

# love qehb



Issue 17

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  qehbcharity



# New year, New you!

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



# Mike's letter



Thank you!

## What we do at QEHB Charity

Together with your help we raise donations to provide world class facilities for our patients and their families, as well as the staff who care for them, that go above and beyond what the NHS is able to provide.

We spend your generous donations on cutting-edge equipment, such as cancer-busting radiotherapy machine CyberKnife; facilities like Fisher House, a 'home away from home' for military patients and their families; not to mention added extras including pizza nights, Xbox games and a music teacher for teenagers with cancer.

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

As the New Year celebrations draw to a close, we all begin to think of what new and exciting things we will do in the coming year. Lots of us plan on 'getting into shape', and this year, we are excited to welcome the return of both the Great Birmingham 10K and the Great Birmingham Half Marathon, as well as the London Marathon and a brand new 'Born Survivor' event, which involves a 10K and rounds of challenging obstacles! If your resolution for the New Year is to get fit and raise money, why not join us at any one of these fun sporting events?

Thanks to your hard work in 2015, we have been able to fund many 'added extras' that help to make a patients' stay in hospital that little bit more comfortable. From special 'grab bags'

for teenagers with cancer, which include items like toothpaste, earplugs and shampoo, to games and activities for brain surgery patients, your donations mean life for patients at the QE is made brighter, easier and more manageable.

Don't forget to check out our awe-inspiring charity champs! From sponsored swims to marathons, cake sales to skydives, you have pushed the boat out and raised thousands for patients at the QE. Thank you!

Remember, we love hearing from you! To share with us your photos and comments or to fill us in on your fundraising plans, please email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) or contact us on Facebook, Twitter, or Instagram.

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

Mike  
Mike Hammond  
Chief Executive, QEHB Charity

## In this issue...

### Join our events

Turn to pages 6 and 7 for information on the latest challenges you can undertake in support of the hospital and our appeals! Why not run the Morrisons Birmingham 10k, or climb Mount Snowdon?

### Charity champs

Find out more about who's been fundraising for us on pages 8 to 9 and 18 to 19. We are constantly inspired by the countless ways our wonderful Charity Champs raise money to benefit staff, patients and families. We couldn't do it without you!

### Helping children with cancer

Head to page 13 to read all about the schools and community groups that have been supporting children with cancer by fundraising for our VIP Appeal.

### Where your money has been spent

On pages 14 and 15 read about what we've been doing with your kind donations, including 'grab bags' for teenagers with cancer to help make their stay as pleasant as possible, and improvements we have been able to make for patients who need to be isolated following treatment.

### Supporting liver transplant patients

Head to page 17 to read about remarkable transplant patient Su Tarling, and the ground-breaking new organ-saving machine we are raising money to provide for the hospital, following an incredible trial of the equipment in late 2015.



Fisher House



Queen Elizabeth Hospital

# Dates for your diary

## CRAZY GOLF DAY

29th April, Golden Putter Mini Golf Course, Cannon Hill Park

Challenge your work colleagues, friends or family to a game of Crazy Golf and help raise money for patients at the QE! Taking place at Cannon Hill Park from 1pm, the afternoon will include entertainment, food and drink and will even offer the chance to win a special QEHB Charity Crazy Golf Trophy. Register as a team of four for £60 by visiting [www.qehb.org/events](http://www.qehb.org/events) or by calling Justine Davy on 0121 371 4852.

## PUB QUIZ

The PLOUGH  
HARBORNE

Jan 12th, Feb 16th and March 29th and every 6th Tuesday following The Plough, Harborne High Street

Come along to the Plough Harborne for fantastic evenings of fun and to see just how good your general knowledge really is! If you are an NHS Staff member you can enjoy a 10% discount upon presenting your ID badge. All proceeds will support the Young Person's Ward at the QE.

## FAMILY FUN DAY

MAY, WARWICKSHIRE COUNTY CRICKET CLUB

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

The event is FREE for adults and children. For more information about this event please contact [Justine.Davy@uhb.nhs.uk](mailto:Justine.Davy@uhb.nhs.uk) or call 0121 371 4852.

FISHER HOUSE UK

## THE MORRISONS GREAT BIRMINGHAM 10K MAY 2016

Are you a new runner? Do you love a fun-run? Or perhaps you love to try and beat your personal best? Why not join the Great Birmingham 10K this May and raise money for any ward or department at the QE!

The 6.2 mile event is a great distance for new and experienced runners, and offers you the chance to join a community event whilst raising vital funds to improve care for patients at Birmingham's largest hospital.

To sign up please visit [www.greatrun.org/great-birmingham-10k](http://www.greatrun.org/great-birmingham-10k) and email [Charities@uhb.nhs.uk](mailto:Charities@uhb.nhs.uk) to let us know you've registered.

