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are helping to train
our theatre staff



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reopening of family rooms



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GET IN TOUCH

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**Nottingham
Hospitals
Charity**

At the heart of your care

WELCOME

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



Hospitals Charity and see how your support continues to make a difference to patients here in Nottingham.

On page 4 you can read the latest about our Big Appeal for Nottingham Children’s Hospital, including the official reopening of the refurbished parent and family accommodation our supporters helped to provide. And on page 5 you can see how your donations have helped enhance staff training here at Nottingham’s hospitals.

If you’d like to get involved in fundraising by taking part in an event – including our new walking challenge LOVE TO WALK – turn to pages 8 and 9.

This issue we’re also introducing our brand new Health and Wellbeing section (see page 10) following feedback from our recent reader survey. Over our coming issues this section will feature healthy living tips and healthy eating recipes from staff here at Nottingham’s hospitals.

I hope you enjoy reading this issue of Pulse. Thank you for supporting Nottingham Hospitals Charity.

Barbara

Barbara Cathcart
Chief Executive

BRINGING MUSIC TO THE EARS OF OUR PATIENTS

Thanks to support from our donors, patients at Nottingham's hospitals are able to participate in specially-run music sessions during their time on the wards.

Wellspring Music CIC visit stroke and dementia wards, as well as major trauma wards, to deliver music sessions to elderly and seriously injured patients. This can help provide a distraction for patients, and can also help patients with dementia by jogging memories.

James Tollhurst and Marc Block, the two professional musicians who make up Wellspring Music CIC, are able to pay weekly visits to the wards, thanks to funding from Nottingham Hospitals Charity.

Marc, a former nurse, says: "There is increasing evidence that music lives in a deep and primitive part of the brain, so it cuts through a lot of what is lost with dementia, and connects to a person's innate self. It is a great way of communicating with people who have lost other forms of communication."



MARC BLOCK

During the sessions James and Marc sing, play instruments, and encourage patients to join in if they are willing and able. A recent report into the work of the duo found that their musical activities reduced patients' anxiety and isolation, and helped them to relax, interact with one another and express themselves.

If you'd like to support projects like this at Nottingham's hospitals, please donate using the form inside Pulse, call us on 0115 962 7905 or donate online at www.nottinghamhospitalscharity.org.uk



CHILDREN'S HOSPITAL BIG APPEAL LATEST



Official reopening of family rooms

While the Big iMRI Appeal continues, we've also been busy celebrating the completion of the very first stage of the wider Big Appeal, which launched in November 2016 – refurbishing the parent and family accommodation at the Children's Hospital. These 22 rooms are a real lifeline for parents whose children are staying at the Children's Hospital, allowing them to stay near their child, while also giving them a space away from the ward to get some peace and quiet or digest difficult news.

Thanks to our supporters, £500,000 was raised to refurbish all 22 rooms, and we were joined by patients, families, fundraisers, donors and hospital staff to officially reopen them.

One parent for whom the accommodation has been crucial is Andrea Gregorich, whose baby daughter Ella-Grace was an inpatient at Nottingham Children's Hospital, based

at QMC, for four months at the start of this year.

Andrea said "Having these rooms and me being able to be here so much makes such a huge difference. It means I am able to be here 24 hours a day, seven days a week, to look after Ella-Grace. I would simply not be able to afford to travel back and forth to my home in Grantham every day."

Thank you to everyone who fundraised and donated to help make these refurbishments possible.



FAMILY ROOM

If you'd like to support the Big Appeal, you can donate using the form inside Pulse, call us on **0115 962 7905** or donate online at www.nottinghamhospitalscharity.org.uk

IMRI target in sight

With your support, we are fast approaching our £1.2m target for the Big iMRI Appeal, to help fund an intra-operative MRI scanner to be used during children’s brain surgery.

The Big iMRI phase of our wider Big Appeal for Nottingham Children’s Hospital was launched just over a year ago, and thank to our fundraisers and donors the huge £1.2m target is now in sight.



NEW TRAINING SUITE FOR SURGICAL STAFF

A new training theatre has been opened at Nottingham’s hospitals, thanks to funding from Nottingham Hospitals Charity.

A disused theatre has been transformed into a simulation and training suite, where staff and students can practise situations that may occur during surgery. This enhanced training allows them to be more prepared for a range of real-life emergency situations and provide the best possible care for patients.

Theatres staff raised money for the project by taking part in the Three Peaks Challenge, and have named the new training theatre in memory of their colleague, Helen Unwin, who sadly passed away last year. Helen had a strong belief in education and training and was considered an inspirational leader and much-loved colleague.

If you’d like to support staff development and training at Nottingham’s hospitals, please donate using the form inside Pulse, call us on **0115 962 7905** or donate online at www.nottinghamhospitalscharity.org.uk

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.

