

love qehb



Issue 16

The QEHB Charity Newsletter

qehbcharity @qehbcharity QehbOrg



Special delivery!

We celebrate
International Nurses Day

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

Thank
you!



As you can see from our front cover, thanks to your donations we were able to help our hard working nurses celebrate International Nurses Day by delivering special chocolate hampers.

With your help we have also been able to fund 'added extras', including a music teacher for teenagers with cancer and a 'VE Day Party' for our elderly patients. Read more about how your money is making a difference on pages 16–17.

We have also been busy raising money at our various fundraising events. Lots of you turned up and got stuck in, making each event a success and raising thousands for patients. Turn to pages 6–7 to find out more.

We are also excited to be supporting England Cricket star Ashley Giles and his wife Stine as they raise money for brain tumour research here at the QE, following Stine's successful operation to remove a large brain tumour. Read their story and find out how you can get involved on page 13.

Turn to pages 8–9, and 18–19 to read about our Charity Champs who never fail to come up with whacky ways to raise money! If you've been inspired to raise money why not check out page 11 for the latest challenge events we have on offer?

Finally, don't forget to let us know about your fundraising. You can email us at charities@uhb.nhs.uk or contact us on social media. Many thanks for your hard work and support – we couldn't do it without you!

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 donations on...

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

Research projects, including finding new ways to fight cancer using the body's own immune system.

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

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



Dates for your diary

DRESS DOWN DAY

18th September, QE atrium

On Jeans for Genes day we are raising money for our £1m Centre for Rare Diseases appeal by asking everyone to donate £1 to QEHB Charity to wear their jeans to work. We would love clinical staff to show their support by wearing a Jeans for Genes sticker and entering our raffle for a chance of winning a hamper full of goodies.

All monies raised will be split equally between QEHB Charity's Centre for Rare Diseases appeal and Genetics Disorders UK.

For more info call Justine Davy on 0121 371 4852.



PUB QUIZ

The
PLOUGH
— HARBORNE —
Est. 2001

8pm, 6th October + 2nd December
The Plough, Harborne High St

Keen to raise money for patients whilst showing off your general knowledge skills? The Plough Harborne is holding a pub quiz in support of teenagers with cancer by donating proceeds to the Young Person's Unit at QEHB Charity. If you're an NHS staff member you can enjoy a 10% discount on production of your ID badge.

QEHB CHARITY COMEDY NIGHT

1st October, Broad Street

The annual QEHB Charity Comedy Night is back and this year is raising money for injured and ill military troops and their families, with all proceeds being donated to Fisher House, a 'home away from home' for military patients and their families. The night will feature some of the West Midlands' greatest up-and-coming comedians at one of Birmingham's best comedy venues, Jongleurs on Broad Street.

Tickets are £10, with 20% discount available for NHS staff and students. For more information contact Sian.Averill@qhb.nhs.uk

BREAST CANCER AWARENESS

October, QE atrium

We will be raising money for our £1m Ladies Fighting Breast Cancer appeal throughout October's Breast Cancer awareness month. Every atrium stand throughout the month will be themed with LFCB merchandise and all monies raised will support breast cancer patients at the QE.

For more info visit www.qehb.org/lfbc



GILES' TRUST 80s BALL

THE GILES' TRUST
Targeting Brain Tumours Together

16th October, Edgbaston Cricket Stadium

Star cricketer Ashley Giles and his wife are hosting a wild and whacky 80s ball to raise money for the Giles' Trust, a QEHB Charity fund set up to support brain tumour research at the QE, under the guidance of leading brain surgeon Professor Cruickshank. Individual tickets cost £70 whilst a table of 10 is yours for £650.

To buy your ticket or for more information please visit www.qehb.org/thegilestrust

THE MORRISONS GREAT BIRMINGHAM RUN

Do you want to improve your fitness or raise money for a good cause? Then why not join the official Morrisons Great Birmingham Run this year and run for QEHB Charity! Whether you choose to run with friends, as part of a group in fancy dress or fly solo, we can support you throughout your fundraising, and will be there to cheer you on to the finish line on the day of the marathon.

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

SUNDAY
18 OCT
2015



Christmas Carol Concert

17th December, St Philip's Cathedral,
Birmingham City Centre

The annual QEHB Charity Christmas Carol Concert returns this year and will feature traditional and modern carols performed by adult and school choirs, and proceeds from the concert will support Fisher House. Doors open at 7.30pm. Tickets are £6 for adults and free for children under 16 years old.

For tickets visit www.qehb.org/shop or call 0121 371 4852.

Great time had at the Aegon Classic



Thousands of children, families and business professionals joined QEHB Charity at the first day of the Aegon Classic, as some of the world's most famous tennis players battled it out on the court in the heat of the summer sun.

QEHB Charity, with generous support from the Lawn Tennis Association (LTA), was able to raise vital funds for the Queen Elizabeth Hospital Birmingham by selling special discounted charity tickets to the event and holding a raffle on the day.

Groups of school children, families, adults, professionals and sport-lovers gathered to enjoy the busy sporting event, which took place on Monday 15th June at Edgbaston Priory Club.