## Aegon Classic Tennis Day

13th June, Edgbaston Priory Club

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

QEHB Charity is offering discounted Upper Tier seating for just £5 a ticket, as well as a luxury hospitality option for £99 including a champagne reception, three course lunch, afternoon tea and a free bar throughout the day.

To join us please visit [www.qehb.org/events](http://www.qehb.org/events) or for more information please contact [Justine.Davy@uhb.nhs.uk](mailto:Justine.Davy@uhb.nhs.uk)

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



# Support for the elderly at the QE

Did you know you can help support elderly care patients at the QE by donating to our elderly care appeal? We want to raise money to bring special entertainment systems, called 'My Life Dementia Improvement Systems', as well as other activities, to the elderly care wards at the hospital.

Joanne Bubb, Dementia Support Nurse/Acting 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 provides reminiscence activities such as music and film clips from days gone by. The games on the system help to encourage activity,

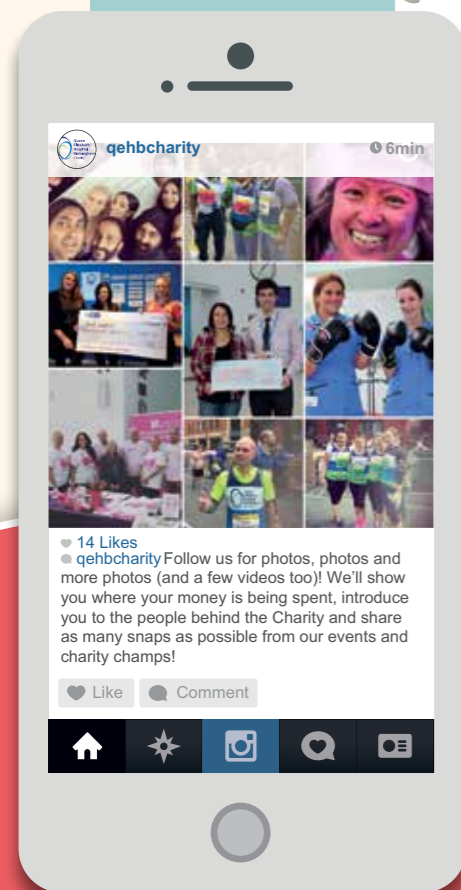
whilst a life-story book can also be created for patients, to include memories and pictures. These can be personalised to each patient and families can get involved too.

"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 the largest hospital in Birmingham."

**£1,500 can fund one My Life Dementia Improvement System. If your group, club or business would like to make a donation please contact [laura.power@uhb.nhs.uk](mailto:laura.power@uhb.nhs.uk) for more information.**



## Get Social



Follow us by visiting [www.instagram.com/qehbcharity](http://www.instagram.com/qehbcharity)

## Become a Dementia Friend

Join QEHB Charity and learn more about dementia by attending a Dementia Friends session at the QE's Faith Centre, run by the hospital's Dignity in Care team.



Taking place from 2-3pm, the sessions enable staff and patients to learn more about dementia and how you can help to create a dementia friendly community.

For a list of available dates or to book your place please contact the Dignity in Care team by emailing [dignityincare@uhb.nhs.uk](mailto:dignityincare@uhb.nhs.uk).

Did you know you can find us on social media? Follow us on Twitter and like us on Facebook for photos, charity champs, news stories and competitions, as well as invites to our events and behind-the-scenes exclusives!

[www.facebook.com/qehbcharity](http://www.facebook.com/qehbcharity)

[www.instagram.com/qehbcharity](http://www.instagram.com/qehbcharity)

[www.twitter.com/qehbcharity](http://www.twitter.com/qehbcharity)

[www.qelinkedin.com](http://www.qelinkedin.com)

[www.youtube.com/qehborg](http://www.youtube.com/qehborg)

# 5 minutes with...

## Joanne Bubb

Senior HCA - Dignity in Care team

**Mother of three, keen baker and Senior HCA Dignity in Care Team and Acting Activities Coordinator at the Queen Elizabeth Hospital Birmingham.**



### How long have you worked at the QE?

I have been working here since 2012 and was originally in the Clinical Decisions Unit (CDU), before gaining a secondment with the Dignity in Care team in 2014. I am a senior HCA Dementia Support nurse, as well as acting Activities Coordinator.

### What does your job involve?

A whole variety of things! Every morning we receive a list of patients with dementia across the hospital. We go and visit each and every one of them in order to check that their needs

are being met. I also assist with Dementia Friends sessions and organise my team of lovely volunteers that come to help us.

### What is your favourite part of your job?

I love getting hands-on with the patients. Leaving them with a smile on their face is the best feeling! Recently I took a gentleman who was staying on a ward to visit his wife who was also in hospital, and the look of joy on her face when she saw her husband was amazing. It is so rewarding to see.

