

Over & Above

University Hospitals Birmingham
Charity Newsletter

ISSUE 12



hospitalcharity.org

University Hospitals Birmingham Charity

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Help us save lives!

Read about our amazing new
Transplant Centre on Pages 2 & 3



*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 all the news and information about our upcoming events and some of the incredible charity projects we are currently working on.

We are very excited to officially open the £4.2 million Edmonds Transplant Centre Birmingham at Queen Elizabeth Hospital Birmingham, offering our transplant patients the best possible care and support during their treatment. The dedicated centre would not have been possible if it were not for the generous support of so many amazing fundraisers, including major donors, A. Edmonds & Co. Ltd., the Garfield Weston Foundation, the Denise Coates Foundation and the Queen Elizabeth Kidney Patients Association. You can read how it will benefit our patients on pages 2 and 3.

On page 1, you can see some of the exciting events you can take part in this year and help us raise vital funds to support our patients, their families and staff at our four hospitals. We have the trip of a lifetime with a stunning trek along parts of the Great Wall of China. We wish our fabulous fundraisers the best of luck as they not only trek the wall itself, but walk through wild and remote landscapes, with views of green rolling hills and mountain peaks as far as the eye can see, all with one of the great wonders of the world as the backdrop. We also have some fun social events from our spectacular 10-year anniversary Giles' Trust Ball 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 join our team and use your spare time to make a huge difference to your local hospital, then email us at charities@uhb.nhs.uk. For more information head to page 16.

On pages 14 and 15, you can see how we help the youngest patients on our Neonatal Wards at Heartlands and Good Hope Hospitals, including our newly appointed Neonatal Family Support Workers to help parents whose tiny babies were born premature or poorly and need extra care. It can be a worrying time, so we want to reassure parents and help them bond with their babies, so they feel confident when they finally go home.

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 also have our Bumper Draws twice a year with a jackpot prize of £3,000! Head to page 17 to sign up now to be in with a chance of winning our Summer Lottery Bumper Draw.

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. 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

RUN FOR SOLIHULL

Don your running shoes and sign up to one of our charity places at the Solihull half marathon or 5K and raise vital funds for your local hospital charity.

10 August



10 Year Anniversary Giles' Trust Ball

Dress to impress and join us for a spectacular celebration for The Giles' Trust Brain Tumour Funds' 10th Anniversary.

Enjoy a fabulous 3-course meal, drinks, and live entertainment all while raising funds for life-saving research to help brain tumour patients.

20 September



THE GILES' TRUST

Targeting Brain Tumours Together

PUB QUIZ ANYONE?

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



SUPERHEROES ASSEMBLE!

Become a superhero for the day and take part in our Charity Abseil at Brindleyplace so you can support the superhero patients and staff at your local hospital.

20 September



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



Thank you!

To see all the events we have on offer this year, scan the QR code or head to hospitalcharity.org/events



SCAN HERE

Welcome to the Edmonds Transplant Centre

We're delighted to finally unveil the brand-new Edmonds Transplant Centre Birmingham which is now open at Queen Elizabeth Hospital Birmingham so patients can begin their treatment in our new facility.

The multi-million-pound centre is making a huge difference to transplant patients and their families and the staff treating them. Before it opened, patients had their appointments in different areas of the hospital at each stage of their transplant journey. The new centre is a "one-stop-shop," providing everything that patients need pre- and post-op, all in one place. This greatly improves treatment and recovery,

making the organ transplant process less stressful for patients and helping them feel less anxious throughout their journey. The new centre gives them a sense of familiarity as they come to the same part of the hospital for each appointment. It also allows the staff to really get to know the patients and their families and provide the care and support needed throughout the transplant process.

Queen Elizabeth Hospital Birmingham is the most active transplant centre in Europe, with world-leading surgeons and cutting-edge equipment. The hospital carries out all the major organ transplants – heart, lung, liver and kidney. This new centre is enabling the hospital to continue providing exceptional care to our transplant patients on their life-changing journey.

We'd like to say a huge thank you to A. Edmonds & Co. Ltd. and the Garfield Western Foundation, Denise Coates Foundation and Queen Elizabeth Kidney Patients Association, plus many more fantastic donors and fundraisers who have supported us with the new Centre. Thanks to their help we have been able to transform the treatment and recovery journey of our transplant patients.



The Edmonds Transplant Centre Birmingham provides patients with:

- Pre-transplant consultations



- Additional fitness classes before surgery

- Patient support groups



- Rehabilitation classes after surgery



If you would like to get involved and help make a huge difference to our future transplant patients and their families, please scan the QR code or visit: TransplantCentre.org



SCAN HERE

“ I was given a 1% chance of survival.
Had it not been for my donor, I wouldn't be here today. ”



Meet Imran...When he was just 37 years old, he was given the devastating news that he had end-stage heart failure and was told a heart transplant was his only hope.

Thankfully a heart was found, and Imran underwent life-saving surgery at Queen Elizabeth Hospital Birmingham in 2018. He recovered incredibly well and is now part of the Birmingham Adult Transplant Sport Team and took part in the British Transplant Games to highlight the importance of organ donation. He feels an active lifestyle is not only an essential part of the recovery process but is also a way for transplant recipients to realise how far they have come. He said, "With my new heart, I can now do the things that I used to be able to do before, which I took for granted. I feel that it hasn't changed me as a person but I'm making the most of my new life now thanks to my donor."

