



How your donations are helping patients, families and staff at Nottingham's NHS hospitals



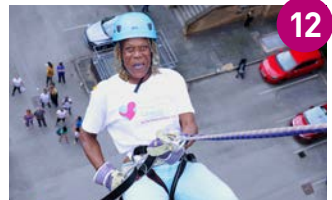
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Introducing our Hayward House Memory Tree



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Creating a calmer space for patients at the Breast Institute



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Join in one of our fun fundraising events this summer

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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 2023 edition of our 'Pulse' newsletter, where you can find out about the latest updates, funding stories and events from Nottingham Hospitals Charity.



I'm Rebecca, the Individual Giving Manager at Nottingham Hospitals Charity. I take care of your donations including gifts given in memory of your loved ones, monthly donations and gifts supporters like you choose to leave in their Wills.

In this edition of 'Pulse' you can read an exciting update on our Hayward House Appeal, as well as finding out about our beautiful new Hayward House Memory Tree – turn to pages 4 and 5 for more on this. It's been a pleasure to receive so much positive feedback on the Memory Tree from families and staff – please do get in touch with me or visit our website if you'd like to dedicate a leaf to your loved one.

On pages 6 and 7 you can read about some of the other projects your donations have helped to fund, including a calming new waiting area for patients at the Nottingham Breast Institute, and new aids to help patients who have undergone upper limb amputation.

Thank you for your continued donations, fundraising and support, which fund important and impactful projects for patients across Nottingham's NHS hospitals.

If you'd like to speak to me directly about dedicating a leaf on our Memory Tree, making a donation, or leaving a gift in your Will, please call me on **07713 093411** or email rebecca.taylor7@nuh.nhs.uk

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

Rebecca Taylor
Individual Giving Manager

BRINGING COLOUR AND MUSIC TO PATIENTS AT NOTTINGHAM'S HOSPITALS



Did you know that, thanks to your donations, we are able to fund a special Arts Programme at Nottingham's hospitals? We caught up with Megan Dawes, our dedicated Arts Coordinator, to talk about the difference that art and music can make for patients and staff at NUH.

Q. Hi Megan! Please can you tell us a little about the Arts programme at NUH, and your role as Arts Coordinator?

A. My role as Arts Coordinator is to develop and deliver arts projects to improve the environment and experience for patients, staff and visitors at our hospitals. This includes (but is not limited to!) commissioning artists to produce murals, curating exhibitions, planning musical performances and various other arts based workshops for patients and staff. An example of one of our current projects is weekly sessions on our older person and stroke wards with a poet, who is asking patients and staff what makes them smile and laugh, to spread some joy and creativity.

Q. Why is art important to you, and to patients and staff at NUH?

A. I believe that art helps us to connect with others and express ourselves, particularly when putting things into words can be tricky! Being in hospital can be a scary and isolating experience for patients and their families. There is lots of evidence to suggest that art on the walls can make an environment more welcoming and relaxing and that music can help to improve our mood. Arts can also act as a distraction and are good fun to get involved with!

Q. What's your favourite art project you've been involved in so far at the hospitals?

A. One of my favourites has to be our partnership project with the national Paintings in Hospitals programme. There was a huge effort to get staff and patients, predominantly from the older people's wards, involved in selecting 10 paintings from a longlist of 30 to create new dementia-friendly exhibitions. It was amazing to hear patients and staff respond positively to the art works, which aim to stimulate conversation and memory around the home, work and life in general and they have made such a difference to the spaces.

Q. And finally, how can people get involved in the work you do?

A. We're always on the lookout for artists and musicians to be involved with the programme. We have an artist mailing list where we send all of our upcoming opportunities as we regularly run call outs for projects – if you would like to be on the mailing list, please get in touch by emailing **megan.dawes@nuh.nhs.uk**. We also promote these opportunities on Twitter and Instagram under **@arts_nuh**, please follow us to be kept up to date!



To make a donation to our Arts Programme Appeal, please use the donation form at the back of Pulse, scan the QR code, or visit www.nottinghamhospitalscharity.org.uk/pulse



HAYWARD HOUSE APPEAL RAISES OVER £600,000

Thanks to your support, our £1.5 million Hayward House Appeal has raised over £600,000 in its first year, meaning work can begin on the Hayward House garden in summer 2023.

This garden works will include improved accessibility for patients, and a new '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, such as counselling,

emotional support and complementary therapy.

