

love qehb



Issue 20

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  qehbcharity  qehb.org

Your donations bring games and activities to elderly patients at QEHB



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



Mike's letter



Thank you!

Welcome to our autumn newsletter! As usual, I'm pleased to update you on our fantastic fundraising events, fabulous charity champs and exciting real-life examples showing exactly how your donations are helping patients.

Autumn is already upon us, and as we look towards Christmas I can't believe how quickly this year has gone. It was wonderful to see so many supporters of the hospital at our summer events this year - including at the SACA bike ride for children with cancer, where one or two of you may have seen me taking on the route myself on my 'Mike bike'! Read more about that, and all of our other wonderful fundraisers, in our Charity Champs feature. I'd also like to congratulate everyone who has taken on the Morrisons Great Birmingham Half Marathon, Born Survivor, or any of the host of alternative foot races so many of you complete for QEHB

Charity every year. Thank you all for your generous and valuable support. It's been great this year to be able to roll out MyLife Software units to support patients with dementia (read more about that on page 4), thanks to our successful Elderly Care appeal, and with your help we hope to be able to provide even more of these wonderful units across the hospital.

Remember, we love to hear from you! Please keep in touch on Facebook, Twitter and Instagram, or via email at charities@uhb.nhs.uk, and share with us your fundraising plans, comments and photos.

Thank you all for your continued support and tireless dedication to the patients and staff at QEHB. I hope to see you at one of our events soon!

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 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.

In this issue...

Bringing Christmas to QEHB

It may not be quite that time of year yet, but we're already planning to give patients and staff at QEHB a festive dose of Christmas cheer! Read about our Christmas Campaign on **pages 6 and 7**.

Charity Champs

Read all about our fantastic fundraisers and what they've been up to to support patients on **pages 8 and 9** and **pages 18 and 19**. As ever, we've been hugely inspired by the countless ways our dedicated charity champs work to raise money to benefit patients, staff and families at QEHB. We couldn't do it without you!

Leaving a gift in your will

Read about our new charity partnership on **page 11**, where we are spreading awareness about the importance of will-writing and giving away a promotional code to get yours sorted hassle-free through the Co-op.

Take on a challenge

Head to **page 14** to find out more about the charity challenges we have coming up - will you #runforBrum, or take on an awe-inspiring parachute jump?



Fisher House



Queen Elizabeth Hospital Birmingham

Dates for your diary

SWIM THE ENGLISH CHANNEL (INDOORS!) FOR DIABETES

Monday 14 November
The Morris Centre, QEHB

Join us on World Diabetes Day as we attempt to swim the distance of the English Channel at QEHB's Morris Centre to raise funds for the QEHB Charity Diabetes Fund. That's 21 miles, or 1,554 lengths in total!

Whether you can swim one length or want to attempt the 74 lengths that make up a full mile, everyone who takes part will help to reach the end goal. Time slots are available for 20 minutes at a time.

For more information, please visit www.qeswimathon.eventbrite.co.uk



BINGO NIGHT

Saturday 19 November, 6.30 - 9.30PM
Mecca Bingo, Oldbury

You and me, cup of tea! Join QEHB Charity for a night of bingo and help raise vital funds for QEHB's elderly patients.

Tickets cost £10 and can be bought online at www.qehb.org/events or for more information please email laura.power@uhb.nhs.uk or call 0121 371 4852.

PUB QUIZ The PLOUGH

Friday 2 December
The Plough, Harborne High St

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

Festive Jumper Day

Friday 16 December

Flaunt your favourite festive knit or don your silliest seasonal socks and donate £1 to support patients at QEHB this Christmas!

Donations can be made online at www.qehbchristmas.org or on the day at QEHB Charity's atrium stand.

If you are a QEHB staff member you are permitted to wear festive socks or Christmas badges, which are available from QEHB Charity's atrium stand throughout December.

For more information please call 0121 371 4852



CHRISTMAS CAROL CONCERT

Sponsored by MHA MacIntyre Hudson

Monday 19 December
St Philip's Cathedral, Birmingham City Centre

The annual QEHB Charity Christmas Concert returns this year and will feature performances from local school choirs, as well as the Band of the West Midlands Fire Service. Proceeds from the concert will support QEHB patients at Christmas, helping to bring Christmas to the thousands of patients who will be at the hospital over the festive period. Tickets cost £6 for adults and are free for children under 16 years old.

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



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@qehbcharity



qehbcharity

Supporting patients with dementia

QEHB Charity is proud to be supporting patients with dementia by bringing interactive software units to wards throughout the hospital - but we couldn't do it without the generous support of various companies and community groups who have donated to the Elderly Care appeal.

