



NHS

Smile

Nottingham University Hospitals Charity Newsletter **Issue 10**

**INSIDE
THIS ISSUE:
FUNDRAISING FEATS,
RELAXING ARTWORK
AND REGULAR
GIVING**

Do something different!

Our fundraisers have continued to walk, trek and cycle for Nottingham's hospitals over recent months. Read on to find out about our supporters' efforts, as well as how you can get involved in something different, from abseiling to skydiving, in aid of NUH Charity.



Fundraising Hall of Fame

Through your hard work and tireless efforts, you have enabled us to improve the patient environment, purchase the latest medical equipment, fund vital research and pay for leadership programmes for hospital staff. Without you none of this would be possible. Each and every gift we receive is greatly appreciated. **Here are just a few recent examples of people who have been fundraising for us:**

Walking from Palace to Palace (See Front Cover)

NUH Charity's Lymphoma Research Fund has received more than £35,000 from one woman's sponsored walk.

Mary Inglefield raised the money single-handedly through her 'Palace to Palace' walk, from Buckingham Palace, where she works, to the Palace of Holyroodhouse in Edinburgh.

Lymphoma research is a cause close to Mary's heart as her father has been receiving lymphoma treatment at the City Hospital for the past six years.

Mary said: "The walk was the best thing I've ever done – and easily the hardest. Keeping up 20 miles a day was tough, physically and mentally, but I was spurred on by the incredible support from everyone and the kindness of strangers.

"I would like to thank everyone for their generous donations – I still can't believe that we managed to raise so much money! We are all grateful beyond words for the exceptional care and kindness that my father has received in the haematology unit at NUH and I am thrilled to be able to give something back."

Donation to help ill children

NUH Charity has received a £4,000 donation from the Echo Trust to pay for two oxygen saturation monitors for Nottingham Children's Hospital.

The monitors will be used to measure the amount of oxygen in a child's bloodstream, to ensure it is at the correct level.

The Echo Trust funds medical equipment for children, and NUH Charity was nominated for the grant by Peter Tormey, manager of Oceana Nottingham.

Peter Tormey, manager of Oceana Nottingham, presents the cheque to hospital and NUH Charity staff



Hydrospination event raises £10,000

A fitness director has raised more than £10,000 to thank hospital staff for saving his life.

Ryan Graham held a hydrospination to raise money for the Adult Intensive Care Unit at the Queen's Medical Centre, where he was treated after a car crash last year.

Ryan was rushed to hospital after the collision, where the bones in both his legs were shattered, his lower leg muscles



Ryan and his colleagues give the cheque to staff at the Adult Intensive Care Unit

were damaged and his liver was bleeding into his stomach. The hydrospination fundraising event

involved participants cycling on specially-made static exercise bikes while immersed in water.

Fundraisers reach £50,000 mark!

A Nottinghamshire couple have raised more than £50,000 for Nottingham's hospitals over the past 19 years.

Patricia and David Bassett, along with a host of family and friends, raise money every autumn by holding a sponsored walk. Last year the group raised almost £4,000, bringing their grand total over the past 19 years to more than £50,000.

Pat, David and a group of their friends presented the cheque for £3,921 to Mr Hamid, a urology consultant, at the Urology Centre, at the City Hospital. The money will go to NUH Charity's Prostate Cancer Appeal – a cause that is



Pat and David Bassett and their friends present their cheque

close to the couple's heart after David suffered from prostate cancer several years ago.

David said: "We're so pleased that we've raised more than £50,000 – we're absolutely thrilled. We all tried that extra bit harder this year and we're really pleased with the results. It was pouring with rain

but thankfully people still turned up!"

Speaking to the walkers at the cheque presentation, Pat said: "The cheque we present today represents hard work and dedication of all our walkers and sponsors. You've all done an amazing job."