The Hayward House Appeal will fund a range of enhancements to the specialist palliative care unit, including improvements to the garden area, a more welcoming reception and waiting area, and an expansion of the centre's research and training facilities.

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

“ We are so grateful to all our supporters across the Nottinghamshire community who have helped us reach this £600,000 milestone in just over a year. We're delighted that this means work can soon start on the garden area at Hayward House.”



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.





MEMORY TREE UNVEILED AT HAYWARD HOUSE PALLIATIVE CARE CENTRE

A special Memory Tree has been unveiled at Hayward House, as part of our Hayward House Appeal.

The ornamental tree contains metal leaves which can be engraved and dedicated in celebration, recognition or remembrance of patients and staff at Nottingham's NHS hospital.

Nottingham Hospitals Charity created the tree to give families a special way of remembering their loved ones who may have passed away, and thanking the NHS staff who cared for them.

Supporters can make a donation for a bronze, silver or gold leaf, which is then engraved with their dedication message, and placed on the tree in Hayward House.

Colette Farley, whose mother Angela

Farley was cared for at Hayward House before she passed away, said: "The care that my mum received at Hayward House was outstanding, absolutely five-star; I can't put into words the difference it made to her end of life. This tree is a lasting memorial, it is stunning and it's just a beautiful idea to remember a loved one."

Donors may have loved ones who were cared for anywhere across Nottingham's NHS hospital. After their leaf has been displayed on the Memory Tree for one year, donors are given the choice of renewing it for another year, or having it delivered to them in a special keepsake box.

For more information or to dedicate a leaf on the Memory Tree, please visit www.nottinghamhospitalscharity.org.uk/memory-tree or contact Rebecca Taylor by emailing rebecca.taylor7@nuh.nhs.uk or calling **07713 093411**.

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.



Robin Centre

- Our Robin Centre provides a safe and comforting space, away from the clinical environment, for hospital staff to meet with bereaved families who have lost a pregnancy, baby or child. The centre is funded entirely through donations, and is a homely and non-clinical space where bereaved parents and families can meet with clinicians, bereavement support staff and trained counsellors.



Breast Institute

- Generous donations have helped to fund the refurbishment of a breast screening waiting room at the Nottingham Breast Institute. Patients are now able to wait in a more calming and less clinical space, at what can be an incredibly worrying time. Charitable donations, including fundraising from the local Black and Green Ball, have helped to fund new artwork, lighting, furniture and décor, as well as facilities such as water and coffee machines, and privacy screens.

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**



Aids for amputees

- Thanks to your donations, we've been able to fund special equipment for patients with upper limb loss, to help them regain their independence with everyday tasks at home. The new aids will help with things that many of us may take for granted, such as preparing and cooking food, and getting dressed, and will help people who have lost an arm, hand or fingers.



Artwork for Children's ED

- The new Children's Emergency Department (ED) has been made more welcoming and calming for young patients thanks to the installation of colourful artwork. Nottingham Hospitals Charity funded the eye-catching art on the department's walls to help children and young people feel more at ease when attending the hospital. New colour coded areas also help people to identify the location of the department and the different areas within it, helping to reduce stress for families navigating their way around.

Fantastic fundraisers



A special thank you to **Sara Lomas** (pictured left) and **Neenu Minhas** (pictured right), who between them raised over **£4,600** by taking on our Big QMC Abseil together. Neenu raised money for the children's cancer and neurology wards and physiotherapy unit in memory of her son, Aiden, who was treated there but sadly passed away in 2017. Sara raised money to thank the neurosurgery and endocrine team for diagnosing and treating her for Cushing's Disease, a rare endocrine disease. Thank you both so much.



Well done to **Tom Coleman**, who took on a 12-hour step challenge to raise over **£2,200** for the Hayward House Appeal, in memory of his aunty Tammy.

Team effort



Thank you to the **Southwell Pink Ladies**, who raised £2,000 for the Nottingham Breast Institute, and **£2,000** for Hayward House.

Thank you so much to all involved.

Runners and riders



Thank you to **Samantha Pate**, who ran the Sheffield Half Marathon and raised almost **£500** for Hayward House, in memory of her mum, Margaret Pate, who was treated there before she sadly passed away 16 years ago. Well done Samantha.

Well done to little **Jack Draper** and his family, who raised almost **£1,000** for the paediatric critical care unit at Nottingham Children's Hospital, where Jack's brother Harry was treated. Jack and his family cycled 150 miles throughout March – to represent the distance they travelled from their home to Nottingham Children's Hospital and back.



