

# Over & Above

University Hospitals  
Birmingham Charity Newsletter  
ISSUE 3



University Hospitals  
Birmingham  
Charity

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**What will you do new for 2022?**

**Find out how your donations supported your local hospitals at Christmas**

Discover how we have been supporting families and how you can get involved in fundraising for us!

*Thank you!*

# Mike's Letter



Thank you!

## What we do at UHB Charity

Together with your help we raise money to provide world-class facilities for patients and their families at the Queen Elizabeth Hospital Birmingham, Heartlands Hospital, Good Hope Hospital and Solihull Hospital that go 'over and above' what the NHS can provide. We spend your generous donations on cutting-edge equipment, world-leading research, specialist facilities and 'added extras' that help to improve the hospital experience for the two million patients who are treated across the Trust each year.



Happy New Year, and welcome to the latest edition of UHB Charity's Over & Above newsletter! I'm thrilled to bring you the first newsletter of 2022 and I can't wait to share the stories of our staff superstars and inspiring charity champs with you. This issue is full of the latest charity news and the exciting projects your donations have funded, as well as all the information you need to know about how to get involved with the fantastic events we've got lined up for you this year!

A new year is all about setting goals. How about making 2022 the year you fundraise for UHB Charity and challenge yourself to one of our thrilling events? You will be helping to make that vital difference to our staff and patients' lives by becoming a fundraiser. There are many events you can get involved in. You can take to the skies and challenge yourself to a skydive or climb the highest mountain in Wales by trekking up Snowdon, not forgetting our exciting

abseil challenge and the Birmingham Half Marathon! I hope to see you this summer!

In this edition, you can read about the patients you will be helping to support with the launch of the brand new Birmingham Transplant Centre. Thanks to your generous donations, the Centre is set to open later this year. The £2 million project will put patient care at the forefront of transplantation and will create a 'one-stop shop' for patients undergoing organ transplants. An exciting project that I am so proud to make a reality and one that will revolutionise the way transplant patients are treated.

Thank you as always for your continued support and all that you do for the charity; we couldn't make a difference without you.

**Mike Hammond**  
Chief Executive,  
University Hospitals Birmingham Charity

## In this issue...

### Lottery

We are delighted that so many of you have joined our fantastic charity lottery and even more so to see some of our wonderful NHS staff winning prizes! It is humbling to give something back for all the hard work and sacrifices they make every single day. You can read all about our incredible winners on page nine.



### Grants

On pages 12 and 13, you can read all about our exciting grants. UHB Charity funds research, equipment and patients' comforts, that are all over and above what the NHS are able to provide. Have a look at our brand new isolation rooms' renovation and hear about the difference our Young Person's Unit education teacher is making to our patients!



### Birmingham Transplant Centre

We have launched a brand-new £2 million fundraising appeal to create the Birmingham Transplant Centre. Read some incredible case studies of former patients on page 10 and 11 telling us why the new Centre is so needed.



### Events

UHB Charity has an exciting range of events available in 2022, which are sure to entice the thrill-seeker inside of you. Whether you fancy taking on a skydive, a Wolf Run, a hike up Snowdon or the Yorkshire Peaks, there is something for everyone! See our full list of events on the following page.



There's also plenty more to discover in this issue, including a look back at Christmas at UHB on page two, an insight into some of our recent refurbishments on page four and five, as well as celebrating some of our staff superstars on page 14 and 15.

# DATES FOR YOUR DIARY



## SKYDIVES 2022

18 JUNE, 9 JULY, 14 AUGUST,  
27 AUGUST, 10 SEPTEMBER

Take to the skies with UHB Charity in 2022 and experience the thrill of a lifetime! Become the daredevil you've always dreamt of being by soaring through the skies. Take on a tandem skydive and raise money to support a ward or department of your choice.

There is a £50 entry fee with a minimum sponsorship requirement of £400.

## SPRING WOLF RUN ADULT AND CHILD

24 APRIL 2022

Fresh trails and thick mud awaits with a mix of new and classic obstacles to thrill you. Spring Wolf kicks off the season and it's the perfect event to train for after the winter break. We have created the ultimate 10km route over the 1000 acre site which boasts some great natural features and stunning terrain. We can't wait to see what you think!

The entry fee for an adult place costs £50 with a £250 minimum sponsorship; with a child's entry being £20 with a minimum sponsorship of £50.

## BIRMINGHAM HALF MARATHON 1 May 2022

Birmingham's biggest and best running event return to the city's streets in 2022, and this year it's all about the comeback! Take your place on the Great Birmingham Run half marathon start line and be part of the celebration and raise money for your local hospital. UHB Charity has a small number of places left available.

A charity place is free, with a minimum £250 sponsorship for this event.

## AUTUMN WOLF RUN ADULT AND CHILD 4 SEPTEMBER 2022

Autumn is a fantastic season to be running in the wild, whether it's charging through twisting woodland trails or wading through thick mud and water, it's guaranteed to give you a buzz! Our man-made obstacles will be changed-up and new exciting obstacles will be introduced, to have you guessing what's around the corner! As always there is lots to see and do in the event village so bring your family and friends to cheer you on and make the most of it.

The entry fee for an adult place costs £50 with a £250 minimum sponsorship; with a child's entry being £20 with a minimum sponsorship of £50.

## SNOWDON CHALLENGES 2022

Daytime: 17 September; Sunrise: 28 May, 16 July

Join us as we climb the highest mountain in Wales, Mount Snowdon, to raise funds for patients and staff at our hospitals. Our Snowdon challenge is available during the daytime or you can choose to take on the Sunrise Snowdown event and climb through the night to see the sunrise from the summit.

There is a £50 entry fee for our Sunrise challenges, with a £200 minimum sponsorship.

## YORKSHIRE THREE PEAKS

Saturdays from April to October 2022

This is a fully-guided event, where you will experience the fantastic achievement of walking 25 miles in 12 hours through stunning Yorkshire Dales scenery which includes summiting the trio of peaks - Ingleborough, Wharfedale and Pen-Y-Ghent.

Places cost £55 with a minimum sponsorship of £275.

