

love qehb

Queen Elizabeth Hospital Birmingham Charity

ISSUE 23

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  qehbcharity  qehb.org



Join our staff
superstars and climb
Mount Snowdon!

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

Thank
you!

Mike's letter



Welcome to the summer edition of Love QEHB. We've got lots of news to bring you, information about the brilliant events coming up, as well as an update about one special QEHB Charity Vélo Birmingham participant; sporting legend Ashley Giles.

QEHB Charity is launching a number of exciting new appeals which will continue to improve the experiences and lives of patients and staff at the Queen Elizabeth Hospital Birmingham. We're excited about the launch of our appeals and we're looking forward, with your help, to bringing revolutionary and ground breaking new medical equipment to the hospital.

We're very excited that Vélo Birmingham is coming up, and would like to wish the best of luck to everyone taking part in the region's first 100-mile closed road bike race. If you live along the route, come and cheer the 15,000 riders as they pass through, especially those riding for QEHB Charity!

There are lots of running events on the horizon including the first International Marathon in Birmingham and the Great

Birmingham Run on 15 October. There are also shorter running challenges, such as the Big Fun Run at Cannon Hill Park, which is perfect for all ages and abilities! If you would prefer to put on your walking boots, join us for the Snowdon Challenge on 9 September.

We always love to hear from you! You can call us on 0121 371 4852, email us at charities@uhb.nhs.uk or visit us at the fifth floor of Nuffield House, opposite the Heritage Building. We are on Facebook, Twitter and Instagram, find us by searching @QEHBCharity.

Thank you for all that you do for QEHB Charity. Last year the Charity raised an incredible £4 million. This has enabled us to improve the lives and experiences of patients and staff at the hospital in so many ways. None of this would be possible without your support.

Mike

Mike Hammond
Chief Executive, QEHB Charity

What we do at QEHB Charity

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

In this issue...

Sprinkle Some Magic

QEHB Charity has been helping staff at the hospital to sprinkle some magic on their wards through a special grant scheme. Pages six to nine are packed with lots of stories about how staff have been able to apply for grants and purchase the things that they know will make their jobs easier and improve the care that patients receive.

Ashley Giles takes on Vélo Birmingham

On page 16 read about England cricketer legend Ashley Giles' decision to cycle Vélo Birmingham! Find out what his inspiration was and how his previous fundraising efforts with The Giles' Trust, part of QEHB Charity, have helped to boost the vital brain tumour research that takes place here at the hospital.

Run for Brum

Turn to page four to find out about how you can raise money for QEHB Charity by taking part in one of our Run for Brum events, be it a marathon or something a little shorter! There are loads of other events coming up in the near future so be sure to check out the 'Join our Events' section!

Heart in a Box

Learn about QEHB Charity's brand new appeal on page 12. With your help, we want to purchase a 'Heart in a Box' machine, a revolutionary piece of equipment which will transform the way that heart transplants are carried out at the Queen Elizabeth Hospital Birmingham.



Dates for your diary

Hollywood Travel

QEHB Charity Travel Club

Day Trips & Holidays

9 August and 21 September

QEHB Charity is working with Hollywood Travel to offer coach trips to a variety of locations throughout the year. Why not group together with your family or friends and enjoy a tour of Buckingham Palace on Wednesday 9 August, or visit Nottingham Trent complete with Afternoon Tea on Tuesday 21 September, and help support patients at QEHB Charity? A percentage of profits from the trips will be donated to QEHB Charity, used to provide equipment, research, facilities and added extras for patients at the hospital.

Prices range from £29 – £38 per person, and full details can be found on the website at qehb.org/events, or contact cathryn.worth@uhb.nhs.uk for more information.

BIG FUN RUN 5K

SATURDAY 9 SEP,
CANNON
HILL PARK

Are you looking for a fun, family-friendly activity? Then why not take part in the Big Fun Run?

The 5k Big Fun Run takes place in Cannon Hill Park on Saturday 9 September from 11am, and will see a host of friends, families, groups and individuals taking part to do their bit for their favourite charity. **If you'd like to sign up and take part on behalf of QEHB Charity, please go to qehb.org/events or contact sophie.carroll@uhb.nhs.uk for more information.**

BIG FUN RUN

A Right Royal Ball

14 October 2017

Edgbaston Cricket stadium

The Giles' Trust is hosting a brilliant 'Right Royal Ball' with distinguished hosts 'King of Spain', Ashley Giles and his wife Stine to help raise funds to fight brain tumours.

