



Charity song in  
honour of brave  
young Poppy



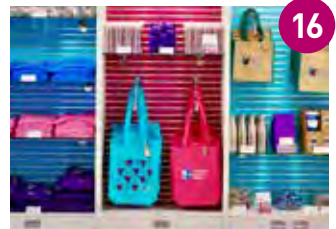
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Hayward House Appeal



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Make a Will



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QMC Hub

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## GET IN TOUCH

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Hospital, Nottingham NG5 1RE

**Facebook** [NottinghamHospitalsCharity](https://www.facebook.com/NottinghamHospitalsCharity)

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[#Here4Nottingham](https://www.instagram.com/Here4Nottingham)

[www.nottinghamhospitalscharity.org.uk](http://www.nottinghamhospitalscharity.org.uk)



**Nottingham  
Hospitals  
Charity**

At the heart of your care

## WELCOME

Welcome to the Autumn / Winter 2019 edition of our Pulse newsletter, where you can catch up on the latest news from Nottingham



Hospitals Charity and see how your support is making a difference to patients here in Nottingham.

I'm delighted to announce that we're now nearing our £1.6million target for our Big iMRI Appeal – turn to page 5 to find out more.

If you'd like to do something to help us reach our target, or to support another area of our hospitals, turn to pages 8 and 9 for some great fundraising ideas.

I'm also thrilled to announce that our first ever Charity Hub is now open at the QMC – see the back page for all the details, and please do come along to meet our team and browse our stock!

Finally, I'd like to thank you all for your support during 2019, and look forward to more fantastic fundraising in 2020.

Best wishes for a wonderful New Year.

*Barbara*

**Barbara Cathcart**  
Chief Executive

# WE'RE IN BUSINESS!

Throughout 2019 we've worked with a fantastic variety of local businesses who have chosen to support Nottingham's hospitals in a whole host of different ways.

## Nottingham City Transport

In August, a team of 14 **Nottingham City Transport** bus drivers shaved off half their hair to raise money for Hayward House, the palliative care centre at City Hospital. The fundraising was organised by driver Andy Godfrey, whose parents both passed away at Hayward House.

Andy said: "Hayward House means a lot to me and many other people because of the care and compassion shown by the fabulous team who work there." Nottingham City Transport matched the money raised, bringing the total to over **£8,400**.



## British Gypsum

More than 100 **British Gypsum** staff cycled 100 miles, raising a phenomenal **£19,399** for the Nottingham Breast Institute.

Organiser Phil Johnson, Production Operator at British Gypsum, said: "We are so thankful to the staff at the Nottingham Breast Institute for the care they've given so many of our loved ones."

## Mowgli Street Food

**Mowgli Street Food** in Nottingham, have raised a phenomenal **£22,617** for the Big Appeal for Nottingham Children's Hospital, by adding a discretionary £1 donation to every bill.



Mowgli's founder and TV star, Nisha Katona, said: "Charity lies at the heart of Mowgli's ethos and we are all honoured to be supporting the Big Appeal."

Thank you to all the business who have supported Nottingham's hospitals over the past year. To find out more about how your businesses can support hospitals, please contact our Corporate Partnerships Manager Marianne: [marianne.burchell@nuh.nhs.uk](mailto:marianne.burchell@nuh.nhs.uk) / 0115 962 7905.

## ENHANCING CARE AT HAYWARD HOUSE



Visitors and patients at Hayward House often remark what a special place the hospice-style centre is. With its bright and airy rooms, calming atmosphere and friendly staff, it is a haven away from the busier wards elsewhere in the hospital.

The centre provides care for patients with terminal illnesses, as well as their loved ones. Thanks to our generous supporters, we are able to fund a whole host of activities and services which make all the difference to patients and their families at what can be a difficult time.

As well as a relaxing garden and art and craft activities, Nottingham Hospitals Charity also funds complementary therapy sessions to help ease painful symptoms, extra nurses to provide the best possible care, and counselling services for patients and their families, all in the safe and comfortable environment of Hayward House.



THE GARDEN

To support Hayward House donate online at [www.nottinghamhospitalscharity.org.uk](http://www.nottinghamhospitalscharity.org.uk) or use the donation form inside Pulse.

# BIG APPEAL LATEST: FINAL PUSH FOR IMRI

After launching the iMRI phase of our Big Appeal in March 2018, we are now in the final throes of fundraising, with less than £50,000 of our £1.6million left to go!

The money raised through the Big iMRI Appeal will go towards funding a state-of-the-art intra-operative MRI machine, which will be used during children's brain surgery to give surgeons the best possible chance of removing a child's tumour in just one operation.

