



How you've supported
staff and patients at
Nottingham Hospitals



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Adding a splash of colour for
patients in hospital



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Take on our Big QMC Abseil!



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Why your Gift Aid tick makes a
world of difference

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WELCOME

Welcome to the Autumn/ Winter 2021 edition of our Pulse newsletter, where you can read more about how your donations are helping patients and staff at Nottingham Hospitals.



On pages 4 and 5 you can find out about two projects we've recently funded – one to support families of newborn babies being cared for in the Neonatal Intensive Care Unit, and one to help patients across Nottingham Hospitals, including those with dementia, through art.

It has been a busy 12 months at Nottingham Hospitals Charity, and we've been pleased to see the safe return of our in-person fundraising events, which kicked off with the Big QMC Abseil in September 2021. The event was such a success that we've already received a flood of enquiries about our 2022 abseil – for more on this, turn to page 8.

I'd like to take this opportunity to thank everyone who has supported Nottingham's NHS hospitals through this difficult year – whether that's by making a donation, taking part in one of our events, or holding your own fundraising event. Your support makes a world of difference to patients and staff at our hospitals.

Thank you, and I hope you enjoy reading this issue of Pulse.

Barbara
Barbara Cathcart
Chief Executive

THANK YOU FOR YOUR SUPPORT IN 2021

We'd like to say a big 'thank you' to everyone who has supported Nottingham Hospitals Charity throughout 2021.

We've been blown away by your continued support, and, with your help, have been able to fund some amazing projects at Nottingham's hospitals – which you can read about over the next few pages of Pulse.

After being on hold for 18 months, in-person fundraising returned with a bang as our Big QMC Abseil went ahead in September 2021. It was fantastic to see our amazing supporters in person once again. Over 90 people abseiled almost 100 feet down the QMC, raising a combined total of more than £26,000! Wow!

We've also been pleased to see the reopening of many of our corporate supporters, including Mowgli Street Food, who have so far raised almost £40,000 for our Big Appeal for Nottingham Children's Hospital.

Whatever you've done to support Nottingham Hospitals – whether it be a one-off donation, a regular gift, a fundraising event or a corporate donation – we are extremely grateful for the difference you've helped us make to patients and staff at our hospitals.



HELPING NEW PARENTS SEE THEIR BABIES IN INTENSIVE CARE

We recently funded special photography equipment to help new parents bond with their newborn babies.

Some babies born with certain conditions, or after a complicated birth, have to be whisked straight to the Neonatal Intensive Care Unit (NICU) – meaning their parents are unable to see them for the first few hours of their lives, and may be unable to hold them for several days or even weeks.

The special photographic paper and printing materials allow clinical staff to give new parents a photograph of their newborn baby whilst they wait to meet them in person. This can provide much-needed comfort for parents after a traumatic delivery and at a worrying time. It can also help parents who wish to breastfeed, express milk in the first few days.



Mum Sophie Parkins said: "I remember when our son George was transferred to QMC NICU, I followed the next day in an ambulance and was admitted to a ward for ten days. He was still in emergency surgery, to save his life. George then 'lived' on one floor, me on another, and his daddy in parent accommodation, down the corridor from George.

"The photos given to me, of my very poorly newborn baby, were unbelievably precious. As I expressed through the night, that's all I had. Unable to walk from the birth trauma, I relied on someone pushing me in a wheelchair to another floor to simply and only, look at my baby.

"This charity and the QMC hospital mean everything to me, since George was born. Photographic paper will mean nothing to many, but everything to the parents and carers with poorly and premature babies. Thank you Nottingham Hospitals Charity, Nottingham University Hospitals NHS Trust and Nottingham Children's Hospital for everything you did for my little Super George, now aged four, and for me."

To give a donation and help other families like Sophie and George, please visit www.nottinghamhospitalscharity.org.uk/pulse or use the donation form in Pulse.

Want to hear more about how your donations are having an impact at Nottingham's hospitals? Sign up to our e-newsletter for monthly updates!



MURAL PROJECT ADDS A SPLASH OF COLOUR FOR CYSTIC FIBROSIS PATIENTS

Thanks to your support, two new murals have been created at the Wolfson Cystic Fibrosis Centre at the City Hospital.

The art project was funded by a grant from Nottingham Hospitals Charity, in collaboration with local arts charity City Arts, and artists Megan Russell (aka Peachzz) and Alastair Flindall (aka Kunstity), who worked with Cystic Fibrosis patients to create the designs.

Many patients with Cystic Fibrosis (CF) spend weeks or even months out of every year in hospital, but are unable to mix with one another due to the risk of cross-infection. The mural project aimed to help

bring patients together virtually through art, as well as making the environment brighter and more welcoming for those spending long periods of time in hospital.