Consultant Heart and Lung Transplant Surgeon at Queen Elizabeth Hospital Birmingham, Aaron Ranasinghe, is thrilled at how well Imran has recovered. He said, "Imran was one of the sickest patients we've ever had. He had a very long journey, both him and his family, and it's absolutely fantastic to see him doing so well and living life to the full."

Imran is passionate about raising awareness for organ donation, as well as encouraging people to consider donating, particularly in minority groups. He said, "Transplants work – I am living proof. Organ transplantation is important, and we need to raise awareness. People from the Black, Asian and Minority Ethnic groups especially need to come forward." Imran has also been supporting the hospital charity to thank the incredible team who saved his

"What does transplant mean to me? It's a gift of life; it's a second opportunity."

Members of the Birmingham Adult Transplant Sport Team have been selected to represent England in this year's World Transplant Games taking place in Dresden, Germany this August.

Best of luck to the team!

life. He said, "We need to support the hospital charity, it really helps get the news out and spread awareness." Aaron added, "The support from Queen Elizabeth Hospital Birmingham Charity has been second to none. They help us fund various projects for our transplant patients which make a great difference."

WORLD ORGAN DONATION DAY

World Organ Donation Day takes place on 13 August and raises awareness for organ donation, highlighting the incredible impact it can have. It is also a reminder of how important it is to have the conversation with loved ones to let them know your own wishes with regards to organ donation.

If you need support in having the conversation with your family about organ donation, you can visit:
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!

Sukie Singh



Sukie Singh (second from the left)

We'd like to say a big thank you to our fantastic fundraiser, Sukie Singh, a patient who fundraised £3,000 for the Centre for Clinical Haematology, through his Manchester United supporters' group, The Red Devils. On top of that, Sukie made a £500 donation which helped fund the Thrombotic Thrombocytopenic Purpura (TTP) patients support group.

Sukie was treated for TTP, a condition that causes blood clots to form in small blood vessels throughout the body. The clots can limit or block the flow of blood to the organs, preventing them from working properly, making the condition life-threatening.

Sukie received treatment at Queen Elizabeth Hospital Birmingham in September 2023, where he stayed for 16 nights. The amazing team saved his life and since then, he has been fundraising through the supporters group. Thanks to Sukie's incredible fundraising, the TTP patients support group has been able to continue helping other patients going through what Sukie went through.

Lorna and Fraser Currie

Check out our two young fundraisers, Lorna and Fraser Currie, who wanted to fundraise for the 4Trauma4Patients team at the QE, after their grandparents ended up on the Major Trauma Unit.

Their mum said, "Lorna and Fraser's nanny and grandad were looked after by the Critical Care Unit just before Christmas. After hearing how much the 4Trauma4Patients team were helping them as well as myself, Fraser decided he wanted to do a cake sale to raise money and Lorna wanted to do a sponsored walk. Fraser baked a few cakes, and it started small but as more people heard about it, it grew and grew.

The community where we live have been so supportive and helped them to raise £587.22.

"Mum has been discharged and is home now while Dad is still being looked after by the amazing staff at the QE. Before this happened, they were both healthy 69-year-old grandparents who spent lots of time with Lorna and Fraser, looking forward to their 70th birthdays together. This has helped them to feel like they are making a difference, so thank you for your kindness with them."

Thank you, Lorna and Fraser, for your amazing efforts and raising almost £600 for the 4Trauma4Patients Team.



Tom's Cycle Ride

For the last few years, Tom Joyce has been working for the hospital charity and last summer he used his holiday to raise a whopping £5,000 for the Charity by cycling from Moseley Rugby Club to Connacht's ground in Galway in just under a week.

The two appeals he raised money for were our Home Away from Home Appeal, which provides free accommodation to families of patients at Queen Elizabeth Hospital Birmingham who've had to travel from far way, and the Older People's Appeal across our four hospitals, to go towards decorating the elderly care wards. A big thank you to Moseley Rugby Club as well for supporting Tom and the Charity not only on his bike ride, but by hosting a Family Fun Day for poorly children treated at Heartlands Hospital and a fantastic fireworks event last November.



Sheila Leighton

Meet our fabulous fundraiser, Sheila, who has been fundraising for an incredible 37 years!

Not long after her husband, Keith, sadly passed away from a brain tumour in 1987, Sheila and her family began fundraising for various charities, particularly those that support brain tumour research, like The Giles' Trust at Queen Elizabeth Hospital Birmingham. The Keith Leighton Neuro Fund has supported us many times over the years including Sheila taking part in not just one but three half marathons! She raised £5,000 in her first half marathon 10 years ago which went towards a bed in the Neurological Critical Care Unit at the QE, a cause close to her heart. She went on to raise another £10,000 with her friend Sheila Price, who sadly lost her son, Chris, so they could fund two more beds for the ward.

More recently, the fund has donated £6,000 towards an Accuvein Device which helps nurses find the veins more easily, meaning less discomfort for the patients who need to have regular cannulas fitted. Sheila and her family are a

true inspiration, and we are extremely grateful for their continued support to help our patients, their families and staff when they need us most.



Charly Allso and Evelyn (the cat)

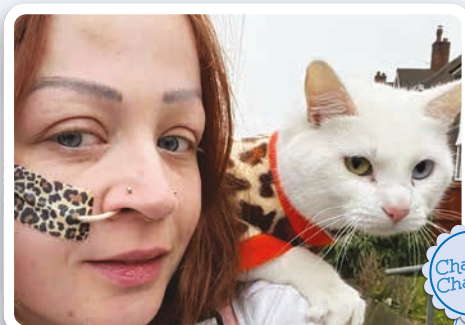
Thank you to Charly and her cat Eveyln, who have raised an amazing £560 for Solihull Hospital Charity.