The event included many famous faces and was supported by former tennis pro Greg Rusedski, who visited QEHB Charity in March.

Justine Davy, Head of Fundraising at QEHB Charity, said: "We are incredibly grateful to the Lawn Tennis Association for choosing QEHB Charity as its charity partner for the day.

"The event was a great opportunity to raise awareness of the charity, whilst providing a fun day out for audiences of all ages. Goody-bags and charity t-shirts were well received by everyone, especially our young supporters who were enjoying a sporty school trip!

"The weather was brilliant and the overall atmosphere was fantastic

too. We are thrilled so many people were able to join us and would like to thank everyone for their support of the charity and the event."

All monies raised by the event will be spent improving research, facilities and equipment at the QE.

SUPPORT

For more information or to make a donation visit www.qehb.org or call 0121 371 4852.



5 minutes with...

David Kearns
Musician
and teacher

Something special has been happening on the Teenage Cancer Trust Young Persons Unit at the Queen Elizabeth Hospital Birmingham.

Thanks to your donations, QEHB Charity has been able to fund a musician and teacher, David Kearns, who has been sprinkling musical magic among teenage cancer patients, sharing with them the gift of music and encouraging the joy it can bring. We caught up with him to find out more...

When did you first learn to play the guitar?

I first picked up a guitar when I was about 15. My Uncle gave me a guitar that had one string! I remember listening to Bob Marley and Pink Floyd and thinking 'I have to quit college and become a musician!' and that's exactly what I did.

What do you love most about playing guitar?

Music has always been hugely important to me, and it has really helped get me through some dark times in my life. It's difficult to explain the buzz I get playing in front of a crowd. I did a skydive once and that's probably the closest I've come to experiencing that same level of adrenaline.

Do you play any other instruments?

I play as part of a five-piece band, *The Father Teds*, and we play gigs around the West Midlands. In the band I play guitar and am the lead singer and songwriter, but I can also play the drums, keyboard and bass.

“ I am extremely grateful to QEHB Charity for making this opportunity possible for myself and the patients I help.

Dave Kearns

What's the biggest crowd you've ever played to?

Probably about 25,000 at a football match at St. Andrews, home to my favourite team, Birmingham City.

What do you enjoy most about teaching patients to play the guitar?

That's a hard one to answer – I enjoy all of it! The thing I probably enjoy the most is being able to pass on my knowledge to others, and to see it help them. I decided to help patients being treated on the Young Persons Unit because for me, being able to play and experience music is a gift I'm incredibly grateful for, and passing that gift on is important. Every patient is able to progress and it's wonderful to see their spirits lift as a result.

Who's your favourite artist or musician?

That's another tricky one! If I had to pick I'd say David Gilmour is my favourite musician to date.

Do you have a favourite song?

That really is impossible to answer! There are too many to mention. I think it really depends on what mood I'm in and who I feel like listening to at the time.

What would it surprise people to know about you?

I'm not sure actually! I don't really have any secrets or surprises as I'm



quite an open book. What you see is what you get!

Do you have a dream holiday destination?

I'd love to go backpacking around China. Perhaps for three months... a year... a few years... who knows!

What is your favourite film?

That one's easy! It's a 1950s comedy called *Harvey*, starring James Stewart with music by Frank Skinner. Everyone should watch it!

What would you do if you won the lottery?

I would probably give most of it away to people who need it more than me.

What's the future for your music lessons at the hospital?

I really enjoy teaching patients at the hospital and plan to continue teaching for as long as there is a demand! At the moment I work with patients on YPU, but I can go wherever I am needed, to whichever department or hospital ward that wants me. I am extremely grateful to QEHB Charity for making this opportunity possible for myself and the patients I help, and am thankful for its continued support... I hope to help many more patients in future!

Thank you!

for taking part

You may have noticed we've been busy recently, raising money for patients at the QE by organising a host of fun events for families, adults, children, sport-fanatics, challenge-seekers and party-goers to enjoy. **We had a great time and would like to say a big thank you to everyone who joined us!** YOU made our events a success and your generosity means we are able to give our patients those added extras that the NHS can't provide.

Thank you to everyone who took part in Birmingham's first ever 10K!

More than 120 of you joined 'Team Birmingham' – a partnership between QEHB Charity and the Birmingham Mail – to tackle the 6.2 mile route around Birmingham City Centre, raising thousands of pounds for patients.



Thank you!

and family being treated there, but they don't realise how much difference the charity makes and the service and care we can provide.

"A huge thank you to everyone who ran for Team Birmingham in the 10K. It was wonderful to see so many people supporting their local hospital and we're already looking forward to next year's event!"

Sponsorship money will go towards everything from funding cutting-edge equipment to providing pizza nights for teenage cancer patients at the QE.

QEHB Charity Fundraising Officer, Laura Power, said: "A lot of people know about the QE, they may have been treated there or visited friends

Mike Hammond, Chief Executive at QEHB Charity, said: "We have had a wonderful time organising and enjoying these events, and would like to say a huge thank you to everyone who took part, donated their spare change, sponsored their friend or family member or shared news about what we've been up to. Your support is invaluable and

it means that we can continue to support patients, families and staff at the hospital by providing facilities, research and equipment that is above what the NHS can pay for.

