



How your support is helping patients and staff at Nottingham Hospitals



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# GET IN TOUCH

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[#Here4Nottingham](https://twitter.com/NUHCharity)  
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[#Here4Nottingham](https://www.instagram.com/NUH_Charity)  
[www.nottinghamhospitalscharity.org.uk](http://www.nottinghamhospitalscharity.org.uk)



# WELCOME

Welcome to the Spring/Summer 2022 edition of our Pulse newsletter, where you can find out the latest news about our appeals and events, and how your donations are supporting patients at Nottingham's NHS hospitals.



We recently launched our new Hayward House Appeal, which you can read about on pages 4 and 5. We aim to raise £1.5million to improve accessibility to the Hayward House garden, create a more welcoming front entrance and reception area, and expand the centre's research and training facilities.

For some ideas of how you can fundraise for our new appeal, or your chosen area of Nottingham Hospitals, turn to pages 8 and 9 for details of our upcoming events, or make a donation using the form at the back of Pulse.

Over the past year, dozens of businesses have supported Nottingham Hospitals Charity, and their donations have made a huge impact in a variety of areas across our hospitals. To find out how your business can get involved in fundraising or donating, turn to page 12 – and to find out about our exclusive Business Club, turn to page 17.

I'd like to take this opportunity to thank all those who have supported Nottingham's NHS hospitals over the past year. Your support makes a real difference to patients at our hospitals. Thank you.

*Barbara*

**Barbara Cathcart**  
 Chief Executive

# THANK YOU FOR HELPING US RAISE OVER £4.4MILLION!

Thanks to everyone who has supported Nottingham Hospitals Charity over the past year, we have raised over £4.4million for patients and staff at Nottingham's NHS hospitals!



During 2021-22 we received more than £4.4million thanks to donations, fundraising events and legacies from individuals, families, community groups, schools, businesses, and grant-making trusts.

These donations have helped us to fund a whole host of projects to support patients and staff across all areas of Nottingham's hospitals. On pages 6 and 7 you can read about some of the most recent grants we've been able to give,

thanks to our supporters – from books to help young diabetes patients manage their condition, to special post-operative bras for women who have undergone breast cancer surgery.

None of this would be possible without your support. Thank you so much to everyone who has played a part in enabling us to provide the very best equipment, facilities, research and support for patients and staff at our hospitals.

# LAUNCH OF OUR £1.5MILLION HAYWARD HOUSE APPEAL

In March, we launched our new £1.5million fundraising appeal in aid of the Hayward House palliative care centre. The Hayward House Appeal will raise money for enhancements to benefit patients and families being treated at the centre, which is located at the City Hospital.

Hayward House is a unique home-from-home environment, where patients with advanced, progressive and terminal illnesses, including those at the end of their life, are cared for by a specialist team of doctors, nurses and therapists.

More than 1,000 patients are treated at the centre each year, including at outpatients clinics, on the inpatient unit, and at a special day centre where patients can take part in therapeutic activities such as art sessions and complementary therapy.

Barbara Cathcart, Chief Executive of Nottingham Hospitals Charity, said: "Hayward House is a truly special place, staffed by truly special people, and has touched the lives of so many

people from across Nottinghamshire. We hope that people from across the county will support our appeal, by making a donation or by taking part in one of our many fundraising events, in order to help us provide the very best environment for patients and their families, at a difficult time in their lives."

The Hayward House Appeal will help to fund a range of enhancements to the palliative care centre, including improvements to the garden area, making it a more accessible and tranquil space for patients and family members, a more welcoming front entrance and reception area, and an expansion of the centre's research and training facilities.



Colette Farley, whose mother Angela Farley was treated at Hayward House, said: "The only time I felt safe leaving my mum in someone else's care was at Hayward House. Hayward House allowed me the privilege of being her daughter in her final days, instead of her carer, and that meant the world to me. I couldn't have managed that final stretch without their support.

"The day therapy service gave my mum a focus during a difficult time, and my mum was so grateful for the care she received there. We held a funeral collection for Hayward House, as charitable donations make such a difference to patients and families. It's the little things that make a difference, like the counselling service and the complementary therapy, which simply wouldn't be possible without charitable donations."