With your help, we hope to reach our target in the coming months, and plan



for the new iMRI machine will be up and running in spring 2020.

**Thank you so much to everyone who has supported the appeal so far. If you'd like to get involved and help us reach our target, you can make a donation online at [www.nottinghamhospitalscharity.org.uk](http://www.nottinghamhospitalscharity.org.uk) or use the donation form inside Pulse.**



OLIVER SWIFT

# 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.

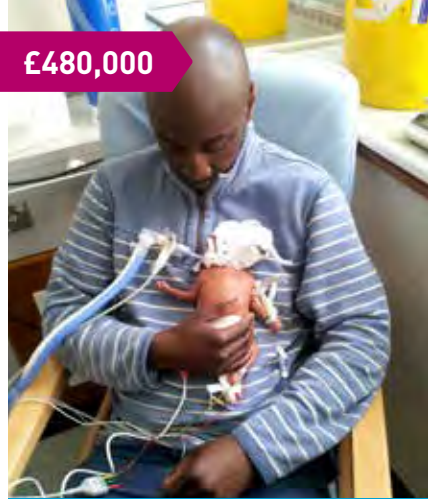
£400,000



## Dementia care

- We recently gave a grant of **£300** to fund a unique 'intelligent hydration system', in which special dispensing cups are used for patients with dementia who are at risk of dehydration. The cups use light and sound prompts to remind patients to sip water regularly and stay hydrated. We previously gave £400,000 for specialist Advanced Nurse Practitioners to support older patients, including many with dementia.

£480,000



## Neonatal

- Last year we gave **£480,000** for 17 new incubators to help the tiniest patients at Nottingham's two Neonatal Units. We also launched our Big Neonatal Appeal, to help the 1,000 premature and newborn babies treated at our Units to get the best possible start in life, by providing state-of-the-art medical equipment, vital research and family rooms to support parents and families during difficult and emotional times.

# 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** or email **charity@nuh.nhs.uk**

£200,000



## Cancer

- With our support a new Virtual Clinic has been developed for local cancer patients. This clinic is transforming patients' care by allowing consultants to conduct online appointments with people in their own homes, taking away much of the stress of attending numerous Outpatients appointments. Pilot work has shown that patients appreciate being able to choose the online option, reducing the time and effort taken for hospital attendance.

£25,000



## Bereavement support

- Our Zephyr's centre, which offers bereavement support to families who have lost a pregnancy, baby or child has seen over 2,000 visitors pass through its doors since it opened in April 2017. The running of the centre is funded entirely by donations to Nottingham Hospitals Charity. The centre offers support groups and counselling for bereaved parents and families in a homely and comforting environment, away from the hospital wards.

WHAT YOU HAVE MADE POSSIBLE

# GET INVOLVED!

We've got a whole host of events you can get involved in to raise money for Nottingham's hospitals. Whether you're an aspiring runner, keen cyclist, or want to hold your own event at a time and place to suit you, here are some of your options...



## NOTTINGHAM SANTA DASH

Saturday 14th December 2019

Have heaps of festive fun at this fancy dress 5k run/walk at Holme Pierrepont, and raise money for Nottingham's hospitals this Christmas-time. Don't forget to wear your Santa suit and bring your family and friends along too!

If you'd like to sign up, contact us today for your fundraising pack.



## CYCLE LIVE

Sunday 14th June 2020

Choose from five routes, varying in distance between the 25-mile 'Robin Hood' route, and 'The Sheriff' at a whopping 125 miles! Enjoy the sights as you cycle around Nottinghamshire to raise money for your chosen area of the hospitals. Nottingham Hospitals Charity is proud to be the lead charity partner again at this year's Cycle Live.

Get in touch today to sign up!



Call us on **0115 962 7905** or email [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk) to find out more. You can also sign up online at [www.nottinghamhospitalscharity.org.uk/events](http://www.nottinghamhospitalscharity.org.uk/events)



## LOVE TO WALK

Take part in our new walking challenge, LOVE TO WALK – where you pick the date, the route and which area of Nottingham’s hospitals you’d like to support. Complete your chosen walk your way – whether you just take a few steps each day and tally then up, or spend a whole weekend walking challenging route, the choice is yours.

Get your family, friends or colleagues involved too.



## HOLD YOUR OWN EVENT!

Hold your own event at a time and place to suit you – such as a Bake Off competition, Christmas or Easter Jumper Day, Tea Party or Coffee Morning at your school or workplace. 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)

# WINTER WARMING CARROT AND GINGER SOUP



The winter months can be a hard time to eat healthily, with tempting festive food and drinks constantly on offer.