### Have you done any fundraising for QEHB Charity?

I have taken part in cake sales and the Christmas Carol Concert - at 2014's Christmas Carol concert I dressed up as a mince pie and mulled wine-selling National Elf! We are currently raising money for QEHB Charity's elderly care fund, to purchase My Life units for the hospital - a brilliant piece of equipment for patients with dementia.

### What do you think of QEHB Charity?

It is amazing! For patients, it goes above and beyond; the charity does so much. I have a small team of volunteers who are amazing and really

enthusiastic, always helping me raise funds for QEHB Charity.

### You organise the activities for elderly care; what effect does it have on the patients?

The activities help entertain a lot of patients suffering from boredom, and also help encourage them to take part in therapeutic activity. The activities are also a good way for patients to socialise and get to know one another.

### What would it be surprising for people to know about you?

As well as being a qualified massage therapist and a keen baker, I can also make a chicken from a tea towel! It's my party trick!

### What is your favourite food?

Roast dinners; they cannot be beaten!

### What do you enjoy doing in your spare time?

What spare time? [laughs] With three daughters, a dog, and a husband I am constantly busy! I really enjoy doing Zumba, as well as walking the dog with my family. However, I really am just a taxi for the kids!

**“ I love getting hands-on with the patients. Leaving them with a smile on their face is the best feeling! ”**

Joanne Bubb

# New Year,

# New You!

Thank you!



## Put your spare time to good use

As well as our fabulous fundraisers, QEHB Charity could not survive without the brilliant volunteers who selflessly give up their time to help run events. From looking after guests at glamorous fundraising balls to manning the hospital atrium stand, their help is invaluable.

Aside from that warm, fuzzy feeling you get from helping others, volunteering can help you develop new skills and form lasting friendships. If you are interested in becoming a QEHB Charity volunteer please get in touch by emailing [charityvolunteers@uhb.nhs.uk](mailto:charityvolunteers@uhb.nhs.uk)

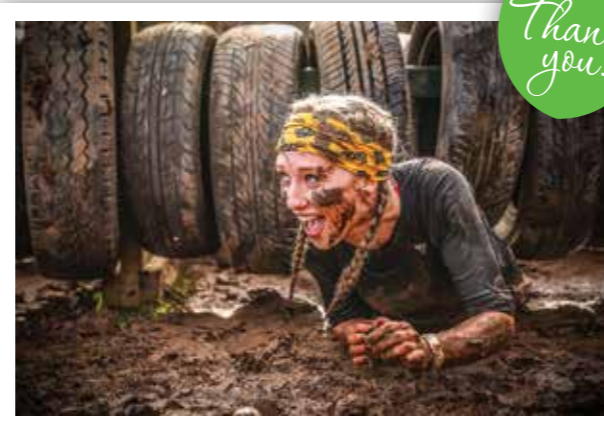
## Strapped for cash?

Did you know you can also support QEHB Charity in your local community? Why not help spread the word by nominating 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.

A new year is the perfect time to join a new event, get fit or complete the challenge you've always wanted to face!

From hikes to half marathons, QEHB Charity has a huge variety of fundraising events on offer to help you fulfil your dreams.

Why not join the annual Morrisons Birmingham 10K, taking place this May in Birmingham City Centre? The sporting event will see hundreds of fun-runners and experienced athletes take to the streets to raise money for their favourite charity! For a bigger challenge why not join QEHB Charity at the Morrisons Great Birmingham Run? The 13.1 mile race is the leading half marathon in the Midlands, attracting thousands of participants every year. If you become one of our runners at



Thank you!

either event, you can choose to help any of our patient groups including children with cancer, military casualties and those battling rare diseases.

If you're seeking an endurance challenge why not 'do summit rewarding' and join the Birmingham Hospital's Snowdon Challenge? We'll be climbing Mount Snowdon, which stands at over 3,500ft, to raise money for patients at the QE. Last year over 50 friends, families and solo-challengers joined the QE team, raising over £10,000 for various departments at the hospital.

If you are a keen cyclist and prefer pedalling the pavements to running the roads, why not consider joining the London to Paris bike ride and cycle from one capital city to another? Taking part means you can raise money for any hospital ward or QEHB Charity appeal of your choice.

Thank you!



If obstacle courses are more your thing, why not become a 'Born Survivor' and join the charity at Weston Park to take on the ultimate military obstacle course? With a 10k run and over 30 obstacles to face, challengers will certainly get wet and muddy!

If you'd love to take your fundraising to new heights why not astound your friends and family with an extreme feat of bravery and join one of QEHB Charity's tandem parachute jumps? Leap from the skies and raise money for any hospital department of your choice, deciding exactly where your hard-earned sponsorship goes.

