

love qehb

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  qehbcharity

 hospitalcharity.org



England Manager Gareth Southgate lends his support to The Giles' Trust

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 money to provide world-class facilities for patients and their families at the Queen Elizabeth Hospital Birmingham that go over and above what the NHS can provide. We spend your generous donations on cutting-edge equipment such as the cancer-busting machine CyberKnife; facilities like Fisher House, a 'home away from home' for military patients and their families; a teacher for young people with cancer, and much more.

Hello and welcome to the latest edition of Love QEHB, the official newsletter for the Queen Elizabeth Hospital Birmingham Charity. This edition is full of all our latest news, our upcoming events, and stories of our inspirational fundraisers.

Last year, we asked for your help to bring Heart in a Box to the hospital. This machine keeps a donor's heart beating outside of the body ready for transplantation. Thanks to your generosity, Heart in a Box arrived at the hospital and is now being used to save lives. On pages six and seven, you can read all about James Walton and his life-saving transplant that was made possible thanks to Heart in a Box.

Here at the Charity we're immensely proud of our Home away from Home appeal that provides accommodation for patients and their families within walking distance of the hospital. Thanks to your generosity we have provided flats for the families of young people receiving cancer treatment and patients receiving treatments for leukaemia and other blood cancers. Read more about this project, and the people who have benefitted from it in this newsletter.

With summer just around the corner, it's the perfect time to sign up for an event and raise money to support your hospital charity. We've got a whole host of events coming up so whether you'd like to host a tea party or run a half marathon there's something for everyone.

If you're interested in keeping up to date with our latest news then be sure to follow us on social media, just search for @QEHBCharity on Facebook, Instagram and Twitter. Alternatively, you can contact us on 0121 371 4852 or charities@uhb.nhs.uk. If you're at the hospital, why not come and visit us in the Fundraising Hub in the atrium? You'll also be able to find lots of Charity merchandise in the Hub, sign up for events, and make donations.

Thank you for all that you do for the Charity, it's thanks to your generosity that we're able to go 'over and above' for our patients here at QEHB.

Mike

Mike Hammond
Chief Executive, QEHB Charity

In this issue...

Famous face lends support to Ball

A fundraising dinner was held recently in memory of legendary football coach Dick Bate. Read all about this amazing event on page four, and the famous faces that were there to lend their support.

Liver patient grateful for Ann Fox Foundation

Thanks to the amazing fundraising support of the Ann Fox Foundation, liver patient Gemma Jolly has received a liver transplant. Read more about the amazing machine that saved her life on pages ten and eleven.

Heart in a Box saves a life

Turn to pages six and seven to read about James Walton, and how his life was saved thanks to Heart in a Box. This revolutionary machine was brought to QEHB thanks to your donations!

Home away from Home appeal

Turn to pages 16 and 17 to read about the Home away from Home appeal which provides free accommodation to patients and their families within walking distance of the hospital.



Queen Elizabeth Hospital Birmingham



Fisher House



Dates for your diary

NHS Big Tea

5 July

Help us say a big happy birthday to the NHS this year by setting up your own tea party! Whether you work at the hospital, at a school or have a community group you can get involved and hold your tea party on 5 July - or any date that suits you!

You can raise money for a ward, department or appeal of your choice at the hospital and have a great time drinking tea and eating cake at the same time!

Let us know if you're hosting your own tea party by contacting roisin.mooney@uhb.nhs.uk



Find out more information at hospitalcharity.org/events



Simplyhealth

Great Birmingham 10K

26 May

By running for Brum and taking part in the SimplyHealth 10K, you can raise money for the hospital charity and help support military patients, young people with cancer and people with rare diseases. The 10K comes alive with thousands of runners every year so is the perfect challenge to get stuck in to. By signing up to run for the hospital charity, you will receive a free fundraising pack which includes a running vest, a goodie-filled finisher's pack and a timing chip for accurate results.

Sign up to run for us now by visiting hospitalcharity.org/events or contacting Roisin on roisin.mooney@uhb.nhs.uk.

Simply Health Great Birmingham Run

13 October

Take on a half marathon this year and support the hospital charity in funding equipment and comforting items for patients, staff and families at the hospital. Thousands take part in the 13.1 mile challenge with hundreds of people cheering them on. There are a limited number of free places which are available on a first come, first serve basis, with a £250 minimum sponsorship.

To get a place please call Roisin on 0121 371 4852, or email her at roisin.mooney@uhb.nhs.uk and we will send out your free fundraising pack!

Snowdon Challenge

7 September

Challenge yourself to climbing up Mount Snowdon this year for the hospital charity! This fun-filled trek is open to anyone over the age of 18 and places cost £45 each with a minimum sponsorship of £100. Your ticket cost includes return coach travel from Birmingham city centre, qualified professional guides to take you on the walk, fundraising kit and advice, and snacks and water to keep you going throughout the day!

To get a place please visit hospitalcharity.org/events or email Roisin on roisin.mooney@uhb.nhs.uk

GREAT NORTH SWIM

7-9 June

Do something different this year and support the hospital charity by taking part in the Great North Swim! The swim takes place in the beautiful Lake District and you can choose how far you would like to swim from 250 metres, half a mile, one mile, two miles, 5K or 10K in open water.

If you would like to take part in the one mile swim, you can get your place through our website with a minimum sponsorship of £250 and all other places are available at

greatrun.org/great-swim/great-north-swim.

Once you have your place secured, email roisin.mooney@uhb.nhs.uk to get your free fundraising pack!

The Nature Valley Classic

17 June

Join us for the first day of the fantastic Nature Valley Birmingham Classic at Edgbaston Priory Club and see some of the world's most famous tennis players take to the court in the most celebrated pre-Wimbledon tennis event!

Adult tickets are £7, children are £4 and NHS staff can receive a £2 discount off their ticket. With your Charity ticket you will receive a water bottle on arrival and have the Charity team on hand to answer any questions you may have. The event will include food and refreshments and shops selling sports merchandise.

