

love qehb



Issue 19

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  qehbcharity  qehb.org



Your donations support children and young people with cancer

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



Mike's letter



Welcome to our summer newsletter! As usual, we will be telling you about what our fantastic charity champs have been up to over the past few months, giving you information about our upcoming exhilarating challenge events, and showing you how your donations have helped make a difference to patients and staff at the hospital.

With summer in full swing, the Charity team has been throwing itself into the multitude of events organised across the season. Having had a fantastic time at the Community Fun Day in May and the Aegon Classic in June, we are now looking forward to the remaining sky dives of the year, the infamously tough obstacle race that is Born Survivor, and the return of the fantastic Comedy Night. The diversity of the events that we are able to hold is testament

to the willingness of people from a huge range of professional and community backgrounds that wish to give up their free time in order to raise money for a group of just as diverse causes at the hospital; for this, we are truly grateful.

Don't forget to let us know about your fundraising events and adventures! Contact us on Facebook, Twitter, Instagram, or at charities@uhb.nhs.uk to share your fundraising plans, comments, and photos.

Many thanks for your continuing hard work and support; we couldn't help the patients and staff at the QE without you.

Mike

Mike Hammond
Chief Executive, QEHB Charity

What we do at QEHB Charity

Together with your help we raise money to provide world-class facilities for patients and their families at the Queen Elizabeth Hospital Birmingham. We spend your generous donations on cutting-edge equipment, such as the cancer-busting radiotherapy machine CyberKnife, facilities like Fisher House, a 'home away from home' for military patients and their families, a teacher for young people with cancer staying at the hospital, and much more.

In this issue...

Over eleven thousand nights of free accommodation for military families

Thanks to your donations, QEHB Charity has funded over 11,000 nights of free accommodation at Fisher House, the 'home away from home' for military patients and their families. Turn to **page 17** to read more.

Supporting elderly patients

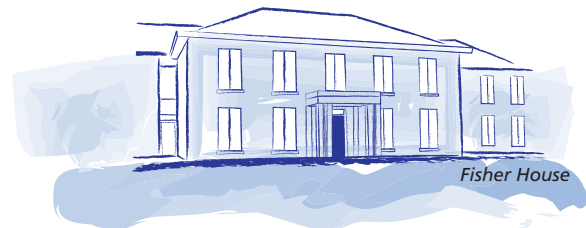
Find out more about how a grant from QEHB Charity is helping elderly patients enjoy trips down memory lane on **page 16**.

Tackle a challenge event

Turn to **page 14** for information on the latest challenges you can undertake in support of the hospital! Why not take the plunge in a skydive, or battle through Born Survivor?

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 at the QE. We couldn't do it without you!



Fisher House



Queen Elizabeth Hospital

Dates for your diary

MORRISONS GREAT BIRMINGHAM HALF MARATHON

SUNDAY 16 OCTOBER, BIRMINGHAM CITY CENTRE

Join the QEHB Charity team and receive hints and tips, a professional running top, a post-race massage and plenty of cheering and support from start to finish! You can choose to run as part of 'team doctor', 'team nurse' or 'team patient', with each team being led by a QE doctor or nurse, or a patient who has been treated at the hospital. Remember, you don't need to be a doctor, nurse or patient to join the half marathon! All monies raised will go directly to patients and staff at the QE. Runners can also receive free entry to the race by pledging to raise £150 sponsorship.

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

FUTURE FACES PRESIDENT'S QUIZ

Thursday 27 October,
Suds and Duds, Gas Street, 6.30 - 10.30pm

Test your general knowledge and help support patients by joining the Future Faces President's Quiz! To find out more or to book your place please contact sian.averill@uhb.nhs.uk

THE GILES' TRUST MOULIN ROUGE PARTY

Saturday 8 October, Edgbaston Stadium

Join hosts Stine and Ashley Giles for a Moulin Rouge Party to help raise funds for brain tumour research. Individual tickets and tables of ten or 12 can be booked online by visiting www.qehb.org/events.

For further enquiries and offers of raffle or auction prizes please email thegilestrust@gmail.com

PUB QUIZ

The
PLOUGH
— HARBORNE —
Est. 2001

13 September & 25 October

The Plough, Harborne High St

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

All proceeds will support teenagers with cancer at the QE.

To find out more please contact michael.tivey@uhb.nhs.uk or call 0121 371 4852.

COMEDY NIGHT

THURSDAY 6 OCTOBER,
COMEDY LOFT, BROAD STREET

Back by popular demand, QEHB Charity's Comedy Night is returning, this time to Comedy Loft, Broad Street, Birmingham.

This year, QEHB Charity is proud to present Steve Harris and Steven Bailey with the headline act still to be announced.

Tickets are available to everyone over the age of 18, at a price of £12 for the general public and £10 for NHS staff and students, which also includes a meal. Doors will open at 6.30pm.

To find out more or to buy a ticket, please go to www.qehb.org/events or contact sian.averill@uhb.nhs.uk

Jeans for Genes Day | Friday 23 September

QEHB Charity is teaming up with Genetic Disorders UK to encourage everyone to take part in Jeans for Genes Day on Friday 23 September and make a donation.

