



How you can support babies and children through our Big Appeal



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Cricket legend Stuart Broad becomes Big Appeal ambassador



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Celebrating 20 years of the Nottingham Breast Institute

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**Nottingham  
Hospitals  
Charity**

At the heart of your care

## WELCOME



### Welcome to the Autumn/Winter 2024 edition of Nottingham Hospitals Charity's 'Pulse' newsletter.

Whether you've received this newsletter through the post, or picked up a copy during a hospital visit or out in the local community, I hope you enjoy reading about the important and impactful projects we're funding across Nottingham's NHS hospitals.

On pages 8 and 9 you can read about some of the projects our supporters have made possible – including a whole host of equipment, research and enhancements at the Nottingham Breast Institute, which recently celebrated its 20th anniversary.

And on pages 3 to 5 you can find out how easy it is to leave a gift in your Will to your chosen area of Nottingham's hospitals, and the impact this can have on patients, families and staff for years to come.

I hope you enjoy reading this edition of 'Pulse'.

**Nigel Gregory**  
Chief Executive



## LEAVE A GIFT IN YOUR WILL WITH OUR **FREE** WILL-WRITING SERVICE

It's never too early to think about writing your Will.

Writing your Will can help ensure your loved ones are protected in years to come, and it can also help care for future generations of patients at Nottingham's NHS hospitals.

Leaving just 1% of your estate to the area of the hospital that means the most to you can have a long-term impact on patient care.

And it's never been easier to write your Will, or leave a gift in your Will. We've joined with **FREE Will-writing service** Bequeathed, to enable you to create your Will free of charge online.

It's quick and simple – and you don't even need to leave your house as it's all done online!

Update your existing Will with a gift to Nottingham Hospitals Charity, or write a new Will, through our free online service Bequeathed.

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

# HOW A GIFT IN YOUR WILL CAN HELP

When you leave a gift in your Will, you can choose which area of Nottingham's NHS hospitals you wish to support. Gifts left in our supporters' Wills have helped us fund a whole host of important roles and projects at Hayward House palliative care centre – including Patient and Family Support Coordinator Julie Smith, whose role is funded by donations to Nottingham Hospitals Charity.



We spoke to Julie about how her role impacts patients and their loved ones at Hayward House.

**Q. Hi Julie, it's great to speak to you. Firstly, can you tell us a bit about your role at Hayward House?**

**A.** I think the most important thing within my role is building relationships with patients, and being able to gain their confidence and trust that whatever they may need while in our care, I will be able to support them with. With my role being non-clinical, supporting patients who are terminally ill or at the end of their life, there can be a huge amount of things they may need support with. That might be helping patients and families plan funerals, dealing with solicitors for various reasons, paying bills and so on, and sometimes I might help plan family celebrations on the unit, such as birthdays or weddings.

**Q. And how do you help families, alongside patients, at Hayward House?**

**A.** Having a loved one receiving end of life care can of course be a very stressful time. As well as supporting patients, I also support their families in whatever ways they need. Sometimes I might help reconnect patients with family members they haven't seen for years. I also support children who are visiting family members at Hayward House, as it can be a daunting place for them, and

I'm there to support families through the grief process when they lose their loved one.

**Q. What do you find most rewarding about your role?**

**A.** My role is all about helping to bring love, trust, care and warmth to patients in their final days. Hayward House is proud to provide holistic care for patients and their loved ones – while all their medical needs are taken care of by the doctors and nurses, I'm here to help provide all the non-medical care and compassion they need. It's so special to be able to take the time to sit with patients during their final days, and offer them support, and just be there to listen to them. And, in turn, it's rewarding to see families choosing to fundraise and donate to the unit, in thanks for the care they and their loved ones have received.

Roles like Julie's would not be possible without the support of our donors, and those who choose to leave a gift in their Will. To find out more, or to use our free Will-writing service Bequeathed, please visit [www.nottinghamhospitalscharity.org.uk/legacies](http://www.nottinghamhospitalscharity.org.uk/legacies)

# A SPECIAL GIFT FOR NOTTINGHAM'S HOSPITALS

£33,000

We recently received a generous gift from Brijlal Soni, who left over £33,000 in his Will to dermatology research at Nottingham's hospitals.

Mr Soni wanted to leave a special dedication alongside his gift, in memory of the late Nathalal Kalidas Soni, the late Kalidas Premji Soni, the

late Maniben Kalidas Soni, the late Prabhavanti Brijlal Soni, and the late Brijlal Kalidas Soni.

Mr Soni's generous donation will help fund important research taking place right here in Nottingham, and we are extremely grateful to him for leaving this gift in his Will.