Get your tickets now at hospitalcharity.org/shop/product/birmingham-classic-tennis

England manager lends support to fundraising ball

A star-studded fundraising ball has raised an incredible £50,000 for The Giles' Trust, which supports patients with brain tumours at the Queen Elizabeth Hospital Birmingham.

The ball was attended by sporting royalty from the worlds of football and cricket, and even featured a special message of support from none other than England football manager Gareth Southgate.

The ball was organised and hosted by Maggie Bate, whose husband Dick was treated at QEHB for a brain tumour, before sadly passing away in April 2018. Dick was a legendary football coach, having spent a successful career coaching football stars across the country.

When Dick was diagnosed with a brain tumour, he decided to raise money to support The Giles' Trust. Maggie was determined to host a dinner to raise money in Dick's memory, and organised an event in her home town of Ross-on-Wye with support from Dick's sons Nick and Matthew.

The gala dinner was incredibly well-attended, with Burnley manager Sean Dyche, England under-21 manager Aidy Boothroyd, former Tottenham Hotspur manager

Keith Burkenshaw, Villa legend Kenny Swain, and Malky Mackay, Performance Director of the Scottish Football Association there to enjoy the evening.

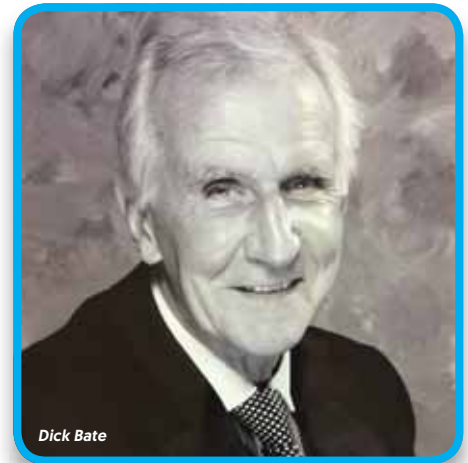
The Giles' Trust was set up by England cricket hero, and current Director of English Cricket, Ashley Giles, and his wife Stine after she was treated for brain tumours at QEHB.

Ashely and Stine were also present at the dinner to lend their support, and to represent The Giles' Trust alongside Consultant Neurosurgeon Ismail Ughratdar who spoke about the exciting new projects that the brain tumour team are working on.

The Giles' Trust is currently raising funds to support research into artificial intelligence for brain tumours, which could change the way that brain tumours are treated at the hospital.

The event raised a fantastic £50,000 thanks to an incredible raffle and auction, which saw a host of sporting prizes won, including an incredible behind-the-scenes tour of St George's Park, the state-of-the-art training facility for the England national teams, and the opportunity to watch the England team train.

This was donated by Gareth Southgate, who was a close friend



Dick Bate

of Dick and Maggie, having been coached by Dick in the past. Gareth recorded a message of support for those present at the event, and for The Giles' Trust.

The dinner was held at The Chase Hotel, with the staff at the hotel working hard to ensure that everyone had a fantastic evening. DJ Nigel Gaudion, auctioneer Julie Bethell, Dress to Impress, all made the venue look so beautiful, and photographer Caz Holbrook all gave up their time and services for free to help make the event the best that it possibly could be.

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "The Charity's thanks go to Maggie for organising and hosting such a wonderful evening of fundraising. Everyone spoke so highly of both Maggie and Dick, and the fundraising total reflects the high esteem in which both of them are held.

"The money raised from the event will help to fund world-class research here at the Queen Elizabeth Hospital Birmingham, which could change the way that we treat brain tumours."

Find out more and donate at thegilestrust.org

You can see Gareth's video message at youtube.com/qehbcharity



Maggie and Consultant Ismail Ughratdar with Dick's sons Nick and Matthew.

5 MINUTES WITH...

We spent five minutes catching up with Liam Herbert, a Paediatric Radiographer supported by QEHB Charity, who treats children and young people with cancer at QEHB.

Hi Liam, thanks for chatting with us! How long have you worked at the Queen Elizabeth Hospital Birmingham for?

I have been at Queen Elizabeth Hospital Birmingham for a year and four months.

What does your job involve?

I help look after patients between the ages of 0 and 24 who are diagnosed with cancer and require radiotherapy as part of their treatment. I work alongside the Radiotherapy Department and the wider oncology team in providing support for the patients and their families as well as support with side effects from radiotherapy.

I start off by meeting the young person and their families and help support them through their radiotherapy journey. It is very important for our patients to keep still through their radiotherapy treatment and for the younger patients where keeping still will be a challenge, we have to use general anaesthetic and put the child to sleep during their planning scan and treatment.

Patients that require radiotherapy sometimes require a radiotherapy mask. This is often the trickiest part of radiotherapy as this can be

very claustrophobic. I work alongside the Mould Room and CT staff in helping the young person get through this difficult stage by creating the masks like the ones in the picture!

Radiotherapy schedules can range from five days to up to six weeks of daily treatment. During treatment I catch up with patients and help them with arranging anything I can, ranging from arranging appointment times around school to helping a patient overcome a loss of appetite as a result of a taste change from the radiotherapy and chemotherapy.

I am part of several multi-disciplinary teams that provide a holistic approach in delivering the care that patients and their families need. I also help co-ordinate the proton referrals for patients that require a different form of radiotherapy that is not available in Birmingham. Some patients will go to Essen in Germany, Jacksonville in Florida or, more recently, the Christie in Manchester.

What do you love most about your job?

There are several parts of the job that I enjoy, one being the transition of a child from

LIAM HERBERT
**Specialist Paediatric
Therapy Radiographer**



being very scared at the start of their treatment to running into the treatment room high-fiving everyone. Another is seeing them after treatment and hearing about all of the exciting things that they have done since completing radiotherapy.