FIND OUT MORE

To take part in any of our events please visit [www.qehb.org/events](http://www.qehb.org/events) or email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) for more information.

Thank you!



Thank you!



## Healthy eating with the Birmingham Mail

Kick start your new year with a host of delicious healthy recipes, kindly provided by readers of the Birmingham Mail. Food-lovers and health-fanatics have been busily sending their healthy eating recipes to the Birmingham Mail as part of a new Healthy Eating Recipe Book which is being sold to raise funds for cancer research at the QE.

Get yours for £5 by visiting [www.qehb.org/shop](http://www.qehb.org/shop). All proceeds will be donated to QEHB Charity.



# Charity Champs

## SACA smash their fundraising target for children with cancer



Charity Champs

The Sikh Arts and Cultural Association (SACA) more than doubled their fundraising target, by cycling 130 miles and raising over £70,000 for children with cancer at the QE.

260 cyclists set off from the QE and cycled the equivalent of five marathons to arrive in London just 36 hours later. The epic journey was followed by a parade and fun day, with a fundraising goal of £30,000. The fundraising fanatics quickly zoomed past their target though, instead raising a colossal £71,173 for QEHB Charity's VIP Treatment appeal.

In October 2015, Head of Fundraising Justine Davy and Senior Fundraiser Laura Power, went to London for the final cheque presentation and awards ceremony. The afternoon was attended by SACA organiser's, fundraisers and riders and recognised all of the hard work put into making the ride a massive success over the past 12 months. The money raised will be used to refurbish the hospital's Radiotherapy Unit, in order to make it more child-friendly for our young patients with cancer.

## Infinity stage company break a leg for patients

The Infinity Stage Company, a drama society from University of Birmingham, have been supporting QEHB Charity appeals for a number of years. During 2014-2015 the group fundraised for the VIP Treatment Appeal and raised £2,225. For 2015-2016 the generous thespians have decided to support the Dignity in Care fund to pay for 'My Life' systems.



Charity Champs

## TSB Bank, Sheldon raises funds for elderly patients



Charity Champs

TSB Bank in Sheldon kindly chose QEHB Charity's Dignity in Care fund, which works to help improve the experience of elderly patients, as their 2015 charity partner. So far, TSB has donated £3,000 to fund two units with 'My Life' software which helps elderly patients and people with dementia to communicate with carers and create their own interactive life story.

Employee Malcolm Gilbert also took part in a daring charity abseil in August 2015, and in October the bank held a 'Great Sheldon Bake Off' in aid of the charity as part of their Community Partnership Day.

## Heart patient's wax-off raises £6,000

A heart transplant patient raised an enormous £6,000 to thank staff at the QE for her care, by holding a 'wax-off' for QEHB Charity.

Sarah Codling, a 28 year old mother of one, underwent emergency heart surgery at Birmingham's QE after suffering Transposition of the Great Arteries (TGA), a congenital heart defect, since birth. After the life-saving care she received, Sarah decided to give back to the hospital by holding a wax off to raise money for the hospital Charity.



Charity Champs

20 men were sponsored to bravely go under the wax-strip, baring their hair in the name of charity. There was also a raffle which offered generous prizes, including spray tans, haircuts, days out and shop vouchers. Professional Beauticians also joined the cause, volunteering their time and equipment to help make the event a success.

How have you been supporting patients?

Let us know!

## Mercedes supports wounded troops



Charity Champs

Mercedes Central Birmingham is generously supporting Fisher House, by supplying a Mercedes E Class for use by guests and staff at Fisher House, completely

free of charge. The business also held a fundraising F1 event in November and a Santa Run in December to raise funds.

## West Bromwich Building Society supports Fisher House



Charity Champs

West Bromwich Building Society kindly donated £4,000 to support wounded troops and their families at Fisher House, QEHB Charity's military 'home away from home' on-site of the QE. Nick Trueman, the Society's public relations manager, said: "We are delighted to be able to support Fisher House. It is a

fantastic facility and one that supports families and military personnel at a time when it is most needed. We are proud to be supporting a local cause and hope the money we have donated helps provide a home for families who are facing great deals of upset and difficulty."

# The difference your gifts can make



## What is a legacy donation?

Legacy donations are made when people decide to leave a gift to the QEHB Charity in their will. Often donors have experienced first-hand the high level of care and expertise on offer at the Queen Elizabeth Hospital Birmingham and want to ensure future patients continue to have access to cutting-edge technology and excellent facilities.

Over the years, the legacies left by compassionate donors have been a vital source of funding for QEHB Charity. A staggering £969,000 was donated in legacies in the year leading up to 31 March 2015 alone!

