

love Solihull

Solihull Hospital Charity Newsletter

 SHospCharity  @SHospCharity  solihullhospital.org.uk



Find out how you can join our events and support patients at the hospital!

Thank
you!

Mike's letter



Thank you!

Welcome to the second edition of **Love Solihull**, the official newsletter of Solihull Hospital Charity. This edition brings you lots of exciting news from the Charity, updates on the amazing things that have been done with your donations on the sprinkle some magic pages and incredible stories from fundraisers in our charity champs section.

There are a whole host of fantastic events coming up over the next few months for you to get involved in. Whether you'd like to pull on a pair of trainers and run or perhaps jump on a bike in order to raise money for Solihull Hospital Charity, there is sure to be an event for you.

Christmas is coming up, Solihull Hospital Charity has a number of events planned including a memory walk at Cannon Hill Park on 9 December and of course the annual carol service at St Phillip's Cathedral, Colmore Row on 14 December. This promises to be a magical evening so I hope that you'll be able to join us.

There are plenty of ways to get in touch with us, you can call the Charity main office on 0121 371 4852, email us at charities@uhb.nhs.uk or you can visit the website to find out more at www.solihullhospital.org.uk

If you're on social media, why not follow our accounts for the all the latest Charity news, events and appeals? Just search for @SHospCharity on Facebook and Twitter to find out more. Please share your photos, experiences and fundraising news with us on social media, we love hearing about what you're getting up to! Solihull Hospital Charity relies on the support and hard work of all of you so I would like to extend my thanks for all that you do. I can't wait to hear more incredible stories in the future from charity champs and staff superstars who have done amazing things to raise money for the Charity.

Mike
Mike Hammond
Chief Executive, Solihull Hospital Charity

5 minutes with... Samantha Howell Fundraising Manager

We took five minutes to catch up with Samantha Howell, Fundraising Manager at Solihull Hospital Charity...

Can you tell us a bit about yourself?

Hello I'm Sam, the new Fundraising Manager at Solihull Hospital Charity. I have worked across Good Hope Hospital, Solihull Hospital and Heartlands Hospital for four years as a Senior Fundraiser, which has enabled me to really get to know the three hospitals and all their wards and departments.

What do you love about your job?

I love to make a difference to patients and staff. It's wonderful to see their faces light up when I bring them 'added extras' funded by generous donations to the Charity, including specialist equipment and toys, crockery and other extras.

What's your favourite film?

It has to be Harry Potter, I can't choose which one though!

What does your role involve at the hospital charity?

My role involves supporting external and internal fundraisers by providing them with merchandise, advice and materials for their events. I am also the key person for the staff to

speak to if they receive a donation to their ward. I support community groups, schools, supermarkets and businesses to help fundraise for a project or a ward of their choice. I also manage fundraising projects such as refurbishments, raising money to purchase pieces of equipment for the hospital.

What are you scared of?

Spiders! Yuck!

What's your favourite food?

Italian- all of it!

If you could go anywhere on holiday, where would you go?

Japan, the culture really fascinates me.

How can people find out more about the hospital charity?

People can find out about the hospital charity by visiting the website at solihullhospital.org.uk, or follow us on Twitter and Facebook @SHospCharity, or feel free to get in touch with us directly and have a chat!

What's the best way for people to get in touch with you?



You can:

- Give me a call on 0121 424 5467 or email me on samantha.howell@heartofengland.nhs.uk
- Feel free to pop up and see me in the charity office based at the hospital, although it may be best to call first to make sure I am in!

What would you say to someone who is thinking about supporting the hospital charity?

It is a common misconception that hospitals do not need support. During my time at each hospital, I have seen the enormous difference charity funding makes to a hospital and its patients by helping to fund those added extras that are over and above NHS funding. Please support Solihull Hospital Charity and make a difference to your local hospital by supporting our fantastic events or by fundraising for a department or ward of your choice.

Dates for your diary

FESTIVE MEMORY WALK

9 DECEMBER • CANNON HILL PARK

Take a walk down memory lane and raise funds for Solihull Hospital Charity's Elderly and Dementia Appeal. The 5K walk will take place in Edgbaston's beautiful Cannon Hill Park!