What do you do in your spare time?

If it isn't painting the radiotherapy masks into superheroes, then I am either swimming or cooking. I am a big fan of food and wine!

What would you say to anyone who wants to fundraise for cancer patients at QEHB Charity?

No matter the amount, the money that can be raised by you can make such a difference to a young person or anyone that is diagnosed with cancer. The money raised can be used for end of treatment gifts for the young people, new equipment and machines, support, to even funding people like me as the hospital charity provides some of the funding.

Thank you!

To help support young people with cancer at the hospital, please visit
hospitalcharity.org/youngpeoplewithcancer

Heart in a Box transplant for second

James Walton, 34 from Stoke, has had a life-saving heart transplant thanks to a revolutionary machine which was funded by your donations.

In 2018, QEHB Charity launched a new fundraising appeal to bring a revolutionary new machine to the hospital which had the potential to increase the number of heart transplants that take place here at QEHB.

Heart in a Box keeps a donor's heart beating outside of the body, keeping it in a better condition for longer, compared to the traditional method of keeping a heart on ice before transplantation.

Thanks to the incredible support from QEHB Charity's fundraisers, and the generosity of Heart Research UK who funded half of the total £285,000 cost, Heart in a Box arrived at the hospital.

Now, this incredible machine has been used to save James Walton's life. James has Marfan syndrome,



let alone play with his three year old son Jack.

James' wife, Kat, said: "James couldn't walk more than 100 yards; he couldn't play football or go to the park. He was exhausted all of the time."

Within just five days, James was told that the heart that he so desperately needed had been found for him. Surgeon, Mr Majid Mukadam, retrieved his new heart and used Heart in a Box to re-start it.

James' new heart was then kept alive inside Heart in a Box for five hours before his transplant operation which was carried out by Mr Jorge Mascaro here at QEHB.

The operation was a great success, and James has been able to return home to Stoke on Trent. He said: "I'm incredibly grateful; the new heart has given me a second chance at life. I feel like a new man and I'm already able to do things



that I wasn't able to do before."

Justine Davy, Head of Fundraising at QEHB Charity, said: "I am so delighted that James has now got a second chance of life and he is feeling healthy following his transplant. It is a fantastic demonstration of the difference that can be made thanks to our supporters.

"A year on from the fundraising campaign for Heart in a Box, it is incredible that lives are now being saved thanks to this



"I'm incredibly grateful; the new heart has given me a second chance at life."

a condition that affects the soft tissues in the body, and he had been living with heart difficulties for many years.

James was placed on the urgent heart transplant list in January 2019, after becoming so ill that on some days he couldn't get out of bed,

Transplant recipient grateful for second chance

revolutionary machine. My thanks go to everyone who donated to this important cause. With your further support, we will be able



to provide even more life-saving equipment for the heart team at the hospital."

Barbara Harpham, Chief Executive at Heart Research UK, said: "To see such a young man given the gift of life is a wonderful way to show it was well worth all the effort to get this revolutionary machine in the Midlands. It will go on to save many lives. We're very grateful to everyone who gave to the Heart in a Box appeal and at the same time remember with thanks, the donor and their brave family who made this precious gift possible for James."

James is now recovering well, and speaking just five weeks after the transplant, Kat said: "It's still early days, but James is much more active. Jack now has his daddy back. He can chase him around and play games with him. Before, he would be too out of breath and too tired."

Jorge Mascaro said: "It is wonderful that James has had a successful transplant using the Heart in a Box machine. We know that the previous method worked for straightforward transplants, and we will still use the traditional way. "But we are seeing more patients with reoperations which are more



complex, and hearts travelling longer distances, and for these patients this technology will be useful."

James hopes to return to work as a self-employed joiner, and is looking forward to living a full and happy life. He said: "I will forever be thankful to everyone who helped to bring this amazing machine to the hospital. Thanks to the Charity, I have a second chance at life."

Going 'over and above' for heart transplant patients

With your help, QEHB Charity will continue to do more to provide the very best care for heart transplant patients here in Birmingham. We want to open a 'home away from home' for transplant patients within walking distance of the hospital, allowing transplant patients and their families to stay close to the hospital whilst they are receiving treatment. Find out more about how the Charity's home from home project on pages 16 and 17.

Help support heart transplant patients by going online to hospitalcharity.org/heart

Thank you!

Pets in Hospital

Since launching in July 2018, our Pets in Hospital scheme has been a huge success with staff and patients alike. The scheme has proven to make patients' days brighter, reduce anxiety and enhance patient communication and interaction.

Here at QEHB, we wanted to bring dogs to the hospital to show that animals can have a positive impact on improving patient wellbeing. They have been shown to reduce anxiety, help reduce the perceived level of pain experienced by a patient through distraction therapy, and promote a calm and positive working environment for staff and patients.

Jo Latimer, who owns Monty, has made many visits to the hospital since the scheme began and said: "I absolutely love bringing Monty to the hospital. To see the smiles on the faces of the patients that we visit is so heart-warming. Being a Pets in Hospital volunteer is great fun, and Monty loves the attention that he gets!"

The scheme was originally launched on the wards for older people at QEHB but has since been able to make visits to other select wards after being so successful over the past ten months. Patients can request a visit from one of the specially-assessed dogs through the nurse in charge on their ward.

Jess Harris, Pets in Hospital Coordinator, said: "After ten months of the scheme, we can see how



much of a difference the dogs make when they visit patients throughout the hospital. We have had so much positive feedback from both patients and staff telling us how much of a difference the scheme has made.

"With your help, we will be able to continue bringing the dogs to the hospital and help patients feel more at ease whilst they are on the ward. You can help support Pets in Hospital with regular donations to help this scheme continue to change the lives of patients at the hospital."

