



How you can help
young patients
at Nottingham
Children's Hospital



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How you're helping patients and families at Hayward House



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The Big Appeal for Nottingham Children's Hospital is back



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Join the Big Nottingham Lottery today!

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GET IN TOUCH

Call us on 0115 962 7905

Email charity@nuh.nhs.uk

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

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Nottingham Hospitals Charity

At the heart of your care

WELCOME

Welcome to the Autumn/
Winter 2023 edition of
our 'Pulse' newsletter,
where you can find out
all the latest news from
Nottingham Hospitals
Charity.



I'm Sophie, the Corporate and Community Fundraiser at Nottingham Hospitals Charity. I work with local businesses who want to support Nottingham's NHS hospitals through taking part in fundraising activities, making a donation, or choosing us as their Charity of the Year.

I also have a very personal link to Nottingham's hospitals, as my six-year-old son George, fondly known as 'Super George', was cared for at the Neonatal Unit at QMC and underwent six hours of lifesaving surgery at just 13 hours old. He has since been treated numerous times at Nottingham Children's Hospital, and we owe everything to the incredible staff there.

In this edition of 'Pulse' you can read about the return of our Big Appeal, and how it will help young patients like George being treated at Nottingham Children's Hospital right now. Turn to page 4 to find out more about the appeal, and how you can get involved.

On pages 6 and 7 you can read about some of the projects your donations have already helped to fund, including special tea parties for patients with dementia, to encourage social interaction, independence and better nutrition.

Thank you for your continued donations, which make important projects like this possible for our patients.

If you'd like to speak to me directly about you or your business supporting Nottingham Hospitals Charity, you can call me on **07812 269443** or email **sophie.parkins@nuh.nhs.uk**

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

Sophie Parkins
Corporate and
Community Fundraiser

SUPPORTING PATIENTS AND FAMILIES AT HAYWARD HOUSE

As part of our Hayward House Appeal, we fund a variety of roles to support patients and their families at Hayward House palliative care centre. For example, thanks to our supporters, we are able to fund counselling and bereavement support for patients who are receiving palliative care for terminal illnesses, or are at the end of their life, as well as for their family members and loved ones, including children. We spoke to Rebecca Barker, Counsellor at Hayward House, about the impact of her role.



Q. Hi Rebecca. Please can you tell us a little about your role at Hayward House?

A. I work with patients who are receiving palliative care, and anyone close to them, such as friends or family. A typical day begins with a medical handover, this helps me to work out who needs emotional support within the inpatient unit at Hayward House and learn about new patients. We also work with outpatients, helping them come to terms with their diagnosis and what this means to them. We also offer bereavement counselling. Every day is unique and busy. We have to respond to situations quickly when patients deteriorate or they or their friends and family need support more urgently.

Q. Can you tell us about the importance of the bereavement support service for patients' loved ones?

A. The bereavement service is hugely valuable, as we can continue to support families and friends following the death of their relation. It can prove to be very therapeutic for friends and family members to come back to Hayward House and continue their grief process with people who understand what the situation was like for them – working with counsellors are who used to and

comfortable with life-limiting illness, cancer, death and dying. The reality of experiencing palliative care can be difficult to fully understand unless it's an experienced you've lived or worked with.

Q. Can you tell us about the counselling you offer specifically to children and teenagers?

A. At Hayward House we have seen an ever increasing demographic of younger patients with young families and children. The approach to counselling children and teenagers is unique, and a child counsellor undergoes very specific training, so it is really important we have a specialised and experienced counsellor within our team to fulfil these ever increasing needs.

We are really pleased to have appointed a new children and teenage counsellor who will be based here at Hayward House, to support young family members of patients receiving palliative or end of life care. Our children's counsellor will then continue to work with these children and families with their bereavement process when they are ready. This will have a huge impact on these families as all existing children's services have long waiting lists and are not always available locally.

To make a donation to our Hayward House Appeal, please use the donation form at the back of Pulse, or visit www.nottinghamhospitalscharity.org.uk/hayward-house



THE BIG APPEAL IS BACK!

Our Big Appeal for Nottingham Children's Hospital is BACK – and we had a very special helper to relaunch it!

Our very own Giant Robin mascot accompanied us on a parade around Nottingham city centre, and a visit to the Queen's Medical Centre, to help celebrate the launch of the next phase of the appeal.

We aim to raise £1.5million over the next three years, to support patients and families at Nottingham Children's Hospital.

Nottingham
Children's
Hospital
THE
BIG
APPEAL

The Appeal will help children like Odette, aged four, who has been treated at Nottingham Children's Hospital for a rare brain tumour since February 2022.

Mum Sophie said: "Odette received incredible care from the staff on ward E40 during her time in hospital. You are thrust into this unknown world that you really don't want to be part of, but the staff do everything they can to make a horrendous situation bearable. The capabilities of the surgical team are mind blowing, and the nursing staff are angels in uniform!"

"You see the same faces day in, day out, and they start to feel like family. They see you at your darkest moments, and are always there to support. Nothing was ever too much trouble, and Odette loved everyone. From the play workers, to the rehab team, to the cleaners, everyone was wonderful."





