

Over & Above

University Hospitals Birmingham
Charity Newsletter
ISSUE 9



hospitalcharity.org

University Hospitals Birmingham Charity

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Fighting cancer to give back time to our patients

Read about Chloe's story and our
Cancer Appeal on pages 2 & 3



Sign up to our weekly Lottery for a chance
to win £3,000 in our Summer Bumper Draw
See more on Page 17

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 have some big events happening this year including our once in a lifetime Iceland trek to see the incredible geothermal springs, picturesque mountains, and breathtaking northern lights. We also have some fabulous social events from an Ascot Race Day and a fancy dress ball to pub quizzes. We love supporting our amazing fundraisers who take on these great challenges and help us raise vital funds for our patients, their families and staff. You can read what some of our Charity Champs have been up to recently on Pages 4 and 5.

On pages 2 and 3 you can read about the relaunch of our Cancer Appeal. Over the past decade and a half, the Cancer Appeal has helped us bring CyberKnife and TomoTherapy treatment machines to Birmingham, giving hope to thousands of cancer patients. It has helped to expand the cancer units across Heartlands, Good Hope and Solihull Hospitals and even provide accommodation for families to stay close to their loved ones when they are having to travel great distances for long and complicated treatment. We have exciting plans for patients across the West Midlands with our relaunched Cancer Appeal.

We are also very excited to see the Edmonds Transplant Centre opening later this year. This dedicated centre for transplant patients, will provide the best possible care and support to these patients and their families. The Centre would not have been made a reality if it were not for the generous support of our partner, A Edmonds and Co Ltd. You can read how it will benefit our patients on pages 14 and 15.

Head to pages 10 and 11 as we say a special thank you to the amazing businesses and Trusts and Foundations across the West Midlands that have been incredibly supportive. Without them we wouldn't be able to help the thousands of patients we support every year.

On page 17 you'll find all the information on how to enter our Summer Lottery Bumper Draw worth £3,000! If you sign up to our weekly lottery for £1 per week, you will automatically be entered into the bumper draw on the 19th July. You can play today to be in with the chance of winning cash prizes 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, Twitter or 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

Once in a lifetime

Immerse yourself in Iceland's wonders: geothermal springs, volcanic mountains, and the mesmerizing Northern Lights... and raise vital funds for your hospital charity at the same time.

20-25 November
(Must sign up by the 28th August)



Abseil

Ever wanted to be a superhero and scale tall buildings? Well now you can at Good Hope Hospital and raise vital funds for the hospital charity.

14 September



Snowdon Treks

Trek through the night and be rewarded by an incredible sunrise over the Welsh countryside and feel a sense of pride as you support your local hospital charity. Daytime walks also available.

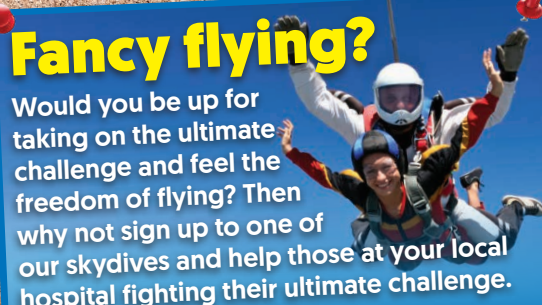
Various dates throughout the summer



Fancy flying?

Would you be up for taking on the ultimate challenge and feel the freedom of flying? Then why not sign up to one of our skydives and help those at your local hospital fighting their ultimate challenge.

Various dates throughout the year



Pub Quiz anyone?

PLOUGH HARBORNE



Test your general knowledge at one of our pub quiz events at The Plough in Harborne to help our patients, their families, and staff at Queen Elizabeth Hospital Birmingham.

Various dates throughout the year

HENRY WONG
HARBORNE

A La Carte Cantonese Restaurant

Wine Tasting Menu

Enjoy a three-course meal at Henry Wong's in Harborne paired with a fabulous selection of wines to treat yourself and help us support patients and their families at your local hospital.

17 October

Giles' Trust Ball

Fancy getting your fancy dress costume on for a night to remember? Enjoy a fabulous 3-course meal, drinks, and live entertainment all while raising funds for life saving research to help brain tumour patients.

12 October



SCAN HERE

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

Fighting cancer to give

With the stark reality that one in two people will develop cancer in their lifetime, we want to do all we can to help those going through one of the hardest challenges of their lives. That is why we are re-launching our multi-million-pound Cancer Appeal.

Over the past decade and a half, the Cancer Appeal has helped us bring groundbreaking CyberKnife and TomoTherapy treatment machines to Birmingham, giving hope to thousands of cancer patients. We have helped expand the cancer units across Heartlands, Good Hope and Solihull Hospitals and even funded free accommodation for families to stay close to their loved ones when they are having to travel great distances for long and complicated treatment.

Children 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 youngest 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 prevent them from being anaesthetised. They also get a toy when they complete their treatment to celebrate their bravery.

We've also helped fund groundbreaking research, immunology trials and even a teacher to help our young students continue their schoolwork while having treatment on the Young Person's Unit so they don't fall behind on their studies.

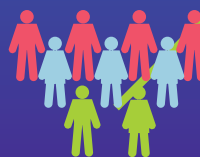
Queen Elizabeth Hospital Birmingham is a centre of excellence for cancer care in the West Midlands. As such, we are raising funds for a new PET-CT Scanner that will transform the care we are able to provide the thousands of patients treated there. This pioneering machine will help investigate cancer cases and create

more efficient care plans, determining both the spread of cancer and how well it has responded to treatment.



