

# love qehb

The QEHB Charity Newsletter

 qehbcharity  @qehbcharity  qehbcharity  hospitalcharity.org



## *Pets in Hospital comes to QEHB*

Find out how to get involved in fundraising for QEHB  
and meet our fantastic Charity Champs!

Thank  
you!

# Mike's letter



Thank you!

## What we do at QEHB Charity

Together with your help we raise money to provide world-class facilities for patients and their families at the Queen Elizabeth Hospital Birmingham that go over and above what the NHS can provide. We spend your generous donations on cutting-edge equipment such as the cancer-busting machine CyberKnife; facilities like Fisher House, a 'home away from home' for military patients and their families; a teacher for young people with cancer, and much more.



Welcome to the latest edition of **Love QEHB**, the official newsletter of the hospital charity. I can't wait to share the wonderful stories of our staff superstars and the exciting events and stories from some of the incredible people who have raised money to help support patients at the Queen Elizabeth Hospital Birmingham.

This October marks the one year anniversary of the fundraising campaign for our Breast Cancer Appeal. As a Charity, we rely on your generous donations in order to provide 'added extras' that go over and above that which the NHS can fund. The appeal aimed to raise a total of £400,000 to fund brand new specialised equipment aimed for patients undergoing radiotherapy specifically for left-sided breast cancer. This issue brings you the wonderful stories of some of the people who have helped fundraise towards the appeal and subsequently the patients that have benefited from it.

QEHB Charity was proud to partner with The British Transplant Games, as the games came to Birmingham this year. Staff and patients attended The Transplant Games which aim to demonstrate

the benefits of transplantation as well as educate and encourage people to join the NHS Organ Donation Register. In this issue, you get to hear about some of the inspirational people who took part in the games.

Last but certainly not least is the exciting new scheme that is being offered to patients at QEHB, Pets in Hospital! Pets in Hospital sees specially assessed canine companions visit patients on wards, helping to reduce their anxieties and enhance their communication and interaction with others. You can find out more about the adorable Ozzy, Monty, Coco and others in this issue.

We always love to hear from you! You can call us on 0121 371 4852, email us at [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) or visit us in the hospital. We are on Facebook, Twitter and Instagram, find us by searching @QEHBCharity.

Thank you for all that you do for QEHB Charity. None of this would be possible without your support.

Mike

**Mike Hammond**  
Chief Executive, QEHB Charity

## In this issue...

### Velo 2019

Challenge yourself to something epic in 2019 and sign up to Velo, the 100 mile closed-road cycling event around the West Midlands. Turn to page ten to find out more about the event, and learn how you can sign up and raise money for patients at the hospital.

### Breast Cancer Appeal

In October of last year, the Charity pledged to raise an ambitious £400,000 to fund two Align radiotherapy machines. Now, one year on, we take a look at the amazing fundraisers that contributed towards the appeal and the people that have their lives to thank for their generosity, turn to pages eight and nine to find out more.

### Pets in Hospital

A brand new scheme has been launched across the elderly care wards at QEHB, as well as selected other wards. Patients will be able to request a visit from specially assessed dogs providing comfort and reducing anxiety, turn to pages 14 and 15 to meet our new furry friends!

### Transplant Games

QEHB earlier this year partnered with The British Transplant Games with the aim of demonstrating the benefits of signing up to join the NHS Organ Donation Register. The Games were a huge success in raising public awareness of organ donation and how thankful the donor's families are for the gift of life! Turn to page four to find out more.



# Dates for your diary

## EVENTMASTERS SPORTSMAN'S LUNCHEON

12 December

The MacDonald Burlington Hotel, Birmingham

Join the hospital charity this December for the Eventmasters Sportsman's Luncheon. The rugby-themed luncheon is the perfect place for a Christmas party or to entertain some rugby fans. With special guests, there will also be a four course festive luncheon included in your ticket.

For more information please contact [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) or visit [hospitalcharity.org/events](http://hospitalcharity.org/events).

## REMEMBERING THE GREAT WAR

1 NOVEMBER

UNIVERSITY OF BIRMINGHAM  
GREAT HALL. 7.30PM

Join the hospital charity this year at the University of Birmingham's Great Hall to mark the First World War Centenary and to support Fisher House. The Great Hall served as a hospital during the war as it was large enough to house rows of hospital beds.

The event will start with a musical fanfare composed by one of the University's music students. There will also be talks, readings, poetry and drama before an exhibition and orchestra.

To book your tickets please go to [hospitalcharity.org/events](http://hospitalcharity.org/events).

## Choirs in the Atrium December

Schools and community groups from all across the region are taking their turn in appearing in the hospital atrium throughout December, singing carols and bringing you a little bit of joy whilst collecting donations for QEHB. Why not attend one of these performances, enjoy some festive carols and drop your spare change into one of our tins in support of thousands of patients who will be in hospital over Christmas?

For more information please contact [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) or to see the list of choirs and times, visit [hospitalcharity.org/events](http://hospitalcharity.org/events)

## The Wizard Of Oz

at The Rep Theatre, December

This Christmas, alongside their production of The Wizard Of Oz, Birmingham Repertory Theatre will be fundraising in partnership with the Queen Elizabeth Hospital Birmingham Charity. The two charities will be working together to raise funds for the theatre's current REP First Campaign and the hospital's Heart Transplant Department.

Book your tickets online at [birmingham-rep.co.uk](http://birmingham-rep.co.uk) or for more information visit [hospitalcharity.org/events](http://hospitalcharity.org/events).

## FESTIVE JUMPER DAY! 14 DECEMBER

Get your favourite Christmas jumper on and donate £1 to support patients at QEHB this Christmas! Donations can be made online at [hospitalcharity.org](http://hospitalcharity.org) or on the day at QEHB Charity's Fundraising Hub.

If you are a QEHB staff member you can wear a festive badge, which will be available to purchase from the Fundraising Hub throughout December.

If mince pies are more your thing, you can hold your very own Mince Pie Monday. Bring your mince pies in to sell on your ward or department and raise money for the hospital charity whilst making your Monday a little bit brighter! These will be running throughout November and December so there's plenty of time to join in the festivities.

For more information please contact [sophie.carroll@uhb.nhs.uk](mailto:sophie.carroll@uhb.nhs.uk) or visit [hospitalcharity.org/events](http://hospitalcharity.org/events).

## Charity Carol Service

13 December St. Philip's Cathedral,  
Colmore Row, City Centre, Birmingham. 7pm

Join the hospital charity this year for our annual carol service at St. Philip's Cathedral in Birmingham. The service begins at 7pm and there will be traditional carols, school choirs and local community choirs. Following the service the Charity is providing mulled wine and mince pies.

