

love qehb



Issue 21

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  qehbcharity  qehb.org



Doctors and patients join forces to Do it for Brum!

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

Thank you!

Mike's letter



Thank you!

Happy new year! I'm delighted to welcome you to the first newsletter of the year, packed with information on our exciting events, fantastic charity champs, and patients and families that have benefitted from your generous donations.

We're especially excited to introduce the army of altruistic athletes who will 'bike for Brum' and take on Vélo Birmingham, a new 100-mile, closed-road bike ride taking place in September. I'll be taking on the challenge myself; we still have a limited number of Golden Bond places available, so make sure to get in touch and join the team!

Vélo Birmingham isn't the only new event coming to the second city this year, with the Birmingham International Marathon taking place on the same day as the Morrisons Great Birmingham Run in October. If your new year's resolution is to

get fit, what better motivation than to train for a half or full marathon?

Don't forget to read about the groundbreaking research into potential cancer drugs your donations have funded that are set to bring new trials to local patients. As always, we've got loads of charity champs and staff superstars to tell you about - we're honoured to have the support of so many dedicated fundraisers and can't wait to carry on working with you in the year ahead.

Remember to keep in touch! Find us on social media and share your photos and comments or fill us in on your fundraising plans. You can also email charities@uhb.nhs.uk.

Once again, thank you for your hard work and support; we couldn't do it without you!

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...

Friends of the QE

Turn to **page 4** to read about Friends of Queen Elizabeth Medical Centre, a group of dedicated volunteers who have been supporting QEHB for over 45 years, who have merged with QEHB Charity and will be continuing to Sprinkle Some Magic around the hospital.

Do it for Brum

Turn to **pages 6-9** for a special number feature on Vélo Birmingham, our full year of running events, and other ways you can raise money for patients this year. We've included plenty of examples of our Everyday Heroes to give you some new year's inspiration!

Celebrate our Staff Superstars

We wouldn't be able to do what we do without the continued enthusiasm and support of Queen Elizabeth Hospital Birmingham staff, who time and again go over and above to give their patients the best possible care. This issue, we're celebrating them: turn to **pages 14-15** to read more.

Charity Champs

As usual, we've got dozens of charity champs from throughout the year whose fab fundraising is continuing to help us support staff, patients and families. Read all about them on **pages 10-11** and **18-19**.



Fisher House



Queen Elizabeth Hospital Birmingham



Dates for your diary

Corporate networking evening

April 2017

Are you a business or individual looking to support patients at QEHB whilst meeting other professionals in the region? QEHB Charity holds exclusive fundraising networking evenings throughout the year, providing a great opportunity to network with other business professionals whilst helping to raise vital funds for the busiest hospital in Birmingham. If you'd like to be added to our corporate mailing list, please email laura.power@uhb.nhs.uk or call 0121 371 4852 for more information.

National Heart Month

FEBRUARY 2017

Help raise money for patients at QEHB throughout February's heart month, by visiting QEHB Charity's atrium stands in February. Pick up your own heart-shaped badge and help to support heart transplant patients at QEHB. For more information please call Laura Power on 0121 371 4852.

DANCEATHON

Sunday 2 April
Snobs nightclub
Birmingham

Get your groove on and help raise vital funds for patients at QEHB, by joining QEHB Charity's first ever Danceathon! The event will take place at Snobs nightclub located on Smallbrook Queensway at the corner of Hurst Street. For more information please contact cathryn.worth@uhb.nhs.uk or call 0121 371 4852.

Curry Night

March
Deedar Indian Restaurant
Bart Green

Join QEHB Charity for a fantastic evening of great food and entertainment, and help raise money for The Giles' Trust, which supports brain tumour research at the Queen Elizabeth Hospital Birmingham. **Event details will be added to the website so be sure to bookmark www.qehb.org/events for more information, or contact cathryn.worth@uhb.nhs.uk**



Aegon Classic Tennis Tournament

Monday 19 June, Edgbaston Priory Club

Join QEHB Charity for a fantastic day of tennis and see some of the world's most famous tennis players take to the court in the most celebrated lead up to Wimbledon! QEHB Charity is offering discounted upper tier seating for just £5 per ticket, as well as a luxury hospitality option for £99 including a champagne reception, three course lunch, afternoon tea and a free bar throughout the day.

To join us please visit www.qehb.org/events or for more information please contact justine.davy@uhb.nhs.uk



Friends of Queen Elizabeth Medical Centre continue to Sprinkle Some Magic

For over 45 years, a group of dedicated volunteers has been supporting the hospitals on the site of the Queen Elizabeth Medical Centre - including both old and new Queen Elizabeth Hospitals, Birmingham Women's Hospital and Birmingham and Solihull Mental Health Hospital.

The Friends of QEMC have provided many items and services that help patients and their families, from dementia-friendly crockery to assist with patients' meals, to extra wheelchairs in the hospital atrium.

Visitors will also see evidence of their support every time they come to the hospital. The striking art sculpture outside the main entrance, named The Future, was paid for thanks to a generous legacy left to the Friends of QEMC.

Patients being treated at the Centre for Rare Diseases can be thankful to the Friends for the speed of dispensing their prescriptions - again, thanks to a generous legacy, the Friends of QEMC were able to donate a Pharmacy Robot to the Centre.

At their 2016 AGM, the Friends of Queen Elizabeth Medical Centre decided to merge with QEHB Charity, and we are delighted to be working closely with them.