It is estimated that there are currently 3 million people living with cancer in the UK - this will rise to 4 million by 2030 and 5.3 million by 2040.

On average someone in the UK is diagnosed with cancer every 90 seconds.



Each year, around 167,000 people die from cancer in the UK, an average of 460 people every day.

This new scanner will mean approximately 2,500 more patients will be seen a year, cutting waiting times and help reduce anxiety levels. This will allow doctors to diagnose patients quicker, giving them access to life-saving treatment sooner. As the number of patients living with cancer is growing, this is more important than ever.

We want to keep providing all these vital services and much more to help our cancer patients when they need us most – but we can't do it without you.

Please show us your amazing support and donate today.

SCAN HERE

For further information visit:
hospitalcharity.org/appeals/cancer
or scan the QR code.



them back their future

"Am I strong enough to go through this again?"

...This is what I asked myself when I was diagnosed with cancer for the second time.

My name is Chloe, and I was first diagnosed with acute lymphoblastic leukaemia when I was 12 years old. Treatment was really tough, but I got through it. I was three years into remission, when I spotted tiny red marks on my skin. When I went to the doctors to get the marks checked out, tests confirmed the worst: it had come back. My heart sank when the doctor said those words and my family and I had to go through it all over again.

I was 17 and halfway through my A-Levels when I spent ten weeks on the Young Person's Unit at Queen Elizabeth Hospital Birmingham. Luckily, due to my age, my mum was allowed to stay with me on the ward. I don't know what I would have done without her. As it was lockdown, I wasn't allowed to leave the hospital, so I couldn't see the rest of my family or friends, I missed them so much. However, when I walked onto the ward it was not what I was expecting. My bedroom was decorated with really cool wall art and didn't look like a hospital room at all. Everyone else on the ward was a similar age to me. We got to play games, have pizza

nights and had cooked breakfasts on Fridays, which really cheered me up after days of treatment.

I then had to have chemotherapy five days a week which made me feel really sick. As I don't live in Birmingham, it would have taken me four hours a day to travel back and forth. That's when QE Hospital Birmingham Charity stepped in and gave us free accommodation and parking just a 5-minute walk from the hospital! It made a huge difference and meant my dad could also stay, giving both mum and I that extra support.

The care I received at the QE was amazing and the staff really got me through what was the toughest time of my life. I am now 12 months in remission and so grateful to the hospital and the Charity for everything they have done for me and my family.

QE Hospital Birmingham Charity made what was the worst time of my life be the best it could possibly be. It provides so much for cancer patients from lifesaving state-of-the-art technology and decorating wards that make you feel more at ease



during treatment, to blankets that keep you warm during radiotherapy and lollipops that take away the metallic taste that Chemotherapy leaves behind. This is my story, but there have been thousands of cancer patients and their families who have faced the same battle and continue to face. Please join me in supporting the Cancer Appeal so the Charity can help more cancer patients in the future.

For further information visit:
hospitalcharity.org/appeals/cancer
or scan the QR code on the opposite page.

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!

Bill Bryne



An amazing supporter of Heartlands Hospital Charity has raised an incredible £16,500 to go towards the Oesophageal Cancer Unit at Heartlands Hospital Birmingham.

Bill Byrne, who was diagnosed with oesophageal cancer in 2017, decided to give back to the hospital that saved his life by holding a ball at the Burlington Hotel to fundraise for the hospital charity. The

ball included an auction, which featured several special items. Most notably, a guitar signed by legendary Queen guitarist, Brian May went to the highest bidder for £3,500. Attendees included some of the doctors and nurses who treated Bill, as well as their families.

Bill said: "My family decided to raise monies for Heartlands Oesophageal Cancer Unit after the amazing treatment I received from the cancer team. Above all I'd like to give Joanne Callan and Mr Nijjar a special mention, as Mr Nijjar and his team's exceptional skill navigating the 10-hour operation saved my life; I can't thank them enough. We are thrilled to support the Oesophageal Team and help them raise awareness on how to avoid this terrible disease."

Pink Hair Prostate Cancer



The fantastic team at Pink Hair has raised a whopping £11,000 for our Prostate Cancer Appeal at their annual charity night earlier this year. The "Out of This World" fancy dress party included games, live music, dancing and a lottery draw.

Pink Hair is an NHS approved hair and wig specialist, whose clients are primarily women receiving

treatment for cancer. However, they have seen a recent increase in the number of male clients and wanted to do something in support of the gents.

Our Prostate Cancer Appeal aims to help provide new and innovative equipment for cancer treatment, develop research, support patients, and promote earlier diagnosis. We are so grateful to the Pink Hair team for their amazing support.

Guru Nanak Naam Ladies Jatha



The Guru Nanak Naam Ladies Jatha has kindly donated £6,000 to Queen Elizabeth Hospital Birmingham Charity to provide an AccuVein machine.

AccuVein is a vein viewing system that helps nurses to find veins for injection, especially for patients being treated for cancer. The device means that veins are located before sticking, which reduces pain by 39%.

We are so grateful to this wonderful community group who in recent years have supported several appeals at the QE, including our Breast Cancer, Skin Cancer, and Eye Appeals.

Warwickshire Freemasons



We would like to say a big thank you to Warwickshire Freemasons for donating £20,000 to go towards our Heartlands Home away from Home.