Fancy dress is optional- but recommended! Dress up as your favourite era and some festive accessories, and look back to the 'good ol' days!' If you'd like a bigger challenge why not tackle the 10k route instead?

For more information please contact samantha.howell@heartofengland.nhs.uk

PARACHUTE JUMP

Various dates | Hinton Airfield, Oxfordshire

Do something daring and take the plunge for Solihull Hospital Charity! The Charity runs several tandem parachute jumps throughout the year at Hinton Airfield in Oxfordshire. With experienced instructors, it's a fantastic experience for a worthy cause!

A £30 deposit gets you a place on one of our jumps, and then we ask you to raise a minimum of £300 in sponsorship.

Please book your place by visiting heft.org.uk/events or contact samantha.howell@heartofengland.nhs.uk to find out more.



CHARITY CAROL SERVICE

14 December

St. Philip's Cathedral, Colmore Row, City Centre

Join Solihull Hospital Charity, Heartlands Hospital Charity, Good Hope Hospital Charity and Queen Elizabeth Hospital Charity at this year's carol service. The service begins at 7pm. There will be traditional carols, school choirs and a live brass band, and following the service the Charity is providing mulled wine and mince pies.

To book your place please go to heft.org.uk/events or contact samantha.howell@heartofengland.nhs.uk for more information.

Festive Jumper Day

15 December • Solihull Hospital

Support patients at Solihull Hospital this Christmas by donning your favourite festive knit! If you aren't able to wear a jumper on the day, then why not wear some Christmas socks?

You can donate by dropping your change into one of the collecting tins located throughout the hospital. Be sure to send us some photos of your jumpers!

For more information please contact samantha.howell@heartofengland.nhs.uk



VÉLO BIRMINGHAM 100 MILE CLOSED ROAD BIKE RIDE

REGISTER NOW FOR 2018 STARTING IN BIRMINGHAM

In 2018 thousands of riders will be taking to the streets of Birmingham, Worcestershire and Herefordshire and you can join them to raise funds for Solihull Hospital Charity.

When you ride for Solihull Hospital Charity expect a detailed training programme, access to a network of other charity riders and a free high quality cycling jersey!

Sign up by visiting bikeforbrum.org or contact samantha.howell@heartofengland.nhs.uk to find out more.

GREAT MIDLANDS FUN RUN

3 JUNE • SUTTON COLDFIELD

Take part in the 8.5 mile fun run and support Solihull Hospital Charity! The run begins in Sutton Coldfield town centre and enters Europe's largest urban park- Sutton Park. The course attracts people from far and wide of a whole range of abilities; you can walk, jog, or of course, run!

Register for your place on greatmidlandsfunrun.org and choose to support Solihull Hospital Charity! Please email samantha.howell@heartofengland.nhs.uk when you have signed up to receive fundraising support and materials, or to find out more.

BIRMINGHAM INTERNATIONAL MARATHON 2018

Take on the ultimate running challenge and run the Birmingham International Marathon for Solihull Hospital Charity.

By running for the hospital charity you will receive a free charity running jersey and exclusive access to hints and tips for training.

You can register your interest and find out more information by emailing charities@uhb.nhs.uk.

Some of these events may have passed but you can keep up to date with what's happening by visiting heft.org.uk/events

New appeal supports elderly and dementia patients

The Elderly Care and Dementia appeal at Solihull Hospital Charity is raising money to support elderly and dementia patients at the hospital, by providing a variety of 'added extras', patient activities and extra comforts for dementia patients and their families. Examples of extras funded by the Charity include orientation clocks and signs that show whether it is day or night, dementia friendly crockery, twiddle muffs, dolls and large-pieced jigsaws.

Samantha Howell, Fundraising Manager at Solihull Hospital Charity, said: "Here at the Charity we are really pleased to be able to support elderly and dementia patients.

"A stay in hospital for a person living with dementia can be a confusing and potentially frightening experience.

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

"Because of this, we want to bring specialist activities and added extras to many wards at the hospital, and that's why we are asking for community groups, businesses and members of the public to support our Elderly Care appeal."