After visits, patients and staff are given the option to fill out a feedback form to help us improve the scheme. This is what one staff member said about the visit: "Amazing! It was a huge boost in mood for the patient, who was delighted and would love weekly visits. We have lots of neurologically impaired patients with low mood and long length of stays, this service is invaluable and a fantastic scheme."

You can learn more about our Pets in Hospital scheme by visiting hospitalcharity.org/petsinhospital or contacting Jess on petsinhospital@uhb.nhs.uk.



You can also visit our Charity Hub in the main atrium of QEHB where Jess, our Pets in Hospital Coordinator, is based, and have a look at all of our Pets in Hospital merchandise!



Pets in Hospital



SUPPORTED BY  Queen Elizabeth Hospital Birmingham Charity

Green Spaces

With all of the vital, life-saving work that goes on at QEHB every single day, it can be easy to overlook the environmental factors that can have an impact on wellbeing when coping with recovery, rehabilitation or grief.

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 as well.

This is why we at the Charity have helped to develop the green spaces around the hospital to benefit patients, their families and the staff that work at the hospital. We are so lucky at QEHB to have a lot of green space available throughout the site that allow people to sit, relax and chat away from the hospital.

As part of our Green Spaces scheme, we helped transform the areas to include raised beds, woodland area and wild flower meadow, and a variety of new trees have been planted around the site.

All of the new trees require love and care, which is why we are asking to support this project by sponsoring the trees! You can donate £50 to support this project and keep QEHB 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.

To get more people involved in learning about the benefits of the green spaces to patients, families and staff, the Charity has set up monthly walks around the green spaces where you can come along for free and learn about the areas. These are on the first Friday of each month so please do come along and learn why these areas are so important.

If you are more interested in the birds that surround the site, you can also sponsor a bird box! We have put up many bird boxes in the new trees to see what new birds might



be attracted to the site – some of these, including Kingfishers, have even been seen on our monthly walks! For £35 a year you can support our Nest Box Adoption Scheme! By doing this you will be providing a valuable home for our birds, if you take part, we will keep you updated with how the birds in your bird box are doing.

To take part in any of our Green Spaces schemes, please visit hospitalcharity.org/greenspaces and click 'donate to this fund', or for more information contact Sophie Carroll on 0121 371 4852 or at sophie.carroll@uhb.nhs.uk.



You can also get our Green Spaces merchandise in the Hub which is located in the Atrium at QEHB!

The Liver transplant process changed

Thanks to the amazing support from the Ann Fox Foundation, QEHB Charity received £100,000 to fund the incredible OrganOx machine, to help liver transplant patients at the hospital.



The OrganOx machine helps to clean and oxygenate a donated liver, outside of the body, keeping the liver in a better condition for longer, increasing the length of time that surgeons have to perform a transplant.

The incredible OrganOx machine would not have been possible to provide if it weren't for the Ann Fox Foundation funding the machine.



Ann Fox was diagnosed with the progressive disease autoimmune hepatitis over 20 years ago. In

April 2014, she underwent a liver transplant at the Queen Elizabeth Hospital Birmingham. In order to thank staff at the hospital for her care, Ann and her husband, Tony, organised a glamorous ball to raise money for QEHB Charity's Liver Foundation.

Sadly, Ann was in hospital at the time of the ball, which took place in their home town on the Isle of Man in November, and tragically died just a few days after. Since her passing, Ann's family have continuously fundraised for QEHB Charity, totalling over £100,000.

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

"Her legacy will live on in the long and fulfilling lives of those she has been able to help."

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

Mr Thamara Perera, a consultant liver transplant surgeon at QEHB, commented: "Ann was a remarkable woman and it is a real honour to receive this machine, which will help thousands of patients in future."

Due to her family's fundraising, Ann's legacy has lived on and

significantly changed the life of patient, Gemma Jolly and her family. Similarly to Ann, Gemma was diagnosed with autoimmune hepatitis in 1997, and following the birth of her children George and Harrison, her liver began to fail. Gemma said: "The doctors tried all sorts of medication and tablets, but they just couldn't get it under control."

After being transferred to the care of QEHB in 2004, the doctors realised that her liver was being eaten away, and she became progressively more ill.

In 2015, Gemma was admitted to intensive care and doctors told her to fear the worst. Gemma's husband Mike said: "I was advised to tell our boys that she wasn't going to make it. That was the worst thing I've had to do as a dad."

Gemma was put on the transplant list and received her first liver transplant in May 2016. She said: "I was in and out of hospital for eight months before, spending more time at hospital than at home. This was really hard for the boys, they found it really difficult.

"I had my transplant, which was initially a success, but after six months or so things started to go wrong."

Mike said: "I noticed that her eyes were jaundiced and she was admitted for tests, the doctors said that the only way forward was to have another transplant."

Gemma was added to the waiting list once again, however, things got steadily worse for her, and her liver failed completely.

Gemma continued to live with her condition but was unable to

patient whose life was forever!



Amanda Carvalheiro, Gemma Jolly and Mr. Thamara Perera

live the life that she had become accustomed to. Then, in October 2018, Gemma was admitted to hospital with severe jaundice.

She said: "Mr Thamara Perera came to visit me on the ward and he asked whether I'd be interested in signing up for a process whereby I would have a transplant using a brand new piece of equipment at the hospital. It was a no-brainer for me, Mr Perera carried out my first transplant and he explained it really well. Mr Perera explained about Ann Fox's family and told us about their fundraising that had made it possible for the machine to come to the hospital."

Despite the presence of the machine, Gemma was still in need of a suitable organ. Then, in November 2018, a liver was found. "It's a mixture of emotions," Gemma said, "It's hard to get your head around the fact that

someone has got to go through loss so that you can have something from it. It's difficult to process." Gemma's surgery was a great success and she was up out of bed and sitting in her chair within two hours of waking up.

"It's good to be able to plan for the future again; life goes on hold when you're unwell. We're starting to plan a nice holiday abroad with the boys; they deserve it after everything they've been through."