"It is wonderful to be able to meet all of you at these events and we hope to see many of you again in future. Thank you."

Another big thank you goes to our mountain-challengers who climbed over 3,500ft to raise money for patients in the first ever Birmingham Hospital's Snowdon Challenge.

We joined forces with Birmingham Women's Hospital, Birmingham Children's Hospital and the Heart of England NHS Foundation Trust to climb the highest peak in England and Wales – Mount Snowdon. Over 50 of you joined the QE team, raising over £10,000 for various departments at the QE and many of our charity appeals, including Fisher House and the renal department.

Justine Davy, Head of Fundraising at QEHB Charity, said: "I'd like to say a big well done and an even bigger thank you to everyone who joined us in our climb up mount Snowdon. It wasn't easy, particularly as the weather was wet and foggy, but we made it, and it was definitely worth it!"

Thank you!

art in our events!

In support of our injured or ill military troops and their families, we threw a glamorous ball and fun-filled family day to raise money for Fisher House, a 'home away from home' for military patients and their families.

The second annual fun day took place at Edgbaston Cricket ground on 16th May and raised over £5,000 for Fisher House.

One of the highlights of the day was a spectacular display by parachuting team, the Red Devils. The 13 members of the team parachuted from thousands of feet into the stadium, complete with Fisher House flag and red smoke.

“Your generosity means that families have one less thing to worry about when they hear the terrible news that their loved one has been injured.”

They landed to applause, cheers and music from a military band.

Justine commented: “Thank you to everyone who joined us again for a fantastic family fundraising event. Your generosity means that families have one less thing to worry about when they hear the terrible news that their loved one has been injured.”

Since opening its doors in June 2013, Fisher House has provided over 8,000 nights of free accommodation to families of wounded and ill troops and veterans.

A glitzy party took place at Warwickshire County Cricket Club in Edgbaston to celebrate the second anniversary of Fisher House.

The event included a champagne reception, lavish four course meal and the chance to win a Mercedes SLK 55 AMG, kindly donated by Mercedes Central, Birmingham. Veterans, serving military personnel and their families packed the room, and were joined by many local businesses, including Love Brum,

JVM Casting and Virgin Trains.

Justine said: “We would like to thank everyone for attending and especially Mercedes for donating the car and Atkinson’s Jewellers for donating a diamond ring which was for the prize draw. The winner kindly donated the ring back to the charity and helped us raise another £1,600!”



The event raised over £30,000 in total, which means we can provide free accommodation to three families for one year.

Thank you!

Thank you!

Charity Champs

Generous staff lend a hand at charity events



Staff from Lloyds Bank, Brindley Place have been busily volunteering at various QEHB Charity events, as part of the company's *Day to make a Difference* scheme. Every member of staff is given one day a year to make a difference with a local charity. So far, over 40 members of staff have chosen to support QEHB Charity by volunteering at atrium stands and the family fun day, lending a hand at the Tennis day and joining bucket collections at Birmingham International station.

Sian Averill, Fundraising Officer at QEHB Charity, said: "We are really grateful to everyone at Lloyds Bank for taking time out of their day to come and support us at our events and activities. We are always on the look out for volunteers, and really appreciate having the extra hands-on-deck at our busy events and charity stands."

Family effort to support diabetic patients



The family of a patient with long-term diabetes raised over £9,600 by cycling more than 1,000 miles from John O'Groats to Land's End.

Mandy Proffitt, 52 from Walsall, was diagnosed with Type 1 diabetes over 30 years ago. Inspired by her positive attitude, despite undergoing countless operations and procedures, Mandy's caring family raised money to give back to the staff that have cared for her over the years. The ride ended on 14th June, which marked the beginning of Diabetes Week in the UK. The family passed through the QE on Monday 8th to meet QEHB Charity representatives, as well as many of the QE hospital staff who continue to support and care for Mandy.

Bike-a-thon raises thousands for children with cancer



Over 200 cyclists rode the equivalent of five marathons in 36 hours to raise money for children with cancer at the QE. The Sikh Arts and Cultural Association (SACA) organised the sporting event to raise money for QEHB Charity's VIP Treatment appeal. The 130 mile ride took place on Saturday 18th July, when hundreds of keen cyclists set off from the QE Hospital car park, finishing their journey in London.

Laura Power, Fundraising Officer at QEHB Charity, said: "We are

incredibly grateful to everyone at the Sikh Arts and Cultural Association for their generous support of our £250,000 VIP Treatment appeal.

"Children from across the country come to the QE to receive radiotherapy treatment. The money they raise will help us transform the radiotherapy department at the hospital into a child-orientated environment to make coming to the QE a more pleasant and calming experience for our young patients with cancer."

Cancer patient cycles height of Mt. Everest

Roger Calow, a 64 year old cyclist from South Herefordshire, challenged himself to an ascent equivalent to the height of Everest to say thank you to staff at the QE for their care.

