



Thank you for
supporting NHS
staff and patients at
Nottingham Hospitals



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Research Appeal



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Nottingham Hospitals Charity

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GET IN TOUCH

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www.nottinghamhospitalscharity.org.uk



WELCOME

Welcome to the Spring / Summer 2021 edition of our Pulse newsletter, where you can find out how your support is helping staff and patients at Nottingham Hospitals.



I'd like to take this opportunity to thank everyone who has supported their local NHS during this difficult time. We've been astounded by the generosity of our supporters who, over the past year, have come together to help our NHS hospitals.

On page 4 you can read about our new appeal to help fund research into Long Covid. With one in five Covid-19 sufferers going on to develop long-term symptoms, we felt it was important to support the research into treating this condition, which is taking place right here in Nottingham.

On pages 6 and 7 you can read about some of the other areas of our hospitals which you have helped to support over the past year, including Hayward House palliative care centre and Nottingham Children's Hospital.

There are a whole host of ways you can continue to support your local NHS hospitals. On pages 8 and 9 you can find out about our fundraising events, such as our skydive and QMC Abseil – and for those who don't have a head for heights, how about taking on our Hike for your Hospitals challenge? You can read all about it on page 11.

I hope you enjoy reading this issue of Pulse. Thank you once again for supporting Nottingham Hospitals Charity.

Barbara

Barbara Cathcart
Chief Executive

THANK YOU FOR YOUR SUPPORT

The past year has been like no other – for many, it has been difficult, worrying and even lonely. But here at Nottingham Hospitals Charity we have been blown away by the extraordinary community spirit and goodwill shown towards our NHS, by our supporters across the county and the region.

We'd like to thank each and every one of our fundraisers and donors for the tremendous support you have shown towards staff and patients at Nottingham Hospitals throughout the pandemic. From donations of food and toiletries at the start of the pandemic, to fantastic fundraising efforts in order to raise money for wellbeing facilities

for our hardworking NHS staff, your support has been phenomenal.

Thank you for bringing hope and happiness to our staff and our patients during an extremely challenging period. Read on to find out some of the ways in which your support has made a real difference at our hospitals.



LONG COVID RESEARCH APPEAL

SUPPORT GROUND-BREAKING RESEARCH IN NOTTINGHAM

Researchers at Nottingham's hospitals have begun a ground-breaking study into the debilitating effects of Long Covid, and we've launched our Long Covid Research Appeal, with a bid to raise **£50,000** to help fund the work.

Research is being led by a team of experts here in Nottingham, who will use laboratory techniques and equipment including MRI to investigate Long Covid symptoms such as breathlessness and muscle fatigue.

Results of the research will be shared nationally to help improve treatment for patients experiencing Long Covid symptoms across the UK. Money raised through the charity appeal will be used to help fund a dedicated Long Covid Research Fellow, as well as state-of-the-art equipment to aid the team's work.

With one in five Covid-19 sufferers experiencing Long Covid symptoms four weeks after an initial infection has passed, such as fatigue, chest pain, memory loss and depression, more research into the treatment of the condition is vital.



Picture above: Ian Pointer



Ian Pointer, a Royal Mail postman in Nottinghamshire, was hospitalised with Covid-19 in March 2020. He was rushed to the QMC by ambulance after struggling to breathe at home and was ventilated and placed in an induced coma for four weeks, during which time his kidneys failed and he developed septicaemia.

After a long and difficult battle with the virus Ian returned home, but has continued to suffer Long Covid symptoms such as fatigue, lethargy and mood swings.

Ian explained: "When I was discharged from hospital I thought I was over the worst of it and I could get back to normal, but far from it. The loss of physical fitness is one thing, but the mental health issues, mood swings, the inability to let small things go, the lack of interest in things – these are things that are new to me."

Ian's health is slowly improving, over one year on from contracting Covid-19, but his fitness and mental wellbeing have still not returned to their previous state.

He said: "I can run upstairs now without spending an hour sitting down afterwards, but I think it's the lack of get-up-and-go that I have noticed, I just feel like doing nothing."

While Ian was in hospital, his colleagues at Royal Mail raised money for Nottingham Hospitals Charity, to support the NHS staff who were caring for patients like Ian.