"Hayward House is such a beautiful place, and my mum received such loving care there. The garden is beautiful, it brings peace for relatives and the chance to enjoy a bit of sunshine on a dark day, but I would love to see it become more accessible to patients.



Barbara Cathcart, Colette Farley, Dr Venkata Chaitanya and Sheriff of Nottingham Cllr Merlita Bryan at the Hayward House Appeal launch

To support the Hayward House Appeal, please visit [www.nottinghamhospitalscharity.org.uk/haywardhouse](http://www.nottinghamhospitalscharity.org.uk/haywardhouse) or make a donation using the form at the back of Pulse.



## HOW YOUR DONATIONS HAVE HELPED NOTTINGHAM'S HOSPITALS

With your help we are able to give around **£4 million** each year to fund lifesaving equipment, ground-breaking research and environmental enhancements to help patients at Nottingham's hospitals. Here are some of the projects you have helped us fund across all areas of your local hospitals.



£3,000

### Nottingham Breast Institute

- Thanks to fundraising by the Nottingham Breast Cancer Support Group, we are able to grant **£3,000** each year to ensure that every breast cancer patient at Nottingham Hospitals receives a free, properly fitted post-operative bra, after undergoing breast surgery. These special bras can help support the breast as it heals, and take away anxiety patients may feel about going bra shopping after surgery.



£8,000

### Major Trauma Centre

- We recently gave **£8,000** for a blood fridge and blood plasma freezer to help patients being brought to the East Midlands Major Trauma Centre by air ambulance. The blood products stored in the fridge and freezer will enable air ambulance staff to treat patients with life-threateningly heavy blood loss on board, rather than them having to wait for arrival at the Major Trauma Centre, at the Queen's Medical Centre. This will give patients the best possible chance of survival and recovery.

## THANK YOU FOR YOUR SUPPORT

If you'd like to make a donation, set up a regular gift or leave a gift in your Will to any of these areas, please call us on **0115 962 7905**, email [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk) or visit [www.nottinghamhospitalscharity.org.uk/pulse](http://www.nottinghamhospitalscharity.org.uk/pulse)



£41,000

### Respiratory Medicine

- Thanks to your support, we recently gave over **£41,000** to fund two brand new state-of-the-art ultrasound machines at the City Hospital. These specialist machines will help staff at the respiratory clinic better diagnose and treat patients by allowing them to more easily assess and drain fluid that has gathered around the lungs. The machines will be used to help treat patients with a variety of conditions, including cancer.



£1,500

### Nottingham Children's Hospital

- We granted **£1,500** to provide special 'Carbs and Cals' books for young people with diabetes. The books will enable young patients and their families to manage their condition independently by assessing the amount of carbohydrates in what they are eating, and how much insulin they need as a result.

# GET INVOLVED!

Get involved in one of our fantastic fundraising events, and help your chosen area of Nottingham's hospitals. Whether you'd like to make a splash, have a head for heights, or fancy getting fit this summer, we've got something to suit you.



## DRAGON BOAT RACE

Saturday 16th and  
Sunday 17th July 2022

Don your life jacket, grab your paddles and take to the water as our popular Dragon Boat Race returns for 2022! It's the perfect event for teams from businesses, community groups, schools and families.

Find out more and sign up at [www.nottinghamhospitalscharity.org.uk/dragon-boat-race](http://www.nottinghamhospitalscharity.org.uk/dragon-boat-race)



## BIG QMC ABSEIL

Saturday 17th September 2022

Take in the amazing panoramic view as you prepare to abseil almost 100ft down the side of one of the UK's largest hospitals! Take on this thrilling challenge and raise money for your chosen area of Nottingham Hospitals at the same time.

Find out more and sign up at [www.nottinghamhospitalscharity.org.uk/abseil2022](http://www.nottinghamhospitalscharity.org.uk/abseil2022)



## ROBIN HOOD HALF MARATHON

Sunday 25th September 2022

We're proud to once again be a Charity Partner at this year's Robin Hood Half Marathon – Nottingham's biggest and best running event. Take on the half marathon or mini marathon and enjoy the sights and sounds of our beautiful city.