For more information or to sign up for one of these exciting events please visit [hospitalcharity.org/events](https://hospitalcharity.org/events) or email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk)

# CHRISTMAS AT UHB

**We were proud to have been able to bring Christmas to our hospitals once again in 2021. This would not have been possible without the incredible support that the Charity receives from a wide range of fundraisers and partners.**

Thanks to all our amazing donors and fundraisers, we were able to fund hampers for staff to share with patients on Christmas Day, trees and decorations for the hospitals, toys for children in hospital and free local accommodation for their parents. Hear from one of our nurses the difference we were able to make to the hospitals this year.

Sharon Pilling, Respiratory Nurse, said: "Seeing the Christmas trees being put up really lifted the mood in the hospital and got us and our patients in the festive spirit! Thank you to UHB Charity for bringing the Christmas atmosphere into the hospitals after a tough year.



We had thought with everything going on, Christmas activities like this wouldn't be able to happen so we are thrilled the Charity has still been able to support staff and patients in this way."

Amongst the schools taking part in Festive Jumper Day 2021, students and teachers at St Joseph's Roman Catholic School in Sutton Coldfield put on their best (or worst!) Christmas Jumpers to raise money for our Christmas Appeal. A huge thank you to every school that took part.

Hospital on December 6 to the delight of passers by. We had 18 choirs in total perform at our four hospitals and, through power of song, raised vital funds from donations at the performances.

We are also grateful to our corporate partners for their generous donations this year. Thanks to them we were able to make what can be a hard time of year for patients and staff, as special as possible.



We were delighted to be able to welcome back choirs outside our hospitals this year to bring festive tunes to our patients and staff. Music in Motion, a choir who sign to music, performed at Solihull

Thank you!

- Stoford
- Wesleyan
- Kidney Patient Association
- Friends of QE Medical Centre
- Grosvenor Interiors
- Webster and Horsfall
- Flexicon Ltd
- Harborne Spa
- BIFFA
- Birmingham City Football Club
- H J Wealth
- National Grid
- Solihull College & University Centre
- Birmingham Wholesale Market
- John Sisk and Sons

# NEW YEAR - NEW YOU!

## NEW YEAR'S RESOLUTIONS THAT MAKE A DIFFERENCE

2022 is all about shaking off the cobwebs from the past year and getting back out there!

### 1) GO THE EXTRA MILE - LITERALLY!

We all know New Year's resolutions are hard to keep. However after 18 months of not being able to do as much as we all would have liked, now is the perfect time to throw yourself into one of our challenge events!



Take part in the Birmingham half marathon, hike up Snowdon or commit yourself to reaching 10,000 steps every day for a month - visit [hospitalcharity.org/events](https://hospitalcharity.org/events) to see what you can sign up for!



### 2) FACE YOUR FEARS!



Always wanted to take part in a skydive but never quite plucked up the courage? Why not test your nerves and leap out of a plane for UHB Charity! We have a number of dates throughout the summer to prove to your family and friends what a daredevil you are!

Feeling inspired? Go to page one for more details about our challenges and book your place before it's too late.



### 3) VOLUNTEER YOUR TIME

If adrenaline fuelled antics aren't your cup of tea, why not make a resolution to volunteer some of your time for your local hospital? If you would like to make a difference to patients and staff and hear more about some of our rewarding opportunities, please email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk)



### 4) BIRTHDAY FUNDRAISING

Keep us in mind this year around your birthday and set up a Facebook fundraiser to mark your special day and ask your friends and family to donate in your honour.

Whatever your New Year's resolution, challenge yourself in 2022 and raise money to support a cause close to your heart.



# Spreading smiles Children's Ward

**University Hospitals Birmingham Charity has been upgrading and renovating the children's wards at Heartlands Hospital, Good Hope Hospital and Solihull Hospital. The wards have been undergoing huge makeovers to create a more inviting and friendly environment for children when arriving at the hospital sites.**

Before the renovations, the wards appeared clinical looking and dull which created an intimidating environment for children. UHB Charity asked staff, patients and families what would make a difference. The new and improved wards feature their recommendations and have helped to improve children's experiences when arriving in an unfamiliar and daunting environment.

Whilst the COVID-19 pandemic meant some projects were delayed, it actually gave the Charity the chance to fully renovate the Heartlands Children's Day Surgery with a jungle theme. Also completed were the inpatient wards and the fantastic outdoor



play area which has received amazing feedback from children and their families. These wards now appear bright and inviting and we have received lots of lovely compliments on the artwork chosen.

Children's Outpatients at Heartlands has also had a facelift, making it clearer where the children's departments are located within the hospital.

With your donations, we can continue to redecorate and transform wards to improve our patients' experience.

Ian Lomas, an avid UHB Charity supporter and a passionate fundraiser for the Heartlands Children's Ward's, said, "It's fantastic to see the difference my team's donations are making to the wards. I'm so impressed with the children's garden. The wards make me immediately smile when stepping onto them. It's such a drastic difference compared to before."

At Good Hope Hospital, the Children's Assessment Unit has

been newly decorated and the Charity assisted the build of the new Children's Emergency Department. A fantastic new department with lots of bright colours, friendly faces and interactive games make children feel as relaxed and at ease as possible.

Grandmother, Sue Arnold, attended the department with her three-year-old grandson Logan after he had an accident whilst on a tractor with his grandfather; he had sprained his wrist. Sue said, "Thank you to the brilliant staff at Good Hope Hospital for treating my grandson, the new facilities are superb! It was like an oasis of calm, all beautiful and bright. There was a TV with cartoons on and lovely artwork on the walls. It helped Logan relax as soon as we walked in. I was blown away by it because it's all brand new and it's wonderful that children are given a priority in their own space because their needs are different."



# ne joy with the s refurbishments



Scan the QR code for a tour of this fantastic new facility.



Solihull Hospital's Children's Outpatients

Department has also benefitted from an upgrade by the Charity. Each of the six consultation rooms has been decorated with new wall glamour as well as the waiting room, porch waiting area, height and weight room, treatment room, playroom, staff rooms, and not forgetting the children's toilets!

