhb.nhs.uk](mailto:Sian.Averill@uhb.nhs.uk) and find out how you can get involved!**

## Would you like to be a junior charity champ?

**GET INVOLVED**

If you are a school, club or just a group of friends who would like to help support our young patients with cancer, we'd love to hear from you!

Are you a charitable individual with a desire to make change? Why not organise a fancy dress day at your school, suggest a fundraising talent show or hold a cake sale?

For help with arranging an event please ask an adult to contact us, we'd love to support you! Email [Sian.Averill@uhb.nhs.uk](mailto:Sian.Averill@uhb.nhs.uk) or call 0121 371 4852.



Students from King Rise Academy



**Already raised money for QEHB Charity?**

Great work! Your donations make a huge difference to our patients and how we can support them. If you haven't already, be sure to let us know what your fundraising involved! All photos and information can be sent to [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk)

# Challenge events

## Are you up to the challenge?

Are you an adrenaline junkie? Do you relish a challenge? Are you looking for new and exciting ways to raise money for patients at the QE? Then why not take part in one of our new challenge events and get ready to experience something incredible!

## Overseas events



If you're after a once in a lifetime opportunity that gives you the chance to experience new and exciting things whilst raising money for an appeal of your choice, why not take part in a challenge event abroad? Cycle from London to Paris, climb Kilimanjaro or trek the Sahara Desert and help raise vital funds for patients and staff at the QE.

## Do summit rewarding for the QE Hospital Birmingham

For the first time ever, we are joining forces with **three other hospital trusts in Birmingham** to take our fundraising to new heights.

The **Birmingham Hospitals' Snowdon Challenge** will see QEHB Charity, Birmingham Children's Hospital, Birmingham Women's Hospital and the Heart of England NHS Foundation Trust come together to take on **the largest mountain in England and Wales** – Mount Snowdon.

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 £30 for adults and £15 for children and includes travel to and from Birmingham and lunch.

**If you would like to join our Snowdon team please visit [www.birminghamhospitals.org](http://www.birminghamhospitals.org) and click QE Hospital, or call 0121 371 4852.**

## Trek a challenging 100km through the awe-inspiring Sahara Desert



From a flat desert floor scattered with ancient fossils to perfect wind-blown sand dunes, and salt pans creating strange mirages, trekking the Sahara for QEHB Charity is a once in a lifetime opportunity!

There is a choice of dates available throughout the year and a minimum sponsorship of £2,300 or £2,400, depending on the date you choose to take part.

## Wing walk and skydive

It doesn't get much crazier than leaping from the skies, or standing on the wings of a plane in flight! Why not amaze your friends and family with an extreme feat of bravery in 2015 and take part in one of our wing walks or skydives?



A £30 deposit gets you a place on one of our jumps, followed by a minimum of £300 in sponsorship. For the wing walk, book your place with a £50 deposit and raise a minimum of £1,000 for QEHB Charity.

Wing walkers must be between 18 and 65 years old, and must be between 5 and 6ft tall (1.52 – 1.83m). The maximum weight to take part is 12 stone 2lbs (77kg).

**For more information or to book your place please contact [Laura.Power@uhb.nhs.uk](mailto:Laura.Power@uhb.nhs.uk) or call 0121 371 4852.**



## London to Paris bike ride



2nd Sept 2015



Why not take part in one of the greatest cycle experiences in Europe and cycle from London to Paris to raise money for patients at the hospital?

The challenge gives you the chance to pass through picturesque countryside, small villages and medieval market towns of Northern France, as well as visiting the famous Eiffel Tower.

**To take part in a challenge event this year, simply sign up online by visiting [www.qehb.org/events](http://www.qehb.org/events), or email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) for more information.**

## Want to organise your own event?

**We know that your imagination and creativity is boundless and we'd like to support you if you'd like to organise your own fundraising event. Email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) and fill us in on your fundraising dreams.**

**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](mailto:charities@uhb.nhs.uk)**

# New charity appeal to support elderly care



Darren Pratley – Elderly care activity co-ordinator and patient, Victor Eric – using one of the activities on the system

We've launched an exciting new £150,000 appeal to purchase more 'My Dementia Improvement Systems' for the elderly care wards at the Queen Elizabeth Hospital Birmingham.