QEHB Charity is seeking to help to provide comfort and support for patients with dementia, not



just on the wards specifically dedicated to elderly care, but wherever in the hospital they may be receiving treatment. The MyLife Software units consist of special touchscreen monitors which patients can use to play games, view popular video clips from days gone by, and create personal interactive 'life stories', using the patient's own photos, with the help of staff and families. The units also include a useful 'hear me' function to help patients who may struggle with verbal communication to speak to staff. They are lightweight and portable, making it easy to take the software to the patient.

QEHB Charity has already been able to deliver several units to wards around the hospital that most frequently care for patients with dementia, making a tangible difference to the quality of care that staff are able to deliver to these patients.

Now, the Charity is asking for companies, groups and individuals to support the campaign and help raise a total of £20,000 to fund more units for wards at QEHB. Each

MyLife Software unit costs £1,500.

Mike Hammond, Chief Executive at QEHB Charity, said: "A stay in hospital for a person living with dementia can be a confusing and potentially frightening experience.

The MyLife Software has

been developed by carers to help patients with dementia communicate and interact with staff and loved ones - they are so valuable to wards at QEHB and the patients being treated there.

"While we have a couple of wards at the hospital that specialise in the treatment of elderly patients, many of whom have dementia, the reality is that people with dementia can be admitted to hospital with any condition or injury, meaning frequently they will be staying on a ward that does not specialise in dementia and may be the only person on that ward with the condition.



"Because of this, we want to provide MyLife units across many wards at the hospital, and that's why we are asking businesses and community groups to support our Elderly Care appeal by donating £1,500."

DONATE

To donate to the Elderly Care appeal please go to www.qehb.org/elderlycare

Thank you!

QEHB Charity would like to thank the following organisations for their generous support:

- ♥ TSB Bank, Sheldon
- ♥ Guru Nanak Nam Ladies Jatha
- ♥ Birmingham Hospital Saturday Fund
- ♥ Infinity Stage Company
- ♥ Santander Foundation
- ♥ Persimmon Homes

5 minutes with...

Dave Watson

Fisher House resident and Patient Advocate

We caught up with Dave Watson, Fisher House resident and Patient Advocate at QEHB Charity, as he spoke to us about life in the army and fatherhood...

What did you do before joining the army?

After leaving school I became a bricklayer for three years. I enjoyed playing lots of football and fishing in my spare time. Despite always having wanted to join the army since I left school, I decided that it would be best to have a trade to 'fall back on' if life in the army didn't prove to be as good as I hoped it would be.

What was life like during the army?

It was amazing. I loved travelling the world and meeting people who eventually became like a second family. The support and teaching I received from the army was amazing.

How were you injured?

During a routine mission, I was getting into a stream to walk through it, when I passed an Improvised Explosive Device (IED). When one of my friends fell behind, I went to help him, but stepped on the IED and fell into the water. Unable to bring my head above the surface and with lights flashing before my eyes, I lost both legs and my right arm in the blast, and was flown back to the UK for treatment.

How is Fisher House making a difference for military patients?

I believe that Fisher House is instrumental to both patient and family recovery. Because all military personnel that are injured or fall ill are treated in

Birmingham, they are coming from across the country; Fisher House takes away the extra panic of finding somewhere to stay, and it is comforting to know that, if your condition was to take a turn for the worse, your family would be at your bedside in little over five minutes. I know that it would have been a great comfort for me, knowing that my family were able to be right there if I needed them, and that they were being well looked after themselves. The House is a place of support, where families can speak to one another and help each other get through the situations they face - I think it removes the feeling of isolation that many families feel when they first receive the news of their loved one's injury.

How did you find out you were going to become a father?

I have two children: Erin, my daughter, and Josh, my stepson. For a while after the accident I didn't know if I would be able to have biological children. I was at home one morning, considering whether or not to get this checked out, when I received a call from my wife, Becky, to let me know that she was pregnant!

What is fatherhood like?

Since Erin was born, fatherhood has been the best thing that has ever happened to me. I have both Erin and Josh, and I love them both equally. I will do anything to help them; they are my world.



What is the best part of fatherhood?

When I wake up in the morning, and go to fetch Erin from her cot, she is always standing and waiting with a huge smile on her face, her arms outstretched for me to pick her up; it's an amazing feeling.

How old is Erin?

She's seventeen months old and growing up quickly!

Do you want to have more children in the future?

I would like to. I'll have to ask Becky though!

Fisher House is there for families when they need to be together, and supports military patients through treatment and recovery. Please donate and help us continue to look after military families like Dave's: www.fisherhouseuk.org



Help us bring Christmas

Following the success of last year's Christmas Campaign, QEHB Charity is once again aiming to bring festive cheer to patients and staff at the Queen Elizabeth Hospital Birmingham.