Led by secretary Sandra Haynes MBE and treasurer Wendy Marks, the Friends will continue to meet staff and patients throughout the hospital, looking for ways to go over and above what the NHS can fund. They will also be helping to administer the Charity's Sprinkle Some Magic scheme, where small grants are available to make things better or easier for patients and their families.



Here are just a few examples of how your donations have helped us to Sprinkle Some Magic throughout the hospital. From games to cake stands, your donations have helped spread a little magic to lots of wards throughout QEHB.

Claire Lynch, Ward Sister at QEHB, applied for a £500 grant to purchase a variety of games for her patients with brain injuries, as well as a tablet and DVD player. She said: "Thanks to QEHB Charity we were able to buy a range of games for all ages, including Snakes and Ladders, which helps patients develop turn taking and following rules, as well as word matching games which can help patients' speech and object recognition."

Ward Matron, Teresa Deakin, has been helping liver and GI patients get on track to recovery, with help from the Sprinkle Some Magic scheme. Teresa first applied for funds in August 2015, when she purchased a selection of board games, from Chinese Chequers to Connect Four, to help stimulate elderly people receiving care on Ward 726, which treats liver patients.

Following the success of those purchases, Teresa requested a similar set for Ward 727, which cares for patients with liver and gastrointestinal problems. The

games provide much-needed entertainment for patients who may need to stay in hospital for a while, as well as being an invaluable source in aiding cognitive recovery for patients whose condition makes them disoriented or easily confused. Also sprinkling magic thanks to the grant scheme is Jo Bubb, Activities Coordinator at QEHB. Jo received a grant to buy cake stands, table cloths, DVDs, cassette players, radios, books, games, active minds puzzles and painting books, which she split equally for various wards across the hospital.



FIND OUT MORE

For more details on Sprinkle Some Magic, please contact Tina Hales on 0121 371 4852 or charities@uhb.nhs.uk

5 minutes with...

Roberta Batchelor

Senior Sister at Queen Elizabeth Hospital Birmingham

We caught up with Roberta Batchelor, Senior Sister at QEHB, who has worked at the hospital for over three decades!



Hi Roberta. Can you tell us a bit about yourself?

Hi! I'm 56 years old, a Senior Sister at QEHB and I live in Birmingham. I've lived here since 1974 and I've now worked at QEHB for 35 years.

Wow! That's impressive. Tell us more about your career at the hospital.

I began working in the hospital when I was 21, as a domestic. Before that, I used to work in Wimpy! I started in September 1981, about seven months after the birth of my first child. After six months in that role, I started working as a nursing auxiliary - which I did until 1999 - and became the first auxiliary in the Trust to have an NVQ Level Two and Three. I became a nurse and I'm now the Senior Sister/Ward Manager on Ward 302, the Surgical Emergency Unit.

So what do you enjoy most about the job?

Every day's a new challenge! I love my team on the ward, and I love working for the Trust. My favourite part, though, is definitely caring for patients. I'm a real advocate for patients, and I want to ensure they have the best possible standard of care. It's the feedback you get that makes

it all so worthwhile, knowing that you've made a real difference to someone's experience. If I couldn't make a difference, I wouldn't be here.

What are you proudest of?

In 2015 I won the Nursing Pride of Birmingham, and I've been nominated again this year which is really lovely. My unit has won an award for Most Outstanding Team as well. I do a national conference every year where I give a talk called 'Managing a ward to be proud of'.

So, what do you do when you're not at work?

I love going for food with my friends and hitting the dancefloor - and looking after my five grandchildren!

What would it surprise people to know about you?

Not many people know that I was a member of Team GB during the 1980 Winter Olympics at Lake Placid! I was in the speed-skating team but came in last.

That's amazing! Thanks for sharing your story with us, Roberta. Before we let you go, what would you say to anyone thinking about donating to QEHB Charity, or staff members considering applying for funds?

I think QEHB Charity is absolutely wonderful. The team is very approachable and never let me down; everything I've applied for where I've been able to show the benefit to patients, they've given us funds for. I've had TVs and equipment for patients, and we get vouchers at Christmas, plus QEHB Charity funds the Best in Care awards which are so important for staff morale - I don't think people realise just how big the scope is of what the Charity does for the Trust. Please donate to the Charity if you can - your money will never be wasted here.

“Every day's a new challenge! I love my team on the ward, and I love working for the Trust. My favourite part, though, is definitely caring for patients.”

Roberta Batchelor



Bike For

On Sunday 25 September 2017, Vélo Birmingham, a 100-mile, closed-road bike ride, will come to the second city for the first time.

Boasting a route that spans three counties, Vélo Birmingham tickets sold out within days of going on sale - but you can still take on the cycling challenge of a lifetime while raising money for patients at Birmingham's biggest hospital.