Leaving a legacy to the QEHB Charity allows you to play a supporting role in helping patients, families and staff long into the future. The money that the charity receives from the wills of donors is used according to their wishes, to pay for research, fund projects and buy equipment.

Legacies really do make a lasting difference. Here are just a few examples of projects that were only made possible thanks to generous legacy donations:

### QE Cancer Appeal

Kind-hearted legacy donations left in support of cancer care and research were invaluable in funding CyberKnife, a £3.5 million state-of-the-art radiotherapy machine which has been used to treat patients since 2013. Some of the people who have been treated using CyberKnife had tumours that were previously inoperable, and the QE is currently the only non-private hospital outside of London to have this incredible equipment.



### A teacher for young people with cancer

Young cancer patients being treated on the Young Persons Unit (YPU) have benefitted from kind legacy donations intended for teenagers with cancer, which made the employment of a specialist teacher possible. Lisa Conley works to help YPU patients complete their GCSEs and A-Levels while they stay on the Unit, making sure no-one's life has to be 'on hold' during the course of their treatment.

### A new mobile mammogram

Donors who wanted to support breast cancer patients have left generous legacies specifically for breast cancer care, which have contributed to the purchase of a new mobile mammogram enabling more breast screenings throughout Birmingham, helping to detect problems sooner.

### Patient entertainment systems in the Coronary Care and Burns units

Patients in the Coronary Care and Burns units often have to spend a lot of time in their beds, a situation that can become frustrating and boring. One patient who was treated on the Coronary Care Unit in the old QE wanted to make the experience more pleasant for others and so left a gift to QEHB Charity in their will. Their kind legacy has funded free-to-use bedside TVs and radios for patients to access during their hospital stay; something the NHS is, understandably, not able to pay for itself.



Leaving a gift in your will is a wonderful act of selflessness, and QEHB Charity is extremely grateful to all those donors who consider supporting the Charity in this way. If you would like to know more about donating a legacy, please contact Chief Executive Mike Hammond to discuss your plans, any wishes for how the money should be spent, and how the Charity can recognise your vital support.



## Key Words

### Beneficiary

A person or organisation to whom you leave a gift in your will.

### Bequest

A gift that you leave to a person or organisation in your will.

### Estate

The total sum of your personal possessions, property and money.

### Executor(s)

The person or people that you appoint to ensure your final wishes are carried out. These can be professionals, friends, family members or institutions (such as banks and some charities).

### Intestate

The word used to describe someone who has died without making a will.

### Legacy

Another word for a gift or bequest left in your will.

### Testator

The name given to a person who has made a will.



For more information on how you can leave a gift to QEHB Charity in your will, go to [www.rememberacharity.org.uk](http://www.rememberacharity.org.uk)

# Challenge events

## BORN SURVIVOR 25TH JUNE WESTON PARK

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

Registration for people supporting the QEHB charity is reduced to £50 and if you are a team leader you can get your place for free – just sign up nine of your friends and your place is free!

To book your place please contact Justine.Davy@uhb.nhs.uk or call 0121 371 4852

## DO SUMMIT REWARDING FOR THE QE HOSPITAL BIRMINGHAM 9TH JULY, QE BIRMINGHAM

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

Participants can conquer Snowdon as a family or climb with friends, or set a personal goal, whilst raising money for any ward within the Queen Elizabeth Hospital Birmingham.

Registration costs £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 select QE Hospital.

## LEAP FROM THE SKIES 4TH JUNE, 9TH JULY, 6TH AUGUST, 10TH SEPTEMBER HINTON AIRFIELD, BRACKLEY

It doesn't get much crazier than leaping from the skies! Why not amaze your friends and family with an extreme feat of bravery in 2015 and take part in one of our QEHB Charity skydives?

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

To sign up please contact Laura.Power@uhb.nhs.uk or call 0121 371 4852

Various dates available from June to August 2016

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.

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.



# for supporting children with cancer

## Join our VIP Day

Last year's 'VIP Day' saw hundreds of primary school children from across the West Midlands dress up as their favourite 'VIP', raising thousands of pounds for children with cancer at the QE.

Back by popular demand, VIP Day will return in February 2016! We are asking school pupils, teachers, and community groups to dress up as their favourite VIP and donate £1 to QEHB Charity's VIP Treatment appeal. The day will take place on Friday 12th February, and we'd love to see your photos! Send them to [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) or to request a FREE fundraising pack contact [Sian.Averill@uhb.nhs.uk](mailto:Sian.Averill@uhb.nhs.uk) or call 0121 371 4852.



## Redesigning the Radiotherapy Department

Every year, hundreds of children come to the Queen Elizabeth Hospital Birmingham for courses of radiotherapy. The treatment is a course of five days weekly for six weeks. This is incredibly gruelling for people of any age, but what makes it harder for the young patients coming to the QE for radiotherapy is that they have to be anaesthetised to ensure they do not move during treatment. This means that they wake up disorientated and frightened, as they will be more used to the bright interiors of children's hospitals.

