



How you're supporting patients, families and staff at Nottingham's NHS hospitals



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Write your Will for FREE with our trusted Will-writing partner

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GET IN TOUCH

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Email charity@nuh.nhs.uk

Address Nottingham Hospitals Charity, 2 Embley Road, North Road, City Hospital, Nottingham NG5 1RE

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WELCOME

Welcome to the Autumn/Winter 2022 edition of our Pulse newsletter, where you can read more about how your donations are helping patients and staff at Nottingham's NHS hospitals.



On pages 4 and 5 you can read an update on our Hayward House Appeal – thanks to your support, we've reached our first fundraising milestone, enabling work on the unit's garden to begin soon.

And on pages 6 and 7 you can read about some of the other worthwhile projects that your donations have helped to fund.

If you'd like to do something fun to raise money this autumn/winter, turn to pages 12 and 13 for our upcoming fundraising events. And on page 15 you can find out about how to get involved in our brand new fundraising quiz.

I'd like to take this opportunity to thank everyone who has supported Nottingham's NHS hospitals throughout 2022. On pages 8 to 11 you can read about just a handful of our wonderful supporters – you might even spot a familiar face!

Thank you for reading, I hope you enjoy this edition of Pulse.

Barbara

Barbara Cathcart
Chief Executive

THANK YOU FOR YOUR SUPPORT IN 2022

Thank you to everyone who has supported Nottingham Hospitals Charity in 2022.



We know it's been a difficult year for many, and we truly appreciate your continued support – whether that's been through fundraising, making a donation, pledging a gift in your Will, or volunteering your time to help at our events.

We have been able to fund some amazing and important projects at Nottingham's hospitals this year – including a pioneering new suite for children and young people who have

been sexually abused or assaulted; special bears for bereaved families who have lost a loved one; and tailor-made wigs for BAME (Black, Asian and Minority Ethnic) cancer patients. You can read more about all of these projects on pages 6-7.

None of this would have been possible without your ongoing support.

Thank you so much for all you do to help patients, families and staff at Nottingham's NHS hospitals.

HAYWARD HOUSE APPEAL REACHES FUNDRAISING MILESTONE

We're pleased to announce that, thanks to your support, our £1.5 million Hayward House Appeal has reached its first fundraising milestone.

The appeal to raise money for enhancements to Hayward House specialist palliative care unit was launched in March 2022, and has now reached its first fundraising milestone of £250,000 – enabling work on the centre's garden to begin, alongside the ongoing services and support funded by Nottingham Hospitals Charity.

The first phase of the appeal aimed to raise £250,000 for transformative enhancements to the unit's garden

area, including improved accessibility for patients, and a new peaceful 'contemplation zone' where patients, family members or staff can spend time with their thoughts away from the busy hospital environment.

Money raised through the appeal will also fund ongoing services and support for patients with life-limiting illnesses, and those at the end of their lives, such as counselling, emotional support and complementary therapy.



Artists impression of the new garden

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

If you're a tax payer, please don't forget to tick the Gift Aid box – this will add an extra 25p to every £1 you donate, at no extra cost to you.



Hayward House
Appeal **Bringing care to life**

Barbara Cathcart, Chief Executive of Nottingham Hospitals Charity, said:

“We are delighted that we have reached our first target within the Hayward House Appeal and are able to begin working with landscape gardeners and hospital staff to create a range of enhancements to the Hayward House garden.

“In a city hospital it can be rare to find such a lovely, green space, and we would like to provide better access, facilities and garden

furniture to help make the most of this special area. This will give patients and their families a place to spend precious time together, away from the ward environment, in beautiful, private and peaceful surroundings.

“I would like to take this opportunity to thank everyone who has donated to the Hayward House Appeal so far, to help make this first step of our plans possible.”

