

# Over & Above

University Hospitals Birmingham  
Charity Newsletter

ISSUE 11



hospitalcharity.org

University Hospitals Birmingham Charity

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# Help us save lives in 2025!

Read about our Charity Champions  
on pages 4 & 5.

We're supporting



over and above  
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**LOTTERY**  
Sign up to our  
weekly Lottery  
for a chance  
to win £1,000!  
See more on  
the back page

Thank  
you!



# MIKE'S LETTER



## What we do at UHB Charity

**Together with your help we raise money to provide world-class facilities for patients and their families at Good Hope Hospital, Heartlands Hospital, Queen Elizabeth Hospital Birmingham and Solihull Hospital that go 'over and above' what the NHS can provide.**

**We spend your generous donations on cutting-edge equipment, world-leading research, specialist facilities and 'added extras' that help to improve the hospital experience for over two million patients who are treated across the Trust each year.**

Welcome to the latest edition of your hospital charity's Over and Above newsletter where we bring you our latest news, our upcoming events and examples of incredible charity projects.

We wish you all the best for 2025 which promises to be another busy year for the Charity. On page 1, you can see some of the top events you can take part in this year and help us raise vital funds to support patients, their families and staff at our four hospitals. Off the back of an amazing Iceland Trek last year, we have another flagship event, this year we are going to the Great Wall of China! You can also test yourself with a challenge a bit closer to home by taking part in an abseil, skydive or half marathon. If these don't appeal to you, we also have some fabulous social events from an Ascot Race Day to pub quizzes and a family day at the races in Stratford. We really do have something for everyone – so make sure you sign up and show your support for your local hospital charity. You could also become one of our amazing charity volunteers and help at some of these events. If you would like to become part of our team, using your spare time to make a huge difference to your local hospital, then email us at [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk).

We are very excited to see the £4.2 million Edmonds Transplant Centre Birmingham opening this year, offering our transplant patients the best possible care and support during their treatment. The dedicated centre would not have become a reality if it were not for the generous support of so many amazing fundraisers, and in particular our major donors, A Edmonds and Co. Ltd. and the Garfield Weston Foundation. You can read how it will benefit our patients on pages 2 and 3.

On pages 6 and 7, you can see the different ways in which the charity helps poorly children that are treated across all four hospitals, from supporting the radiotherapy team at the QE to the physio teams at Good Hope and Heartlands as well as keeping children calm in the Emergency Department at Solihull.

Head to page 17 as we say a special thank you to the amazing businesses, Trusts and Foundations that have been incredibly supportive in the last few months. Without them we wouldn't be able to help the thousands of patients we support every year.

If you would like to support the charity with minimum effort and be in with a chance of winning £1,000 every week, then sign up to our weekly lottery for £1 per week. It's easy to set up and a win-win situation as you get a weekly chance of winning a cash prize all while supporting your local hospital charity.

We always love to hear from you, so please contact us on social media, just search @UHBCharity on Facebook, Instagram, X, or University Hospitals Birmingham Charity on LinkedIn and follow us to send us a direct message. Alternatively, call us on 0121 371 4852 or email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk).

It is thanks to our donors and supporters that we are able to change and save lives each year, so thank you for your ongoing support.

*Mike*

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





# DATES FOR YOUR DIARY

## China Trek 2025

Fancy ticking one of the great wonders of the world off your bucket list?

Then join us for the most amazing trek along part of the Great Wall of China and help to support patients and staff at your local hospital.

**18-26 October 2025**

## RUN FOR BRUM .ORG

Set a challenge for the new year and Run for Brum! Don your running shoes and sign up to one of our charity places at the Great Birmingham Run 2025, the Solihull half marathon or 10K, or the Sutton Fun Run, and raise vital funds for your local hospital charity.

**Various dates throughout the year**

## A day at the races

Will you be lucky at the races? Come along to our Ascot Race Day for a fabulous three-course meal, drinks, and live entertainment, all while raising funds for life-saving research to help brain tumour patients.

**20 June - Nuthurst Grange Country House Hotel, Warwickshire**

## PUB QUIZ Night?



Test your general knowledge at one of our pub quiz events to help our patients, their families, and staff at our hospitals.

**Various locations and dates throughout the year**

## Fancy flying?

Take on the ultimate challenge and feel the freedom of flying while helping patients at your local hospital fight their own challenges.

Sign up to one of our skydives or get a group together and we'll book a date for you.

**Various dates throughout the year**

## SUPER HEROES ASSEMBLE!

Become a superhero for the day and take part in one of our charity abseils so you can support the superhero patients and staff at your local hospital.

**Heartlands Hospital - 10 May  
Birmingham City Centre - 20 Sept**

Thank you!

To see all the events we have on offer this year, scan the QR code or head to [hospitalcharity.org/events](https://hospitalcharity.org/events)



SCAN HERE



# Edmonds Transplant opens to pati

Going through an organ transplant is an extremely emotional experience, affecting patients both physically and mentally. The process is long and daunting, with patients needing to come to the hospital regularly for various appointments and tests.

Thanks to our incredible fundraisers and major donors, The Edmonds Transplant Centre Birmingham will provide transplant patients with everything they need pre- and post-op, all in one place, greatly improving their treatment and recovery journey.

Queen Elizabeth Hospital Birmingham is the most active transplant centre in Europe with world-leading surgeons and cutting-edge equipment. It is one of only two centres in the UK that can facilitate all the major organ transplants – heart, lung, liver and kidney.