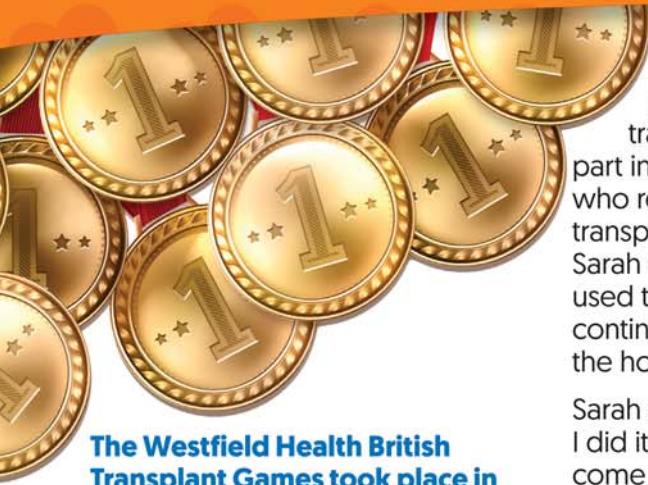
To book your place, please go to [hospitalcharity.org/events](http://hospitalcharity.org/events) for more information.

## Velo Birmingham and Midlands | 12 May 2019

Join QEHB Charity as the 100 mile Velo Birmingham cycling challenge returns for 2019. You can raise money for the hospital charity by cycling the closed-road route that leads around Birmingham, Coventry and North Warwickshire. Take part on your own, or cycle as part of a team to raise money for patients here at QEHB who need your help.

For more information please visit [bikeforbrum.org](http://bikeforbrum.org) or email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk).

# Transplant Games come to Birmingham



**The Westfield Health British Transplant Games took place in Birmingham this year, with over 1,000 transplant patients taking part from across the UK.**

The Birmingham adults team from the Queen Elizabeth Hospital Birmingham enjoyed plenty of success at their home games! The games finished on the Saturday evening with the Donor Run, which saw well over 2,000 participants take on a 3km or 5km race around the beautiful Vale Village at the University of Birmingham.



The Donor Run was a celebration of the games, and saw competitors take part alongside friends and family, many of whom had a

special reason to be taking part in the run. Amongst the transplant recipients taking part in the run was Sarah Codling, who received a life-saving heart transplant at QEHB back in 2015. Sarah completed the run, and used the event to support her continuing fundraising efforts for the hospital charity.

Sarah said: "I was very nervous as I did it on my own and I had only come out of hospital two days before. It was more of a challenge than I expected but I'd do it all again in a heartbeat!

"The people around me kept me going, the atmosphere all the way around was a feeling I'd never felt before. I could feel the happiness and pride beaming off everyone. When I felt I couldn't go on I thought of my donor and I ran the end of the race. It felt incredible and I don't say it often but I felt so proud of myself."

Amongst the Transplant Games competitors representing the QEHB team was Martin Searle, who managed to pick up a bronze medal in the snooker event. Martin has been a great supporter of the Transplant Games, and is joint manager of Birmingham's Adult Transplant Sports Team.

Martin received two life-saving kidney transplants, having first being diagnosed with Alports Syndrome, a hereditary disorder that affects the kidneys, hearing and eyesight, as a child. Martin said: "It was a pleasure to take part in the British Transplant Games in Birmingham, I was delighted to win a bronze medal, however I was only beaten by four points so I was so close to winning a gold or silver!

"This was my twelfth time competing at the British Transplant Games, and it will not be my last. The games were a huge success



and it was fantastic to have so many wonderful competitors taking part in the games representing the Queen Elizabeth Hospital Birmingham."

Rachel Learmonth, Senior Fundraiser at QEHB Charity, said: "It was a privilege to be at the Transplant Games and the Donor Run was a fantastic way to round off an incredible weekend. It was amazing to see so many people taking part, proudly wearing their QEHB Charity Transplant Games kit. I heard so many amazing stories from people who have received lifesaving transplants here at the hospital, and are now able to take part in the Transplant Games."

QEHB is one of only six solid organ transplantation centres in the UK, and the Charity is proud to support the incredible work of the transplant teams here at the hospital. Thanks to your incredible donations, QEHB Charity funded Heart in a Box, a revolutionary machine that keeps a donated heart alive outside the body.

**Find out more about Heart in a Box, and learn how the Charity is continuing to support heart transplant patients by visiting [hospitalcharity.org/heart](https://hospitalcharity.org/heart)**

# 5 minutes with...

**Glenn Powell**  
Green Spaces Coordinator at QEHB

We spent five minutes chatting to Glenn Powell, who works at QEHB as the Green Spaces Coordinator .

## Hi Glenn, can you tell us a bit about what your job involves?

My job is basically maintaining and looking after the green spaces that we have around the hospital, we have a woodland area, wild flower meadow and the food growth area where people come and volunteer or just have a look round.

## What do you most enjoy about working at QEHB in the green spaces?

It is fantastic to see so many people wanting to come to the green spaces, whether to have a walk around, to volunteer with us, join one of our groups or just to ask questions. We have had over 200 volunteers so far in the hospital growth space. Staff and volunteers can harvest the fruit and veg here and take it home or back to the wards to cook with. It's so nice to see people show us pictures of their produce and what they have done with it, we get a lot of people sharing their recipes as well so other people can try new things out with what they have harvested.



## What are your hopes for the green spaces around the hospital?

Hopefully more staff will have some time to get away from their clinical environment and spend time looking at how fantastic the green spaces are. A lot of the time, people are visiting the hospital and it's not always a nice experience, but hopefully the green spaces will give them a little bit of a breather out of the hospital. It's a great opportunity to get people out here and see how the green spaces can be used.

## What different things do you do in your job?

We hold a Green Gym on Wednesdays where we start with a warm-up, just like you would in a normal gym, go for a five minute walk around the gardens and then the main body of the class can be something like maintaining the food growth space. People spend time weeding and looking after the gardens, harvesting fruit and vegetables that are ripe and people can take them home to use. Then afterwards, we'll have a cool down session. It's also nice when families come over and kids ask questions and everyone can learn new horticultural skills and make new friends. I have just started working on the reservoir that we have here.

## How has the Charity made a difference to your job?

We wouldn't be able to utilise the green space areas if it wasn't for your donations. The areas give that little bit of space away from a clinical environment for patients,



staff and families and it's really nice to see people making new friends and getting their own produce out of it.