A huge well done to **Robin Gurney**, who took on a 36-hour triathlon and raised an amazing **£7,000** to thank the Neonatal Unit for their care after his twin daughters, Freyja and Orla, were born – with Orla receiving life-saving treatment on the unit.



Well done to the **Nottinghamshire Scouts and Guides**, who raised over **£1,400** through the Gang Show at the Theatre Royal in Nottingham. A brilliant show, and a fantastic amount of money raised for Nottingham Children's Hospital!



Corporate supporters



A huge thank you to **Porsche Nottingham**, who kindly sponsored our Golf Day at Wollaton Park Golf Club on Friday 5th May 2023. As well as sponsoring the event and entering two teams to take part, they even brought some fantastic Porsche models along on the day, which was amazing! The Nottingham team is excited to be able to welcome all visitors to their new purpose-built Destination Porsche Centre on Landmere Lane, Edwalton which is now open for business.

For more information, please contact **Porsche Centre Nottingham** on **0115 934 0062**, visit **www.porschenottingham.co.uk** or email **info@porschenottingham.co.uk**



Thank you to **Handelsbanken**, who have been busy raising money for Nottingham Children's Hospital, and came in to distribute Easter eggs to young patients earlier this year.



Well done to **Source BioScience**, who not only sponsored our Big QMC Abseil on Saturday 25th March 2023, but also took part and raised over **£2,000!** Thank you so much.



Thank you to **Shredall SDS Group** who donated **£1,000** to Nottingham Children's Hospital, and spent a day in Children's Outpatients giving out festive treats and cheering up our young patients.

On 5th July 2023, the NHS will be celebrating its 75th birthday – and to mark the occasion, we'd love to hear your stories about Nottingham's NHS hospitals!

Maybe you worked at NUH your whole career, met your partner in hospital in Nottingham, or have had several generations of your family born here? Whatever your story, we'd love to hear it, and we'll be selecting a few to share as part of the 75th birthday celebrations.

Send us your story to **charity@nuh.nhs.uk**



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 16th September 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



ROBIN HOOD HALF MARATHON AND MINI MARATHON

Sunday 24th September 2023

Take on Nottingham's biggest and best running event. Choose from the half marathon or mini marathon, and enjoy the sights and sounds of our beautiful city as you run.

Find out more and sign up at www.nottinghamhospitalscharity.org.uk/robin-hood-half

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



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's hospitals. Do it anytime, anywhere.

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



COFFEE MORNING OR QUIZ NIGHT

Hold your own event at a time and place to suit you – why not hold a coffee morning with family, friends or colleagues, or download our quiz pack and host your own quiz night? 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

SUMMER SMOOTHIE RECIPE

With summer around the corner, we're sharing a delicious, healthy and simple summer smoothie recipe from our Staff Wellbeing team, whose work is supported by Nottingham Hospitals Charity.



BANANA AND BLUEBERRY SMOOTHIE INGREDIENTS

- 75g blueberries (fresh or frozen)
- 2 small ripe bananas
- 400ml semi-skimmed milk or milk alternative such as soya or oat
- 0.5 teaspoon vanilla extract (don't worry if you don't have this, it's still delicious without!)

SMOOTHIE MAKING METHOD

1. Wash the blueberries, and peel and slice the bananas.
2. Tip the blueberries and banana slices into a blender.
3. Add the milk, and the vanilla extract if you have it.
4. Whizz together for a few seconds until smooth and blended, then pour into four glasses. Due to natural sugars in the smoothie, we suggest a serving of no more than 150ml.

Serve, relax and enjoy!

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

LEAVE A LASTING LEGACY



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

Writing your Will helps ensure your loved ones are protected in years to come, and 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 big, 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.

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 OUR VOLUNTEER TEAM

at our QMC
Charity Hub!

Are you looking for a local volunteering opportunity that will make a difference in your community? We're on the hunt for volunteers to join our friendly team at the **Nottingham Hospitals Charity Hub**, which is just inside the Queen's Medical Centre main entrance.



Our Hub sells gifts, stationery and other products to raise money for NUH, as well as giving patients, visitors and staff the opportunity to come in and talk about fundraising or making a donation.

For more information about volunteering in our Hub, please call us on **0115 962 7905**, email charity@nuh.nhs.uk 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**.