Over the festive period, around 100,000 patients will visit QEHB. From elderly care patients with few or no family members, to children receiving gruelling radiotherapy treatments five days a week for six weeks, to emergency admissions and people in need of life-saving transplants, the 'season to be jolly' will be business as usual at Birmingham's biggest hospital.

That's why we want to provide hampers for patients and staff to share, Christmas trees for every floor of the hospital, decorations for the wards, gifts for children and young people with cancer, and free parking and TV for patients and visitors on Christmas Day. But we can't do it without you! Will you help to support QEHB at Christmas?

DECEMBER

We've got an advent calendar full of winter events to get you in the Christmas spirit - will you join us?

- Twelve Choirs of Christmas from primary schools and community groups across the region will appear in the hospital atrium throughout December with carols and hymns, and will be collecting donations.
- QEHB Charity's Festive Jumper and Seasonal Sock Day on Friday 16 December is a great opportunity to flaunt your favourite festive knit, or don your silliest seasonal socks, at work or school and donate £1 to support QEHB at Christmas! QEHB staff can wear jumpers, socks or purchase one of our QEHB Christmas badges. Donations can be made online at www.qehbchristmas.org or on the day at our atrium stand.
- The popular Christmas Carol Concert will return to St Philip's Cathedral on Monday 19 December at 7.30pm - for tickets visit www.qehb.org/events or email charities@uhb.nhs.uk for more information.



FIND OUT MORE

Go to www.qehbchristmas.org to find out more or make a donation.

Thank you!



Christmas cheer to QEHB

Don't forget to visit our Christmas pop-up shop, which will be in the hospital atrium throughout December for the first time this year! We'll be selling Christmas decorations and gifts along with our usual range of QEHB Charity merchandise - come and have a chat to our friendly volunteers and check out our selection of festive goodies.



Want to support patients at QEHB and cross an item off your Christmas to-do list at the same time? Why not buy your Christmas cards from QEHB Charity this year? We've got a brand new selection of designs to choose from. Pick up your pack from our pop-up shop in the hospital atrium, or order online at www.qehb.org/shop



Is your company looking to give to a local charity this Christmas? QEHB Charity offers a variety of packages to help your organisation identify the type of support that's best for you. From sponsoring a ward of your choice to collecting office donations for Festive Jumper Day, we're grateful for any help you can provide to enable us to bring Christmas to QEHB. Every week we'll celebrate the activities of our corporate partners with Festive Friday. If you're thinking of getting involved, please email justine.davy@uhb.nhs.uk



Charity Champs

Gloucestershire villagers raise over £5,000 for patients with cancer



Charity Champs

Star student shows support for patients



Charity Champs

Ruth Furber, a student at The King's School, Worcester, raised a brilliant £1,652 for QEHB Charity with her team of A-Level athletes.

On Friday 4 March, pupils from each year group ran, cycled and rowed 26 miles; the return distance between their school and QEHB. The event was organised by Ruth, the school's Charity Committee representative for her year group.

Ruth said: "I decided to raise money for QEHB Charity following the great care my mum received during her time at QEHB. We hope that the donation will help many other patients and their families going through difficult times in their lives."

Thank you!

Residents from the village of Cliffords Mesne in Gloucestershire have made a fantastic donation of £5,874 to benefit patients with cancer at QEHB, after holding two fundraising events earlier this year, organised by locals Pat Milsom and Peter Street.

The first event was held in celebration of the Queen's 90th birthday in June, and took place on one of the village's roads, which was closed especially for the celebration. The second event was

held in the garden of one of the organisers, Pat Milsom, with local friends and relatives in attendance, and included a pig roast, bar, live music performed by a local musician, a raffle and an auction.

Pat said: "I want to say thank you to QEHB for the wonderful care that they gave to my husband when he was suffering from pancreatic cancer. Everything that could be done was done with great efficiency and kindness."

ABF The Soldiers' Charity launches year-long Fisher House sponsorship



Charity Champs

ABF The Soldiers' Charity has kindly donated £10,000 to sponsor a room in Fisher House for one year, and has decided to name the room 'Wellington'. The Soldiers' Charity is a national organisation that supports serving and former soldiers in the British Army throughout their lives, whenever they are in need. Brigadier (Ret'd) Robin Bacon, Chief of Staff at ABF The

Soldiers' Charity said: "We take pride in being responsive, making a difference at a critical point in peoples' lives. We have been doing this since 1944, working with veterans of every conflict, and we envisage continuing doing so for the 'long haul' – supporting all future generations of our soldiers and their dependents."

Weightmans raises £9,000 in 18 months

In 2015, the Birmingham office of national law firm Weightmans selected QEHB Charity to be its charity partner for 18 months, and during this time the firm has been busy raising money in a variety of ways, including an intense WOLF run, daring skydives, office raffles and a fun-filled summer fayre! Teams from Weightmans also regularly volunteer and sell official merchandise at QEHB Charity atrium stands to raise money for the hospital.



