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GET IN TOUCH

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Nottingham Hospitals Charity

At the heart of your care

WELCOME

I'm delighted to welcome you to my first edition of 'Pulse' as the new CEO of Nottingham Hospitals Charity.



After being part of the Charity for seven years, I've seen first-hand the impact your donations can have on our hospitals.

I'm thrilled to be starting my new role here, and continuing to work with our supporters and hospital staff to make the most of every donation.

In this edition of our 'Pulse' newsletter, you can read more about the impact of your donations. On pages 8 and 9 you can find out about some of the projects your support has helped to fund – including our wonderful teddy bear braces for children with spinal conditions.

On pages 3-5, you can also read about leaving a gift in your Will, and the difference this can make to future patients at Nottingham's hospitals. There's some great advice from local solicitors Nelsons, plus details of how you can write your Will for FREE online, using our Will-writing partner Bequeathed.

I hope you enjoy this edition of 'Pulse'.

Nigel Gregory
Chief Executive



A GIFT IN YOUR WILL HAS A BIG IMPACT

Your gift – no matter how large or small – will have a big impact on patients and families being treated in our hospitals.

Gifts in Wills make up a third of our donations, contributing a huge amount to the projects we are able to fund each year.

Turn to our interview on the next page with solicitor Jane Sutherland, from Nelsons, who explains why you should write a Will – and the benefits of choosing a charity you trust with your gift.

You can update your existing Will with a gift to Nottingham Hospitals Charity, or write a new Will, by speaking to a solicitor today through our free online service Bequeathed.

Simply visit www.nottinghamhospitalscharity.org.uk/legacies



JOIN THE...

The **BIG** Nottingham

LOTTERY

& WIN BIG!

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



WHY WRITING YOUR WILL IS IMPORTANT

You can write or update your existing Will at any time, and consider a gift to a trusted charity. We spoke to Jane Sutherland, Partner and Solicitor in the Wills and Probate team at our corporate partners Nelsons, about why writing a Will is so important.

Q. Hi Jane, great to speak to you. Firstly, why is it important to make a Will?

- A.** Making a Will is important because it legally protects your intended beneficiaries and assets. It also allows you to designate how you would like your estate to be dealt with after your death. Without a Will, you won't be able to decide how your assets are distributed, and the final decision may not align with your wishes.

Q. Is writing your Will a complicated process?

- A.** The complexity of making a Will can vary depending on the size and complexity of your estate. Generally, a simple Will can be straightforward to create. However, if your estate involves multiple assets, businesses, or intricate family situations, it may be more a complex process. In both cases, legal advice should be obtained.

Q. What are the benefits of giving a gift to charity in your Will?

- A.** Giving a gift to charity in your Will can provide several benefits:
- **Philanthropic impact** – It allows you to contribute to a cause you care about and make a lasting impact.
 - **Tax benefits** – It could reduce the inheritance tax burden on your estate.
 - **Legacy** – It helps you leave behind a charitable legacy that reflects your values and interests.



Remember, it's always recommended to consult with a legal professional when drafting or updating your Will to ensure it is valid and aligns with your intentions.

For advice on making or updating a Will, you can contact Nelsons on **0800 024 1976** or via **www.nelsonslaw.co.uk**, or use our free Will writing service Bequeathed by visiting **www.nottinghamhospitalscharity.org.uk/legacies**

NELSONS
Business Law | Personal Law | Investment

HOW GIFTS FROM PEOPLE LIKE YOU ARE HELPING AT HAYWARD HOUSE

Gifts made in our supporters' Wills help fund a range of ongoing services at Hayward House palliative care centre – including additional nursing posts, complementary therapy, bereavement support and art activities, for patients and their loved ones.

With gifts left to Hayward House from £100 right up to £500,000 – and everything in between – people like you enable this important work to take place at Hayward House.

We'd like to thank everyone who has pledged to leave a gift to their chosen area of Nottingham's hospitals in their Will. No matter how large or small, your donation will make a big difference in years to come.