He is now backing the Charity's Long Covid Research Appeal, and says: "I think the more information we get, the better we will understand and be able to help Covid sufferers who may experience different symptoms and needs. Currently there's a broad-brush approach when dealing with Covid suffers, because we still don't truly understand it yet."

Nottingham Children's Hospital

BABY MRI APPEAL



After a fantastic amount of support for our Baby MRI Appeal, which launched last year, we have increased our fundraising target from £100,000 to £200,000, to enable us to fund several sets of baby MRI equipment.

This will mean we can fund equipment at both the City Hospital and Queen's Medical Centre Neonatal Units, rather than one set being transported between sites. The technology will include special head coils to fit in the babies' incubators, and software to cut scanning time from 30 to 15 minutes. The ultimate aim is to make MRI scans quicker and safer for our tiniest patients.

To support our appeal please visit www.nottinghamhospitalscharity.org.uk or use the donation form inside Pulse. Thank you so much to everyone who has supported this appeal so far.

For more information about the appeal or to make a donation, please visit www.nottinghamhospitalscharity.org.uk/longcovid or use the donation form at the back of Pulse.

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.



£1,000,000

Nursing excellence

- Over the past three years we have given over **£1 million** towards our hospitals' journey to nursing excellence. As a result, Nottingham City Hospital has now become the first hospital in the UK to receive Magnet® Recognition. This special accreditation means that City Hospital is now globally recognised for providing world-class nursing care and leadership. We are extremely proud to have supported the hospital throughout its journey to achieving this highly esteemed accreditation.



£300,000

End of life care

- Every year we help to provide services such as counselling, art therapy and complementary therapy for terminally ill patients and their families at Hayward House palliative care centre. Thanks to your donations, we are able to provide these extra services that make a real difference to patients and their loved ones at a difficult time.

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** or email **charity@nuh.nhs.uk**



£1,600,000

Nottingham Children's Hospital

- Thanks to our donors, our Big iMRI Appeal reached its **£1.6 million** target, enabling the hospital to purchase an intra-operative MRI scanner to use during children's brain tumour surgery. The machine allows surgeons to operate more accurately, minimising the risk of patients needing further surgery. This was made possible thanks to the generosity of local families, community groups and businesses, including Mowgli Street Food, who donated an incredible £31,134 to the appeal.



£220,000

Medical research

- Over the past year, we gave more than **£220,000** towards vital medical research projects at Nottingham Hospitals. This helped fund studies into the diagnosis and treatment of a variety of conditions, including breast, ovarian and prostate cancer, leukaemia, diabetes and osteoporosis. Thank you to our supporters for making this possible

GET INVOLVED!

We've got a whole host of events you can get involved in to raise money for Nottingham's hospitals. Whether you're a runner, a daredevil, or you just fancy doing your own thing, we've got something to suit you.



CHARITY SKYDIVE

Saturday 15th May 2021

Leap into spring by taking part in our Charity Skydive! Join our team of daredevils for this tandem skydive at Langar Airfield in Nottinghamshire, and jump out of a plane at 10,000 feet! This is your chance to take a once-in-a-lifetime leap in support of patients and staff at Nottingham Hospitals.

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



BIG QMC ABSEIL

Saturday 18th September 2021

A unique opportunity to get a panoramic view as you prepare to abseil almost 100ft down the side of one of the UK's largest hospitals! Face your fears to raise money for whichever area of Nottingham's hospitals is closest to your heart.

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



ROBIN HOOD HALF AND MINI MARATHON

Sunday 26th September 2021

Take part in Nottingham's biggest running event in support of your local hospitals. Take on the half marathon, mini marathon or family-friendly mile challenge and enjoy the sights and sounds of our beautiful city. Get in touch today for your fundraising pack!

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



DO YOUR OWN THING!

Hold your own event at a time and place to suit you – such as a virtual coffee morning with family or friends, or a dress down or dress up day at work or school. Whatever you choose to do, our friendly team is on hand to offer ideas and advice.

To receive a fundraising pack or chat to a member of our team, give us a call on **0115 962 7905** or email charity@nuh.nhs.uk

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



The past year has been difficult for all of us, and many of us will have felt the impact of the pandemic and lockdowns on both our physical and mental health.

It's important to remember to look after both our physical health and our emotional wellbeing at this challenging time. We spoke to our NUH Staff Wellbeing team for some tips on taking care of your physical and emotional health from home.