The playroom has been fitted with an interactive projector that keeps children busy and having fun. The area is now inviting for children and their families and has plenty of distractions to calm any anxieties whilst awaiting treatment.

Whilst we have the same style of design across our children's departments, staff in each area have been able to suggest themes and collaborate with our designer on the details.

This helps us provide areas with the right age-appropriate feel for the patients likely to be treated on each ward – for example on one ward we have provided an adolescents' lounge for slightly older patients who might not feel comfortable in the playroom for younger patients.

As an added benefit, having a new brightly decorated environment helps raise staff morale as well. In the Day Surgery at Heartlands and the Children's Assessment Unit at Good Hope, we have also decorated the parents' lounges, to give parents waiting for news from medical staff as much of a relaxing environment as possible. We

understand that arriving at the hospital can be an anxious and uncertain time for parents so redecorating the parents' lounges has been important.

So far, UHB Charity has been able to spend over half a million pounds upgrading the children's areas, and with your



support we hope to do even more in 2021. To keep up to date with our renovation projects search for UHB Charity on our social media platforms.

If you'd like to donate to our Children's Refurbishment Programme, then please visit our website [hospitalcharity.org/donate](https://hospitalcharity.org/donate)

University Hospitals Birmingham Charity





**Over the last few months we have been humbled by the number of people who have taken on a fundraising event in support of our patients and staff. Thank you to each and every one of you for your incredible support. Here are just some of the amazing fundraisers who have done something special over the past few months.**

## This One's For You

In August 2021, Paul Roberts curated a very special and unique group exhibition entitled 'This One's For You', with over 120 artists painting a 'kidney', which raised £6,378 for the Renal Transplant Fund for the Queen Elizabeth Hospital Birmingham.

'This One's For You' has personal roots for Paul, who sadly lost his Dad back in January 2020 to a rare form of pneumonia. Paul's Dad had suffered with various illnesses, which resulted in kidney failure in the early 2000s. However, in 2012 Paul's Dad received a kidney transplant, donated by his sister, at the Queen Elizabeth Hospital Birmingham, which significantly prolonged his life. Following this, Paul decided he wanted to raise awareness and support this department at the hospital.

Paul says, "With the show being so personal to me, it has been great to hear other people's stories that are so close to their heart too. I felt that being a part of every aspect of the exhibition from producing the kidneys personally to inviting artists that inspire me would mean even more to my Dad."



## Our Sunrise Supporters



A Jack Grealish signed football shirt and a Jack Grealish signed England top were recently up for auction, thanks to one of our amazing corporate supporters.

Proceeds from the sales of these shirts have gone to support the Older Person's wards at the Queen Elizabeth Hospital Birmingham, which will benefit numerous patients requiring care there.

A big thanks to Sunrise of Edgbaston, as well as Alvechurch FC as their Chairman helped facilitate the exciting auction of these wonderful signed Jack Grealish shirts.

## A brain tumour survivor taking on multiple fundraising challenges!

Daniel Peedle was diagnosed with a brain tumour in 2014 and was referred to the Queen Elizabeth Hospital Birmingham. He has since fought the tumour twice and has been fundraising for University Hospitals Birmingham Charity to give something back to those who helped save his life.

Daniel set himself a target of raising £2,000 which he has already surpassed! Over the next 12 months, he is taking part in a range of fundraisers to raise even more. Most recently he climbed Snowdon for UHB Charity.

Daniel endured gruelling surgeries to tackle his tumour and spent a total of 150 days at the Queen Elizabeth Hospital. Describing his time spent at hospital, Daniel said, "I received the most amazing care and phenomenal support from the team."

When asked what advice he would give to those who have just been diagnosed with a brain tumour, Daniel said, "Talk to people! I made the mistake of thinking I was the only person going through what I was going through and kept a lot of my thoughts and feelings inside. When I was in hospital my main motivation was my family. The thought of being back at home in my own bed around my family kept me going through the tough times."



# Olivia is on the run!

Between October and March 2022 nine year old Olivia will be running regularly to reach her target of 158 miles to raise money for UHB Charity. She aims to raise £5,000 for the new Birmingham Transplant Centre to say thank you after her grandad received a successful heart transplant at QEHB in 2020. When asked why she set her goal of 158 miles, Olivia said: "I live in Sussex which is 158 miles away from Birmingham, we would travel lots to go visit him while he was poorly in hospital. The staff at the hospital took such good care of my grandad, looking after him when we couldn't be there with him and they got him the heart he needed." Natasha Burton, Fundraising Assistant, said: "I can't wait to see Olivia complete her epic challenge! The new Birmingham Transplant Centre will revolutionise the way we treat transplant patients like Olivia's grandad in the future."



# Liver transplant recipient raises funds for team who saved her life!



In November 2018, Rachel Thurley noticed that the whites of her eyes had turned slightly yellow. Following blood tests Rachel was transferred to the Queen Elizabeth Hospital Birmingham for urgent care for acute liver failure. Fortunately, the very next day she received a transplant.

Incredibly, just 10 months later, Rachel took on the Mortimer 8K Charity Walk. Her initial hope was to raise £500; however she smashed her target and raised £2,172!

Speaking of the treatment that she received, Rachel said: "The care given to me was incredible. The compassion from everyone was wonderful; I really was in the best place possible."

Charlotte Schofield, Director of Fundraising for UHB Charity, said: "Rachel is an inspiration to us all, to have received a life-saving transplant and then fundraising for the hospital so soon into her recovery, is just amazing. Her fundraising enables UHB Charity to purchase vital equipment and resources which will save liver patients' lives."

# Two 10k walks to give back and raise awareness

Catherine and her family's lives were turned upside down when she received a diagnosis of cancer of the mouth. After fighting this cancer twice and receiving life-saving treatment, Catherine has recently embarked on two 10k walks to give back for the "phenomenal" care she received.



After Catherine was diagnosed with cancer in January 2020, she underwent surgery to remove half of her tongue, as well as a left neck dissection to remove her lymph nodes. In September 2020, she was given the devastating news that the cancer had returned, which resulted in a right side neck dissection and the removal of her jugular vein. This was followed by six weeks of intensive chemotherapy and thirty sessions of radiotherapy.