Colette Farley, whose mother Margaret Farley – known as 'Angela' – was treated at Hayward House until she passed away in November 2021. said:

“Hayward House is such a beautiful place, and my mum received such loving care there. The garden is wonderful, it's such a beautiful oasis in the middle of the hospital – when I was visiting my mum it gave me somewhere to sit and reflect. My only regret was that my mum didn't feel able to get outside and spend time in the garden, so I would love to see it become more accessible to patients.

“The day I lost my mum was a beautiful autumn day and the last thing she asked me was 'What's the weather like?' I told her it was a beautiful, sunny day. When you're at that time of your life, you want to see some natural beauty around you and be able to spend time outdoors.”



Colette and Angela Farley

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.



Clare's Bears

- Thanks to generous donations in memory of Clare Doran, who was treated at Nottingham Hospitals before she sadly passed away from bowel cancer in September 2021, we have been able to provide special teddy bears for bereaved families. The teddies – named Clare's Bears in honour of Clare – are given to terminally ill patients at the end of their lives, and to their relatives, as a keepsake and a comforting reminder of their loved ones after they have passed away.



Wigs for BAME cancer patients

- We are delighted to have recently funded tailor-made wigs for British, Asian and Minority Ethnic (BAME) patients who have suffered hair loss due to cancer treatment. These new wigs are made with different hair colours, textures and styles to better imitate patients' own hair, and help restore their self-confidence after suffering from hair loss.

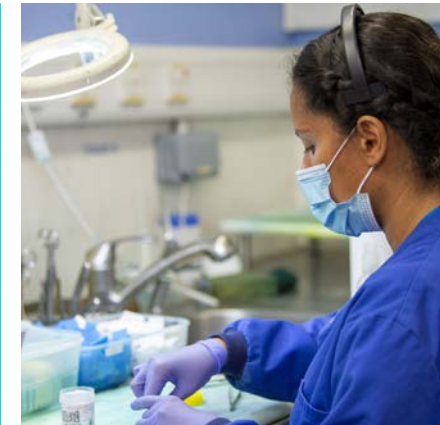
THANK YOU FOR YOUR SUPPORT

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 or visit www.nottinghamhospitalscharity.org.uk/pulse



Interview suite for young sexual abuse survivors

- This summer we officially opened a new video recorded interview suite for children and young people who have been sexually abused or assaulted. The suite allows them to give evidence to police in a child-friendly and non-clinical environment, away from a potentially intimidating police station, and in the same space as their clinical examinations. Similar suites in Iceland have led to double the number of prosecutions, as children feel better able to give evidence in this more comfortable environment.



Myeloma research

- Thanks to our generous donors, we were able to give £181,000 for a study into how myeloma cells respond to anti-myeloma drugs. The research aimed to investigate why some patients with myeloma – which is a cancer of the blood and bone marrow – have greater sensitivity or resistance to drug treatments than others.

Fantastic fundraisers



Thank you to **Amanda Hallam and her family and friends** for raising over **£20,000** through Martha's March – a very special sponsored walk in memory of Amanda's daughter Martha, who sadly passed away soon after birth. The money raised will go towards a tranquil garden room in the Neonatal Unit where Martha was treated. *(Pictured above)*

Well done to **Phil Clarke** who completed the Robin Hood Half Marathon, London Marathon, Carsington Half Marathon and Yorkshire Marathon all in the space of four weeks! He raised over **£1,200** for the Oncology department at QMC and Chemotherapy ward at City Hospital. Phil took on the mammoth challenge to thank hospital staff for treating him after he was diagnosed with bowel cancer in January 2021.

Corporate supporters

A huge thank you to **Mitchells** of Mansfield who have so far raised over **£5,000** for the Hayward House Appeal through a variety of events, including a static cycle ride, and not one but TWO dragon boat races! Thank you so much to everyone at Mitchells for your fantastic fundraising efforts.

Thank you to **Source BioScience** who have kindly sponsored our Big QMC Abseil, which is taking place on Saturday 25th May 2023, and have a team of 15 people taking part. Find out more on page 12 if you'd like to sign up and join them!