Our Fundraising Assistant, Ashleigh, is always delighted to hear about your fundraising efforts and can help by giving you advice and sending you a fundraising pack with handy tips. Get in touch with her by emailing: charity@nuh.nhs.uk or by calling **0115 962 7905**.



"SEEING THE PIECE OF EQUIPMENT WE'VE RAISED MONEY FOR MAKES IT ALL WORTHWHILE."

Claire Cosgrave

Lorraine Collins and Louise Fairbrother show the machine to Claire Cosgrave and Sheree Smith

Family raises money for equipment in memory of baby son

A family has raised more than £14,000 for NUH Charity, to pay for special medical equipment for babies, in memory of their son.

Claire and Mark Cosgrave and their friends and family raised the money after a series of fundraising feats, including holding a fancy dress party, karaoke parties and numerous raffles, as well as a team of runners taking part in the Robin Hood marathon.

Claire also climbed Mount Snowdon to raise money, and said: "It was very frightening but it was an amazing achievement because I'm scared of heights!"

The couple started raising money after their son, Max, was born and treated at

the Neonatal Intensive Care Unit (NICU), at the Queen's Medical Centre, in May 2009.

Sadly, Max passed away in the NICU, but Claire and Mark wanted to thank hospital staff for all they had done to help care for their baby.

The money they have raised so far has paid for a cooling mat at the NICU. This vital piece of equipment reduces the temperature of babies who are at risk of developing brain injuries.

Claire visited the unit with her aunt, Sheree Smith, and was shown the baby cooling mat by ward manager Lorraine Collins and staff nurse Louise Fairbrother. Claire said: "It's great to come and see the baby cooling mat and see what we've achieved. Seeing the piece of equipment we've raised money for makes it all worthwhile."

Giving a regular gift is easy!

Have you considered giving a regular gift to NUH Charity? If so, why not set up a Direct Debit? It's quick and easy to do – simply fill in the donation form that's attached to this newsletter, and send it back to us!

You can choose how much and how frequently you give, and which area of Nottingham's Hospitals your donation supports.

Ann Loveridge has given a monthly donation to NUH Charity through Direct Debit for more than five years, towards medical research.

Mrs Loveridge said: "I've been to the hospitals a lot and I still visit for appointments. I've had very good service so I thought I'd like to give something back.

"The money goes to all kinds of research so I know I'm helping a lot of different areas."

If you have any questions about giving by Direct Debit, please call us on 0115 962 7905.



New artwork to help patients feel relaxed

NUH Charity has paid £40,000 for artwork in a new hospital building to help patients feel more relaxed and create a healing environment.

The money came from donations, many of which were from businesses who wanted to specifically support the artwork project in the new Radiotherapy Centre, at the City Hospital campus.

The new building was officially opened on Monday 10th January 2011.

The art includes stained glass images which have been placed in waiting rooms and a large glass sculpture in the main atrium that reflects sunlight and creates rainbow patterns. It aims to help create a more relaxing and homely atmosphere and help patients feel calm during, before and after their treatment.

Barbara Cathcart, Director of NUH Charity, said: "We are proud to have funded this beautiful artwork in NUH's new Radiotherapy building. We really feel it enhances the environment for patients and their families and helps make the building feel less clinical."



State-of-the-art manikin for trainee doctors

NUH Charity has funded a state-of-the-art manikin which will be used to help train hundreds of doctors and nurses.

The new patient simulator will be used for training at the Trent Simulation and Clinical Skills Centre, at the Queen's Medical Centre campus. The manikin simulates humans, with realistic heart and lung sounds, reactive eyes and the ability to breathe and talk.

Giulia Miles, Centre Manager, said: "It mimics a real patient. Its eyes blink, it breathes, you can administer drugs,

take blood and fluid samples and listen to its heart and lungs.

"This means you can rehearse or practice clinical events and it will respond as a patient might do.

"The Centre provides a safe environment in which you can practice such events and the manikin allows us to replay and rehearse events. It's a really great way of training doctors and nurses."