Darren Pratley, Elderly Care Activity Co-ordinator at the QE, said: "This specialist software will help staff to learn more about patients' interests, hobbies, likes and dislikes, **allowing them to strike up engaging conversations.**"

"It also **helps to provide a point of concentration**, which can be a positive tool when a patient with dementia has challenging behaviour."

Laura Power, Fundraising Officer at QEHB Charity, said: "**This is a wonderful opportunity for people to get behind a local appeal that makes a difference to real people, at a time when it is most needed.**"

"We hope as many people as possible recognise the chance to make a real difference and show their support for elderly patients at their local hospital."

**DONATE**

Please donate today by visiting [www.qehb.org](http://www.qehb.org), or contact [Laura.Power@uhb.nhs.uk](mailto:Laura.Power@uhb.nhs.uk) for more information.

## Invasive brain surgery could soon be a thing of the past, thanks to your donations!

With **your** help, we have managed to raise £200,000 of our £250,000 Brain Surgery appeal.

Thanks to your generosity, the Queen Elizabeth Hospital Birmingham is the **only** hospital in the UK to offer this **level of sophistication** in the endoscopic endonasal technique on the NHS.

This technique involves using the nostrils as 'key holes' to surgically remove tumours and malformations in the brain; **a much less invasive experience than undergoing a frightening craniotomy.**

Everyone who has made a donation to our appeal has allowed patients to undergo the minimally invasive

treatment, meaning they suffer less external damage and that their recovery period is much quicker.

Deb Grant, a patient of QE Neurosurgeon Dr Alessandro Paluzzi, together with husband Steve, has raised hundreds of pounds for our Brain Surgery Appeal.

Deb age 44, said: "I was operated on by Dr Paluzzi in July 2014 when he clipped an aneurysm in my brain."

"We are keen to support the fantastic work he does at the QE and are delighted to be able to donate £970 to QEHB Charity's appeal, which was raised when Steve and our son ran the Worcester 10K."



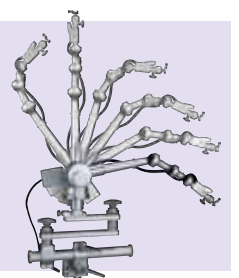
75 year old Maureen Lansdale underwent endoscopic surgery at the QE to remove a vascular malformation, and returned home after just one week in hospital.

**We still need you!**

With £50,000 still to raise **your donations are more important than ever!** Please help us purchase three new pieces of state of the art kit that will reduce waiting times and enable even more patients to access the minimally invasive surgery, by donating today.

To donate please visit [www.qehb.org](http://www.qehb.org) or contact 0121 371 4852 or text 'HOSP01 £3' to 70070. For more information please email [Michael.Tivey@uhb.nhs.uk](mailto:Michael.Tivey@uhb.nhs.uk).

**QEHB Charity are bringing the most advanced brain surgery machines to Birmingham in the fight against brain tumours and cancers.**





# The 'Fox Machine' in memory of loving wife and remarkable patient, Ann Fox

**A machine that is being brought to the Liver department at the Queen Elizabeth Hospital Birmingham is to be renamed the 'Fox machine' in memory of Ann Fox, a patient and fundraiser who sadly passed away just days after her fundraising event.**

The QEHB Charity funded Normothermic Regional Perfusion machine (NRP), which will be renamed the 'Fox machine', keeps the liver, pancreas and kidneys perfused with the donors' own oxygenated blood after circulatory death. **This means the organs are healthier and less likely to be damaged than with conventional retrieval after circulatory standstill, increasing the number of potential organ donors and improving the likelihood of a successful transplant.**

Ann was diagnosed with the progressive disease 'Autoimmune Hepatitis' over twenty years ago. In April 2014, she underwent a liver transplant at the Queen Elizabeth Hospital Birmingham.



