

love qehb



Issue 13

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity

*Build a Lego model,
win an awesome prize!*

Support our
fight against
cancer with four
targeted appeals

Join QEHB
Charity in the half
marathon, or run
for fun at Cannon
Hill Park!

Read about our patients'
remarkable struggles with
rare diseases

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

*Thank
you!*



Mike's letter



What we do at QEHB Charity

What does summer mean to you?

For me it's cricket at Edgbaston, lazy strolls in my local park, eating ice cream and of course remembering the slip, slop, slap rule.

I'll be slipping on a t-shirt, slopping on the sunscreen and slapping on a hat as part of our QE Fighting Skin Cancer campaign – find out more on pages 18 and 19.

If you're looking for a creative way to spend the summer why not enter our new lego competition? As you may or may not know, I'm a huge fan of the coloured plastic bricks and can't wait to see your wacky models – please see opposite for details and inspiration!

It was wonderful to receive so many applications from staff and members of the public for a 'Sprinkle Some Magic' grant. However, I did feel a bit like a judge on Britain's Got Talent as it was so difficult to choose! Pages 8 and 9 reveal some areas in the hospital where your generous donations have been spent.

Finally, I love reading our Charity Champs spreads as I'm always humbled by the amazing things our brilliant supporters do. Please let us know what you've been up to by emailing charities@uhb.nhs.uk.

Many thanks again for your hard work and support!

Mike Hammond
Chief Executive, QEHB Charity

Together **with your help** we are making a huge difference to our remarkable patients and their families, as well as the wonderful staff who care for them, by providing facilities that go above and beyond that which is provided by the NHS. We do this by funding...

Cutting edge equipment, like the cancer-busting radiology machine, CyberKnife, which is helping patients access new treatments earlier.

Research projects, including finding new uses for old and inexpensive drugs to treat cancer.

Facilities like Fisher House, a 'home away from home' for military patients and their families.

Added extras, like a teacher, Wifi, X-boxes and DVDs for **young people with cancer**.



Take part in our creative charity campaign



We are launching an interactive campaign that gives you the chance to win a Lego set, whilst showing off your handy work!

Inspired by several innovative inventions spotted online, we're giving you the challenge to build an object entirely from Lego that is **based upon a hospital theme**.

Get your creative juices flowing and check out our favourite finds on this page!



Think you can do better?
If you fancy yourself a crafty creative or a lover of Lego, it couldn't be easier to get involved!

Simply tag us in your inventions on Facebook, or Twitter by searching @qehbcharity, or email your photos to Charities@uhb.nhs.uk

We can't wait to see what you come up with!

Psssst...
Did you know we are now on social media?

Follow us on Twitter and like us on Facebook for photos and regular updates, as well as our favourite weekly hashtag #thoughtdaythursday!

Get involved and help us spread the word for better care at @QEHBCharity.

Thank you!

Never miss a thing!
 facebook.com/qehbcharity
 twitter.com/@qehbcharity



Artist's impression of the inside of the new Rare Disease Centre.

Rare diseases are more common than you think

Did you know that 1 in 17 people in the UK will be affected by a rare disease at some point in their life? 75% of those affected are children.



Pictured above is teenager Seanie Nammock who suffers from FOP

Pictured below is encephalitis sufferer Rosie Paley (left) with her Mum Helen and brother Ollie



The Queen Elizabeth Hospital Birmingham Charity has launched a campaign, in partnership with the Birmingham Mail and Sunday Mercury, to raise £1m to develop a Rare Disease Centre bringing patients and experts together 'under one roof.'

The Centre will be based within a new Institute of Translational Medicine which will be dedicated to developing and implementing groundbreaking treatments, technologies and techniques to benefit patient care.

There are over 6,000 rare diseases classified in the UK. Of these, 80% have a genetic basis.

Dr Graham Lipkin said: "The new Rare Disease Centre will provide highly-organised, one-stop clinics where patients (with their carers) can undergo pre-planned diagnostic tests and see all specialists and the multi-disciplinary team relevant to their care – **in one visit.**"

It will have large treatment rooms and adolescent-friendly waiting and treatment rooms, which have been designed after consultation with representatives from a number of user groups.

There will also be areas for patients to interact with each other, as well as for clinicians and researchers seeking to understand more about rare diseases in order to improve treatments. Patients will be given the **opportunity to share experiences** and be exposed to a research active environment.

These requirements were recently identified as being important aspects of a **Centre of Excellence in a survey conducted by Rare Disease UK.**

Some of the numerous benefits to patients are **reduced travel, dedicated patient care co-ordinators, a clinical environment** focused on the **specific needs of the patient** and the identification of **new areas of research.**



Neil Marklew

Neil Marklew suffers from PH2 which affects his kidneys and means he has to go through a staggering **eight hours of dialysis six times a week.**



He said: "The impact of living with a rare disease affects me and my partner, who is also my carer, as well as my family. **Throughout my life I have had to attend thousands of appointments,** sometimes as many as three or four a week."