Artist impression - Feature Wall Mural

Patients' appointments have been in different areas of the hospital at each stage of their transplant journey, but with the generous support of A Edmonds & Co. Ltd. and the Garfield Western Foundation, plus our other fantastic donors, your hospital charity has been able to change this and create a 'one-stop-shop', so all our patients' appointments are in the same place. This gives them a sense of familiarity when coming to the hospital, making their appointments less daunting and helping them feel less anxious during their treatment.



Edmonds Transplant Centre  
B I R M I N G H A M

## Did you know?



**The QE has up to five patients on the urgent lung transplant waiting list at any one time with high oxygen requirements**

**On average, between 30-40 heart transplants take place at the QE every year**



**Every month on average, the QE carries out 15 liver transplants**

**The kidney transplant team sees approximately 220 renal transplant patients each week at the QE**



The Edmonds Transplant Centre Birmingham provides patients with:

- Pre-transplant consultations
- Additional fitness classes before surgery
- Patient support groups
- Rehabilitation classes after surgery
- World leading surgeons and researchers who are at the forefront of research and technology, extending the success of transplantation.



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**Our donors and fundraisers are making a huge difference to our future transplant patients and their families. If you would like to get involved as well and help us support transplant patients on their journey, please scan the QR code or visit: [TransplantCentre.org](https://TransplantCentre.org)**



# Centre Birmingham ents this year

**“I was only going to survive a few more months if I didn’t receive this gift of life.”**

**Meet Tia, a transplant patient who was told the devastating news that she had end-of-life heart failure when her little boy was just six months old.**

Tia had always been fit, healthy and was a keen sports player, so it came as a massive shock when she suffered an unexplained cardiac arrest in 2019. She had an implantable cardioverter-defibrillator fitted and continued leading an active life. When Tia fell pregnant in 2021, she became ill and had numerous cardiac arrests. A year later, just six months after giving birth to her little boy, Tia was diagnosed with Danon disease and end-of-life heart failure. Over the following months, Tia was in and out of hospital and was eventually put on the urgent heart transplant list. She had to leave her young baby and family and was admitted to Queen Elizabeth Hospital Birmingham.

Tia spent the next five months living at the hospital, trying to stay positive and strong mentally, as well as staying physically fit by walking up and down the hospital corridors. She said, “My favourite walk was to the top floor to watch the sunrise or the sunset. I would listen to music the whole way and dream of getting home to my family.”

Tia became more and more poorly as her heart deteriorated and she was often taken to intensive care. She was offered two hearts during these months, but sadly they were not suitable for her. Tia recalls going to the hospital chapel one evening, thinking she wasn’t going to last much longer. She said, “I turned off my mobile phone, which wasn’t allowed, and fell asleep. Within one hour, the nurse was waking me up as they had found a heart. I knew instantly it was the right one.”

The surgery went well and within a few weeks Tia was able to go home to her family and see her children. Tia has made an incredible recovery, so much so that last year she was able to compete in the British Transplant Games. Tia is extremely

grateful to the amazing team at the QE who looked after her throughout her transplant journey and said, “they became like family”. She is now back at work and is continuing to stay active with the Adult Birmingham Transplant Sports Team; she is also passionate about raising awareness for organ donation and the importance of letting your family know your wishes. She said, “A special recognition must go to my donor and their family for the selfless act of giving me life. I will always be immensely grateful for this gift and do the most I can with the life I’ve been given.”



**If you need support in having the conversation with your family about organ donation, you can visit: [organdonation.nhs.uk](https://www.organdonation.nhs.uk)**



# Charity Champs

Over the last few months, we have been humbled by the number of people who have donated and fundraised to help our patients and staff.

Thank you to each and every one of you for your incredible support.

Here are just some of the amazing fundraisers who have done something special over the past few months.

Thank you!

## Grace Leahy

We'd like to say a big thank you to our longstanding supporter, Grace Leahy who has been fundraising for almost 30 years!

Grace raises money to buy state-of-the-art equipment over and above that which the NHS funds. She has previously been awarded the Halifax Fundraiser of the Year and in 2022 was nominated to attend a garden party at Buckingham Palace.

Her most recent donation of £3,000 has helped fund an AccuVein device for the Chemotherapy Unit at Queen Elizabeth Hospital Birmingham. It is used to help find veins quickly and accurately, making needle placement much easier for nurses and less painful for patients.

Grace's husband, Martin was diagnosed with cancer and was successfully treated at the QE which is why Grace chose to support the Chemotherapy Unit. Grace said, "My husband received excellent care from the team at the QE and I've also had friends who have suffered from cancer, so I wanted to do something to help future patients going through treatment. I am 88 years old and intend to keep on going with my fundraising!"



## Zak Lindop

Meet our amazing fundraiser, 16-year-old Zak Lindop who has been supporting Queen Elizabeth Hospital Birmingham (QEHB) Charity over the last few years. He has collected money at several of his theatre performances and as soon as he turned 16 earlier this year, he took to the skies and did a skydive for the charity!

Zak has been raising money for the Macmillan Nurses team at the QE where his grandad, John Timmins was treated for cancer. Zak wanted to give something back and say thank you for the amazing care his grandad received and has raised a total of £1,463.

