



FESTIVE EDITION

Thank you for helping bring a smile to the faces of our patients this festive season



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Read our exciting Big iMRI Appeal update



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Festive Fundraising – All Wrapped Up!



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Dedicate a light to a loved one

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WELCOME

Welcome to this special festive edition of our 'Pulse' newsletter.



I know it has been a hard year for many people, and I'd like to take this opportunity to thank all of our valued supporters for their continued care and generosity towards our local NHS hospitals.

We hope this special edition will bring you some festive cheer during these difficult times. On pages 6 and 7 you can find a whole host of ways you can enjoy some festive fun, while raising money for Nottingham's hospitals at the same time.

On page 4 we also have some exciting news for you about our Big iMRI Appeal, which is coming to fruition and will help transform the care of young patients with brain tumours at Nottingham Children's Hospital.

You can also read about a special garden, funded with your support, which is helping patients, visitors and staff at the Trent Cardiac Centre.

Thank you once again for your support. I hope you enjoy reading this festive edition of 'Pulse', and I hope this festive season bring happiness and health to you and your loved ones.

Barbara

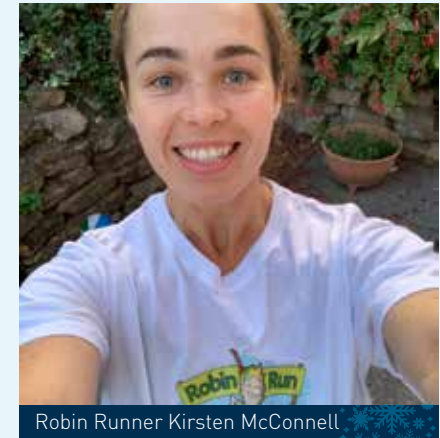
Barbara Cathcart
Chief Executive

THANK YOU FOR YOUR SUPPORT IN 2020

We'd like to say a huge THANK YOU to everyone who has supported Nottingham's hospitals during 2020. It has been a truly unprecedented year, but your support for your local NHS has been unwavering.

At a time when the local community has had to keep its distance physically, we have been touched by how the people of Nottinghamshire and beyond have come together in spirit (and online!) to help the NHS by making a donation or taking on a fundraising challenge.

Your support during 2020 has meant the world to staff and patients at our hospitals. You have run, cycled, danced, sung, baked, camped out and dug deep to make a real difference to patients and staff at this challenging time. Please read on to find out some of the ways your support has helped our hospitals in Nottingham.



Robin Runner Kirsten McConnell



Robin Runner Nicola Barksby



Sanj Sharma in hospital battling COVID-19



Sanj Sharma at the top of Snowdon

BIG IMRI APPEAL UPDATE – MRI SCANNER ARRIVES AT QMC

Thanks to your support, a new intra-operative MRI scanner is being installed at the Queen’s Medical Centre, which will transform the treatment of children with brain tumours.



Oliver Swift, who was diagnosed with a brain tumour at 5 months old

The Big iMRI Appeal, part of our Big Appeal, was launched in March 2018, to fund a state-of-the-art new MRI machine for use by brain surgeons at Nottingham Children’s Hospital. Thanks to our amazing supporters, the appeal raised a total of £1.6million, and after 18 months the hospital was able to begin the purchase of the machine.

The new iMRI machine, which was funded in partnership with the University of Nottingham, has now been delivered to QMC, and after installation and testing it is hoped the machine will be in use by Christmas. The scanner is housed in a new, purpose-built

suite next to a theatre and will be used during brain surgery to help surgeons accurately remove as much of their patients’ tumours as possible.

Donald Macarthur, Paediatric Neurosurgeon, explained: “This machine will make a huge difference to surgeons, patients and families. Being able to scan patients during surgery, while they are still under general anaesthetic, means we will be able to see any small pieces of tumour that may be remaining, and remove them while in the operating theatre.”

Ashley Swift’s three-year-old son Oliver was diagnosed with a brain tumour at

just five months old. He was admitted to Nottingham Children’s Hospital in January 2018 after doctors discovered a large tumour, taking up almost half the left-hand side of his brain. Oliver has since undergone three operations on his brain, plus chemotherapy to further shrink the tumour.