By challenging herself to complete two 10k walks, Catherine has raised over £2,500 for FAITEC which will "help people like me, who have dealt with the effects of having head and neck or oral cancer, as well as doing vast amounts of research and trials to help prevent this horrific disease."

Catherine shared that these 10k walks would "be a challenge considering what my body has been through. I didn't want it to be easy. It can't be easy. It shouldn't be easy. Because cancer is not easy."

However, this is a challenge Catherine absolutely rose to, even managing to make an appearance in a Ronan Keating music video!

# LOTTERY

## Could this be you?

**If you fancy being our next lucky winner holding a cheque or a wad of cash with a huge smile on your face, then all you have to do is sign up to the UHB Charity lottery for your chance to win!**

Not only do you get to be in with the chance of winning £1,000 and other cash prizes every single week, but you will also be supporting patients, families and staff across our hospitals. UHB Charity funds those 'added extras' that help improve the hospital experience for the more than two million patients we treat every year.

### How to play

For £1 per week you will be entered into our weekly prize draw and will be in with a chance of winning!

Playing is simple!

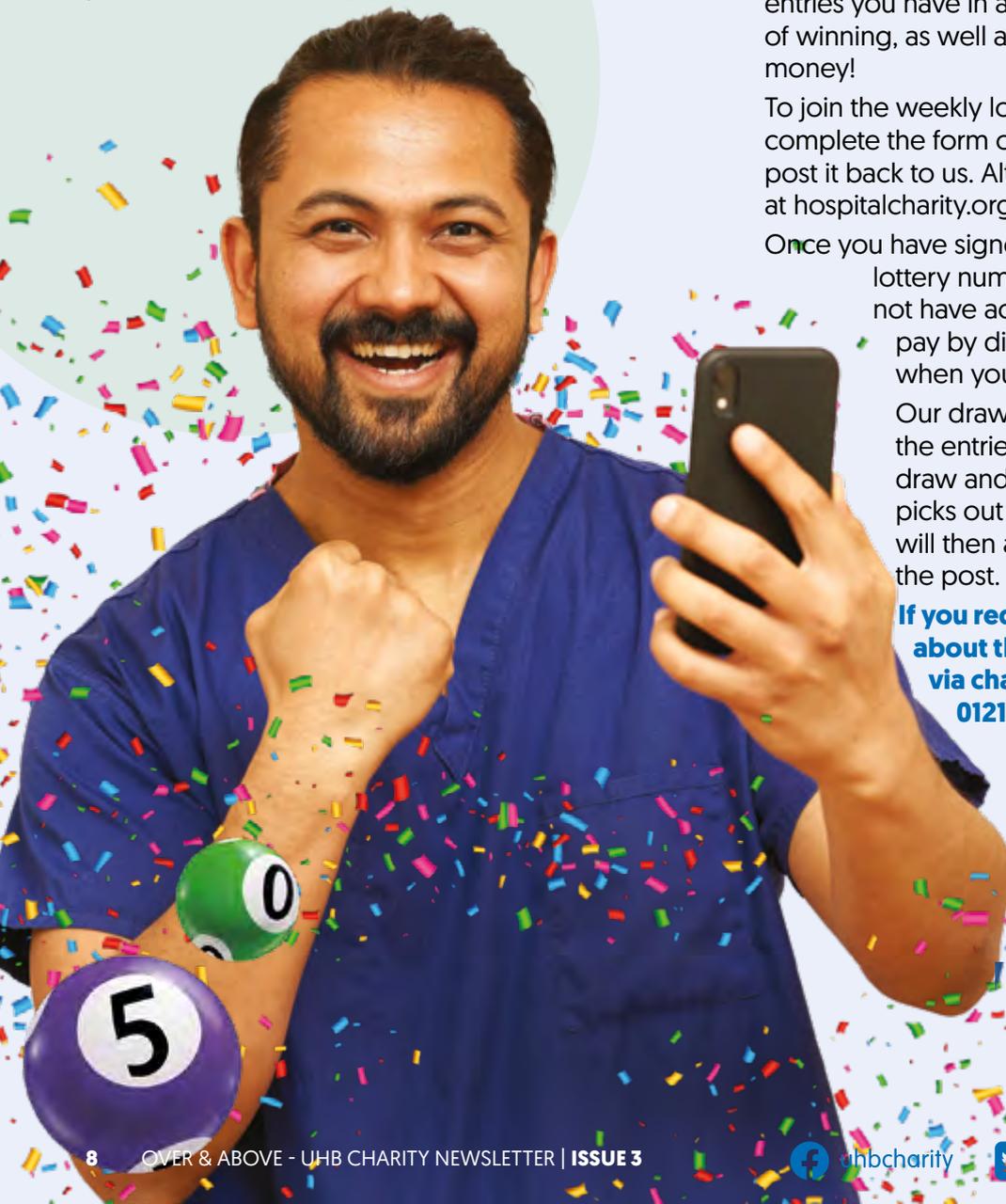
When you join you'll have the option to choose how many entries you would like each week. The more entries you have in a draw, the higher your chances of winning, as well as helping us raise even more money!

To join the weekly lottery all you need to do is complete the form on the back of the newsletter and post it back to us. Alternatively you can sign up online at [hospitalcharity.org/lottery](http://hospitalcharity.org/lottery)

Once you have signed up, you will then receive your lottery numbers via email (or post if you do not have access to email). If you choose to pay by direct debit we can also inform you when your first payment will be taken.

Our draw takes place every Friday and all the entries for the week are put into the draw and a random number generator picks out the winners. Our lucky winners will then automatically receive a cheque in the post.

**If you require any more information about the lottery, then please email us via [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) or call on 0121 371 4852.**



### Paul, first £1,000 lottery winner



"I couldn't believe it when I was told I was their first ever lottery winner of £1,000! I'm very proud to support the hospital charity and all that it does for patients and staff across Birmingham. I say to everyone they should sign up, what are you waiting for, this could be you next week!"