Roger was diagnosed with skin cancer in 2004, which later spread to his lymph system and bloodstream. Since 2011 he has been receiving groundbreaking treatment at the QE. Despite facing further challenges – including being diagnosed with a brain tumour in February – Roger decided to take on a bike ride which saw him climb 8,848 metres.



The brave patient raised over £4,000 for QEHB Charity's Fighting Skin Cancer fund and Macmillan Cancer Support. He said: "It is a great feeling fundraising for QEHB Charity's Fighting Skin Cancer fund. I know that my donation will help fund research into the disease and provide new treatments for patients, as well as education and support for families."

How have you been supporting patients?

Let us know!

Kind-hearted business partners up to support local hospital



The Birmingham branch of high-flying investment business Quilter Cheviot has pledged to support QEHB Charity for the year 2015/16, after choosing the charity as its official charity partner. The generous firm will raise money for QEHB Charity throughout the year, helping to support countless patients and their families.

David Jupp, Executive Director at Quilter Cheviot Birmingham, said: "QEHB Charity is a cause close to Quilter Cheviot's heart and indeed many people across Birmingham. We are proud to show our support for the hospital and the amazing work, exceptional quality of care and highly specialist services it provides to patients across the whole of the UK."

Brave cancer patient and his consultant run laps for QEHB

Prostate cancer patient, Stephen Eaton, and his consultant, Mr Prashant Patel, completed over 200 laps of the QE Outpatients corridor to raise money for QEHB Charity's prostate cancer fund. The brave survivor ran 211 laps of the QE Outpatients corridor, equating to 26 miles, alongside Mr Patel, raising over £1,000. Stephen said: "I'm so proud to have completed the marathon. It wasn't easy because of the treatment slowing me down, but I ran every lap and that's what matters."



Volunteers receive a Sweet treat!



“ It was great to be able to catch up with each of our volunteers. Their support has been invaluable and we knew we wanted to do something special to say thank you!

Sian Averill, QEHB Charity Fundraising Officer

QEHB Charity Administration Officer Gwen Eccleston, with volunteers Roger Raybould, Joyce Taylor, Arthur Burrows, Anne Waller and Alan Bailey.

QEHB Charity volunteers enjoyed a well-deserved treat in the form of tea, coffee and plenty of cake, as we said ‘thank you’ for doing such a good job.

On national Volunteer Recognition Day, which this year took place on Monday 20th April, QEHB Charity hosted afternoon tea for all of the wonderful volunteers

who have worked tirelessly to support the charity, and were well-deserving of a sweet treat.

Volunteers were met by QEHB Charity Fundraising Officers Laura Power, Michael Tivey and Sian Averill, as well as Head of Fundraising, Justine Davy, to reflect on their time spent supporting the QEHB Charity and to share their favourite stories.

Sian said: “It was great to be able to catch up and spend quality time with each of our volunteers. Their support has been invaluable and we knew we wanted to do something special to say thank you! We had a great time and we hope our volunteers enjoyed themselves too.”

Due to the success of the volunteer recognition day event, the afternoon will now take place quarterly as part of the charity’s ongoing support for its volunteers.

If you’re looking for opportunities to meet new friends, gain new skills and make a real difference, becoming a QEHB Charity volunteer could be the next best thing you do!

If you’ve been inspired by our wonderful charity champs, inspirational fundraisers and generous volunteers, why not get involved yourself? We are always on the look-out for friendly, fun and outgoing

members to join our QEHB Charity team and would love to support you if you wish to put your spare time to good use. Long-term volunteer Roger Raybould said: “If you choose to volunteer for QEHB Charity 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. I learned so much about myself and was offered the

chance to experience new challenges and meet new, wonderful people, all whilst helping a local cause that improves the lives of real people. It is simply fantastic.”

FIND OUT MORE

If you or someone you know is interested in becoming a QEHB Charity volunteer please register your interest by email: charityvolunteers@uhb.nhs.uk or call 0121 371 4852 for more information.

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!



Visit five countries in four days, riding approximately 350 miles from London to Amsterdam, Europe's most cycle-friendly city, or cycle from one capital city to another and join the London to Paris bike ride.

Taking part in either event means you can raise money for any hospital ward, department or QEHB Charity appeal of your choice.



Mount Kilimanjaro

Various dates throughout 2015 and 2016

The ultimate mountain for any challenger; Mount Kilimanjaro is the highest freestanding mountain in the world.

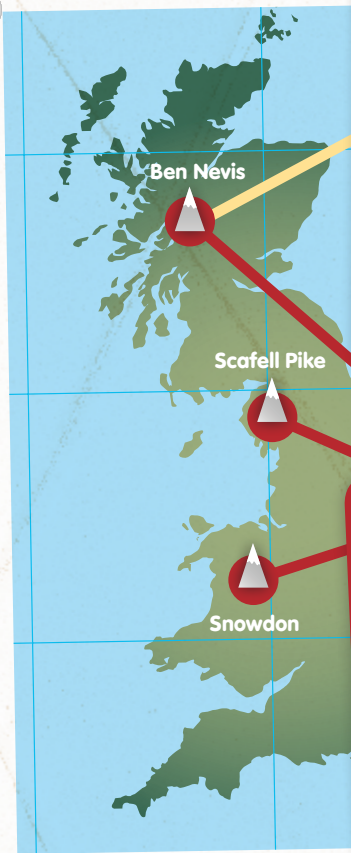
During this 10-day trip you can take in some of the sights of Tanzania before embarking on the six day trek.