Charly was diagnosed with Urticarial Vasculitis five years ago, a condition that causes inflammation of the blood vessels, and later with connective tissue disorder Ehlers-Danlos syndrome. Charly received treatment at Solihull Hospital and spent much of her early 20s there.

She said, "To this day I am still under the same amazing consultant at Solihull Hospital, my family and I don't know where I would be without her and the rest of the team."

Charly wanted to do something to give back and to raise awareness, especially for young people with disabilities, so she challenged herself to walk a total of 100 miles throughout February with her deaf rescue cat, Evelyn.

She said, "Evelyn really pushed me on because without her I wouldn't be doing these things." Evelyn often sat on Charly's shoulders during the walks or travelled in her backpack, attracting a lot of attention. Charly didn't mind and encouraged people to come up to talk to her to help spread awareness about her condition.



If these amazing stories have inspired you to get involved and fundraise for one of your local hospital charities, please visit: hospitalcharity.org/fundraising or scan the QR code.



MAKING OUR CHILDREN'S AREA BRIGHT AND FUN

Hospitals can be scary places for adults, let alone children, which is why we want to do all we can to make their treatment journeys less stressful for them and their families by creating bright, fun, more inviting and engaging spaces, especially for young children with repeat appointments.

Our Children's Outpatient Departments see 120,000 young patients every year.

We have already made a huge difference from ward refurbishments on our Children's Wards, that have brightened up the areas where our young patients

can stay for weeks at a time, whilst relieving stress for their family. Additionally, we have recently renovated a fantastic playground area, providing a fun, safe, space for children to play in as part of their recovery from treatment.

This is what the transformed spaces look like:

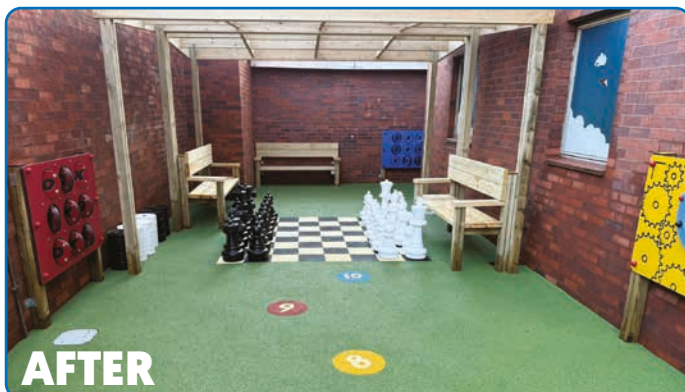


BEFORE

Here is how we have transformed Heartlands Outpatients play area.



AFTER



AFTER

The new Heartlands Outpatients play area is a more appropriate space for staff to assess their young patients' progression, whilst making it more engaging and fun for patients during their multiple appointments...but it doesn't end there.

We need your help to continue supporting our young patients, with renovations to the Physiotherapy Department at Heartlands Hospital.



The plans include a play area that occupational therapists will use to assess their patients in a less stressful environment, as well as help the children's treatment through play. This will also make those areas more child-friendly, especially for those who have many appointments throughout the year, further reducing stress, by creating a familiar and fun environment.

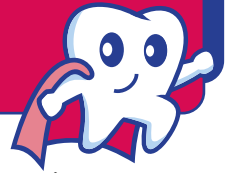


SCAN HERE

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-young-people



Supporting children's health and helping them smile

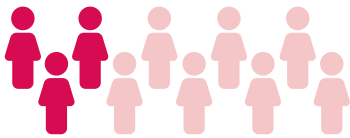


National Smile Month takes place between 12 May and 12 June and aims to raise awareness for oral health issues and the importance of dental care.

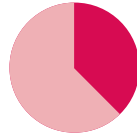
Earlier this year, Solihull Hospital Charity officially launched the Mobile Dental Unit which it

funded for the Solihull Community Dental Team. The team visits primary schools in the Borough of Solihull to ensure children from all backgrounds have access to the best dental care possible. Going to the dentist can often make us feel anxious which can be due

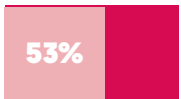
to the unnerving experiences we have as children. The hospital charity wanted to change this and help children view the dentist differently, making it less daunting and significantly improving their oral hygiene.



3 in 10 children aged five in England have tooth decay.



More than one third (35%) of 12-year-olds report being embarrassed to smile or laugh due to the condition of their teeth.



More than half (53%) of children in England have not seen an NHS dentist in the past 12 months.



The likelihood of tooth decay is two and a half times higher in the most deprived areas of England.

[\[www.n8research.org.uk/media/CotN_Oral-Health_Report_8.pdf - page 8\]](http://www.n8research.org.uk/media/CotN_Oral-Health_Report_8.pdf)

The Mobile Dental Unit includes the best dental equipment and has been designed to suit the needs of children with learning difficulties, as well as being wheelchair friendly. Its bright and colourful décor makes it less clinical and helps children feel more comfortable when coming to their appointments. The unit also includes additional features and sensory equipment, such as a ceiling projector which helps to distract children who may be feeling stressed or anxious about visiting the dentist. These sensory items help calm the young patients and are particularly beneficial for children with more complex needs, such as children on the autistic spectrum.