EMOTIONAL AND PHYSICAL WELLBEING TIPS

- Mental wellbeing and physical wellbeing are connected – looking after both is important
- It is normal to feel anxious, emotional and stressed in the current situation – be kind to yourself, and patient with others
- Stay connected with your loved ones digitally
- Try breathing exercises to calm a racing mind
- Take care of your basic physical needs – stay hydrated, get enough rest, and try to eat healthily
- Stay active – take outdoor walks if you can
- Try an online fitness or yoga class to keep you fit and active, and also help your mental wellbeing

Did you know that the Staff Wellbeing team is supported by Nottingham Hospitals Charity? If you'd like to make a donation to support the team, please use the donation form in Pulse, call us on 0115 962 7905 or donate online at www.nottinghamhospitalscharity.org.uk

WALK, STROLL
OR HIKE YOUR
WAY TO SUPPORT
NOTTINGHAM
HOSPITALS THIS
SUMMER!



Sign up to **Hike for your Hospitals**, our version of a sponsored walk, in aid of **Nottingham Hospitals Charity**.

HOW DOES IT WORK?

Hike for your Hospitals is family-friendly and flexible. You can choose your challenge, your schedule and your distance, and set your own fundraising target.

You might prefer to do a one-off hike with your family, or perhaps a longer-term challenge, completing shorter distances every day for a month.

You can hike for whichever hospital area or department is closest to your heart. However much you raise, your support will make a real difference to patient care at Nottingham's hospitals.



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

A BIG WIN FOR NOTTINGHAM HOSPITALS!



We're delighted to announce that Nottingham Hospitals Charity is partnering with Nottingham Forest Community Trust, to support our city's mental health.



Nottingham Forest Community Trust

Bringing the football community and the city's NHS hospitals together, we will work together to raise money for local healthcare initiatives in Nottingham.

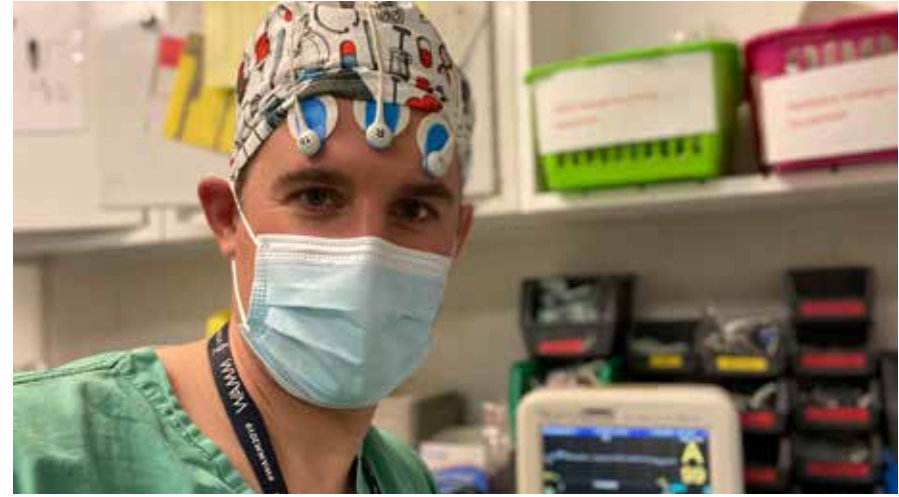
Nottingham Forest Community Trust (NFCT) was established in 2010 and aims to engage, inspire and empower the people of Nottingham and Nottinghamshire to live happier, healthier and more fulfilling lives.

We're currently working with the NFCT on our exciting fundraising plans for 2021.

Barbara Cathcart, Chief Executive of Nottingham Hospitals Charity, said: **"Nottingham is home to both sporting excellence and a magnificent NHS, so it is fitting that the two have come together to support our local community. I am really looking forward to launching our first fundraising campaign together and getting the whole of Nottingham on our side to help fund crucial health projects."**

Follow us on Facebook @[NottinghamHospitalsCharity](#) and Twitter @[NUHCharity](#) to find out more about the partnership and how you can get involved!

BRAINWAVE MONITORS TO HELP DURING SURGERY ON THE YOUNG AND OLD



Thanks to our supporters, we've been able to fund six advanced brainwave monitors to help ensure babies and elderly patients receive the optimal dose of anaesthetic during surgery.

