CHARITY matters

SAVING TWO LIVES IN ONE HEARTBEAT
cardiac echo machine appeal

Cardiac echo machine appeal
Get involved with our fundraising events
Find out what our community fundraisers have been up to
Welcome

...to the latest issue of Charity Matters. We are thrilled to announce that the fundraising team will be moving into Southampton General Hospital in April-May 2016, and will be located behind security on C level near the Pharmacy. For those of you who have been to see us previously will know that our current offices are a bit out of the way, so we are delighted to be moving into the thick of things and being easy for you all to find us!

This has only been made possible through the support we received in early 2015 before the main hospital entrance redevelopment started. We were simply blown away with the support we received in our fundraising hub from our staff, patients and visitors, all making their voices heard that we needed a charity office based within the hospital.

The new office will provide a space for us to talk to donors, showcase our charity events, and highlight our merchandise for sale.

Corporate support has been on the increase in 2015. Our thanks to our Charity of the Year companies: Ordnance Survey for supporting our neurology intensive care unit by providing overnight packs for relatives caught short by sudden admissions, and to R3 for supporting our stroke unit.

Our James Bond Spectre event last year was a sell out with 184 avid 007 fans, raising £1,854. Love and passion is staying in the air this Valentine’s Day, with one of the strongest bonds being that between mother and child.

Cardiac reasons are the leading cause of mortality and morbidity in pregnancy and so we are fundraising for an echo machine for sole use in Princess Anne Hospital. Currently, our mothers must be put in an ambulance and taken across the road to Southampton General Hospital if they have heart problems. This is not ideal, particularly if she’s in labour, nor if this then separates her from her new born baby.

We need your help to save lives. Please donate what you can to help us buy this crucial piece of kit and help us improve the patient experience for our mothers with suspected cardiac problems.

Thank you all for your continued support.

Suzie Simmons Fundraising Manager

What YOUR donations have bought

We want to say a massive thank you to everyone who has donated money to the charity. Here is an update on some of our projects and items we have recently bought:

Meller House is accommodation for relatives of patients in hospital, and relies heavily on donations to Southampton Hospital Charity. Many of these people will have travelled from the Channel Islands and the north of England.

In our last newsletter we asked for donations so that they could renovate the bathroom facilities which were in urgent need of refurbishment. We are thrilled to announce that we have now beaten our £7,000 target, which means that work has begun!

We received a £2,000 grant from the Anton Jurgens Trust, £3,500 was donated from a golf day by the Hampshire Hackers, and just under £2,000 was raised through our autumn newsletter, so THANK YOU to all involved.

Elderly care TVs project: In the spring we asked for donations to our elderly care wards which raised £4,500 enabling us to buy televisions that can be wheeled around the wards. These have now been bought, and are being used by our elderly patients to provide a more home from home experience and source of entertainment.

Current fundraising projects

If there is a specific ward or department that you wish to raise money for, or donate to, please contact us on 023 8120 8881 or charity@uhs.nhs.uk.

We have a wish list of items under £200, plus larger projects on our website www.southamptonhospitalcharity.org under About us, Current fundraising projects. These items include medical equipment, improving the patient environment and facilities, as well as funding research.

charity@uhs.nhs.uk ★ 023 8120 8881 ★ www.southamptonhospitalcharity.org

Southampton Hospital Charity, Mailpoint 135, Southampton General Hospital, Southampton, S016 6YD

All information correct at time of printing, however you can visit our website for the latest updates.

To stop receiving these newsletters, please contact the charity.

Registration number: 1051543
Saving two lives in one heartbeat...

We need YOUR help to raise £30,000 to purchase a cardiac ultrasound machine to scan the hearts of pregnant women who have cardiac problems, from early pregnancy, during pregnancy and even after the baby is born.