Mike said: "We're both incredibly grateful for the fundraising that allowed Gem to have an operation that she otherwise wouldn't have had."

Gemma added: "From the bottom of our hearts, we thank you. I've got my life back, and my boys have got their mum back."

Justine Davy, Head of Fundraising at QEHB Charity, said: "We are

incredibly proud to have been able to provide this amazing equipment that is already saving lives at the hospital."

To support liver patients like Gemma, please visit:
hospitalcharity.org/liverfoundationuk

Thank you!



Tony Fox, with his daughter Andrea and son Stephen

Resorts World Birmingham team hosts a charity variety night

Charity Champs



Murat Bicer, Hospitality Operations Manager at Resorts World Birmingham, was at the forefront of arranging a charity evening as his close friend Jaffa Shamshuddin received his renal transplantation treatment at the Queen Elizabeth Hospital Birmingham. The night raised money for QEHB Charity and the Frank Bruno Foundation.



Murat said: "Following a conversation from my friend Jaffa, we decided to work together to put on the charity night for the renal transplantation department at QEHB."

The night was full of entertainment hosted by magician and radio presenter Ben Hanlin. Special guests included Julian Smith from Britain's Got Talent 2009, Keri Arrindell from X Factor in 2010 and the Uptone Girls who are an acapella group from the University of Birmingham.

Thank you, Facebook friends!



We would like to say a huge thank you to everyone who supports us on Facebook. In the past year, you have raised over £10,000 which is incredible!

Thank to your hard work on Facebook, you have enabled us to purchase added extras throughout the hospital including tea sets for all of the wards that have waiting areas, toys for young people who are going through their radiotherapy treatment, and much more.



Everything that we purchase goes over and above what the NHS can fund and ensures that patients at the hospital are receiving the best care possible,

without your support we wouldn't be able to do this.

To set up a Facebook fundraising page on your desktop, all you need to do is click on 'Fundraisers' on the left-hand side of your homepage, click 'Raise Money', select 'Nonprofit/Charity' and then search for Queen Elizabeth Hospital Birmingham Charity. From here, you can create your page, add your own pictures and information and choose which ward, department or appeal you would like to raise money for!

Helping Little Angels supports QEHB Charity

Tayyaba and Mohammed Lohar have been a part of the Helping Little Angels charity since it began 14 years ago, and now they have helped the QEHB Charity in supporting cancer patients.

At the beginning of 2018, Mohammed was diagnosed with stage three bowel cancer and began having surgery and chemotherapy.

Tayyaba, his wife, said: "The treatment and care he received was second to none and we couldn't thank the hospital enough for returning his health. We have both supported various charities in the past and always try to do what we can whenever we can."

Helping Little Angels is a charity that fundraises for those in need all over the world. This includes running orphanages, schools and projects such as tree plantation, water wells and vocational training.

As the couple have been working with the charity since the beginning, they asked the team if they

could fundraise for QEHB Charity, and so they organised the Garden Picnic.

The event included food, stalls and games and took place in the couple's back garden. With a huge turnout they managed to raise £2,500!

Cathryn Worth, Fundraising Manager at Queen Elizabeth Hospital Birmingham Charity, said: "A huge thank you goes to Tayyaba, Mohammed and everyone at Helping Little Angels that took part. People are being diagnosed with cancer every day and this money will really help us and the staff here at QEHB to go over and above what the NHS can fund."



NatWest charity partner of the year

A huge thank you goes to NatWest's Birmingham branch as the team decided on QEHB Charity as their charity partner of the year. Portfolio Manager at NatWest in Birmingham, Jackie Wilkes' daughter was involved in an serious car accident and was treated here at QEHB.

Jackie's daughter, Rebecca, was injured nearly four years ago when her car overturned and smashed through a fence which almost decapitated her.

After spending over two weeks in critical care and a 14-hour nerve transplant operation to try and get parts of her arm moving again, Rebecca, her mother Jackie and NatWest are determined to raise money for the hospital that saved her life.

During 2019, the team at NatWest have pledged to raise money for the trauma wards at QEHB and help to fundraise for the Bracial Plexus



Injury Service fund at QEHB, which is the department that looked after Rebecca.

The team will be taking part in

various events throughout the year including fun runs, Smarties September, bake sales and maybe even climbing Mount Snowdon. Thank you team!

Umami Harborne cook up a storm

Indian restaurant Umami in Harborne hosted a fabulous fundraising evening to raise money for patients at the hospital. 'Come Dine for QEHB Charity' saw customers enjoy a feast of tasty Indian food, with money being donated to the hospital charity.

The night was a great success and raised a fantastic £205 to provide 'added extras' for patients here at QEHB.

Sofia Jankovic, Marketing Assistant at Umami, said: "It was a fantastic evening. We were delighted to raise money for our local hospital charity and all of our guests greatly enjoyed the evening. We hope to host another event just like this in the future!"

Sophie Carroll, Fundraising Officer at QEHB Charity, said: "Our thanks go to Umami Harborne for hosting this event and raising such a brilliant amount of money! It sounds like everyone had a great time enjoying the tasty food and raising money for our patients here at the hospital."



Thank you!

Are you taking part in fundraising for QEHB Charity?

Send us your photos on Twitter & Instagram using #LoveQEHB or #QEHBCharity. We love seeing what you've been up to!

Staff Superstars

Thank you!

We are incredibly grateful for the amazing members of staff who work at the hospital and raise money for the Charity to help us provide 'added extras' for patients at the hospital.

Here are just some of the staff superstars who have gone 'over and above' for patients.

Liver team set to tackle Sunrise Snowdon again for QEHB Charity!

Staff from the liver team at QEHB have decided to yet again take on the daunting trek up Mount Snowdon... in the dark! The seven hour hiking event will see staff members climb a steep 3,559 feet!