The family raised money for the Big iMRI Appeal, including by taking part in a sponsored skydive, to help other young patients like Oliver.

Dad Ashley said: “I’m so pleased to have been able to support this appeal and I’m thrilled that the iMRI machine has now been delivered and will soon be in use. It will make such a difference to other children with brain tumours, and to parents like myself and my wife Charlene.”



Delivery of the iMRI scanner

Thank you so much to everyone who supported our Big iMRI Appeal and made this possible!

A BREATH OF FRESH AIR

Thanks to generous donations from across the local community, we have been able to fund a new garden area for patients, visitors and staff at the City Hospital.



New Trent Cardiac Centre garden

Donations from our COVID-19 ‘Help your Hospital Heroes’ appeal, plus £16,000 raised by Nottingham Panthers ice hockey team, and contributions from Nottingham City Transport, former Mayor of Broxtowe Councillor Michael Brown, hospital staff and the local community, all helped to fund the new outside area at the Trent Cardiac Centre.

Staff members from the Cardiac Shared Governance team at Nottingham Hospitals came up with the idea of converting the disused outdoor area into a peaceful garden, where patients, families and staff could step away from the busy hospital environment for a short while and have time and space for reflection and, if necessary, difficult conversations.

Thank you to everyone who made this possible.

FESTIVE FUNDRAISING - ALL WRAPPED UP

This festive period we've got a whole host of fun and easy ways you can support your local hospitals. Take your pick - there's an idea to suit everyone!

LIGHTS TO CELEBRATE

Dedicate a light in honour of a loved one, and join our special online remembrance evening on 10th December.



GRANT A CHRISTMAS WISH

Donate online and choose a gift for a child in hospital this Christmas.



SHOP ONLINE

Visit our online shop for your Christmas cards and gifts, and support your local NHS at the same time.



VIRTUAL BUCKET COLLECTION

Set up a festive fundraiser on Facebook and create your own virtual bucket collection.



LETTER FROM SANTA

Create some Christmas magic by making a donation and receiving a special letter from Santa for the little one in your life.



NOEL-IT-ALL QUIZ NIGHT

QUIZ

Take part in our festive quiz with friends, family or colleagues.



CHRISTMAS JUMPER DAY

Get your friends, school or colleagues involved in a virtual Christmas Jumper Day on 11th December.



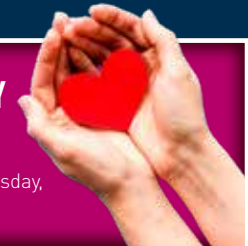
MINCE PIES AND MULLED WINE EVENING

Hold your own virtual event with friends, family or colleagues.



GIVING TUESDAY

Support your local NHS by making a donation on Giving Tuesday, 1st December.



CHRISTMAS TREE RECYCLING

When the festive season is over, you can still support your hospitals by recycling your tree!



ROCKING AROUND THE CHRISTMAS TREE

Dance, donate, and nominate! Take on our TikTok or Instagram dance challenge and spread some festive cheer.



MERRY FITMAS!

Don your Santa hat and take on a festive fitness challenge at home or outdoors.



To find out more about all of our Festive Fundraising activities, please visit www.nottinghamhospitalscharity.org.uk or contact us by calling 0115 962 7905 or emailing charity@nuh.nhs.uk



Grant a Christmas Wish

This festive season, you could Grant a Christmas Wish for a child in Nottingham Children's Hospital.

No child wants to spend Christmas on a ward, but you can give a gift online to help make the festive period brighter and happier for a little one in hospital.

Donate online and choose from toys, arts and crafts, technology or gift bundles, to help bring a smile to the faces of babies, children and young people being treated at Nottingham Children's Hospital this Christmas.

All the gift options have been selected by experienced Play Specialists who know which items will bring joy and excitement to the children on their wards.



Please donate online at www.nottinghamhospitalscharity.org.uk/grant-a-wish and help give our young patients a reason to smile this Christmas.