Nicki Williams, Principal Dental Nurse for the Solihull Community Dental Team said, "We are extremely grateful to Solihull Hospital Charity for providing us with the fantastic new dental unit. It has enabled us to continue visiting children in the Solihull borough and ensure they receive the dental care they need. The additional features make a huge difference and help children feel less anxious and afraid about dental care and really encourages a positive relationship with the dentist from a young age."

For many children across Solihull, access to dental surgeries can often be difficult and for children with complex needs, access to treatment can be even harder. The Mobile Dental Unit makes a massive difference to the local community, bringing dental advice, examinations and treatments to children in primary schools within the Borough of Solihull, including the

most deprived areas. It has helped improve the oral health of young people across the area and reduced their anxieties around dental health for the future.



SCAN HERE

For more on how Solihull Hospital Charity supports patients, their families and staff across Solihull, scan the QR code or follow the link:
hospitalcharity.org/our-facilities/solihull-hospital-charity

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. Our staff work 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 raffles in their wards and departments, and we are extremely grateful for their support.

Meet David Copping, our amazing fundraiser who took part in the Great Birmingham Run this May to raise money for the Diabetes Ward at Queen Elizabeth Hospital Birmingham.

David, who works at the QE, underwent weight loss surgery in 2023 and managed to lose an incredible 20 stone within nine months, astounding his doctors as it normally takes patients two



years to lose 70% of their body weight and David lost it in half that time! David said he now has more energy and feels "completely new", and he is no longer Type 2 Diabetic.

David said, "I decided to take on the Great Birmingham Run to say thank you to the NHS for giving me a new lease of life. The support I have had

from my ward manager and colleagues was amazing and that's why I wanted to raise money for the hospital charity to support the Diabetes Ward at the QE and did the same again this year."



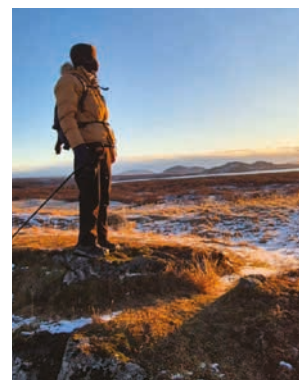
2024, coinciding with the launch of the new elective theatres. It plays a crucial role in the rehabilitation of patients who have undergone joint replacement surgeries such as knees and hips. Like the other wards and departments within the hospital, we want to provide the patients, their families and staff with additional comforts from the monies raised. It is also providing us with a great team building opportunity, as well as a personal challenge."

The 4Trauma4Patients team at the QE took on the Iceland Trek last year, raising money for the service they provide patients who end up on the Major Trauma Ward, which is funded by the Charity.

Jayanithya Kumar Kashyap said, "I have never done a trek as challenging as the Iceland trek before in my life. What motivated me through this challenging journey were my patients and their families and friends who I know are going through very difficult times in their lives and my trek was nothing in comparison. Through this we had the opportunity to raise funds and to help even one person is a success for us. Thank you QEHB Charity for setting this up and giving us this chance to make a difference."



Conor Evans, from the team, also went on the trip and said, "I took on the Iceland trek to really challenge myself. I had already completed a 106km walk around the Isle of Wight for our Charity, 4Trauma4Patients, and thought the Iceland trek was something a bit different for people to sponsor. When our patients



come to the hospital, for most, it is the worst times of their lives, so we wanted to do something different to raise funds to make their stay just that little bit easier."

The wonderful team on the Orthopaedic Ward at Solihull Hospital are taking on Mount Snowdon to raise funds for their new ward at the hospital.



Emma Garner, Healthcare Assistant on the Orthopaedic Ward at Solihull Hospital said, "Our ward newly opened at the end of

STAFF SUPERSTARS!

for raising funds for their hospital charity!



We'd also like to give a big shout out to the wonderful Wellbeing Teams across our four hospital sites. They support all the NHS staff throughout the year with spaces to decompress when dealing with highly stressful and emotive situations.

They regularly raise funds by holding raffles, including one on International Day of Happiness at Solihull Hospital raising over £650 while the Heartlands team claimed the team record for selling the most £1 Bumper Draw Tickets last Christmas by selling 1,154! The team have been a fantastic help to the Heartlands Hospital Charity staff, by promoting the work the Charity does and sharing information about upcoming events and projects with hospital staff.

Farzana Kausar, Wellbeing Hub Team Leader at Heartlands said; "I love working with the hospital charity because I am amazed by the work they do. Being a part of the Wellbeing Team, I do realise the role it has in helping us enhance staff-wellbeing. I look forward to working and engaging with the Charity during our many shared activities to come."

The Wellbeing Team at Queen Elizabeth Hospital Birmingham also got fully on board with our Christmas

fundraising, selling badges and raffle tickets. They're now turning their efforts to raise funds for much needed supplies, including small sensory equipment for people to use, as well as fish food for their aquatic friends which offer a calm environment in the Wellbeing Hub. Sharon and the team are excited to get started on their fundraising journey and to help and support even more staff.

This year the Good Hope team held a Valentines Day fundraiser to raise awareness about what they do as well as the Charity and raise funds to support staff, patients and families.

Natalie Elwell, Wellbeing Hub Team Leader at Good Hope, said; "We are very thankful in the Wellbeing Hub that we can work with Good Hope Hospital Charity in the way that we do. I think we find it mutually beneficial and a great way to support staff. The Good Hope Hospital Charity team are fantastic and support us and our fundraising so much. Together what we have been able to achieve is amazing. All the money that we have raised helps us look after the staff at Good Hope, and the Charity to support patients and their families during difficult times."