The patient simulator will be used to train around 1,000 people a year, including doctors, nurses, dentists and pharmacists. NUH Charity paid \$39,995 for the manikin, which was imported from the USA.

A lasting legacy

Have you thought about leaving a gift to NUH Charity in your Will?

Leaving a legacy gift is a wonderful way to help continue the work that takes place at NUH. It is easy to do, it will be free from inheritance tax, and it doesn't cost a penny during your lifetime.

A recent legacy gift of £5,000 from John Carter Peck funded a relatives'

waiting area on a stroke ward at the City Hospital. Relatives of stroke patients previously had to wait in the corridor but Mr Peck's generous gift will mean they can now have some privacy and a comfortable area in which to sit while their loved ones are being treated.

For more information about leaving a gift to NUH Charity in your Will, or to receive one of our 'Lasting legacy' information booklets, call us now on 0115 962 7905, or alternatively you can email charity@nuh.nhs.uk.

Become a Foundation Trust member

Nottingham University Hospitals NHS Trust is in the process of becoming a Foundation Trust, which will give the hospitals more freedom to tailor local healthcare services to meet the needs of local people.

As supporters of NUH Charity, we know how much you care about the services your hospitals provide, so why not become a Foundation Trust member?

By becoming a member, you will be able to have your say in how healthcare services at NUH are delivered. You can decide your level of involvement, from

being informed of developments, to being included in consultations or even standing as a Governor.

To become a member or for more information please go to www.nuh.nhs.uk/ft, call 0800 310 319, or email ft@nuh.nhs.uk.

help us raise a

Smile!



Introducing Jenny and Caroline!

NUH Charity would like to give a warm welcome to our two new Community and Events Fundraisers – Jenny Wing and Caroline Kew.

Caroline is our dedicated fundraiser for the Cystic Fibrosis Campaign, where we aim to raise at least £2.5m for a new Cystic Fibrosis (CF) Unit at the City Hospital. In her spare time, Caroline enjoys gardening, DIY and playing tennis.

If you want to talk about making a donation or holding a fundraising event in aid of the CF Campaign, you can get in touch with Caroline by calling 0115 969 1169, extension 55935, or emailing caroline.kew@nuh.nhs.uk.

Jenny is responsible for helping raise funds for the rest of NUH, including Nottingham Children's Hospital, NUH Charity's Breast Cancer Research Appeal and our Prostate

Cancer Appeal. In her spare time, Jenny enjoys running and ice skating.

If you'd like to help raise funds for any area of Nottingham's hospitals, you can contact Jenny by calling 0115 969 1169, extension 53059, or emailing jenny.wing@nuh.nhs.uk.

Caroline and Jenny will also be organising their own fundraising events over the coming year, which we'd love you to get involved in! Read on to find out more about our events...

If you're interested in taking part in any of them, you can give us a call on **0115 962 7905** or email charity@nuh.nhs.uk. Some event dates are yet to be confirmed, so just get in touch if you'd like to find out more!

You can keep an eye on our website for more events over the coming months.

You can find us at...

www.nuhcharity.org.uk

NUH Charity events

Golf Day, in aid of the Cystic Fibrosis Campaign – 18th May 2011, Radcliffe-on-Trent Golf Club.

Teams of four, single sex or mixed, are all welcome to take part. Make sure to book in advance by calling or emailing us to secure a place for your team. Entry costs £190 per team, which includes 18 holes of golf, a two-course meal and fantastic prizes for the top performers.

Abseil, in aid of Nottingham Children's Hospital – May 2011, Queen's Medical Centre. A

sponsored event for the more adventurous among you!

Nottinghamshire's Biggest Tea Break, in aid of Nottingham Children's Hospital – July 2011.

This can take place anywhere you choose – either at home, in your school, college or workplace, in your community or at a local café. Call us for a Tea Break pack to get started.