Find out more and sign up at [www.nottinghamhospitalscharity.org.uk/robin-hood-half](http://www.nottinghamhospitalscharity.org.uk/robin-hood-half)



## DO YOUR OWN THING!

Hold your own event at a time and place to suit you, and do something special to raise money for Nottingham's hospitals. Whatever you choose to do, our friendly team is on hand to offer ideas and advice.

To receive a fundraising pack or chat to a member of our team, give us a call on **0115 962 7905** or email [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk)

Sign up for any of our events online at [www.nottinghamhospitalscharity.org.uk/events](http://www.nottinghamhospitalscharity.org.uk/events) or for more information call us on **0115 962 7905** or email [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk)



# KEEPING HEALTHY DURING THE MENOPAUSE

Nottingham Hospitals Charity is proud to have provided funding to the Nottingham Hospitals Staff Wellbeing team to support them in becoming a fully accredited Menopause Friendly NHS Trust. This means that staff members have a place to turn for advice about the menopause.

The Staff Wellbeing team have kindly shared a few tips to help those going through, or supporting a loved one going through, the menopause.



## TIPS FROM OUR WELLBEING TEAM

- Lifestyle changes can help manage symptoms of menopause, reduce the risk of developing heart disease and help protect bone density
- Engage in regular moderate physical activity, particularly weight bearing activity, to strengthen the bones and both preserve and build muscle mass
- Aim for 2-3 portions of calcium-rich foods daily, such as a small yoghurt or a small piece of cheese. If consuming dairy alternatives such as soya products, choose those that are fortified with calcium
- Consider reducing intake of caffeine and alcohol to help manage symptoms such as hot flushes, anxiety, mood swings and sleep disturbances
- Vitamin D also plays an important role in bone health and is made by the skin's exposure to sunlight. The sun is strongest in the middle of the day, and the middle of the year
- Keep the heart healthy by eating your 5-a-day of fruit and vegetables, avoiding fatty meat, choosing lower-fat dairy options, and opting for unsaturated rather than saturated fats in spreads and oils
- Vitamin D can also be found in a small number of foods, including fortified soya milk, fortified cereals, egg yolk, and oily fish

Thank you to everyone who has donated to support Staff Wellbeing at Nottingham's NHS hospitals.

# HIKE FOR YOUR HOSPITALS



## Every step makes a difference

Hike for your Hospitals is back and better than ever!

Join us by taking on a walk for Nottingham Hospitals this summer and help make an impact for patients across the region.

Every step makes a difference to patients and staff at Nottingham's NHS hospitals.

### Here's how to get involved:

**STEP 1:** Sign up to Hike for your Hospitals at [www.nottinghamhospitalscharity.org.uk/hike](http://www.nottinghamhospitalscharity.org.uk/hike)

**STEP 2:** Start raising money – you choose your own target and the area of Nottingham's hospitals you'd like to support. Each pound makes a difference.

**STEP 3:** Head out for your walk, whether that's a stroll round a local park with your dog, a walk to a friend's house, getting off the bus a stop early, or a hike up a mountain. It's completely up to you.

So grab your friends, family and your furry friends, head out for a walk this summer, and raise money for Nottingham's NHS hospitals.

Find out more or sign up at [www.nottinghamhospitalscharity.org.uk/hike](http://www.nottinghamhospitalscharity.org.uk/hike)



## HOW YOUR COMPANY CAN SUPPORT NOTTINGHAM'S HOSPITALS

Do you own or work for a company who would like to play a part in supporting people across the local community?

If so, why not get involved in fundraising for Nottingham Hospitals Charity? There are a whole host of ways you can support us – here are a few ideas:

- Nominate us as your company's Charity of the Year
  - Hold a fundraising event at work, like a bake sale or quiz
  - Get a team together and enter one of our events, such as the Dragon Boat Race or Big QMC Abseil
  - Find out more about our sponsorship opportunities and how your company could benefit from partnering with us
  - Support our Hayward House
- Appeal for a ward or area of the hospital that is special to you
  - Join our exclusive Nottingham Hospitals Charity Business Club – find out more about this on page 17
  - Volunteer to help with our Christmas tree recycling scheme – if your company has a spare van and driver who could volunteer, we need your help this Christmas!