The Narcotrend brain function monitors can also help these patients wake up quicker after their operations, reducing the risks of confusion or delirium when recovering from anaesthetic.

The monitors use an algorithm designed to interpret brain activity and provide real-time information of a patient's brainwaves – indicating when the patient has the ideal brainwave pattern for surgery. This enables medical staff to see precisely how much anaesthetic an individual patient needs.

Dr Mark Barley, Consultant Anaesthetist at Nottingham University Hospitals NHS Trust, said: "NUH are national leaders in the clinical use of this technology,

known as 'Depth of Anaesthesia monitoring.'

"We anticipate the monitors will be used during more than 2,000 operations a year – allowing brain monitoring during major surgical cases at the extremes of age, keeping our hospitals at the forefront of brain monitoring during general anaesthesia."

The monitors can also be used on children who are developmentally delayed and some preterm babies who have immature brains – these are only devices which can be used on these young and vulnerable patients.

Thank you for your support, which has made this possible.

Reaching new Heights



MICHAEL WARRINER

Michael bravely took on a skydive to raise money for the children's cancer ward at Nottingham Children's Hospital, where his three-year-old son Archie is being treated for liver cancer. Well done Michael!

Going the Extra Mile



BEN SHARMAN AND LUKE COWLEN

Ben and Luke took on an enormous 14-hour, 40-mile trek from Stamford to the QMC, in support of the Major Trauma Centre. The walk was particularly poignant for Ben who suffered a near-fatal accident in October 2019. The pair raised over **£1,400** to thank staff at the QMC for their care.

SARAH BRAY

Sarah is a senior Staff Nurse at the Neonatal Unit at the City Hospital, and won Nottinghamshire Live's Healthcare Hero award in 2020 for her incredible fundraising efforts during the coronavirus pandemic!



Staff Superstar

KAILASH RAO

The amazing Kailash cycled from Tollerton to QMC to raise money for Nottingham Hospitals Charity. Through his determination he has raised an incredible **£1,400**, and we are all super proud of his amazing achievement. Well done Kailash!



Pedalling for Pounds

Doing in it Style



CAITLIN DAVIDSON

We love supporters who fundraise and look good doing it! Caitlin cycled, skated and scooted throughout the summer in support of our Help your Hospital Heroes appeal, raising a fantastic **£325**. Thank you!

Young Megastars



ALEXIS AND LOUIS HINTON

Twins Alexis and Louis were cared for at the City Hospital Neonatal Unit after being born more than 11 weeks early. To mark their second birthday, in August 2020, the boys walked a total of ten miles and raised **£765** for our Baby MRI Appeal, to thank the Neonatal staff for the care they received. Amazing, well done Alex and Louis!

DAWN PETERS

Due to the pandemic, Dawn's hair was the longest it had ever been! She braved the shave in recognition of the amazing work of the Stroke Services at Nottingham Hospitals, where Dawn's late father-in-law was treated after suffering several strokes. She raised an amazing **£875** to thank them for their care. Well done Dawn!

Bald and Brave



COXMOOR GOLF CLUB

Thank you to members of Coxmoor Golf Club, who chose us as their Charity of the Year in 2020. Captains Susan and Nigel, along with other members of the club, raised money for Hogarth Ward at City Hospital throughout the year. Thank you so much for your support.

Stronger Together



Join

Nottingham Hospitals Charity

Friends



and support patients across our hospitals

Do you want to say **thank you to Nottingham's NHS hospitals**, and feel closer to the staff, patients and wider hospital community? Become a Friend of Nottingham Hospitals Charity today, and your support will help make a **positive long term impact on patient care in your local hospitals**.

A regular monthly donation to the hospital area closest to your heart will help us:

- initiate a greater number of medical research projects
- fund additional specialist equipment to help improve diagnosis, treatment and recovery
- provide even more comfortable new facilities for patients and their families
- say 'thank you' to NHS staff and clinicians who care for us

As a Friend of Nottingham Hospitals Charity, you will receive an exclusive Friends welcome pack, including a special Friends badge, an official Friends certificate, invitations to behind-the-scenes events and of course, plenty of updates about the difference you are making to patients, their families, and NHS staff.

To become a Friend of Nottingham Hospitals Charity, visit nottinghamhospitalscharity.org.uk/friends or to request a Friends information pack, contact Sian.Anderson@nuh.nhs.uk.



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