QEHB Charity has a limited number of extra Golden Bond spaces on sale. The price of entry is £40, with each Golden Bond entrant pledging to raise £400 or more for military patients, patients with cancer or the Queen Elizabeth Hospital as a whole. To find out more go to www.bikeforbrum.org

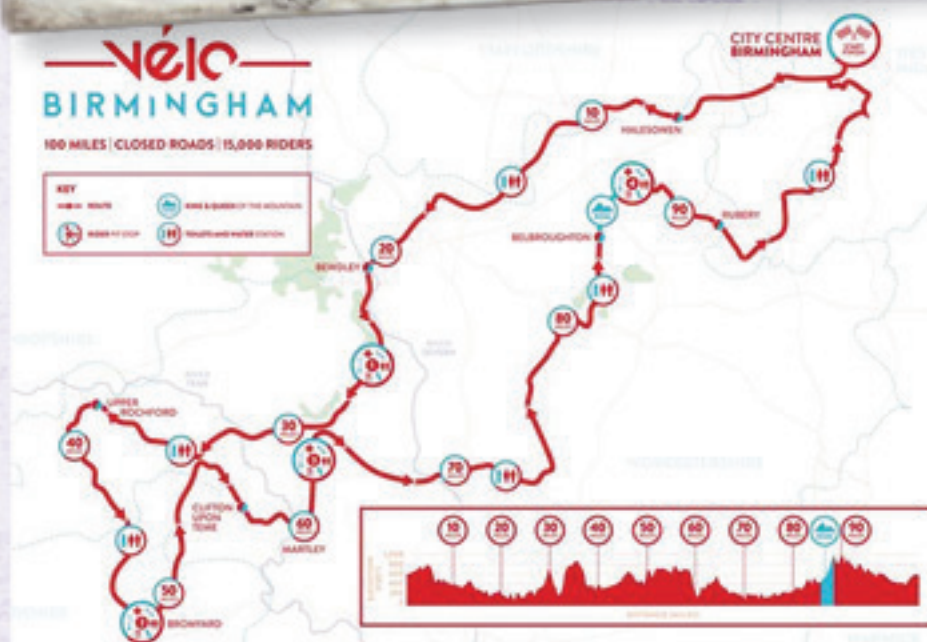
Why should you bike for Brum?:

QEHB Charity works to improve the hospital experiences of patients from Birmingham and beyond. With one million people now receiving treatment at the Queen Elizabeth Hospital Birmingham every year, if you live in the area you probably know somebody who has spent time there. Cycling for QEHB Charity gives you access to training hints and tips, a fantastic cycling vest, personal fundraising support and plenty of cheering on the day!

For this year's inaugural Vélo Birmingham, QEHB Charity is offering cyclists the choice to ride and raise for either Team Military, Team Cancer, or Team QE.



Just a handful of the more than
who have signed up to b
Sign up at www.bikeforbrum.org



r Brum!



one thousand cyclists
bike for Brum
forbrum.org

**Are you taking on
the challenge?**

Tweet us using
[#bikeforBrum](https://twitter.com/bikeforBrum) to let us know
how training is going!

A father of four, Richard Taylor, is one of the thousand-strong team preparing to don their cycling vests and helmets in aid of Birmingham's biggest hospital, as he joins the race in the city's first ever 100-mile, closed-road bike ride.

Richard, a Sales Director from Tunbridge Wells, Kent, who lives with his wife Sabrina, will embark on the challenge to raise money for QEHB Charity's 'Team QE'. The 31-year-old, who first mounted the saddle to cycle 12 miles to and from work just two months ago, said:

"For as long as I can remember I have always enjoyed cycling, but was never able to get out as much as I wanted to. Since I began cycling to work I've found a real passion for it, so as soon as I heard about Vélo Birmingham I knew this was the challenge for me!

"There was no doubt in my mind about which charity I wanted to support, and I'm so excited to be part of QEHB Charity's team. It's wonderful to be able to support a fantastic hospital that's local to Birmingham, where Vélo will be taking place. I'm from Kent and have only been to Birmingham a few times, but I love the atmosphere and how friendly people are. I also have friends who have experienced first-hand just how dedicated the staff are and how brilliant the hospital is, so I'm really pleased that I can take part in this great event in Birmingham, in support of a great hospital in Birmingham.

"I'm hoping to raise over £600 for QEHB Charity and I'm confident I can do it. Any donations would be greatly appreciated!"



Run For Brum!

The coming year will see a bumper selection of running events kick off in Birmingham, from the Morrisons Great Birmingham 10k in April to the Birmingham International Marathon and Great Birmingham Run in October.

Morrisons Great Birmingham 10k

Taking place in the City Centre, the Great Birmingham 10K is set to return on Sunday 30 April. Join former Critical Care patient Kelly Jackson, who will be taking on this 6.2 mile event using a running blade for the first time. For more information please go to www.runforbrum.org or email laura.power@uhb.nhs.uk

DO IT FOR BRUM!



Birmingham International Marathon

To be staged for the first time on Sunday 15 October, the Birmingham International Marathon will cement the second city's position as the European capital of running. The 26.2-mile event will start at Alexander Stadium, taking in a number of the city's most iconic landmarks before finishing in the city centre. If you are interested in taking part in this event for QEHB Charity, please go to www.runforbrum.org or email laura.power@uhb.nhs.uk

Charlotte Smith, a 21-year-old law student at the University of Birmingham, took on the 2016 Morrisons Great Birmingham Run, on Sunday 16 October, raising hundreds of pounds for patients. She chose to run for QEHB after her mother, Deborah, was admitted to hospital three years ago.



"My mom was having trouble walking, and it got to a point where she couldn't get out of bed. She ended up completely unable to walk and lost some of the use in her arms," said Charlotte.

"Eventually, she was diagnosed with a very rare neurological illness called AAG."