Zak said, "I really enjoyed fundraising for



the Macmillan team. My grandad has suffered with this horrible illness for many years and the treatment and support he's received was amazing. I wanted to give a gift back to the hospital and have dreamed of doing a skydive for years, but was told I would need to be 16, so I waited patiently. Finally, I've managed to achieve this very special once in a lifetime experience and raise money for a great cause."

We'd like to say a big thank you to Zak for his tenacity to support the charity and help future cancer patients on their treatment journey.

Thank you!





# Mohammed Hanif

Café owner, Mohammed Hanif wanted to help Heartlands Hospital Charity, so he decided to host an event and fundraise to help patients, their families, and staff on the Vascular Surgery Ward at Heartlands Hospital.

Mohammed owns Cornerstone Kitchen in Aston and held the event a few months ago, donating his profits for the day to Heartlands Hospital Charity.

In total, Mohammed raised £437 for the ward, where the money will be used to fund equipment that will help patients recover quicker.



# Barry Richards

Barry Richards' sons received life-saving treatment at the Special Care Baby Unit at Good Hope Hospital, so to say thank you for the amazing care and support his family received, he wanted to give something back.



Barry is a member of the Royal Antediluvian Order of the Buffaloes, Warwickshire Province, and for his representative year he chose to support Good Hope Hospital Charity.

The group organized various events throughout the year, including a raffle at the launch event, skittles night, race night and burns night. They raised an incredible £1,500. We'd like to say a big thank you for their amazing fundraising efforts.

# Sue Kirby

Sue Kirby has taken on our motto of going 'over and above' by making and donating drain bag holders for cancer patients at Solihull Hospital.

Ward Matron, Lisa had been looking for a dignified way to help patients carry their drains but was struggling to find something affordable and suitable. That's when Sue came along and volunteered to make the bags. Sue bought a sewing machine, sourced the fabric and has been making drain bags for Ward 12 for the past two years. Sue said, "It's a privilege for me to be able to support patients at the hospital."



Sue also makes hats for the Haematology and Oncology Department and made a Nativity Scene for the ward to display in the lead up to Christmas. Thanks to our incredible supporters like Sue, we can continue going over and above for our patients and provide added extras to help make their time in hospital as comfortable as possible.



If this has inspired you to get involved and fundraise for one of our local hospital charities, please visit: [hospitalcharity.org/fundraising](https://hospitalcharity.org/fundraising) or scan the QR code



# Supporting poorly child to try and hel

Being in hospital can be frightening and emotional, especially for children, which is why we want to make the experience as relaxing as possible for our young patients and their families.

Through fundraising we support children with cancer, provide life-saving equipment for newborns, transform our children's wards into welcoming spaces, and even fund a mobile dental unit to improve children's oral health out in the community. With your help, we can continue to make a lasting difference in the lives of thousands of children every year.

Children with cancer from across the West Midlands, whether they are patients at Heartlands, Good Hope, Solihull or Birmingham Children's Hospital, all come to the QE's Radiotherapy Department to benefit from the cutting-edge radiotherapy equipment funded by the Charity. As well as state-of-the-art technology, we also fund items that help our young patients through their treatment journey, like personalised blankets that keep them warm during their radiotherapy sessions and specially designed masks to give them confidence and help prevent them from being anaesthetised. They also get a toy when they complete their treatment to celebrate their bravery. In recent years we've helped fund groundbreaking research, immunology trials and even a teacher to help students continue their schoolwork while having treatment on the Young Person's Unit so they don't fall behind on their studies.

Children can end up having radiotherapy sessions five days a week, which can last up to six weeks. This intensive schedule

takes a toll on patients of all ages. However, it becomes even more challenging for young patients as they need to be anaesthetised to ensure they remain still during treatment. Waking up disoriented and frightened in an unfamiliar adult hospital environment adds to their difficulties.

Arlo (pictured with his dad) had to have radiotherapy at the QE Cancer Centre when he was just two years old. He was given a Little Linac building set before he went in for treatment. **His dad, Stephen, told us,** "You can often feel helpless as a parent in these emotional situations, so to have something to distract Arlo with was amazing. He recognised the Tomotherapy unit from the Little Linac set when having his treatment, making it less scary for him and less emotional for us. We're so proud of our brave little man."



**Paediatric Specialist Therapeutic Radiographer, Liam Herbert, told us how useful these are when treating children with cancer,** "The Little Linacs are great at helping me prepare children for radiotherapy. If a child is nervous, I am able to use the Little Linacs to help familiarise the child with radiotherapy and the machines we use to deliver this important treatment. They often then take these Little Linacs home to build with their family or friends and show off how courageous they have been."

We are so proud to support children with cancer during the toughest time of their lives, but we need your help to make them feel like the superheroes they are.



SCAN HERE

By donating today, you can help create a positive and comfortable environment for these brave mini superheroes. Simply scan the QR code to show your support, or visit: [hospitalcharity.org/appeals/supporting-children-with-cancer](https://hospitalcharity.org/appeals/supporting-children-with-cancer)



# Children across our hospitals help them smile



**Our hospitals  
treat over 120,000  
children each year.**



**Many have  
lifelong conditions  
which means they  
need to visit the  
hospital regularly.**



**Our hospitals  
offer specialist  
treatment for  
cystic fibrosis,  
paediatric  
neurological  
disorders and  
paediatric HIV.**



**We are home  
to the regional  
centre for  
neonatal services  
and the largest  
children's  
radiotherapy  
centre outside of  
London.**

The refurbishments we fund for our Children's Wards not only relieve stress for the children and their families, but also help staff engage with the children to distract them while they receive their treatment.