## What is it like meeting all the different people who come to the gardens from patients to volunteers?

The volunteers come from here, there and everywhere! We have posters up around the hospital site and volunteers can come through the hospital charity. We have a lot of members of the public come in who have found us through the website and come over and see us to ask how to get involved. We have members of staff from the hospital and patient services come out a lot as well and they can harvest the fruit and veg here and take it back to their wards.

## If someone was considering donating to QEHB Charity, what would you say to them?

I would say go ahead and donate! The money that the Charity receives can help all aspects of the hospital, patients and staff wouldn't have a peaceful garden area to come to if it wasn't for the donations.

You can sponsor a tree or a bird box at the hospital by visiting [hospitalcharity.org/sponsorthetrees](http://hospitalcharity.org/sponsorthetrees)

# Christmas comes

Following the success of last year's Christmas Campaign, the Queen Elizabeth Hospital Birmingham Charity is once again raising money to bring festive cheer to patients and staff at the hospital.

Over the festive period, more than 100,000 patients will visit the hospital, and some will even be here on Christmas Day. From elderly care and dementia patients with few or no family members, to children receiving gruelling radiotherapy treatment almost every day of the week, the hospital will be as busy as ever at this time of the year.



or create your own, we welcome all support we can get to make the festive period a little bit nicer for those in hospital.

there will be traditional carols, school choirs and community choirs.

Our annual Festive Jumper Day will be taking place on 14 December so make sure you've got a good festive jumper ready for the day and donate your £1 to the Charity for taking part! You can take this fundraising event to your school or workplace and raise money by making sure everyone is wearing a Christmas jumper to raise as much money as you can for the Charity!

Over the festive period, so many people will visit QEHB and that's why the Charity wants to make their experience the best it can possibly be. By providing hampers for staff and patients



That's why the Charity wants to fundraise for another year so we can buy hampers for patients and staff to share, Christmas trees for every floor of the hospital, gifts for children and young people with cancer, and free TV and parking on Christmas Day. Paying for a car parking space on such a busy day is the last thing families want to worry about.

We can't raise all of this money to pay for Christmas spirit without your help. Whether you choose to donate through the website, take part in a fundraising event with us

Christmas carols and sending out a festive feeling throughout the hallways of the hospital. You can attend these performances whenever you like, check our website for dates and times! You can also attend our annual Christmas carol service at St. Philip's Cathedral on 13 December where



# to QEHB

## The Wizard Of Oz at Birmingham Repertory Theatre

to share, decorating the hospital with Christmas trees, and giving everyone free parking and free TV on Christmas Day. The Charity can't do this without your help, if you would like more information about QEHB Charity's Christmas Campaign, or to support us, please go to [hospitalcharity.org/christmas](http://hospitalcharity.org/christmas)

### Former patient Laura Hunter backs QEHB Charity's Christmas campaign

Laura Hunter from Worcestershire was diagnosed with breast cancer in July 2015, aged just 24. In October 2015, Laura received chemotherapy on the Teenage Cancer Trust Young Person's Unit at the Queen Elizabeth Hospital Birmingham.

Laura had treatments just before Christmas and didn't find it easy



coming to the hospital to receive her chemotherapy at this time. She said: "My third cycle of chemotherapy was just three days before Christmas. After a 90 minute commute to the hospital, feeling cold and filled with dread, I was welcomed to the warm sounds of a choir at the entrance; a soothing and uplifting therapy for what was to be an unpleasant day

of cancer treatment ahead."

Being in hospital at Christmas time isn't the easiest thing, it's hard to get into the Christmas spirit when, like Laura, you have treatments to go through.

Laura, now 27, said: "It was hard to get into the Christmas spirit amidst the chaos of cancer treatment but arriving at TCT YPU draped in sparkling tinsel, lights and snowflake lined windows made it feel that little bit more cheerful and festive. I was treated to a 'polar bear' white hot chocolate which was funded by the QEHB Charity and was the perfect pick-me-up for a gruelling day ahead. For me, at that time, it was the little things that went such a long way."

Laura reflected on her time at QEHB over Christmas and said: "QEHB made my cancer experience at Christmas time that little bit more bearable. Not only did I receive first class cancer treatment, but also generosity and incredible treatment from the kind-hearted staff and QEHB Charity. Having chemotherapy isn't a pleasant memory, but having a little bit of Christmas brought to you is definitely something to remember and be grateful for."

“...having a little bit of Christmas brought to you is definitely something to remember and be grateful for.”

This Christmas, alongside the production of *The Wizard Of Oz*, Birmingham Repertory Theatre will be fundraising in partnership with the Queen Elizabeth Hospital Birmingham Charity. The two charities will be working together to raise funds for the theatre's current REP First Campaign and the hospital's Heart Transplant Department.

When selecting their partner charity for their Christmas production, Head of Fundraising at The REP, Rachel Cranny, said: "We simply had to take inspiration from this wonderful story and who better than the Tin Man and his quest for a heart. Theatre and the arts have proven benefits that can improve people's wellbeing and we are delighted to be supporting the QEHB Heart Transplant Department and their incredible work."

**The Wizard Of Oz runs at The REP from November 24 to January 13.**

**For more information or to book please visit [www.birmingham-rep.co.uk](http://www.birmingham-rep.co.uk).**



# New cancer fighting m

**Back in October of last year, we brought you news of a fundraising campaign that would see the Charity bring in an overall total of £400,000 to fund two new pieces of equipment to treat breast cancer patients at QEHB. We asked for your help and now one year on we have fantastic news!**

The Charity's fundraising appeal raised money to purchase two pieces of equipment that would allow the radiography team to offer a new form of treatment called Deep Inspiration Breath Hold (DIBH). The two pieces of state of the art equipment were essential in enabling the team to use the DIBH treatment on patients undergoing radiotherapy for left-sided breast cancer. QEHB Charity wished to fund the new equipment for radiotherapy patients that specifically need the left breast or chest wall targeted during treatment.

The DIBH treatment is a technique whereby the patients are told to hold their breath for 20 seconds to inflate the lungs. The heart then is distanced away from the left breast and chest wall, whilst the machine simultaneously targets a radiation beam to localised areas. This machine helps to minimise potential radiation damage to the heart as nearly one in 20 left-sided breast cancer patients suffer from cardiac issues later on in life. The machine monitors the breathing patterns and position of the patient; this in turn will automatically switch off in less than a millisecond if the beams are too close to the heart. QEHB Charity is delighted to report that, thanks to the incredible support from people like you, the Charity has reached the £400,000 target and the DIBH treatment is now being used to treat and save the lives of patients here at the Queen Elizabeth Hospital Birmingham.