Following on from the mural project, Nottingham Hospitals Charity has funded an Arts Coordinator to deliver art projects across Nottingham Hospitals, to help patients with a variety of conditions, including those with dementia. Thank you for helping us fund impactful projects like these.

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.



£363,000

Staff support

- Thanks to a grant from NHS Charities Together, we were able to provide **£363,000** of funding for a psychological support programme for NHS staff at Nottingham Hospitals, whose psychological wellbeing has been affected by their work during the pandemic. The programme will fund two clinical psychologists and a mental health trainer, who will develop post-trauma initiatives for all staff, particularly those in areas such as the Emergency Department, Critical Care and the Neonatal Unit, where traumatic incidents can be high.



£5,800

Nottingham Children's Hospital

- We gave a grant of **£5,800** to fund breast pumps for mothers of babies born with a cleft lip or palate. The condition can make feeding difficult, and many babies with a cleft can struggle to breastfeed, so these pumps will enable mothers to express breastmilk to feed to their babies via a cup, spoon, or specially-designed bottle.

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



£800

NUH Youth Service

- We gave **£800** to fund a special Diabetes Independence Day, to support and inform young people with diabetes. The day was run by the NUH Youth Service, who work with young patients being treated for a range of conditions, and aimed to help prepare and support them in managing their condition as they reach adulthood. At the event, young people aged 17 to 19 could take part in a range of workshops and learn about diabetes control, driving, sexual health, and how their condition can be affected by alcohol and drugs.



£1,000

Helping patients with dementia

- Thanks to your support, we were able to give **£1,000** to fund special clocks to help patients with dementia. The clocks clearly display the date, as well as the time, and will be used on an admissions ward to help patients with dementia feel less disorientated and confused. Many patients on the admissions ward are admitted at night, and for people with dementia this can cause confusion about the day and time. The new clocks aim to help them feel better orientated and less worried during their time on the ward.

GET INVOLVED!

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

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



CHARITY SKYDIVE

Saturday 23rd April 2022

Leap into spring by taking part in our Charity Skydive in aid of Nottingham Hospitals. Join our team of daredevils for this tandem skydive at Langar Airfield in Nottinghamshire, and jump out of a plane at 10,000 feet. Not for the faint hearted!

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



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



COFFEE MORNING

Hold your own coffee morning or afternoon tea in aid of your chosen area of Nottingham Hospitals. Get the kettle on, get your family, friends or colleagues together – in person, or virtually – and raise a cuppa for your local NHS.

Register at www.nottinghamhospitalscharity.org.uk/coffeemorning



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

YOUR HEALTH AND WELLBEING

Winter's here, and in this edition of Pulse we're sharing a tasty winter warming recipe from our own Deputy Chief Executive, Nigel Gregory.

We hope you enjoy cooking and sharing his delicious pizza recipe!
(Makes approximately four pizzas)

INGREDIENTS

Base:

800g strong white bread flour
200g semolina
2 x 7g sachets yeast
1 tablespoon sea salt
1 tablespoon caster sugar
650ml warm water
Olive oil

Sauce:

400g tinned tomatoes
One small onion
Two garlic cloves
Your choice of herbs – basil, oregano

Toppings:

125g mozzarella ball, sliced
Your choice of healthy toppings – spinach, olives, sun dried tomatoes, peppers



INSTRUCTIONS

1. Put oven on 220 degrees for approx. 10 mins & put two upturned baking trays in to heat up.
2. Prepare & slice toppings, drain & slice mozzarella.
3. Finely chop onion, garlic & herbs, heat on hob with tinned tomatoes & bubble until thick.
4. Add sugar & yeast to warm water & mix.
5. Put flour & semolina in a bowl & add the liquid. Mix with a fork until hard to stir, tip onto floured surface & knead using heel of your palm. Fold outside of dough to centre & repeat for approx. 10 mins.
6. Once dough is smooth & elastic, put in a large bowl, cover with a clean cloth & leave somewhere warm to prove for 30 mins.
7. Once dough has roughly doubled in size, knead again, divide into 4 or 6.
8. Roll out each pizza with a rolling pin on a floured surface. Transfer pizza bases to two oiled pieces of baking paper.
9. Use a pastry brush or piece of tin foil to wipe olive oil over the top of the bases.
10. Take hot baking trays out of oven, transfer pizza bases on the paper to the trays.
11. Add tomato sauce, your choice of toppings & mozzarella.
12. Put in oven & bake until sides are brown & cheese is bubbling – approx. 10 mins.
13. Enjoy!



HIKE FOR YOUR HOSPITALS

Walk, stroll or hike your way to support Nottingham's hospitals

Our **Hike for your Hospitals** campaign is a sponsored walk with a difference – you choose your distance, your route, and your fundraising target for your chosen area of Nottingham Hospitals.

Hike for your Hospitals is fun, flexible and family-friendly. You can walk, stroll or hike wherever and whenever suits you – whether it's a big 10-mile hike, or a few shorter walks over a period of several days or weeks, the choice is yours.