We spoke to Nottingham's hospitals' very own Staff Wellbeing team, who shared this recipe for a winter warming carrot and ginger soup – perfect if you want something warm and comforting to eat, without being full of calories, salt or sugar...

## INGREDIENTS

- 1 tsp cooking oil
- 1 small onion, finely chopped
- 1 garlic clove, finely chopped
- 20g fresh root ginger, peeled and finely chopped
- 200g carrots, roughly chopped
- 300ml vegetable stock
- Freshly ground black pepper

## METHOD

1. Heat oil in small saucepan over medium heat. Add onion, cook for 2 minutes. Add garlic, ginger and carrots. Cook for 5 minutes, stirring occasionally.
2. Add stock and season with pepper to taste. Bring to boil, reduce heat, cover and simmer for 20 minutes, or until the carrots are soft.
3. Serve as a chunky soup. Alternatively pour into a food processor and blend until smooth, then return to the pan and reheat gently for a smoother soup. Serves one.

**Did you know that the Staff Wellbeing team is supported by Nottingham Hospitals Charity?** If you'd like to make a donation to support the team, please use the donation form in Pulse, call us on **0115 962 7905** or donate online at [www.nottinghamhospitalscharity.org.uk](http://www.nottinghamhospitalscharity.org.uk)

# MAKE A WILL AND MAKE A DIFFERENCE



Sian Anderson

**Did you know that you can leave a gift to Nottingham Hospitals Charity in your Will? No matter how large or small, the gifts we receive through Wills every year make a huge difference to patients at our hospitals.**

We asked our Legacy Officer, Sian Anderson, to answer some frequently asked questions about making a Will...

**Q: Why is it important to make a Will?**

A: Making a Will is the only way of ensuring your wishes are met when you're no longer here. Your Will gives you control so that the people or causes in your life that you've held dearest can benefit in your honour.

**Q: Is it complicated to make a Will?**

A: It's usually a straight-forward process, unless your situation is more complicated. You should start by considering who you would like to remember in your Will – your beneficiaries, and mapping out your

assets or the value of your estate. Nottingham Hospitals Charity has a handy Will Planner to help you during this process. Once you've done this, a solicitor or specialist Will-writing service will be able to help you draw up your wishes into a legal document.

**Q: Why give a gift to charity in my Will?**

A: Your Will is a reflection of all that has meant something to you, and leaving a gift as part of your wishes has the power to create a lasting positive impact upon the cause you have chosen. It's your way of carrying on your story.

For more information about making a Will, or to receive a Legacy Information Pack, please contact our Legacy Officer, Sian Anderson, on [sian.anderson@nuh.nhs.uk](mailto:sian.anderson@nuh.nhs.uk) or call 0115 962 7905.



A big thank you to the staff at **MIDFIX** who raised £5,000 for the Neonatal Units and £5,854 for Hayward House. Thank you so much!

Congratulations to **Ivory Longley** who has raised a phenomenal £10,000 by selling handmade greetings in aid of Hayward House, where he has received treatment. Thank you so much Ivory!



Well done to pupils at **Pierrepont Gamston Primary School** in West Bridgford who raised a fantastic £1,308 by taking part in the first ever Robin's Fun Run for Nottingham Children's Hospital.

A huge thank you to **Joe Poole and family** who raised £4,641 for the Neonatal Unit in memory of their son, Noah, who was treated there. Thank you so much.





Special thanks to **Steve and Poppy McGill**, who featured on last year's BBC Hospital programme and have so far raised more than £1,100 through the sale of the Poppy Rocks charity album. The CD is raising money for the Big iMRI Appeal after Poppy was treated for a brain tumour at Nottingham Children's Hospital. You can buy the CD online at [www.poppyrocks.org](http://www.poppyrocks.org)

Thank you to the **Nottingham Operatic Society** who raised £3,000 for Zephyr's during their performance of Joseph and the Amazing Technicolour Dreamcoat.



Huge thanks to the **ExLibris Masked Booksellers**, who raised £904 for Zephyr's centre through their book sales.

A very special thank you to the organisers of the **Black and Green Ball** who raised a phenomenal £18,063 for the Nottingham Breast Institute through their glamorous annual ball.





A huge thank you to **Charl's Angels** who raised an amazing £10,000 for the Nottingham Breast Institute to thank them for the care their friend Charlotte has received.

Well done to **Hannah Talbot** and her friends and family who climbed Snowdon and took part in a children's cycle ride, raising more than £3,200 for the Renal Unit where Hannah's husband Chris has been treated.