As the generous group comes to the end of their period of support in November 2016, they have raised over £9,000 in total.

Laura Power, Senior Fundraiser at QEHB Charity, said: "We'd like to say a huge thank you to everyone at Weightmans for their fantastic continued support, which is helping us to continue to support patients at QEHB. Well done Weightmans!"

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!

SACA's cycling success for children with cancer



On Saturday 16 July, around 200 cyclists, including QEHB Charity Chief Executive Mike Hammond, set off on a 126-mile charity bike ride from QEHB, arriving at their destination in Southall the following day.

The bike ride, organised by the Sikh Arts and Cultural Association [SACA] aimed to raise money to create free accommodation for the families of children and young people with cancer who receive treatment at QEHB. Called SACA's Home from Home, it will be a

five-minute walk from the hospital, enabling parents, siblings and loved ones to be close by while their children or relatives receive radiotherapy treatment or stay on the Teenage Cancer Trust Young Persons Unit.

Last year, SACA and its supporters raised a staggering £71,173.26 for children receiving radiotherapy at the hospital, and they are hoping to raise a similar amount this year. Read more about SACA's Home from Home at www.qehb.org/saca

Mercedes dealerships fundraise through football



On Saturday 30 April, two teams from Mercedes took to the football pitch to show their support and raise vital funds for Fisher House, QEHB Charity's 'home away from home' for military patients and their families.

Organised by Gareth Smith, the team from Mercedes Central Birmingham took on the Mercedes Solihull dealership at Sutton Coldfield Town Football Club in a

competitive football match, selling tickets for £2 each and hosting an afterparty following the game.

After a hotly contested 90 minutes, the teams finished in a draw, leaving Mercedes Central Birmingham to storm to victory on penalties.

In total, the event raised an incredible £1,300, which will benefit injured and ill military personnel at Fisher House.

Staff and public support patients with rare diseases

Friday 23 September saw kind-hearted staff and generous members of the public ditching their work gear in favour of their jeans to raise money for patients with rare diseases.

Every year QEHB Charity, in partnership with Genetic Disorders UK, encourages as many people as possible to flaunt their best flares, or slip into their slinkiest skinnies, and donate £1 to QEHB Charity's Centre for Rare Diseases.

The Centre for Rare Diseases was built in 2015, and offers a streamlined service to patients with rare conditions.

It is recognised nationally that, currently, the specialist care for patients with rare diseases needs to improve. These patients can require the input of a large number of various medical, nursing and therapeutic specialists. QEHB Charity's Centre for Rare Diseases appeal raised £1 million

to develop a centre of excellence for rare diseases, which is based on-site at the Queen Elizabeth Hospital Birmingham.

It brings together multi-speciality and multi-disciplinary teams to deliver care to patients with rare diseases and provides highly-organised, one-stop clinics where patients can undergo pre-planned diagnostic tests and see all specialists and the multi-disciplinary team relevant to their care, in one visit.

Justine Davy, Head of Fundraising at QEHB Charity, said: "We want to thank everyone who took part in Jeans for Genes day. It was a really great event and raised a brilliant amount of money for the Centre for Rare Diseases and Genetic Disorders UK. "The money raised by this event will be split equally between the two causes, with donations to QEHB Charity helping to fund 'added extras' that are over and above what the NHS



can provide, including a resource area for patients and families, free Wi-Fi, refreshments, computer games and iPads, and facilitating patient support groups."

FIND OUT MORE

For more information or to donate to the Centre for Rare Diseases, please go to:
www.qehb.org/centreforrarediseases

COMEDY NIGHT is a barrel of laughs

Every year, QEHB Charity's Comedy Night has hosted acts fresh from highly successful shows at the Edinburgh Fringe Festival, and this year was no different.

Comedians Steve Harris, Steven Bailey, Darius Davies and Dan Nightingale took to the centre stage at Comedy Loft in October, providing an evening of top class entertainment and plenty of laughs.

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

"Every year this event grows in popularity, and we were thrilled that such fantastic comedians were able to give up their time in support of the comedy night, which helped

to raise vital funds for patients at the Queen Elizabeth Hospital Birmingham.

"I'd like to say a huge thank you to everyone who purchased a ticket and came along... I hope you enjoyed it as much as we did!"

From funding groundbreaking research that gives patients access to new treatments faster than anywhere else in the country, providing pizza nights, activities and gifts, as well as a specialist teacher for young people with cancer, to giving patients access to free Wi-Fi throughout the hospital and funding specialist equipment over and above what the NHS can pay for, all monies raised by the event will be used to support patients at QEHB.