Ben Nevis Trek Weekend

Various dates
2015 and 2016

Take part in a 4,000ft trek up to the highest point in the British Isles – Ben Nevis – and raise money for patients and staff at the QE.



Three Peaks Challenge

Various dates
2015 and 2016

If one peak isn't enough, why not take on three? This popular challenge will test your limits as you tackle Ben Nevis, Scafell Pike and Snowdon...all in 24 hours!

Rise to the Challenge!

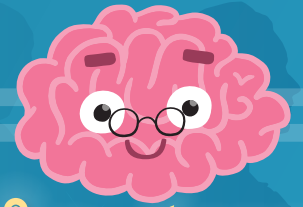
To book your place on any one of our exciting new challenge events please visit www.qehb.org/events or call Sian Averill on 0121 371 4852 for more information.

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 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

Together we're beating brain tum



QEHB Charity team members were out in force on Friday 6th March to mark Brain Tumour Awareness Day, alongside QE Clinical Nurse Specialist Frederick Berki.

We were busy collecting your donations to our £250,000 brain surgery appeal, which is raising money to bring three specialist pieces of equipment to the hospital.

With your help, this will allow more patients to undergo minimally invasive surgery to remove brain tumours and cancers.

Brain cancers cause around 3,000 deaths a year which accounts for 2% of all cancers, however contributes to almost 8% of the lives lost from cancer before the age of 70.

Michael Tivey, Fundraising Officer at QEHB Charity, said: "Thanks to the generosity of our supporters we are well on the way to reaching our £250,000 target. **Every little helps and really makes a difference, so we are especially grateful**



to everyone who visited our atrium stand during this year's brain surgery awareness day and donated their change, or purchased our merchandise.

"We're also really grateful to Specialist Nurse Frederick Berki who took time out of his day to help raise awareness of our appeal."

For more information about the appeal or to find out how you can help bring specialist equipment to the hospital and support research, please visit www.qehb.org/brain

Pssst...

Did you know we are now on social media?

Never miss a thing!



facebook.com/qehbcharity



twitter.com/@qehbcharity



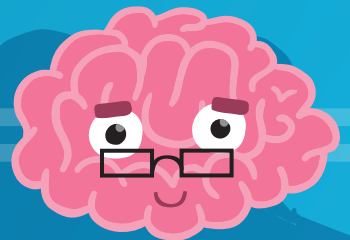
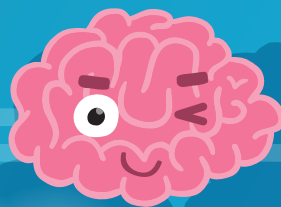
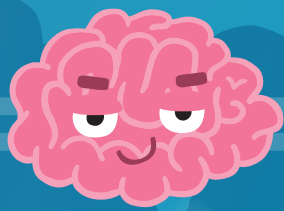
www.youtube.com/QehbOrg



www.linkedin.com/company/queen-elizabeth-hospital-birmingham-charity

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

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



ours at QEHB

As well as our Brain Surgery appeal we are delighted to be supporting star cricketer Ashley Giles and his wife Stine, as they raise money for brain tumour research at the QE.

In 2006 Ashley had to rush back from the Ashes in Australia, where he had been part of the England Team, to be with his wife, Stine, who was diagnosed with a brain tumour the size of a cricket ball. Stine said: "When I found out I had a brain tumour I was shocked, I just couldn't believe it.

"I had suffered headaches for a while, often waking in the early hours to take painkillers, but because they eased as soon as I got out of bed and didn't disrupt my daily routine I didn't think anything of it, and neither did my doctors."

After successful removal of the tumour and further treatment at the QE the couple, who have two children, were devastated when in 2012 two more tumours were discovered. Ashley said: "The tumours required immediate attention. It was heart-breaking to be back in that dreadful situation again. We couldn't believe it was happening to us."

Although hope seemed lost, Professor Cruickshank, Neurosurgeon at the QE who operated on Stine's first tumour, threw the couple a lifeline when he suggested a new treatment, called Tomotherapy, to remove the tumours.

The £4million pioneering machine was bought for the hospital by QEHB Charity.

The new technology can scan for tumours prior to delivering radiotherapy, meaning the radioactive rays can be directed right at the tumour and not at the healthy tissue.

She said: "It gave us hope. It was then, after experiencing first-hand how important research and new treatments are, that I promised myself I would help raise money to fund brain tumour research in the future if the treatment was successful."

Thankfully Stine's pioneering treatment was a success and, although she continues to have regular checks and scans, she is back enjoying life with her family, and is now committed to fulfilling the promise she made to support research into brain tumours.

She said: "The Giles' Trust is a fund within QEHB Charity that has been set up to support world class brain tumour research in Birmingham, under the guidance of my fantastic surgeon Professor Cruickshank."