Why not make it a themed walk, such as festive fancy dress, or treat it as a New Year fitness challenge? However you choose to hike, your support will make a real difference to patient care at Nottingham's hospitals.

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



CALLING ALL FOOTBALL FANS – take on the Hat-trick for your Hospitals!



We've partnered with Nottingham Forest Community Trust to bring you an exciting new challenge!



Nottingham Forest Community Trust

Hat-trick for your Hospitals is your chance to raise money for Nottingham's hospitals and Nottingham Forest Community Trust – and receive something very special in return!

Keep an eye out on our social media channels for the exciting full announcement on Saturday 4th December 2021 – follow us on Facebook @**NottinghamHospitalsCharity** and on Twitter @**NUHCharity**

To be amongst the first to hear the news, register your interest at www.nottinghamhospitalscharity.org.uk/hattrick

LEAVE A LASTING LEGACY



Did you know that around a third of our donations come from generous gifts left in our supporters' Wills?

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

You can leave a lasting legacy to your chosen area of Nottingham's hospitals by leaving a gift in your Will.

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

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

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 or download your free Will planner at www.nottinghamhospitalscharity.org.uk/will

Family fundraisers



ASHLEY AND CHARLENE SWIFT

A huge thank you to the family of Oliver Swift, who have been fundraising for the Big Appeal for Nottingham Children's Hospital for over three years. Oliver's parents, Ashley and Charlene, have taken on a whole host of fundraising events, including our Charity Skydive, Big QMC Abseil, and Robin Hood Half Marathon, to thank the hospital for caring for little Oliver. Thank you so much!

Hula hooping hero



REHAN MOSTAFEER

Well done to Rehan, who works in the Ultrasound department at QMC, for raising **£1,240** by taking on a huge hula hooping challenge! The money she raised will go towards supporting patients in the Oncology department. Thank you Rehan.

Round-up champions



THE SKINNY FOOD CO

Thank you to The Skinny Food Co, who raised **£56,000** for Nottingham Hospitals by allowing their customers to 'round up' their transactions in the form of a donation.

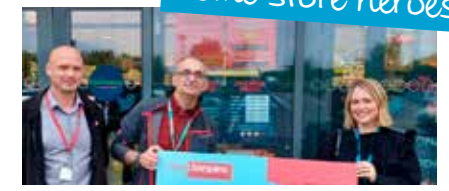
SPRINGWATER GOLF CLUB

Thank you to everyone at Springwater Golf Club who raised **£1,350** for Hayward House in honour of Peter Jackson, who sadly passed away in September 2020. Almost 80 of Peter's friends came together to compete in a golf competition in his memory. Thank you so much.

Team effort



Home store heroes



HOME BARGAINS

Thank you so much to the staff at the new Home Bargains store at Riverside in Nottingham, who chose to donate **£2,000** to our Baby MRI Appeal to mark the store's opening.

Young superstar



RUBY COPLEY

Well done to five-year-old Ruby, who took on our Hike for your Hospitals challenge and raised over **£2,300**. Ruby walked over 27 miles to thank the hospital for caring for her Nana Dianne, who recovered from Covid-19 and accompanied Ruby as she crossed the finish line!

Reaching new heights



SANJEEV SHARMA AND HIS FAMILY AND FRIENDS

A huge well done to Sanjeev and his family and friends, who raised **£42,000** by climbing Mount Snowdon, to thank NHS staff for their care after Sanjeev was treated for Covid-19. Thank you so much to Sanjeev, his brothers Chandan and Raj Sharma, and friends Sundeep Soor, Inderjit Singh and Pawan Kumar.

MARK MASTER MASONS

Thank you to the Mark Master Masons of Nottinghamshire who gave a **£7,000** donation to Hayward House palliative care centre, thanks to a grant from the Mark Master Masons Benevolent Fund.

Community champions



GLENIS SMITH

A special thank you to Glenis Smith, who kindly donated **£5,000** to the Wolfson Cystic Fibrosis Centre in memory of her son, David, who was treated for Cystic Fibrosis before he passed away, as well as her husband Alan. Thank you so much for your support.

Special tribute



JOIN

Nottingham Hospitals **Charity**

Friends



and support patients across our hospitals

Become a **Nottingham Hospitals Charity Friend**, and support your chosen area of Nottingham's hospitals with a monthly donation.

Help us enhance hospital care for everyone in our community by helping us fund:

- State-of-the-art, specialist equipment
- New and improved facilities for patients and their families
- Vital medical research, taking place right here in Nottingham
- Support for the NHS staff who care for us

Please donate £5 a month and become a Nottingham Hospitals Charity Friend.

For more information please visit www.nottinghamhospitalscharity.org.uk/friends or scan the QR code opposite, or call us on **0115 962 7905**.