Aadam Asif is **eight years old and one of only 17 people in the UK** to suffer from Niemann-Pick, Type B, which causes an enlarged liver and spleen.

The rare, life-limiting condition can lead to feeding difficulties, jaundice, liver failure, loss of motor skills and slurred speech.

His father Mohammed, a part-time driver, said: "When you are told that devastating news it doesn't hit you straight away. It is such a shock. **There is no treatment and no cure** – you just have to manage the condition and look after him."

To further raise the profile of the appeal, the **Pride of Birmingham Awards** will be held in September at the Town Hall in Birmingham.

Gaby Roslin and Barbara Nice will be hosting and celebrity award presenters include Laura Mvula, Ali Campbell and Tony Lommi.

For tickets to this prestigious event or to find out more please contact QEHB Charity on 0121 371 4852. To nominate somebody for an award visit <http://bit.ly/1kSGAKb>

SUPPORT

To support the appeal or for further information please contact: Justine Davy, Head of Fundraising on 0121 371 4852 or text 'RARE55 £3' to 70070

5 minutes with...

Jordanne Whiley, British number one, world number five and Paralympic doubles bronze medallist in wheelchair tennis



Tell us a bit about your links with the Queen Elizabeth Hospital Birmingham

When I was about three months old I broke my leg when being winded gently by my Dad. I was diagnosed with Osteogenesis Imperfecta (brittle bone disease) and **over the next 12 years broke my legs 26 times.** Fortunately, the ascent of my tennis career coincided with the release of a drug called Pamidronate which helped strengthen my bones and stopped the painful breakages. **I am proud to be backing the £1 million Rare Disease Centre Appeal.**

What have you been up to so far this year?

I won the Australian open doubles and reached the semi finals of the singles and then won both doubles titles in two tournaments in America in March. I also defended my singles title in Atlanta in early May. **I am now ranked fifth in the world.**

What's your proudest achievement?

Apart from winning my Paralympic bronze medal it has to be winning my first grand slam in Oz. That was amazing!

What's next on the agenda?

I'm going to play in the French Open at Roland Garros in Paris in June. I am very excited to play there. I'm hoping to win my second grand slam!

Where do you see yourself in 10 years time?

Married with children I hope! I'm not sure if I will still be playing tennis professionally but I will still be involved in the sport for sure!

What do you do when you're not training?

I love to be outside in my garden and when I'm not doing that I'm shopping!

Favourite book?

"How to kill your husband and other handy household tips" by Kathy Lette. She's a very funny author and this was the only book that made me laugh out loud.

Last film you watched?

The Other Woman with Cameron Diaz who I love. She's such an amazing actor and her personality is similar to mine so of course she's hilarious!

Favourite TV programme?

Game of Thrones. I'm addicted! I watched three full series in five days!

Dream holiday destination?

The Maldives. I promised my boyfriend that when I won a singles grand slam title I would take him there.

What would it surprise people to know about you?

I used to sing in a band and in return they sponsored me. **I've sung all my life but I'm really shy with it so not many people know that... not even some of my family!**

Why is it important to have a Rare Disease Centre?

It would be great to be able to go to a centre and know that you are getting the most up-to-date knowledge on your disease and that there are people there who understand your condition. **It would also be helpful to meet other people with rare diseases and realise that you are not alone.**

SUPPORT

To support the appeal please visit www.qehb.org/rare or contact 0121 371 4852. To donate text 'RARE55 £3' to 70070



Tell us about your fundraising

Thank you!



Sainsbury's Northfield

Sainsbury's Northfield staff and customers have kindly raised £487 in support of wounded soldiers being cared for at the hospital. The money has been used to purchase TENS machine, to help with the injured soldiers' pain relief. The store, along with the stores in Longbridge and Maypole, generously donated hundreds of mince pies for guests attending last year's Charity's Christmas carol concert and has

more recently donated flowers and seeds for the Fisher House garden. Please help Fisher House become Sainsbury's Northfield's new charity partner by filing in a nomination form in store!

Debee Bowyer, the store's PR ambassador, said "QEHB Charity really goes the extra mile for wounded troops which is why we wanted to help support them."



Ollie Plunket

On a gap year from Exeter University and keen to pursue something relevant to his future Army career, the teen embarked on a solo motorbike trip to raise funds for Fisher House.

After watching a news story on the BBC about the UK's first Fisher House coming to the QE Hospital Birmingham, the inspirational teen rode 24,000 miles in 213 days, raising a staggering £100,004.