Stine is currently working on a fundraising event for 2015 – an 80s night to be held at Edgbaston Stadium.

The event will take place on 16th October and will also be the official launch of the Giles' Trust.

Mike Hammond, Chief Executive at QEHB Charity, said: "We are incredibly humbled by Ashley and Stine's journey and are delighted



"I promised myself I would help raise money to fund brain tumour research in the future if my treatment was successful." Stine Giles



to be supporting them as they raise money to help fund vital brain tumour research here in Birmingham."

DONATE

**To buy your ticket to the ball and help support brain tumour research, please visit: qehb.org/thegilestrust
To make a donation please visit qehb.org or call 0121 371 4852.**

Join us at the Morrisons Great Birmingham Run

Earlier this year thousands tackled the Morrison's Great Birmingham 10K to raise money for our various appeals, including supporting patients with rare diseases, cancer, brain tumours and liver disease.

Now we're offering you an even bigger challenge, as the Morrison's Great Birmingham Run returns this October. The 13.1 mile run will see thousands pounding the streets of Birmingham as they take in the city's sights, and you could be there too supporting military patients, adults and children with rare diseases, teenagers with cancer, Europe's largest organ donation team and many more.

By raising funds for the QEHB Charity, you can support any hospital department, ward or charity appeal of your choice, deciding exactly where your hard earned sponsorship goes.

We will provide you with a running vest, training hints and tips, support



“QEHB have taken very good care of me. They gave me my life back and now I intend on using this life to give back to them.”

Karl Hinett
with wife Beth

around the route and your very own VIP reception at the end where you can enjoy a post-race massage, meet up with friends and family and show off your runner's medal.

Previous QEHB Charity runners include brave soldier Karl Hinett who has taken part in over 130 marathons to raise money for QEHB Charity.

Executive, Mike Hammond and Fundraising Officer, Sian Averill.

Sian, who took part in the race last year, said: "I really enjoyed taking part in the half-marathon. It was hard work and at one point I thought I was going to have to stop and walk, but the sense of achievement at the end made it all worth it."

"I decided to raise money for the VIP Treatment appeal because I wanted to help children with cancer at the Queen Elizabeth Hospital. The appeal aims to redesign the radiotherapy department to make it nicer for the children. I'd recommend taking part in the half-marathon to anyone. It's hard but it's definitely worth it, especially for the massages at the end!"

FIND OUT MORE

To sign up visit www.qehb.org/events or for more information contact Laura.Power@uhb.nhs.uk

“I really enjoyed taking part in the half-marathon. It was hard work but the sense of achievement at the end made it all worth it.”

Sian Averill,
QEHB Charity
Fundraising Officer



He said: "I chose to support QEHB Charity as since being injured serving in the British Army the Queen Elizabeth Hospital Birmingham have taken very good care of me."

"They gave me my life back and now I intend on using this life to give back to them."

The former Lord Mayor of Birmingham, Councillor Shafique Shah, also raced alongside staff and patients from the hospital, as well as QEHB Charity's own Chief

Cancer Immunology Immunotherapy

With your donations we are funding ground-breaking research that harnesses the immune system to fight cancer, undertaken by a team of scientists from University of Birmingham and cancer doctors at the QE.

Researchers believe that the cancer treatment, that teaches the body to attack tumours, could save the lives of thousands of patients.

Experts believe it could be the biggest step forward since chemotherapy, with the treatment proving especially effective against some of the deadliest types of the disease, including lung and skin cancer.

Trials show that it has eradicated tumours in patients who were expected to survive for only a few months, and are now leading normal lives. The treatment, called immunotherapy, works by training the immune system to attack cancerous cells.

In one British trial described in the *Daily Mail*, patients with advanced skin cancer who would have been declared terminally ill are now back

Why immunotherapy?

Powerful
Attacks the cancer systemically, throughout the body

Specific
Trains the immune system to recognise and target only cancer cells

Memory
Capacity for memory means ongoing protection

Universal
A treatment approach that can be applied to nearly all cancers

How immunotherapy works



at work and are predicted to live until old age.

Some may never need treatment again, whilst others just require top-up sessions every few weeks or months.

Ben Willcox, Professor of Molecular Immunology at the School of Cancer Sciences and directing the project at the QE, said: "Some of the strategies we are focusing on include 'engineering' immune cells to attack cancer cells better, and 'arming' antibodies to make them generate stronger immune responses against the tumour.

"We rely entirely on your donations to be able to continue to fund this vital research, which is leading to groundbreaking discoveries into the way we treat cancer. Any money you can donate would be massively appreciated."

DONATE

To support the team's work and help us move one step closer toward stamping out cancer for good, please donate today by texting C1C99 £3 to 70070, or visit: justgiving.com/TeamC1C

Help us fight skin cancer

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 by texting CNCR01 £3 to 70070 or visit www.qehb.org/skin for more information.

QE Cancer appeal

Did you know it can take up to 15 years for a doctor to be able to prescribe a new drug that has been discovered in the lab? Time is of the essence for cancer patients so 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.