If you've pledged a gift in your Will, we'd love to hear from you. Please give us a call on **0115 962 7905** or email **charity@nuh.nhs.uk**

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** or call us on **0115 962 7905**.



YOUR HEALTH AND WELLBEING

Mental wellbeing is every bit as important as physical health, so we've brought you some tips on improving your mental health and wellbeing. The NHS suggests five simple steps, which could help improve your mental health:

- **Connect with other people** – arrange a family meal, lunch with a colleague, or a get-together with old friends.
- **Be physically active** – physical activity releases chemicals which can help you to positively change your mood.
- **Learn new skills** – join an evening course, or try learning a new hobby at home.
- **Give to others** – research suggests that acts of kindness and giving to others can help give you a feeling of purpose and also connect you with others.
- **Pay attention to the present moment** – also called 'mindfulness', this practise can help boost your mental wellbeing.

HELP MAKE A DIFFERENCE TO OUR TINIEST PATIENTS



Over 1,000 premature and poorly babies are cared for here in Nottingham every year – and they need your help.

Around one in ten babies born in East Midlands will require specialist Neonatal care. It's a devastating time for families, whose lives suddenly revolve around being at their newborn baby's bedside in a highly clinical environment.

As part of our Big Appeal, we're raising money for the new Neonatal facilities being built by Nottingham hospitals. The expansion will allow the Neonatal Unit to more than double the number of babies they are able to care for, from 17 to 38 – making it the biggest Neonatal Unit in the region.

While the hospital builds the structure of the new Neonatal Unit, our Big Appeal will provide some of the things which might not be available on the NHS, but can make a real difference to tiny patients and their families.



YOUR DONATIONS CAN HELP FUND:

- Homely additions to the overnight parent rooms, family lounge and parent quiet room – such as **comfortable furniture, artwork** and televisions – to help transform these functional rooms into homely and welcoming spaces.
- **Special touches for the bereavement room**, which will be located away from the main ward, and will contain a special cold cot to enable bereaved parents to spend time saying goodbye to their baby.
- Dedicated, **specialist monitoring and diagnostic equipment** to be used within the Neonatal Unit.
- **Woodland themed decoration in clinical areas**, to support mental wellbeing and capture the imagination of children visiting their siblings.
- **A welcoming entrance** to put visitors at ease on their arrival.
- **Artwork for the expressing room**, to enable new mothers to express milk in comfortable and calming surroundings, away from the clinical area.
- **Bright flooring** to mark out each cot space, helping each family feel the space next to their baby is theirs.

JENNI TWINN, NEONATAL REDESIGN PROGRAMME DIRECTOR, EXPLAINED WHY THE BIG APPEAL IS SO VITAL:



“The NHS funding will provide the main infrastructure – but we need the Charity’s support to really enhance how the new neonatal redesign will look and feel for families.

“Many studies have shown how a positive, warm and comfortable environment can make a huge difference to how patients and their families feel while they are here in hospital.

“Please donate today and make a real difference to patient care as our tiniest patients and their families here in Nottingham.”



With new patients and families set to arrive in the new Neonatal Unit in December 2024, we urgently need your help to provide these extra facilities. Please help us make time in hospital as comfortable as it can be for these families, and help provide the best possible care for our hospitals’ tiniest patients.

Donate to the Big Appeal today using the form at the back of Pulse, or visit www.nottinghamhospitalscharity.org.uk/bigappeal



WORK STARTS ON HAYWARD HOUSE GARDEN

Thanks to supporters of our Hayward House Appeal, work has begun to make the palliative care unit’s beautiful garden more accessible for patients and visitors.

The improvement works will include widening and flattening the currently narrow and uneven paths, to enable patients and visitors with mobility problems, including those in wheelchairs or beds, to access this tranquil green space which has been lovingly tended by volunteers over the years.

Work is due to be completed later this summer, with the Hayward House Appeal continuing until March 2025. The next phase of fundraising for the appeal will help create a more welcoming entrance and reception area for patients and visitors.



Find out more or make a donation at
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.