We are fundraising to help make the Outpatients and Physiotherapy Departments at Heartlands Hospital and Good Hope Hospital more exciting and child-friendly for the tens of thousands of children who come for outpatient treatment, many times a year.

**Piper Wilkins, Paediatric Matron at Heartlands Hospital said,** "For parents, the wall decoration is an immediate indicator that they are entering a children's area, and for our young patients it makes it less scary for them and more inviting with the different themed murals on the walls from jungle animals and pirates to hot air balloons and flowers."

As well as brightening up the wards inside, we are fundraising to create fantastic playgrounds outside, providing a fun and safe space for our young patients to play while they receive their treatment, enabling them to still be children despite feeling poorly. These bespoke play areas will transform the way staff assess their young patients' progress, making it a more enjoyable experience for them both.

**We want to keep providing all these vital services  
and much more to help our patients when they need  
us most – but we can't do it without you. For more on  
how you can support and donate to help the poorly  
children we treat, please scan the QR code or visit:  
[hospitalcharity.org/appeals/children-and-babies](https://hospitalcharity.org/appeals/children-and-babies)**



**SCAN HERE**







# MEET OUR WO

We would like you to meet our wonderful hospital charity team who work across Queen Elizabeth Hospital Birmingham, Good Hope, Heartlands and Solihull Hospitals. We are all really proud of the work we do to support our patients, their families and our staff across all four hospitals and out in the community. Our roles are varied, but we all have one common goal - to help our patients during what can be a tough time and do what we can to make it the best it could possibly be.

## QUEEN ELIZABETH HOSPITAL BIRMINGHAM (QEHB) CHARITY



Meet Laura and Kate, our fabulous Fundraising Team based at the QE. Laura is our Deputy Head of Fundraising and Kate is our Hospital Engagement Manager. Laura and Kate work with the hospital staff and local community to engage with our amazing fundraisers and donors, as well as helping new supporters who wish to raise money for the charity. This includes helping with fundraising events, hosting awareness stands and speaking at events to showcase the incredible work the charity does.

Kate said, "Getting to be a part of the hospital charity is really special. Working so closely with our hospital colleagues here at QEHB allows us to see their passion and enthusiasm for making a difference, and it's so lovely to see. Being able to support them and the community as they fundraise for us is a genuine joy and privilege."

Under QEHB Charity we also have **The Giles' Trust Brain Tumour Fund**, which supports patients treated at the QE and funds life-saving research, which you can read more about on Page 10.

We also fund **Fisher House UK**, our home away from home for military personnel and their families when they need us most.

### GRANTS TEAM

Our Grants Team, Bella and Rich are pivotal in helping our wards get the support they need from the money raised by our incredible fundraisers. They work across all four hospital sites, meeting with staff members and fundraisers who've helped pay for projects and equipment that goes over and above what the NHS provides as standard.

Bella said, "The role of the Grants Team is to deliver projects, big and small, to the places that need them. I love my job because I get to put a smile on people's faces." You can read more about some of the smaller items the Grants Team provide on Page 11.



### STEWARDSHIP TEAM



Gemma and Josh make up our superstar Stewardship Team based at our QE office. Gemma and Josh work closely with other members of the hospital charity team, providing administrative and stewardship support to our donors and fundraisers, and the charity overall. They are usually the lovely people who answer the phone when you call us.

Gemma said, "I wanted to work for the charity to give back to the hospital. My mom received exemplary care for the last 30 years, so I wanted to find a way to say thank you. Knowing I can come to work each day, make a difference to people's lives and honour mom's memory is the reason I am here."



# AMAZING AND WONDERFUL TEAM



## GOOD HOPE HOSPITAL CHARITY



Emma-Leigh and Elle are our fabulous Fundraising Team based at Good Hope Hospital.

Elle said, "A lot of my work is helping our amazing supporters with their fundraising. In my role I see the difference our support makes to the community and it's amazing to hear people's incredible stories of why they choose to support us."

Emma-Leigh, "I organise events for the Charity, as well as helping people with their own events and fundraising. I love giving our supporters the opportunity to do something amazing and enjoy once-in-a-lifetime experiences while fundraising at our events."

## HEARTLAND HOSPITAL CHARITY

Saiqha and Nikhil are hugely supportive as the Fundraising Team based at Heartlands Hospital. They work closely with the hospital staff, fundraisers, donors and local community to raise money to provide added extras to make our patients' time in hospital as comfortable as possible, and to support the amazing staff taking care of them.

Saiqha said, "I love that we can help so many people here at Heartlands. As a hospital charity we support patients and their families from all walks of life in ways (big and small) that make a huge difference and can change a life."

Nikhil said, "No two days are the same here at Heartlands Hospital Charity, which is great. I'm passionate about making a positive difference, so I am always happy when staff get in touch with a problem that we can help to sort."



## SOLIHULL HOSPITAL CHARITY



Our fantastic Solihull Fundraising Officers, Fiona and Jonathan raise money to support patients, their families and staff at Solihull Hospital and within the Community Services.

Fiona said, "I feel very privileged to know the charity makes a huge difference to patients, their families and staff welfare, through the money we raise and the connections we make. No day is the same in fundraising, from writing trust applications, supporting wards and departments with their fundraising to engaging with corporates."