Justine Davy, Head of Fundraising at the hospital charity, said: "This is a wonderful opportunity for people to get behind a local appeal that makes a difference, at a time when it is most needed. We hope as many people as possible recognise the chance to make a real difference and show their support for elderly patients in Birmingham."



If your group, club or business would like to make a donation to support elderly patients at the hospital, please contact samantha.howell@heartofengland.nhs.uk for more information, or to find out more about other ways you can support elderly patients at the hospital go to heft.org.uk/elderlycare

Thank you!

Christmas at Solihull Hospital

Christmas is fast approaching so why not get into the festive spirit by taking part in one of the Charity's events, buy some Charity Christmas cards or donning your favourite tacky piece of knitwear for Festive Jumper Day?

Festive Jumper Day

Solihull Hospital Charity's Festive Jumper Day is on 15 December! This is a great opportunity to get together with your friends, colleagues or school mates and wear your favourite Christmas jumpers whilst raising money for Solihull Hospital Charity.

For more information about Festive Jumper Day, please contact Samantha Howell, Solihull Hospital Charity's Fundraising Manager, at samantha.howell@heartofengland.nhs.uk or by calling 0121 371 4852.



Christmas Cards

Sending cards out to your loved ones is a special part of the build up to Christmas. This year, Solihull Hospital Charity has a range of festive cards for you to purchase. Not only can you spread Christmas cheer to your friends and family, but you'll also help to provide added extras for patients and staff at Solihull Hospital.

If you'd like to purchase Christmas cards please visit the website at solihullhospital.org.uk and visit the shop page where you'll find a great selection of cards to suit every taste.

Christmas Carol Service

This December, warm up your vocal chords and come along to the Birmingham Hospitals carol service at St Philip's Cathedral in Birmingham on Thursday 14 December. Join hospital staff from Solihull Hospital, Heartlands Hospital, Good Hope Hospital and Queen Elizabeth Hospital, family, friends and patients for a magical evening of Christmas carols, mulled wine and mince pies.

To book your place please go to heft.org.uk/events.

Memory Walk

This Christmas, Solihull Hospital Charity is holding a memory walk at Cannon Hill Park in aid of the Elderly Care Appeal. This 5km walk is the chance for you to wear fancy dress inspired by your favourite decade and raise money for Solihull Hospital Charity. The walk takes place on Saturday 9 December at 11am. If you'd like a bigger challenge why not tackle the 10k route instead?

Please contact samantha.howell@heartofengland.nhs.uk to find out more and book your place.



Charity Champs

Cardiac club celebrate 25 years



A keep fit club based at Solihull Hospital, which has played a significant role in improving cardiac health in its members, is marking 25 years of fitness and fundraising this year.

Solihull Hospital Cardiac Club was formed in 1992 by former head of therapies at the Trust Sarah Bazin and patient Digby Smith, and has already raised thousands of pounds to purchase equipment for the hospital's gym where the clubs sessions are held.

Members of the club are often patients who have been referred following heart bypass operations to keep their heart healthy in their recovery. However, the club, with members ranging from 50 years old to an impressive 90, is also about camaraderie.

Mike Naylor, chairman of the club, is one of four current members to have been part of the club for over 20 years. He is part of a committee that includes vice chairman and events secretary, Alan Cook, treasurer Mick Bucknor, secretary Max Pemberton and liaison officer David Foster-Smith.

The committee said: "The club has provided great benefits to its members over the past 25 years in terms of health and friendship, but has also made a real difference to the hospital's physiotherapy department through its fundraising.

"About 95% of the equipment in the gym here was bought by us which we're very proud of. There are 20 bikes, two walking machines, three rowing machines, three running machines and much, much more – all bought within the last five years.

"To mark the 25th anniversary of the club we had a nice meal to celebrate and raise more funds."

It's raining toys at Solihull



Two large donations of toys have been gratefully received by the Children's Outpatients Department at Solihull Hospital. Birmingham-based Arconic, which produces steel for the aerospace industry, and Tesco in Monkspath, have both made deliveries of toys to the department.