Our accommodation provides families with a free place to stay that is within walking distance of the hospital, allowing families with premature babies receiving lifesaving support on our Neonatal Unit, to stay together during difficult times.

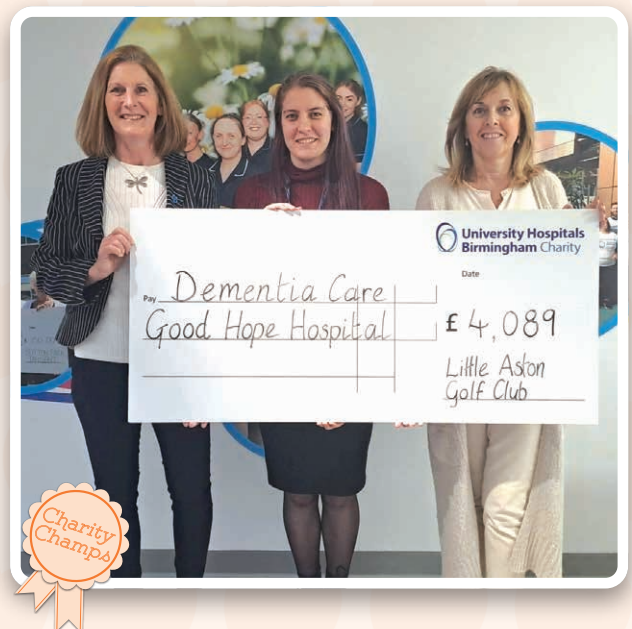
As longtime supporters of the Charity, the Warwickshire Freemasons have previously helped to fund state-of-the-art incubators for Heartlands Hospital and tablets, so that patients can connect to loved ones via video chat.

Little Aston Golf Club

A big thank you to the Little Aston Golf Club and Ladies Captain Mandy Davis, who picked Good Hope Hospital Charity as her Lady Captain's Charity for the year.

Over the past year Little Aston Golf Club have raised more than £4,000 for Good Hope Hospital Charity, to help patients with dementia by supporting the newly formed Dementia Engagement Team who work at Good Hope, as well as Queen Elizabeth, Heartlands and Solihull Hospitals.

Mandy said: "With a notable increase in dementia diagnosis across the country, including many close friends and their families, I have chosen to support the work of the newly formed Dementia Engagement Team who are working across all four hospitals to improve patients and their experiences whilst in hospital."



Team ELSA



Last summer, Lauren Quinn and David Stanley from the ELSA study team took part in a 2.5km inflatable fun-run and raised an amazing £455 for Queen Elizabeth Hospital Birmingham Charity.

The Early Surveillance for Autoimmune diabetes (ELSA) study is screening children aged 3-13 years for type 1 diabetes to find out their risk of developing the condition in the future. This means children at risk of the condition have the opportunity to test new treatments and potentially delay the start of type 1 diabetes.

Lauren and David completed the run-in fancy dress, Lauren as a pancreas and David as an islet-specific auto-antibody to raise awareness of screening. You can find out more about the ELSA study, here: elsadiabetes.nhs.uk



For more information on how you can fundraise for one of our hospital charities, visit: hospitalcharity.org/fundraising or scan the QR code.

CHILDREN'S APPEAL

MAKING OUR YOUNG PATIENTS' TIME AT HOSPITAL LESS SCARY

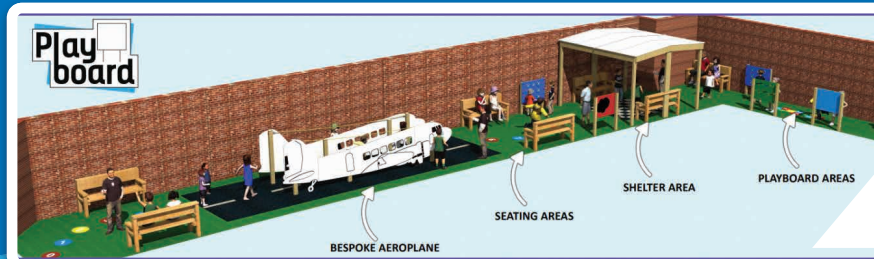
This year we are aiming to raise £250,000 for our Children's Appeal to help transform more of our Children's Outpatient Departments into welcoming environments for the 120,000 young patients we see every year.

Hospitals can be scary places for adults let alone children, so we want to do all we can to make their treatment journeys less daunting, more inviting, and more engaging for those with repeat appointments.

We have already made a huge difference from ward refurbishments that have brightened up the wards where our young patients can stay for weeks at a time, whilst relieving stress for their family and a fantastic playground providing a fun, safe space for children to play in as part of their recovery from treatment.

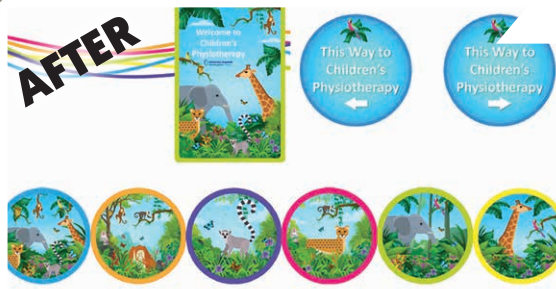
We now want to help the Outpatients and Physiotherapy Departments at Heartlands Hospital and Good Hope Hospital to make those areas more exciting and child-friendly for the tens of thousands of children who come for outpatient treatment, many times a year. We'll also create bespoke play areas that will transform the way staff assess their young patients' progress.