£120,000



Breast cancer

- Over the past year we have given over **£120,000** towards new breast cancer equipment for the Nottingham Breast Institute. Thanks to our generous supporters, we were able to fund a state-of-the-art digital mammography machine. Around 4,000 women's lives are saved every year due to early detection of breast cancer through screening, and this new machine aims to make the process quicker, easier and safer.

£500,000



Children's Hospital

- As you can read on page 4, our Big Appeal for Nottingham Children's Hospital has **successfully achieved its first target** of refurbishing the vital family accommodation for parents to stay near to their sick children onsite. Our Big iMRI Appeal is **getting close to its target**, which, thanks to our fantastic donors, will allow for the creation of a new intra-operative MRI suite for children undergoing life-saving brain surgery.

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**

£340,000



End of life

- Last year we gave over **£340,000** to end of life care, including services at Hayward House palliative care centre. The centre offers a warm and welcoming environment for patients and their families, and charitable funding helps to provide enhanced facilities where patients can feel relaxed. Also provided are complementary therapies to ease the pain of symptoms or treatments, and counselling services to support patients and their families through what can be an extremely difficult time.

£8 MILLION



Research

- Because of our supporters, Nottingham Hospitals Charity has been able to give over **£8 million** funding for medical research over recent years. From pump-priming smaller projects to funding large-scale studies into tailored cancer treatments, we've been able to support a whole host of vital research projects which will make a real difference to future patients.

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...



CYCLE LIVE

Sunday 23rd June 2019

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!



IKANO ROBIN HOOD HALF / MINI MARATHON

Saturday 28th / Sunday 29th
September 2019

Take part in Nottingham's biggest running event in support of your local hospitals. Take on the half marathon, mini marathon or one-mile challenge and enjoy the sights and sounds of our beautiful city. Get in touch today for your fundraising pack!

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



HOLD YOUR OWN EVENT!

Hold your own event at a time and place to suit you – such as a coffee morning or quiz night in your local community, a cake sale, or a dress down or dress up day at work or school. 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**



SHOW OFF YOUR GARDEN!

Are you a keen gardener with an outdoor space you'd love to share with your local community? If so, why not plan your own 'open garden' event in aid of Nottingham Hospitals Charity this summer?

Local open gardens are always a popular attraction during the summer months, and are a great way to get to know your neighbours, show off your garden, and raise money for a good cause at the same time. If you'd like to fundraise for Nottingham Hospitals Charity in your garden this summer, contact us on **0115 962 7905** or email **charity@nuh.nhs.uk**



Welcome to your new **Health and Wellbeing** section of Pulse, where you can receive healthy living tips from our NHS teams at Nottingham's hospitals.

This edition we'd like to introduce you to Nottingham's hospitals' very own Staff Wellbeing team, who encourage hospital staff to get fit and active. They've shared with us their top tips for eating and drinking healthily during the warm summer months.

STAY HYDRATED

With increased temperatures in the summer, it's important to stay hydrated.

- The recommended amount of water to drink is a minimum of six to eight glasses a day
- Early signs of dehydration include light-headedness, tiredness, irritability and headache
- Once thirst is felt, mental performance can decrease by about 10%.
- The best way to stay hydrated is to drink small amounts frequently. Keeping a reusable water bottle to hand is a great idea

HEALTHY EATING

The summer months are a great time to introduce more salad and fruit to your diet, to help you achieve your five-a-day target.

- Pick fruits and salad items with high water content to increase hydration levels, such as water melon, cucumber and celery
- Remember to limit salad dressings, especially if they are creamy, as they can contain lots of hidden calories
- Avoid overdoing it at barbecues – put plenty of salad on your plate first and then add a small amount of meat, rather than the other way around

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



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ABTA No. V4744



A big thank you to staff at **Inzpire** in Lincoln, who last year raised £2,480 for the Paediatric Intensive Care Unit at Nottingham Children's Hospital.

The team has been raising money for the unit since 2014 and has so far raised more than £10,000, in support of colleague Bob and in memory of his daughter, Claire, who was treated there.

A very special thank you to **Carol Newton and husband Ron, Kerry Lawson and mum Jackie**, and their family and friends for raising a combined total of more than £12,000 for two cuddle blankets for the Child Bereavement Team. These blankets allow bereaved parents to spend valuable time with their child, to say goodbye at their own pace. Thank you so much to everyone involved.



Congratulations to the **KT's Coast and Castles Bike Ride** and **Strawberry Ball team**, who raised a phenomenal £84,000 for a Digital Mammography Machine at the Nottingham Breast Institute, in memory of their friend Katie Taylor.

Thank you so much to everyone involved in this extraordinary fundraising effort.