Ollie said: "I've ridden some amazing roads with incredible scenery, and really enjoyed the challenge, but I always remembered I was doing this for the troops and their families."

www.fisherhouseuk.org



Kings Norton Golf Club

The club chose Fisher House as its charity of the year for 2013 and 2014. Members have been busy raising over £300 through various events, including a Captain's Cabaret Evening in October. The night included performances from Britain's Got Talent saxophonist Julian Smith.

Captain Bob Cashmore and his wife Denise, who live in Alvechurch, were

delighted with the proceeds from this – their first such evening - which raised £1,000 for Fisher House.

Bob said: "It was a superb show, one of the best nights ever held at the club and we're thrilled to have raised so much for the families at Fisher House."

www.fisherhouseuk.org



**How have you been supporting patients?
Let us know!**

Sikh Prayer Ladies

A compassionate group of Sikh ladies have been helping save the sight of Birmingham patients. The Ladies Group of Birmingham have raised £4,200 for the QE Eye Appeal, by conducting their 'Sukhmani Sahib' (jewel of happiness) hymns from the Sikh holy book, the Guru Granth Sahib.

Their generous donation is helping us take another step closer toward purchasing state-of-the-art

equipment for the hospital's eye department.

Group leader Harbans Kaur Lalli commented: "It's great to see our fundraising being put to good use and to know that our offerings are making a difference. We are pleased to continue our prayers and fundraising for the QEHB Charity's worthy campaign."

www.qehb.org/eye

Sprinkle Some Magic

Magical campaign cheers up patients

QEHB Charity has been sprinkling magic around the hospital thanks to your generous donations.

The 'Sprinkle Some Magic' campaign was launched last year to give people the power to improve their hospital by offering grants of £1000, £500 and £250.

Patients, staff and hospital visitors inundated the Charity with 'wishes' which the team has been granting over the last few months.

★ **Linda Scott, housekeeper on ward 728, has been cheering up patients with radios.**

She said: "I know patients can listen to free radio through their earphones but that can make some patients feel isolated. I thought that if there was a radio playing, it would bring patients together and spark conversation."

"When I saw that QEHB Charity was giving out grants, I thought, here's my chance to make a difference. I really believe that if patients are happy they will feel better."

Senior radiographer **Alison Stephenson** applied for a grant to purchase lockers for MRI patients after noticing the disruption that a lack of lockers was causing.

Alison explained: "Before completing an MRI scan, patients must remove all metal and electronic possessions. Their belongings are placed in individual lockers and are retrieved once the scan is complete."

"Currently, there are six MRI scanners with just a handful of lockers between all machines. This means that sometimes, although patients are ready for their scans and the machines are available, they can't proceed because there are no vacant lockers."



Alison Stephenson

"The disruption this causes is frustrating for patients as they must wait longer than necessary for their scan."

★ **QEHB Charity funded three lockers for every machine.**

Alison said: "I never thought I'd be able to make such a difference to patients and staff."

"Thanks to the new lockers a better flow has been created, which has led to a boost in morale and improved patient care. I can't thank QEHB Charity enough for making this small but vital change possible."

Meanwhile, a sister in the Emergency Department has sprinkled some magic in the children's play room.

Denise Wixey, lead nurse for paediatric patients explained: "Although we do not offer in-patient services to children,

approximately 6,000 of them are bought into the department each year.

"We have a small room specifically for the children who come to us and on many occasions we have bought in toys for the little ones."

★ **Following Denise's request QEHB Charity purchased a play table and train set for the room.**

Denise added: "I'd like to thank QEHB Charity for providing the play table which we know the children will love. We are thrilled to be able to deliver a friendly environment for the youngsters."

★ **Nicole Toghill, Epilepsy Clinical Nurse Specialist, has used the opportunity to create a calming space for patients with learning difficulties, by bringing a projector to a new sensory room at the hospital.**

Nicole said: "I applied for funding after witnessing the distress of a young patient with a severe learning disability."

"Attending the clinic was a difficult experience for him and his family. I was already aware of the positive impact that sensory rooms can have with learning disability patients, so I knew we had to bring one to the hospital."

"Thanks to the charity, the room is already helping patients settle, and the projector is especially engaging. Patients are now positively interacting with their surroundings."



Amy Rogers

★ **Sprinkling some magic among elderly patients, Assistant Nurse Practitioner, Amy Rogers, received a grant that has funded CD players, DVD players, and a folding table with several table cloths. The money also funded toiletries for patients, including a manicure set as well as a hair dryer, an inflatable sink, several pairs of Sony headphones and an activities cupboard containing art supplies, games, playing cards and books.**

She said: "We wanted to encourage social interaction among patients."

"The tables have been great for promoting meal times as a social activity."

Patients enjoy eating together and look forward to the homely feel created by the table cloths.

"Small changes can greatly impact on patient care, so I would like to thank QEHB Charity for making these changes possible."