This is what the transformed spaces will look like:



Here is how Heartlands Outpatients play area will look. This will be 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.

This is how Heartlands Physiotherapy Department's outdoor area will look, making it easier for staff to assess patients in a more fun environment.



At Good Hope and Heartlands Hospital Physiotherapy Departments we aim to make these dull spaces, bright and welcoming areas for our patients during their recurring appointments.



Paediatric Matron at Heartlands Hospital, Piper Wilkins said, “The wall decoration makes it less scary for our young patients and more inviting with the different themed murals on the walls from jungle animals and pirates to hot air balloons and flowers.

“The outdoor play area will be a big hit with our young patients as a multifunctional, safe space enabling staff to support those with both mental and physical disabilities. It will help staff provide therapy in a fun environment and build the bond between staff and their patients.

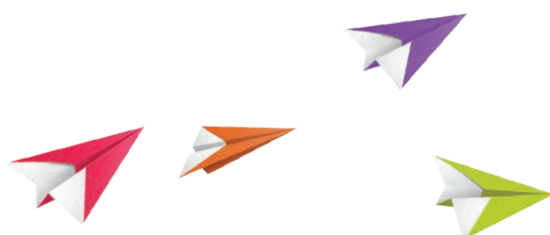
“We can’t thank Heartlands Hospital Charity enough for understanding our needs and helping us create a more welcoming

environment for our young patients and a big thank you to all the fabulous donors because without you, none of this would be possible.”

With your help we can raise more funds that will benefit our young patients going through treatment. Support our mini superheroes by donating here:
hospitalcharity.org/appeals/children-and-young-people
or scan the QR code.



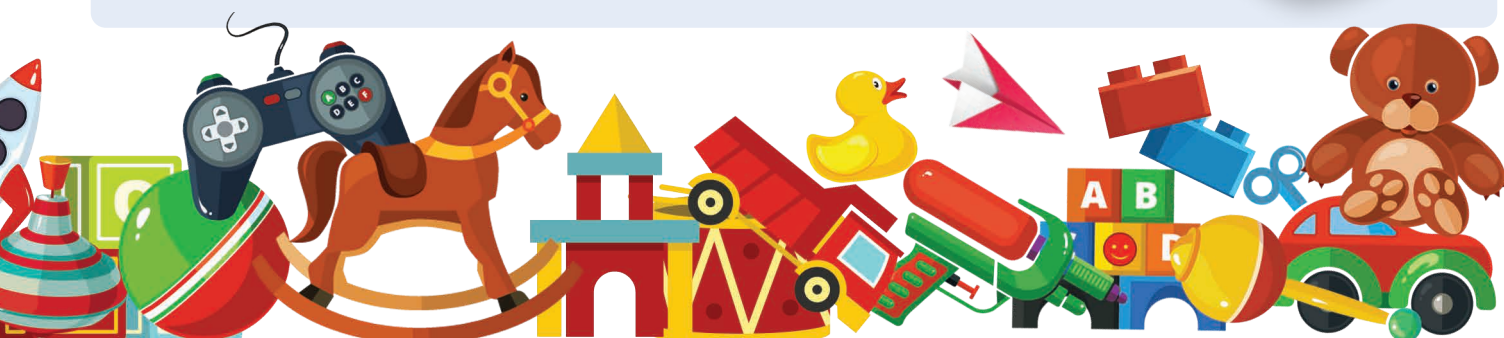
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WORD SEARCH

HEARTLANDS
PLAYING
CHARITY
AEROPLANE
CHILDREN
JUNGLE
GOOD HOPE
BALLOONS
TEDDY
TOYS



CELEBRATING STA

A big THANK YOU to our wonderful staff f

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 and host cake sales and raffles in their wards and departments, and we are extremely grateful for their support.



Cardiology Ward

Kym Palmer, a Healthcare Science Assistant from the Cardiology Outpatients Department at Queen Elizabeth Hospital Birmingham organised a fundraising event to raise money for heart transplant patients. Kym and her colleagues took on an epic challenge at a local climbing centre and between them, climbed to the height of Ben Nevis! The team wanted to raise money to fund 'added extras' to help make heart transplant patients' time in hospital as comfortable as possible.

Kym said, "Our patients, who are desperately waiting for a new heart, are often on the heart ward for months, sometimes over a year because they are too unwell to go home. This is a very anxious time for them and often they get very low and depressed because they are away from their loved ones and are unsure what their future holds." Kym and her colleagues raised an incredible £2,285 to go towards helping patients and their families on the Cardiology Ward.



Burns Centre



Staff from the Burns Centre have raised an amazing £2,000 by taking part in various fundraising activities. The team held an awareness stand in the atrium at Queen Elizabeth Hospital Birmingham where they spoke to staff, patients and members of the public about the importance of fire safety as well as telling them about the amazing work they do. They also hosted a pub quiz, which over 100 people attended. A member of staff gave up sweets for a whole month, while another team member took on the ultimate challenge - a skydive!

The money they have raised will go towards funding patient rehabilitation equipment which will help speed up recovery and improve mobility. Katie Betteridge, Senior Therapy Assistant on the Burns Unit, said, "Our patients are often on the unit for months, which can affect their mental and physical wellbeing. We wanted to raise money to help purchase items that will hugely impact our patient's experience and support with their rehabilitation."