Charlotte took on the Great Birmingham Run for QEHB Charity to say thank you. She said: "I'm running because I don't know what we would have done without those doctors. The care they gave my mom was second to none."

"I'd like to thank the hospital, and all of the staff on Ward 411. It was an emotional eight months, and the support my family and I received in this time was outstanding. I couldn't be more grateful."

Morrisons Great Birmingham Run

Taking place on the same day as the Birmingham International Marathon, the established annual half marathon will also kick off on Sunday 15 October. The 2016 event was another huge success for the QEHB Charity team, and this year's runners can expect the usual access to training hints and tips, running vest, personal fundraising support and plenty of cheering on the day! Email laura.power@uhb.nhs.uk to register your interest, or head to www.runforbrum.org

DO IT FOR BRUM!

Are you taking on a running challenge for QEHB patients?

Tweet us using **#runforBrum** to let us know how training is going!

Do it For Brum!

You don't need to be an athlete to support patients. QEHB Charity has a range of events throughout the year and our fabulous fundraisers are always thinking of creative ways to get involved.

Take on the challenge of a lifetime and join one of our QEHB 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 www.qehb.org/events or contact laura.power@uhb.nhs.uk



DO IT FOR BRUM!

Why not make like Mary Berry and get your school, office or friends to come together for a bake sale? Everyone loves an excuse to eat cake for a good cause, and every year dozens of QEHB Charity supporters take to their kitchens to raise money for patients - so don your oven mitts and join in!



DO IT FOR BRUM!

Sarah Codling, 29, received a life-saving heart transplant in January 2015, having lived with a congenital heart defect since birth. Inspired by the staff who cared for her during her hospital stay, operation and recovery, Sarah decided to put on an event with a difference to raise money.

Sarah organised a 'wax off' event at a bar in Harborne, where 20 brave male volunteers were sponsored to go under the wax-strip, supervised by professional beauticians who volunteered their time and equipment. The event was a resounding success, raising more than £6,000 for QEHB Charity's Heart and Lung Transplant fund.

Charity Champs

Birmingham temple raises thousands for breast cancer research



Charity Champs

To mark the start of Navratri, a nine night and ten day long Hindu festival, Birmingham Pragati Mandal (BPM), the Hindu temple in Sparkbrook, Birmingham, again demonstrated its wonderful generosity by presenting a cheque for £3,200 to QEHB Charity Chief Executive, Mike Hammond, in support of the Charity's Breast Cancer Appeal.

BPM are dedicated supporters of QEHB, having previously raised thousands in support of different areas of the hospital, including a further £3,200 last year in support of the charity's Brain Surgery Appeal.

Staff take leap of faith for patients



Charity Champs

Staff from A-Plan Insurance, at 75 Bull Street in Birmingham, took part in a death-defying skydive to raise money for QEHB Charity. James Haynes and Josh Portman made the journey to Hinton

Airfield near Brackley, on Saturday 10 September, to throw themselves from a plane in QEHB Charity's tandem jump, raising vital funds for patients at QEHB.

Patient who feared she would never walk again raises hundreds



Charity Champs

In October 2015, Deborah Harper, from Wolverhampton, was admitted to the Queen Elizabeth Hospital Birmingham for a life saving operation following a bleed on the brain. Affecting her left side, and with her health quickly deteriorating, Deborah feared she would never walk again.

One year on the brave grandmother, along with friends, completed a challenging sponsored walk, raising a fantastic £500. She kindly presented a cheque to QEHB Charity Fundraising Assistant, Sophie Carroll, with her granddaughter, Amelia-Rose, who she says is one of the reasons she kept fighting.

Kind-hearted kids bake cakes for cancer

Abigail and Daniel Heyes, a baking duo and superstar siblings, kindly raised money for the cancer appeal at QEHB, after being inspired by their Dad's nine to five at QEHB. Doctor Geoff Heyes, CyberKnife Lead Scientist, works in the hospital's cancer centre. CyberKnife is a pain-free, non-invasive alternative to surgery, delivering doses of radiation at sub-millimetre accuracy. It was funded by QEHB Charity through the QEHB cancer appeal, helped by Geoff's fantastic enthusiasm, which has clearly been passed on to his children!



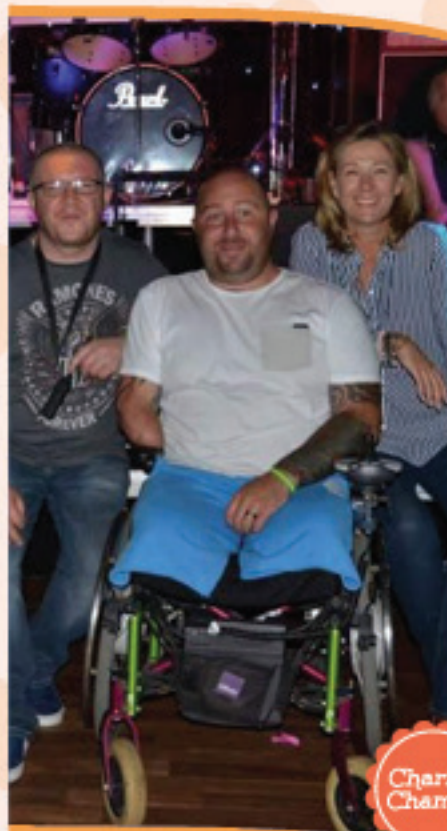
The kind-hearted school kids baked all the cakes themselves, and held a cake sale on their road, raising a whopping £423 to benefit cancer patients at QEHB. Well done Abigail and Daniel!