To find out more about leaving a gift in your Will, or to write your Will for **FREE** online today, please visit [www.nottinghamhospitalscharity.org.uk/legacies](http://www.nottinghamhospitalscharity.org.uk/legacies)



## YOUR HEALTH AND WELLBEING

Now that the winter months are upon us, it's important to do all you can to keep yourself and your loved ones warm and healthy. The NHS has the following advice for protecting yourself and others this winter:

- **Keep warm** – ideally heat your home to at least 18C, wear several light layers of clothes, and remember to stay active even while indoors. Try not to sit for more than an hour without getting up and moving around.
- **Avoid catching colds** – always wash your hands with soap and water to help protect yourself and others from winter colds
- **Check your medicine cabinet** – it can be helpful to make sure you've got a supply of over-the-counter medicines in stock, such as paracetamol and ibuprofen, in case you become unwell and don't want to leave the house
- **Stay up-to-date with your vaccines** – remember to make an appointment for your flu and COVID-19 vaccines if you're eligible, to help protect yourself and others
- **Look out for others** – keep in touch with friends, family and vulnerable neighbours, and offer to help with fetching food and medicine supplies if they are unwell and you are able to help



## STUART BROAD BOWLS OVER HEARTS AS NEW AMBASSADOR FOR THE BIG APPEAL

England cricket legend Stuart Broad and mum Carole have joined us as official ambassadors for the Big Appeal, which aims to raise £1.5million over the next three years for Nottingham Children's Hospital.

The Big Appeal aims to raise funds for key areas of Nottingham Children's Hospital, including the new Neonatal Unit currently being built at the QMC – which is a cause extremely close to Stuart's and his mum Carole's hearts.

Stuart said: "The Big Appeal is really important to me. I was born at 31-and-a-half weeks, weighing 2.2 pounds. My dad said that when he held his hand out, my whole body fitted inside his hand. I was kept alive by the Neonatal Unit in Nottingham, so I obviously owe a huge amount – I owe my life to them.

"I'm here now, at six foot six, 38 years old today, and I've been able to achieve a huge amount of goals. Without the care I received in the first ten weeks of my life, that certainly wouldn't have been possible."

The hospital's Neonatal staff already provide the best possible medical care, and the NHS will fund the essentials

of the new unit. But fundraising through the Big Appeal, which is run by Nottingham Hospitals Charity, will help to provide the added extras that can help bring comfort and stability to families at a time when their world has been turned upside down.

Stuart said: "My mum said the hardest thing she ever had to do was drive away from the hospital, without her newborn. As a parent myself now, I just couldn't imagine driving away from the hospital without my daughter Annabella with us.

"The scale of this new unit, the plans and the technology, is all incredible. Obviously, the baby is the number one priority, but also the care for the baby's family has been taken into account. The most stressful thing you can possibly go through is having your newborn be ill, and need intensive care. So to have a new building, where the mindset of the parents is taken care of as well, is unbelievable."

Mum Carole added: "There's no doubt



that, without the care and support we had all those years ago, Stuart wouldn't be here today.

"Walking through the door and seeing the new unit, I just felt that if my child

needed care, this is where I'd want to be. The Big Appeal should really be called the Huge Appeal – because that's the difference it will make to everybody who comes through that door".

To find out more about the **Big Appeal**, to watch our **video interview** with Stuart and Carole, or to make a donation, please visit [www.nottinghamhospitalscharity.org.uk/stuart](http://www.nottinghamhospitalscharity.org.uk/stuart)



## HAYWARD HOUSE GARDEN OFFICIALLY REOPENS

Thanks to our supporters, the revamped garden at Hayward House palliative care unit was officially opened in September.

Thanks to money generously donated by the local community, work has been completed on the garden, to make it more accessible for patients and visitors – allowing them time and space away from the hospital environment at what can be an extremely difficult time.

The funding has helped create new pathways so that patients in wheelchairs and beds can now access this peaceful area. Money raised through the Hayward House Appeal will also fund ongoing services and support for patients, such as additional nursing posts, counselling, emotional support and complementary therapy, as well as a new front entrance to make the unit more welcoming for patients and visitors.

The garden was officially reopened by the Lord Mayor of Nottingham, Councillor

Carole McCulloch, who was joined by other supporters and staff from Hayward House.

Sarah Radcliffe, Head of Service for Palliative Care and Lead Nurse for Palliative and End of Life at Nottingham Hospitals, said: "We're really pleased that the garden is now accessible to all patients and visitors, including those with mobility issues, and know this will have a positive impact on many of our patients. Thank you to everyone who has donated to the Hayward House Appeal, to make this possible.

"We're now looking forward to the next stage of the unit's redevelopment, with a new entrance being created, to provide a better experience for patients and families coming to the unit."