Dr Samantha Fitzsimmons, Consultant Cardiologist, comments: “Currently the joint cardiac obstetric clinics are co-located between Southampton General Hospital and Princess Anne Maternity Hospital. Scans at these clinics look at the function and structure of the heart, and allow us to distinguish if the woman will be at risk during pregnancy and labour.”

“Currently the scanning machines available are not portable, which means that they are solely based at Southampton General Hospital in the Cardiac Unit.”

“In an emergency, pregnant ladies with heart conditions at the maternity unit can wait between 2-4 hours for a private ambulance to safely transfer them across the road to the cardiac unit for a scan and same waiting to come back again. An on-site ultrasound machine means that these women can be seen and scanned within minutes. The machine needs to be portable, not the patient.”

The cause: cardiac disease

Cardiac disease is the most common cause of indirect maternal death and the most common overall cause of death. Therefore, women with pre-existing cardiac disease and those who present with cardiac disease during pregnancy require specialist assessment and management during pregnancy, childbirth and aftercare through hospital multidisciplinary teams.

From as early as the second month in pregnancy, a mother’s body changes in preparation for carrying and delivering a baby:

- The blood volume increases
- Blood pressure may fall
- The heart works harder and beats faster
- The blood becomes thicker and can put women more at risk of having blood clots

Overall pregnancy can be like running a marathon for 40 weeks for the heart

The CX50 cardiac ultrasound machine

The latest CX50 cardiac ultrasound machine is highly portable (about the size of a laptop) and can be taken to a patient’s bedside and set up quickly to run tests.

This means that pregnant women will receive faster, better results, and have appropriate medical management and care to optimise the safety of both mother and baby. This will help these women with a cardiac condition and their families cope with the anxiety of being pregnant, and result in a safe pregnancy and successful delivery.

The portable cardiac ultrasound machine will be used ad-hoc in the labour and pre and post-natal wards, as well as regularly in the dedicated obstetric cardiac clinics by the multi-disciplinary team.

Emma Clark

Emma, 35 from Totton, was carrying twins in April 2012.

“I went into labour naturally on the day I was due to be induced to give birth to my girls, so everything was going as planned as we made our way to Princess Anne maternity Hospital. What then followed was the most traumatic time of mine and my husband, Jon’s, life.”

“I was given an epidural and gave birth to Beatrix naturally, but then had to have a caesarean section as Millie’s heart rate had dropped and they needed to get her to the neonatal intensive care unit.”

“I remember not feeling quite right but assumed it was linked to the pregnancy. After Millie was delivered I had a cardiac arrest due to postpartum cardiomyopathy heart failure. My heart literally stopped beating and I needed manual CPR.”

“Immediately I was transferred to the cardiac intensive care unit at Southampton General Hospital and the next few weeks were a blur. I was in a coma and put on life support using an ECMO machine which basically allows the blood to bypass the heart and lungs, allowing them to rest and get better. As my heart function was at around 5% I was put on the heart transplant list, although now thankfully it is back at full function.”

When you watch TV programmes like Casualty, you see the people having a heart attack and they get up and walk off, no matter the age. I’m quite young, but four years on, I’m still recovering from it.”

“In total I spent around eight and half weeks in hospital, including one month in the cardiac intensive care unit. Our friends and family have been our rock – we couldn’t have coped without their help, and the staff at both hospitals have been amazing. When I look back at what happened, it really is a miracle I am here with my family.”

To help make a difference and ensure that pregnant women, like Emma, in Hampshire get the very best life-saving care they need, please support the appeal by making a donation today! There are many ways to donate:

- Call the Southampton Hospital Charity offices on 023 8120 8881 to donate by card
- Write a cheque to Southampton Hospital Charity – 0802 (and on the reverse write 0802 Maternity echo machine) and post to Southampton Hospital Charity, Mailpoint 135, Southampton General Hospital, Southampton, SO16 6YD
- Donate at https://www.justgiving.com/Susie-Frost

How to donate

Donate at https://www.justgiving.com/Susie-Frost

Southampton Hospital Charity UK @charity_shc Southampton Hospital Charity

Care Quality Commission’s annual maternity survey 2015 ranked our maternity services third of 64 hospitals in England.