Thank you!

Are you taking part in fundraising for QEHB Charity?

Send us your photos on Twitter & Instagram using #LoveQEHB or #QEHBCharity. We love seeing what you've been up to!

Music lovers rock 'n' roll in aid of military families



Lee Judge, DCA Collections Specialist at npower, organises an annual music festival in West Bromwich every year. Following a visit to Fisher House, a 'home away from home' for military patients and their families, the kind-hearted host decided to donate all proceeds raised by the event to Fisher House. With generous matched funding from npower, the festival, held at Greets Green Sports Bar, raised a fantastic £4,620, which will be used to support military patients and their families in their time of need.

Thank you!

Brave team tackles military challenge for patients



A team from construction company Willmott Dixon braved the mud in support of military patients and their families by competing in Bom Survivor, a gruelling obstacle course designed by ex-Royal Marines. The event challenged even the most experienced gym-goers and fitness fanatics, spanning ten kilometres with plenty of tough

and muddy obstacles included.

The generous team took part in the event to raise money for Fisher House, a 'home away from home' for military patients and their families. Since its opening in 2013, Fisher House has provided free accommodation for more than 10,000 families.

Loving widow raises tens of thousands for prosthetics at QEHB

On Thursday 13 October 2016, fundraiser Sarah Macrow visited the Queen Elizabeth Hospital Birmingham to deliver in person a further £32,000 for the Maxillofacial Prosthetics Department, having already given £15,000 to the department earlier this year.

The Maxillofacial Prosthetic Department at QEHB creates facial prosthetics for people with facial cancers or injuries, and is at the forefront of reconstructive surgery services in the UK. Sarah began her fundraising after her beloved husband, Chris, tragically died in a cycling accident in September 2014.

In memory of Chris, Sarah has held a number of events, with the support of friends, companies and individuals who have donated, sponsored or volunteered. In February 2016, Sarah, who lives in Solihull, held a memorial concert over two evenings, with Chris' friends and family performing a range of his favourite songs. In total, Sarah has now raised over £60,000, which has been split between QEHB Charity's Maxillofacial Prosthetics fund and the St James' Place Foundation.



Thank you!

“Sarah has raised a fantastic amount in memory of Chris and has enabled us to purchase new equipment for the department that will ensure they are able to maintain the excellent level of care they give to patients.”

Mike Hammond, Chief Executive at QEHB Charity

Thanks to your generous donations, QEHB Charity has recently funded advanced new 3D planning software to the value of nearly £40,000 for the Maxillofacial Prosthetics Department. The software will allow the team to go over and above for their patients, delivering an excellent standard of service that goes beyond what could be achieved without charitable donations to bolster the NHS' finite resources.

Prosthetists at QEHB use a 3D printer, also purchased thanks to donations, to create precise and realistic facial prosthetics for people who have an injury or illness and need to have reconstructive surgery.

Each patient will have an individual prosthetic tailor-made for them; go to the QEHB Charity Youtube channel to watch our video with Stefan Edmondson, Consultant Maxillofacial Prosthetist, to find out more about the department's fascinating work.

The new imaging software means that the team can now use the printer to produce patient-specific templates that can be used before and during operations to help surgeons, reducing theatre time significantly. The software can also be used with a handheld scanner purchased for the department by QEHB Charity to show patients what their prosthesis will look like; before the surgery, the patient will have

a quick, painless scan to bring up a computer-generated image of their face which the doctor can then manipulate to show the patient what they will look like when their prosthetic is in place. Stefan said: "This is really helpful in enabling people to prepare for their surgery and reducing anxiety about not knowing what to expect."



Challenge events

BIRMINGHAM INTERNATIONAL MARATHON

SUNDAY 15 OCTOBER
BIRMINGHAM CITY CENTRE

To be staged for the first time in October, the Birmingham International Marathon will cement the city's position as the Capital of Running. The 26.2 mile event will start at Alexander Stadium, taking in a number of the city's most iconic landmarks before finishing in the city centre. Running as part of QEHB Charity gives you access to personalised fundraising support, plenty of cheering on the day, one of our fantastic running tops and a pre and post-race reception, including a massage!

To Run for Brum and help raise money for Birmingham's biggest hospital, head to runforbrum.org and sign up today, or contact laura.power@uhb.nhs.uk for more information.



BORN SURVIVOR | SATURDAY 13 MAY

CAPESTHORNE HALL, MANCHESTER

Are you a Born Survivor? Join QEHB Charity at Capesthorne Hall and take on the ultimate military obstacle course! With a 10K run and over 30 obstacles to face, you will certainly get wet, dirty and feel the bum on this fantastic course. Registration for people supporting QEHB Charity is reduced to £50, including travel to and from Manchester. If you are a team leader, you can get your place for free - just sign up nine of your friends to gain the free place! To book your place please visit www.qehb.org/events or call 0121 371 4852.

Morrisons great birmingham 10k

Sunday 30 April,
Birmingham City Centre

Taking place in the City Centre, the Great Birmingham 10K is set to return in May. The 6.2 mile event will see new and experienced runners take to the streets as they pass various city landmarks and enjoy tunes from 1970s, 80s, 90s and 00s. To sign up to race as part of QEHB Charity's team, and to help raise money for patients at QEHB, please go to www.runforbrum.org or contact laura.power@uhb.nhs.uk for more information.