Donations to the Big Appeal will fund enhancements in three key areas of Nottingham Children's Hospital:



Neonatal Unit – including a dedicated ultrasound machine, plus improvements to accommodation for parents and families while their premature babies are being cared for in the unit.

Children's Outpatients – brand new sensory rooms and clinic rooms, and a complete redecoration of the department to breathe new life into the 'front door' of Nottingham Children's Hospital.

Play areas – toys, games, reading materials and play equipment, to help children feel calm, settled and at ease when in hospital.

THE BIG APPEAL IS BACK!

Barbara Cathcart, Chief Executive of Nottingham Hospitals Charity, said: "Our Big Appeal was originally launched in November 2016, and has already helped provide a £500,000 refurbishment of the parent and family accommodation at Nottingham Children's Hospital, enabling parents to stay in comfortable surroundings, close to their child during their time in hospital.

"Thanks to our donors, we were also able to give £1.6million towards an intra-operative MRI machine, which has transformed brain tumour surgery for young patients at the children's hospital.

"We are delighted to launch the next phase of the Big Appeal and focus our efforts on raising a further £1.5million to help the babies, children and families being cared for at Nottingham Children's Hospital, including the new Neonatal Unit currently being built."



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

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.

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.



Breast Institute

Thanks to your donations, we recently gave a total of **£183,546** for three pieces of medical equipment for the Nottingham Breast Institute, to aid the diagnosis and treatment of breast cancer patients. This included equipment to enhance the mammography capabilities at the Breast Institute, as well as microscopes to help pathologists examine samples and speed up diagnosis.



Haematology Research

Donors like you supported a study into the treatment of severe haemophilia – a bleeding disorder where the blood does not clot properly. We gave **£3,240** towards the study, which aims to explore the impact on haemophilia patients of switching from more conventional treatments to a new treatment called Efficzumab. The drug aims to reduce treatment for patients with severe haemophilia from daily to bi-weekly.

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 or email charity@nuh.nhs.uk



Dementia-Friendly Tea Parties

Patients with dementia are benefiting from special tea parties thanks to donors like you. We gave a grant to fund monthly tea parties to encourage social interaction and improve patients' nutrition, as eating and drinking can be a challenge for those with dementia. The tea parties have been really well-received, with patients enjoying the relaxed environment and easy-to-eat finger foods.



Kidney Transplants

We provided a large grant of **£111,000** to fund a pilot weight loss clinic, set up to support renal patients in getting onto the kidney transplant list. The clinic offers tailored support to help patients reach their weight goal, and enable them to be added to the list to await a transplant. Around 50 patients have benefited from the programme so far, which equates to around 10% of renal patients.

WHAT YOU HAVE MADE POSSIBLE

Fantastic fundraisers



A special thank you to **Kevin Goodman**, who raised **£1,020** for the Robin Centre by attending local football matches and collecting donations. And a special mention to his fundraising partner Malcolm Storer, who sadly passed away partway through the pair's fundraising.



A huge thank you to **Sallyann Petts** who raised **£2,220** through her latest annual Strawberry Tea and Ladies Pamper Afternoon, bringing her fundraising total for the Breast Cancer Research Appeal to more than £18,000.



Well done to **Jenny Allen**, who raised **£640** by holding a Charity Pram Walk to raise money for the Neonatal Unit.



Well done to **Harry Irvine** and his cousin Arthur, who raised **£1,305** for the children's renal unit at Nottingham Children's Hospital, where Arthur is being treated.

Climbing high



Thank you to **Mckenzie Parry**, who climbed Mount Snowdon in memory of his Grandad who recently passed away at Hayward House. Mckenzie raised **£1,150** for the Hayward House Appeal – thank you so much.

A huge well done to **Archie Wilson** and friends, who took on the National Three Peaks challenge in memory of their friend, Alex, who was treated at the Adult Intensive Care Unit before sadly passing away. The team have raised an amazing **£7,772** in total



Thank you to **Driving Beat Soul Club**, who raised **£1,540** for the Hayward House Appeal through their annual fundraising day at their club



Team effort



A very special thank you to the **Nottingham Breast Cancer Support Group**, who recently closed after almost 30 years together. The group has raised a phenomenal **£150,000** over the years, all for equipment, facilities and research at the Nottingham Breast Institute. Thank you to everyone who has been involved in the group over the years.

Corporate supporters



A huge thank you to **Arthur Johnson** and Sons who recently gave almost **£11,000** for our Hayward House Appeal. Over the years, they have given almost £50,000 in total! Thank you so much.



A big thank you to **Mowgli** who have now raised **£75,000** in total! The money was raised for the Big Appeal for Nottingham Children's Hospital, and our Hayward House Appeal. Thank you so much for your ongoing support.



Well done to **LAC Conveyors** who raised **£3,000** for the Hayward House Appeal by holding a fantastic football tournament!



Thank you to **Inzpire** who recently donated **£2,000** to the Paediatric Intensive Care Unit at Nottingham Children's Hospital – bringing their fundraising total to almost £20,000. Amazing!