Monies raised by the event will be used to support patients at QEHB

Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month, so look out for our pink atrium stands throughout the month where QEHB Charity and Ladies Fighting Breast Cancer will be collecting together to raise vital funds for patients with breast cancer.

Back in April, the two charities launched a brand new £250,000 mobile mammogram trailer at Broad Meadow Health Centre in Kings Norton, equipped with leading x-ray facilities. The mobile mammogram will be able to offer breast screenings to women out in the community, removing the need to travel to QEHB.

“There are so many reasons that people might not attend, from geography and time restraints through to just plain old fear, but research shows just how important it is to get checked and find these things as early as possible. This screening unit helps make it as convenient as possible for people,” said Veronica Kumeta, co-founder of LFBC.



LFBC is the UK's only regional charity for breast cancer, with all money raised staying in the Birmingham region

Around 50,000 women are diagnosed each year

1 in 8 women are expected to be diagnosed with breast cancer in their lifetime

QEHB Charity partners with The Co-Op to offer will-writing discount

REMEMBER US IN YOUR WILL
Help our work live on...



It is estimated that about 60% of people in the UK don't have a will, and most people say that the reason they haven't made a will is simply because they haven't got round to it.

Citizens Advice recommends that everyone makes a will, which allows you to state how your property, money or possessions should be allocated after you die. Partners who have not registered a marriage or civil partnership cannot inherit from each

other without a will, which could cause serious financial problems.

Some people may also want to leave a gift to charity in their will; and last year a staggering £425,000 was donated to QEHB Charity through generous legacies left in wills. These gifts have helped make possible a huge variety of projects across the Charity's appeals, including cutting-edge radiotherapy machine CyberKnife and a teacher for teenagers with cancer.

QEHB Charity has partnered up with The Co-Op Legal Services to offer supporters a discounted will-writing

service through the national campaign, Remember a Charity.

The Co-Op Legal Services can carry out everything that is needed to write a will by speaking to you over the phone and sending out the will in the post - meaning you can do everything from the comfort of your own home.

You do not have to leave a gift to QEHB Charity in your will, but if you do, we are extremely grateful. Regardless of whether you decide to leave a gift or not, we think it is important that everyone has the opportunity to learn more about a making a will.

FIND OUT MORE

To start the process of writing a will, please call The Co-Op Legal Services on 0844 252 9965 and quote "RACWILLS01" to receive the QEHB Charity discount, which will allow you to have a single standard will for £120 and a mirror will (for couples) for £200. Get more info at www.co-oplegalservices.co.uk/making-a-will

Donations fund research into rare liver cancer



Thanks to generous donations to its Liver Foundation UK fund, QEHB Charity has funded a new Research Fellow, Dr Daniel Patten, who is undertaking vital research to help liver patients access treatment before their diseases develop.

Now in-post as a QEHB Charity-funded Research Fellow at the University of Birmingham, Daniel, who lives with his fiancée Amy, has recently started to study a relatively rare form of cancer, known as neuroendocrine tumours (NETs), which often originate in the gut and liver.

He said: "Liver inflammation is a key driving force in all chronic liver diseases; however, the processes involved are still not fully understood. I am currently continuing work on a promising project which has potentially identified a new target for limiting inflammation of the liver and slowing the progression of chronic disease. I have also started working on a new project which aims to increase our knowledge of NETs.

"NETs usually occur in older patients and are typically slow to spread to other parts of the body, so the research world hasn't previously viewed this condition as a priority, compared to more aggressive cancers. Nevertheless, the condition is often very debilitating to the patients and we are trying to increase our scientific knowledge of liver-originating NETs, by finding out what the tumours consist of and which types of cells are present. The end goal is to identify therapeutic targets for patients and to find ways of preventing the tumours from developing."

"I'm very grateful to QEHB Charity for funding my position, and to everyone who has donated to the Liver Foundation. Without their help, I wouldn't be able to support patients with my research. When experiments work and you get to see something that no one has seen before, there is no greater feeling. Added to this is the knowledge that you are one step closer towards benefitting patients whose diseases, before this research, would have been very difficult to treat."

FIND OUT MORE

For more information about the Liver Foundation UK, go to www.liverfoundation.org.uk

SUPPORTING GREEN SPACES AT QEHB

Anyone who has spent an extended period of time in hospital, or has visited a friend or family member there, will know what a stressful and difficult process it can be. When you're physically unwell or supporting someone who is, your mental wellbeing can take a hit - which is why it can be so important to take time away from the wards to relax and recuperate.

QEHB Charity's Sponsor the Trees appeal is in place to support the Community Orchards and Gardens project by raising money to fund improvements and maintenance to the many green spaces we are lucky enough to have available at QEHB. This includes a variety of new trees that have been and will be planted across the site.