Morrisons great birmingham run

Sunday 15 October,
Birmingham City Centre

The Great Birmingham Run is back for another year! Join the QEHB Charity team and help raise vital funds for patients at QEHB. You can choose to run as part of 'team doctor', 'team nurse' or 'team patient', with each team being led by a QEHB doctor or nurse, or a patient who has been treated at the hospital. Remember, you don't have to be a doctor, nurse or patient to join the half marathon! All monies raised will go directly to helping patients and staff at QEHB. Runners can also receive free entry to the race by pledging to raise £150 sponsorship. Sign up today by visiting www.runforbrum.org or contact laura.power@uhb.nhs.uk for more information.

VÉLO BIRMINGHAM

SUNDAY 25 SEPTEMBER, BIRMINGHAM CITY CENTRE

For the first time ever, Birmingham will host a 100-mile closed road cycle, with 15,000 cyclists expected to take part, and over 1,000 already signed up to ride for QEHB Charity. The event will be one of only three closed road cycles in the UK. QEHB Charity has a limited number of extra places available for the ride, so if you'd like to take part please head to www.bikeforbrum.org and sign up today. Registration costs £40 with a minimum sponsorship of £400. For more information please contact charities@uhb.nhs.uk or call 0121 371 4852.



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

At QEHB Charity we couldn't support patients without the fantastic commitment of our wonderful fundraisers, and you only have to head to our Charity Champs spreads to see just how many people kindly and selflessly give up their time in aid of patients at QEHB. Included in our wonderful 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'll be saying a

**BIG
THANK YOU**

to our fantastic Staff Superstars, who have all taken on a challenge to help raise vital funds for QEHB. Well done!

Our first shout out goes to three cancer nurses from Ward 621, who bravely conquered the fastest zip line in the world to raise money for patients.

The dedicated nurses, who all work on the chemotherapy day unit at QEHB, took to the skies on the Velocity zip line, which is not only the fastest in the world but the longest in Europe and often reaches speeds exceeding 100 miles per hour, in Bethesda, North Wales.



Melanie Nicklin, Ward Sister, was joined by her partner Daniel Astley, fellow Ward Sister Melany Lowe, and Staff Nurse Helena Breen. The team's fundraising efforts were a resounding excess, with over £1,800 raised for patients.

Melanie said: "We were inspired to raise money by the courage and determination that we see in our patients every day. At one point in our lives we will all feel the effects of cancer, or know someone who has cancer. All proceeds will go toward the facilities and services on Ward 621, to try and make everyone's battle with cancer as uplifting and positive an experience as it can be."

All proceeds have been donated to QEHB Charity's fund specifically for Ward 621, directly benefitting patients with cancer at the hospital.

FIND OUT MORE

For more information about how QEHB Charity supports cancer services, go to www.qehb.org/qehbcancer

Our next 'hats-off' goes to fantastic nurses on the Clinical Decisions Unit (CDU), as well as the Research and Development team at QEHB, who pounded the pavements in Birmingham's half marathon to improve services for their patients.



The Morrisons Great Birmingham Run is an annual half marathon that takes place every October in Birmingham City Centre. Nurses Cait Nee, Sarah Ince, Hannah Laughler, Katrina Coleman and Steph Oakley, along with OPAL Team Leader Natalie Morton, and Healthcare Assistants Georgina Roberts and David Morey, decided to run to raise funds for their ward through QEHB Charity.

Cait said: "Our unit is a busy one, and it can be a stressful and uncertain time for patients and their families. We want to raise money to provide added extras that will help make their time with us as positive as it can be."

Superstars



The Research and Development group, including Philip Watson-Jones, Aaron Laming, Sarah Rogers, Zohur Miah, Jushil Kudhail, Mike Smith, Tom Rollinson, James Turner, Hamzah Manjra, Steve Smith, and Joy Johnson, represented Team Doctor in the race, along with friends and family members.



Philip Watson-Jones, Genomics Project Manager, said: "We decided to run in Team Doctor for QEHB Charity because the Charity funds so many important projects around the hospital, including groundbreaking research, so we wanted to do our bit to help. I'd like to say a huge thank you to everyone who sponsored us, we had great fun on the day and can't wait to take part again in the future!"

Our final thanks goes to a team of sporty radiotherapists at QEHB, who endured an extreme fitness challenge to raise money for QEHB Charity.

The team, which included Radiographers Chris Sharpe, Brogan Hadland, Alice Stanford, Helen Joyce, Hayley Carruthers, Perie Mortiboys, Katie Thorpe, Nawaaz Ibrahim and Harrison Smith, bravely competed in the X-Runner Wild Warrior, in Derby. The 10K obstacle race took place on Saturday 1 October, and included over 70 obstacles from balance beams and giant walls, to cargo nets and fire. Chris Sharpe, who has worked at QEHB for just over a year, said: "We all work at QEHB's radiotherapy department, so we decided to raise money specifically for

patients on our department, to help improve their overall experience whilst at hospital.

"As a group, we really wanted to do something that was challenging but also fun at the same time, which is why we decided on, what sounds like, a very muddy obstacle course!"