Head of fundraising Justine Davy added: "This is an excellent way of highlighting where the generous donations we receive are spent. Thanks to you, we've been able to fund wonderful 'extras' which, though aren't provided as standard by the NHS, make an enormous difference to the quality of care provided to patients."

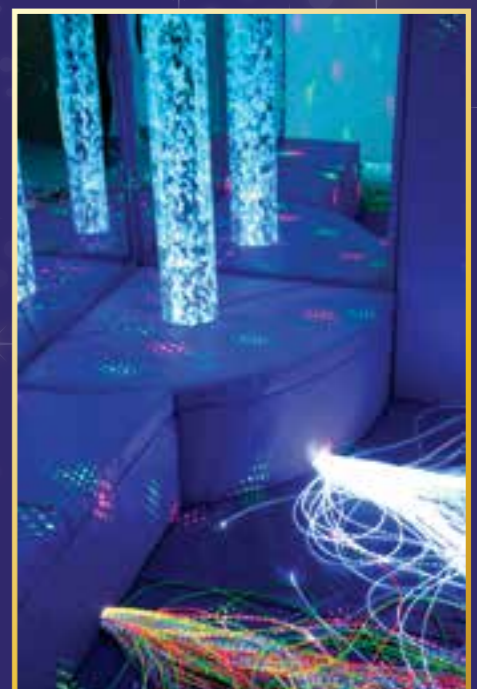
"We plan to reopen the grant scheme later this year so keep an eye out for details of how to apply."



(l-r) Nicole Toghill, Audrey Kelly, Dr Soryal, Angela Turland



The IMADgination Room





Charity Champs

How have you been supporting patients?

Let us know!



HMP Long Lartin

Prison staff raised nearly £20,000 for the QE Cancer Appeal in honour of their colleague, Phil Currie, who has battled cancer. The officers from HMP Long Lartin in Worcestershire, cycled from John O'Groats to Lands End and from Birmingham to Leeds, after Phil read about the QE Cancer Appeal in the charity newsletter and decided to raise money to help bring

the £3million radiotherapy machine CyberKnife to the hospital.

Phil said: "I never imagined we'd raise this much. I've been quite overwhelmed to be honest. The staff and prisoners have been really supportive. It's great that good news has come out of bad news."

www.qecancerappeal.org



TRIQE

A team of enthusiastic expats have raised thousands for military patients and their families. Working under the name 'TRIQE', an amalgamation of Triple Armed Forces and Queen Elizabeth Hospital, a group of Brits now living on the Costa Blanca in Spain, have raised over £7,500 to support Fisher House, a 'home away from home' for military patients and their families.

The enthusiastic team have taken part in a number of fundraising events, including a sky-dive. Group member Jan, 72, said: "We hope that our donation helps continue the great work that is already in place at Fisher House. We have lots of events planned for the future and will keep raising money for this important cause."

www.fisherhouseuk.org



Jazz concert

Scores of jazz fans helped raise £3,100 for prostate cancer research at a fantastic concert organised by Birmingham drummer and prostate cancer patient Johnny Hoo.

The gig, which featured a cameo performance by jazz legend Courtney Pine, was held to raise awareness in the black community about the disease which is especially prevalent and aggressive in men of African origin due to both biology and late diagnosis.

Professor of Clinical Oncology, Nick James said: "It is wonderful to have someone as well known as Courtney Pine championing awareness of prostate cancer and helping us spread the word."

www.qehb.org

Tell us about your fundraising

Mondelez

More than 24 volunteers from Birmingham's famous chocolate factory added a much needed splash of colour to the Queen Elizabeth Hospital Birmingham's relatives' wing, Nuffield House.

Aiming to create a brighter atmosphere for family members staying in the hospital's accommodation, team members cleaned and repainted six of the 15 bedrooms, as well as the communal lounge area.

Elizabeth Watson, Central Support Sales Executive at Mondelez International (home of Cadbury), said: "I stayed in the relatives' wing when my dad was being treated for pancreatic cancer so giving back to the hospital has meant a lot to me. We're going to look into what we can do to raise more funds for the facility and continue to support QEHB Charity."

www.qehb.org



Thank you!



Pictured (above left) is Tim Jones on completion of the Bupa Great Birmingham Run last year. He is kindly running again for QEHB Charity this year. Also pictured (above right) is Andy Dakin on the finishers' podium.

Challenge yourself and your colleagues in the Bupa Great Birmingham Run!

Are you or your colleagues runners? Why not challenge each other to take part in the Midlands leading half marathon this year?

Join the QEHB Charity team and run the BUPA Great Birmingham Run on Sunday 19th October.

The 13.1 mile course starts and finishes in Birmingham City Centre and takes in iconic landmarks such as Cadbury's, Edgbaston Cricket Ground and Cannon Hill Park.