Jonathan also looks after gifts in wills and tribute and celebration pages for the charity. If you wish to find out more about leaving a gift in your will or would like help setting up a tribute or celebration page, Jonathan would be more than happy to have a chat. You can call 0121 371 4852.



**If you would like to join our team and support your local hospital by becoming a volunteer, please get in touch via email: [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) or call 0121 371 4852.**



# The Giles' Trust Brain Tumour Fund

Brain Tumour Awareness Month takes place in March and The Giles' Trust Brain Tumour Fund is highlighting the importance of funding vital research into brain tumours, as well as celebrating its amazing fundraisers who do so much to raise money and support the Charity.

The Giles' Trust Brain Tumour Fund was founded by former England cricketer Ashley Giles MBE and his wife Stine, following her diagnosis and battle with multiple brain tumours. Since the charity was launched it has raised £1.3 million and funded a clinical research nurse at the Queen Elizabeth Hospital Birmingham. 2025 is a special year for the charity as it celebrates its 10-year anniversary.

## Did you know...?



**Brain tumours continue to kill more children and adults under the age of 40 than any other cancer.**



**Only 12% of brain tumour patients survive beyond five years of their diagnosis.**



**Over 12,000 people are diagnosed each year with a primary brain tumour, including 500 children and young people.**



**Less than 3% of the UK's national yearly spend on cancer is spent on brain tumours.**

Last year, The Giles' Trust Brain Tumour Fund celebrated the launch of Stine's Home from Home, which provides free accommodation for patients and their families within walking distance of Queen Elizabeth Hospital Birmingham, keeping families together through difficult times.

Brain tumour patients come from all over the West Midlands and even across the country to receive treatment and surgery at the QE. At what is already an extremely challenging time, Stine's Home from Home takes away the extra stress of having to find somewhere



to stay near to the hospital, as well as having to pay for travel and parking costs. Having loved ones close by makes the treatment journey for these patients that little bit easier. The accommodation provides a calm and relaxing space away from the hospital setting where families can enjoy quality time together and feel some sort of normality but reassured knowing they are only a five-minute walk from the hospital.

**Founder of The Giles' Trust and brain tumour survivor, Stine Giles said,** "Stine's Home from Home means a lot to me and makes me really emotional. I can only imagine the benefit families feel by being able to stay here, it would have been invaluable to my family when I was going through my treatment."

**Meet Ethan Hemming and Conor Petford**, two of our amazing fundraisers who took on the Three Peaks Challenge last summer and raised an incredible £1,730 for The Giles' Trust Brain Tumour Fund. The challenge involved climbing Ben Nevis, Scafell Pike and Snowdon all within 24 hours! It's a tremendous achievement and we are extremely grateful to them for their dedication and support.



Ethan's mum, Keri, is a brain tumour survivor and a longstanding supporter of the Charity. Their family have experienced first-hand the devastating impact brain tumours can have and are passionate about raising money to help fund vital research and support patients going through treatment. Keri hosts regular fundraising events, including an annual barn dance and has raised over £17,000 to date.

Thanks to our incredible fundraisers like Keri, Ethan and Conor we are able to continue supporting brain tumour patients, their families and the staff taking care of them.

**If you would like to get involved and fundraise for The Giles' Trust Brain Tumour Fund, please visit: [gilestrust.org](http://gilestrust.org) or scan the QR code.**

**You can also follow us on social media: Facebook/Instagram @thegilestrust X @the\_giles\_trust**





# See some of the smaller projects we fund to support our patients and staff

We couldn't do anything without you. Whether it's little or large, the projects that we fund have a huge impact on the people who benefit. From cutting edge, life-saving research, or a small sensory toy that brightens someone's day, they both touch a life and will be remembered.

Here are some of the incredible smaller items that we can offer patients and their families thanks to your support.

## LOLLIPOPS



Lollipops for chemotherapy patients across our hospitals may seem strange, but it solves a problem a lot of patients experience while undergoing treatment for cancer.

Side effects of chemotherapy can include dry mouth, nausea, loss of appetite, and it often leaves a metallic taste in the mouth. Offering our patients, young and old, a lollipop gives them something sweet to enjoy, as well as helping to get rid of the metallic taste, and sucking on something helps to produce saliva to get rid of the dry mouth. Sometimes we get donors who say they can only give a little, but their £5 donation gives five children going through chemo a lollipop each.

## IPADS

It can be incredibly boring being in hospital, so the iPads we fund give people something to do. Every tablet comes with a wide range of games and access to TV streaming services without patients having to log in to their own accounts. Some have specific apps, like children's games for the paediatric wards, or have dementia friendly apps and games for elderly patients to use.

An iPad with headphones, which costs £500, can also be used as a way of enabling families and friends to see



each other, providing some familiarity for the patient while they are away from home.

## CLOUD KITS

It is hard to break the news of cancer to anyone and helping children to understand can be especially difficult and upsetting. Cancer Cloud Kits are a great tool that can be used to explain to a child what is happening when a parent, or someone close to them is diagnosed.



Each kit costs £40 and includes age-appropriate leaflets and a booklet, as well as a book for parents. It also has other little

bits, like worry pegs, that help the conversation and give a child the information they need to process what is happening.