QEHB Charity asked for your help to raise £250,000 to make the radiotherapy department child-friendly.

From October 2015, with your help, QEHB Charity started work on making this a reality, from creating a new children's play area in the waiting room, where young patients can meet others going through the same experiences as them, to building a consultation room for parents.

QEHB Charity would like to give a huge thank you to everyone who has supported the VIP Treatment Appeal, with Help Harry Help Others, SACA and BICA being among many other local and national companies involved.



We want to say a BIG thank you to the following schools and community groups who have helped make the VIP Appeal such a success:

- St Edward's Catholic Primary School
- Coleshill Girl Guides Sutton Coldfield
- Blakesley Hall Primary School
- Reaside Academy
- Girl Guides Birmingham
- Guardian Angels Catholic Primary School
- Regents Park Community Primary School
- Four Dwellings Primary Academy
- Cape Primary School
- 172nd Birmingham Rainbows Quinton
- Banners Gate Primary School
- 93rd Birmingham Brownies Rednal
- St Brigid's Catholic Primary School
- Kingsland Primary School
- Kings Rise Academy
- St Chad's Catholic Primary School
- Holy Family Catholic Primary School
- St Augustine Catholic Primary School
- Great Barr Secondary School



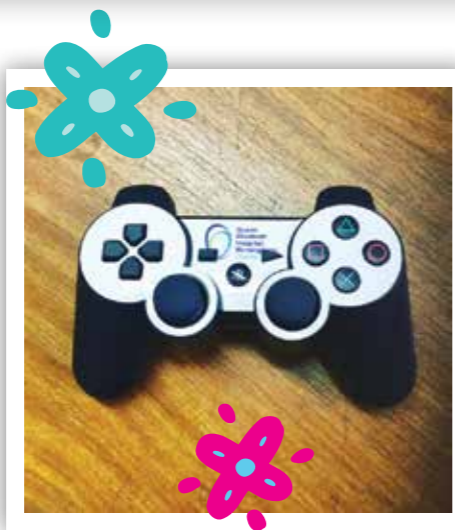
# Where your money has been spent



Thanks to you, our wonderful supporters, we are able to provide added extras that make a positive difference to patients who are treated at the Queen Elizabeth Hospital Birmingham.

With your donations, QEHB Charity has funded special 'grab bags' for the Teenage Cancer Trust Young Persons Unit, which treats young people, aged 16-25, who have cancer.

Every welcome bag includes toothpaste and a toothbrush, tissues, Vaseline lip salve, headphones, earplugs, a pen, an eye mask to help aid sleep, shower cream, hand and body lotion and shampoo and conditioner, a special headphone cable to allow patients to plug headphones into the PlayStations on the ward, and a £10 coffee card for the Plaza Restaurant at the hospital.



QEHB Charity funded games consoles and a TV for patients

Patients sometimes receive treatment using radioactive substances to attack their cancer. This means that their bodies will remain radioactive for a number of days following treatment and so they have to stay in an isolation ward. Thanks to your donations, we are able to help alleviate boredom and ease loneliness for patients, by providing a 40-inch TV screen and PlayStation so patients can watch films or play games during their stay.



Grab bag for teenagers with cancer

With your help, we are able to make young people with cancer feel that little bit more comfortable as they receive treatment at the QE.

With your kind donations the Charity has also been able to fund a PlayStation and television for cancer patients on the Nuclear Medicine Isolation Unit.

QEHB Charity has also been able to sprinkle magic around the hospital wards and departments, with money kindly raised by you.

The 'Sprinkle Some Magic' campaign was launched in 2013 to give people the power to improve their hospital by offering grants of £1,000, £500 and £250.

Staff at the hospital have been inundating the Charity with 'wishes' which the team has

been granting ever since.

In 2014, Senior Radiographer Alison Stephenson was awarded a grant to purchase lockers for MRI patients after noticing the disruption that a lack of lockers was causing.

As a result, QEHB Charity funded three lockers for every MRI machine, creating a better work flow, a boost in morale and improved patient care. In the same year, Amy Rogers, Assistant Nurse Practitioner, was just one of many to receive a grant. QEHB Charity purchased a range of games and entertainment equipment, like CD players, DVD players, headphones, board games and playing cards, for her elderly care patients to help encourage conversation.

In 2015, Ward Sister Claire Lynch was one of many to apply to QEHB Charity to provide 'added extras' for her patients. Claire has been helping patients with brain injuries on the road to recovery, with a £500 grant to purchase a variety of games, as well as a tablet and DVD player.