Funds raised from the day at the QE will be split between Genetic Disorders UK and the Centre for Rare Diseases at the Queen Elizabeth Hospital Birmingham.

For more information about the Centre for Rare Diseases please visit www.qehb.org/centreforrarediseases or contact Justine Davy on 0121 371 4852.

QEHB Charity delivers chocolate hampers for Nurses' Day

Nurses' Day is an important opportunity to celebrate the hundreds of dedicated, hard-working and compassionate nurses who work at the QE every day to provide Birmingham's patients with the best possible care. With your generous donations, QEHB Charity delivered delicious chocolate hampers to all of the hospital's wards, to help our hard-working nurses celebrate in style!

Michele Owen, Deputy Chief Nurse at the QE, said: "Once again I'd like to thank QEHB Charity, and everyone who made a kind donation, for providing special chocolate hampers to nurses at the QE."

The hampers were a fantastic boost to staff and a wonderful way to mark Nurses' Day.

"Although the hampers may seem like a small gesture, they have a huge impact on staff and patient morale; therefore, we are incredibly grateful that QEHB Charity was able to provide these hampers once again. Thank you!"



DID YOU KNOW?

If you work at the QE and your ward or department is interested in providing 'added extras' for patients, from games and activities to radios and music players, you can contact tina.hales@uhb.nhs.uk for information about the grants available.

Life-saving machine for liver transplant patients

The Liver Unit at the Queen Elizabeth Hospital Birmingham is the largest and one of the most advanced departments of its kind in Europe. Its organ transplant programme in particular performs over 250 transplants per year, giving new life to patients with chronic liver disease and other illnesses.

Whilst donated organs can bring the gift of life for these transplant patients, the very short time window in which an organ is suitable for transplantation means some donated livers are wasted due to them deteriorating before an operation can take place. Consequently, some patients miss out on what could be a life-saving transplant.

To enable more organs to be used in transplants, QEHB Charity's Liver

Foundation UK is fundraising to enable a trial at the QE for a specialist OrganOx machine.

This life-saving machine can preserve livers for up to 24 hours, perfusing the organ with oxygenated blood meaning it is healthier and less likely to be damaged.

The OrganOx machine is currently



on loan to QEHB so that our surgeons and researchers can demonstrate its benefits for patients. We are thrilled that so far six transplants have taken place, successfully using livers that would otherwise have been discarded. The Liver Foundation UK is funding 40 trials at a total cost of £250,000.

In order to support projects such as this, QEHB Charity invites you to become a Friend of the Liver Foundation UK by setting up a standing order to donate regularly. A donation of £3 a month will go a long way towards helping us to fund this specialist equipment for liver transplant patients. To find out more, please contact Michael Tivey at michael.tivey@uhb.nhs.uk or on 0121 371 4852.

FIND OUT MORE

5 minutes with...

Michelle Grinham

Clinic Support Manager

We caught up with Michelle Grinham, Clinic Support Manager at the Centre for Rare Diseases, for five minutes...



Where are you from?

I live in Shirley, Solihull.

How old are you?

46 - yikes!

How long have you been working at the Centre for Rare Diseases?

I've been in my post since July 2015.

What does your job involve?

I am the Clinic Support Manager; it's a relatively new post, and consequently an ever-evolving one. At present, I am focusing on the second phase of moving clinics across to the Centre for Rare Diseases. I look at capacity planning and mapping; there is a lot of logistics!

Where did you work prior to this current position?

I have worked in this Trust for 28 years: I was a Medical Secretary and subsequently Team Leader in the Liver Department for many years, enjoyed a short spell in QED [Quick and Early Diagnosis Unit], and then moved on to work in the NIHR/Wellcome Trust Clinical Research Facility.

What are your favourite elements of the job?

As mentioned earlier, this post is relatively new; due to this, I enjoy the fact that it is a huge learning curve in finding out more about how the clinical service comes together. It has also been great to meet new people and be back in contact with some former colleagues.

What do you do in your spare time?

I look after the children! *[laughs]* I have also signed up (in a moment of emotional madness!) to take part in the Race for Life – I haven't actually begun training for this yet, but I am planning to do so soon!

What is your favourite film?

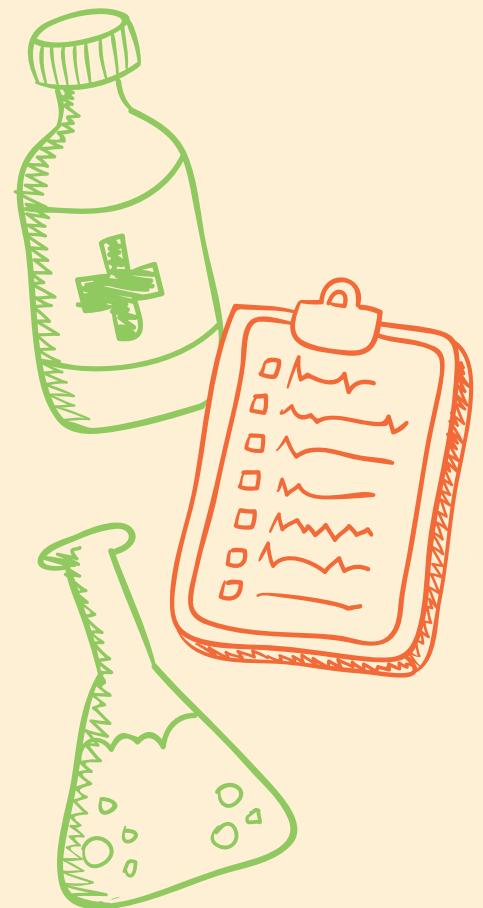
For the feel-good factor, it has to be *Pretty Woman!*

What is your dream holiday destination?