Trudi Smyth, Sister at the Good Hope Hospital Haematology and Oncology Day Unit, said; "Younger children will often ask questions that parents can't answer, so these boxes can sometimes provide the answers as well as precious time together. Teenagers can often worry in silence and don't feel they can bring up awkward questions in fear of upsetting their parents. These boxes often provide the answers that they feel they cannot ask. It opens up communication and hopefully brings families together in this unbelievably uncertain and stressful time."



SCAN HERE

## ACTIVITY PACKS

We fund activity packs for patients to help recover, pass the time, or just make their stay in hospital a bit more manageable. Not every patient wants to watch TV or has things to occupy them, so we fund £200 worth of activities a month to keep wards and departments across our four hospitals stocked with colouring books, crosswords and wordsearches to pass the time.



## MEMORY BOXES

Memory Boxes are a free photography package for the families of patients who have sadly passed away, or who have life-limiting conditions. The service called Forget Me Not, which is funded by the Charity at £30 a pack, provides patients with the comfort of knowing their loved ones have something to treasure after they are gone, and for the families it gives them a tangible memento that will help them to grieve.

Becky Lee, Medical Illustration Services Manager said, "This is about going the extra mile for patients and their families who are going through particularly tough times."



If you would like to make a donation to support some of our smaller projects, scan the QR code or visit [hospitalcharity.org/donate](https://hospitalcharity.org/donate).



# CELEBRATING OUR

## A big THANK YOU to our wonderful staff

We would like to shine a light on our amazing staff and say a big thank you for their support. As well as working incredibly hard at Queen Elizabeth Hospital Birmingham, Heartlands Hospital, Good Hope Hospital, and Solihull Hospital, they also raise

money for their hospital charity by taking part in various fundraising challenges and events, hosting cake sales, and doing raffles in their wards and departments. We are extremely grateful for their support and fundraising efforts.

### QUEEN ELIZABETH HOSPITAL BIRMINGHAM

We'd like to celebrate the staff from Healthcare for Older People (HCOP) and Discharge Lounge who got muddy for charity and took part in a Tough Mudder in September.

The group were fundraising for the HCOP wards, Discharge Lounge and Frailty Same Day Emergency Care. The team are extremely passionate about improving the care and outcome for all their patients, so they wanted to do something to raise money for their wards and departments.

The team raised an incredible £2,195 and we're extremely grateful to them for their support – it was worth all the mud! **Jade Hayes, Ward Sister on the Harborne Ward said**, "The Tough Mudder was challenging, but it was great to see the team come together and raise money to support our patients. We're so proud to be able to provide added extras for our patients to improve their experience on our wards."



Meet Georgia, a Liver Transplant Clinical Nurse Specialist at the QE who took to the skies and did a wing walk for the hospital charity last summer.

Georgia was fundraising for the Edmonds Transplant Centre Birmingham and raised an incredible £1,392! The new Centre at the QE will be a 'one-stop-shop' for transplant patients, transforming their treatment journey and hospital experience.

**Georgia said**, "In my day-to-day job, I look after transplant patients throughout their treatment and recovery, and I understand the difficulties they go through. I wanted to do something to help improve the transplant journey for future patients."



For more information on how you can get involved and support your local hospital charity, scan the QR code or visit: [hospitalcharity.org/fundraising](https://hospitalcharity.org/fundraising) or email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk)





# STAFF SUPERSTARS!

## for raising funds for their hospital charity!

### GOOD HOPE HOSPITAL

A massive thank you to the staff at Good Hope Hospital who made our Abseil in September an event to remember! Staff from across the hospital turned out to fundraise for their wards, departments, and causes close to their hearts across the hospital.

Suzanne Walsh raised over £1,000 by taking part. The money she raised in memory of her sister will go towards buying Cancer Cloud Kits for patients being treated at Good Hope Hospital.

Amongst the fundraisers' taking part was Simon Jarvis, Chief Executive of Good Hope Hospital. Simon was a huge supporter of the event and took part with his son, raising over £1,000 for the hospital.



### HEARTLANDS HOSPITAL



The staff at Heartlands also got involved in our Charity Abseil earlier this year, fundraising for a variety of causes across the hospital.

One of those fundraisers was Patrick Watson, who dressed up as tigger for the occasion. **Patrick raised £430 for the charity and said,** "Because I am visually impaired and use a white cane, I think that some of the fear of abseiling off a big building doesn't get to me until I'm actually up there, then it hits. I always dress as Tigger when I do an abseil, it's a bit of fun but it takes away some of the nerves."

Also taking part were members of the Paediatric team, who raised over £1,000 to help us provide support for young patients and their families.

### SOLIHULL HOSPITAL



Meet Jane Allen, Ward Manager of the Renal Unit at Solihull Hospital who took on our Snowdon Challenge in September and raised an incredible £1,520.

Jane turned 60 earlier this year and decided to celebrate a little differently by taking on Mount Snowdon and raise vital funds to support her department.

**Jane said,** "I turned 60 back in April and was thinking about taking on a challenge and climbing Mount Snowdon was something I had always wanted to do. It was a beautiful day, and I had an amazing time with some lovely people, and to top it off I raised over £1,500 for the Solihull Renal Unit. To anyone thinking about taking on this challenge in the future, I would say go for it!"

We'd like to say a big thank you to Tammy Mold, a Registered Nursing Associate on the Enhanced Peri-Operative Care [EPOC] Unit at Solihull Hospital who took on our charity abseil in September and raised an amazing £325 for her unit.