## Radiography team bake up a storm

Numerous fundraisers have shown their support in various ways, our first shout out goes to the Radiography team, who dressed and baked to impress! QEHB's wonderful radiotherapy team dressed from head to toe in pink and baked up a storm that would have even impressed baking



royalty, Mary Berry. The team dazzled patients and fellow staff donning bright outfits and fluorescent pink wigs during Breast Cancer Awareness Month, raising a brilliant £318.77

## IDEX team fundraise a fantastic £2,500

Six daring members from IDEX Consulting took the plunge from 13,000ft for QEHB Charity's Breast Cancer Appeal. The teams raised an amazing £2,500 towards the DIBH machine despite their target being £1,800! Richard Martin, Regional Manager and one of the six brave fundraisers, said "I have always fancied doing a skydive, but it's an honour to do it while raising money for such a good cause. Having experienced the excellent work QEHB do, I'm keen to raise as much as possible for the life-saving equipment." Rachel Learmonth, Senior Fundraiser for QEHB Charity, said: "The Charity is so appreciative of the generous donation towards the specialist equipment for the Breast Cancer Unit. The team certainly went 'over and above' by jumping 13,000ft for a great cause, well done team!"





# Machine comes to QEHB

## Ladies Fighting Breast Cancer's pledge



Last but certainly not least are the Ladies Fighting Breast Cancer (LFBC) support group charity that have pledged to raise a staggering £100,000 for Queen Elizabeth Hospital Charity. CEO & Co-Founder of LFBC, Veronica Kumeta, expressed that they wanted to raise and donate the money exclusively to the Queen Elizabeth Hospital Birmingham. Back in 2000, Veronica and the late Sue Macmaster founded the Charity after their friend Carol Knaggs was diagnosed with breast cancer. Sadly, Carol lost her battle, as did Sue when she was diagnosed later with the disease. Despite Veronica losing her two close friends she carried on their legacies. With the help of volunteers, LFBC's aims are to raise both funds and awareness of breast cancer. We asked Veronica what new equipment would mean to Breast Cancer patients, Veronica said: "Buying state of the art equipment, such as the machines that have made DIBH treatment possible, means that we are able to help patients gain access to the best possible

treatment for their cancer. As well as specialist equipment, we aim to provide more 'soft services' such as real hair wigs or tattooing machines that can help them feel themselves again, we would like to think we have made a significant difference to their breast cancer journey."

## Patient thanks staff at QEHB and fundraisers

Thanks to your donations, the DIBH treatment has been used on patients just like Julie Fearne. Julie, a patient at the Queen Elizabeth Hospital Birmingham, was treated with DIBH radiotherapy treatment and wanted to thank the staff for her exceptional treatment.

Whilst receiving this very treatment after having a mastectomy in January and chemotherapy in February of this year, Julie Fearne wished to praise the staff that treated her here at QEHB,

Julie said: "Oh wow where do I start? The staff were so amazing from day one, they were so pleasant and always explained things thoroughly, so much so that I didn't feel nervous, not once! I wasn't aware that the machine was charity funded but I am just so grateful. I am aware that the NHS doesn't have the funds to provide state of the art machinery like this, without the donations and generosity of people who have funded it, my health would have been even more at risk."

Rachel Learmonth, Senior Fundraiser for QEHB Charity said: "We are delighted to hear the positive treatment Julie has received thanks to our wonderful staff and the generosity of Charity supporters' funding of the machine. This will only add to the quality of care on offer here at Queen Elizabeth Hospital Birmingham."



**FIND OUT MORE**

If you would like to learn more about how QEHB Charity supports patients with breast cancer, visit [hospitalcharity.org/breastcancer](http://hospitalcharity.org/breastcancer)

*Thank you!*

# Velo Birmingham returns for 2019

**In September 2017, an incredible 1,000 riders took on the 100 mile Velo Birmingham cycling event to raise money for the hospital charity. Velo Birmingham and Midlands returns in 2019, so now is your chance to sign up for this incredible cycling extravaganza.**

Velo Birmingham and Midlands 2019 takes place on 12 May, and will see thousands of cyclists take on a new 100 mile route beginning in Birmingham, taking in Coventry and North Warwickshire, before returning to the Second City for the big finish! The 2017 event raised over £400,000 for the hospital charity to support patients and families at the hospital, and each of the 1,000 riders had their own inspiration for taking on the cycling challenge. From former patients



at the hospital, to staff members looking to raise money for their department, there was a fantastic community of cyclists representing QEHB.

For the 2019 event, QEHB Charity is hoping to recruit 2,019 riders to take part for the hospital. Whether you're a seasoned rider who has completed plenty of long events, or a novice looking to find a new way to get fit, Velo Birmingham and Midlands is the perfect event for you. By signing up to take part for QEHB Charity, you will be able to take advantage of the help and support that the Charity can offer you.

To help you prepare for the 100 mile challenge, the Charity will be holding a number of training rides, setting off from the hospital, perfect to help you get fit and ready for the event. You will gain access to helpful hints and tips, as well as recommended training

schedules. The Charity will provide you with a free cycling jersey, and you'll be able to purchase other kit such as bib shorts and cycling caps to help you ride in style whilst training, and on the big day itself.

QEHB Charity's cycling ambassador and BBC Radio presenter Phil Upton will be taking on Velo Birmingham and Midlands 2019 and said: "I can't wait for Velo 2019 already! The event in 2017 was fantastic, it was

amazing to see so many riders



Phil Upton

taking part in the event for the hospital charity. I'm really looking forward to helping the 2019 riders prepare for the event by leading a range of practice rides out from the hospital."

## How to sign up for Velo Birmingham and Midlands 2019

Whether you're a cycling pro going for a personal best time, or a cycling newbie looking for an epic challenge, you can sign up for Velo Birmingham and Midlands 2019 by heading to [velobirmingham.com](http://velobirmingham.com) where you can purchase a standard Velo place for £79 with no requirement for a minimum sponsorship, remember to tick 'ride for QEHB Charity'. If you miss out on a standard place, QEHB Charity has a number of Golden Bond places which you can purchase for a £40 registration fee, with a minimum sponsorship requirement of £400. Head to [bikeforbrum.org](http://bikeforbrum.org) to find out more about the Gold Bond places or email [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) for more information.

# Legendary musician releases new album for patients

Thank you!