Please help us discover new drugs to treat cancer – donate at www.qecancerappeal.org or by calling 0121 371 4852.



How your money is making a difference

Thanks to you, we have been able to fund a specialist teacher for teenage and young adults cancer patients at the QE.

As thousands of students anxiously awaited the results of their GCSE exams earlier this year, Lisa Conley (pictured right) was busy providing support to young cancer patients through all aspects of their education.

She said: "During the busy exam period it has been especially important to support our teenagers with cancer. This year 18 GCSE exams were sat and invigilated on the hospital ward, and two exams were sat at home with an invigilator sent from the patient's own school. As well as this, 25% extra time and 4% special consideration grading

was successfully applied for in all 20 exams, and special consideration grading was also granted for two siblings of young patients with cancer. For one patient, five exams were also supported by visual impaired access, which included enlarged papers and specialist writing equipment.

"Without this support many of these young patients would have struggled to sit their exams, missing out entirely because of their illness. Thanks to QEHB Charity 20 exams were taken and our patients can be very proud of what they've achieved."

Mike Hammond, Chief Executive at QEHB Charity, said: "This is a fantastic example of how our supporters' generous donations help



fund those added extras that are not paid for by the NHS.

"We'd like to congratulate all those patients for completing their exams, despite facing great adversity."



Amy Rogers with ward housekeeper Monica Dignan and volunteer Julie Liddle

party food, drinks and cakes and spent hours singing and sharing stories of VE Day with each other and their families. Patients who had been quiet and withdrawn were suddenly chatting to each other, and people we have been struggling to encourage to eat and drink were asking for second helpings."



Assistant Nurse Practitioner Amy Rogers also used some of your donations to organise a party for her elderly patients, as they joined the nation in celebrating 70 years since the end of the Second World War in Europe.

The party took place on VE day, 8th May, on ward 412 and was supported by your donations to QEHB Charity. Amy explained: "We invited all the patients as well as their relatives to celebrate VE Day. Everyone that came had lots of

Michael Tivey, Fundraising Officer at QEHB Charity, said: "We are delighted that the charity was able to make a difference to patients by providing food and drink for the party, and would like to thank Amy for her creativity and for approaching us for help."



With your donations we have been able to give patients 'added extras' that are not available on the NHS. You have helped us make their time in hospital as comfortable as possible. Thank you!



Finally, thanks to your generous donations we were able to help our hardworking nurses celebrate International Nurses Day.

Charity team members were kept very busy delivering special chocolate hampers to every hospital ward for International Nurses Day, which this year took place on 12th May.

The week also saw nurses from the QE tackling an endurance challenge to raise money for patients.

Nurses cycled 1,704 miles – the distance from Birmingham to Crimea – across two days, raising a whopping £3,000.



Mike Hammond, Chief Executive at QEHB Charity, said: "We are delighted to be able to support patients and staff in different ways, thanks to the continued generosity and kindness of our supporters.

"It is thanks to you that we are able to continue funding cutting edge equipment, vital medical research, state of the art facilities and important added extras that help maintain the hospital as being a centre of excellence.

"On behalf of our young people with cancer, our elderly patients and our dedicated nurses, thank you for your donations."

Get
involved!

By donating to QEHB Charity you can support many different causes locally, deciding 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 or call 0121 371 4852.

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? Common opportunities include schemes at your local supermarket or bank.

FIND OUT MORE

To find out more give our fundraisers a call on 0121 371 4852.

Charity Champs

Friends raise thousands for hospital's liver department

Gerald Harris, a liver patient at the hospital, with help from his close friend Rod Edmunds, has raised thousands to thank staff for their 'outstanding' care.

On Saturday 23rd May, Gerald and Rod took part in a 100 km walk from London to Brighton and raised over £5,800 for QEHB Charity's Liver Foundation, well exceeding their £1,000 target.

Gerald said: "Rod and I decided to take part in the walk to say thank you for the outstanding treatment I have been receiving from staff at the QE. Without them I would not be able to complete this walk or live the life I do at the moment."



Charity Champs

Ex-serving forces personnel supports military families

Clinton Slater, ex-serving forces personnel and director of Outdoor Physical Training (O.P.T) has dedicated his time to supporting other military heroes by fundraising for Fisher House, a 'home away from home' for military patients and their families.

The generous trainer, 39 from Redditch, has been fundraising for Fisher House for over two years. Fundraising initiatives include an annual 'alternative sports day' with events like a tug-of-war, tyre push, face painting and mini-assault course taking centre stage, as well as regular exercise and training sessions which take place throughout the West Midlands.

He said: "At our exercise classes we focus on how fitness and nutrition can help make a real difference in people's lives. We try to emphasize community spirit and a 'can-do' attitude. The sports day is always



Charity Champs

a lot of fun. We don't take it too seriously and like to include a few fun games."

Dinner and dancing raises thousands for brain appeal

Birmingham Pragati Mandal (BPM), a Hindu temple in Sparkbrook, Birmingham, organised a lively 'Dinner and Dance' event to raising £3,200 for QEHB Charity's Brain Surgery appeal.