Thank you to **A W Lymn** who have joined our Business Club, as well as taking on the Robin Hood Half Marathon and raising over **£2,500**. Well done to all who took part.

Young fundraisers

A special thank you to friends **Hughie** and **Freddie**, who are walking 100km around football stadiums across the UK to raise money for every children's hospital in England while Hughie receives cancer treatment. In November, they added Nottingham Forest to their tour of UK stadiums, in aid of Nottingham Children's Hospital. Thank you so much to this very special duo.



Breast Institute supporters



A big thank you to Black and Green Ball organisers **Deborah Sawyer** and **Lucy Spencer** – this year’s ball raised a fantastic **£17,502** for the Breast Institute. Thank you so much to everyone who attended and donated. *(Pictured above)*

Thank you to **Claire Heap**, who raised **£830** for the Breast Cancer Research Appeal to thank staff at the Breast Institute for the care they gave to her and her friend after they were both diagnosed with breast cancer. *(Pictured below)*



Well done to **Sallyann Petts** whose annual Strawberry Tea and Ladies Pamper Afternoon this year raised **£3,106** for our Breast Cancer Research Appeal. Thank you! *(Pictured above)*

Thank you to the **Nottingham Breast Cancer Support Group** who raise money for the Breast Institute and Breast Cancer Research Appeal on an ongoing basis. Among other donations, the group gives **£3,000** each year to ensure that every breast cancer patient receives a free, properly fitted post-operative bra, after undergoing breast surgery.

Robin Hood Half Marathon runners



Thank you to **Bethan Turner-Harrod** who raised **£1,070** for Dundee House and Morris Ward by running the Robin Hood Half Marathon with her friend April, to say thank you for the care given to Bethan’s dad, Gareth. *(Pictured right)*



Well done to amazing little ‘**Super George**’, aged five, who completed the mini marathon, raising **£1,055** for the Neonatal Intensive Care Unit at the Queen’s Medical Centre, where he was treated as a baby. *(Pictured left)*

GET INVOLVED!

Get involved in one of our exciting fundraising events, and help whichever area of Nottingham's hospitals is closest to your heart. Whether you're a thrill seeker or someone who prefers to keep their feet firmly on the ground, we've got something to suit you.



BIG QMC ABSEIL

Saturday 25th March 2023

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/abseil



DRAGON BOAT RACE

Saturday 1st and Sunday 2nd July 2023

Don your life jacket, grab your paddles and take to the water as our popular Dragon Boat Race returns for another two-day even in 2023! It's the perfect event for teams from businesses, community groups, schools and families. No rowing experience necessary!

Find out more and sign up at www.nottinghamhospitalscharity.org.uk/dragon-boat-race



HIKE FOR YOUR HOSPITALS

Hike for your Hospitals is our sponsored walk with a difference – you choose your distance, your route, and your fundraising target for your chosen area of Nottingham Hospitals. Do it anytime, anywhere.

Find out more and sign up at www.nottinghamhospitalscharity.org.uk/hikeforyourhospitals



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



DO YOUR OWN THING!