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We’d love to invite you along to one of our legacy events to keep you up-to-date on developments at the hospital.

Pictured is Sue Jameson with charity supporters at our event at the Leckford Estate where supporters enjoyed a buffet lunch and tour of the world famous Water Gardens. New Tricks actress and the charity’s legacy ambassador reflects on leaving a gift in your will:

“It takes a huge weight off your mind. It’s like having one room in the house all beautiful and tidy in case you ever need it. The peace of mind that you have prepared it and shut the door and it’s ready for anyone who needs it. You don’t have to worry then.”

If you are considering leaving a gift and would like to have an informal chat, please contact Jacqui in the charity office on 023 8120 8881.

This spring if you’re considering leaving a legacy gift to Southampton Hospital Charity, please let us know.

Our 2015 Write Your Will month raised £3,500 for various wards and departments across Southampton General and Princess Anne Hospital.

Our Shining Stars Christmas Appeal was the most successful yet raising over £3,000, with families, patients and relatives all leaving us dedications in memory of a loved one, or showing their support for their local NHS. All dedications can still be found on our website.

Our child health services received a legacy for £350,000. The gift will be used to provide much-needed TV and entertainment systems for the children’s wards, and other medical equipment and provisions for the future care of our patients.
FUNDRAISING

Our community fundraisers are the backbone of our charity, and we have hundreds of people who get involved by organising their own events every year. A massive thank you to everyone who has gotten involved, below are just a few!

Dylan’s Quest was set up after Dylan Vanhear, age 11, was diagnosed with cancer. On 5 June 2015 Dylan endured a 7.5 hour operation to remove tumours from his spinal cord. After being bed bound until his brace arrived, Dylan has found it hard with very little to do.

To date Dylan’s Quest have raised £6,340, with £5,000 going to the paediatric neurosurgery fund, and the rest to the Trust play equipment and training fund and the children’s therapy fund.

Running one marathon is a big challenge for most people, running seven marathons in seven days begins to push the boundaries of what is physically possible, especially barefoot style.

This is what runner Andy McGhee faced when he decided to take on the challenge for the Paediatric High Dependency Unit where his son had been admitted.

Andy has raised a staggering £9,700 for the unit for portable stats machines, breast pumps, and other medical equipment.

The sun was shining for the annual Bitterne Park Golf Society charity day raising £3,000 for our neonatal unit. It was held at Southampton Municipal Golf Club, and was packed full of fun and entertainment, including 18 holes of golf, a raffle, putting games, a hole in one competition, and also an auction on the day.

Retired bank manager Ken Hewitt walked 96 miles from Milingavie (north of Glasgow) to Fort William. In 2015 Ken was diagnosed with prostate cancer, and as there are no facilities for treatment in Jersey he spent seven weeks in Southampton General Hospital undergoing 37 sessions of radiotherapy. This walk raised £3,400 for the radiotherapy development fund.

Fundraisers Caden’s Fight organised the first Breathe In… Sing Out! Concert, raising over £5,000 for children with Cystic Fibrosis.

Singing can be great physiotherapy for people with Cystic Fibrosis, so Caden’s Fight wanted to make a change through music. Breathe In… Sing Out! featured upbeat performances from a range of artists such as singer Shirin, Open Mic UK winner Iain Scott, Love Soul Choir, and Cystic Fibrosis sufferer, Charles Michael Duke.

Husband and wife team Damian Brasher and Marisa McClelland conceived the idea of making ‘Hats that Help’ with the aim of raising money to support the C3 chemotherapy ward. Damian received treatment on the ward and Marisa started to crochet to pass the time whilst they were there.

Sadly Damian passed away in May 2015 from cancer, however he was keen for the Hats that Help legacy to keep fundraising to support the C3 ward and help current and future cancer patients. So far the group have raised over £1,100.

