



SPRING/SUMMER 2020

# SPECIAL EDITION

## # Nottingham # NHSHeroes



Looking after our hospital staff



Running to thank the NHS



Join in our summer fundraising



Nottingham  
Hospitals  
Charity

At the heart of your care



How you've helped  
our NHS workers  
in Nottingham



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## GET IN TOUCH

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[#Here4Nottingham](https://www.instagram.com/Here4Nottingham)

[www.nottinghamhospitalscharity.org.uk](http://www.nottinghamhospitalscharity.org.uk)



## WELCOME



Welcome to this special edition of our 'Pulse' newsletter, which focuses on our 'Help your Hospital Heroes' appeal. The appeal launched in March 2020, in response to the challenges facing NHS staff during the coronavirus outbreak.

During this appeal, I have been amazed to witness the fantastic community spirit which exists in Nottinghamshire, with hundreds of individuals, families and organisations joining together to support our NHS.

On page 3 you can read more about the appeal, and on pages 4 and 6 you'll see some of the things we've been funding to help our NHS staff at Nottingham's hospitals during this difficult time.

On page 5 you can read the story of a Covid-19 patient who has completed a run to raise money in thanks for the care he received during his time in hospital. And on pages 8 and 9 you can find out how you can continue to help our dedicated NHS workers during the summer months.

As your hospital charity we continue to raise funds for every area of our hospitals' work in Nottingham, but I'd like to take this opportunity to say a particular heartfelt 'thank you' to each and every person and organisation who has supported our special appeal during this time.

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

*Barbara* **Barbara Cathcart**  
Chief Executive

## THANK YOU FOR HELPING YOUR HOSPITAL HEROES!

Our 'Help your Hospital Heroes' appeal launched in March 2020, to support our NHS staff at Nottingham's hospitals during the coronavirus outbreak.

What started out as an emergency appeal, to provide food parcels and essential toiletries to NHS staff at a time they were struggling to get to the shops, and finding empty shelves when they did so, soon developed into a bigger appeal to provide wellbeing facilities and support for them during the challenging times they faced.

We'd like to say a huge **THANK YOU** to everyone who has supported the appeal by making a donation or fundraising from home. Your support has enabled us to help our hardworking NHS staff during this unprecedented time, and has helped them continue to provide care for patients in all areas of our hospitals. Please read on to find out the difference your support has made!!



Katie Wright's School of Dance



Hovis donations from Paul Grainger



Food parcel ready for delivery



## LOOKING AFTER OUR HOSPITAL STAFF

Thanks to generous donations we have been able to help fund two new Wellbeing Centres for our NHS staff at Nottingham's hospitals.

The centres – one at City Hospital and one at the Queen's Medical Centre – give staff time and space away from their busy work environment, with wellbeing support and healthy snacks on hand.

They were used by thousands of NHS staff members within weeks of opening, who said they were grateful for a space to take a break and get support from special Wellbeing Buddies.

Kerry Jones, Senior Nurse at NUH, said: "We wanted to create rooms that were a distraction from the normal work environment, where staff could go, not just to have a drink and a rest, but also speak to somebody about some of the challenges they may be facing, with trained colleagues on hand to support them.

"These wellbeing centres are having a tremendously positive impact on staff, and they simply would not have been possible without the support of Nottingham Hospitals Charity and all the people who have donated."

Thank you to everyone who has made this possible by donating to the 'Help your Hospital Heroes' appeal.



Staff enjoying a well-earned break



Wellbeing Centre at QMC



Comfortable seats in Wellbeing Centre

## COVID-19 PATIENT RUNS TO THANK NHS

A patient who was treated for Covid-19 at Nottingham's hospitals has run from his home to the hospital and back, to raise money for the NHS workers who cared for him.

Tony Whaley was admitted to City Hospital in March 2020 and treated for Covid-19. After recovering and returning home, Tony – who has never run before – decided to take on the challenge to thank the staff who looked after him. He successfully completed the run from his home in Long Eaton to the City Hospital, and back again, raising over £1,000.

Tony said: "I've never done anything like this before, I'm by no means an athlete, but I wanted to do something to say thank you. The NHS staff were just so amazing and looked after me so well, and I wanted to do something for them in return."

For ideas on how you can join Tony and raise money for our NHS workers, turn to pages 8 and 9.



Tony Whaley in hospital



Tony Whaley training for his run



## A PLACE TO REST

Thanks to your generous donations, we have been able to fund four sleep pods for staff at Nottingham's hospitals.

These comfortable sleep spaces, which contain fully reclining chairs in a contained capsule, allow staff to get some rest during their breaks, or before or after busy shifts. Four pods have now been installed at the City Hospital and Queen's Medical Centre campuses.



Sleep pod at City Hospital

Alison Wynne, Director of Strategy and Transformation at NUH, said "We are delighted, in partnership with our Charity, to be able to install some sleep pods on both sites at NUH for our staff. The pods are one way we can support our teams, helping them stay rested and able to provide excellent care to our patients."

If you'd like to make a donation to support staff at Nottingham's hospitals please visit [www.nottinghamhospitalscharity.org.uk/donate](http://www.nottinghamhospitalscharity.org.uk/donate) or use the donation form inside 'Pulse'.



NUH nurse

## FOOTBALL FANS BECOME FUNDRAISING HEROES!

Nottingham Forest football club and its fans have raised an amazing £18,500 for our 'Help your Hospital Heroes' appeal, supporting staff at Nottingham's hospitals during the coronavirus outbreak.

The football club produced a batch of special edition NHS T-shirts which supporters could buy, with the stock quickly selling out and all proceeds going to Nottingham Hospitals Charity's appeal.