DONATE

To donate and support this project, or to find out more, please visit www.qehb.org or call Justine Davy on 0121 371 4852.



Thank you for taking part in our events!

Thank you to the hundreds of daring fundraisers who bravely tackled two endurance events to raise money for patients at QEHB... we salute you!

FUNDRAISERS GET MUDDY FOR MILITARY PATIENTS AT

BORN SURVIVOR



On Saturday 24 September, brave obstacle course enthusiasts took to the very wet and muddy military 10k, Born Survivor, at Capesthorne Hall in Manchester.

Packed to the brim with physical challenges, including over 30 obstacles, this military-themed event, created by British Royal Marines Commandos, was not for the faint-hearted.

Corporate and community groups took part, including from Willmott Dixon, raising vital funds for Fisher House, a 'home away from home' for military patients and their families.

THOUSANDS POUND THE STREETS OF BIRMINGHAM

Thousands of athletes, sport enthusiasts and novice runners took to the streets of Birmingham to compete in this year's Morrisons Great Birmingham Run, which takes place in the second city every October.

Among this year's runners was first-time competitor and QEHB Theatre Assistant Jonathan Preston, who ditched the sofa and donned his trainers in support of patients at the hospital, where he has worked for 18 months.

He said: "I love working at QEHB. It's a fantastic hospital at the top of its game, and I love making a difference to patients, being there throughout their operations and then seeing them pull through – there is no greater feeling.

"I can't believe how much QEHB Charity does for patients, from funding pizza nights and a specialist teacher for teenagers with cancer, to providing free accommodation for military patients and their families at Fisher House. I wanted to get involved and do my bit to help, because there are so many different ways my money can be used to make a difference.

"I'd never done anything like this before, but the atmosphere was electric, and now I want to do it all over again!"

To sponsor Jonathan please go to:
www.justgiving.com/fundraising/jonathan-preston1

Running alongside Jonathan in QEHB Charity's 'Team Doctors', was funeral director Rachel Barrett, who was inspired to join the race following her mum's emergency treatment for a shock heart condition just three months earlier. She said: "I can't begin to describe how amazing the staff were whilst looking after my mum. They were completely devoted to caring for her and that's all we wanted.

"I decided to raise money to help other people who, like my mum, might find themselves in hospital suddenly and unexpectedly.

"The whole day was absolutely fantastic, and QEHB Charity's post-race massage went down very well!"

To sponsor Rachel please go to:
www.justgiving.com/fundraising/RachelABarrett

Did you know?

The Birmingham International Marathon comes to the city for the first time on Sunday 15 October 2017, the same day as the half marathon. If you'd like to tackle a bigger challenge in support of your local, world-class hospital, why not register your interest for this event? Simply email laura.power@uhb.nhs.uk to be notified when entries for the race are open.



Thank you!

Challenge events

BIRMINGHAM INTERNATIONAL MARATHON

SUNDAY 15 OCTOBER 2017

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



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

VÉLO BIRMINGHAM

SEPTEMBER 2017

Next year, for the first time, Birmingham will host a 100-mile closed road cycle, with 15,000 cyclists expected to take part. The event will be one of only three closed road cycles in the UK.

To take part in the event please register at www.bikeforbrum.org or call 0121 371 4852 for more information.



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.

LEAP FROM THE SKIES

VARIOUS DATES AVAILABLE, 2017

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 2017 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

How your money is making a difference to patients at QEHB

With your generous donations, QEHB Charity has funded new lights for the Clinical Photography department at QEHB, which has resulted in higher quality images, faster workflow, and fewer waiting times for patients.

Clinical photography is an important part of the clinical pathway for patients at the hospital. The photographers record patients' clinical conditions daily, and use the photographs for diagnosis, or for recording a condition during the various stages of treatment.

Robert MacMillan, Clinical Photography Team Manager, said: "We are incredibly grateful to QEHB Charity for purchasing new studio lights for the Clinical Photography department.

"Because the photos we take are used to record clinical conditions and play an important role in diagnosis, it is very important that our equipment has a high operating standard. In order for us to produce accurate results, the images need to be shot with a very high standard of light. The new lights kindly provided by QEHB Charity are already helping to achieve this, and have guaranteed better accuracy and quality for the future.

"The lights have helped to make our patient area more comfortable as they are a lot cooler than the old lights, which previously reached very high temperatures. They have also improved the accuracy and sharpness of our photographs, and the new flash bulbs have helped to speed up the post-production time, which means there are fewer people waiting to receive news of their condition or diagnosis, and our workflow is much faster.

"Our motto at the Institute of Medical Illustrators is 'Images surpass words'. Thanks to generous support from QEHB Charity we are able to achieve this, and our department is very grateful."

Thank you!