It has to be somewhere like Mauritius – idyllic and lazy.

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

I would like to thank QEHB Charity for allowing me to become part of the vision that is the Centre for Rare Diseases. To be able to provide a service for patients to see multi-disciplinary teams in just one visit is such a good experience for the patient, and to be a part of seeing it all coming together and making a difference is amazing. Thank you for helping to make this happen.



“ I would like to thank QEHB Charity for allowing me to become part of the vision that is the Centre for Rare Diseases.

Michelle Grinham



for taking part

Thousands flock to community fun day

In support of our injured or ill military troops and their families, we hosted our third annual Community Fun Day to raise money for Fisher House, a 'home away from home' for military patients and their families.

Thousands flocked to the event, which took place at Edgbaston Stadium on Sunday 29 May and raised vital funds in support of Fisher House. One of the highlights of the day was a spectacular display by parachuting team the Red Devils, who have kindly performed at the Community Fun Day every year since its inception, entertaining crowds and inspiring donations. This year they landed once more to rapturous applause, cheers and music from a military band.

Since opening its doors in June 2013, Fisher House has provided over 11,000 nights of free accommodation to families of wounded and ill troops and veterans.

Mike Hammond, QEHB Charity Chief Executive, said: "We are extremely pleased we were able to once again hold such a fantastic, free family fun day in aid of military patients and their families.

"We'd like to say a big thank you to everyone who joined us on the day, and to Warwickshire County Cricket Club for their fantastic, continued support of the Charity."



art in our events!

Great time had at the Aegon Classic

In June of this year thousands of children, families and business professionals joined QEHB Charity at the first day of the Aegon Classic, as some of the world's most famous tennis players battled it out on the court.

QEHB Charity was generously supported for a second year by the Lawn Tennis Association (LTA) by being able to raise vital funds for the Queen Elizabeth Hospital Birmingham by selling special discounted tickets for the event.

Groups of school children, families, adults and sport-lovers gathered to enjoy the busy sporting event, which took place on Monday 13 June at Edgbaston Priory Club.

The event saw many famous faces, including Johanna Konta, battle it out on the courts in the most celebrated lead-up to Wimbledon.



First Charity golf day is a big success

QEHB Charity held its first Crazy Golf Day at Cannon Hill Park's Golden Putter Golf Course in Edgbaston. Twenty teams of four people, including teams from Mercedes Birmingham, Aston Labs, and Sainsbury's Property, took to the course in order to do battle for the coveted QE Crazy Golf Cup.

While all groups performed well, Sainsbury's Property walked away as proud owners of the trophy

and the sought after title of QEHB Charity Crazy Golf Champions. Dominos Selly Oak kindly catered for the event, charging £1.99 per pizza and donating £1 of each pizza sale to the Charity. Laura Power, Senior Fundraiser at QEHB Charity, said: "We are delighted that the Crazy Golf Day was such a success. We all had a wonderful time organising

and taking part in it, and are happy that the other teams enjoyed themselves. On behalf of the Charity, I want to thank Green Space Leisure for allowing us to use the Golden Putter Golf Course free of charge, Dominos Selly Oak for their fantastic support, and all of the crazy golfers that took part!"



Charity Champs

Generous patient turns eighteenth birthday party into YPU fundraiser



A kind-hearted patient who is receiving treatment on the Young Persons Unit has raised over £1,000 to say thank you to staff.

Mena Jones, aged 18, raised money for YPU by selflessly choosing to hold a fundraising birthday party. Guests paid to attend the party, and food was kindly provided by Mena's family and friends. Mena also raised money through holding a raffle at the party. After raising an incredible £1,770 for YPU, Mena presented the cheque to the unit on Wednesday 23 March. Thank you, Mena!

Thank you!

Generous women's group donates to patients with dementia



A generous Sikh women's group has donated thousands of pounds to QEHB Charity's Elderly Care Appeal, continuing their longstanding support of the Charity across various funds.

The Guru Nanak Nam Ladies Jatha has funded no fewer than three My Life units for the use of elderly patients at the QE through consistent collections at their weekly meetings. The generosity of the group is

so great that they have raised an incredible £10,000 in total!

The My Life units enable patients with dementia to communicate more effectively with staff and loved ones, providing interactive software and photos to help encourage dialogue and aid memory. The software has been developed by carers for fellow carers, helping keep care focused on the patient and their wellbeing.