### Sheryl wins £1000!

"I was so surprised when I got the call telling me I had won the jackpot! I honestly couldn't believe it; I was totally speechless for the rest of the day. As an NHS worker, I joined the Charity lottery straight away, as I know it's helping the patients and staff here, plus to be in with the chance of winning every week, it's fantastic!"



### NHS worker Liz, £50 winner

"I was over the moon to receive a call from the hospital charity telling me I had won, it really made my week! It's so lovely to be able to support my local hospital and at the same time win a cash prize I can use to treat my husband and I to a nice dinner out!"



### Christmas Bumper Lottery Draw £2,500 winners, Claire and Kevin



"We've been coming back to Birmingham for quite a while, as Kevin had been on the transplant waiting list for some time. Whilst we were walking down the hospital corridor we noticed the Christmas lottery poster, so I decided to have a go. We just feel super super grateful, that not only was he lucky enough to have a successful transplant, but also winning this just before Christmas, is just incredible. We are definitely going to use it for something for ourselves; we are thinking we are going to treat ourselves to a couple of breaks away."



#### Any other enquiries

For any further information, you can email the Charity Office at [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk), or call 0121 371 4852.

We are registered with Birmingham City Council and hold a Small Society Lottery License, Number 6869. The promoter is University Hospitals Birmingham Charity, Nuffield House Fifth Floor, Queen Elizabeth Hospital, Birmingham B15 2TH.

If you require help, support and advice on problem gambling please visit [www.gambleaware.org](http://www.gambleaware.org)

It is an offence for persons under the age of 16 to enter a lottery. As a Charity we request that are players are 18 or over.

For more information please see please our website to view our terms & conditions. These can be found at: [hospitalcharity.org/lottery](http://hospitalcharity.org/lottery)

# Birmingham Tra

**University Hospitals Birmingham Charity has launched a brand-new £2 million fundraising appeal to create the Birmingham Transplant Centre and we are delighted to announce that the appeal has already raised over £1 million.**

This new national Centre of excellence for organ transplantation will be funded by UHB Charity.

The Centre will put patient care at the forefront of transplantation and will create a 'one stop shop' for patients undergoing organ transplants. The new Centre will bring together all the specialist care to patients, including pre-transplant consultations, additional fitness classes before surgery, patient support groups, and rehabilitation classes after surgery.

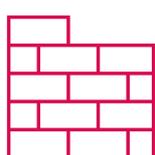
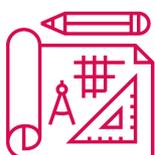
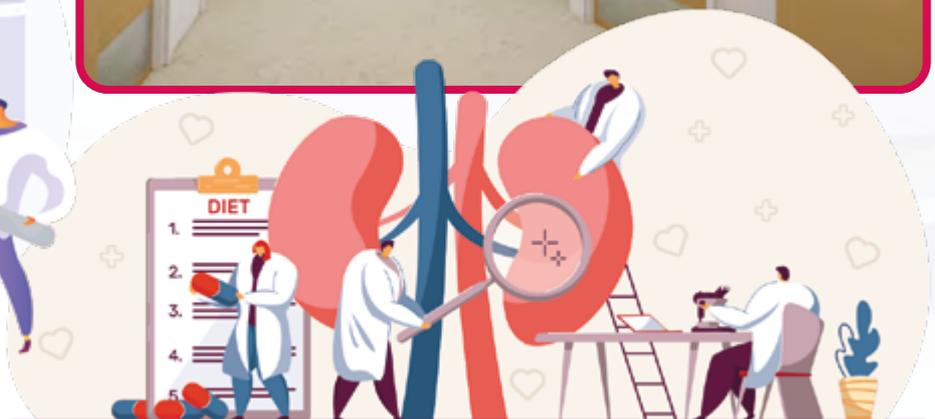
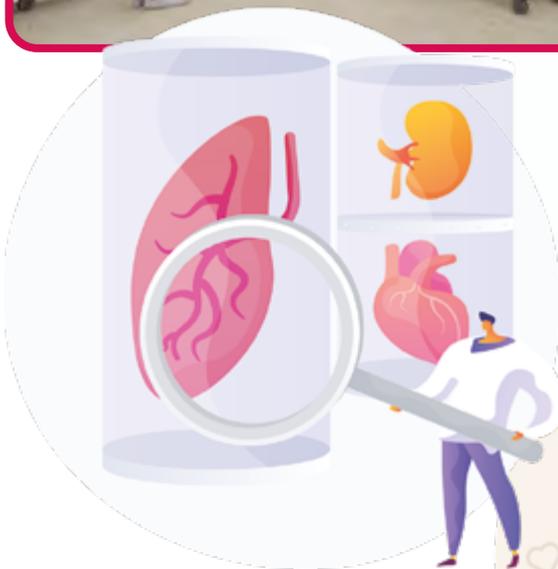
## How can you help?

**1) Become a 'Friend of Birmingham Transplant Centre'** for just £25 and bring us one step closer to opening this brand new Centre. Please scan the QR code to make your donation.



**2) Be a thrill seeker!** Take part in one of our many challenge events and raise money for the Centre. More details can be found on page one.

**3) Become a member of our weekly lottery!** Sign up to our lottery to not only be in with the chance to win £1,000 every week but your membership also enables us to fund many exciting projects, including the Birmingham Transplant Centre. Visit [hospitalcharity.org/lottery](http://hospitalcharity.org/lottery) to sign up.



# nsplant Centre

Read below the incredible stories of Sarah and Amy and why they believe the Birmingham Transplant Centre will make such a vital difference to patients.

## SARAH'S STORY

My name is Sarah and I was fortunate enough to receive a heart transplant in 2015 at the Queen Elizabeth Hospital Birmingham (QEHB). I had suffered from a congenital heart defect from birth.



My heart was always a ticking time bomb; I knew at some point it was going to deteriorate, but I didn't know when. I arranged care for my son before the operation – I was under no illusion that the transplant may not be a success. The impact on my family was profound. We all waited with baited breath for a heart, and I can only imagine what must have been going through my parents' minds as I was on the operating table.