How your money is making a difference to patients at QEHB



QEHB Charity has also recently funded a toaster for every ward at QEHB.

Mike Hammond, QEHB Charity Chief Executive, said: "When patients are away from home, it's the simple things which can make a big difference to their hospital experience. Lots of patients were requesting toast and until now, it hasn't been possible to provide this for them.

"The Charity was approached by the Trust's catering team and asked whether funding would be possible – we were very happy to help."

Thank you!



'Added extras' have also been helping to get elderly patients up on their feet, in the form of rock and roll performer Paul Reynoldson, who visited patients on Bournville ward at QEHB on Friday 12 August. The popular performer sang a variety of tunes from the 50s, 60s and 70s, and was funded by your generous donations.



Finally, your donations have helped to buy a specialist machine for liver transplant patients at QEHB.

The new machine, called a Fibroscan, provides a painless, non-invasive analysis of the liver in as little as ten minutes, avoiding the previous need for an intrusive biopsy, which requires patients to stay in hospital overnight.

The innovative equipment can also detect liver damage or disease and, if problems are identified early, treatments can be tailored to the patient, meaning serious liver damage and disease can be avoided.

Involved in fundraising for the £80,000 machine was QEHB staff member Michelle Scandrett. The 46-year-old mum of three and Applications System Support Officer at QEHB, organised a fantastic cabaret evening in aid of the Liver Unit at QEHB.

The fundraising fanatic, who has worked at QEHB for over 30 years, decided to support QEHB Charity following the great care she has received following her diagnosis of non-alcoholic fatty liver disease, F3 fibrosis and Gilberts Syndrome.

She said: "The care I received from staff at QEHB was absolutely

fantastic. I am delighted that QEHB Charity has been able to purchase a Fibroscan machine, which will help so many patients. I am pleased I was able to contribute to such a worthy cause and it is so fulfilling to see how my donation will be used."

FIND OUT MORE

To find out more about how QEHB Charity supports patients, please go to www.qehb.org

Charities unite to provide families of blood cancer patients with Karen's Home from Home



When someone you love needs to spend an extended period of time in hospital, often far from home, the last thing you want to have to worry about is where you're going to stay in order to be with them during their treatment. QEHB Charity and the Karen Morris Memorial Trust have teamed up to provide the families of patients with blood cancer, such as leukaemia, with free-to-use accommodation a short walk from the Queen Elizabeth Hospital Birmingham, opening Karen's Home from Home in 2014.

The Karen Morris Memorial Trust was set up in 1999 to continue the fundraising legacy of Karen Morris, a 23-year-old student at Warwick University, who passed away in September 1998 following a year-long battle with chronic myeloid leukaemia. The KMMT aims to provide Karen's

Homes from Home for leading haematology departments across the UK, with QEHB's (based down the road at Elizabeth Court) being the fourth such home.

Since it opened in December 2014, many patients and their families have benefitted from the facilities. D Houghton, from Stoke on Trent, said of Karen's Home from Home: "I used your apartment in Birmingham when my husband was in the hospital for a stem cell transplant. He had acute myeloid leukaemia. I was in the apartment

for three of the six weeks he was in hospital and it made a great difference – beautiful, well-equipped and, most importantly, close to the hospital."

Sylvia Morris, Karen's mother and chairperson of KMMT, added: "While nothing can ease the pain of losing my Karen, feedback from users of our facilities really is a source of encouragement and strength for our work to continue Karen's legacy."



To find out more about or make a donation to the Karen Morris Memorial Trust, please go to www.kmmt.org.uk

For queries about Karen's Home from Home or to donate to QEHB Charity, please go to www.qehb.org

Crafters create comforting quilts for children with cancer

A group of kind-hearted crafters have generously donated homemade patchwork quilts to QEHB Charity's The VIP Treatment appeal, which supports children at the Queen Elizabeth Hospital Birmingham as they undergo radiotherapy.

The ladies of Project Linus UK have been donating handmade quilts since October 2015. The quilts are used by children from across the West Midlands region who visit QEHB for radiotherapy treatment and have to be anaesthetised. The children can choose from a

wide range of colourful quilts and are encouraged to keep the quilt with them for the entirety of their treatment, which could be up to a gruelling 30 consecutive rounds of radiotherapy, taking up to six weeks in total.

Joy Edgington, the group leader, said: "We are delighted to be able to support young cancer patients at QEHB. We can't imagine how frightening it must be for children undergoing treatment, and even more so in an adult hospital. If we can do our bit to help reassure and comfort them, that is hugely

rewarding for us. We hope our quilts help the children through their treatment."

To find out more about the VIP Treatment appeal, please go to www.qehb.org/thevip-treatment



Charity Champs

Thank you!