East Ground B Ward

The team from East Ground B held a tombola and sold handmade crafts at the atrium and raised an amazing £500 to help patients on their ward. East Ground B Ward specialises in elderly care and the money they have raised will go towards providing added extras for their patients to make their stay on the ward as comfortable as possible. Sophie King, Ward Manager, said, "We know how important it is to allow our elderly patients to reminisce and feel safe and at home with us. Raising these funds has meant that we can purchase a television on wheels so we can provide tailored entertainment for our patients to introduce good leisure and encourage socialising."



Thank you!

FF FUNDRAISERS

or raising funds for their hospital charity



Emergency Department

An amazing group of staff members from the Emergency Department at Good Hope Hospital completed a skydive to fundraise for the hospital charity.

The team included Megan Sutton, Emma Stapleton, Georgina Howie, Carol Simmons, Katie Haywood, and Andrew Ferguson, who raised a staggering £3,279 for the charity.

The funds are now being used to help patients and their families in the hospital's Emergency Department.



Ward 12



We'd like to celebrate the incredible staff on Ward 12 at Solihull Hospital who regularly hold fundraising events and activities at the hospital to raise money to support their patients and their families.

Ward 12 is a post operative elective surgery ward, treating cancer, gallbladder and thyroid patients, who can be on the ward from two to seven days, depending on their recovery. The team have held raffles, tombolas, and other activities, to raise money towards providing added extras for their patients, to make their time on the ward as positive as it can be.

Flo Haslem, Ward Service Co-ordinator for Ward 12, said, "We like to support the hospital charity because it benefits the patients and gives the staff an opportunity to get involved as a team."



Play Team

A big thank you to the Paediatric Team at Heartlands Hospital who have been fundraising to pay for new equipment for the Children's Ward.

The team of nine: Samantha Phillips, Lindsey Nicholls, Chloe O'Dwyer, Maariyaah Jeewa, Zoe Ambleton, Claire Adams, Safah Amal, Sharon Moore, and Claire Griffiths climbed the highest peak in England and Wales - Mount Snowdon to raise funds for their ward.

The £1,521 they raised has gone towards a RockinR portable games console designed to be used by children who are bed bound. These consoles are a great way of distracting our young patients from what they are going through and can help them to socialise with fellow patients on the ward.



NHS BIG TEA 2024!

Friday, 5 July marks 76 years of the NHS and we'd like to invite you to celebrate with your hospital charity!

Join us for a cuppa and a slice of cake and make a donation to help support our incredible NHS staff.

You can take part by hosting a tea party with family and friends or put on a bake sale with colleagues, at your school or with your local community group.

We can send you a fundraising pack and bunting to get the party started just email charities@uhb.nhs.uk or give us a call on 0121 371 4852.

You can also visit: hospitalcharity.org/appeals/nhs-big-tea for more information or scan the QR code.



CORPORATE THANK YOUS

Local businesses and community groups get behind their local hospital charity

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.

SOLIHULL LIONS CLUB

We are incredibly grateful for the ongoing support we receive from the Solihull Lions Club. In 2023 they helped us to expand our Pets in Hospital scheme to Solihull Hospital.

Pets in Hospital sees specially assessed dogs visiting patients and staff at the hospital, helping to reduce their anxiety and enhance patient communication and interaction. Nicki and her Dachshund, Catie (pictured below) bring so much joy to the wards they visit.

The feedback we have received from patients and staff has been overwhelmingly positive and our colleagues say they can see a real difference in their patients' mental wellbeing following a cuddle with one of our dogs.

Solihull Lions have also supported staff mental health wellbeing initiatives. Our staff work incredibly hard and thanks to the Solihull Lions we have been able to fund a bench in one of our gardens for staff to get some time out in nature, away from the clinical and sometimes pressured environment of the ward.



E MANTON

Being in hospital can be a scary time for adults let alone children, which is why we want to make the experience as relaxing as possible for our young patients as well as their family and the staff treating them.



This year we have launched our Children's Appeal to help transform more of our Children's Outpatient and Physiotherapy Departments at both Heartlands and Good Hope Hospitals, into welcoming environments for the 120,000 young patients we see every year, during what can be a daunting time with repeat appointments.

The team at building contractors, E Manton, have jumped on board and are taking part in a host of fundraising events this year. They have signed up to various runs including the Royal Sutton Fun Run and a mud run!

Ian Clorley, Financial Director, said, "It's an absolute pleasure to support the charity. We work across several of the hospital sites for the Trust and witness every day the valuable and vital work being carried out and we are honoured to be a part of that. We look forward to continuing our relationship and having fun taking part in the many events being held to raise as much money as we can."

WT PARTNERSHIP

Property and construction management firm, WT Partnership, supported us in 2023 by raising over £3,000 for our Children's Appeal which is seeking to transform wards and play areas across our hospitals to ensure our youngest patients' time with us is as comfortable and happy as possible.

The team didn't want to stop there and chose us as their Charity Partner for 2024, for which we are so grateful. This year they are choosing to support our Children's Radiotherapy Department at Queen Elizabeth Hospital Birmingham. So far, they have held an office bake sale, a raffle and are attending a fundraising ball later this year!

The money they raise this year will provide every child treated at the QE Cancer Centre with a quilt to keep them warm during each radiotherapy session, and a special toy given to them on completion of their treatment to reward them for their bravery.

Thomas Brennan, Director at WT Partnership Birmingham, said, "As a team we are all rallying round to make sure we raise as much money as possible to support the brave children undergoing cancer treatment and their families.