A special thank you to **Gilbert Murphy** and **HPS Product Recovery Services**, who donated **£10,000** to the Acute Cardiac Unit to say thank you for the care Gilbert received after having a heart attack at a work event.

Thank you to **Evelyn Partners**, who hosted a 15km walk in Derbyshire for over 25 clients and colleagues. The walk raised **£290**, which was then match funded by Evelyn Partners.



GET INVOLVED!

Get involved in one of our fantastic fundraising events, and support your chosen area of Nottingham's NHS hospitals. Whether you're looking for a day of family fun, something to do on your own, or a great team day out with your colleagues, we've got something to suit you.



ROBIN RUN 5K AND FAMILY FUN DAY

Sunday 19th May 2024

We're holding our very first in-person Robin Run at the beautiful Sherwood Pines. Bring your friends and family together and take on the 5k run or our family-friendly one-mile walk, and have a great day out at the same time.

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



GOLF DAY

Friday 24th May 2024

Enter a team of four for a fantastic day of golf and fun at the prestigious Wollaton Park Golf Club. Gather your colleagues or friends for 18 holes of golf and a two-course meal, in aid of the Big Appeal for Nottingham Children's Hospital.

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

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



SKYDIVE

Saturday 8th June 2023

Take the leap and join our Charity Skydive for your chosen area of Nottingham's hospitals. Join our team of daredevils 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



DRAGON BOAT RACE

Saturday 6th and Sunday 7th
July 2024

Join our ever-popular two-day Dragon Boat Race on the River Trent. Gather together a team of 17 paddlers for a brilliant day out. Places fill fast – so don't delay, sign up today!

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

WINTER WARMING SOUP RECIPE

Cold winter days are the perfect time to get cosy at home and enjoy some delicious and nutritious food. This winter warming soup recipe was provided by our Staff Wellbeing team, whose work is supported by Nottingham Hospitals Charity.



SOUP INGREDIENTS

- 2 tbsp olive oil
- 1 onion, chopped
- 2 celery sticks, chopped
- 2 garlic cloves, crushed
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 400g can chickpeas
- 150g orzo or other small pasta shapes
- 700ml vegetable stock
- 2 tbsp basil pesto

SOUP MAKING METHOD

1. Heat 1 tbsp olive oil in large saucepan. Add onion and celery and fry for 10-15 mins, or until starting to soften. Add garlic and cook for 1 min.
2. Stir in all other ingredients, except for pesto and remaining oil, and bring to the boil.
3. Reduce heat and simmer for 6-8 mins, or until pasta is tender. Season to taste, then ladle into bowls.
4. Stir together remaining oil and pesto, then drizzle over the soup.

Serve and enjoy!

HOW LEAVING A GIFT IN YOUR WILL CAN HELP FUTURE PATIENTS

LEAVE A GIFT IN YOUR WILL



These fantastic new murals at Ropewalk House hearing centre were funded through a donation one of our supporters chose to leave in their Will.

Leaving a gift to your chosen area of Nottingham's hospitals can have a tremendous impact on future patients at our hospitals. No matter how big or small, a gift in your Will can make a real difference for future generations.

The Ropewalk House murals aim to help children attending audiology appointments, and are already having a positive impact on young patients. Two endearing and inclusive characters have been brought to life through the artwork, representing different types of audio implants. Octopus is wearing a cochlear implant, while Duck is wearing hearing aids – helping children with hearing difficulties know that they are not alone.

The Octopus and Duck mural is also a wayfinding guide, making it easier for children and their families to navigate the complex layout of Ropewalk House. Patients and their families can follow the arrows, helpfully provided by Octopus, and look out for the other characters on their journey.

If you'd like to leave a gift in your Will to help fund more projects like this at Nottingham's hospitals, you can do so online for free, using our Will-writing partner Bequeathed. It's quick and simple, and you don't even need to leave the comfort of your homes as it's all done online.

Find out more by visiting www.nottinghamhospitalscharity.org.uk/legacies or contact Rebecca Taylor by emailing rebecca.taylor7@nuh.nhs.uk or calling 07713 093411.

JOIN THE

The **BIG** Nottingham

LOTTERY

AND WIN BIG!

The Big Nottingham Lottery is here – and you can be part of it!

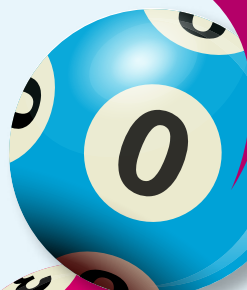
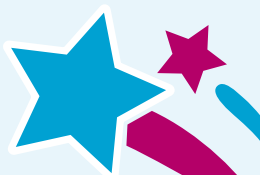
We've launched this fantastic new lottery to support staff and patients at Nottingham's NHS hospitals – and you could win up to **£25,000 EVERY week!**

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 or scan the QR code.



Want to receive this newsletter in a different format, or larger print? If so, please email us at **charity@nuh.nhs.uk** or call **0115 962 7905**.