Tickets cost £750 for a table of 10, £900 for a table of 12 or £80 for an individual ticket, and guests are invited to dress in black tie/royal regalia. The price includes a delicious three course dinner, coffee and mints, complimentary wine and disco with Radio DJ Phil Upton. **For more information please contact thegilestrust@gmail.com or go to qehb.org/events to book your place.**

Jeans for Genes Day | 22 September 2017

Raising money for QEHB Charity's £1m Centre for Rare Diseases and Genetics Disorders UK, we are asking everyone to get involved with Jeans for Genes day by donating £1 to wear their jeans to work. If you are at a workplace where it is not possible to wear jeans, please join us by donating £1 to sport a Jeans For Genes day sticker. **For more information please contact charities@uhb.nhs.uk or call 0121 371 4852.**

PUB QUIZ The PLOUGH

HARBORNE

15 August and 26 September
Every six weeks from April, The
Plough, Harborne High Street

Help raise vital funds for young people with cancer at QEHB. The popular pub on Harborne High Street is holding regular quiz nights from 8.30pm. Get a team together, get your thinking cap on and come along for a fun evening in support of a great cause! **For more information please contact justine.davy@uhb.nhs.uk**

Run For Brum!

Dust off those old trainers and join one of our fantastic running events this autumn!

Whether you've recently caught the running bug or you regularly find yourself on the track, we have an event for you!

On 15 October 2017 Birmingham is proudly living up to its reputation as the capital of running by hosting not one, but two huge running events!

Simplyhealth Great Birmingham Run

Starting and finishing in the City Centre, the Simplyhealth Great Birmingham Run is a half marathon (13.1 miles) which covers a selection of the City's most iconic landmarks, including Cadbury World and Cannon Hill Park! This run is now established as the second biggest in the UK and is expected to attract thousands of runners, and visitors from all over the UK.

Birmingham International Marathon

If a half marathon isn't enough of a challenge for you, then why not take on the full marathon? The International Marathon is coming to Birmingham for the first time! This event covers 26.2 miles with musical entertainment lining the route and an atmosphere which can only be delivered by the Second City, this is set to be a fun-filled event celebrating all that we love about Brum!

What's more, there are so many reasons to run for the hospital charity, not least to support military patients, young people with cancer and transplant patients at Birmingham's busiest hospital! When you run for QEHB Charity, you can expect five star treatment from start to finish with exclusive access to hints and tips for training, one of our fantastic running tops, plenty of cheering throughout, and even a free sports massage to kick start your post-race recovery.

To sign up to Run for Brum and support QEHB Charity, go to runforbrum.org or call 0121 371 4852 for more information.

DO IT FOR BRUM!

Claire Lynch, Clinical Educator for Neurosciences at QEHB is taking on her first half marathon this October, continuing the Neuro team's fantastic fundraising. Claire, having worked at QEHB for 10 years, has seen first-hand the impact that 'added extras' provided by the Charity has on her patients. As well as fundraising for her department, Claire is also running for personal reasons:

"Both my sister-in-law and cousin have had treatment from the Neurosciences team so I am in part doing this for them. Also, my husband is really into fitness, and as he's doing an Iron Man this year I thought I should do something to support him!"

To find out more information please visit runforbrum.org or contact charities@uhb.nhs.uk



Let's say a huge thank you to our London Marathon runners 2017:

Adam Johnson • Andrew Wagner • Arif Zafar • Ross Burton

5 minutes with...

Shashi Rana

Fighting Skin Cancer Trial Coordinator

We caught up with Shashi Rana, the new Fighting Skin Cancer Trial Coordinator funded by QEHB Charity, to find out a bit more about what she does...



Hi Shashi, can you tell us a little bit about yourself?

Hello, I'm the new Fighting Skin Cancer Trial Coordinator here at Queen Elizabeth Hospital Birmingham, I have a lab and research background and I'm here to fight skin cancer, helping to make advances in the work to both prevent and treat skin cancer!

How long have you been working here at QEHB?