Join your local hospital charity in celebrating 77 years of the NHS.

This year we're marking 77 years of the NHS and would love you to join in the celebrations. There are many ways in which you can show your appreciation for our NHS superheroes, from hosting a tea party with your family and friends, to holding a 'Wear it Blue' day at your office or school.

We will be holding Big Tea events at our four hospitals sites in the weeks around the NHS birthday on 5 July to raise vital funds to help our patients and their families during their time in hospital; giving them the support they need as well as the staff.

At home, in the office, at school...

If you want to host your own Big Tea event at home, work, school or community group – you can do it on 5 July or any other time during the summer, and we will support you by providing a Big Tea party pack, containing all the materials you need to host your event. You'll just need some tea and cake!

To get your Big Tea Party Pack sent out to you, email us on charities@uhb.nhs.uk or call **0121 371 4852**.

If you are a company, school or community group, you can also go one step further and make a donation to have your logo printed on a large cake that will support one of our departments own Big Tea events and your details shared on our socials. Just get in touch or scan the QR code for more details.

For more information on how you can get involved and support your local hospital charity, visit: hospitalcharity.org/fundraising or email charities@uhb.nhs.uk



SCAN HERE

Thank you for the support

We would like to say a huge thank you to some of the local businesses and community groups who have donated to the Charity recently. Thanks to their support we can continue going over and above for our patients, their families and staff at your local hospital.

STARBUCKS HARBORNE

We are very pleased to be supported by Starbucks Harborne. Earlier this year, a new Starbucks store opened in Harborne, and we were really pleased to attend the launch, talk more about the work of Queen Elizabeth Hospital Birmingham Charity and meet the team there, who donated £875 on their opening day.



They have chosen to support Fisher House, our home away from home for military patients and their families, along with our Pets in Hospital programme. They are already planning events and ways to fundraise for us as a store and local community.

Sara Bates, Store Manager said, "Here at Starbucks in Harborne we are really excited to be working with the local community to support our local hospital charity at Queen Elizabeth Hospital Birmingham. We have lots of ideas about how we might continue to raise even more money to support this amazing Charity.

"Many of us have been supported by the QE or have loved ones who have, so we are really pleased to have this partnership with QEHB Charity and be able to give something back with our community in Harborne."

COVENTRY BUILDING SOCIETY

A big thank you to Coventry Building Society for raising over £1,000 for Solihull Hospital Charity by hosting raffles last year. The staff also helped the Charity sell Christmas badges, donated toys and presents for children who had to stay in hospital over Christmas, joined in a pub quiz and even gave up their time to help host an NHS Big Tea event in Solihull.

We can't thank them enough for their support, and we look forward to continuing to work together in 2025. The money that they have raised makes a huge difference to Solihull



Hospital Charity, helping it to support patients, young and old, as well as their families and the NHS staff.

CFG LAW

An incredible team from CFG Law has raised nearly £6,000 in support of the 4Trauma4Patients programme at Queen Elizabeth Hospital Birmingham. The service, funded by the QEHB Charity, provides all-round support for patients being treated by the Major Trauma Team, whether it's access to benefits and welfare advice to alleviate financial pressure, getting legal assistance, or emotional support for family and friends, they're here to help.

The team of four, Steve Maloret, Victoria Whitney, Rebecca Budge and Natasha Ulph, took part in the charity's inaugural Iceland Trek last year.

Steve said, "We chose to take on the Iceland Trek because we all felt that it's a great cause, helping others less fortunate, who could really benefit from the support QEHB Charity can provide with the money we were able to raise.

"The trek tested not just our walking ability on snow and ice but pushed individuals to the limit and engendered such a strong team spirit as we knew we could only complete it once we'd got every member of the team back. Personally, I've never had to dig so deep to find the determination to keep going, drawing from the different strengths of the team, and encouraging all of them at some of their lowest moments."

We are so grateful to the team for their incredible efforts to support some of our sickest patients and provide help when they need it most.



BARCLAYS

We'd like to thank Barclays for their continued support, with staff fundraising for us in many ways over the years. They've not only helped us to raise awareness of what we do but have funded projects and initiatives that support our patients and their families.

Kane Murphy, Trade Deal Manager, said; "I am delighted that we can support the hospital charity in the way that we do. Last year, a team from the Birmingham City Centre offices, raised over £12,000 for the Charity, volunteering their time and attending events the Charity held to raise money. This fundraising has been part of a longer relationship the team have had with the Charity, that continues, with the support of Barclays' Match Funding Scheme.

"It is important that we can support local causes and communities, like the hospital charity, that make a real difference to patients and their families. The work the Charity does is incredible, and I am proud that we can offer our continued support to such a worthy organisation."



If you are a local business or community group and would like to support one of our hospitals or appeals, then please get in touch via email: charities@uhb.nhs.uk or call 0121 371 4852.

Creating lasting memories

Losing a loved one is a very personal experience. Many deal with loss in different ways. This is why we work with MuchLoved, so that families whose loved ones are no longer with us can remember them with an online tribute page.

Tribute pages are a space for friends and family to share special memories, pictures, stories and messages, as well as light a candle for their loved one.

Setting up a MuchLoved tribute page is completely free, but if you choose to, you can also make donations to a ward or department at one of our hospitals in their memory.

Tribute Pages are a great option to have a lasting dedication in your loved one's memory. Whether you



have been bereaved recently or wish to remember someone who passed away some time ago, an online tribute page provides a special space to remember your loved one both now and into the future.