Amazingly, eight days after going on the urgent list I had the life-saving operation.

The transplant team at QEHB was amazing and took such good care of me. Thanks to them my son has his mum back. As a heart transplant patient I know only too well how desperate you can feel whilst waiting for a heart to become available, whilst being overwhelmed with a great sadness knowing that someone has lost their life.

My transplant has given me additional precious years with my son. Before I couldn't ride a bike with him and I didn't think I'd even see him finish primary school. However thanks to the incredible gift of life from my donor I can watch my baby grow up and I'm getting married next year to the love of my life. Please join me in supporting UHB Charity and help make the Birmingham Transplant Centre a reality. The new Centre will revolutionise patient care as well as enable doctors to perform more transplants than ever before. This means more kids like mine will have their parent around for longer and more mums like me get to watch their child grow up.

## AMY'S STORY

My name is Amy and I am one of the thousands of people who have been fortunate enough to receive a liver transplant at the Queen Elizabeth Hospital Birmingham. I was 20 years old, studying to be a nurse, when I first fell ill. I was really run down, felt tired and cold all of the time but I never dreamed I'd be diagnosed with liver disease in August 2014. When I was on the waiting list it was incredibly tough for me and my family.

I am so grateful to my donor and the incredible team at the Queen Elizabeth Hospital for saving my life. I was able to go back to studying to be a nurse and I am now working alongside the very people who gave me my life back. After the care I received at the Queen Elizabeth Hospital I wouldn't want to work anywhere else. I get to work with the surgeon who performed my transplant and watch him save other liver patients every day. I feel so privileged and honoured to be a part of the Liver Transplant Team and it means so much to me to be able help patients who are in the position I was in.



I know from my personal experience how important the new Centre will be for patients' mental health. It will allow patients to be able to talk to other people who are going through the same difficulties and support each other. I can't wait to work in the new Centre when it opens and see first hand the difference it will make. Please join me in supporting UHB Charity and change the lives of transplant patients and their families for years to come.



# Making a difference

## A LITTLE BIT OF RELAXATION

The Echocardiography team at the Queen Elizabeth Hospital Birmingham recently enjoyed some Charity funded massage sessions delivered by Hands on at Work.

Nicola Smith who is the Head of Echocardiography organised these sessions for the team, telling us they were a fantastic way to show appreciation for the incredibly hard work the staff had devoted throughout the pandemic:

“We provide ultrasound scans on the heart and as it was found quite early on in the pandemic that COVID-19 could cause heart problems we were even more in demand. The team was great, everyone was happy to change their working patterns so the department could offer a seven day working week. The massage sessions are really just a thank you to the team for stepping up when we needed them. The role we have requires us to be stood in quite an awkward position for a

considerable length of time, so the massage sessions seemed perfect. We really are one of the busiest hospitals in the country, so to have that time to just relax was fantastic.”



## NUCLEAR ISOLATION ROOMS

University Hospitals Birmingham Charity has recently renovated the nuclear medicine isolation rooms located on Ward 603 at the Queen Elizabeth Hospital Birmingham. The isolation rooms are used to measure the radiation levels of patients undergoing oncology



treatment. Patients can stay in these rooms for up to three days until they display no levels of radiation.

Ahmad Hassan, a Senior Nuclear Medicine Therapy Practitioner, said, “We were looking for some kind of innovative change so our patients wouldn’t feel like they were in a hospital environment and more of a home-from-home feel.”

The rooms have been installed with two new wallpapers which feature a beautiful woodland picture to create an atmospheric environment. The ensembles have also been decorated with a large floral picture to create a bright and charming look. Ahmad said, “The redecoration has changed the perception of the rooms and has received great feedback from patients who are shocked that these are the same rooms they have stayed in before. We are so pleased with the outcome.”

UHB Charity has previously equipped the isolation rooms with PlayStations, iPads and TVs to help keep patients entertained when staying in these rooms.

# across our hospitals

## A CHAT WITH JAYNE RUISI

UHB Charity is proud to fund Jayne Ruisi's role as the Specialist Education and Employment Teacher on the Teenage Cancer Trust Young Person's Unit at the Queen Elizabeth Hospital Birmingham.

Jayne shared with us, "My role is to support and mentor teenagers and young adults being treated for cancer, enabling them to fulfil learning opportunities. The key focus in my post is to fully support all patients with their ambitions and goals through the provision of high-quality, personalised support. It's an incredibly busy role; teaching and facilitating opportunities for young people in all sorts of different ways. The most rewarding part is seeing the young people engage with something they would like to fulfil."

As shown in the accompanying picture, Jayne Ruisi was invited to one of UHB Charity's Homes from Home where she received a wonderful donation of books and literacy resources from Usborne Books, which Jayne put straight to use the same day she received them.



## A MOMENT OF MINDFULNESS

Mindfulness has become an intrinsic part of nurturing mental health for many people. UHB Charity recognises the need for a few moments to sit and reflect during a hard day's work. NHS staff work tirelessly day in, day out, caring for others. But who cares for them? It is vital NHS staff are given the opportunity to look after themselves and that is why the Charity has funded mindfulness sessions for staff members.

These sessions have been conducted by Mahasiddhi Dharmachari and John Roberts, two Buddhist Chaplains at the Queen Elizabeth.

Mindfulness is derived from the Buddhist practice, however anyone can benefit from these sessions. Mahasiddhi told us that "one of the meditations we do is called the Metta Bhavana, which just means the cultivation of loving kindness."

Katt, a Trainee Nursing Associate on Critical Care, expressed: "At the NHS everyone is always really busy, and sometimes it's just that half an hour that you can dedicate to being in the present, not thinking about anyone else. We are always caring for others, and sometimes we can't care for someone until we care for ourselves first."



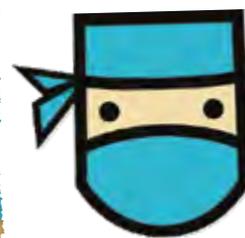
## SURGICAL HATS

The Charity has been working to distribute named surgical hats across the hospitals. The hats have the staff members name and roles sewn on and are colour coordinated for each department to make each staff member easily recognisable. In current theatre practices, medical staff and family members are dressed in the exact same hats.