I've only been here for a few months but I have loved every day so far! It's such a great place to work, with lots of interesting people to meet and loads of great research being conducted.

What did you do before you worked here?

I used to work for Cancer Research UK in a data management role, before this I worked in the labs at the University of Leicester, working with Professor Konje on his ground-breaking research.

What's your favourite film?

Pulp Fiction or Snatch - I can never decide between the two!

You're the new Skin Cancer Research Co-ordinator - what does this mean and what will you be doing?

That's a good question! I am here to build the skin cancer research community by promoting the amazing research that is taking place here at QEHB. I'm also going

to attract even more research studies to the hospital by building links with academia and industry. I primarily see my job as helping the team offer exciting new advances in treatment to patients here at QEHB. This means that the research taking place at the hospital will help the patients being treated here which is really exciting and will have a big impact on the future of skin cancer treatment.

What part has QEHB Charity had to play in your role?

My post is funded by QEHB Charity's Skin Cancer Appeal, the money raised by the appeal directly benefits patients here at QEHB as it will help to put skin cancer patients into the right drug trials for them.

What's your favourite food?

Has to be fish & chips.

What's your ideal holiday destination?

Koh Phi Phi Island, an island group which forms part of Thailand.

What do you love most about working here at Queen Elizabeth Hospital Birmingham?

I love that I am working at the forefront of NHS research, that we are a leading centre for cancer research and that our potential is boundless. We make a real and positive difference to our patients and that is something that I am very proud of.

Your post is funded by donations made to QEHB Charity. What would you say to someone considering donating to the Charity?

Please do it! The Charity plays a vital role in supporting people and services that wouldn't exist without donations from people like you. Roles like mine are vital in the fight against skin cancer and donations to the Charity have made this role a possibility. Whatever you are able to donate, the difference will be felt - from the smallest acorns grow the mightiest oaks as they say!

“The Charity plays a vital role in supporting people and services that wouldn't exist without donations from people like you.”

Shashi Rana

Sprinkle & Co

QEHB Charity has been able to sprinkle magic around the hospital wards and departments, with money kindly raised by you.

The 'Sprinkle Some Magic' campaign was launched in 2013 to give people the power to improve their hospital by offering grants of £1,000, £500 and £250.

Staff at the hospital have been inundating the Charity with 'wishes' which the team has been granting ever since.

From games and activities to radios and tea sets, your donations have funded a range of added extras to support patients.

Activities Coordinator Joanne Bubb has received several grants from QEHB Charity, used to buy a range of activities for elderly patients, including conversation cards and sensory kits.

Jo said: "The sensory kits are brilliant at helping staff engage with patients. They are made up of different cards and smells to represent different seasons or events, like 'day at the beach' or 'Victoria sponge cake'. The smells help to trigger fond memories and engage patients in conversation."

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 received a grant to purchase three lockers for every MRI machine, 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.

"When I applied for a grant there were six MRI scanners with just a handful of lockers between all machines. This meant that although patients were ready for their scans and the machines were available, they couldn't proceed because there were no free lockers.

"I never thought I'd be able to make such a difference to patients



ome magic

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.

Carolyn Tipton, a housekeeper on ward 624, asked for a grant to buy a range of games for patients including Connect 4, Battleship, Jenga, Frustration, Chess, Dominoes, Draughts and Snakes and Ladders, whilst Vanessa Sylvester, housekeeper on ward 304, used her grant to purchase CD and cassette players for patients.



Tina Dwyer and her colleagues on ward 623 wanted an easier way to keep track of when observations were due. They purchased simple timers that tell them when 15 minutes have passed so that they know it is time to take new observations.

Tina, Senior Sister, said: "Thanks to our sprinkle some magic grant we are able to better utilise the time we have with our patients, delivering more personalised care."

Carolyn said: "The grant has made a huge difference to patients and their families. Having games to play really helps to pass the time and alleviate boredom, and also helps to keep patients active and engaged. Jenga is brilliant for exercising hand-eye coordination, and Connect 4 is really colourful which is great for our elderly patients with dementia."

Vanessa said: "I knew that having a CD player on the ward would make my patients happier. My favourite example was of a partially sighted patient who loved reading but who was unable to do so any more. I was able to let her use the CD player with an audiobook CD and she was instantly much happier!"