To find out more about our tribute pages, please visit hospitalcharity.org/ways-to-give/giving-in-memory, or scan the QR code. You can also contact us by emailing charities@uhb.nhs.uk or call our friendly team on 0121 371 4852.

EMMA AND LANCE'S WEDDING

You can also create Celebration pages and donate to the ward or department of your choice at your wedding, birthday, anniversary or religious celebration.

Emma and Lance got married in August last year and as part of their day they asked their guests for donations to QEHB Charity instead of gifts. They raised a fantastic £770.

Lance said, "Emma received life-saving treatment at the QE and staff continue to provide her with fantastic ongoing care ever since". Lance's late mum was also given "exceptional care" at the hospital during her battle with cancer. This was their way of saying 'thank you'.

If you would like to set up a page in memory of a loved one or a celebration page and support a cause or ward close to your heart, please scan the QR code above.



Celebrating 12 years



FISHER
HOUSE UK

A HOME AWAY FROM HOME
FOR MILITARY PATIENTS
AND THEIR FAMILIES

There are many stressful situations our patients and their families find themselves in when they arrive at our hospitals. As a charity, we want to do all we can to take some of that stress away.

One of the ways in which we can do this is by funding free accommodation and parking for those having to travel far for life-saving treatment. Our homes away from home at the QE and Heartlands Hospital, enable patients to be just a 5-minute walk from the hospital and allows their families to be close to them when they need them most.

Fisher House is our home away from home for military patients and their families, located within walking distance of Queen Elizabeth Hospital Birmingham. Many of the military personnel treated at the hospital have been injured in combat and continue to return to the hospital for more surgery. They also stay at Fisher House if they are being treated for illnesses, ranging from cancer to transplants.

The house offers a calm, welcoming space for families away from the hospital setting and eliminates the stress of finding somewhere to stay as well as the cost and pressure of travelling back and forth to the hospital. It costs £40 a night and makes a huge difference to families who find themselves in trying times, helping to remove some of their worry and stress.

This June, we're celebrating 12 incredible years of Fisher House, in which we have provided almost 50,000 nights of free accommodation, and to celebrate we want to highlight some of our amazing fundraisers, helping us to continue providing a safe haven for military families in their time of need.

FABULOUS FISHER HOUSE FUNDRAISERS!

JAKE MATTOCK

Jake Mattock and his team make up Adventure Antidote. This year, they are taking on the third and final incredible challenge across the globe to raise vital funds for Fisher House and Diving with the Injured.

Jake completed the first challenge of running the Ice Bug Frozen Lake Marathon in Norway last year with Mike Goddard. Jake said, "It was an incredible experience, and I really enjoyed being part of such a unique marathon." Last September he took on the second challenge - climbing the Matterhorn in Switzerland, one of the most notoriously difficult peaks to summit in Europe. This was a tough challenge, but



Jake said, "I want to inspire people to get outdoors to help improve mental and physical health. Thank you to everyone who's donated so far. I'm looking forward to the next challenge."

He saved his biggest challenge for last, rowing across the Indian Ocean. Jake is currently travelling with three other

rowers, Matt Mason, Matt Hemmings & Matt Inglesby. They departed Australia on their 90-day voyage in a Rossiter Ocean 2 rowing boat, and are crossing 8,500km of the Indian Ocean with no other support, to arrive in Dar Es Salaam, Tanzania; making them the first team of four to ever complete this journey, setting the world record for future teams.

As well as fundraising for Fisher House, they are asking for donations for our Diving with the Injured programme, which takes wounded and injured service personnel on diving trips around the world as part of their physical and mental rehabilitation, building resilience and confidence to see life beyond their injuries.

You can follow their incredible fundraising journey on Instagram @theadventureantidote, and please show your support by making a donation on Jake's JustGiving page:
www.justgiving.com/page/jakes-indian-ocean-row



rs of Fisher House!

NEIL MIDDLETON

We'd like to celebrate Neil Middleton for his amazing efforts to trek 164 miles over six days along the spine of Wales in the Dragon's Back Race last September.

He raised £1,500 for Fisher House and the Royal British Legion taking on this incredibly tough challenge 11,600m up the Welsh mountains. Neil said, "It was a great experience and a great struggle



at the same time. I pushed myself to the limit. Thank you to everyone who sent me messages of encouragement and those who sponsored me."

Fisher House offers a sanctuary for many families who have a daily battle to climb, with guests having described Fisher House as 'one big hug' and 'a place that takes away all your problems'. We are truly grateful to Neil's amazing efforts to support Fisher House.



ROYAL CENTRE FOR DEFENCE MEDICINE

A huge thank you to everyone at the Royal Centre for Defence Medicine [RCDM] for showing incredible support to the Charity throughout the year to help raise vital funds to keep Fisher House open, as it is solely funded by donations with no government funding.

The team from RCDM took part in an endurance challenge at Queen Elizabeth Hospital Birmingham ahead of Remembrance last year to not only pay tribute to colleagues they have lost but to raise money for injured and ill service personnel who are treated at the hospital.

The endurance challenge came off the back of team members taking part in the 106th International Four Day Marches at Nijmegen where they raised an incredible £2,747. They also took part in the Charity Abseil down the Richard Salt building at Good Hope Hospital last September while this year they took part in the Great Birmingham Run in May and are pulling a military

ambulance along the 8-mile route of the Royal Sutton Fun Run in June ahead of Armed Forces Day.