Therefore, case studies have shown that patients felt uncomfortable and anxious when waking up in theatre as they couldn't differentiate their family members amongst the medical team. The new hats are crafted from cloth making them reusable and environmentally friendly. Thousands of disposable hats are thrown away each day across the NHS which is causing significant harm to the environment.

The goal for this grant is to have the named hats as a set uniform across the NHS which will reduce medical waste and improve miscommunication

issues between staff and patients. These hats are already boosting staff morale and reducing patients' anxiety as they enable everyone to identify the people around them quickly and easily.





# STAR SUPER

Here at UHB Charity, we celebrate our incredible NHS staff across all of our hospital sites. These individuals' roles. The last 12 months have been extremely challenging for the NHS yet these selfless individuals have gone Staff Superstars o

## COLONEL MARK FOSTER'S EPIC FUNDRAISING TREK

Colonel Mark Foster is a surgeon at the Queen Elizabeth Hospital Birmingham who specialises in treating patients who have severe injuries to their hands, and has years of experience working with military patients. Mark has recently completed the Marathon des Sables, an incredible 156 mile trek across the Sahara Desert. This was to raise money for Fisher House, a home away from home for military personnel. Mark told us all about what inspired this epic fundraising challenge and how he found his 156 mile adventure:

"I joined the Army when I was just 16 years old. At 18 I then transferred to the Medical Corps, and began working as a field medic and a laboratory technician before leaving the Army to study medicine. That was in 1996. Later, I re-joined the Army, before completing my surgical training and began to work within the Royal Centre for Defence Medicine at the Queen Elizabeth Hospital Birmingham. I now work as a specialist in plastic surgery and reconstruction, with



hands being my main sub-speciality. I had already gained a lot of experience treating the injured troops as they returned home from the conflicts in Iraq and Afghanistan, often with severe injuries as the result of explosions.

"I wanted to take on a challenge in my 50th year, I had never run a marathon before but I

had done half marathon distances with weight whilst in the military! I also wanted to do something to raise money for Fisher House, so this seemed the perfect way to do both!



"This year's race can only be described as brutal. Most of the competitors like me had Norovirus in the first few days. My first marathon was completed after a night of vomiting and being unable to keep food down. How I kept going in 50 degrees centigrade temperatures I do not know! This year saw half the starters not finish and sadly one death in the dunes. I was careful with my preparation and my feet were good (no blisters!) It took a lot of both physical and

If you, or your team, would like to fundraise for your ward or department, you could take part in one of our events, or hold your own fundraising event. We love

Do you have someone in your team that's h  
If so, please contact [ella.iggulden@uhb.nhs.uk](mailto:ella.iggulden@uhb.nhs.uk)



# STAFF STARS



Hard work, dedication and passion, never goes unnoticed. We equally celebrate those in non-patient-facing roles who go over and above to fundraise for UHB Charity. As ever, we are truly thankful. Here are some of the stories of our staff stars over the past year.



...mental strength, but it was definitely my determination that got me to finish the race. Admittedly, there were some low points, the dunes on the second day for one. But truly, finishing that race is something I will never forget. I have felt rejuvenated coming back and have decided to do

it again when I'm 60 with my son – my wife is not happy!

“The difference Fisher House makes is just phenomenal. I’ve seen Fisher House since its inception and it’s a massive resource for the families and serving individuals who have to travel long distances. It’s a unique environment and has such a family community feel. I have many patients, particularly upper arm and nerve patients, who return regularly to the hospital for treatment, and they’re able to stay at Fisher House. We must never forget the sacrifice our service personnel endure to defend our country and do whatever, whenever they are asked! Fisher House supports them and their families during their hospital stay.”

## STAFF REACH NEW HEIGHTS

Staff from University Hospitals Birmingham NHS Foundation Trust decided to take on the daunting trek up Mount Snowdon... in the dark! The gruelling seven-hour challenge saw staff members climb a steep 3,559 feet. Head of Inclusion Byron Batten joined Lead Cancer Nurse Lynn Reaper and Lung Cancer Clinical Nurse Shareen Juwle to raise money to support cancer services at the Queen Elizabeth. They wish to help fund further training and education for staff so they can continue to go ‘over and above’ for their patients. Byron said: “It was a fantastic



experience; it felt incredible when we reached the summit – despite the appalling weather. I’ve seen the devastating impact a cancer diagnosis has had on people close to me, so it felt especially important for me to take on this challenge.” Congratulations to Byron, Lynn and Shareen for raising £760 which will make a real difference to patients’ experiences.



Thank you!

For more information, please get in touch with us at [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) to hear about all our wonderful staff who get involved and fundraise for the charity!

Helping make a difference to patients' lives? so they can get the recognition they deserve!

# 5 minutes with...

**Clare Beesley**

Bereavement Midwife at Heartlands and Good Hope Hospital

Clare Beesley is a Bereavement Midwife based at Heartlands and Good Hope Hospital. UHB Charity work closely with the bereavement team and have helped renovate and fund the Eden and Snowdrop bereavement suites at both hospital sites. The suites care for those families who sadly lose their baby through miscarriage, stillbirth or neonatal death. The unit provides a peaceful and private environment for parents in their time of need.

We caught up with Clare to talk about what her role involves and why she is so passionate about raising awareness of pregnancy loss. Clare's most notable and rewarding project has been creating bereavement packs for the families who arrive on the unit.

## Why is your role so important?

I've been in this role for 18 years now. It's one I'm extremely passionate about as I'm aware of the impact a loss of a baby has on families. As a Trust we want families to know that we really do care about them and we want to give them that special time with their babies so they can make precious memories that will last a lifetime.

## What happens when a family arrive on the unit?

When we welcome a family and their baby to the bereavement unit we want families to know that we really do care about them. Having separate facilities away from a busy ward when your baby has died is invaluable to families. The bereavement suite is quiet, comfortable and calm environment. Families are surprised when they come in and see the facilities that we have and the lovely rooms we have set up for them. It really does make a difference.