Richard Bagnall is charity officer at Arconic and he wanted to give something back to the local community by working with the Children's Outpatients Department at Solihull Hospital.

Richard said: "As part of the community team at Arconic, it is my job to ensure Arconic employees get involved as much as they can by giving back their time, efforts and skills to deserving organisations and charities.

"The money towards the toys was kindly donated from the committee I run here at the Kitts Green plant but also a generous donation from Plant Manager, Jim Wallace."

Tesco in Monkspath have also made a special delivery of toys to the Unit recently as part of their community work.



Local Lady has a 'ball' raising funds for breast cancer



Lady Sue Cressman has been raising funds for breast cancer since her first diagnosis 25 years ago. After her second diagnosis five years ago Lady Cressman decided that she would like to purchase equipment for her local hospital, Solihull.

Lady Cressman's most recent purchase was a HD monitor

to be used in theatre during surgery. The monitor's high-resolution technology will allow Mr. Bala, Breast Care Surgeon, to see images more clearly and to more accurately identify cancerous cells.

The funds raised were from the two sponsors of the bi-annual 'Pink Ball' at Nailcote Hall Hotel, Paul Fedrick from Jameson Seating and Paul Carlile from Metro Shipping.

Mr Bala, Breast Care Surgeon at Solihull Hospital, said: "Thank you to Lady Cressman and the donors for purchasing this equipment; it will make a huge difference to patients undergoing surgery."

Lady Cressman said "Having had breast cancer twice in my life, I felt I needed to give something back to a hospital that has helped me so much. I was one of the lucky ones and I am humbled by the many people that have fought this disease. I am happy to know that the donations from The Pink Ball at Nailcote Hall are making a real difference and am now looking forward to continuing to fundraise for Solihull Hospital Charity, I am now working on supplying an ultrasound scanner for another one of our wonderful breast cancer consultants."

Rags brings smiles to young faces



Solihull Children's Outpatients Department had a very special visitor as Rags, a children's entertainer, popped along to put a smile on many young faces.

Rags entertained the children by telling jokes, balloon modelling and doing magic tricks! The entertainer has received sponsorship to attend the department once a month for a half an hour thanks to POD Children's Charity, who asked Solihull Lions club to fund the entertainer.

Ron Morris and Stephen Walker, from the Solihull Lions Club said: "We wanted to sponsor the entertainer for Children's Outpatients Department as we feel it really benefits the children to see that the hospital experience doesn't have to be scary."



Breast friends fund ultrasound machine

Breast Friends Solihull, a charity run by local women who have experienced breast cancer, have funded the purchase of a new ultrasound machine to aid the treatment of patients with advanced breast cancer.

The equipment, which cost £24,000, will reduce the number of outpatient visits patients requiring treatment for breast cancer need to make to the hospital, allowing them to have holidays and breaks from treatment. It will also allow doctors performing lumbar punctures to do so with greater accuracy causing less discomfort to the patient.

Matthew Fowler, Advanced Clinical Practitioner for Oncology and Haematology said: "Thank you to Breast Friends Solihull for supporting us to purchase this equipment. Although our services at Solihull Hospital for patients with breast cancer are already excellent, this ultrasound machine will enable us to go over and above for our patients."

Castle Bromwich School supports young patients

Castle Bromwich School has chosen to hold a charity day in aid of the children's outpatients department at Solihull Hospital. The school has raised a fabulous £436 for the department by holding a non-uniform day and raffling a teddy bear.

Sarah Hobden, Headteacher for the school said: "Each year the school receives a number



of requests for charity donations, and our pupil school council vote for which cause they would like us to support. Our pupils chose the Children's Outpatient Department as some were able to describe visits, some knew family members who had attended, and others just thought it would be lovely if they could help make a visit to the hospital more pleasant and cheery for young people.

"Everyone at Castle Bromwich Junior School is delighted to be able to support the refurbishment of Solihull Hospital's Children's Outpatient's Department. We know the money we have raised will be put to good use to brighten the experience of young people who visit the hospital."