To find out more about how your company can get involved, visit [nottinghamhospitalscharity.org.uk/get-involved/corporate-partnership](http://nottinghamhospitalscharity.org.uk/get-involved/corporate-partnership), call us on **0115 962 7905** or email [joanne.burr@nuh.nhs.uk](mailto:joanne.burr@nuh.nhs.uk)



## MAKE A WILL AND MAKE A DIFFERENCE



### Did you know that you can leave a gift in your Will to your chosen area of Nottingham's hospitals?

No matter how large or small, the gifts we receive through Wills every year make a huge difference to patients at our hospitals.

Making or updating your Will can be simple and straightforward – it doesn't have to be a daunting or complicated task. It's your chance

to make sure the people and causes you care about are supported, even after you're gone.

We are extremely grateful to all those donors who remember us in their Will, and choose to help future generations of patients here at Nottingham Hospitals.

For more information about leaving a gift to Nottingham's hospitals in your Will, please call us on **0115 962 7905**, email [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk) or download your free Will planner at [www.nottinghamhospitalscharity.org.uk/will](http://www.nottinghamhospitalscharity.org.uk/will)





Hiking hero



VANCE WARNER

A massive well done to Vance Warner for completing his 'One Million Steps in March for Clare' challenge, raising more than **£7,000** for the Hayward House Appeal. Money raised by Vance will go towards enhancing the garden area at Hayward House, where his close friend Clare Doran was treated before she sadly passed away in September 2021.

Community champions



KT'S FUNDRAISING TEAM

A huge thank you to Paula Routledge and the entire KT Fundraising team for their incredible efforts in raising **£101,000** for the Nottingham Breast Institute through KT's Charity Bike Ride and the Strawberry Ball, in memory of their friends who have sadly passed away from breast cancer.

Young fundraising stars



ORANGE TREE DAY NURSERY

Well done to the wonderful children and staff at Orange Tree Day Nursery for holding some special festive fundraising in aid of Nottingham Hospitals. They raised **£1,170** for the Neonatal Unit – amazing!

Team effort



RADCLIFFE-ON-TRENT GOLF CLUB

Thank you to everyone at Radcliffe-on-Trent Golf Club who raised over **£9,350** by choosing us as their Charity of the Year. The money raised will go towards the Renal Unit, in memory of a family member who was treated there before she passed away.

Menu Megastars



MOWGLI

A huge thank you to Mowgli who have raised more than **£50,000** for Nottingham Children's Hospital over the past four years, by adding a discretionary £1 donation to every meal. Thank you so much to all the staff and customers at Mowgli for your generous support!

Inspirational fundraisers



INZPIRE

Well done to everyone at Inzpire for raising **£2,330** for the Paediatric Intensive Care Unit at Nottingham Children's Hospital through their fantastic fundraising efforts!

Family fundraisers



THE SWIFT FAMILY

Thank you to the incredible Swift family who have raised over **£75,000** for Hayward House since 2014, through their fantastic annual Nuthall Christmas Lights display. Their most recent donation of £2,622 has gone towards our new Hayward House Appeal. Thank you so much!

Special tribute



BEV COOK

A special thank you to Bev Cook and her family, who raised **£1,000** for Edward 2 Ward in memory of Bev's mother, Nancy Johnson, who was cared for on the ward before she passed away. Thank you so much for your support.



JOIN THE

# Nottingham Hospitals Charity BUSINESS CLUB



Our new **Business Club** is the perfect way for your business to partner with us and help provide the very best care for patients at your local hospitals.

For just £365 a year – that’s only £1 a day – your company can support your local NHS, whilst taking advantage of the benefits of partnering with a local Charity and being part of an exclusive group of like-minded businesses.