Tahir Shah, Suzanne Vickrage, Ye Oo, Russell Bolton, Darren Smith, Joanne O'Rourke, Matthew Armstrong and Kerrie Wilkins are all part of the fantastic liver team that

are taking on this incredible challenge. Some members of the team climbed Mount Snowdon last year raising an incredible £2,635 to support the Neuroendocrine Tumour fund.

Sophie Carroll, Senior Fundraiser at QEHB Charity, said: "The Charity is truly grateful to the team for choosing to sign up yet again for Sunrise Snowdon. I would like to wish the team good luck on their trek as well as their fundraising!"

If you would like to take on one of our challenges this year, turn to page three to find out more.

Dr Andrew Jacks' 'journey home' raises £13,825!

Lt Col Dr Andrew Jacks is a Consultant ophthalmic surgeon in the Royal Army Medical Corps. Dr Jacks is now back in the UK after serving for three months in Afghanistan. Whilst there, he decided to fundraise for Fisher House.

Dr Jacks participated in a static cycling event which saw him ride a total of 3547.4 miles, roughly the distance between Kabul and London. He raised an amazing £13,825! In July of this year he will be retiring from the Army after serving in numerous parts of the globe. Dr Jacks has many plans to fill his time, one being cycling! He said: "I want to take on a lot more cycling now I will have a little more spare time; I am going to be raising money for the eye department at QEHB."

Despite raising an astonishing amount already, Dr Jacks has pledged to participate in Velo Birmingham & Midlands 2019 to raise even more for QEHB Charity. Velo is one of the biggest cycling events in the Midlands, and will see thousands of participants ride for their chosen charity. Dr Jacks said: "At the last Velo, my friend and I completed it in about seven hours, this year I am quite a bit fitter so I am aiming for around the six hour mark."

Gruelling fundraiser set by the ITM team

The ITM team, made up of nurses, doctors and administrators, will be faced with the muddiest event in the world and will have to do a 10k trail over sixty challenging obstacles. The challenge will take them through mud, water, tunnels, hurdles, tightropes and many more!

Talking about the challenge, Research Nurse Ronald Carrera, said: "The Research Team are really excited to take on the Wild Mud Run and raise lots of money for QEHB Charity to help patients across the hospital."

"Teamwork is really important in our job and this challenge is definitely going to bring us closer, everyone from the department is getting involved. We hope this will be one of many charity events we take part in this year and we can help contribute to the amazing work that QEHB Charity does."



Do you know a staff superstar? Do you want to nominate them for a shout out in the next Charity newsletter? If so please get in touch and share your story by emailing charities@uhb.nhs.uk or get in touch on Facebook, Twitter or Instagram, all @QEHBCharity

How you can help young people with cancer

The Teenage Cancer Trust Young Persons Unit (TCT YPU) is a dedicated unit for young people between the ages of 16 and 24 who are being treated for cancer. These young people, in the midst of their already difficult journey to adulthood, suddenly find themselves faced with a possibly life-threatening illness. Many must put life on hold, just as it is starting to take off.

Ethan Billinge is a 16-year-old currently undergoing treatment for Acute Lymphoblastic Leukaemia (ALL). Ethan was kind enough to share his story of how he wishes to pursue his education despite his cancer diagnosis. With the help of QEHB Charity-funded education, Ethan is planning for the future.

What are you currently studying Ethan?

After completing my GCSEs in the early stages of diagnosis, I've progressed to studying A-Levels. I'm currently studying Maths, Further Maths and Physics.

How have you managed to combine studying with your diagnosis and treatment?

I'd get up at 6:30am; revise until around lunch then have the afternoon off, then revise again until around 9:00pm. I found that this helped to pass the time and alleviated boredom. I was thankfully, with the hard work of all of the YPU team, able to achieve my goal and take all of my exams in school, albeit in a separate room. I passed all of my GCSEs with good grades and was able to progress to my chosen sixth form.

I hadn't been able to attend the induction event at the sixth form, as I was undergoing Chemo at

QEHB Charity funds additional items that have helped YPU to become a 'home from home' for young cancer patients and their families. From providing DVDs and Xbox games, to pizza nights and 'grab bags' filled with essential items, your donations mean that together we can be there every step of the way to support young patients with cancer.

More recently, the Charity has worked with the James Brindley School, a specialist education service, to help ease a patient's academic pressures. This service not only brings a little bit of normality back into their lives on the unit but also helps them in the future when they are ready to go back to full-time education.



the time, but they were again really helpful. Although I had enough points to study four A-Levels, I had made my decision, that due to the continuation of treatment, realistically that three A-Levels would be more achievable.

What are your ambitions for the future?

Eventually, I'd like to be a maths teacher in secondary school but would like to do something before this to get some life experience before heading into the classroom.

Do you have any advice to another young person trying to study whilst undergoing treatment?

Have a clear goal in mind. For me, this was knowing that I wanted to be in school for the exams, and knowing how many points I needed. Once you have a goal in

mind, you can be working towards that. Also, don't overwork yourself! Remember you are going through something extremely difficult and if you don't feel good enough on a day you don't have to.

Do you think the Education and Employability service offered on the YPU is important?

Definitely. Without this service, people who wanted to work would have a really hard time getting what they need. Also, it allows the people they work with access to new opportunities.

£55,000 funds a specialist education service provided by James Brindley. You can help to support young people with cancer by donating to hospitalcharity.org/teenagecancer



Home away

Patients who receive treatment at the Queen Elizabeth Hospital Birmingham often have to travel a long way to get to the hospital, meaning that if they need to stay for a period of time, it can get expensive for their family to stay with them.

For patients and their families, visiting the hospital can be a stressful experience and trying to find somewhere to stay to be near a loved one can make it worse. This is why QEHB Charity is proud



to be working with the Karen Morris Memorial Trust and the Sikh Arts and Cultural Association to fund homes away from home for families and patients at the hospital to alleviate stress, and make visits to the hospital as easy as possible.