Family and friends raise over £20k for cancer research



A caring family and loving friends grouped together to take part in an abseil, organised by cancer patient Anne Parnell, who sadly died before the event took place. The abseil was held at the Spinnaker Tower in Southampton, Anne's hometown, and raised over a whopping £20,000. The huge donation has been gifted to the Cancer Immunology Immunotherapy Centre (CIIC) fund at QEHB Charity, which funds

research into using the body's own immune system to fight cancer.

Katie Parnell, Anne's daughter, said: "We are so delighted to be able to donate such a wonderful amount to QEHB Charity in memory of our loving, funny and caring mum. We miss her dearly but we are really pleased we could carry out the abseil, which was all her idea, in her memory."

EZE Group organises charity football tournament

On Friday 6 May, the EZE Group Football Tournament in association with No. 5 Chambers was held at St Andrew's stadium, all in aid of QEHB Charity.

Eight teams in total took to the pitch, including teams from Blue's Commercial, EZE Group, No. 5 Chambers, and Irwin Mitchell. The day included refreshments, a raffle, and plenty of football!



Mike Hammond, Chief Executive of QEHB Charity, who was there to enjoy the games, said: "This has been a brilliant day of football and fundraising! We're very proud to have the support of EZE Group, No. 5 Chambers and the other companies that sent teams to play for this very worthy cause. Thank you for helping us to support patients at the QE."

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!

Selfless SACA launches new appeal for children with cancer



In 2015, the Sikh Arts and Cultural Association [SACA] raised an incredible £71,173.26 for QEHB Charity's VIP Appeal, smashing their £30,000 target. This year, SACA wants to continue to raise money to benefit children and young people with cancer; this time, with a free-to-use 'home from home'.

The QE hospital is the largest centre for paediatric radiotherapy outside of London, and one of the most technically advanced radiotherapy departments in Europe. 'SACA's Home from Home' will provide a place for families to

stay, just a five-minute walk from the hospital where their loved ones are being treated. Laura Power, Senior Fundraiser at QEHB Charity, said: "We are extremely pleased to launch this new project in association with SACA, to provide an essential 'home from home' for families of children and young adults receiving cancer treatment here at the Queen Elizabeth Hospital Birmingham."

To take part in the annual charity bike ride, please visit www.charitybikeride.com

Loving widow raises funds for YPU in memory of brave husband



A remarkable young woman donated hundreds of pounds to the Young Persons Unit at the QE in memory of her husband, Steven, who tragically passed away in December from head and neck cancer.

Hannah Legge began fundraising with Steven at their wedding, where they collected donations to

help continue the vital work on the Young Persons Unit, where Steven had received treatment following his initial diagnosis in November 2012. Following Steven's death, Hannah continued fundraising, holding a collection at Steven's funeral and a raffle at her place of work.

Hannah and Steven raised over a fantastic £800 for YPU; in February this year, Hannah visited YPU in order to present the cheque. She said: "I would really like to give something back to the amazing team at the Queen Elizabeth who looked after my Steve so amazingly through the hardest time in his life. Steve was taken away from us far too soon and I wanted to do everything I can to raise as much money as possible in honour and memory of my courageous, amazing, brave, beautiful and inspirational husband."

Support children and young people with cancer

QEHB Charity supports children and young people with cancer at the QE by providing 'added extras' that are over and above what the NHS can provide. From funding pizza nights and Xbox games for teenagers with cancer, to providing toys and quilts for children undergoing radiotherapy, QEHB Charity needs your support to help make a child or young person's stay in hospital that little bit more comfortable.

Teenagers with cancer

The Teenage Cancer Trust (TCT) Young Persons Unit (YPU) treats 16 - 24 year olds with cancer. Your donations to QEHB Charity help fund a wide range of added extras, including a music teacher and specialist teacher for teenagers undergoing treatment.

Laura Beacham works on YPU as a Clinical Nurse Specialist and is part of a great support team to patients who are treated there. Speaking about QEHB Charity's support of the ward, she said:

"With QEHB Charity's help we are able to provide those added extras that support our young people through what can be very difficult times. Whether it's having the space to relax in a non-clinical environment

with family and friends, being able to enjoy take away pizza and a film, taking time out for a therapeutic massage, or focusing on education and learning new skills, these things really do add up and make a huge difference."

Lisa Conley, a specialist teacher funded by QEHB Charity, who supports patients with their education throughout their time in hospital, said: **"Without QEHB Charity's support many of our young patients may struggle to sit their exams, therefore missing out entirely due to their illness. Being able to offer a wide range of support, from career advice to help with exams, is really important."**

Anie Hu, a studious teen currently studying History and French at the

University of York, was diagnosed with aplastic anaemia – a rare disease in which bone marrow does not make enough blood cells for the body – in 2011 after suffering headaches and extreme fatigue.

Due to the severity of her illness and subsequent treatment, Anie was forced to postpone her education. However, at the age of 18, she was helped back into her learning with Lisa's help.

Anie said: **"Lisa's role in my recovery was pivotal to my wellbeing. She helped get my life back on track...I would not be at university without her. I am lucky to have had QEHB Charity's help throughout and am very proud of Lisa and I for achieving three A's!"**



and cancer



“We are really grateful to QEHB Charity for supporting the ward as we strive to help provide the best care possible for teenagers and young people with cancer.”