Over 350 guests attended the evening, including BPM President Ramanbhai Bulsara, and Michael Tivey, Fundraising Officer at QEHB Charity. Ramanbhai Bulsara said: "We are proud to be able to contribute towards our local hospital and would like to thank everyone who attended the event as well as all those who donated."



Charity Champs

Thank you!

Patient support group raises over £15,000 for Upper GI Fund



QEHB Charity's Upper GI fund, which raises money to fund equipment and research for Upper GI patients at the QE, received a very generous donation from the Upper GI Patient Support Group.

The group's grand total currently stands at £15,250 which was raised through various events including

car boot sales, raffles, discos and participation in the Birmingham half marathon, which took place in October last year.

The impressive total also includes a £2,000 donation from the Walsall Upper GI Blues Group and fundraising at Morrison's supermarket which totalled £1,900.

Granddaughter's dance show supports cancer patients

Kind-hearted granddaughter, Maisie Kearney, has raised hundreds for QEHB Charity to support staff at the hospital who treated her Nan for sarcoma cancer.



The 13 year old dancer raised over £600 by taking part in the 'Sarcoma!' project which she organised herself. Joined by friends from her dance school, 'Perfect Pointes School of Dance', Maisie completed a fundraising activity for every letter of the word 'sarcoma'. She said: "In the summer last year my Nan was diagnosed with sarcoma cancer. Since then I have wanted to do something to

raise awareness and money for the sarcoma team at the QE who looked after her."

Maisie and her friends took part in six activities, including a swimming gala, aerial extreme, obstacle course, marathon of rollercoasters and a dance show.

Huge thanks also goes to...

- ASTON LABS
- BIRMINGHAM ST GEORGE'S DAY ASSOCIATION
- JONES LANG LASALLE OFFICE SKYDIVE
- LOUISE TOMLINSON
- MONARCH IT
- SARAH MACROW
- SHIRLEY GOLF CLUB
- WEIGHTMANS SOLICITORS
- WULFRUNA LADIES CHOIR

Cancer survivor raises over £7k for specialist equipment



Brave cancer survivor Neil Hampton cycled 1500km in an extreme fitness challenge from John O'Groats to Land's End to support QEHB Charity's QE Cancer appeal. To date he has raised over £7,200 for QEHB Charity to help fund a special Weston Blot machine for the cancer centre at the QE, which can test hundreds of potential cancer-fighting drugs at the same time.



A Christmas Carol Concert for all



at **St Philip's Cathedral**
Colmore Row, Birmingham B3 2QB

Thursday 17th December 2015 at 7.30pm

Tickets £6, under 16s free!!

Tickets available online at www.qehb.org/shop or by calling 0121 371 4852

Doors open 7.00pm

All proceeds to



INVESTMENT TEAM TO RUN WITH WOLVES

A team of ten volunteers from Quilter Cheviot Birmingham are embarking on 'The Wolf Run' at Welsh Road Farm, Warwickshire on Sunday 6 September, to raise vital funds for The Queen Elizabeth Hospital.

The Wolf Run (Woods, Obstacles, Lakes and Fields), is the only wild run in the UK and comprises of three types of off-road running: mud runs, trail runs and obstacles runs. Across a hard-core 10k track, the Quilter Cheviot pack will come across raw natural terrain, including open ground, woodland, lakes and thick mud. As well as running and climbing the team will jump, wade, crawl and swim through a course designed to challenge them all on every level.

The Wolf Run will be one of many fundraising events undertaken by the team this year, which will take the investment managers to new heights.

David Jupp, Executive Director at Quilter Cheviot Birmingham said: "Queen Elizabeth Hospital is a charity close to our heart and indeed many people across Birmingham. We are proud to show our support for the hospital and the amazing work, exceptional quality of care and highly specialist services it provides to patients across the whole of the UK."

Quilter Cheviot is one of the UK's largest discretionary investment management firms, operating from 12 locations across the UK, Ireland and Channel Islands. It provides and manages bespoke, discretionary investment portfolios and funds for private clients, trusts, charities, pension funds and professional intermediaries.

To donate, visit:

<http://www.justgiving.com/qcwoolfpack>



QUILTER CHEVIOT
INVESTMENT MANAGEMENT

WHEN IT COMES TO INVESTMENT,
SEE HOW WE'RE THINKING
BEYOND THE OBVIOUS

CONTACT DAVID JUPP
EXECUTIVE DIRECTOR
TEL. 0121 710 3821 OR VISIT
WWW.QUILTERCHEVIOT.COM



Investors should remember that the value of investments, and the income from them, can go down as well as up. Quilter Cheviot Limited is registered in England with number 01923571, registered office at One Kingsway, London WC2B 6AN. Quilter Cheviot Limited has established a branch in Dublin, Ireland with number 904906, is a member of the London Stock Exchange, is authorised and regulated by the UK Financial Conduct Authority and regulated by the Central Bank of Ireland for conduct of business rules. Accordingly, in some respects the regulatory system that applies will be different from that of the United Kingdom.

For more information about the corporate packages we provide, please contact Justine Davy on 0121 371 4852.