"We work very closely with the Trust and are pleased to continue to support the incredible work of the hospitals as they provide excellent care for their patients."



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

TRUSTS AND FOUNDATIONS

Thank you for your support

GARFIELD WESTON FOUNDATION

We are delighted to have received an incredible grant of £400,000 from the Garfield Weston Foundation towards the Edmonds Transplant Centre at Queen Elizabeth Hospital Birmingham. This



Garfield Weston
FOUNDATION

The Edmonds Transplant Centre will offer a 'one-stop shop' where specialist care is brought to the patient.

Clinical Care Consultant, Nick Murphy, explained how the new Centre will streamline patient journeys, saying that, "Patients can come in and see their physician, the surgeon, the transplant coordinators, their psychologist and their dietician all on the same day, and in one location. This will take away a huge amount of stress for patients and therefore speed up their recovery time." The Centre will also provide a single place where patients can spend time together and build up support networks.

We are very grateful to the Garfield Weston Foundation for this amazing contribution which will have a huge impact on our transplant patients.

world-class facility will be the largest centre in the UK that can carry out the four major organ transplants: heart, lung, liver, and kidney.

THE PINK RIBBON FOUNDATION

The Pink Ribbon Foundation generously donated £4,500 to purchase post-mastectomy bras for breast cancer patients who have undergone a mastectomy and breast reconstruction. As the bras cost £45 each, the donation will help 100 patients. The comfortable, specialist bras support breast cancer patients by aiding pain control, promoting recovery and boosting self-confidence as they get used to the changes they are going through. We know the difference these bras make to our



patients and are truly grateful to the Pink Ribbon Foundation for their help in providing these added extras that aren't supplied by the NHS as standard.

MILLIE'S WATCH

We are extremely thankful to Millie's Watch for their latest grant of £20,000 to sponsor one of our 'homes away from home' next to the Queen Elizabeth Hospital

Birmingham site. Our free accommodation provides patients and their families the support they need at a difficult time, taking away the added stresses and cost of finding somewhere to stay and park nearby. 'Millie's Home from Home' has provided a safe, comfortable space for radiotherapy, transplant and brain tumour patients and their families. The Charity is very grateful for their continued support.



CHILDREN IN NEED

We would like to thank Children in Need for their recent three-year grant totalling £10,380 to help fund pizza nights, breakfast clubs and activities on our Young Person's Cancer Unit at Queen Elizabeth Hospital Birmingham. The ward provides specialist treatment and support to young people aged 16-25 who have a cancer diagnosis. The weekly breakfasts delivered by Youth Support Coordinator Cathy Cook are a big hit. The social activities and pizza nights are also really appreciated by the patients as it helps to distract them and provide an evening of escapism.





HELP US CELEBRATE 11 YEARS HOME AWAY



Celebrating 11 years of Fisher House

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 or are being treated for illnesses, 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.

This June we're celebrating 11 incredible years of Fisher House and to celebrate we want to highlight some of our amazing fundraisers, helping us to continue providing a safe haven for military families at their time of need.

FABULOUS FISHER HOUSE FUNDRAISERS!

JAKE AND MIKE

Jake Mattock and Mike Goddard are team Adventure Antidote, and they are taking on three incredible challenges across the globe to raise £250,000! They are fundraising for Fisher House and our Diving with the Injured programme, which takes wounded and injured service personnel on diving trips around the world as part of their rehabilitation, building resilience and confidence.

The duo have already completed their first challenge – running the Ice Bug Frozen Lake Marathon in Norway. This unique event is only open to 500 participants this year, and it was a great way to kickstart their fundraising journey. Mike said, “It was an incredible few days and finishing the run was amazing. I loved every minute of it.” And Jake said, “It was an incredible experience and I really enjoyed being part of such a unique marathon. Thank you to everyone who’s donated so far, we’re already looking forward to the next challenge.”

That next challenge takes place this September, which will see them climb the Matterhorn in Switzerland, one

of the most notoriously difficult peaks to summit in Europe. They are then saving their biggest challenge for last, rowing 8,400km across the Indian Ocean. They will be the first pair to ever complete this journey, setting a new world record!



Mike said, “This challenge is a great opportunity to give back to our brave veterans after they’ve given so much to the country.” Jake added, “We also want to inspire people to get outdoors to help improve mental and physical health”.



You can follow their fundraising journey on Instagram @theadventureantidote, and you can make a donation by visiting their JustGiving page: justgiving.com/crowdfunding/TheAdventureAntidote



EARS OF OUR MILITARY FROM HOME



UNIVERSITY ROYAL NAVAL UNIT BIRMINGHAM

The University Royal Naval Unit Birmingham has kindly been supporting Fisher House for the last two years. Not only did they take on Mount Snowdon last year, but they did so in full fancy dress. One of the team even wore our Fisher House mascot costume Mr Bear!



This year one of the team, Ben Jones, took on a solo challenge - completing the hike along Offa's Dyke, a historic 177 mile [285km] trail along the Welsh English border. He originally set his fundraising target to be £250 and already smashed that total within one day of his challenge. In the end he raised more than £600.

Fisher House offers a home away from home for injured military personnel, with guests having described Fisher House as 'one big hug' and 'a place that takes away all your problems'. We are truly grateful to the team's collective effort to support Fisher House.