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



Are you a QEHB staff member who has endured a challenge event, completed a marathon or held a cake sale in aid of your patients? Would you like to be featured in our next round-up of fantastic Staff Superstars? Please get in touch and let us know - we would love to hear from you! Email charities@uhb.nhs.uk or contact us on Facebook, Twitter or Instagram.

How your donation

Thanks to your generous donations to the QEHB Cancer Appeal, in 2016 QEHB Charity awarded its largest ever grant, worth £1 million, to fund cutting-edge research to find existing drugs, already sold in normal pharmacies, that can treat, or even cure, cancer.

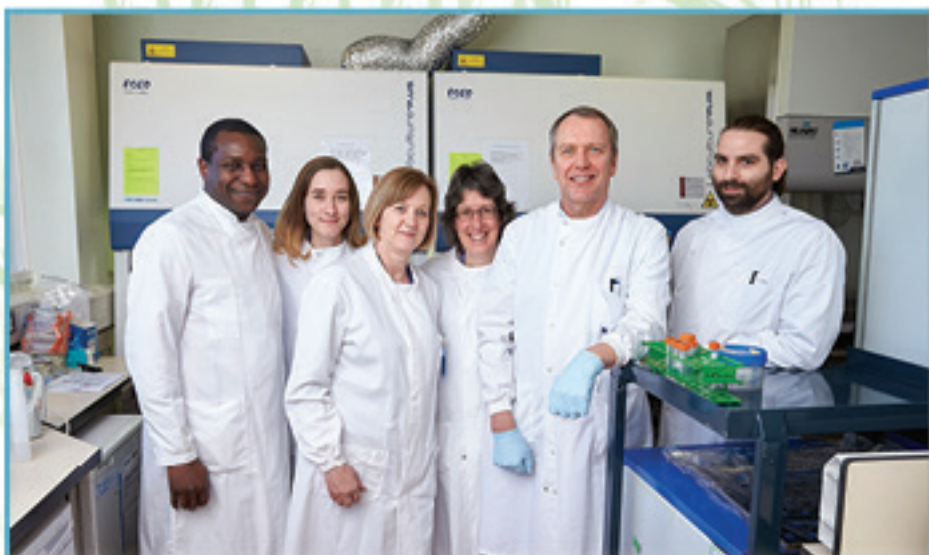
The research grant was made in partnership with head and neck charity Get A-Head, to support the exciting research of Professor Hisham Mehanna, Chair of Head and Neck Surgery at the University of Birmingham's Institute of Head and Neck Studies and Education (InHANSE). Called the Accelerated platform, Professor Mehanna's exciting research examines drugs that are already on the market, which are currently used to treat non-cancer related illnesses like diabetes or epilepsy.

Developing brand new drugs through pharmaceutical companies using conventional approaches can take up to 15 years before the drugs reach patients; and even then there is a 90%

chance they will be found not to work. By repurposing existing drugs, patients with cancer will be able to access potentially life-saving medication more quickly and cheaply. This will make a vital difference to the treatment of cancer; not only head and neck cancers, but potentially other cancers too.

Professor Mehanna, alongside QEHB Charity Research Fellow Nikos Batis and Get A-Head Research Technician Baksho Kaul, has - after three years of research, during which time thousands of drugs have been screened - reached the stage where **drugs are ready for human trials.**

Patients receiving treatment in Birmingham will be among the first to potentially benefit from this landmark research, but if the trials are successful these repurposed drugs could be available in trials to patients the country over in only two or three years; a vast reduction from the 15-year waiting period that can be associated with making new drugs.



QEHB staff are conducting groundbreaking cancer research



Professor Mehanna said: "Although head and neck and thyroid cancer is the seventh most common cancer in the UK, it does not feature in the list of top fifteen most-funded cancers

The
ye

ns have been spent



means that unfortunately survival rates have not improved very much over the last 30 years.

“Through the Accelerated platform, local patients will gain access to the latest drugs well before their availability in normal clinical practice or nationally. The availability of better and more effective treatments will help improve survival rates in patients with head and neck cancer; and, because the cost will be reduced, more patients will benefit due to the healthcare savings made.

“We have now reached a hugely exciting stage in our research where we are ready to begin human trials, meaning we are closer than ever to providing patients with innovative, new - or rather, repurposed - treatments.”

QEHB Charity has also been able to fund staff training and development across many hospital departments, including Neurology. Ward Sister Claire Lynch applied for £4,000 to fund a variety of courses and conferences for staff in her team to attend, and throughout

2016, 30 different members of staff were able to access 11 different courses and conferences.

These included the British Association of Neuroscience Nurses Conference held in Belfast, where four members of staff gave presentations, Brain Tumour Study Days, Brain Injury Symposia, places at SIA Spinal Day, Syringomyelia Study Days, and courses on Trache and Challenging Behaviour. As well as being able to keep up to date in new treatments, strategies and procedures staff also benefit from networking with staff from other hospitals leading to sharing experiences and best practice.

FIND OUT MORE

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

ank
u!

In terms of research, and because pharmaceutical companies tend to concentrate on the five most common cancers, not many new treatments are being produced. This



Claire Lynch with other Neurology staff members

Charity Champs

Freeths Solicitors partners with QEHB Charity



Freeths Solicitors' Birmingham office has kindly chosen to support QEHB Charity as its charity partner for the next 12 months, and will host a whole range of exciting fundraising events, to help raise as much money as possible for patients at QEHB. Ranging from movie nights to Easter egg hunts and office quizzes, there will be something for everyone to enjoy in the year ahead.