Sprinkle & Co

Members of the inpatient imaging team have also been sprinkling magic in their department by providing sensory items such as teddy bears, twiddlemuffs, and rubber balls to patients receiving X-rays and CT scans.

Sharon Harper, Assistant Radiography Practitioner and Dignity Champion with Fiona McKain, Radiographer, said: "The items within the boxes are designed to calm our patients and help them to remain as still as possible during X-Rays and CT scans, particularly people with dementia, learning disabilities or autism. Being in hospital can be a stressful time, but it's astonishing what a difference these items make to patients to reduce anxiety."

Two Occupational Therapists, Russ Wigley and Nicci O'Neil, have also made the most of QEHB Charity's grant scheme by providing patients who have spinal cord injuries with specially adapted switches to increase the ease with which patients can use their nurse call buttons.

The switches come in a variety of shapes and sizes to meet the needs of patients with different levels of movement.

Nicci said: "The traditional nurse call buttons can be difficult for patients with

reduced limb movement and therefore, these switches are sensitive to touch. They are making a huge difference to patients as it gives them the autonomy to initiate interaction with the staff on the ward."



Thank you!

ome magic



Roberta Bachelor, Senior Sister, used her grant to liven up the waiting room on ward 620, by purchasing a television and a glass cabinet which holds all of the awards and certificates that the ward has won over the years.

Roberta said: "Sometimes patients have a fairly long and often quite anxious wait on the ward. Putting a television in the room means that they can remain entertained throughout their wait. We've got a selection of DVDs to suit all ages and tastes so that they can take their mind off things for a while.

"The cabinet is great, my colleagues love that the awards they've worked hard for are on display, and the patients can rest assured that they are on a fantastic ward."



Tina Hales, Grants Manager at QEHB Charity said: "We are really pleased to see the difference that the Sprinkle Some Magic grant money can make and I'm delighted that so many members of staff have been able to make a difference."

"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.

Charity Champs

Renal Dialysis Nurses get their groove on for a good cause



Charity Champs

When Paul Tracey of Provest Financial Solutions, decided he was going to raise money to support patients at the Queen Elizabeth Hospital Birmingham (QEHB) there was only one way to do it- he was going to dance! With that in mind, Paul set about organising a 12-hour Danceathon! The day was a huge success and we'd like to say a particular thank you to the nurses from Renal Dialysis who came along to support him by throwing their best shapes on the dancefloor! The event has so far raised almost £5,000 which will go directly to funding extra equipment, facilities and research 'over and above' what the NHS is able to fund.

Football fans march for skin cancer

KHFC Fans, a group from Kidderminster, walked almost 50 miles from Kidderminster to Cheltenham on 7 April in aid of QEHB Charity's Fighting Skin Cancer appeal. The walk has raised over £14,000 to date!

The walk was held in memory of Becky Giddins, who was treated at QEHB following a diagnosis of skin cancer in 2012. Becky sadly passed away in 2016 and her family and friends have since fundraised tirelessly in support of the Charity's Fighting Skin Cancer appeal.

Becky's husband, Kevin Giddins, who took part in the walk explained: "This walk was testament to Becky, who fought skin cancer with great bravery and without ever really complaining



Charity Champs

about the situation she faced.

"Becky was able to take part in a number of drug trials at QEHB many of which were only accessible due to funding from QEHB Charity"

David Purestaff Recruitment pledges to raise £10,000 for mobile CT scanner



Charity Champs

David Whitehouse, from Purestaff recruitment is doing various physical challenges this year to raise £10,000 for a mobile CT scanner for the Critical Care Unit (CCU) where his mum's life was saved.

The fundraiser's mother was rushed to Queen Elizabeth Hospital Birmingham after having an aneurysm. Whilst visiting his mum, David noticed that critically ill patients were frequently being taken off the ward to have CT scans.

David said, "I asked a member of staff about this, and they told

me that the ward was fundraising for a mobile CT scanner, meaning patients with head injuries can have their scans at their bedside. Seeing how QEHB helped my mum, I knew I wanted to start fundraising straight away!"

So far David has raised an amazing £3,400 by holding a 5-a-side football tournament and signing up to a 140km cycle ride in Wales! Thank you David for your ongoing support! If you would like to support David you can visit his JustGiving here: www.justgiving.com/david-whitehouse17

New technology set to increase number of transplants by 50%

QEHB Charity has launched a brand new appeal to bring a cutting-edge piece of equipment to the heart department at QEHB.