Over the past four years, the Charity has been working with the Karen Morris Memorial Trust to fund a flat, known as Karen's Home from Home, just a short walk away from the hospital. The flat is used for families to stay for free whilst their loved ones are being treated

at QEHB. The flat is primarily used for blood cancer patients' families to stay, it has two bedrooms so two families can stay in the flat at any one time.

Since opening this flat, we have worked with SACA (Sikh Arts and Cultural Association) to open another flat in the same building. SACA's Home from Home is aimed at families who have a young person who is being treated for cancer at the hospital. This flat opened in March 2018 so has been of incredible use to patients and their families for just over a year.

Between the two flats, the Charity has managed to give over 500 people somewhere homely to stay near the hospital and has provided almost 4,000 nights' stay including partners, parents, grandparents and in some cases, the patient themselves.

Due to the success of the two flats and the amazing feedback we have received, we are now aiming to open another flat, this time for the families of transplant patients.

QEHB is constantly increasing the amount of transplants that take place at the hospital, and most patients will have to stay in hospital



for a while whilst they recover from an operation. Currently, there could be 12 families visiting their relatives at the same time who have just received a transplant, and some of these have to travel from places like the North West, Wales and the South. Having somewhere such as this stay is invaluable to families who need to be close by in times like this.



If you would like to donate to the Home away from Home flats to make sure more families are near their loved ones at these difficult time, visit hospitalcharity.org/homefromhome and donate now.

from Home



Over the past few years we have had lots of families, relatives, partners and even patients stay in the flats. Some stay for only one night, but others could be with us in the flat for weeks or even months at a time. Here are some of the people who have used the flats or donated to help keep them running:

Andrew Hewitt's partner, David, was admitted to QEHB in 2018 with a rare blood cancer called post-

All in all, David was in hospital for just under four months and we did our best to make sure that Andrew was accommodated in the flats for as much time as possible during this difficult time. Talking about the flats, Andrew said: "The accommodation was fantastic, it enabled me to have a space to work, to prepare meals and also do our laundry. For long stays in hospital and being such a long way from home, this type of accommodation was invaluable

David is now back at home with Andrew and is recovering from his transplant, and since, Andrew has made a very generous donation of £1,000 to the home from home which will help us keep them running for even more people in these situations.

Jackie Conway, a heart transplant recipient, created an appeal in aid of the Heart in a Box machine that the Charity purchased last year called 'Jackie's Big Heart Appeal'. When donating the money she had raised, she decided to split it 50/50 between the new machine and the Home away from Home. Although she lives locally and her family didn't need to use the accommodation, she said: "I wanted to split my £20,000 between the heart and kidney transplant units, so my heart side went to Heart in a Box and my kidney side went to the Home away from Home.

"I know from friends that I met during my 17 week stay at the hospital just how expensive it was for their families to be with them. The Home away from Home programme is brilliant; to allow patients' families to stay for free by the hospital is fantastic. It would be so tough if you were out of the area and your family couldn't be with you. I hope it will make other people's lives easier."



polycythaemia vera myelofibrosis which meant his bone marrow became fibrous and stopped producing enough blood cells, so David needed a stem cell transplant. The couple, from Hay-on-Wye, would have had to travel for a total of five hours each day to be at the hospital, but Andrew luckily had the use of Karen's Home from Home.

as it meant I was able to be with David throughout his stays.

"I often shared with people whose relatives were also receiving treatment for the same sorts of illnesses as David. It was helpful to have a 'fellow traveller' with whom to discuss fears, hopes and experiences. We now have friends that we stay in touch with and meet when we go to the post-transplant clinics."

To help us fund a Home away from Home for transplant patients and their families, visit hospitalcharity.org/homefromhome and click 'donate' now



School kids raise money for TCT YPU

Year seven pupils at Market Bosworth High School set up a fayre where they sold DVDs, cakes, treats and held a raffle all in aid of the Teenage Cancer Trust Young Person's Unit at QEHB.

The inspiration to raise money came from a

teacher at the school, Jayne Gidman, whose niece is currently being treated on the unit for cancer.

Jayne said: "The Glide Away beds that the Charity funded were a life saver. It meant my niece's mum or me could stay with her and be by her side the whole time.

"The pizza nights also gave her something to look forward to even though she was in hospital!"

All of the goodies were sold to the year eight and nine pupils and they raised an incredible £1,134.74 for the unit which will go towards all of the things we fund to help make the patient's stay a little bit easier.



Abhay fundraises in a gooey way!



Seven-year-old Abhay Chavan chose the gooiest way to fundraise for QEHB Charity and sold slime to his friends!

He decided he wanted to fundraise for the Charity as both of his parents work at the hospital. His dad, Shivanand, is an anaesthetist, and his mum, Mamata, works in the Microbiology Labs.

Abhay even got his dad to help him with the fundraising and sold him some slime too! He raised £8.25 by selling the slime and then his dad matched it, bringing his total raised to £16.50!

The money that Abhay has raised will be able to fund things like a toy for a radiotherapy patient who has just finished their treatment.

Jane Brown shaves head in memory of Becky Giddens

Netball coach Jane Brown has shaved all her hair off and raised a fantastic £1,881 for QEHB Charity and Macmillan. Jane said: "Nearly ten years ago my youngest daughter, Lois, was coached by best friends Becky and Sarah whilst she was playing for the under-14s Worcestershire Netball team.

"Lois went on to have a successful playing and coaching career and it was because of Becky and Sarah that we've both been so involved in the netball world."

Becky sadly passed away from cancer in August 2016 aged 34, and Jane wanted to shave her head in her memory.

Jane had her head shaved at half time of the netball match between Worcester Reds, the team Lois plays for, and Grangetown Netball Club. Speaking of the money that she raised, Jane said: "I am truly overwhelmed by the support!