Colonel Victoria Moorhouse, Commanding Officer of The Royal Centre for Defence Medicine, said, "Everyone at RCDM is so proud to work in tandem with UHB NHS Foundation Trust and the Charity. Fisher House is an incredible facility that provides the care and support our military patients, and their families deserve during some of the most difficult times of their lives. We couldn't continue to do our work here at RCDM without the support of Fisher House."



MATT DAVIES - GREAT BRUMMIE MENU

Matt Davies is one of those people who shows incredible resilience every day, despite being in continuous pain from his injury. Almost eight years ago, Matt suffered a traumatic accident, leaving him with severe burns and eventually the loss of his arm. He was treated by Burns and Plastics Surgeon, Colonel Mark Foster at Queen Elizabeth Hospital Birmingham and has undergone over 70 operations.

Through his treatment, he discovered Fisher House and wanted to fundraise for the hospital charity to say thank you for the incredible care he has received and to give something back; he has been raising money for Fisher House ever since!

Matt has organised several charity events over the years, teaming up with local Michelin Star Chefs to host incredible fine-dining experiences. In May last year, he organised our first Great Brummie Menu event, which

was a huge hit, raising a whopping £14,755, with some of the money also going to Hospitality Action – another cause close to Matt's heart. His second Great Brummie Menu event for us is sure to be another big hit this year.

Overall, Matt has raised £100,000 to help Fisher House and Hospitality Action. We have been blown away by his incredible dedication and support to the Charity, all whilst still going through treatment himself. Matt isn't slowing down and is hosting multiple events throughout 2025! We can't thank Matt enough for his ongoing support and fundraising, making a massive difference to our patients and their families in their time of need.



We'd like to say a huge thank you to all our fantastic fundraisers; without them we wouldn't be able to support our military patients and their families when they need us most.

To help us keep Fisher House open, please scan the QR code or visit fisherhouseuk.org



LOOKING AFTER YOU

When babies need care on neonatal units, it can be extremely overwhelming and upsetting for parents and families. We understand how hard this can be and why we strive to do all we can to support parents and their newborns.

Every year over 1,000 babies are treated on our Neonatal Unit at Heartlands Hospital and the Special Care Baby Unit at Good Hope Hospital. Babies sometimes stay for as long as four months or be readmitted after complications.

Over half of these babies are born premature, with some born as early as 20 weeks, weighing as little as 330 grams – which is about the same as a can of fizzy drink.

WHAT WE DO AND HOW WE HELP

We are now funding two Neonatal Family Support Workers, who are changing the experience parents' have while their babies are on the units at Heartlands and Good Hope Hospitals.

Their involvement early on helps parents to bond with their little one and have confidence as they prepare for home. They ensure that parents understand and feel involved in taking care of their baby's medical needs, feel confident feeding them and be able to care for them once they get home.

The Neonatal Family Support Workers joined in September 2024 and work to help families during their time on the ward.

As part of their role, they provide:

- Pastoral support to families
- Help with family education
- Provide signposting to parents for further support, like financial aid and psychological services
- Provide practical advice such as registering babies' births and claiming child benefit.

They have also taken on the role of planning for events that can be celebrated such as Mother's Day, Christmas, and Ramadan, where they help staff produce cards and crafts so families can still celebrate special events.

Laura Wheeler, Lead Nurse for Family Integrated Care, said, "Since coming into post, the Neonatal Family Support Workers have relaunched the Beads of Courage; every family now receives the beads to recognise and commemorate the huge journey their baby has endured. They have also ensured that within 72 hours of admission, every family is signed up to the Badger Diary service; an online baby care record for parents, guardians, and healthcare professionals to gain and share the latest information about a baby's health and wellbeing.

"They strive to ensure that the neonatal journey, which is difficult on so many levels, becomes a smoother experience for all families. Thanks to the Family Support Workers, families are now receiving even more knowledge, encouragement and empowerment to bond with their baby sooner, to celebrate each milestone and to become confident partners in their baby's care."



R LITTLEST PATIENTS



LIFE-SAVING EQUIPMENT

We are also fundraising for a life-saving piece of equipment for babies born prematurely at Heartlands Hospital.

The Concord Birth Trolley is an amazing device that keeps mum and baby attached at birth, which allows for delayed cord clamping, providing a huge benefit to babies 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."



In 2024, Jackie and Kieron Hendley joined us for our big Iceland adventure to fundraise for our Newborns in Need Appeal at Good Hope Hospital.

They joined other fundraisers and set off to see the rugged scenery and breathtaking northern lights, raising an incredible £1,700 to help our youngest and most vulnerable patients.



If Jackie and Kieron have inspired you to do something incredible and commit to fundraising to help a cause close to your own heart, you can find out more about the events that we run on page 1.



Thank you!

If you can help us fund life-saving equipment like this, please donate to our Newborns in Need Appeal today by visiting: newbornsinneed.org.uk or scan the QR code.



WE'RE LOOKING FOR VOLUNTEERS!

"I didn't know much about what the Charity did, but I've learnt so much about the organisation and the different ways it supports patients and staff. Volunteering is a great way to keep your mind active and makes you feel like you are making a difference."

Joan, volunteer at Queen Elizabeth Hospital Birmingham Charity.

- **Would you like to give back to your local hospital?**
- **Could you spare some time to support patients and staff?**
- **Would you like to meet new people and make friends?**

Volunteers' Week takes place from 2–8 June and celebrates the amazing contributions volunteers make to communities across the UK. It's a chance to recognise, celebrate and thank the UK's incredible volunteers for all they do for our local community and the voluntary sector, and it's the perfect opportunity to try volunteering and support your local hospital.