Emily Mulvaney, who works as a Ward Sister at the QMC, bought a T-shirt for her dad Gerry Mulvaney, who has been a Nottingham Forest supporter for 61 years.

Gerry said: "I thought Nottingham Forest launching the T-shirts was wonderful. It's a terrific gesture and it makes all the fans very proud of the club as well as being proud of the NHS for looking after us so well."

Thank you to all the staff and fans at Nottingham Forest for your support!





# HOSPITAL HEROES CHALLENGE

## THANK YOU TO OUR HOSPITAL HEROES!

Thank you so much to everyone who took on our Hospital Heroes Challenge, which launched to coincide with our Hospital Heroes appeal. Whether you baked, walked, ran, shaved, read or picked your own challenge, the money you raised has helped make an enormous difference to our NHS staff in Nottingham.

From fancy dress to a doodle-a-day, we've seen it all and are so proud of all our supporters and their friends and family who joined together in difficult times to take part or donate. Thank you from everyone at the Nottingham Hospitals Charity.

Did you take part in the Hospital Heroes Challenge? Send your pictures to [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk)



Katie Wright's School of Dance danceathon

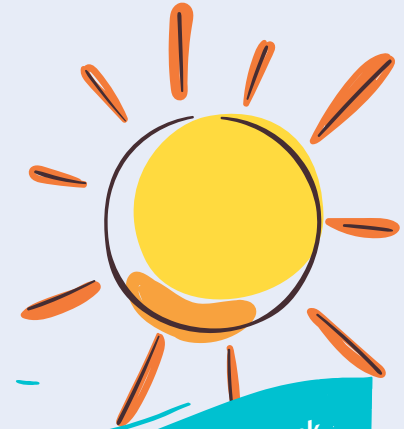


Jacob Swift's cycle ride



Caitlin Davidson's cycle ride

# SUMMER FUNDRAISING



Summer 2020 will be one we'll never forget - let's make it a good one!

This stay-at-home summer we're inviting you to celebrate your Nottingham NHS and join together as a community.

You could hold a socially distanced street party on 1st August. Or why not have a family campout in your garden, host a virtual coffee morning with friends, or challenge yourself to a mile-a-day marathon?

Physically we may not be together, but let's join together, in a safe way, to celebrate our local NHS. Let's make this a summer to remember.

- Download your pack
- Choose your Celebration event
- Set up your Just Giving Page
- Encourage donations from your friends and family
- Share your photos



To receive a fundraising pack contact [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk) or call 0115 962 7905



## YOUR HEALTH AND WELLBEING

Over recent months we've all learned the importance of self-care, and looking after not just our physical health, but also our emotional wellbeing. We spoke to our NUH Staff Wellbeing team for some tips on taking care of your physical and emotional health from home.



Stay in touch with loved ones online

### Emotional wellbeing tips

- Stay in touch with family and friends to prevent feelings of isolation
- If your mind is racing with worries or fears, try breathing exercises to calm you down
- Acknowledge the good things in your life to help reduce your focus on the negative. These can be simple things such as a smile from someone, a kind word, or a nice cup of tea

### Physical wellbeing tips

- Remember to take care of your basic needs – stay hydrated, try and eat healthily, and ensure you rest
- Stay active – even just a short walk around your garden each day will be good for your physical and emotional wellbeing
- Try online exercise classes such as yoga – there are plenty of classes to try on YouTube

## KEEPING BUSY!

We know many people have been spending more time than usual at home over recent months, and boredom can easily set in.

So we've put together this word search to keep grown-ups and little ones busy for a short while! Why not circle your answers in rainbow colours, take a photo and post it on Twitter?

Don't forget to tag us @NUHCharity using #NottinghamNHSHeroes and we'll be sure to like and share!

U	X	E	O	G	K	E	I	W	X	F	U	J	M	N
B	Q	S	U	N	O	I	A	S	U	O	T	P	T	J
T	T	H	E	M	M	O	G	N	U	V	U	Y	T	G
N	Z	M	I	I	N	M	D	L	V	R	M	I	S	R
U	U	X	U	L	O	R	O	I	Q	A	H	X	R	S
P	F	R	X	M	A	H	G	N	I	T	T	O	N	K
W	L	U	S	I	S	K	N	M	T	Z	T	Z	R	N
M	W	A	S	E	D	D	S	Q	S	C	W	N	U	A
X	Q	I	T	L	K	Y	B	X	O	H	C	O	N	H
B	N	Y	X	I	H	V	R	D	R	I	Y	Y	I	T
G	K	Y	R	F	P	L	U	M	C	J	N	V	P	G
W	A	I	L	L	Z	S	U	K	U	M	Y	J	C	P
T	J	U	N	E	U	S	O	H	E	R	O	E	S	J
E	T	H	J	D	B	B	M	H	R	B	M	Z	F	J
W	K	N	Z	S	V	R	N	F	F	B	A	A	F	B

NOTTINGHAM • HOSPITAL • FUNDRAISING  
THANKS • DOCTOR • NURSE • HEROES

# SPECIAL EDITION



## GET IN TOUCH!

We love to hear your fundraising stories and see photos of you in action! Post your fundraising and NHS rainbow photos on Twitter, tagging [@NUHCharity](#) and using [#NottinghamNHSHeroes](#) and we'll be sure to like and share!

Our fundraising team is also on hand as usual to offer you support – so whether you'd like to speak to someone about making a donation, doing your own fundraising, or leaving a gift in your Will, please contact us by calling **0115 962 7905** or emailing [charity@nuh.nhs.uk](mailto:charity@nuh.nhs.uk)



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 [NottinghamHospitalsCharity](#)