Children with cancer

Each year, hundreds of children come to the Queen Elizabeth Hospital Birmingham for radiotherapy. The treatment is a course that can last five days, every week for six weeks. This is incredibly gruelling for people of any age, but is made harder for young patients coming to the QE for radiotherapy as they are anaesthetised to ensure they do not move during treatment. This means that they often wake up disoriented and frightened in the unfamiliar environment of an adult hospital.

QEHB Charity asked for your help to raise £250,000 to make the radiotherapy department child-friendly. From October 2015 we 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 and decorating a consultation room for parents.



FIND OUT MORE

Now, we need your help to continue to support this department. Your donations will enable us to provide each child with a quilt to keep with them during treatment, and a special toy given to them upon completion of their treatment to reward them for their bravery. Your support will also help us keep the play area filled with toys and games for our young patients and their siblings. To support children and young people with cancer, please donate today by visiting www.qehb.org/donate

Run for Brum with QEHB Charity



You don't have to have spent time at the QE or be a member of staff there to take part in the Morrisons Great Birmingham Run, but this year when you run for QEHB Charity you have three teams to choose from: Team Doctor, Team Nurse, and Team Patient!

It doesn't matter whether you're someone who's experienced the excellent care at the QE first-hand, or if you've never set foot in the hospital, everyone is welcome to join any 'team' they choose! We're also encouraging all our runners to get into the spirit by dressing up; support an outstanding surgeon by wearing scrubs and a stethoscope, or pay homage to an excellent nurse by donning on a tunic. Our team members receive hints and tips, a professional running top, a post-race massage and plenty of cheering and support from the whole QEHB Charity team.



To run for QEHB Charity, we ask for an entry fee of £35 with no minimum sponsorship required. We are now also offering free entry to anyone who pledges to raise £150. Give Laura Power a ring on 0121 371 4852 for further information.

And if the mere mention of a half marathon doesn't inspire you to leap off the sofa and into your trainers, we've come up with five good reasons why you should consider taking part this October...

- **The physical health benefits.** We'll start with the obvious one; whether you want to improve your fitness, reduce high blood pressure, build core strength or lose weight, going running is a cheap and easy alternative to the gym. You can go at your own pace and in your own time; you'll be amazed at the difference in your body come race time.

- **The mental health benefits.** Aside from building muscles and trimming tummies, exercise can have a really positive effect on your state of mind. Running can clear your head, help you to work off your frustrations, or de-stress you after a long day at work. Plus, there's not much to beat the feeling of accomplishment at the end of a long run!

- **You'll see new things while training.** One of the best things about going running is the opportunity to see new things. Whether you're jogging through fields or running at the roadside, you'll be amazed at how much you can explore. Why not run a route you would usually drive and see what different things you notice?



- **Your body will amaze you.** No matter what level of fitness you start off at, a few weeks of training can make a tangible difference to your strength, stamina and speed. Running can help you to achieve things you didn't know you could, and there's nothing like running half a marathon to make you respect your own physical abilities.

- **You can use it as an opportunity to give back.** Every year a small army of staff, patients and volunteers participate in the Great Birmingham Run on behalf of QEHB Charity. By asking friends, family and acquaintances to sponsor them, our amazing runners have raised thousands of pounds which in turn have gone on to do immeasurable good in the hospital.



If you'd like to join the 13.1 mile challenge this year, you can sign up by visiting www.runforbrum.org By running for QEHB Charity, you can support any appeal, department or ward in the hospital; you decide where your sponsorship goes. For more information please call Laura Power on 0121 371 4852.

QEHB Charity's Comedy Night returns for a third year

Back by popular demand, QEHB Charity's Comedy Night is returning, this time to Comedy Loft, Broad Street, Birmingham on Thursday 6 October.

Every year, QEHB Charity's Comedy Night has hosted acts fresh from highly successful shows at the Edinburgh Fringe Festival. This year will be no different, and QEHB Charity will be proud to present Steve Harris and Steven Bailey to the centre stage at Comedy Loft, with the headline act still to be announced.

Sian Averill, Fundraising Officer at QEHB Charity, said: "We are delighted that Comedy Loft has decided to host our Comedy

Night. Every year this event grows in popularity, and we are thrilled with the calibre of the comedians we have announced so far. I hope that everyone who attends has a wonderful evening!"

Tickets are available to everyone over the age of 18 at a price of £12 for the general public and £10 for NHS staff and students, which also includes a meal. Doors will open at 6:30pm.



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FIND OUT MORE

To find out more or to buy a ticket, please go to www.qehb.org/events or contact sian.averill@qhb.nhs.uk

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SKIN CANCER GOLF DAY

We are extremely excited to announce that we will be holding our first corporate charity golf tournament at Aston Wood Golf Club, Sutton Coldfield, in support of the QE Fighting Skin Cancer appeal.

Taking place on Thursday 22 September, this promises to be a fantastic day on a superb, 18-hole course, complete with breakfast and lunch to round off the day. The price for a team of four is £495.

La Roche-Posay is kindly donating sun cream samples and gift sets for the event in order to raise awareness for the QE Fighting Skin Cancer appeal.