Justine Davy, QEHB Charity Head of Fundraising, said: **"Why not set yourselves a team goal of taking part and supporting each other around the course?"** Or, if you're feeling competitive, challenge each other to finish first or raise the most in sponsorship.

"And remember – by running with QEHB Charity you can choose where your hard earned sponsorship money goes."

When you register to take part you'll receive training hints and tips and a charity running top. On the day the Charity team will be at cheering stations around the route and, most importantly, you'll have access to the post race reception at the Hyatt Hotel next to the finish line where you can meet up with friends and family and enjoy a post race sports massage.

There is no minimum sponsorship amount to raise. To guarantee your place visit www.qehb.org/shop. We will then send you sponsorship forms and links to setting up an online fundraising page, so you can let everyone know about your run.



Pictured are Ben and Zoe Willcox who ran last year's Big Fun Run.

If a half marathon is a step too far...

Why not take part in the Big Fun Run? Join QEHB Charity for this fantastic family event and help raise funds for patients.

The 5k run takes place in Cannon Hill Park on Saturday 20th September from 11am but we will be holding a special warm-up session at Edgbaston Cricket Ground at 10am so feel free to join us there first.

GET INVOLVED

To sign up please contact Michael Tivey on 0121 371 4852 or visit www.bigfunrun.com/birmingham

FIND OUT MORE

For further information please contact Justine Davy on 0121 371 4852 or visit www.qehb.org/shop



Massive thanks to Anthony Levell, Declan Costello, Henrietta Cook, Katy Rogerson, Kieron Duggan, Mark Kaye, Nick Chadwick, Rachael Barker and Simon Poole for running this year's London Marathon for QEHB Charity. You rock!

Junior Charity Champs



GET INVOLVED

Are you a junior champ?

If you are a school, club or just a group of friends who would like to help support our young patients with cancer we'd love to hear from you!

To get involved in our VIP Treatment Appeal please visit www.qehb.org/vip-treatment or contact Sian Averill on 0121 371 4852.

VIP treatment

Groups of enterprising youngsters have been hard at work raising money for our VIP Treatment Appeal. We want to transform the part of the Radiotherapy department into a child-orientated environment to make coming to the QE a more pleasant and calming experience for our young patients with cancer.

The treatment is a daunting experience for anybody, but it is especially intimidating for children who are more used to the bright interiors of

children's hospitals. The new space will be light, bright and welcoming with toys and games to take their minds off the treatment ahead. We would also like to give every child who receives radiotherapy a toy for being so brave, on completion of their treatment.



With the help of these charitable children we are stepping closer towards reaching our £250,000 goal, and would like to thank and congratulate everyone involved!

Blakesley Hall set the VIP standard

Pupils at Blakesley Hall Primary School have raised over **£300** for QEHB Charity's VIP Treatment Appeal.

The enterprising seven and eight year olds raised the impressive amount by holding a non-school uniform day, and have been collecting unclaimed change found around the school to up their total. The students are also set to take part in a 'Pay to Play' day, where they will donate 50p to play games like 'penalty shoot out', 'snakes and ladders' and 'kerplunk'.

All of the money raised by the children has been donated to the VIP Treatment Appeal, and will be used to create a **child-orientated area in the Radiotherapy department.**

Jo Gadson, Year 2 teacher at Blakesley Hall, said: "The children and I had loads of fun raising money for the VIP Treatment Appeal.

"Upon hearing about the QEHB Charity's appeal we knew we had to get involved. **It's really important for children to feel at ease when they're having treatment, as hospitals can be such big, daunting places.**

"It's great to know the money we have donated will support children with cancer."

St Edward's Primary School in Coleshill have donated **£100** and continue to fundraise throughout the year, whilst Regents Park Community Primary School in Small Heath are holding a fancy dress day to help raise money for the appeal. The Sutton Coldfield Girl Guides Group took part in a 'bag pack' at their local Tesco, **raising over £200**, and the Guardian Angels Primary School



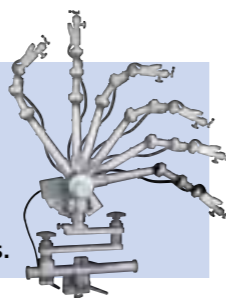
The Sutton Coldfield Girl Guides, Juliet, Amy and Casey

have hosted a range of events across the school, including a onesie day, a delicious biscuit and cake sale and a sponsored fitness challenge, which have raised money to help children with cancer.



Blakesley Hall Primary School pupils

QEHB Charity are bringing the most advanced brain surgery machines to Birmingham in the fight against brain tumours and cancers.



Brain surgery patient champions new appeal

Brain surgery patient Nigel Tinsley is championing QEHB Charity's Neurosurgery Appeal after receiving life-changing endoscopic treatment that saved his sight.