From friends I haven't seen for too long to complete strangers who don't even know me. Thank you to every single one of you!"



Friendship Circle makes generous donation to Fisher House

The Friendship Circle, a group who meet at St Faith and St Laurence Church in Harborne, has raised a fantastic £1,125 to support Fisher House, the home away from home for military patients and their families at the Queen Elizabeth Hospital Birmingham.

The group made a visit to Fisher House to present a cheque to Patient Advocate Dave Watson after raising money by holding a number of events, including a coffee morning and a skittles evening. Dave Watson spoke to the group about his experiences in the Army and the importance of Fisher House and the service that it provides to military patients and their families. The group were inspired by Dave and decided to direct their fundraising towards supporting the home away from home.

Dave said: "It was great to meet the members of the Friendship Circle again and give them a tour of Fisher House. The money they have raised will help us continue to provide for military patients and their families here at Fisher House."



Huge thanks also goes to...

- HIA International
- Primitivo Birmingham
- Chase Hotel, Ross-on-Wye
- Asda Perry Barr
- Escape Live Birmingham



Daughter raises fantastic sum in memory of father

A Shropshire woman has raised £1,153 to support heart and lung transplant patients at QEHB following a successful coffee morning.

Laura Richards was inspired to raise money following her father's double lung transplant at the hospital in 2015. The operation was a success, but he sadly passed away in May 2018.

Laura said: "I wanted to raise some money for the incredible hospital where dad was treated. I thought that it would be a great idea to organise an event to coincide with organ donation week."

Laura organised a raffle and sold 1,000 tickets, with prizes including days out to watch horse and dog racing. Laura drew the raffle at a coffee morning, attended by friends and family.

The event was a great success, and raised £1,153 to provide added extras for patients at the Queen Elizabeth Hospital Birmingham.

Laura said: "I was delighted to have been able to raise so much money to support other transplant patients at the hospital where dad received his transplant."



Darts night hits the bullseye for skin cancer appeal

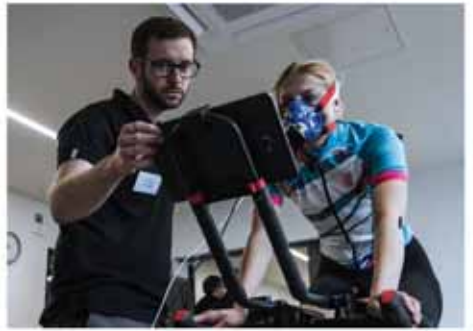
Skin cancer patient Sue Winwood has raised an incredibly £1,040 to support the QEHB Fighting Skin Cancer appeal at the hospital by holding a darts night.

Sue is a patient at the hospital, and has received immunotherapy treatment which is part of a skin cancer trial, funded by QEHB Charity. Sue is no stranger to fundraising, having taken part in a 'stairathon' in 2018 which raised £4,460.

Sue said: "I was given two months to live, and the doctors decided to put me onto the immunotherapy trial to see if it would make a difference. Well that was three years ago now. I've still got terminal cancer, but the immunotherapy trial has given me three years of life that I would not have had without it."

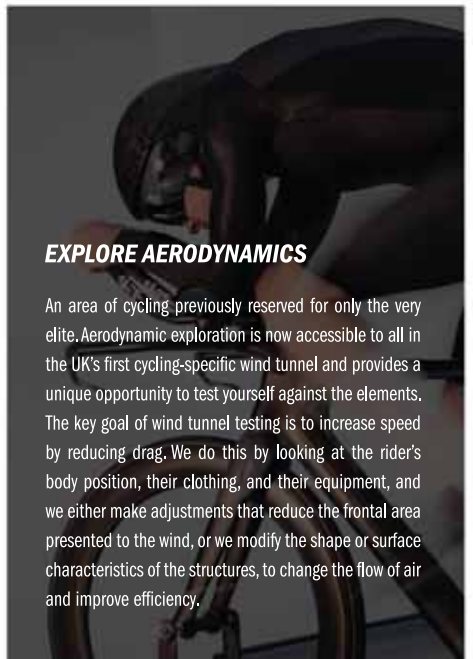
Sue held a fundraiser at her local pub, the Dog Inn in Water Orton alongside her partner Dave. Sue said: "The support from the pub has been fantastic. I'd like to say a special thanks to Steve and the whole of the darts team for being so supportive. I'm delighted to have been able to raise so much money for a worthy cause."





EXPLORE HEALTH & FITNESS

Our physiology provision is built on the cornerstones of Health and Fitness. Our goal is to get under the bonnet of your performance, to understand how your body creates your physical capacity and capabilities, but also to ensure your body is ready to work effectively and safely. All of our assessments include aspects of health screening, which are designed to identify and minimise risk.



EXPLORE AERODYNAMICS

An area of cycling previously reserved for only the very elite. Aerodynamic exploration is now accessible to all in the UK's first cycling-specific wind tunnel and provides a unique opportunity to test yourself against the elements. The key goal of wind tunnel testing is to increase speed by reducing drag. We do this by looking at the rider's body position, their clothing, and their equipment, and we either make adjustments that reduce the frontal area presented to the wind, or we modify the shape or surface characteristics of the structures, to change the flow of air and improve efficiency.



EXPLORE POSITION & TECHNIQUE

The key goals of our biomechanics provision are to improve comfort and mechanical effectiveness, and ultimately to increase sustainable muscle power delivered to the pedal. We look at how the body and bike interact, and how we can change position and technique to achieve these goals, using an evidence-based approach. If you want to make sure that you optimise your capabilities on the bike, our Biomechanic products are essential.

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Our goal is to make your performance both visible and understandable and to make this process as simple and effective as possible, we have organised our services and expertise into products that we believe are best designed to support your cycling performance and enjoyment. Across all areas, you can have confidence that you and your bike are in the hands of experts who truly understand your performance needs.