**In 2016, the legendary guitarist and composer Gordon Giltrap underwent two lots of major surgery at the Queen Elizabeth Hospital Birmingham. He recovered remarkably well from both surgeries and has since been able to return to his life as a working musician.**

Gordon decided, as a way of saying thank you to the surgeons and nursing team at the hospital, he would create an album from a previous release with additional new tracks to raise money for the Queen Elizabeth Hospital Birmingham Charity.

The end result is a remarkable work entitled *Heartsongs* featuring major artists from the rock world who played on the opening track and the closing track. Names familiar to many, like Brian May of Queen, Midge Ure, Steve Howe from Yes, Neil Murray from Black Sabbath, Simon Phillips from Toto, and last but not least the national treasure Rick Wakeman.

Whilst putting the album together Gordon's son Jamie tragically passed away. This album is dedicated to his memory.

Gordon said: "Creating this album for QEHB has been one of the most joyous and profound moments of my life. I have had many albums released since those far off days of 1968 when my first recorded efforts were released onto the market. Over the years I have had a degree of success commercially, but artistically that really belongs to another realm, outside the remit of record sales and big bucks. To that end I regard *Heartsongs* as one of the most significant albums I have ever produced. This is truly my way of saying a heartfelt thank you, and



Gordon Giltrap (left) with his surgeon Samuel Ford

the opportunity to give something back for the life I am living right now."

Gordon is pictured on the reverse of the album with his surgeon, Mr Samuel Ford, of whom Gordon said: "Mr Ford is a truly beautiful and gifted man. On the day that the photograph was taken I told him that 'I owed my life to him'. His reply was something along the lines of 'No Gordon, I just did my job and you got better'."

Justine Davy, Head of Fundraising for QEHB Charity said: "QEHB Charity is hugely grateful for Gordon's generosity in releasing *Heartsongs* to raise money for patients here at the hospital. It is so special that he has used his musical talents to raise money for a cause that is close to his heart. *Heartsongs* is a wonderful album and it has been flying off the shelves, which is credit to Gordon's talent and popularity."

***Heartsongs* is available to purchase online from [hospitalcharity.org/shop](http://hospitalcharity.org/shop), the CD costs just £10 and the price includes postage and packaging. If you're at the hospital, you can also pop into The Hub in the atrium to pick up your copy. All of the money from the sales will go to supporting patients here at QEHB.**



# Charity Champs

Thank you!

## Fundraisers climb extraordinary heights for QEHB



James Webley and Charlotte Radovanovic are set to climb the gruelling height of Mount Everest Base Camp in honour of past and present veterans, and have so far raised almost half of their £2,000 goal.

James will be representing the Armed Forces veteran community, as following 12 years of service his military career unfortunately ended due to chronic hip pain.

Their self-funded expedition will take place in the Khumbu Region of the Himalayas where they will begin their 16 day journey to Everest Base Camp at 5,364 metres altitude.

Rachel Learmonth, Senior Fundraiser at QEHB Charity, said: "I am delighted that the Charity has been chosen by James and Charlotte. This is an extraordinary challenge and I look forward to hearing about their expedition and the positive impact their money will have on the patients at the Queen Elizabeth Hospital Birmingham."

Rachel Learmonth, Senior Fundraiser at

## Grandson spends 24 hours on Snowdon for Charity

Joseph Denning's grandparents were both treated at the Queen Elizabeth Hospital Birmingham before they passed away in 2016.

In September 2016, Joseph's grandad was involved in an accident which left him with nine fractured ribs, seven fractured vertebrae and a bleed on the brain and was looked after at QEHB until he passed away a week later.

His nan suffered from COPD and lost her battle in November 2016. The couple were always together and Joseph decided he wanted to give back to the people who helped his grandparents before they passed away.

Joseph and two friends climbed Mount Snowdon and stayed up there for 24 hours to raise money for QEHB Charity. They have raised a huge £470 for the Charity which will go towards 'added extras' for the patients and staff at the hospital.



## Richard undergoes over 140 miles in memory of beloved cousin

Richard Brookes completed the Ironman UK triathlon in Bolton where he took on 140.6 miles of swimming, running and cycling.

In 2017, Richard's cousin Helen Lees passed away after suffering from a brain tumour and Richard wanted to do something to raise money for her chosen charity, the Queen Elizabeth Hospital Birmingham Charity.

With the aim to raise £140.60, Richard managed to raise a huge £750 and counting that will go towards 'added extras' for patients and staff at the hospital.

Rachel Learmonth, Senior Fundraiser for QEHB Charity, said: "This is such an amazing challenge that Richard has taken on in memory of his cousin Helen. The money Richard has raised by doing his triathlon will go towards helping more patients like Helen, as well as the staff who treat them and the families that visit them at the hospital."



## Tennis club riders raise fantastic sum for Charity

The Wolverhampton Lawn Tennis and Squash Club delivered on their ambitious hopes and raised a huge £8,258 by doing a bike ride from Wolverhampton to Aberdovey. The money raised will be split between The Giles' Trust and the cardiac surgery ward.

They got together a group of 40 riders and took on the epic 105 miles cycle for the Charity which is close to many of the riders' hearts. One of their former members Robert Marshall was treated at the hospital before he passed away in November 2017. Operations Manager Marc



Hughes' nephew was also treated for a brain tumour at the hospital.

Sophie Carroll, Fundraising Officer for QEHB Charity, said: "Everyone at the Charity is in awe of the WLTSC team for their amazing fundraising efforts. It was fantastic that they managed to get together such a huge team of cyclists for the bike ride."

## Charity golf day scores hole in one for cancer ward

Alan Gallimore and Nige Coleman organised a charity golf day to raise money for the Cancer ward here at the Queen Elizabeth Hospital Birmingham, and they raised a huge £2934.56 which will go towards helping patients, staff and families on the ward.

The two decided to raise money for the ward when one of their close friends, Mike Passmore, was diagnosed with cancer of the throat and has been undergoing his treatment at QEHB. Alan's father, Harry Gallimore, was diagnosed with stomach cancer whilst they were organising the event.

Thankfully, both Mike and Harry were able to take part in the event thanks to their successful treatments. Mike is also a member of the PGA and the Chairman Robert Maxfield and David Wright kindly donated memorabilia to be auctioned off.

Sophie Carroll, Fundraising Officer for QEHB Charity, said: "On behalf of the Charity I want to say a huge well done and thank you to Alan and Nige for organising this event and raising so much money that will make such a difference on the cancer ward here at QEHB."

## Family raise money for Fisher House in memory of friend

Heather and Jack Keylock represented Fisher House at a recent World War I commemorative event in Hay-on-Wye to raise money for the families who stay in the house.