'Heart in a Box' is a revolutionary piece of medical equipment that allows a donor heart to stay alive and beating outside of the human body. This ground-breaking technology allows surgeons to pump blood through the heart, keeping it beating outside of the body, preventing it from deteriorating. Rather than being stored in ice, the heart is kept warm by the machine. It can be kept for longer periods of time in a better condition, which is important for patients undergoing complex transplants and for hearts that are coming from long distances.

Now, a mother of one who underwent a lifesaving heart transplant at QEHB in 2015, is backing the Charity's Heart in a Box appeal.

Sarah Codling, a 30 year old from Woodgate Valley, underwent emergency heart surgery at Birmingham's QEHB after suffering Transposition of the Great Arteries (TGA), a congenital heart defect, since birth.

She said: "I have suffered with TGA all my life, but following the birth of my son, Jake, my health started to deteriorate rapidly.

"I was on the transplant list for three months, but then became extremely unwell and was placed on the urgent list, staying in hospital until a heart became available."

Sarah found herself barely able to walk or even breathe without extreme difficulty, and her mum became her carer.



She said: "It was really hard. My heart was always a ticking time bomb – I knew at some point it was going to deteriorate, but I didn't know when.

"Luckily I didn't have to wait long for a transplant, and eight days after going on the urgent list I had the life-saving operation."

Now, fully recovered and making bi-annual trips to QEHB for check-ups, Sarah is determined to raise money to help support other heart transplant patients. Having already raised a whopping £6,026 in 2015, Sarah is holding a charity fun day to top up her fundraising for the appeal.

She said: "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. This machine means that more patients will be able to make the most of organs that become available, more people can have successful transplants and more people will go on to make a full recovery like me."

Justine Davy, Head of Fundraising at QEHB Charity, said: "**Currently, not everyone who needs a heart transplant is able to receive one as there are not enough suitable organs available. By bringing Heart in a Box to the Queen Elizabeth Hospital Birmingham,**

surgeons will be able to carry out up to 50% more heart transplants every year, giving hope to patients who are desperately waiting for a transplant."

SUPPORT

To support heart patients at QEHB and donate to Heart in a Box, please go to toqehb.org/heart or call 0121 371 4852 for more information.

Challenge events

BIRMINGHAM INTERNATIONAL MARATHON

SUNDAY 15 OCTOBER
BIRMINGHAM CITY CENTRE

To be hosted for the first time in Birmingham, the International Marathon is a 26.2 mile event that passes some of the city's most iconic landmarks, including the Bullring, Cadbury Factory and Cannon Hill Park. If you're up for the challenge then why not run for QEHB Charity and support patients at Birmingham's busiest hospital? When you run for QEHB Charity you get exclusive access to hints and tips for training, a stylish running top, pre and post-race reception and even a sports massage!



Sign up today at runforbrum.org or contact charities@uhb.nhs.uk

BIRMINGHAM HOSPITALS' SNOWDON CHALLENGE

9 SEPTEMBER

Join the Queen Elizabeth Hospital Birmingham Charity, Heartlands Hospital Charity, Good Hope Hospital Charity, Solihull Hospital Charity and the Birmingham Community Healthcare Trust Charity and take on the largest mountain in England and Wales – Mount Snowdon! Whether you've never climbed a mountain before or you're a seasoned hiker you'll be in safe hands with a professional tour guide. Registration costs £45 and includes your return travel from Birmingham and a free packed lunch!

Go to qehb.org/events to sign up or contact Sophie.carroll@uhb.nhs.uk for more information.

INFLATABLE FAMILY FUN

Join QEHB Charity for hours of inflatable family fun at NPF, Bassetts Pole, Sutton Coldfield. Experience the famous Superhero it's a Knockout and total Wipeout course, and help raise money for patients at QEHB in the process! Tickets cost £20 per adult or £16 per child (over 8s only), and can be purchased online at qehb.org/events. For more information contact justine.davy@uhb.nhs.uk

Sunday 15 October,
Birmingham City Centre



Want to do a running event but not quite ready for the marathon? Then we have just the run for you! The Simplyhealth Great Birmingham Run is a half marathon, spanning 13.1 miles along the streets of Birmingham. Expect on-course bands and entertainment along the route to keep you motivated, as well as plenty of cheering throughout from the Charity team! If you run for us you will be helping to provide equipment, research and facilities 'over and above' what the NHS can fund.