Sprinkle & Co

Did you know if you are a member of staff at the hospital, you can apply to Solihull Hospital Charity's Sprinkle Some Magic grant scheme?

Sprinkle Some Magic exists to give staff the power to improve their hospital by offering grants of £1,000, £500 and £250. From games to radios, tea sets to sensory kits, the Charity is here to help you support patients and their families.

One example of staff 'sprinkling some magic' can be found on Ward 19 where staff applied for a grant to purchase a Samsung Galaxy Tablet for their patients.

Donna Peters, Ward Manager on Ward 19, asked for a grant to buy a tablet for her elderly patients.

Donna said: "Many of these patients struggle with mobility and can become quite bored and at times distressed. This tablet will be used by staff with lots of patients so that they can take part in activities, games and stimulate interesting conversations between patients and staff.

Samantha Howell, Fundraising Manager, said: "This is a great example of how Sprinkle Some Magic grants make a huge difference to patients. On behalf of Solihull Hospital Charity I would like to encourage staff to get in touch with the Charity if they would like something for their ward."

Meanwhile, staff and patients are feeling cool on ward 20b thanks to new fans!

Staff on the ward asked the Charity for some new fans to help keep patients comfortable.

Thanks to the Charity grant they were able to purchase a total of four fans - two free-standing for the patients, and two desk fans for the staff.

Marie Ratledge, Sister on ward 20b, said "These fans are going to make a huge difference to staff and patients on the ward, especially when it is hot and muggy."

Sam Howell, Fundraising Manager at Solihull Hospital Charity, said: "Although this may seem like a small item, clearly it has made a huge to

difference to patients and staff on ward 20b and is another example of how the Charity goes over and above to provide those added extras."



Helen Rooney and Hayley Ball, Staff nurses from Children's Outpatients Department used their Sprinkle Some Magic grant to purchase a selection of new toys for the play room at Solihull Hospital.

Amongst the new toys are a garage, magnetic cars, a bubble machine and two portable DVD players with a selection of DVDs.

Hayley said "Although the toys we currently have are still very much enjoyed, we thought it was time for an update. Thanks to Solihull Hospital Charity, the children have something to distract them whilst waiting for their appointments."

ome magic

Sister Di Greenway from the Stroke Unit asked for a grant to buy a Samsung Tablet for her patients with dementia.

She said “Lots of our patients struggle to move around, and some are bedbound so they can become quite bored and at times distressed, but with this tablet staff can take part in activities with patients, which helps to keep their minds active. This is particularly important for people with dementia. The tablet has already been a big hit amongst the patients, and the staff!”



Samantha Howell, Fundraising Manager at Solihull Hospital Charity said: “We are really pleased to see the difference that the Sprinkle Some Magic grant money can make and I’m delighted that staff are approaching the Charity for support.

“We encourage as many people as possible to apply to the Charity for a grant. They are best placed to know what will benefit their patients and it’s wonderful to spend generous donations in the places that they are most needed.”

To submit your suggestion for a grant award please write to us at charities@uhb.nhs.uk and tell us a bit about yourself. We’d love to know who you are, what you would spend the money on and how much you would like to receive.



Join our events

From bike rides to skydives, Solihull Hospital Charity has a huge variety of fundraising events on offer and we'd love you to join us!

If you're looking for a cycling challenge of epic proportions, why not consider taking part in Vélo Birmingham, a 100 mile bike ride returning to Birmingham for a second year?

In 2018, more than 15,000 cyclists will line up in the heart of Birmingham city centre before heading out on a 100 mile route on closed roads through picturesque Worcestershire and Herefordshire countryside. Whether you're a seasoned sportive rider, a cycling newbie on a mission to complete a century ride or a charity fundraiser in search of an epic challenge, Vélo Birmingham will deliver an unforgettable experience for each and every participant. Places for this year's ride have sold out, but Solihull Hospital Charity has a limited number of Golden Bond places available for next year's event.

If you'd like to take part please sign up by visiting bikeforbrum.org or email samantha.howell@heartofengland.nhs.uk to find out more.



If a marathon is a step too far, why not join the Simplyhealth Great Birmingham 10K?