The Wolverhampton accountant, aged 69, visited a consultant at Wolverhampton hospital after being referred by his Optician.

He explained: "I suffered a pituitary tumour which pressed on my optic nerves, causing me to slowly lose my sight. It was like an envelope closing in on me."

"Eventually my sight got so bad that I lost my wife whilst shopping in Waitrose because I couldn't see her at the end of the aisle."

After an MRI scan, Nigel was referred to the Queen Elizabeth Hospital Birmingham, where he underwent life-saving, non-invasive endoscopic surgery in September 2013.

Neurosurgeon Alessandro Paluzzi, who operated on Nigel, explained: "Typically,

tumours of the skull base are difficult to remove. The operation is extremely invasive and requires a long stay in hospital with breathing and feeding tubes, and leaves visible scarring. It also carries a greater risk of brain damage."

With endoscopic surgery, the tumour can be removed via the nostrils without causing disfigurement or damage to the brain.

QEHB Charity hopes to raise £250,000 to purchase three new pieces of state-of-the-art equipment that will reduce waiting times and enable more patients to access the non-invasive surgery.

Nigel commented: "My tumour was 5cm long – the longest a tumour can be. After surgery there were no scars, and although I initially felt groggy, I recovered quickly."

"After 1 week in hospital I returned home, and after three months I made a full recovery. I returned to work as I could see the computer screen clearly again, and I didn't have to wait long

before being able to drive. **To look at me physically you wouldn't know I'd undergone brain surgery.**"

After rapidly losing his sight, in a groggy state Nigel woke from surgery and looked out the window to the University clock tower situated quarter of a mile away, and read the time.

He said: "It was quarter to three. **I can't express how wonderful it felt to have my sight back.**"

"I can't promote this appeal enough and **I want people to benefit from the extremely positive experience I had.** The new equipment made a life-threatening operation more manageable and less invasive, **so I was able to bounce back quickly.**"

DONATE

To donate to the appeal please visit www.qehb.org or contact 0121 371 4852 or text 'HOSP01 £3' to 70070

Neurosurgeon Alessandro Paluzzi with the neurology team



Dates for your diary

Back to the 80s Ball

Saturday 11th October,
National Motorcycle Museum, Birmingham

Kicking off at 6pm, this extravagant 80s revival will include a champagne reception and three course dinner, as well as live music from the original line-up of Imagination, as well as 80s legends Jaki Graham, Phil Fearon, Baby D and Norma Lewis.

To buy your ticket and help raise funds for Queen Elizabeth Hospital Birmingham Charity's £1m Ladies Fighting Breast Cancer Appeal, please visit www.lfbc.org.uk or call 0121 607 1892.

Big Fun Run

20th September,
Cannon Hill Park, Birmingham

Why not take part in the Big Fun Run and join QEHB Charity for a fantastic family event that will help raise funds for patients.

The 5K run takes place in Cannon Hill Park on Saturday 20th September from 11am but we will be holding a special warm-up session at Edgbaston Cricket Ground at 10am so feel free to join us there first.

To sign up please contact Michael Tivey on 0121 371 4852 or visit www.bigfunrun.com/birmingham.

OLD HILL FESTIVAL

Saturday 12th July,
Spring Meadow, Halesowen

Join us for the sixth Old Hill Festival which promises to be even bigger and better with live bands, a fun fair and heaps of stalls and entertainment.

Funds raised from the event will go in support of Fisher House, the home away from home for military patients and their families.

The festival opens at 11am and we hope to see you there!

Filipino Fiesta

12th – 13th July,
Woodgate Valley Country Park,
Birmingham

Join us for a spectacular mix of food, music, dance and entertainment celebrating the Philippines. We're the official charity partner of the Filipino Fiesta this year, so make sure you come and say hello!

BIRMINGHAM



TO BASTION

Bastion2Birmingham and Back

Thursday 21st
and Friday 22nd August,
QEHB Atrium, Birmingham

A team of elite military personnel will be using static treadmills, rowing machines and exercise bikes to run, row and cycle the distance between Camp Bastion in Afghanistan to QEHB. And then they will be travelling the same distance back again!

The team is taking on this endurance challenge to raise funds for injured troops. Please come and cheer them on and make a donation in support of their efforts.

For further information about the challenge please contact Justine Davy on 0121 371 4852.

Eye2Eye

Saturday 28th June,
QE Hospital Atrium,
Birmingham

Join this static bike ride and help raise funds for the Queen Elizabeth Hospital's Eye Department.

We are inviting teams of up to six people to cycle the distance of the Eye Department to the London Eye on static bikes. All monies raised will be donated to the QE Eye Appeal to fund technologically advanced equipment to be used for the benefit of patients here at the hospital.