SPECIAL PLAQUE UNVEILED

A special plaque has been unveiled at the City Hospital in memory of a patient who was treated there, and in honour of the charitable foundation set up in his name.

Basil Skyers was treated at the Centre for Clinical Haematology after being diagnosed with multiple myeloma, an incurable cancer of the blood. Basil sadly passed away in 2010 at the age of 49.

His sister, Dr Sophia Skyers, set up the Basil Skyers Myeloma Foundation in his memory, to support other patients with the condition. The Foundation has since given more than £80,000 to hospitals in Nottingham, across the East Midlands region, and nationally.

Sophia and her father Dr Richard Skyers helped unveil the plaque to mark 10 years since Basil's death, and recognise the work that is continuing in his name. Thank you to the Skyers family and the Foundation for their ongoing support.



Basil Skyers



The plaque in Basil's memory

For more information about the Basil Skyers Myeloma Foundation, please visit www.nottscf.org.uk/donate/basil-skyers-myeloma-foundation/

YOUR HEALTH AND WELLBEING

We know 2020 has been a difficult and challenging year for so many people. Many of us have felt anxious, isolated and lonely, and may be worrying at the prospect of being away from loved ones during the festive period.



Stay connected with loved ones this festive season

This festive season we'd like to encourage you to reach out to loved ones to prevent feelings of isolation – whether it's a phone call, a letter or a virtual chat. Connecting with those we love is an important part, not just of Christmas time, but of everyday life.

If you're not able to be with loved ones in person, try to make time for some self-care and enjoy some time to yourself – perhaps put on your favourite festive film, make a warm drink and get cosy under a blanket. Or, if you're able to, go out for a brisk wintery walk – fresh air

and exercise can lift your spirits, and is good for your physical wellbeing too.

If you'd like to have some virtual festive fun with your nearest and dearest, how about taking part in our Mince Pie and Mulled Wine evening? See pages 6-7 for all the details about how you can get involved, and why not try our super simple mince pie recipe over the page?

However you spend this festive season, we wish you peace and joy, and hope 2021 brings happiness to you and your loved ones.

SUPER SIMPLE MINCE PIE RECIPE!

If you'd like to take part in our Mince Pie and Mulled Wine evening (see pages 6-7) or simply have some festive baking fun, why not try this super simple mince pie recipe? It's perfect for kids, novice bakers, or anyone who doesn't want to spend hours in the kitchen!

Cooking method:

1. To make the pastry, rub the butter into the flour, then mix in the golden caster sugar and a pinch of salt.
2. Make the pastry into a ball (don't add liquid) and knead briefly. The dough will feel fairly firm.
3. Heat the oven to 200C/180C fan/gas 6. Line 18 holes of two patty or muffin tins, by pressing small, grape-sized balls of pastry into the bottom and around the sides of each hole.
4. Spoon the mincemeat into the pies. Take slightly smaller balls of pastry than before and pat them between your hands to make round lids for each pie.
5. Top the pies with their lids, pressing the edges gently together to seal (no need for milk or egg to seal).
6. Brush the tops of the pies with the beaten egg. Bake for 20 mins until golden. Leave to cool in the tin for 5 mins, then remove to a wire rack. To serve, lightly dust with icing sugar.



Prep time: 30-40 mins.
Cooking time: 20 mins.
Makes 18 pies.

Ingredients:

- 225g cold butter, diced
- 350g plain flour
- 100g golden caster sugar
- 280g mincemeat
- 1 small egg, beaten
- Icing sugar, to dust
- Pinch of salt

FESTIVE EDITION



GET IN TOUCH!

We love to hear your fundraising stories and see photos of you in action! Post your festive fundraising photos on Twitter, tagging @NUHCharity and we'll be sure to like and share!

Our fundraising team is also on hand to offer you help and advice – so whether you'd like to speak to someone about making a donation, taking part in our festive fundraising activities, or leaving a gift in your Will, please contact us by calling **0115 962 7905** or emailing charity@nuh.nhs.uk

**HAPPY HOLIDAYS FROM EVERYONE AT
NOTTINGHAM HOSPITALS CHARITY!**