Laura Power, Senior Fundraiser at QEHB Charity, said: "We are incredibly grateful to

Aston Wood Golf Club for allowing us to host our first corporate charity golf tournament, and to La Roche-Posay for sponsoring the event. We are excited to welcome many budding golf stars!"



LA ROCHE-POSAY
LABORATOIRE DERMATOLOGIQUE



4 GOLDEN RULES WHEN IN THE SUN



1 SQUIRT ON YOUR SUNCREAM



2 DON'T FORGET YOUR SUNNIES AND YOUR HAT



3 PICK AN AREA THAT IS COOL AND SHADY



4 TAKE A BREAK FROM PLAY AT THE HOTTEST TIME OF THE DAY (11AM - 3PM)



Challenge events

BORN SURVIVOR | SATURDAY 16 SEPTEMBER

CAPETHORNE HALL,
MANCHESTER

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

Registration for people supporting QEHB Charity, the price of entry is reduced to £50, including travel to and from Manchester. If you are a team leader, you can get your place for free – just sign up nine of your friends to gain the free place!

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

SAHARA DESERT TREK

SATURDAY 29 OCTOBER
- SUNDAY 6 NOVEMBER

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

From flat desert floor scattered with ancient fossils to perfect wind-blown sand-dunes, this trek is diverse and demanding. A vast, unforgiving landscape, the desert is a truly beautiful place to discover, while the incredible star-strewn night skies are unforgettable.

There is a registration fee of £199, with a minimum requested sponsorship of £2,200.

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

BIRMINGHAM INTERNATIONAL MARATHON OCTOBER 2017

To be staged for the first time in October 2017, the Birmingham International Marathon will cement the city's position as the European Capital of Running.

The 26.2-mile event will start at Alexander stadium, taking in a number of the city's most iconic landmarks before finishing in the city centre. Join QEHB Charity's team and help raise money for patients and their families at the QE.

If you are interested in taking part in this event and would like to be notified closer to the time, please email laura.power@uhb.nhs.uk



LEAP FROM THE SKIES SATURDAY 10 SEPTEMBER HINTON AIRFIELD, BRACKLEY

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

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

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



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

QEHB Charity funds Clinical Nurse Specialist for End of Life Care

When caring for patients with a life-limiting illness in their last days of life it is important for staff to feel confident when speaking sensitively and appropriately about death and supporting patients and families through an incredibly difficult time.

QEHB Charity is now funding a Clinical Nurse Specialist in End of Life Care, Fiona Dakin, whose role is to work with clinical and non-clinical staff across the Trust to enhance their skills. Fiona provides guidance and support to help improve staff members' confidence when it comes to communicating sensitive and, at times, devastating information. This means empowering staff to feel comfortable having difficult conversations and using the words 'death' and 'dying', recognising when families need additional support, and ensuring that staff are up-to-date with End of Life Care training resources.

Fiona has worked at the QE for 23 years, previously having worked as a site manager and prior to that as Lead Nurse for Urgent Care & Acute Pain. In her new role, she draws on her experience, knowledge and skills to work alongside nurses and doctors in the ward areas. When necessary, she can also signpost staff to resources like the Specialist Palliative Care Team and the Chaplaincy to ensure that the physical, psychological and spiritual needs of the patient are all met.

We caught up with Fiona, who started in the CNS End of Life Care role in May, to see how she's getting on. She said:

"I'm really enjoying working with ward teams to improve and enhance care for patients with life-limiting illnesses. Obviously it's an immeasurably difficult time for the person who is dying and for their loved ones, and it can be hard for staff too, who want to be able to support those in their care in the best way but might not have the confidence to have those conversations. It's very rewarding being able to empower staff across the Trust to develop their End of Life Care knowledge and skills.

"It's not just about caring for a patient in the last few days of their life – we want to encourage people to have these conversations as early as possible."

Mike Hammond, Chief Executive at QEHB Charity, added: **"We know that when it comes to caring for someone who is nearing the end of their life, there's only one chance to get it right, for them and for their loved ones. We're really pleased to be able to fund Fiona for the benefit of patients and families, and hopefully help to make an impossibly difficult situation a little bit easier."**

www.dyingmatters.org is a great resource for anyone who might be struggling to talk about dying or bereavement, or to make plans for the end of life.



Fiona with a Comfort Care Pack provided for dying patients and their families

How your donations are helping elderly patients at the QE

When people come into hospital, it can take time for a personal dialogue to begin between patients and staff. For those patients staying in elderly care wards at the QE, this can become even more of a challenge, as some patients may find it difficult to remember moments of importance from their lives that could be used for fascinating conversations.

In order to attempt to overcome this difficulty in striking up conversation with patients in elderly care wards, staff members applied to QEHB Charity for a grant to purchase 'conversation cards'. These are cards with photos on one side, depicting places, activities, food, and different cultures from across the world. On the other side of the cards are questions to prompt patients' memories.

Orlagh Davies, Communications Intern at QEHB Charity, visited one of the wards at the QE to talk to patients with staff while using the conversation cards. Jo Bubb, Activities Coordinator and Sue Atkins, Nurse Specialist [Dementia and Learning Disabilities], used a set of Birmingham conversation cards to



talk with patients. The response was incredibly lively, especially as some of the patients had worked at places depicted on the cards, such as Cadbury's in Bournville.