Tammy has taken part in various fundraising outside of work, so decided to sign up to the abseil to support the EPOC Unit. Tammy wanted to raise money to fund added extras to help her patients and make their time in hospital as comfortable as possible. **Tammy said,** "Our patients are the sickest in the hospital and I wanted to raise money to fund something such as radios to help distract patients going through treatment."





# TAKING CARE OF OUR



**When babies need care on neonatal units it can be overwhelming and upsetting for parents and families. We understand how hard this can be for families and why we strive to do all we can to support parents and their newborns on our Neonatal Unit at Heartlands Hospital and the Special Care Baby Unit at Good Hope Hospital.**



Every year over 1,000 babies are treated on these units, sometimes their stay can be as long as four months. Nearly half of these babies are born premature, with some born as early as 20 weeks, and weighing as little as a can of fizzy drink.



## WHAT WE DO AND HOW WE HELP

We have just begun our campaign to fund two Neonatal Family Support Workers who will change parents' experience while their babies are on the units.

Their involvement early on will help parents to bond with their little one and have confidence as they prepare for home. The new roles will help to make sure that parents feel involved in their baby's care and are given the support they need to understand their child's medical needs and feel confident feeding and caring for them once they get home.

We also fund life-saving equipment, which is why we're also fundraising for a Concord Birth Trolley for Heartlands Hospital.



This amazing device keeps mum and baby attached at birth, which allows for delayed cord clamping, providing a huge benefit to baby. Using the Birth Trolley and delaying cord clamping

makes an especially big difference to a premature baby and can reduce the death rate for babies born under 28 weeks by a third!

**Neonatal Consultant at Heartlands Hospital, Pinki Surana**, said, "The Concord Birth Trolley will allow us to aid the breathing of our preterm babies whilst they are still attached to the cord, which is so important to improve their survival and long-term developmental prospects.

"It also allows for mum to be with her baby in those very first moments rather than being whisked away for various procedures; this is so crucial for their bonding, promotion of breast-feeding and developmental care. We can't thank Heartlands Hospital Charity enough for raising funds for such a vital, life-saving piece of equipment. Please donate what you can to support this appeal."

**If you can help us fund this life-saving work, please donate to our Newborns in Need Appeal today by visiting: [newbornsinneed.org.uk](http://newbornsinneed.org.uk) or scan the QR code**





# R LITTLEST PATIENTS



**It can be a traumatic time for parents whose babies need urgent care because they are sick or born prematurely.**

Having a place to stay within two minutes of the Neonatal Ward at Heartlands Hospital takes the stress away and means they can be with their loved ones all hours of the day. It makes it easier for mum's needing to breastfeed and parents doing skin to skin, which is so important for baby's development helping them get better quicker and bond with their mum and dad. The house has all the comforts a family would need and allows siblings to stay as well keeping them together. It means so much to the Charity to be able to fund this and offer parents free accommodation and parking so they can focus on their babies and not have to worry about commuting from all parts of the country.

**Whether it's big or small it all makes a massive difference.**

Prematurity Packs and Beads of Courage are some of the smaller things that we fund, that can have a big impact.

Our Prematurity Packs are designed to help parents with some of the necessities they may not have with them if their baby is born early, like muslins and tiny sized onesies.

Beads of Courage are collectable beads that parents are given while their baby is in hospital. Each bead represents something different and is designed to celebrate a milestone in the baby's care as a reminder to parents of the positive moments and progress their little one has made.

**Sarah Moxon, Neonatal Matron, said,** "Having a baby treated on the Neonatal Unit can be a scary time for parents and families.

"The items that the Charity provides, like the Beads of Courage, the home away from home, which gives parents a place to stay for free while their baby in on the unit, and the Neonatal Family Support Worker positions, really help us to look after the families on our ward. All of this helps us to ensure that parents are confident in caring for their baby, giving them the support they need when trying to understand what is going on and offer them reassurance."

**To find out how you can help our hospitals' smallest patients or learn more about the work we do for our Neonatal Units, please visit [newbornsinneed.org.uk](http://newbornsinneed.org.uk) or scan the QR Code on page 14.**







# Thank you for helping us sprinkle some Christmas magic across our hospitals



We are so proud to have been able to bring some festive cheer to Queen Elizabeth Hospital Birmingham, Heartlands Hospital, Good Hope Hospital and Solihull Hospital throughout December.

Thank you to all our fabulous fundraisers and amazing charity partners for their support with our Christmas Appeal. Thanks to them, we were able to bring some Christmas joy to patients who were unable to spend Christmas at home, as well as the staff working over the festive period.

We were able to provide toys for poorly children, so they didn't miss out on a visit from Santa, as well as Christmas trees and decorations for the hospitals and treats for staff to share with patients on Christmas day. We also managed to fund accommodation near to the hospital so that families could be together at Christmas without the added expense.

**The family of Chris Rowley kindly sponsored a Toy Tree for our Children's Radiotherapy Department at QEHB. Chris was a Registered Fever Nurse and worked for many years with babies and children with infectious diseases, and her family are delighted that this gift in her memory put a smile of the faces of children going through tough medical treatment.**

It was great to see so many of our supporters taking part in Festive Jumper Day wearing a variety of Christmas jumpers and sparkly sweaters. For NHS staff members who were unable to wear a jumper, we loved seeing them with their festive badges in support of the hospital charity. We were delighted to host various choirs across the four hospital sites throughout December – a big thank you to all who performed, making our hospitals feel very festive in the lead up to Christmas.