To register your interest, please follow this link: www.edgbaston.eventbrite.co.uk. Alternatively, please contact Laura Power on 0121 371 4852.





Huge thanks also goes to...

- ASTON LABS
- BIG HEART BOLLYWOOD BALL
- BIRMINGHAM IRISH CYCLE APPEAL
- DIPAK SHAH AND FAMILY
- ENTERPRISE
- HARTSHORNE STAFF
- INVIRON
- MALVERN QUILTERS
- MAX BAILLE, PERK COFFEE
- MISS BIRMINGHAM 2013, RACHAEL BARKER
- RARE DISEASE NURSES
- STAND UP FOR HEROES AT THE GLEE CLUB
- THE KNOCK ON EFFECT
- WARRINGTON MALE VOICE CHOIR
- WOLVERHAMPTON GRAND THEATRE



Kevin and Becky Giddins

The friends and family of Kidderminster teacher Becky Giddins, who is fighting skin cancer, are taking on the Three Peaks Challenge and a half marathon to raise funds for QEHB Charity.

Becky was first diagnosed with the disease in 2007 and is currently taking part in a drug trial funded by the Charity in a bid to shrink a tumour.

Becky's friend, Sarah Williams, will be running the Malvern half marathon on the 22nd June. Then on the 26th July, Becky's husband Kevin and seven other members of their family

and friends will be the three highest mountains in the UK in a bid to raise £5,000 for the Charity's Fighting Skin Cancer Fund.

Kevin, 32, said: "Despite numerous operations, including having a third of her lung removed last summer, Becky has been positive from day one and is still teaching PE at King Charles I School.

"We chose to support QEHB Charity as it has directly helped Becky. Please help us help others with skin cancer by making a donation at www.justgiving.com/letsdothis3peaks"

Copt Heath Golf Club

Kind-hearted golfers have raised over £14,000 for the heart and lung transplant team after QEHB Charity was chosen as Captain Graham Barker's Charity for 2013/14.

Members of the club, in Solihull, have raised thousands of pounds for good causes over the years and chose to support QEHB Charity after Graham's father and brother-in-law sadly passed away from heart disease.

Justine Davy, Head of Fundraising, said: "We are so grateful to Mr and Mrs Barker and all at Copt Heath Golf Club for their fantastic donation. It is because of the generosity of fundraisers and the expertise of the teams involved in the organ transplantation programme at the hospital that many patients do not just survive, but make a full and complete recovery."

How have you been supporting patients? Let us know!

Amanda Whiston

A fitness instructor organised a zumbathon to raise money for patients with breast cancer after her friend's sister had a mastectomy at the Queen Elizabeth Hospital Birmingham.

Mum-of-four Amanda Whiston and 24 fitness fans took part in the two-hour dance session which raised more than £250 for the QEHB Charity's Ladies Fighting Breast Cancer Appeal.

The 41-year-old Telford mum said: "As soon as I heard about my friend's sister, I wanted to do something. When it happens to someone you know, it really brings it home. The family was very appreciative of my fundraising. I hope to do another one this year and raise even more money."

Amanda visited the hospital with her friend to hand over the cheque. Thank you Amanda!



The Fantastic Four!

Group Support – Your Charity needs YOU!

There are many ways that people support the charity either as an individual or as part of a group. Group activities can be used as team building and four companies have taken this literally – two of them are THROWING themselves into the challenge by taking part in a tandem skydive!

Warwickshire Country Cricket Club as part of their support for Fisher House have brought together a group of their employees to take part in a specially organised WCCC Skydive day at Hinton Airfield in Oxford – 13 of them will be jumping on the 27th September.

Enterprise, the car and van rental company, who again support the charity have 19 members of staff joining us for their skydive on the 17th August – we thank them both for their support and look forward to the photos!

Carillon have fielded a large group of runners to join us for the BUPA Birmingham ½ Marathon on the 19th October – we will be cheering them on!

Finally **nPower** have a team of 32 members of staff who have all gamely signed up to do the Born Survivor Challenge on the 27th September – this intrepid group will undertake the 10K military obstacle course and endurance challenge to raise funds for the hospital

To all of the above groups – we salute you!

GET INVOLVED

If you would like help organising a group to take part in a challenge call QEHB Charity on 0121 371 4842.

Tell us about your fundraising



QEHB Charity – giving cancer the boot

Every two minutes someone in the UK is diagnosed with cancer.

An alarming statistic.

BUT thanks to YOU, our fantastic supporters, we've been able to make an enormous difference to the thousands of patients at the Queen Elizabeth Hospitals who have received this terrible news.

YOU have enabled us to save the lives of those with previously inoperable tumours by bringing two of the world's most advanced radiotherapy machines – CyberKnife and TomoTherapy – to the QE Hospital.

However, we still need your help.