To Run for Brum and raise money for patients at QEHB, head to runforbrum.org and sign up today, or contact charities@uhb.nhs.uk for more information.

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

Staff Superstars

Every day we are delighted to hear from our brilliant fundraisers, who give up their time to support patients at QEHB. Included in our wonderful charity champs are our 'staff superstars' who work at QEHB 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



Charity's atrium stand, selling Charity merchandise and collecting coins at the tea and coffee station.

QEHB Charity raised one million pounds to help bring a Centre for Rare Diseases to QEHB.

Farfia, who has worked at the centre since it opened in 2015, said:

"Everyone is really pleased to be able to raise money for the Centre for Rare Diseases. QEHB Charity has really helped to boost the profile of the centre so we are delighted to be able to work together and give something back for our patients.

"Recently we worked with the Charity to refurbish the Resource Room, which is used by patients on a regular basis as they wait for their appointments. With the Charity's help we purchased new blinds, lamps and pictures to help make the room feel colourful, bright and more homely, making it more relaxing for patients and families.

"As well as providing equipment for the clinic QEHB Charity has funded specialist staff, allowing the centre to run complex research trials. Patients are provided with a 'one

stop service' ensuring that as much care as possible is provided in one area, limiting the need for patients to travel across the hospital."

Our next 'well done' goes to a team of nurses, housekeepers, sisters, health care assistants and domestic staff who are grouping together to climb the highest mountain in England and Wales, Mount Snowdon, to raise as much money as possible to support elderly patients.



Judith Thornton, an auxiliary nurse on ward 518, said: "We will use the money we raise to buy an extra Sara Steady for the ward. This is a specialist piece of equipment

BIG

THANK YOU

to our fantastic staff superstars who have all gone over and above to help improve the hospital experience for patients and families at QEHB. Well done!

Our first shout out goes to Farfia Capper, Senior Research Nurse at the Centre for Rare Diseases, and her colleagues, who has gone over and above for patients.

The brilliant team of nurses have helped raise money to support QEHB Charity by holding bake sales, lending a hand at the

superstars

that helps patients who are unsteady on their feet to get to the bathroom more easily.

"This is going to be a huge challenge for all of us, particularly as we haven't done anything like this before! We're all really excited to raise as much money as we can for patients. Any donations, big or small, would be hugely appreciated and would really help to give us a boost for the big day."

SUPPORT

To support Judith, Linda, Louise, Amy, Kelly, Donna, Kirby, Jade, Natalie, Emily, Clare, Sarah, Chris, Alisha, Lisa and Abbey, please visit their Just Giving page at: www.justgiving.com/Judith-Thornton2

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "We are really grateful to Annie, Jo and Laura, for raising such a brilliant amount for QEHB Charity. Their kind donation will go a long way in providing research, facilities, equipment and added extras for haematology patients at the hospital."

Our final thanks goes to several brilliant haematology nurses who organised a fundraising night to raise money for the haematology department at QEHB.

Annie Price, Jo Bird and Laura Hazlett, nurses on ward 621, held the event at Kings Heath Cricket Club, which involved live music from band Blinkwatch and a raffle, with vouchers kindly donated by local businesses including The Plough Harborne, Henry Wong, Sculptures Hair Salon, La Banca in Cotteridge, The Birmingham REP Theatre, Artefact Café in Stirchley and Mitchells and Butlers pubs. Patients and staff from ward 621 also donated raffle prizes including bottles of wine, chocolates, candles and toiletries. The brilliant event raised £1,500 which was kindly split between QEHB Charity and Cure Leukaemia.



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 qehb.org or call 0121 371 4852 to speak to one of our friendly team members!

Thank you!



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, Twitter or Instagram.

Ashley Giles joins 100 mile bike race

Former England cricketer and newly appointed Sports Director at Warwickshire County Cricket Club, Ashley Giles, is the latest to join QEHB Charity at Velo Birmingham, a 100-mile closed-road bicycle race that is arriving in the second city on Sunday 24 September.