To thank staff at the QE for her care Ann and her husband, Tony, organised a glamorous ball to raise money for QEHB Charity's Liver Foundation.

Sadly, Ann was at the QE at the time of the ball, which took place in their hometown at the Isle of Man in November, and tragically died just a few days after.

Tony, along with his two children and grandchildren, met QEHB Charity's Fundraising Officer Abi Cligg and staff from the Liver department at the hospital to present a cheque for **£25,000**.

Tony said: "Following serious illness and a subsequent liver transplant, Ann wanted to give something back in appreciation of the skilful care and consideration offered to her by staff at the Queen Elizabeth Hospital Birmingham.

"Ann was a wonderful woman and we are all deeply touched, as I know she would be, by the generosity you have shown in naming this machine in her memory. **Her legacy will live on in the long and fulfilling lives of those she has been able to help.**

"To all of the staff at the QE we must express sincere gratitude. You gave Ann back to us with hope. **Although the time wasn't plentiful, it was cherished, and for that we will each be eternally grateful.**"

Mr Thamara Perera, a consultant liver transplant surgeon at the QE, commented: "Ann was a remarkable woman and it is a real honour to be able to name this machine, which will help thousands of patients in future, after her."

Abi Cligg, Fundraising Officer at QEHB Charity, added: "It was a great joy to meet Tony and his family at the hospital, and we are incredibly touched and humbled by Ann and Tony's generous donation."

## PATIENT SAYS 'THANKS FOR SAVING MY LIFE'

Paul Cunningham, a 62 year old from Bristol, has donated a staggering **£15,000** to QEHB Charity's Liver Foundation.

The domestic appliance retailer recommended fundraising for QEHB Charity to members of the Sirius Buying Group, of which he is also a member, after undergoing a liver transplant in March last year.

He said: "As members of the Sirius Buying Group we regularly support charities. **I knew I wanted to support QEHB Charity's Liver Foundation - the care I received whilst in hospital was phenomenal. I knew I needed to find a way to say thank you to the doctors who are all, quite simply, miracle workers.**"

The charitable group organised a dinner and auction where appliances were auctioned off to over 250 members who attended the dinner. Special items included wine tasting, a signed England football shirt and tickets to a yacht boat show.

Abi Cligg, Fundraising Officer at QEHB Charity, said: "We are delighted to see Paul has made such a healthy recovery, and would like to say a huge thank you to everyone involved in raising such a wonderful amount."

**We need your help** to continue supporting patients, nurses and doctors at the hospital's liver department. Please donate to our Liver Foundation by visiting [www.liverfoundation.org.uk](http://www.liverfoundation.org.uk)





# QEHB Charity – Help us give cancer the boot

Thanks to you, we've been able to make a huge difference to the thousands of patients at the Queen Elizabeth Hospital Birmingham who have been diagnosed with cancer.

**Thank you for helping us bring two of the world's most advanced radiotherapy machines – CyberKnife and TomoTherapy – to the hospital. Now, we need you to get behind our targeted appeals and help us support more people with cancer.**

## Time is of the essence for patients with cancer

Did you know it can take 15 years from when a new drug is discovered in the lab before a doctor can prescribe it? We're working with Get A-Head and the University of Birmingham to bring patients new drugs in as little as 18 months.

Our £1 million appeal will fund a new Accelerated Cancer Drug treatment program for the next five years. **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.**

**DONATE**

Please help us discover new drugs to treat cancer by donating at [www.qecancerappeal.org](http://www.qecancerappeal.org) or calling 0121 371 4852.

## We're CIIC-ing cancer where it hurts



A team of scientists from the University of Birmingham and cancer doctors from the QE have joined forces to **harness the power of the immune system** in fighting cancer.