Taking place in the City Centre, the Great Birmingham 10K is set to return in 2018. Strut your stuff across the start line to the most popular tunes from the 70s, 80s, 90s or present day, then hit the streets to your favourite music for an electric party atmosphere that will keep you going as you walk, jog, run – or even dance – all the way from the start to the finish.

If you would like to take part in any of our running events on behalf of Solihull Hospital Charity, please register your interest by emailing samantha.howell@heartofengland.nhs.uk or head to runforbrum.org to find out more.

Not the sporty type? Don't worry! You don't need to be an athlete to support patients.

Why not take on the challenge of a lifetime and join one of our hospital charity skydives? You'll complete a breath-taking tandem jump and amaze your friends and family. A £30 deposit gets you a place on one of our jumps, and we ask you to raise a minimum of £300 in sponsorship.

To find out more, go to heft.org.uk/events or contact samantha.howell@heartofengland.nhs.uk to find out more.



If running is more your thing, why not consider taking part in the Birmingham International Marathon on behalf of the hospital charity?

Taking place in 2018, you can register your interest by emailing charities@uhb.nhs.uk and join thousands of runners pounding Birmingham's pavements in aid of their favourite charities.

Staff Superstars

Every day we are delighted to hear from our brilliant fundraisers, who give up their time to support patients at Solihull Hospital. Included in our wonderful charity champs are our 'staff superstars' who work at the hospital and go over and above to help us fund extra equipment, facilities and research on top of what the NHS is able to provide. In this issue we are saying a



Samantha Howell, Fundraising Manager at Solihull Hospital said: "Helen has a contagious positive attitude, which makes everybody want to get in on the fun of fundraising! The Charity is currently in the process of refurbishing the children's outpatients department, which is only possible down to the fantastic efforts of fundraisers such as Helen."

We would also like to thank Katie Neighbour, and her fellow colleague Kathryn Goggin from Ward 19 at Solihull Hospital, who took on a challenge of the highest degree by organising a parachute jump!

So far the courageous colleagues have raised an incredible £1,900 which will go towards purchasing new artwork and comfy chairs for the palliative rooms on the ward. Katie said: "The skydive was really scary but afterwards we both said how much we enjoyed it! We would definitely encourage others to take the plunge for the hospital charity. Thank you to everyone who donated, unfortunately there are patients who come onto our

Thank you!

ward who are at the end of their lives, and so it's really important that there is a comfortable, dedicated space for them to spend time with their loved ones."



If you'd like to get involved in fundraising for your ward or department, or would like to find out more about our events, please head to our website at www.solihullhospital.org.uk or call 0121 371 4852 to speak to one of our friendly team members!

Our first shout out goes to Helen Rooney, Staff Nurse at children's outpatients department at Solihull Hospital.

Helen has shown tireless enthusiasm to fundraise to improve the experience of coming to hospital for all the children who visit. Helen has organised countless bake sales, charity fun days at local primary schools.

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

All you need to know about contacting the hospital charities

If you would like to get in touch with Solihull Hospital Charity, Good Hope Hospital Charity or Heartlands Hospital Charity, the names and numbers you need are included here in our handy tear-off guide:

Main office:

Tel: Charity Chief Executive - Mike Hammond 0121 371 4852
Head of Fundraising - Justine Davy 0121 371 4852
Email: charities@uhb.nhs.uk
Website: www.heft.org.uk

Solihull Hospital Charity

Tel: 0121 424 5467
Email: Fundraising Manager - Samantha Howell samantha.howell@heartofengland.nhs.uk
Website: www.solihullhospital.org.uk

Good Hope Hospital Charity

Tel: 0121 424 7560
Email: Fundraising Manager - Laura Power laura.power@uhb.nhs.uk
Website: www.goodhopehospital.org.uk

Heartlands Hospital Charity

Tel: 0121 424 0606 or 07407 635 081
Email: Fundraising Manager - Sian Averill sian.averill@uhb.nhs.uk
Website: www.heartlandshospital.org.uk

If you work at any of the three hospital sites and receive queries or donations, please give us a call on the main office number and we will come and see you. Thanks!

Thank
you!