Nasir Mahmood, a local business owner from Sherwood, said: “I joined the Business Club because I want to give back to the NHS and my local community. My restaurants are not big enough to take on a more formal Charity of the Year partnership, but by joining the Business Club I meet my corporate social responsibilities and benefit from a range of branded materials and networking opportunities. Nottingham Hospitals Charity does an amazing job and I am proud that we can contribute to their work.”

Benefits of joining Nottingham Hospitals Charity Business Club include a certificate of membership, branded marketing materials, your logo and a link to your company on our website, a thank you on our social media, first refusal of places at our fundraising events and access to exclusive networking events.

To find out more about our Business Club please call us on **0115 962 7905**, email [joanne.burr@nuh.nhs.uk](mailto:joanne.burr@nuh.nhs.uk) or visit [www.nottinghamhospitalscharity.org.uk/businessclub](http://www.nottinghamhospitalscharity.org.uk/businessclub)

# DONATION FORM



Please donate online today at [www.nottinghamhospitalscharity.org.uk/pulse](http://www.nottinghamhospitalscharity.org.uk/pulse) if you are able to do so. If you're unable to donate online, please use the form below and post it back to us at **FREEPOST NUH CHARITY**. No further information is needed on the envelope and you don't need a stamp.



Your details (please print clearly)

Title: \_\_\_\_\_ Name: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Postcode: \_\_\_\_\_ Daytime tel: \_\_\_\_\_

I would like to make:

- a one-off gift of £ \_\_\_\_\_
- a regular gift of £ \_\_\_\_\_ and I consent to being contacted about setting up a regular gift.

Please direct my gift to: \_\_\_\_\_  
 (Please state which area or appeal you would like your donation to benefit, or leave blank if you would like the donation to be used wherever the need is greatest.)

1. I/we enclose a cheque for £ \_\_\_\_\_ **Payable to Nottingham Hospitals Charity**
2. To donate online, visit [www.nottinghamhospitalscharity.org.uk/pulse](http://www.nottinghamhospitalscharity.org.uk/pulse)

To protect the environment, we don't send thank you letters unless requested. Please tick here if you would like one .

*giftaid it* If you are a UK taxpayer, your donation can go further with Gift Aid. The Charity can reclaim 25p of tax on every £1 that you donate. If you pay less Income Tax and/or Capital Gains Tax in the current year than the amount of Gift Aid claimed on all your donations, then it is your responsibility to pay any difference.

**GIFT AID DECLARATION:** I **AM** a UK tax payer . I have read and understood the above information . Please claim Gift Aid on: This donation only . All donations I have made in the last 4 years and in the future . All donations now and in future . Date: / /  I am **NOT** a UK tax payer .

We would love to keep you updated with our news, fundraising activities and events. Please let us know how you're happy to hear from us below:  
 By email YES / NO    By post YES / NO    By phone YES / NO (please circle as appropriate)  
 You can change your contact preferences at any time, or let us know if you would prefer not to hear from us in the future, by calling 0115 962 7905 or emailing [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk). For more information read our privacy statement: [www.nottinghamhospitalscharity.org.uk/privacy-policy/](http://www.nottinghamhospitalscharity.org.uk/privacy-policy/)

We may share details of your donation (limited to your name, donation amount & the area you supported) with NUH Trust in order to make best use of your gift. If you do not wish for your details to be shared in this way, please tick here:

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JOIN

Nottingham Hospitals **Charity**

**Friends**



in aid of the Hayward House Appeal

Become a **Friend of Hayward House**, and support our patients and staff with a monthly gift.

You can enhance end-of-life care for everyone in our community by helping us:

- Transform the Hayward House garden
- Create a warmer welcome
- Expand research and training facilities

Please donate £5 a month and become a Friend of Hayward House.

For more information please visit [www.nottinghamhospitalscharity.org.uk/friends](http://www.nottinghamhospitalscharity.org.uk/friends), scan the QR code below, or call us on **0115 962 7905**.

As a friend of Hayward House you will receive an exclusive Friends of Hayward House welcome pack, an official certificate and invitations to special behind-the-scenes events, as well as updates about the difference you are making to patients, staff and their families.

Alternatively, you can support whichever area of the hospitals is closest to your heart.