A very special thank you to **Tina McTighe** who organised a dance evening and raised £1,045 for a mobility aid for the Stroke Unit, to thank staff for her care on the Unit.

A big thank you to **Lisa Cousin** who raised £2,160 for the Neonatal Intensive Care Unit by holding a hog roast event.





Well done to **Alex Godfrey** who raised £800 for the Paediatric Intensive Care Unit, where his son Arlo was treated, by holding a variety of fundraising events. Thank you!

Thank you to **Abdul Jalil and the Blast from the Past Cricketers** who raised £1,400 for the Dialysis Unit by holding a charity cricket match.



A big thank you to **The Abdication Micropub** who raised £1,500 at this year's Dragon Boat Race – not only winning the race, but taking the top fundraiser crown too! Congratulations!

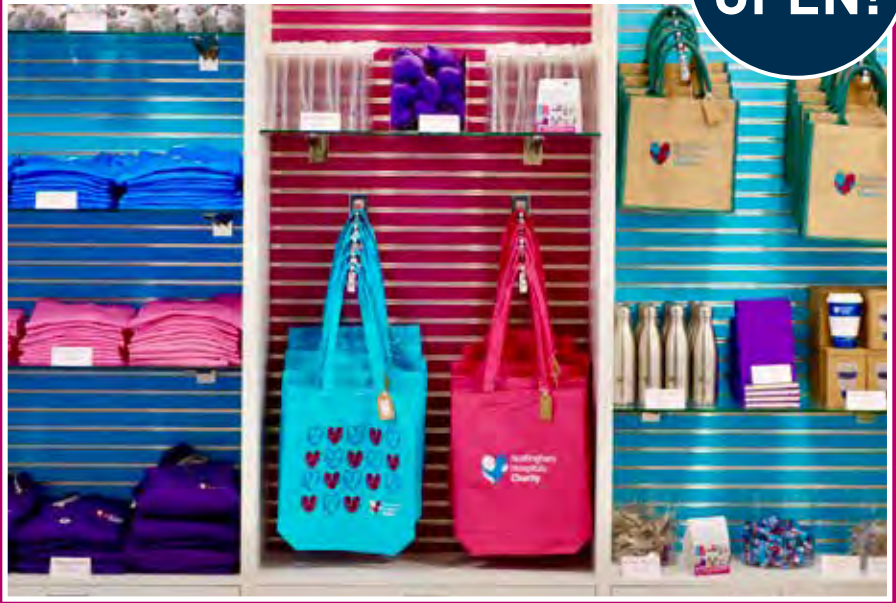


Thank you to **Karla Barratt and House of Pain** who raised £1,260 for Chemotherapy Daycase by holding a charity wrestling match.



## VISIT OUR NEW CHARITY HUB AT QMC!

**NOW OPEN!**



Our brand new Nottingham Hospitals Charity Hub is **NOW OPEN** at the QMC!

You can find us on B Floor, just inside the main entrance.

Come and say 'hi' to our friendly team, browse our Charity merchandise, sign up to a fundraising event, or find out about how you support the Charity through volunteering. We'd love to meet you!

Proceeds from merchandise sold in the Hub go straight back into our hospitals to provide the best possible care for patients in Nottingham. So come and pick up a gift for a friend or a treat for yourself, and help our patients at the same time!

The Hub is open from 10am to 4pm, Monday to Friday.

Find out more at [www.nottinghamhospitalscharity.org.uk](http://www.nottinghamhospitalscharity.org.uk) or call us on **0115 962 7905**.





# GIFT AID YOUR DONATION

All you have to do is tick the box



## About your donation:

- ✓ You must be a **UK tax payer**
- ✓ The donation must be **your own money**
- ✓ You can **gift aid donations in the future and during the last 4 years** by completing a Gift Aid declaration
- ✗ You **cannot** gift aid a donation you make to us if this is a collection of other people's money.

## GIFT AID EXPLAINED...

If you make a donation and you tell us that you pay tax in the UK we can claim back 25% from the Government. That's 25p for every £1 you give.



If you are a UK tax payer please say 'YES' to Gift Aid by ticking the box when donating to us.

This means that your donation is worth 25% more to the Charity at no additional cost.



# DONATION FORM



Post your donation to us at **Freepost NUH CHARITY.**

**No further information is required on the envelope and you don't need a stamp.**

Your details (please print clearly)

Mr/Mrs/Ms/Miss 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/donate](http://www.nottinghamhospitalscharity.org.uk/donate)**

*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 taxpayer. 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: / /

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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