Our Virtual Gift Shop was open, offering a variety of gifts as an alternative Christmas present. We had 10 gifts on offer, from providing a toy for a young patient on Christmas day to funding a night's stay in our home away from home for a patient and their family, as well as festive activities for our older patients and a visit from our Pets in Hospital volunteers.

Christmas can be a very difficult time for some, and we were proud to be able to provide our Light Up A Life dedication page where families could leave a message or make a donation in memory of a loved one. For every donation made we hung a beautiful white bow on a special Christmas tree near the main entrances to our four hospitals to remember and celebrate their life.



We are so grateful to the local companies, community groups and individual donors for their generous donations and support this year, helping us sprinkle some Christmas magic! Thanks to them we were able to make what can be a difficult time of year as special as possible for our patients, their families and staff.

**Thank you to our corporate partners for helping us bring Christmas to our hospitals this year!**

Queen Elizabeth Hospital Birmingham Charity  
Heartlands Hospital Charity  
Good Hope Hospital Charity  
Solihull Hospital Charity





# THANK YOU FOR YOUR SUPPORT



## PICKLES & CO.

An incredible team from Pickles and Co. took on a Skydive this year to fundraise for Queen Elizabeth Hospital Birmingham (QEHB) Charity. The group of four raised an incredible £1,806 to help cancer and dementia patients at the hospital.

Jade Powell, from Pickles and Co. said, "Our sister businesses have a long history supporting the Charity, and this year the staff at Pickles wanted to also get involved.

"Taking part in the skydive was an exhilarating experience and completely unforgettable. Some of the rest of the team want to try it again – but I think the next time I'll hold the bags and coats with my feet firmly on the ground!

"It was amazing to be able to visit the Radiotherapy Department to see what our donations have funded. It is not just the patients that need and get the Charity's support but their families as well."

PICKLES & CO  
HAIR SPECIALIST



## JOHNSON & JOHNSON



A big thank you to the team from Johnson & Johnson, who have taken the time to renovate the chemotherapy garden at Solihull Hospital. The garden, which is supported by Solihull Hospital Charity is a lovely area, that lets patients, and their families take some time away from the hospital in a relaxing and welcoming space.

Chris Lockyer, from Johnson & Johnson, said, "The chemotherapy garden is a special place for many and it was great for our team to spend the day weeding, clearing and planting, and having the opportunity to give back to Solihull Hospital in this way. Witnessing a patient ringing the bell to signify that her cancer treatment journey had ended made it all worthwhile."



## NATIONAL LITERACY TRUST

National Literacy Trust

Change your story

National Literacy Trust has been very generous and donated books to our Young Persons Unit and

Haematology and Oncology Unit at the QE for the third year running. It can be incredibly boring on a ward for adults let alone children, so this donation makes a big difference in distracting our young patients going through cancer treatment for days at a time. Victoria, who is now in remission, was treated on the Young Persons Unit last year, she said, "Whilst in hospital I had access to a variety of games, books and films on the ward to keep me occupied and distracted from treatment. This made a big difference as it gave me the chance to escape from what I was going through."

## RIVIERA TRAVEL

Riviera Travel have generously offered us a special offer. If you book a holiday with Riviera Travel, they will donate 10% of the cost of the holiday to us – at no extra charge to you. So, you can enjoy yourself and support Good Hope Hospital Charity, Heartlands Hospital Charity, QEHB Charity and Solihull Hospital Charity while you do. Simply follow [riveriatravel.co.uk/hospitalcharity](http://riveriatravel.co.uk/hospitalcharity).



If your company or organisation would like to support your local hospital charity, then please email: [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) or call us on 0121 371 4852.



# Could this be your lucky year?

# LOTTERY

## £1,000 Jackpot every week!

Fancy being in with a chance of winning £1,000 every week as well as other cash prizes while helping your local hospital? Then sign up to our weekly Lottery Draw for just £1 a week!

The money raised from our lottery helps us to fund cutting-edge equipment and facilities, ground-breaking research, and added extras to help make our patient's experience as comfortable as possible while in hospital. We have already paid out over £200,000 in cash prizes since we launched our lottery over three years ago, so sign up now as the next lucky draw winner could be you!

It's simple to set up, just scan the QR code  
or visit: [hospitalcharity.org/lottery](https://hospitalcharity.org/lottery)



PLAY HERE

If you'd rather sign up in person, you can pop into one of our Charity Hubs on our hospital sites between 11am-2pm, Monday-Friday.



**Queen Elizabeth  
Hospital Birmingham  
Charity**



**Heartlands  
Hospital  
Charity**



**Good Hope  
Hospital  
Charity**



**Solihull  
Hospital  
Charity**

Christmas

LOTTERY

Bumper Draw!

**Congratulations to our Christmas  
Lottery Bumper Draw winner, who was  
lucky enough to win the £3,000 jackpot  
in December, sponsored by McDermotts.**

We hold two Bumper Draws each year, which give our supporters the chance to win an extra special jackpot prize. If you sign up to play our weekly lottery, you are automatically entered into the Bumper Draws, each with a top prize of £3,000!

**£3,000**  
**Jackpot!**  
**13 December 2024**

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

**GOOD LUCK!**