ROYAL CENTRE FOR DEFENCE MEDICINE

In the lead up to Remembrance Sunday last November, the team from the Royal Centre for Defence Medicine at Queen Elizabeth Hospital Birmingham took part in a sponsored cycle and row-a-thon in the atrium. The event paid tribute to colleagues they have lost and raised money for injured and ill service personnel who are treated at the hospital. They were joined by former patients and amputees who were injured in Afghanistan and raised an incredible £2,500 for Fisher House.



They now have an even bigger challenge planned for Armed Forces Day in June by challenging themselves to a 24-hour exercise-a-thon. They are also entering a team to take part in the Great Birmingham Run and the Royal Sutton Fun Run.

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. We are also committed to supporting injured and ill service personnel and veterans and that is why we are taking part in several fundraising events this year in support of Fisher House. 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."

FRANCES GILLIES



We'd like to say thank you to Frances Gilles who took on the incredible challenge of walking 5km every day from 1st to 25th December in memory of her friend and colleague, Dave Smith. Dave was a midwife for the Armed Forces, and he sadly passed away last summer after a short illness which saw him unable to walk and become increasingly reliant on others. Dave spent some time in the Royal Centre for Defence Medicine whilst he was ill, and he discovered how Fisher House supports military families in need. Frances decided to challenge herself to walk every day to honour her friend Dave and she managed to raise an incredible £1,582 for Fisher House.

We'd like to say a huge thank you to all our fantastic fundraisers. Thanks to them we can continue supporting our military patients and their families when they need it most.

Fisher House is entirely charity funded and relies solely on donations to keep running year after year. To help us continue supporting military families, please scan the QR code or visit hospitalcharity.org/appeals/fisher-house





TRANSPLA

IMPRESSIVE NEW CENTRE FOR T



The road for a transplant patient can be a long and arduous one with multiple appointments and tests for weeks and months, sometimes years.

The multi-million pound Edmonds Transplant Centre will enable patients to focus on themselves and ensure they are in the best position possible to prepare for successful surgery and then focus on their recovery.

Queen Elizabeth Hospital Birmingham carries out all the major organ transplants - heart, lung, liver and kidney and is the most active transplant unit in Europe with world leading surgeons and cutting-edge equipment; but we want to take that further.

The Centre will allow patients to visit just one area of the hospital, bringing all the specialist care to them, including:

- Pre-transplant consultations.
- Additional fitness classes before surgery which has been proven to increase the likelihood of a successful transplant.
- Patient support groups.
- Rehabilitation classes after surgery.
- Home to world leading surgeons and researchers who are at the forefront of research and technology extending the success of transplantation.

TRANSPLANT PATIENTS TO OPEN



THE DIFFERENCE IT WILL MAKE...

Meet Chelsea, she was diagnosed with liver disease at the age of 11 and was given the gift of life thanks to an organ donor. Chelsea went on to live for another 10 years with many ups and downs throughout her teens but as she entered adulthood, she cared for others and would always smile despite her own difficulties.

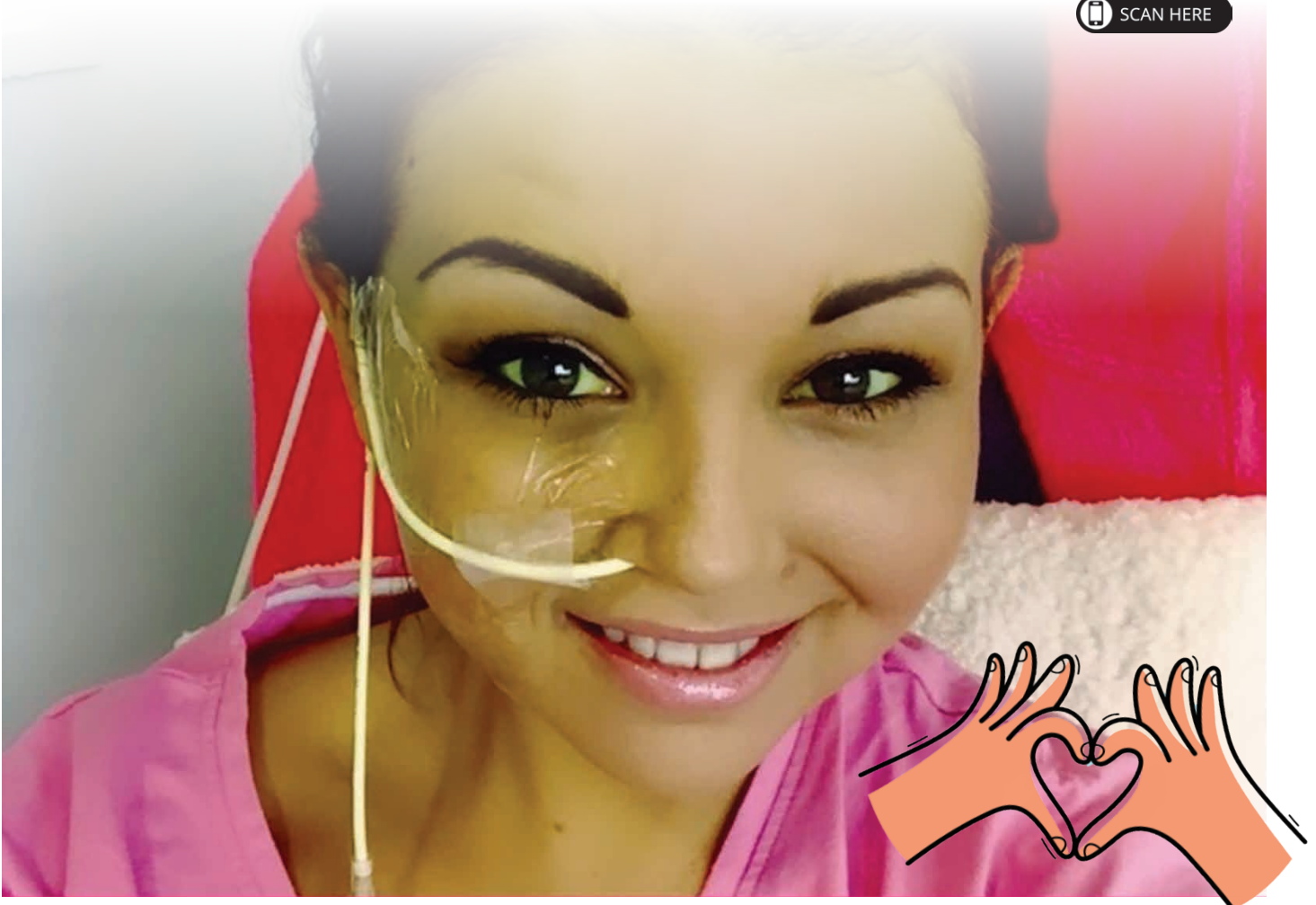
Chelsea was then diagnosed with Autoimmune Liver Disease. She went through a year of tests and hospital stays at Queen Elizabeth Hospital Birmingham and finally underwent three liver transplants in 48 hours. She was then in intensive care for several weeks. Her family said, "She was very glamorous, kind, and beautiful and would shine bright in a room full of people. Chelsea never gave up even when she did not want to fight anymore, she put on a brave face until it was time to say goodbye."