Orlagh said: "It was fantastic to meet with patients and staff in elderly care. I had a lovely time talking to patients with use of the conversation cards. From school days to meeting their spouses to their careers, I had so many interesting and hilarious conversations that left the patients with smiles on their faces."

One patient said of the conversation cards: "They are really interesting; it is always good to reminisce."

With your help, Jo and Sue have been able to help elderly patients recall fond memories from both their professional and personal lives.

Jo said: "It truly is amazing how much of a difference the cards make. Some of the patients entering the elderly care wards can be incredibly quiet when they arrive, but when we use the cards they then open up and become animated."

"The patients entering our wards have amazing stories to tell the staff and to share with fellow patients, so it is brilliant that QEHB Charity has been able to fund the conversation cards; it is all part of making the stay in hospital both more pleasant and personal for

our patients. We are incredibly grateful to QEHB Charity for its continued support of elderly patients at the QE."

QEHB Charity has been offering Sprinkle Some Magic grants to staff at the QE since 2013.

Tina Hales, Grants Officer at QEHB Charity, said: "There is no-one better placed to tell us what an individual ward or area needs than the staff who work there each day.

The Sprinkle Some Magic scheme is designed to help us improve patient experience with small additions that make a big difference, and we urge any member of staff with an idea for how to improve their area at the QE to get in touch."



FIND OUT MORE

Thank you!

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

RAF nurse tells how Fisher House has been helping military families

Saturday 25 June was Armed Forces Day, and this year QEHB Charity was celebrating for a second reason; Fisher House, our 'home away from home' for military patients and families, reached a new milestone. The house has now officially provided the equivalent of 11,000 nights of accommodation; the house's longest-serving resident was there for 18 months!

Since it opened in 2013, Fisher House has accommodated over two thousand military patients and their families, allowing family members to be close to their loved ones whilst they are in hospital.

For most of the people staying, it is the serving member of the Armed Forces who is the patient, but sometimes, when space allows, it can be the military personnel staying in Fisher House whilst their family member is being treated.

That's what happened for Elisabeth Burns, an RAF Emergency Nurse Specialist, who stayed in Fisher House when her mother, Janice, received treatment at the QE following a heart attack.

While her mum was at the QE, Elisabeth, who was in Germany at the time she found out about her mum's illness, was able to stay at Fisher House. She said: "Being at Fisher House meant I could be there for my Mum 24/7. As she started on the road to recovery, Fisher House meant I could be there whenever she needed anything."

The relief that Fisher House was able to provide for Elisabeth and her family was all the more significant given that only three years previously, as so many

other Armed Forces personnel had done, she participated in fundraising for Fisher House whilst it was being built!

"Back in 2012 I took part in a 12 mile stretcher run, transporting a lifelike dummy which weighed approximately 60kg on a stretcher, all the way from Birmingham Airport to the QE - the journey that most military patients follow," Elisabeth said. "Obviously, I had no idea that one day I would need Fisher House myself."

Mike Hammond, Chief Executive of QEHB Charity, said: "Enabling families to stay together whilst one of them is in hospital is really important. The last thing we want is for people to have to worry about paying for a hotel or travelling across the country to visit their loved ones. Normally, it is the patient who is from the military, with the family able to stay in Fisher House. For Elisabeth, we were delighted to have space to allow a military nurse to stay at Fisher House whilst her loved one was being treated. Donations to help keep Fisher House going are vital, and I want to thank everyone who has given so far."

DONATE

To donate to Fisher House or for more information, please visit www.fisherhouseuk.org

FISHER HOUSE

Since Fisher House UK opened on the site of the Queen Elizabeth Hospital Birmingham, back in 2013, we have provided...



...more than the equivalent of **11,000** nights of accommodation



for over 2,000 people; both serving members of the British Armed Forces and their families and loved ones.

 We estimate that in total, military families have saved over £1,000,000 in accommodation costs by staying in Fisher House for free.

Thank you for helping us help them.

fisherhouseuk.org/donate



Charity Champs

Warwickshire County Cricketer chooses Fisher House as a charity partner

Warwickshire County Cricketer Tim Ambrose has been awarded a benefit year for 2016, and has chosen Fisher House as one of his charity partners. As part of his benefit year a number of events are taking place both locally and further afield including Cricket Day at The Wormsley Estate, dinner in the Long Room at Lords, and an end-of-year Finale Party event at the Hyatt in Birmingham in December.

Mike Hammond, Chief Executive at QEHB Charity, said: "WCCC have been fantastic supporters of the Charity, particularly Fisher House, for a number of years and we are delighted that Tim has selected our home from home for military



personnel and their families to be supported during his benefit year. We wish him both a successful cricket season and benefit year."

For more information on these events please contact Cathryn Worth on 0121 371 4852 or at cathryn.worth@uhb.nhs.uk

Thank you!

Football team raises money in memory of beloved friend



On Saturday, 16 January, VKL United football team played a charity game against Redolence Park in support of QEHB Charity. The game was played in memory of Vinay Kishor Ladwa, a friend of VKL United, who tragically passed away following a chest infection contracted during his recovery from a kidney transplant.