**DONATE**

To help them develop their research and investigate the immune system's ability to fight cancer better, please donate by texting CIIC99 £3 to 70070, or visiting [www.justgiving.com/TeamCIIC](http://www.justgiving.com/TeamCIIC)

For more information call 0121 371 4852.

## Ladies Fighting Breast Cancer

We've joined forces with Ladies Fighting Breast Cancer to raise £1 million to bring screening and treatment services together in a **fantastic new environment** at the hospital.

**DONATE**

To make a donation or for more information please contact 0121 371 4852 or visit [www.qehb.org/lfbcb](http://www.qehb.org/lfbcb)

## Help us fight skin cancer

**DONATE**



We want to raise awareness of malignant melanoma (skin cancer), the fifth most common cancer in the UK, and fund research into new treatments for patients. Please help us get there by texting CNCR01 £3 to 70070, or visit [www.qehb.org/skin](http://www.qehb.org/skin)

# Karen's Home from Home comes to Birmingham

QEHB Charity has teamed up with the Karen Morris Memorial Trust to bring Karen's Home from Home to the Queen Elizabeth Hospital Birmingham.



The two en-suite bedroom facility offers **free accommodation to the families of leukaemia patients undergoing treatment at the QE.**

The Karen Morris Memorial Trust was set up in 1999 to continue the fundraising initiative of 23 year old student, Karen Morris who sadly passed away in September 1998, just one year after being diagnosed with chronic myeloid leukaemia.

Sylvia Morris, Karen's mother and Chair of KMMT, said: "We are delighted to be able to bring Karen's Home from Home to Birmingham.

"The QE is truly at the forefront for the treatment of leukaemia. Patients come from a widespread geographic area, often involving long and complicated journeys.

"Karen's Home from Home Birmingham will help support these patients and their families by offering comfortable and homely surroundings in a place that is safe and familiar. The Home will also offer an escape for patients who are able to leave the hospital ward, even if only for a few hours."

Karen's Home from Home Birmingham, the fourth of its kind, was formally opened on Tuesday 24th March.

For more information about the Karen Morris Memorial Trust please email [info@kmmt.org.uk](mailto:info@kmmt.org.uk) or visit [www.kmmt.org.uk](http://www.kmmt.org.uk)

# Charity Champs

BECKY & KEVIN GIDDINS

DANIELLE VICKERS

HAYLEE WIDALL

JAYNE MORRIS

JUDITH THOMAS

LISA MCCRACKEN

LIONS CLUB OF COVENTRY  
GODIVA

RACHEL AND ANDREW DAY

MORRIS WILKES AND THE  
BAND OF BROTHERS

MR PARBHUBHAI MISTRY

ST THOMAS' GOLF SOCIETY

SUE MCCART

THE GURU NANAK NAM  
LADIES

WEOLEY CASTLE WORKING  
MEN'S CLUB

## Cancer survivor raises thousands

Cancer survivor Sean Tracey raised over £4,000 for QEHB Charity's Testicular Cancer Research Fund.

The former QE patient raised the money through various events and activities throughout 2014, which include creating a charity calendar with the help from friends at the gym, organising several bag packs and a family fun day, as well as holding a charity fundraising night in November.

He said: "I'm delighted to be able to support such a great local cause and would like to thank all of my family and friends for their support, as well as all those who donated.

"The care I received at the QE was



Charity Champs

phenomenal, and without the staff who cared for me I wouldn't be here today. I knew I wanted to do something to say thank you."

Sian Averill, Fundraising Officer at QEHB Charity, said: "Sean and his friends' fundraising is fantastic, and we are incredibly grateful for their support."

## Car crash survivor says 'Thanks for saving my life'



Charity Champs

Shelley Faulkner, 28, marked the first anniversary since recovering from a serious car crash by holding an event at Stratford-Upon-Avon Picturehouse Cinema, to thank staff in Critical Care at the QE for saving her life.

Shelley arranged a fundraising event, which raised a whopping £1352 for QEHB Charity and the Midlands Air Ambulance service, and included a cake sale, silent auction, raffle, pub quiz and performances from acoustic musicians.