Loving widower continues to raise money for liver patients

Tony Fox, loving husband to Ann Fox, a patient at QEHB who tragically passed away in 2014 after spending over two decades battling liver disease, has raised more than £21,000 for the hospital's Liver department, in memory of his wife.

The money kindly donated by Tony and his family, will be used to fund a Normothermic Regional Perfusion machine (NRP), which keeps the liver, pancreas and kidneys 'alive' for longer, increasing the number of potential organ donors and improving the likelihood of a successful transplant.



The NRP machine at QEHB has been renamed the 'Fox Machine', in memory of both Ann's life and Tony's persistent fundraising over the past two years.

Memorial Trust supports military families



died as a result of an IED explosion in the Babji area of Nahr-e-Saraj in central Helmand during an operation to clear insurgents so that a checkpoint could be built and a road laid through the area. Developments like these have brought enduring security to the local Afghan people.

Now, in Dougie's name, DMMT aims to improve the quality of life for soldiers throughout the British Armed Forces, by promoting the health and circumstance of service people and veterans, supporting dependants and awarding grants to military charities like Fisher House. The Trust decided to name the room they are sponsoring the Thurlestone Room, after a village in Devon, where Dougie spent many happy holidays with his family.

Tricia Morris, Trust Secretary at DDMT, said: "The Trustees of the Lt Dougie Dalzell MC Memorial Trust were impressed to learn of the work and care that takes place at Fisher House and are absolutely delighted to support this welcoming 'home away from home' for military patients and their families."

Lt Dougie Dalzell MC Memorial Trust (DDMT) officially launched its £10,000 sponsorship of a room in Fisher House, a 'home away from home' for military patients and their families.

DMMT was established in 2011 by the friends and family of Lieutenant Dougie Dalzell MC who lost his life in Afghanistan in 2010. Dougie

Kind-hearted schoolgirl raises money for stroke patients



Laura Sims, a pupil at King Edwards Five Ways School, held a delicious cake sale on QEHB's stroke unit, to raise money for patients on the ward.

The entrepreneurial youngster wrote to her local supermarkets to secure ingredients, and baked plenty of delicious treats which were sold to patients, relatives and visitors to the hospital. At Laura's request, the money raised will be used to fund special beakers that will help patients drink independently, despite the effects of their stroke. Well done Laura!

News retailer raises thousands for cancer patients



Charity Champs

The Marston Green office of Smiths News, the UK's number one wholesaler in the larger newspaper and magazine market, has raised a fantastic total of £1,006.60 for the QEHB Cancer Appeal and The VIP Treatment Appeal.

The branch has been supporting the Charity for several years, with staff members taking part in fun runs and the Birmingham half marathon, as well as holding office raffles and cake sales.

Cathryn Worth, Senior Fundraiser at QEHB Charity, said: "We are incredibly grateful to the team at the Marston Green office of Smiths News for the hard work they have put in over the past few years to help QEHB Charity go over and above for cancer patients at QEHB. By bringing groundbreaking equipment like CyberKnife to the hospital, QEHB Charity makes a palpable difference to the experience of patients and staff, so every penny really does count."



Charity Champs

Birmingham mosque kindly supports patients at QEHB



Birmingham mosque and education centre, Qadria Trust, has kindly donated £365 to support patients at QEHB.

The Trust received generous donations during its Eid celebrations and kindly decided to donate the money to QEHB Charity.

Chairman Pir Mohammad Tayyab Ur Rehman said: "We are pleased to be able to support QEHB Charity. Many of our members have undergone treatment at QEHB and have benefitted from its excellent facilities and 'added extras' that QEHB Charity provides for patients."

Huge thanks also goes to...

Alison Thomas

Future Faces Chamber of Commerce

The Keylock Family

Martin Curtice

Meji Media

MHA MacIntyre Hudson

Neurology skydive team

Sheila Leighton

Sue Bennett

TSB Bank, Sheldon

Yorkshire Building Society, New Street Branch

Thank you!

Radiotherapists endure mud, sweat and tears for QEHB Charity

A team of sporty radiotherapists at QEHB bravely tackled an extreme endurance challenge to raise money for QEHB Charity.

The team, which includes radiographers Chris Sharpe, Brogan Hadland, Alice Stanford, Helen Joyce, Hayley Carruthers, Perrie Mortiboys, Katie Thorpe, Nawaaz Ibrahim and Harrison Smith, competed in the X-Runner Wild Warrior, in Derby.

The 10k obstacle race took place on Saturday 1 October, and included over 70 obstacles, from balance beams and giant walls, to cargo nets and fire. Chris Sharpe, who has worked at QEHB for just over a year, said: "We all work in QEHB's radiotherapy department, so we decided to raise money specially for patients on our department, to help improve their overall experience whilst at hospital."



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