Cuddly friends to help young patients

Thanks to your support, we've provided back braces for cuddly toys belonging to children with scoliosis and other spinal conditions, to help young patients feel less alone when having their own brace fitted. The teddies' custom-made braces can even be created using the same pattern as their owners' braces, helping young patients feel less alone and easing their anxiety throughout the process.



Scanning technology for orthodontics

We've funded state-of-the-art scanning technology for the orthodontics department, to help give dental patients a more comfortable experience. The new machine enables patients' mouths to be scanned digitally in order to create replica moulds of their teeth, rather than the more traditional method of physically creating a mould inside patients' mouths, which can be more time-consuming, uncomfortable and even distressing for some patients.

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



Empowering newly qualified nurses

We've helped provide pocket-sized information cards for newly qualified nurses at Nottingham Children's Hospital, to help them feel more confident in escalating any issues with their young patients' care. The cards contain crucial details such as emergency procedures, feeding charts, observations and escalation protocols, to empower new staff with readily available information, enabling them to make quick decisions and escalate any issues.



New family room for parents on PICU

Thanks to our supporters, including a donation from the True Colours Trust, a new family room has been opened on the Paediatric Intensive Care Unit (PICU) at Nottingham Children's Hospital. This comfortable and welcoming area gives parents and families a calming space away from the busy ward environment, but still close to their poorly child at a worrying time.

WHAT YOU HAVE MADE POSSIBLE



A big thank you to seven-year-old **William Reckless**, who raised over **£9,300** for the Paediatric Intensive Care Unit, to thank them for saving his life after he was diagnosed with sepsis at the age of three. William walked two miles using his prosthetic legs, and cycled two miles using his hand cycle – totalling a fantastic four miles, to mark the four years since his treatment. Well done William!

Thank you to **Distinct Recruitment**, who gave £5,000 to the Big Appeal for Nottingham Children's Hospital last Christmas, bringing their total support to almost **£10,000**.



Thank you to **Gebhardt Intralogistics UK**, who raised **£5,000** for the Hayward House Appeal through their Golf Day, in memory of their colleague Richard and another colleague's daughter, Claire, and also have another Golf Day planned for this year. Thank you so much for your support.

Well done to **William Edis**, who took on the Paris Marathon and raised **£1,150** for Oncology. Thank you so much William!



Thank you to **Riviera Travel**, who give 10% of holidays booked through them to Nottingham Hospitals Charity. Looking to book your next holiday? Simply get in touch with Riviera Travel, and be sure to mention Nottingham Hospitals Charity to ensure 10% of your holiday cost gets donated back to us. Alternatively book online at www.rivieratravel.co.uk/nottinghamhospitalscharity. Simple!

A huge thank you to **Nottingham Rugby**, who are supporting the Big Appeal for Nottingham Children's Hospital. After raising **£500** at their launch day, the club's team has since visited the children's hospital with Christmas and Easter gifts, and are taking part in a whole host of fundraising events – including our Robin Run 5k and Family Fun Day. Thank you so much to the whole Nottingham Rugby crew!



A special thank you to the **Nottingham Breast Cancer Support Group**, who raised more than **£240,000** for the Nottingham Breast Institute before they recently closed after more than 30 years together. This is a correction on a previous article, which incorrectly stated the figure raised as £150,000. Thank you so much to everyone who has been involved in the group over the years.



WANT TO GET INVOLVED IN FUNDRAISING?

Whether you'd like to hold your own event, such as a cake sale or coffee morning, or take part in one of our fun events, such as the Big QMC Abseil or Dragon Boat Race, there are loads of ways to get involved in fundraising for Nottingham's hospitals!

Find out more at www.nottinghamhospitalscharity.org.uk/events



DONATION FORM



Please donate online today at 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

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.

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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)

You can change your contact preferences at any time, or let us know if you would prefer not to hear from us in the future, by calling 0115 962 7905 or emailing charity@nuh.nhs.uk. Our privacy statement has recently been updated. Read more at 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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