The two were inspired to raise money for Fisher House after they stayed there and became close to another family who were also staying there. The money raised is being donated in memory of their friend, Will Plant from the 3rd Battalion, Parachute Regiment, who passed away in March.

To raise money, they sold wristbands and pin badges and Jack made cupcakes as well, there was also a raffle at the end of the day to win a bottle of scotch.

All together, they raised a huge £422.13 which will go towards 'added extras' for the families who stay at Fisher House whilst their family member is recovering.

Cathryn Worth, Fundraising Manager for QEHB Charity, said: "On behalf of the Charity and those at Fisher House I would like to say a huge thank you to Heather and Jack for raising money for Fisher House. The money will go towards 'added extras' for the families who stay at Fisher House to make their stays more comfortable."





# Pets in

**An exciting new scheme has been launched at the Queen Elizabeth Hospital Birmingham that sees specially assessed dogs visit patients at the hospital, helping to reduce their anxiety, and enhance patient communication and interaction.**

The scheme has been launched across the elderly care wards at QEHB, as well as selected other wards, and patients will be able to request a visit from one of the specially assessed dogs through the nurse in charge on their ward.

Mandy Green, Head of Patient Experience at the hospital, said: "Pets in Hospital is a fantastic scheme that will make a big difference to patients at the hospital. Research has shown that animals can have a positive impact on improving patient wellbeing by reducing anxiety, enhancing patient interaction and promoting a calm, positive environment for staff and patients."

QEHB Charity is supporting

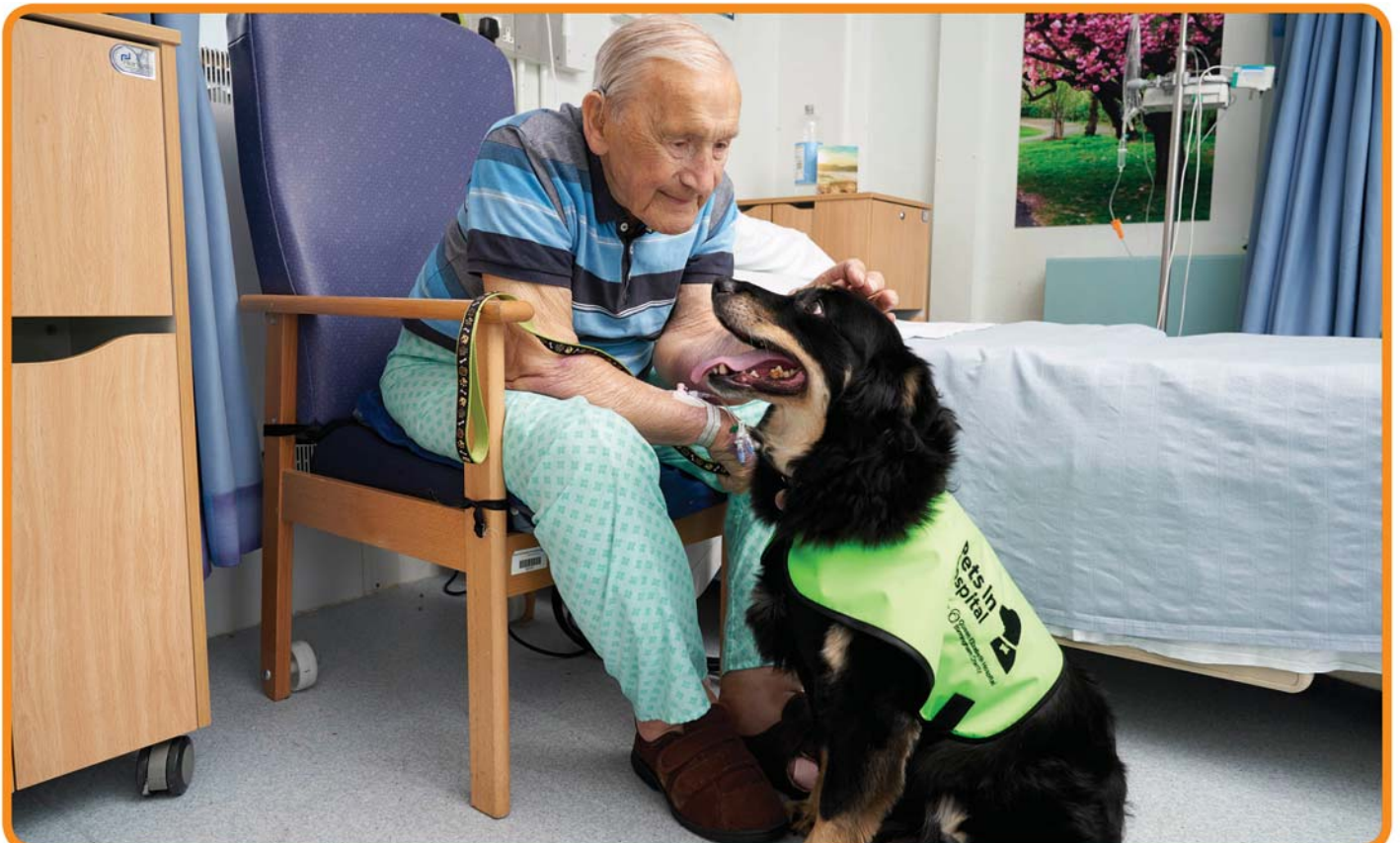
the scheme by funding the assessment and equipment, including the distinctive dog coats, which are necessary for an owner and their dog to become a part of the Pets in Hospital team.

Jess Harris, Pets in Hospital Coordinator, said: "QEHB Charity is delighted to support this incredible scheme, helping to bring joy to patients thanks to our canine companions. It has been fantastic to see the joy that the Pets in Hospital dogs bring to patients who have requested a visit."

Jo Latimer is the proud owner of Monty, who is loving his new role as a Pets in Hospital dog. Jo said: "I absolutely love bringing Monty to the hospital. To see the



smiles on the faces of the patients that we visit is heart-warming,



# Hospital



and I'm so pleased to be able to help support this brilliant scheme. Being a Pets in Hospital volunteer is great fun, and Monty loves the attention that he gets!"

With your help, QEHB Charity will be able to provide the assessment and equipment needed to bring another dog and their owner into the Pets in Hospital team. Read on below to find out how you can sponsor a dog and change the lives of patients at the hospital.