For more information about the Hayward House Appeal, or to make a donation, please visit [www.nottinghamhospitalscharity.org.uk/haywardhouse](http://www.nottinghamhospitalscharity.org.uk/haywardhouse)

# 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.



## Buzzy bees to help young patients

Thanks to your support, we've provided special devices to help children undergoing blood tests and injections. The 'buzzy bees' are small vibrating devices in the shape of a bee, with ice pack wings.

When placed on the skin, the buzzy bees provide natural pain relief by dulling sharp pain during injections and blood sampling for young patients with juvenile arthritis, who often have to undergo regular procedures. This small but impactful project helps to alleviate young patients' physical pain and anxiety.



## Clinic room to help patients get home sooner

We recently funded a special clinic room for Harvey 2 ward at City Hospital, which cares for patients who have undergone breast surgery or reconstruction.

The new room allows patients to be seen as outpatients during their recovery, rather than being admitted to the ward for an overnight stay – meaning they can get back to the comfort of their own home sooner.



# 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**, visit [www.nottinghamhospitalscharity.org.uk/pulse](http://www.nottinghamhospitalscharity.org.uk/pulse) or email [hello@nottinghamhospitalscharity.org.uk](mailto:hello@nottinghamhospitalscharity.org.uk)



## Supporting children's clinical research

Thanks to donations from our supporters, we have funded a range of enhancements at the newly refurbished Children's Clinical Research Facility at the Queen's Medical Centre.

Donations helped to fund artwork, toys and games, to help children feel more at ease while taking part in important medical research studies.



## Supporting Nottingham Breast Institute

The Nottingham Breast Institute, at the City Hospital, celebrated its 20th anniversary in October. We're proud to have funded a huge array of projects at the centre over the years, including specialist medical equipment, such as intra-operative x-ray machines to enable surgeons to ensure all cancerous tissue is removed, local breast cancer research, and the Bra Shop, which provides specially fitted bras, breast prosthesis and swimwear for women who have undergone breast surgery. More recently, we funded the refurbishment of the breast screening waiting room, transforming it into a more welcoming and tranquil space. Thank you to everyone who has donated over the years to make this possible.

WHAT YOU HAVE MADE POSSIBLE



A big thank you to **Keiran** and **Jenna Coupe**, and Keiran's colleagues at Mansfield Town Football Club, for taking on the Three Peaks Challenge in aid of the Cleft Palate Centre, where Keiran and Jenna's daughter Paislea is being treated. The team raised an incredible **£8,458!** Well done!



A special thank you to the team at **A. W. Lymn**, the Family Funeral Service, who have facilitated almost **£400,000** in donations through funeral collections over the past five years. The A. W. Lymn team have also actively fundraised for the hospitals by taking on events such as the Big QMC Abseil and the Robin Hood Half and Mini Marathon. Thank you so much to all at A. W. Lymn.

Well done to **Ingrid Hibbert**, who was our top individual fundraiser at the Big QMC Abseil, raising **over £2,610!** Ingrid was diagnosed with incurable sarcomas in her arm in 2020, and sadly lost her arm. But she didn't let that stop her taking on the incredible challenge of our Big QMC Abseil! Well done Ingrid, we're all so proud of you!



Well done to young brothers **Harry** and **Rory Bland**, who raised **£991** by taking on a 7km sponsored walk in memory of their Grandma Julie, who was treated on the Intensive Care Unit before she sadly passed away. Well done to Harry, Rory and their family for their wonderful fundraising.



Thank you to the team at **Hunter Douglas**, who have raised over £9,000 during the first year of their two-year partnership with our Hayward House Appeal. The team have held raffles, cake sales and much more, with more fundraising still to come. Thank you so much!



Well done to sisters **Annalisa** and **Chloe Gladden**, who took part in the Robin Hood Half Marathon in aid of children's cancer ward E39, where Annalisa's young son Robin is being treated. The duo raised over **£7,000** – well done for completing this tough challenge!



## JOIN ONE OF OUR 2025 FUNDRAISING EVENTS!

Looking for a fun challenge in 2025? Why not take on one of our fantastic fundraising events? From abseiling and skydiving, to running and paddling, we've got something for everyone! Find out more and sign up at [www.nottinghamhospitalscharity.org.uk/events](http://www.nottinghamhospitalscharity.org.uk/events)

JOIN THE...

The **BIG** Nottingham  
**LOTTERY**

& WIN BIG!

Join the Big Nottingham Lottery for your chance to win up to £25,000 EVERY week – all while supporting patients, families and staff at Nottingham's NHS hospitals!

It costs just £1 to play, and you have an amazing 1 in 63 chance of winning a prize. So don't delay, sign up today!

Find out more at [www.nottinghamhospitalscharity.org.uk/lottery](http://www.nottinghamhospitalscharity.org.uk/lottery)

# 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)

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You can view our privacy policy at [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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