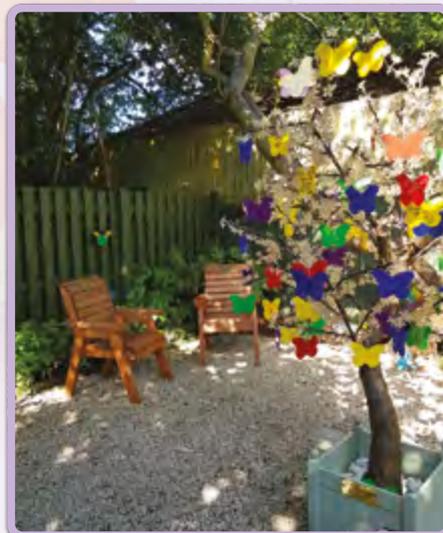
## Why is Pregnancy Loss Awareness Week important?

Pregnancy Loss Awareness Week is always such an important part of the year for us because it helps us raise awareness of pregnancy loss and the effects it can have on a family. It's very difficult for everyone else to understand the impact that the loss of a baby can have no matter what stage of your pregnancy or after birth that

was unless you have been through it yourself. It's not a subject people like to talk about so the awareness week is a time where we can all raise awareness of the impact a loss has on a family and their life going forward.

## How has UHB Charity supported the unit?

The Charity provides us with invaluable support in helping us to spend charitable funds on our bereavement suites to try and make them as homely as possible so that they are a comfortable and safe space for families when they are here with their babies. They have also helped to support us in organising our memorial services and supporting us with our garden.



## What happens when a family leaves the unit?

When a baby has died the hardest thing for a family is walking away from the unit and leaving their baby behind. The one thing that we do have that is really special and invaluable to families is our own specialist facilities where we can care for the babies. When a family go they walk away knowing that the team that cared for them will still care for their baby and they can come back whenever they want to.

Click the QR code to watch a video on Clare's interview.



# A day in the life of the commms team...



Date: / /  
Note: **Another busy day ahead!**

**8.45-** Every good day starts with a coffee, and that's exactly how we start ours. With the kettle brewing, the ideas start flowing.

**9.00-** Prepped with coffee, we all head into our weekly meeting where we discuss the plan for the week, any ongoing social media campaigns and interviews we have coming up. We prepare our calendar for the week to ensure we have an exciting range of content to share, including event promotion and informing our supporters of charity-funded equipment and research.

**10.00-** After a solid plan is formed, it's off to work we go! A favourite part of our job is up next: a cheque presentation with one of our amazing fundraisers. Meeting our fundraisers truly is a joyous part of the role, as they are so passionate about their cause, it truly brightens our day.

**11.30-** Having written up some amazing stories of our supporters, we want to let the world know, so we liaise with our media contacts to produce some fascinating press releases, to celebrate our fundraisers with as many people as possible.

**12.30-** Lunchtime!

**1.00-** Back to it! This afternoon starts with recording a podcast episode. The podcast features staff, patients and fundraisers to raise awareness of their stories and all the hard work they do.



Date: / /  
Note: **2.00-** The recordings don't end there, as next up is the hospital radio news to record, which involves highlighting the latest charity updates.

**3.00-** Lights, camera, action – a very important aspect of our role is sharing stories from within our hospitals. Videography gives those who have benefitted from generous donations a voice, and truly captures the importance of what we do. So, we like to spend time conducting video interviews with staff, patients and their families, so you can hear first-hand their poignant tales.

**4.00-** A creative task to end the day involves a bit of design work. We are also responsible for the printed materials that are distributed; a task we find super fun as it allows our imagination to run wild. Today featured working on some large A1 posters that will be displayed across our hospitals.

**5.00-** And that's all folks. Another day done and dusted. With a full to do list, there's plenty more for us to be cracking on with tomorrow. We already can't wait!



Danielle being interviewed for the Charity podcast





**How to sign up?**

Fill in the forms below, tear out and post to UHB Charity, 5th Floor Nuffield House, Queen Elizabeth Hospital, Birmingham B15 2TH. Please print in block capitals. We will use your personal information provided below to process your chances.

Alternatively scan the QR code to sign up via our website [hospitalcharity.org/lottery](http://hospitalcharity.org/lottery)



**1. YOUR DETAILS**

Title:  Initials:  Forename:  Surname:   
 Address:   
 Postcode:   
 Email Address:   
 Telephone number:  Mobile number:   
 Date of Birth: //

Please tick this box to confirm you are aged 18 years or over

Please tick this box to confirm you live in Great Britain (England, Scotland and Wales)

All entrants must be age 18 years or over and live in Great Britain. Any monies received without confirmation of age or address will not be entered into the lottery and will be treated as a donation. Thank you.

**2. PAYMENT OPTIONS**

**Payment options by Direct Debit**

1 entry a week (£1)  or 2 entries a week (£2)

**Frequency of payments**

Monthly  Quarterly  6 Monthly  Annually

**Payment options by cheque**

1 entry a week (£1)  or 2 entries a week (£2)

**Number of weeks**

13 weeks (£13)  13 weeks (£26)  26 weeks (£26)  26 weeks (£52)   
 52 weeks (£52)  52 weeks (£104)  Please make cheques payable to 'UHB Charity'

**3. PAYMENT BY DIRECT DEBIT**

Instructions to your Bank or Building Society to pay by Direct Debit. Please fill in the form using a ballpoint pen and return to: University Hospitals Birmingham Charity, Nuffield House Fifth Floor, Queen Elizabeth Hospital, Birmingham. B15 2TH



To: The Manager: Bank or Building Society Name:   
 Reference (for internal use)   
 Bank or Building Society Address:   
 Postcode:   
 Bank Sort Code:  Bank or Building Society Account Number:  Name(s) of Account Holder(s):

Instructions to your Bank or Building Society. Please pay the University Hospitals Birmingham Charity from the account detailed on the instruction subject to the safeguards outlined by the Direct Debit guarantee. I understand that this instruction may remain with University Hospitals Birmingham Charity and if so details will be passed electronically to my bank or building society.

Signature:  Date: //