Volunteer for us and help make a real difference!

Our volunteers play a key part in the hospital charity, helping us support patients and staff at Queen Elizabeth Hospital Birmingham, Heartlands Hospital, Good Hope Hospital and Solihull Hospital.

Becoming a volunteer is a great way to meet new people and give something back to your local community. You can gain valuable experience, develop new skills and connect with like-minded people while making a significant impact. Volunteering isn't just about helping others; it's about empowering yourself.

Joan, one of our volunteers said, **"I've met lots of different people through volunteering with the hospital charity and made good friends. I love it and always look forward to coming in."**

We're looking for enthusiastic and reliable individuals to help us with a variety of activities and events. We have plenty of volunteering opportunities, including manning our Charity Hubs at the hospital sites, volunteering at our events or helping us distribute our charity newsletter.



Joan (right)



We also have opportunities to volunteer with your dog for our Pets in Hospital programme. The hospital charity funds the assessments, training and equipment for the dogs so they can visit wards and departments at the QE, Heartlands and Solihull Hospital.

We are currently looking to recruit volunteers and their dogs for Good Hope Hospital and more at the QE. You can contact Pets in Hospital via email to register your interest: petsinhospital@uhb.nhs.uk



SCAN HERE

For more information, please visit: hospitalcharity.org/volunteering or scan the QR code



SUMMER BUMPER DRAW

Fancy being in with the chance of winning a whopping **£3,000** in our Summer Bumper Lottery Draw on **18 July**, supported by Homes Instead. All you have to do is sign up to our weekly Charity Lottery for just £1 a week for your chance to win!

By playing our lottery, not only are you in with the chance of winning the weekly £1,000 jackpot or our other cash prizes, but you will also be supporting your local hospital charity. The money raised from our lottery helps us to fund cutting-edge equipment and facilities, ground-breaking research and added extras to help our patients, their families and the amazing staff across our four hospitals. Since we launched our lottery almost four years ago, we have given over £240,000 in cash prizes to our amazing supporters!

It's simple to sign up, just scan the QR code or visit: hospitalcharity.org/lottery



If you sign up to our weekly lottery by 1 June, you will automatically be entered into our Summer Lottery Bumper Draw on 18 July.

If you already play our weekly lottery, you can get more chances to win the summer bumper by purchasing individual tickets here: hospitalcharity.org/products/summer-lottery-bumper-draw or scan the QR code



Rather sign up in person? Pop into one of our Charity Hubs on our hospital sites between 11am-2pm, Mon-Fri. If you require any more information about the lottery, then please email us via charities@uhb.nhs.uk or call on 0121 371 4852.

GOOD LUCK!



CHRISTMAS BUMPER DRAW WINNER



Congratulations to our Christmas Bumper Draw winner, Rachael, the lucky winner of the £3,000 jackpot in December! Rachael is part of the Research and Development Team at Queen Elizabeth Hospital Birmingham. She was over the moon when she found out she'd won and said it was "a lovely early Christmas present!"

Follow us and tag us in @UHBCharity



Queen Elizabeth
Hospital Birmingham
Charity



Heartlands
Hospital
Charity



Good Hope
Hospital
Charity



Solihull
Hospital
Charity

We love shouting about our fabulous fundraisers, corporate donors, and volunteers on our social media accounts.

Follow us @UHBCharity on Facebook, Instagram, X, and @University Hospitals Birmingham Charity on LinkedIn - and tag us in your posts!

We'd love to hear what you are doing to raise money for our Charity, how our money has helped you on your treatment journey or how our funding has helped your ward or department.

Have a great story? You could feature on our website or in our newsletter.

Email the Communications Team at: charities@uhb.nhs.uk
or call us on 0121 371 4852.

SHARING IS CARING

If you see a social post on any of our platforms that resonates with you or your family or friends, please give us a like and share.

The more awareness we raise about what we do the more patients we can help.

Thank you for your amazing support.

We look forward to seeing your posts soon!

Would
you like to
donate?

DONATION

Please complete the form below using BLOCK CAPITALS and return your form to: Fisher House, Mindelsohn Way, Queen Elizabeth Hospital Birmingham, B15 2GN or visit our Charity Hub at your local hospital site - Monday to Friday, 11am - 2pm.

My contact details

Title ☐ Mr ☐ Mrs ☐ Miss ☐ Other

First name Surname

Address

Postcode

Telephone Mobile

Email address

Tick this box to boost your donation by 25p of Gift Aid for every £1 you donate ☐ *giftaid it*

I want to Gift Aid my donation and any donations I make in the future or have made in the past four years to University Hospitals Birmingham Charity. I understand that if I pay less income Income Tax and/or Capital Gains Tax that the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

One-off donation

Please enter the amount you wish to make as a one-off donation from your bank account via the direct debit system.

Donation amount: £

Regular donation

Please add the amount you wish to make as a regular donation from your bank account via the direct debit system

I would like to donate £ on 1st ☐ or 15th ☐ of the month and monthly here after (tick as appropriate).

Account details

Please fill in your account details below so that we are able to take a one-off or regular donation from your bank account depending on your choice above.

Sort code Account No.

Name(s) of account holder(s)

Please pay the University Hospitals Birmingham Charity from the account detailed on the instruction subject to the safeguards outlined by the Direct Debit guarantee. I understand that this instruction may remain with University Hospitals Birmingham Charity and if so details will be passed electronically to my bank or building society.

Signed Date