She said: "We decided to purchase games to help aid patients' recovery from brain injury, after noticing the common challenges they face. It is important that, from an early



Ward Sister Claire Lynch and Nurse Zoe Rollason from ward 407 with activities for brain surgery patients



Senior Radiographer Alison Stephenson used her grant to buy lockers for patients

stage, we help support patients in regaining full cognitive function. By encouraging patients to follow rules, patterns and make decisions from information they receive, we can help improve their memory, speech and fine motor skills, which can often suffer following brain injury.

"Thanks to QEHB Charity we were able to buy a range of games for all ages, including Snakes and Ladders, which helps patients develop turn taking and following rules, as well as word matching games which can help patients' speech and object recognition.

"We've already seen a huge difference in our patients who have been able to use the games. Patients' attention span, ability to perform tasks and short term memory have all been improved, helping start the rehabilitation process whilst they are still in an acute hospital setting."

Tina Hales, Grants Officer at QEHB Charity, said: "Our 'Sprinkle Some Magic' scheme has made a huge difference across the hospital over the past few years, and we were more than happy to give a grant of £500 to ward 407 to help brain injury patients recover from their injuries. It is always great

to see just how much the staff at the QE care about improving the health and wellbeing of patients."



FIND OUT MORE

To apply for a grant, please contact Tina Hales at [Tina.Hales@uhb.nhs.uk](mailto:Tina.Hales@uhb.nhs.uk) and on 0121 371 4852.



# Branching out with a new appeal



With all the vital, life-saving work that occurs on a daily basis at the Queen Elizabeth Hospital Birmingham, it can be easy to overlook the environmental factors that can have an impact on wellbeing when coping with recovery, rehabilitation or grief.

Regardless of the high standard of care provided by staff at the Queen Elizabeth Hospital Birmingham, staying in hospital

or visiting a family member there can be stressful and difficult to deal with. Having a quiet space to reflect and relax away from the wards can be invaluable when it comes to wellbeing - not just for patients and their families, but for the staff who treat them.

We are lucky at the QE to have a lot of green space available throughout the site and we are now in the process of transforming these areas through a new Community Orchards and Gardens Project. As part of the project, a variety of new trees has been and will continue to be planted around the site.

These trees will require love and care as they continue to grow and bear fruit, and we are asking for your support to keep our new community orchards and gardens going with the launch of our Sponsor the Trees appeal!

Donate £50 to support this project and keep the QE a

beautiful and relaxing place to visit, stay and work. Whether you want to celebrate an anniversary, remember a loved one or thank a particular ward or department for their care, sponsoring the trees at QEHB is a great way to leave a lasting contribution to the site itself.

We are keen to recognise gifts made to our Sponsor the Trees Appeal, so if you're making a donation please send us a brief message to include on our website about why sponsoring the trees is important to you!

To find out more about how you can get involved, or to sponsor a tree, please visit [www.qehb.org/trees](http://www.qehb.org/trees) or call Justine Davy on 0121 371 4852.

# Celebrating the process of Liver Transplantation at the QE

Wednesday 4th November saw over 150 people converge upon the Postgraduate Centre at the QE. This was a morning to celebrate the entire process of liver transplantation. Awards were given to the 'unsung' heroes of the process, and several patients came to the event to talk about their experiences. Su Tarling was one such patient:

In 2003, Su Tarling was in her early thirties. A PE teacher and keen hockey player, she was a fit young mother to a seven month-year-old.

One PE lesson was to change her life, when a student pointed out that Su was incredibly jaundiced. She decided to go to her doctor: after several tests were conducted, it was clear that the condition of her liver was rapidly deteriorating. However, after seeing multiple doctors at the QE, no diagnosis could be made.

“I feel very protective of the QE, and am proud to be a part of it; I am so grateful.”

Su Tarling

The only choice was for Su to have a liver transplant.

She was placed at the top of the national super urgent transplant waiting list. When Su saw her son, Josh, at hospital, she said goodbye: unless a miracle transplant came to pass, she was going to die.

Su was put to sleep. Just 24 hours later, she received the gift of life that no one expected to arrive in time: she received

a liver. Only 28 days passed between her first visit to the doctors and her transplant.

Nowadays, Su is back taking part in the sports she loves. She took part in the recent Transplant Games held in Argentina, where she won several medals across a range of events, from gold in the 20k cycle race to gold in the 5k team run.

Su said: “I feel very protective of the QE, and am proud to be a part of it; I am so grateful.”



QEHB Charity is in the process of raising the £100,000 to provide the NRP service to continue to save people like Su; however, we need your help to make this possible. Please go to [www.liverfoundation.org.uk](http://www.liverfoundation.org.uk) to find out more.