For Ashley, there was no question as to which charity he wanted to raise money for.

In 2006 he rushed back from the Ashes in Australia, where he was part of the England team, to be with his wife Stine, who had just been diagnosed with a brain tumour.

After successful removal of the tumour and further treatment, in 2012 they were both devastated to learn that two more tumours had been discovered, which required immediate attention.

He said: "The treatment Stine received was so new that she was one of the first people to go through it – she was treated on the TomoTherapy machine bought by the Queen Elizabeth Hospital Birmingham Charity just weeks before. Without it, there were few treatment options left. Stine experienced first-hand how important research and new treatments are so promised herself that if everything went well and her prognosis was good, she would endeavour to raise money to support brain tumour research in the future... and so the Giles' Trust was born"

Thankfully, Stine's pioneering treatment worked, and, although



she continues to have regular checks and scans, she is back enjoying life with her family. Along with Ashley, Stine set up the Giles' Trust at QEHB Charity which funds research and support to patients with brain tumours.

Ashley said: "As a cricketer by trade I am excited to try my hand at a new challenge, and cycling 100 miles in 24 hours will be just that – a challenge!"

"The work that goes on at QEHB is fantastic, and much of it wouldn't be possible without QEHB Charity, which raises money for extra research, facilities and equipment over and above what the NHS can provide.

"I hope people dig deep and feel inspired to sponsor my challenge, and more importantly, to help make a difference for future patients like my wife who may, one day, need the fantastic support of QEHB."



SPONSOR

To sponsor Ashley please go to www.justgiving.com/gilvelo or text ASHG94 and amount to 70070.

Your donations support groundbreaking research

Natalie Stokes, a 33 year-old single mother from Studley in Warwickshire is desperate to raise awareness of the debilitating condition which took her eight years to get diagnosed.

Natalie put on ten stone in weight in a mere two years, transforming her from an active twenty-something with a passion for horses and the great outdoors, to a 26-stone woman who struggled to get out of bed.

Although Natalie made multiple visits to her GP, the rarity of the condition meant that she struggled to receive an accurate diagnosis.

After years of being misdiagnosed, Natalie was referred to a specialist who diagnosed her with Cushing's disease.

Cushing's disease is caused by a small benign tumour on the pituitary gland in the brain, which controls the amount and types of hormones released into the body.

Natalie explained: "For the first time I felt listened to. I felt relieved to be ill."

When discussing her son, Charlie, aged five, Natalie said: "He is so loving, so helpful, he wants to help me, but I know it is important to let him be a child. Life can be challenging at times, but we are a close family who are always there for each other."

In 2016, Natalie began her treatment at the Queen Elizabeth Hospital Birmingham, having major surgery to reduce the size of her tumour. Surgeons accessed the tumour via a large cut made in the back of the nose.

One year on from the surgery Natalie said:

"Since having the operation, I've lost nine stone. It's made a big difference to my quality of life."

Now, Natalie is backing the Queen Elizabeth Hospital Birmingham Charity's plea to support research into pituitary illness.

The Charity funds research into the condition, conducted by University of Birmingham Researcher Niki Karavitaki.

Natalie added: "I would ask anyone who has ever experienced difficulty in reaching a diagnosis to consider donating to QEHB



Niki said: "We are really grateful to QEHB Charity for supporting our research into patients with pituitary illness. The more research we are able to carry out

means patients with pituitary illnesses can be diagnosed and treated much quicker."

Charity, to support research into this lesser-known but debilitating illness."

DONATE OR FIND OUT MORE

To make a donation please go to qehb.org/neuroendocrinetumours or for more information call 0121 371 4852.

Charity Champs

Loyal Caledonian Corks Club raises £5,500 for cutting-edge cancer equipment



Joanne Goodman and Richard Rudge of The Loyal Caledonian Corks Club based in Kings Heath, presented QEHB with a cheque for staggering £5,500 raised by holding events such as raffles and delicious fish and chip suppers!

The money raised will go towards a cutting-edge piece of equipment in the treatment of cancer.

The equipment, called a Laser Endomicroscopy machine, is the world's smallest microscope to enter the body and is groundbreaking in the field of stomach cancers.