The family showed their appreciation for the outstanding care from all the staff within the QE by raising funds for the Liver Department. Chelsea's family said, "Without organ donation Chelsea wouldn't have lived as long as she did so there is not enough thanks we can give to donors, as people like our Chelsea, wouldn't get the second chance at life they deserve."

If you would like to help us support more patients like Chelsea in the future, please consider becoming a Friend of the Edmonds Transplant Centre by visiting:
hospitalcharity.org/appeals/transplant-patients
or scan the QR Code.



SCAN HERE





JOIN OUR VOLUNTEER TEAM!

We're looking for volunteers!

**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?**

JOIN OUR CHEER SQUAD!

Your local hospital Charity at Good Hope, Heartlands, QE and Solihull Hospitals, need reliable and enthusiastic volunteers to get involved in a wide range of exciting activities and events. We are looking for people who would like to join our 'Cheer Squad' at various events throughout the year to help us support our fabulous fundraisers.

Volunteering is a fantastic way to build your confidence, pick up new and transferable skills, and meet like-minded people. 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. It's a great feeling to know you're making a difference. Go for it, 100%!"

VOLUNTEERS' WEEK 2024

Volunteers' Week (3rd-9th June) 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.

This year, Volunteers' Week will culminate in The Big Help Out from 7th-9th June, which gives people across the UK the chance to experience a range of volunteer taster sessions. If you would like to try volunteering for your local hospital, joining our Cheer Squad is the perfect opportunity to get involved!

There are plenty of other volunteering opportunities at your local hospital charity, including manning our Charity Hubs at the hospital sites, taking part in our bucket collections and awareness stands or volunteering with your dog by joining our Pets in Hospital programme. Join our team and lend a hand to help your local hospital charity.



**To get involved, please contact us on: charities@uhb.nhs.uk.
You can also visit hospitalcharity.org/volunteering or scan the QR code.**





**Queen Elizabeth
Hospital Birmingham
Charity**



**Heartlands
Hospital
Charity**



**Good Hope
Hospital
Charity**



**Solihull
Hospital
Charity**

Summer



Bumper Draw

19 July

If you fancy being in with a chance of winning our Summer Bumper Lottery Draw worth a whopping £3,000, then all you have to do is sign up our weekly Charity Lottery for just £1 a week for your chance to win!

Not only could you win the jackpot or one of our other cash prizes, but you will also be supporting patients, families and staff at your local hospital.

The money raised from our lottery helps us to fund cutting edge equipment and facilities, ground-breaking research and added extras to help make a patients' experience at our hospitals as comfortable as possible. Plus, we have paid out over £150,000 in winning lottery prizes since we launched our lottery two years ago.

If you sign up to our weekly lottery by 24th June, you will automatically be entered into our Summer Lottery Bumper Draw on 19 July. Simply scan the QR code or visit: hospitalcharity.org/lottery

£3,000 JACKPOT

proudly supported by



**Home
Instead.**
To us, it's personal



PLAY HERE

CHRISTMAS BUMPER DRAW WINNER

The lucky winner of our Christmas Bumper Draw was Chris, who said, "I couldn't believe it when they rang to say I was the bumper draw winner, I didn't expect to win in a million years! I've no idea what I'm going to spend my winnings on, but I do know some of it will go to the charity close to my heart."



If you already play our lottery, then you will automatically be entered into our bumper draws. However, you can purchase **extra** individual tickets for the bumper draw to give yourself a greater chance of winning, just scan the QR code below and buy yours today!



PLAY NOW

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.

Follow us and tag us in @UHBCharity



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Heartlands
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Good Hope
Hospital
Charity



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

Follow us @UHBCharity on Facebook, Instagram, X (formally Twitter), 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!**