She said: "I received the best possible care at the QE hospital. It's full of amazing staff; doctors, nurses, cleaners and porters. They and the beautiful sunset reflecting off the windows helped my positive recovery."

## Rednal tea dances raise thousands for charity

Generous fundraiser and Great Grandmother, June Green, has raised a whopping £2,200 for QEHB Charity by holding popular 'tea dances' in her local community.

The dances, which have become a tradition since 1982, attract over fifty people a week and are a great way for elderly people to socialise.

Raising money for various charities, June recently donated £300 to Fisher House, a 'home away from home' for military patients and their families.



Charity Champs

## Daughter of heart surgery patient says thank you to staff

The kind-hearted daughter of a heart bypass patient has donated hundreds to QEHB Charity's Heartbeat fund to thank staff for the 'fantastic' care they provided.

Nadine Millard from Quinton, Birmingham, was inspired to donate to QEHB Charity after her father,

78-year-old Peter John, was treated at the Queen Elizabeth Hospital Birmingham in March this year.

She explained: "I'm so close with my father – he is absolutely everything to me.

"In March he underwent a quadruple heart bypass and aortic valve replacement at the hospital.

"Thankfully he made a healthy recovery, largely thanks to the staff caring for him, all of whom were absolutely wonderful."

Nadine kindly donated £500 to the cardiology unit at the hospital. She said: "This donation is my way of saying a big thank you to everyone involved in looking after my father.



## Nisa makes staggering donation



A group of West Midland Nisa retailers teamed together to host a spectacular gala dinner in aid of QEHB Charity.

The dinner took place in November 2014 at the Holiday Inn at the NEC and raised a whopping £45,000.

Michael Tivey, Fundraising Officer at QEHB Charity said: 'We're absolutely delighted that QEHB Charity was chosen as the official

charity for Nisa's 2014 Midlands Ball.'

"The money will be used to benefit motor neurone disease and parkinson's disease patients by funding extra medical equipment and a research study to investigate 'deep brain stimulation'.

"Thanks to Nisa, we'll be able to make a big difference to brain surgery patients treated at the Queen Elizabeth Hospital Birmingham."

## EZE Group Foundation generously donates

EZE Group Foundation generously supported QEHB Charity, one of the foundation's beneficiaries, by donating money that was collected at Birmingham City Football Club's Blues Ground, at a match against Bournemouth.

As part of the new partnership, EZE Group will work closely with QEHB Charity on different fundraising initiatives throughout the year.

Managing Director at EZE Group, Daniel V. Darias, said: "We're delighted to be supporting QEHB Charity. It's great to know that the money we have donated is going to a fantastic local cause."

Fundraising Officer at QEHB Charity, Laura Power, said: "We're incredibly grateful to EZE Group Foundation for their generous support and look forward to working with them in the future.

"I'd like to thank everyone at EZE Group for their generous donation and support of QEHB Charity."



## RETAILERS RAISE A HUGE £45K FOR HOSPITAL CHARITY!



A glamorous gala dinner organised by a group of Midland Nisa retailers raised a fantastic £25,000 for the Neurology Appeal at the Queen Elizabeth Hospital Birmingham Charity.

On top of this, Nisa's charity, *Making A Difference Locally*, contributed a generous £20,000 in order to donate to the the life-saving charity a grand total of £45,000.

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Making a Difference Locally charity raises funds through the sale of specific products from Nisa.

This follows the success of the previous Midlands Charity Ball, where £45,000 was donated to Cure Leukaemia and previously Make-A-Wish-Foundation, Midlands Air Ambulance, Kids West Midlands and Birmingham Children's Hospital all received large donations from the charity dinner.



“We are overwhelmed with the generosity of our guests on the night, enabling us to donate such a huge amount in order to make a big difference to neurology patients treated at the Queen Elizabeth Hospital Birmingham Charity.”

- Jet Sunner, Nisa retailer  
and organiser of the event