Jasmine Khang, Corporate Legal Assistant at Freeths Solicitors, said: "We're really excited to be supporting QEHB Charity this year. It's wonderful to be able to give something back to such a fantastic cause, and it's great to know we are doing our bit for people in the local community."

Thank you!

Local logistics company donates £10,000 for radiotherapy patients



A local logistics company based in Birmingham Business Park, Solihull, has donated £10,000 to the radiotherapy department at QEHB. Corporate Solutions Logistics, which manages warehousing and distribution for corporations, made the generous contribution to QEHB Charity's radiotherapy fund in order to purchase new abdominal compression equipment to benefit people being treated using radiotherapy. Each year, the directors of CSL choose a charity close to their hearts to donate to,

and decided to support QEHB Charity in 2016 after their colleague received treatment for cancer at the hospital.

Des Ponsonby, Managing Director of CSL visited QEHB and was able to see the department and learn more about how the generous donation will benefit patients. He said: "It's fantastic to be in a position to help important local causes such as this one, and a real pleasure to be able to visit the hospital and see first-hand where our donation will be spent."

Moulin Rouge party raises thousands for brain tumour research



On Saturday 8 October, Stine and Ashley Giles hosted a Moulin Rouge party at Warwickshire County Cricket Club. The event saw 300 guests enjoy a lavish three-course dinner as well as an auction and raffle. Entertainment included Can-Can dancers, singers Amelia Whiteman and Paul Greetham performing the classic 'Come What May' from the Moulin Rouge film, and Radio Presenter and DJ Phil Upton leading the disco into the early hours. Amongst the 300 guests were actor Oliver Phelps, former football manager and pundit, Ron Atkinson, and from the world of cricket; Ian Bell, Jim Troughton and Dougie Brown. A fantastic £26,000 was raised for The Giles' Trust, which funds brain tumour research at QEHB.

Fundraising friends cycle to success

A fantastic group of fundraising friends, led by Marcus Evans, took to their bikes and cycled 110 miles from Aberdovey to the White Horse Pub in Walsall, raising a brilliant £1,555 in the process.



The kind-hearted group decided to donate their sponsorship money to QEHB Charity's Neurology fund, which supports patients by providing equipment, research and facilities over and above what the NHS can provide. Thank you!

Fundraising teen raises hundreds for brain tumour patients



Kind-hearted teenager, Jack Keylock, raised thousands for brain tumour patients at QEHB, following his treatment for a rare brain tumour in November 2014.

On 17 July the 19-year-old, with help from his family, organised a fantastic charity football day in Hay-on-Wye at Hay St Mary's football ground. The event involved a fete with plenty of attractions to keep families, friends and groups of all ages entertained, and the football team included 'Youngsters versus Veterans' with Jack's father and younger brother, George, acting as captains. In total, the day raised a brilliant £9,067 which was kindly donated to the Giles' Trust.

Cathryn Worth, Senior Fundraiser at QEHB Charity, said: "We are incredibly grateful to Jack and his family for their selfless fundraising for the Giles' Trust. I'd also like to congratulate them for putting on what sounded like a really fantastic event!"

Huge thanks also goes to...



Liver transplant patient is set to compete in World Transplant Games



Staffordshire County Showground was the venue for a Casino Royale Ball on Saturday 24 September organised by Sue Bennett. Sue, who underwent a life saving liver transplant at QEHB in June 2015, raised an incredible £7,000 for the Liver Foundation. It's been a busy year for Sue and her family, as she also took part in the British Transplant Games earlier in the year, but it's not about to get any quieter, as her medal haul at these Games have led to a place on the Great Britain and NI Team for the World Transplant Games 2017!

The games will take place in Spain, in June. Huge congratulations to Sue on an incredible achievement - well done!

Thank you!

Thank you for supporting the QEHB Christmas Campaign!

At the end of last year we ran a campaign to help us bring festive cheer to the Queen Elizabeth Hospital Birmingham. Thank you so much to everyone who donated, those who volunteered their time, and all of our corporate supporters.

Thank you to the following organisations and companies for enabling us to bring Christmas cheer to staff and patients:

Ladies Fighting Breast Cancer • Coltham Developments Ltd • The QE Kidney Patients Association • Friends of Queen Elizabeth Medical Centre • Birmingham Publicity Association • Get A-Head • LSH Mercedes-Berz of Birmingham

Thank you to the following schools and groups who performed in the hospital atrium as part of the 12 Choirs of Christmas:

University of Birmingham Adventist Students • University of Birmingham Med School Choir • St Peter's School Christ The King School • Birmingham Flute Choir • Salvation Army • Blue Coat School and Birmingham Bach Midlands Military Community Choir • Bournville SDA Choir Halesowen Christadelphians • Bournville Graduates Colmore Business District Choir

We would also like to thank the following members of staff for their fantastic support in putting together images and quotes for the 2016 QEHB Christmas Campaign:

Sue Atkins • Laura Beacham • Jo Bubb • Andrea Ferryhough and Ward 621 • Michelle Grinham and the Centre for Rare Diseases team • Hazel Harris and Ward 301 • Geoff Heyes and the Cyberknife team • Audrey Kelly Major JJ Lee and the Major Trauma team • Michelle Powell and the Front of House team • Maria Round Liz Shale • Joanne Thompson and the Critical Care team • Nicole Toghill