**If you are a dog owner and you would like to become a Pets in Hospital volunteer, then email [petsinhospital@uhb.nhs.uk](mailto:petsinhospital@uhb.nhs.uk) with a biography of your dog, and you may be able to become part of the team. Visit [hospitalcharity.org/petsinhospital](http://hospitalcharity.org/petsinhospital) to find out more.**



**Buy your own Pets in Hospital dog mascot**  
Head to [hospitalcharity.org/shop](http://hospitalcharity.org/shop) to get your hands on a special Pets in Hospital dog mascot. One of these adorable dogs can be yours for just £6, with all of the proceeds going to support the Pets in Hospital scheme.

## Sponsor a Pets in Hospital dog

**Pets in Hospital**



SUPPORTED BY  Queen Elizabeth Hospital Birmingham Charity

You can sponsor Pets in Hospital for £7 per month, funding the assessment and equipment needed to support one of the Pets in Hospital dogs. Here are just some of the amazing dogs that you can sponsor, helping them to brighten the lives of patients across the hospital. Head to [hospitalcharity.org/petsinhospital](http://hospitalcharity.org/petsinhospital) to learn about all of the Pets in Hospital dogs, and choose which one you would like to sponsor.



### Monty

Monty is eight years old and loves being a Pets in Hospital Dog. He loves trips in the car and visiting dog-friendly pubs where he usually gets a treat or two.



### Ozzy

Ozzy is a Collie cross German Shepherd with distinctive, funky eyebrows. Ozzy loves to 'photo-bomb' any photos that are being taken, and like any other dog loves going for walks and playing fetch.



### Stella

Stella is a Maremma Sheepdog who is best described as a big soft bear. She won Best Reserve at Crufts in 2015 and recently competed at the World Dog Show in Amsterdam!



### Isla

Isla was born in Perthshire near the River Isla. Both her mum and her gran are therapy dogs, and Isla has certainly taken on their gentle nature. Isla loves relaxing in the sun and cuddles in front of the TV.

# Staff Superstars

Every day we are delighted to hear from our brilliant fundraisers who give up their time to support patients at QEHB. Included in our wonderful charity champs are our 'staff superstars' who work at QEHB to go over and above to help us fund extra equipment, facilities and research on top of what the NHS is able to provide. In this issue we are saying a

**BIG**  
**THANK YOU**

to our fantastic staff superstars who have gone over and above to help improve the hospital experience for patients and families at QEHB. Well done!



## Jackie remembers friends with skydive challenge

Jackie Rowland, a nurse at QEHB, has lost ten of her friends due to cancer over the years and decided that she would do a skydive for Teenage Cancer Trust Young Person's Unit in their honour. She chose to raise money for TCT YPU as many of her friends had either been treated on there or had a real love for young people.

The names of her friends were written on her QEHB Charity t-shirt that she wore during her jump, and she also released ten paper butterflies with their names on at around 5,000ft.

Sophie Carroll, Fundraising Officer for QEHB Charity, said: "It is so sad that Jackie has lost ten of her friends to cancer. Huge congratulations and thank you to her for skydiving for TCT YPU and raising over £1,000 that will provide 'added extras' for patients, families and staff.

## Neurology team take to the skies for Charity

An amazing team of staff from the neurology wards at QEHB took on a tandem parachute jump to raise money to support the patients that they treat. The team were encouraged by Claire Lynch, Clinical Educator for Neurosciences, who has previously taken on a skydive herself, and all really enjoyed their day at Hinton Airfield in Oxfordshire.

The team were all a little nervous before the jump but Nafeesa Ali, Nurse on Ward 409, said: "I would go up and do the jump all over again. I'll definitely be signing up again for next year. The view was amazing, you can see for miles. If you're thinking about doing a skydive for the Charity you should definitely do it, don't be scared, it's the best thing you'll ever do!"

The team raised an incredible £4,100 between them, which will help the Charity to provide added extras for patients being treated on the neurology wards. If you want to



take on a skydive in 2019, head to [hospitalcharity.org/events](http://hospitalcharity.org/events) to find out more and to book your place!

## Football ace physio gets team on board for fundraising



Ashlea Hargreaves works at QEHB as a Senior Physiotherapist and plays for the Birmingham and West Midlands Ladies Football Club [BWMLFC] in her spare time. The football club plays its home matches at the Castle Vale Stadium and has enjoyed recent success, becoming an established team within the FA Women's National League Midlands Division One.

Ashlea and her team mates, along with General Manager Helen Carver, wanted to support a local charity and have chosen to support the hospital charity, fundraising for patients across QEHB, Heartlands, Good Hope and Solihull.

The team proudly wear their hospital charity t-shirts whilst warming up in front of their home fans, and are planning on taking part in a range of fundraising activities over the coming season. Ashlea said: "It's great that the club has picked the hospital charity as its partner for this season. Working at the hospital, I



# Superstars



get to see the difference that the Charity makes to patients. BWMLFC is a proud community-based club, and I hope that the community will join us in getting behind the hospital charity, supporting its important work across the four hospitals."

## Learning Hub team scoop first prize

The team from the Learning Hub at QEHB raised an incredible £550 for the hospital charity by hosting a fantastic NHS Big 7 Tea party to celebrate the 70th anniversary of the NHS. The team put on a delicious spread of cakes, with the staff adopting a World War II theme for the day, dressing up as army officers and wearing 1940s-style dresses.

The Learning Hub provides training for unemployed people in the local area, helping to find them entry-level jobs within the NHS.

Kim Brown, Learning Hub Tutor, said: "Everyone at the Learning Hub was delighted to have held such a fantastic tea party. We're incredibly proud to work at the Learning Hub, and it has been excellent to celebrate ten years of helping local people find employment. Over the years, we have helped 2,500 people into work, making a real difference to the community around QEHB."



## Running ace keeps on going

Arthur Buchan has worked at QEHB for the past four and a half years as a Housekeeper, and currently works on West Two, an elderly care ward. Arthur is a seasoned runner, having completed an amazing 23 marathons since his first one in 1988. The running ace recently completed the Loch Ness Marathon, which he has run each year since 2010. Arthur said: "I was born in the region and I love returning there each year to take on the marathon and have a holiday."



Arthur has been using his running exploits to raise money for the elderly patients on the ward where he works, and is also taking on the SimplyHealth Great Birmingham run this year. His inspiration for running has come from a number of health incidents over the years, including a hernia and a serious bike crash in 2011 where he suffered bleeds on the brain and his life was saved at QEHB.

He said: "I really enjoy running to represent the hospital that saved my life. If it weren't for the experts here at the hospital I wouldn't have made it, so I like to think I'm doing my bit to give something back." Despite being in his 60s, Arthur isn't planning on hanging up his trainers anytime soon and hopes to carry on running long into the future.