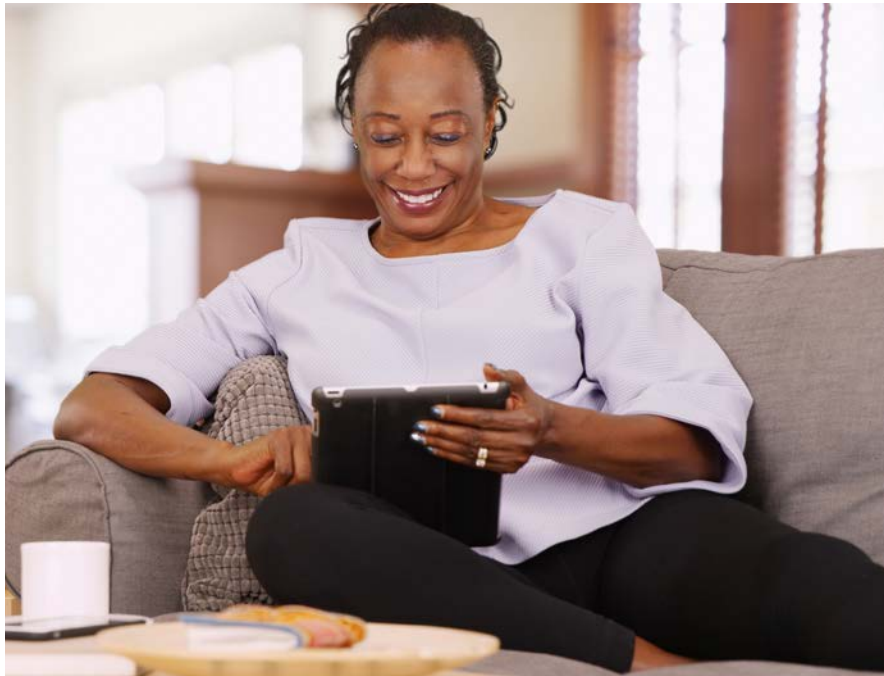
Hold your own event at a time and place to suit you – why not hold a coffee morning, or download our brand new quiz pack and host your own quiz night? Find out more about our quiz on page 15. Whatever you choose to do, our friendly team is on hand to help with ideas and advice on how to arrange your event.

To receive a fundraising pack or speak to our team, give us a call on **0115 962 7905** or email charity@nuh.nhs.uk

WINTER WELLBEING

Winter can be a happy time, full of cosy nights in and get-togethers with loved ones. However, the colder weather and longer nights can also take their toll on your physical and mental health.

We spoke to our Staff Wellbeing team, whose work is supported by Nottingham Hospitals Charity, and put together a few tips to help improve your physical and mental wellbeing this winter...



TIPS FROM OUR WELLBEING TEAM

- Eat a balanced diet – a balanced diet can positively impact your mood, energy levels, sleep, and can be helpful for resilience against colds and other bugs
- With less sunlight at this time of year, make sure to eat plenty of foods rich in Vitamin D – such as oily fish, and dairy or plant-based milks fortified with Vitamin D
- Keep physically active – even if it's too cold to go outdoors, you can still keep active indoors, and there are plenty of free exercise videos available online
- Take care of your mental health – whether it's mindfulness, yoga or simple breathing exercises, make time to care for your mental as well as your physical health

QUIZ

INTRODUCING OUR BRAND NEW QUIZ!

We're excited to announce the launch of our brand new fundraising quiz pack. The downloadable pack is FREE and full of fundraising tips, resources, questions and answers to help you host your very own quiz night.

Whether you decide to hold a virtual or in-person event, a quiz can be a brilliant way to bring together friends, family or colleagues, to have fun and raise money for your chosen area of Nottingham's hospitals.

Find out more and download your free quiz pack today at www.nottinghamhospitalscharity.org.uk/quiz

GIVE A MONTHLY GIFT



Become a Friend of Nottingham Hospitals Charity and give a monthly gift to help your chosen area of Nottingham's NHS hospitals. Your monthly gift, no matter how large or small, will make a real and ongoing difference for patients, families and staff at our hospitals.

Find out more at www.nottinghamhospitalscharity.org.uk/friends or call us on **0115 962 7905**.

WRITE YOUR WILL FOR FREE, AND LEAVE A LASTING LEGACY



We all want to make sure the things we care about will be looked after when we're gone. Your Will is your way of continuing to support what matters to you, for generations to come.

After you've taken care of your loved ones, leaving a lasting legacy to support Nottingham's NHS hospitals will continue your story and help future generations.

Pledging just 1% of your estate will make a huge difference to patients

and families during their time in hospital.

We know that putting a Will together can feel like a daunting task, so we have partnered with Bequeathed to offer a FREE online Will-writing service.

To find out more visit www.nottinghamhospitalscharity.org.uk/legacies or call us on **0115 962 7905**.