# Pennies for Plaza

The Plaza Restaurant at the Queen Elizabeth Hospital Birmingham has worked with QEHB Charity for the past year in a campaign called 'Pennies for Plaza'. This campaign means that for every transaction made at Plaza Restaurant, QEHB Charity will receive one penny.

In order for consumers to choose where their money will be spent, QEHB Charity set up 3 token boxes for 3 different appeals every month. Whenever a transaction

is made at the Plaza Restaurant, the customer receives a token to choose which appeal they would like their money to go to. The box with the largest amount of tokens receives the money raised from that month. The appeals are wide-ranging, from skin cancer to the Liver Foundation.

This scheme has proved to be incredibly popular, and has raised thousands of pounds thus far. Thank you to everyone who has

taken part, and keep using your tokens whenever you are at the Plaza Restaurant!



# NRP Machine: a crucial lifeline

Liver transplant has always been incredibly difficult due to the short life span of the liver once it has been removed from the donor's body. This has meant that organ recipients who live hundreds of miles away might not be able to reach the hospital in time, and may have to forgo a chance at a new life.

The Normothermic Regional Perfusion Machine (NRP) has

the ability to keep the donated liver alive for several days by perfusing it with the donor's oxygenated blood.

With funding from QEHB charity, the liver department trialled the NRP machine in late 2015 and five patients received successful transplants using livers that previously would not have been used due to the timescales involved.

# Charity Champs

## Radiographer raises funds to help patients further

Siobhan Lydon, radiographer at the QE's Breast Unit, held a raffle for Breast Cancer Awareness Month. Among the prizes were a ring, wine, champagne, and much more. There was a great response from patients and staff, and the raffle raised £740 in total for Ladies Fighting Breast Cancer.

The Ladies Fighting Breast Cancer £1m Appeal will help bring together services for breast cancer patients



and provide additional physical, mental and emotional help and support also.

## Royal Marines Association donates £40k to support wounded troops



The Royal Marines Association (RMA) is generously sponsoring a room, to be named 'Gibraltar', in Fisher House for four years, donating £10,000 per year to the Charity. To celebrate the substantial donation, representatives from the RMA travelled to Fisher House to officially announce the Gibraltar room 'open'.

Ron Bell JP, Chairman of Trustees at the RMA, said: "It is an

enormous privilege and honour for the RMA to continue its close association with the unique institution of Fisher House and the fantastic work it does for our Service personnel in general, and Royal Marines in particular, by providing superb facilities that allow their families to support them through what are inevitably difficult and stressful times."

## Liver transplant patient raises money for hospital that saved him



Gwyn French, with help from his wife Lucy, kindly held a charity golf day in July at Milford Haven Golf Club, where Gwyn is the captain. 120 golfers took part and competed in teams of four, with the couple raising £2,000 in the process. They also held a raffle and auction on the day. This brings their current fundraising up to a fantastic £4,000, which will be spent on the Normothermic Regional Perfusion machine at the hospital's Liver department.

## Spitfire Motorcycle Club raises over £4,000 for Fisher House

Spitfire Motorcycle Club was set up in Birmingham, in April 2015. The club, dedicated to fundraising, held a special family fun day in August to raise money for wounded or ill troops and their families. The day included a host of fun

attractions, from face painting to an online auction. The event, generously supported by local businesses, raised a whopping £4,200 to support military families whose loved ones are being treated at the QE.



## Birmingham Future raises over £7,000 for teenagers with cancer



Brave Birmingham Future members completed a round of adrenaline-pumping skydives to support QEHB Charity, their chosen charity of the year. Strapped to the front of a tandem instructor, Rachel Seaton, Demi Swinger, Jo Hayward and Dawn Adams jumped from an altitude of

up to 13,000 feet, accelerating to 120 mph, and covered each thousand feet in approximately five seconds! They raised over £1,000 to support teenagers with cancer at the QE, and raised a further £6,000 at the annual Birmingham Young Professional of the Year competition.

## Huge thanks also goes to...

- Andrew Day and Black Country Truck Convoy
- Band of the West Mids Fire Service
- David Brenton
- Eze Group
- Francis and Eileen Tavernor
- Kelly Jackson
- Matron Liz Miller and the Emergency Department & Clinical Decision Unit staff
- O.P.T Sports Day
- Persimmon Homes
- Steve Eaton & Prashant Patel
- Tony Jones

## Skydives raise thousands



Every year brave fundraisers take to the skies to raise money for various QEHB Charity appeals, and Dave Luke, from Discovery Skydiving, is the man with the plan who organises the jumps!

In the past three years 207 adrenaline junkies have leapt thousands of feet from a plane, thanks to support from Dave, raising a whopping £71,518 for patients. Thank you Dave!

# Thank you!

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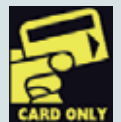
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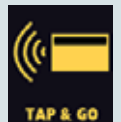
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