If you'd like to get involved in fundraising for your ward or department, or would like to find out more about our events, please head to our website at [hospitalcharity.org](http://hospitalcharity.org) or call 0121 371 4852 to speak to one of the team!

Do you know a staff superstar? Do you want to nominate them for a shout out in the next Charity newsletter? If so please get in touch and share your story by emailing [charities@uhb.nhs.uk](mailto:charities@uhb.nhs.uk) or get in touch on Facebook, Twitter or Instagram.

## Three Peaks challenge success for fundraiser Chloe Pinnington



sadly passed away in January 2018 after contracting Adrenal Cortical Carinoma,

Chloe Pinnington took on the Three Peaks challenge climbing the highest mountains in England, Scotland and Wales after her mother-in-law, Viv Pinnington,

an exceptionally rare cancer that affects one to two people per million of the population annually. Chloe wanted to thank the NHS for the care and support that Viv received and donated the money she raised to QEHB Charity for adrenal cancer research. Chloe took on the task of climbing Ben Nevis, Snowdon and Scafell Pike totalling almost 10,000 feet of ascent and well over 22 miles in distance, all in less than 24 hours! Her efforts raised an astonishing £950 in memory of Viv. Chloe summarised her achievements by saying: "It was emotional, exhausting, but an amazing experience."

## Five year old Mia makes teddy bears for poorly children



A young fundraiser, Mia Bowen, aged five, made a total of 100 teddy bears to sell to her friends and family in order to raise money to support the Children's Radiotherapy Department at QEHB.

Mia, who attends Rednal Hill Infant School, is planning on selling the homemade bears to her fellow pupils as well.

Justine Davy, Head of Fundraising at QEHB Charity, said: "What an amazing young fundraiser Mia is. I

love her creativity and her hard work in making the bears. They're beautiful and I'm sure they will sell really quickly, and will raise lots of money to support children receiving radiotherapy here at QEHB.

"The Charity is proud to support the Children's Radiotherapy Department at QEHB by providing 'added extras' such as blankets to keep young patients as warm and comfortable as possible whilst they receive treatment. This is only possible thanks to the hard work of fundraisers like Mia."

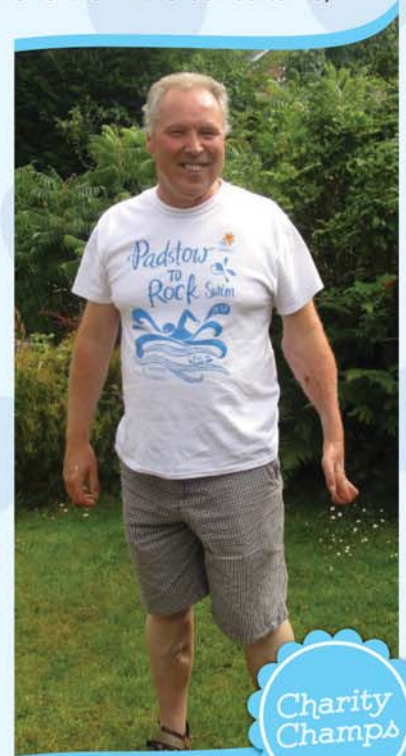


## Brave Nic Bentley helps to inspire others

Nic Bentley from Kidderminster was involved in a head-on collision in 2013 which left him with serious injuries to his arm, leg, head and brain. He was taken to QEHB where the staff made the decision to put him in a coma in order to save his life.

Nic was in a coma for 28 days and during that time was operated on ten times. When he woke up, he later received a further eight operations. Nic said: "I would like to thank the consultants, surgeons, doctors and nurses who worked together to save my life." After six months of training and physiotherapy, he was able to walk again even though the nurses admitted they didn't think he would ever be able to!

Nic now plans to train as a personal trainer to help people with disabilities to stay motivated to keep active. To thank everyone at QEHB who helped Nic survive through the accident, he swam one mile from Padstow to Rock in July and raised a huge £1,122 and counting.



## Grateful patient fundraises £457 by tackling the gruelling Mount Snowdon

Couple Nikki and Dan Jones and their daughter Katie have thanked QEHB for the vital care that Dan received back in 2014 by walking the tallest mountain in England and Wales, Mount Snowdon, and raising £457!



After the birth of their son Tom, Dan was rushed to the Queen Elizabeth Hospital Birmingham with a suspected need for an emergency liver transplant. Dan received numerous tests and antiviral drips whilst waiting for a new liver match but to the doctor's amazement, the antivirals began to work! With keen observation and a liver biopsy concluding that Dan had an extreme reaction to amoxicillin he

had previously been prescribed before his stay at QEHB, he was able to go home.

Nikki said: "Dan always said he wanted to give something back to the hospital and walking up Snowdon with friends and family is his way of raising money. It's because of the hospital and support we had that he is here today and well again and able to even do the walk"

## Father rides 104 miles to thank QEHB for saving his daughter's life

Nick Price, Consultant Ophthalmologist at New Cross Hospital in Wolverhampton, took part in an epic bike ride to raise money for the Liver Department at QEHB. Nick's daughter, Olivia, received a life-changing liver transplant at QEHB in March 2018.

Nick completed the 104 mile ride from Wolverhampton to Aberdovey and has raised a fantastic £1,271 that will go to the Liver Foundation UK, a part of QEHB Charity.

Nick said: "Thanks to the expert care and attention of all the members of the QEHB surgical team, my daughter Olivia underwent successful liver transplantation. It is fantastic to be able to give something back."

Olivia has lived with a lifelong liver condition, saying: "Since I was old enough to remember, I needed a new liver. My liver started to show signs of failure in 2014 and so I was placed on the liver transplant list. In March, I finally received a liver. I'm now seven months post-op and doing well and hoping to go back to work very soon!

"I'm very proud of my dad for completing the bike ride, and raising such a fantastic amount of money for the Liver Foundation. The team who treated me were so supportive, I couldn't have asked for more."



*Huge thanks also goes to...*

ASDA Tipton

ASDA Merry Hill

Large Outdoors

ALDI

Hollywood Travel

Nando's Selly Oak

Birmingham Hippodrome

White Swan Hotel

Helix Sport

## 800 employees raise a staggering amount for the Big NHS 7Tea party!

Wesleyan, a financial assurance company in Birmingham took part in the NHS Big 7Tea with over 800 employees participating in the tea party at their headquarters in Snow Hill, they raised a fantastic £1,079!



*Thank you!*

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