Since 2013, VKL United has held an annual football match at Redditch United football stadium, around Vinay's birthday, in memory of their beloved friend.

Money was raised for QEHB Charity through ticket sales, as well as spectators making donations to the cause throughout the match itself, raising a spectacular £600 for QEHB Charity.

Sian Averill, Fundraising Officer at QEHB Charity, said: "We are incredibly grateful to VKL United for the effort they have put in to the annual football games in memory of Vinay. On behalf of QEHB Charity, I want to thank VKL United for their wonderful fundraising events in memory of Vinnay."

Family fundraising affair



Hannah Stuart, sister of YPU patient Sandy Stuart, tackled the infamous London Marathon raising over £3,347 for the Young Persons Unit at the QE. Hannah's parents, Linda and Irvine Stuart, also kindly held a fundraising lunch at The Boot Inn, Lapworth, to raise extra cash. The event included a fabulous three-course lunch and 'birthday raffle', offering prize winners a bubbly bottle of champagne.

Cathryn Worth, Senior Fundraiser at QEHB Charity, said: "The support that the members of the Stuart family give one another is truly heart-warming. Linda and Irvine put a lot of effort into the fundraising lunch; on behalf of QEHB Charity, I want to thank both for their hard work. I also want to congratulate Hannah for successfully completing the London Marathon!"

Liver team races to the finish for transplant patients

Eight members of the Liver Unit at the QE hospital bravely swapped scrubs for sports gear as they tackled the Great Birmingham 10K in May.

Thamara Perera, Consultant Surgeon, Irene Scalera, Speciality Registrar in liver surgery, Rebecca Prinsep, Theatre Practitioner, Bettina Bucholz, Junior Specialist Doctor in liver, Pooja Prasad, Speciality Registrar in liver surgery, Dawn Bishop, Liver Transplant Coordinator, Alinaswe Mukwambe, and Emily Attiwell took part in the Birmingham 10K to raise money for research into liver transplantation at the QE.

Irene said: "We decided to run the 10K for the Liver Foundation because we really wanted to raise



as much money as possible to enable more research into liver transplantation at the hospital. This important research into making more organs available for transplant will save lives in the future. We got into running six months before the race, and created a real buzz within our team! The event was a lot of fun, and we are really pleased to have reached our £1,000 target. We will definitely be taking part in other races in the future!"

Widower continues to fundraise in memory of beloved wife

Tony Fox, loving husband to Ann Fox, a patient at the QE who tragically passed away in 2014 after spending over two decades in a battle against liver disease, has held two incredible fundraising events in the past month in memory of his beloved wife.



Tony organised and held a gala dinner for a second year, as well as a St Patrick's Day dinner. He is also going to be holding a raffle in which the main prize is a car.

These two events raised over £20,000, which is an amazing achievement.

Justine Davy, Head of Fundraising at QEHB Charity, said: "Tony's motivation to fundraise for QEHB Charity's Liver Foundation UK is

staggering. He has put so much effort into helping the Liver Unit at the QE as it continues to save lives, and we are incredibly grateful that he continuing to do so. On behalf of the charity, I want to thank Tony for everything he has done for the charity over the past few years."

Local organisation supports teenagers with cancer

Birmingham Future, a members organisation for young professionals in Birmingham chose the Young Persons' Unit at the Queen Elizabeth Hospital Birmingham as its 'Charity of the Year' for 2015. The group hosted a range of events and activities, including the Birmingham Young Professional of the Year competition at their annual ball, a death-defying skydive, a sports quiz and a festive Christmas Party, raising an impressive £8,454.

Becky Simkiss, Birmingham Future Chair, said: "We are delighted to be able to support teenagers with cancer in our community, and really enjoyed raising money for QEHB

Huge thanks also goes to...

- Alcester Male Voice Choir
- Angela Linney and family
- Birmingham City Football Club
- Breanne Brunt
- Future Faces Chamber of Commerce
- Gareth Smith Mercedes Football Match
- Gethin Davies
- Holy Family Primary School
- Kate Mansbridge
- Lechmere Volunteer Lodge no 1874
- Outdoor Physical Training
- Peter Hatfield



Charity. It is wonderful to know that our donations are helping to fund a wide range of 'added extras', including a specialist teacher and a pizza night for patients."

The kind-hearted organisation continues to support QEHB Charity by providing mentors for patients on YPU to help them find work experience and secure employment.



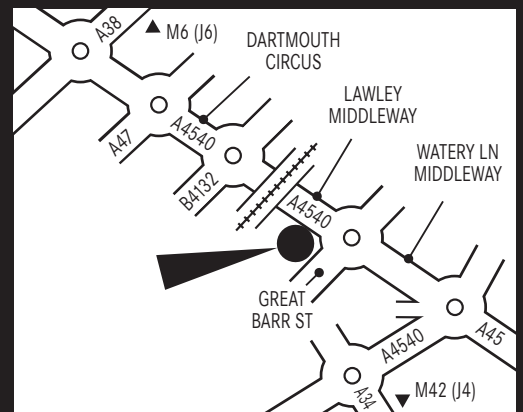


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