Please get behind our appeals to help more patients with cancer by enabling us to buy equipment and fund research and facilities over and above those provided as standard by the NHS.

Cheaper cancer drugs, quicker

Time is of the essence for patients with cancer so it's a bitter pill to swallow when it can take 15 years from when a new drug is discovered in the lab before a doctor can prescribe it.

Get ahead Charitable Trust For this reason we're working with cancer charity

Get A-Head and the University of Birmingham **to bring patients new drugs in as little as 18 months.**

We have already raised £297,000 of our £1 million target to fund a new Accelerated Cancer Drug treatment programme for the next five years.

Professor Hisham Mehanna is leading the research team at the Institute of Head and Neck Studies and Education and said: "Everyday drugs could help



fight cancer – we just need to test them out, which is why we need your support.

"Please help us raise the £1 million we need to match existing drugs, which have already been approved in other conditions such as arthritis, to cancers where they have not been tried before."

If everyday drugs do have an effect on cancer cells they will be cheap to produce and easy to supply, enabling patients to receive them quicker.

DONATE

To donate please visit www.qecancerappeal.org or contact 0121 371 4852 or text 'QEHB01 £3' to 70070



CIIC-ing cancer where it hurts

A team of scientists from the University of Birmingham and cancer doctors from the Queen Elizabeth Hospital have joined forces to **harness the power of the immune system** in fighting cancer.

CIIC (Cancer Immunology Immunotherapy Centre), which is funded by QEHB Charity, is directed by Ben Willcox, Professor of Molecular Immunology at the School of Cancer Sciences.

He explained: "Some of the strategies we are focusing on include "engineering" immune cells to attack cancer cells better, and "arming" antibodies to make them generate stronger immune responses against the tumour.

"To develop these new and exciting approaches, we need your help to fund critical research. Any money you can donate will make a huge difference to the CIIC grouping, and is massively appreciated."

DONATE

To make a donation please visit www.justgiving.com/ProfBenW or contact 0121 371 4852 or text 'CIIC99 £3' to 70070



Fighting skin cancer

Malignant melanoma is the fifth most common cancer in the UK.

QEHB Charity has launched the QE Fighting Skin Cancer Appeal to help patients with skin cancer and raise awareness of the disease.

Dr Neil Steven, oncology consultant, said: "Most people with melanoma are cured by surgery. Until recently, people with melanoma that has spread beyond the reach of surgery have not had effective treatments, despite thirty years of research.

"However, there are now some treatments that can really improve the outlook for people with advanced melanoma. Furthermore, newer drugs are being tested. This has come about as a result of dedicated research across the world. The money we raise through our appeal will really help these efforts."

DONATE

To make a donation to the appeal contact 0121 371 4852 or text 'CNCR01 £3' to 70070



Liver Foundation lifesaving appeal

Liver disease is the fifth 'big killer' in England and Wales, after heart, cancer, stroke and respiratory disease.

It is more common in men than in women with almost two-thirds of cases occurring in men.

The Liver Unit at the Queen Elizabeth Hospital Birmingham is recognised both nationally and internationally for the clinical service it offers patients and the high quality of its research.

Liver Foundation UK is able to provide extra equipment and facilities to benefit patients at the Queen Elizabeth Hospital Birmingham over and above those provided by the NHS.

Liver unit staff have launched a £100,000 fundraising appeal to purchase an NRP (Normothermic Regional Perfusion) machine.

This special system keeps the liver, pancreas and kidneys perfused with the donors' own oxygenated blood after cardiac and circulatory death.

Liver transplant surgeon Mr Paolo Muiesan said: "The transplant community has been trying for 20 years to research ways of preserving organs by looking at better ways of optimising, resuscitating and storing them. We are now looking at acquiring an NRP machine to extend organ donation procedures in more hospitals within our region."

DONATE

To make a donation to the appeal please visit www.liverfoundation.org.uk or contact 0121 371 4852 or text 'CURE01 £3' to 70070

Did you know
you can find us
on social media?

Like us on Facebook and follow us on Twitter for photos and news about your wonderful fundraising, and see how your money is helping us make a difference!

 facebook.com/qehbcharity

 twitter.com/@qehbcharity



Plaza Restaurant & Coffee Shop

The Plaza Restaurant serves a range of delicious hot and cold food and drinks. QEHB Charity will receive 1p for every transaction made.

QEHB Charity have launched a new campaign with the Plaza Restaurant in the Queen Elizabeth hospital, to raise vital funds for equipment, research and facilities that are over and above that provided by the NHS.

Each time you make a purchase, you'll be given a token which you can use to vote for the appeal you most want to support.



**WANT TO REACH 800,000 PATIENTS AND 8,000 STAFF?
THIS COULD BE YOUR SPACE!**

To advertise here please contact
Justine Davy on 0121 371 4852.