Skydive Day, in aid of Nottingham Children's Hospital – July 2011, Langar Airfield. Join us if you're brave enough!

Coast to Coast in a Day, in aid of the Cystic Fibrosis Campaign – September 2011. This event involves

each participant walking, running or cycling one stretch of the 190 mile route from St Bees in Cumbria to Robin Hood's Bay in North Yorkshire. An exciting and unusual challenge, where you can choose how far you travel and how you do it, whether it be walking, cycling, hopping or skipping.

NOW success!

Last year's Nottingham Orthopaedic Walk (NOW) was a huge success, raising more than £11,000 for NUH Charity's NOW Appeal throughout 2010.

The event is bi-annual, meaning there is no walk in 2011, but this doesn't mean you can't donate to NOW! You can donate to the NOW Appeal at any time and the money will go towards orthopaedic research here at NUH.

You can donate by using the attached donation form, or online at: **www.nuhcharity.org.uk**



Regular NOW walkers Lynda and Keith Sisson take part in the event

We want to hear from you!

Do you have any views or stories you'd like to share with us?

If so, send us your letters and comments, and you may see them in print in the next issue of Smile! You can get in touch by emailing samantha.hughes@nuh.nhs.uk or by sending your mail to Samantha Hughes, NUH Charity, City Hospital, Hucknall Road, Nottingham, NG5 1PB.

Yes, I'd like to offer my support!



Making a donation is easy: simply fill in the relevant sections below and return the whole form to us at **Nottingham University Hospitals Charity, FREEPOST MID 24665, Nottingham, NG5 1BR** or visit our website at www.nuhcharity.org.uk/donate to make a gift securely online.

Your details:

Name: _____

Email: _____ Telephone: _____

Address: _____

Post Code: _____

Date of Birth: _____

Please direct my gift to:

Where the need is greatest Cystic Fibrosis Campaign NOW Other: _____



If you pay income tax or capital gains tax your gift can go further via the Gift Aid scheme. You simply have to have paid tax at least equal to the amount we are claiming (currently 25p for every £1). GIFT AID DECLARATION: I am a UK tax payer. I would like Nottingham University Hospitals Charity to treat this gift, all future gifts and gifts I have made in the last six years as Gift Aid, until I inform you otherwise. (Please tick) DATE: / /

I would like to make a single gift of:

£ _____

Please make cheques payable to: **NUH Charity**

Mastercard Visa Switch /Maestro Amex

Cardholder's name and initials as they appear on the card: _____

Address to which the card is registered (if different to the one above): _____

Card No: _____ Expiry Date: _____ Start Date: _____ (If present)

Issue No: _____ 3 digit security code: _____ (last 3 digits on the reverse of the card)

I would like to make a regular gift of:

£ _____

Per: _____ (month/quarter/year)

Please take donations from my account on the 3rd or 10th or 17th or 24th of the month - starting: _____ mm/yy



Instruction to your bank or building society to pay by Direct Debit



Please fill in the form and send to: Nottingham University Hospitals Charity, FREEPOST MID 24665, Nottingham, NG5 1BR. Name and full postal address of your bank or building society:

To: The Manager _____ Bank/Building Society

Address: _____

Postcode: _____

Service user number
6 8 5 6 2 7

Reference

Instruction to your bank or building society - Please pay Nottingham University Hospitals Charity Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Nottingham University Hospitals Charity and, if so, details will be passed electronically to my bank/building society.

Name(s) of account holder(s): _____

Branch sort code:

Bank/Building Society account number:

Signature(s): _____

Date: _____

Banks and building societies may not accept Direct Debit instructions from some types of account.

DDI5

I would like further information about: (Please tick all that apply)

Leaving a gift in my Will Fundraising Becoming a Foundation Trust Member

For Office Use Only:

SMILE10

We'd love to keep you updated on how your gifts are being used. Please tick here if you'd rather not hear from us.