Well done to **Gedling Homes**, who raised a fantastic £7,010 for Hayward House, which was their chosen Charity of the Year last year. Thank you so much for your support!





Thank you to the Retail Operations team at **Boots**, who raised £2,480 for Winifred 2 Ward at the City Hospital. The team took part in a ten-mile walk to raise money, in support of their colleague Ruth and in memory of her husband Steve, who was treated on the ward.

A very special thank you to four-year-old **Anya Semak**, who had her long hair cut short and raised more than £2,410 for our Zephyr's family bereavement centre, in memory of her baby brother Sebastian. Thank you so much to Anya, mum Claire Timson and the rest of the family for their support in memory of baby Sebastian.



A huge thank you to **Mowgli Street Food** in Hockley, Nottingham, who have so far raised a phenomenal £15,000 for our Big iMRI Appeal for Nottingham Children's Hospital. The restaurant is fundraising for the Big iMRI Appeal by adding a discretionary £1 to every bill.

Thank you so much to all the staff and customers!

Special thanks to **Martin Firbank** and colleagues at **Cooper Parry**, who have raised an amazing £6,285 for cancer care at Nottingham's hospitals. Martin took on the challenge of the Great Wall of China trek, and colleagues raised money by organising a whole host of events such as a quiz night, race night and cake sales. A big thank you to everyone involved!





Congratulations to the **'Three Boobeteers'** – Tracy Dabell, Liz Giles and Sarah Nice, who raised over £2,281 by running the Robin Hood Half Marathon in aid of the Breast Institute, where they have all been treated for breast cancer.

Well done to the trio of fantastic fundraisers!

Special thanks to **Team Ruby** – the family of Ruby Richards, who have raised £5,000 for the Big Appeal for Nottingham Children's Hospital, to thank them for the care she has received there. Family and friends have taken part in a whole host of events to raise money, including marathons, obstacle courses and treks. Thank you so much to everyone.



Huge thanks to **Sudbrook Moor Golf Club** who raised £1,284 for the Big Neonatal Appeal, after senior captain Mick Massingham's grandson Alexander was treated on the Neonatal Unit.

Well done to four-year-old **Larsen Roberts** who raised a fantastic £2,734 for the Big Appeal for Nottingham Children's Hospital, by taking part in a special 26-slide marathon (or slideathon!) to say thank you for the care he has received there.

Thank you so much Larsen, you're a fundraising star!





Thank you to **Julian Bower** and the **Old Nottinghamians** who raised £1,250 for the Neonatal Unit by organising a gig at local venue The Maze.

Thank you so much for your support!

A special thank you to **Ryan Mace**, who raised £1,000 for the Renal Unit by taking part in Nightrider Liverpool, a 100km night-time bike ride. The amazing Ryan donated his kidney as part of a donation chain, where three people gave their organs to strangers when they were unable to donate to their own loved ones.



Thank you to **Lynda Thorsby**, whose annual fundraising event for the Children's Hospital raised more than £1,000 for the Children's Cancer Ward.

Thank you to **Unite the Union** and **Nottingham Hackney Cabs** who raised £3,000 for the Dialysis Unit.





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 own way – whether you just take a few steps each day and tally them up, or whether you spend a whole weekend walking a route you’ve always wanted to try, the choice is yours. You can choose where and when to walk – whether on your own, or with family, friends or colleagues.

You could aim for 10,000 steps every day for a week, or you could set yourself the target of covering 27 miles in total – the total length of all the corridors at the Queen’s Medical Centre!

Get in touch today for your free fundraising pack, and get walking!
Call us on **0115 962 7905** or email charity@nuh.nhs.uk

MAKE A WILL AND MAKE A DIFFERENCE



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 a Will doesn't have to be a daunting or complicated task – it is your opportunity to make sure the people you love are looked after when you're gone, and to give back to the causes you care about.

We recently received a £5,000 legacy for the Renal Unit, which helped to fund new phlebotomy chairs so that

patients can sit comfortably while having their blood taken. This makes a big difference to renal patients, who often spend long periods of time in hospital, by helping them to be as comfortable as possible during their time here. We are extremely grateful to this donor for remembering us in her Will.

For more information about leaving a gift to Nottingham's hospitals in your Will, please call us on 0115 962 7905 or email charity@nuh.nhs.uk



Nottingham Hospitals **Charity**

Supporting Nottingham University Hospitals NHS Trust

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.

Alternatively, you can donate online at www.nottinghamhospitalscharity.org.uk, over the phone by calling **0115 962 7905** or give £10 via text by texting **NUHC10 £10 to 70070**

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We would love to keep you updated on how your gifts are having an impact through our twice-yearly newsletter, and information about our fundraising events and activities that may be of interest to you. Please let us know how you're happy to hear from us below:

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