Mike Hammond, Chief Executive of QEHB Charity, said: "This is a really exciting piece of equipment. We are extremely grateful for the funds raised by the Loyal Caledonian Corks Club which will go directly to providing care over and above that which the NHS can provide."

Solihull family donates £1,500 in support of the Queen Elizabeth Hospital Birmingham Critical Care Unit



Members of the Chauhan family were extremely thankful for the support and care that their father received last year whilst on the Critical Care Unit, especially the one-to-one care that the nurses offered, and the kindness shown to them as a family during a difficult time.

The family decided to donate £1,500 to the Charity and wanted the money to be used to purchase four TVs for the ward, which are

on stands so can be easily transported between patients, helping to keep them entertained during their stay in hospital.

Head of Fundraising, Justine Davy, said: "The support of the Charity by families who have been through a traumatic time is very humbling. The nurses on the ward care deeply for patients and their families. Mrs Chauhan told me that in her eyes the nurses are 'angels.'"

University rowing team rows to Paris for QEHB Charity!



Members of the University of Birmingham rowing squad took part in a 12 hour 'ergathon', rowing 502km (the distance from Birmingham to Paris) in the Atrium of the Queen Elizabeth Hospital Birmingham! Organised by Lotte Morris and Sarah Jackson, a team of 50 rowers took it in turns on the three rowing machines, raising over £1,100 for QEHB Charity and the university boat club.

Sarah said: "It was a great day but it was a last minute struggle to complete the distance inside 12 hours! In the end we did an extra 1.6km, but we had to do lots of sprints in the last two hours!" Sophie Carroll, Fundraising Officer at QEHB Charity said: "Thank you so much to all the amazing rowers for their hard work in completing the challenge and raising a brilliant amount of money for the Charity."

Choir raises funds to the tune of £1,576



Members of the Good Company Singers raised £1,576, through a concert they performed at St Peter's Church in Little Aston.

The idea for the fundraising concert came to fruition after one of the choir members, Christine Besanko, received treatment at the Queen Elizabeth Hospital.

Christine commented: "It was lovely to be able to present the cheque at the hospital alongside some of the choir members who have supported me personally and worked hard to organise a great event which raised an amount far beyond my expectation."

"I am so grateful to the staff who have looked after me and it is lovely to be able to say thank you by making this donation."

Funds raised at the concert have been directed to the Cancer Immunology and Immunotherapy Centre (CIIC).

Pioneering new cancer research suggests it is our immune system which could help find a cure. CIIC exists to bring experts together to focus on developing tumour immunology research, translating discoveries into improvements in cancer treatments.

Curry night with sporting stars raises £3,200



Ashley Giles, former England cricketer and current Warwickshire County Cricket Club Sporting Director hosted a curry night at the fabulous Deedar in Barnt Green, with guest of honour former football player and manager, Ron Atkinson. Guests were treated to an evening of exquisite food, great company

and interesting sporting chat. Overall the night raised £3,200 for QEHB Charity and the Giles' Trust.

The Giles' Trust was set up by Ashley and his wife Stine to fund vital research into brain tumours at the Queen Elizabeth Hospital Birmingham. The fund was set up following Stine's successful treatment to remove three brain tumours, on two separate occasions.

Cathryn Worth, Fundraising Manager at QEHB Charity said: "Thanks to Ashley for arranging another successful curry night! Everyone had a great time and raised a wonderful amount of money that will continue to fund the world class research here at the Queen Elizabeth Hospital Birmingham."

Huge thanks also goes to...

Freeths Solicitors

Harriett Smith

Highter's Heath Nurse School

Katherine and Stephen Sinfield

Samantha Craig

The family of Claire Khan

Umami Harborne

Reduced tickets for QEHB Charity supporters



Birmingham City Football Club has been offering reduced price tickets for QEHB Charity supporters for the past three seasons and will continue to do so next season!

The club has donated 50% from every ticket sold through the ticket incentive scheme to the Charity, helping to raise vital funds to support patients at the hospital.

Cathryn Worth, Fundraising Manager at QEHB Charity, said: "We're delighted that Birmingham City Football Club has decided to continue its support for the Charity through its generous discounted ticket scheme."

"We hope lots of football fans will enjoy this incentive whilst helping to raise money for the Charity."

To purchase your ticket please contact Helen on 0844 557 1875 and selection option 2 to input the code QEHB8931.

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