Mark Keville kicked off his fundraising journey on 14 February 2015 with a unique car race in which he and his friend, Max Wildsmith, raced hatchback cars around a 3.3 mile course in Alton. They were sponsored for their efforts by family, friends and well-wishers.

Later in the year he also organised Robbie’s Ride where Mark and 50 other cyclists took on a 90 mile challenge around the Test Valley and New Forest, and other events have been planned for 2016.

Mark set up the SPRINT (Southampton Paediatric Rehabilitation in Neuropsychology Team) fund to help create a new post to support paediatric neuro-rehabilitation at Southampton to treat children with acquired brain injuries. He initially started fundraising after son Robbie spent time in hospital with a brain tumour. To date the family have raised £37,017 for the fund.

Well done to everyone who took part in the 2015 Great South Run. We had 44 adult runners, including our charity of the year partners Ordnance Survey. The runners all raised £18,429 for various wards and departments.

We also had 43 children taking part in the Mini and Junior events, raising awareness for rheumatology illnesses within children. They raised £2,430 for our paediatric rheumatology department.

Get involved 023 8120 8881
Get involved in our fundraising events...

7 - 11 MARCH
Cake and Coffee Week
Can you hold a cake and coffee morning or sale to bring in some dough for a ward or department of your choice? Help us celebrate our charity birthday.

17 MARCH
Curry and Quiz
Solve the clues to our quiz while enjoying a three course meal at Kuti’s Royal Thai Pier for only £20.

24 APRIL
Southampton Half Marathon
Join our army of runners in the second Southampton Half Marathon. Reg fee £20, min sponsorship £150.

9 - 13 MAY
Dying Matters Week
Please consider writing or updating your will during National Dying Matters Awareness Week. This year’s theme is ‘The Big Conversation’.

19 MAY
Fashion Show
We are delighted to be holding our third fashion show. This unmissable event will feature catwalk shows of the latest fashion trends for 2016, three course dinner, entertainment, goodie bag, and much more.

SEPTEMBER
Write Your Will Month
We are inviting supporters to have their will professionally written or updated. Instead of paying a solicitor’s fee, we ask you to make a donation to the charity.

11 SEPTEMBER
London to Brighton Bike Ride
Start in London and cycle through towns and the countryside before finally ending up in Brighton having completed 54 miles. Reg fee £40, min sponsorship £100.

23 OCTOBER
Great South Run
Dig out those running shoes and run 10 miles through Southsea. Reg fee £25, min sponsorship £200.

Full information about these events can be found at www.southamptonhospitalcharity.org or by contacting us on charity@uhs.nhs.uk or 023 8120 8881.

We have a wide range of knitted chicks and mini Easter eggs. Get in touch if you are able to sell these to raise money for us.
Have you ever wanted to give something back to the hospital but also secretly want to be able to get something back too. Now is your chance – simply join our lottery. You will be issued with a unique computer generated Lucky Number for only £1 per week, which will be yours for as long as you decide to play. Draws take place every Friday.

Do you want a chance to win £10,000?
The 1st, 2nd and 4th prizes are guaranteed every week, with the computer picking only allocated player numbers at random. For the 3rd prize, all numbers (including those not yet allocated) are entered and one is picked at random. If it is an unallocated number, the prize money will roll over each week until we have a winner, or the prize reaches £10,000, then it is guaranteed to be won.

For your chance to win weekly cash prizes and a rollover of up to £10,000 fill in the joining form and send to the charity offices.

Your chance to support Southampton Hospital Charity and win real cash prizes!

The charity raises funds to pay for extra equipment and facilities that benefit patients throughout the hospital and help keep us at the forefront of healthcare.

Average prizes (based on 1,000 players)
1st prize £250
2nd prize £120
3rd prize Rollover
4th prize £50

Name: __________________________
Address: _______________________
Postcode: _______________________
Email: _________________________
Telephone: _____________________

Payment method
Cheque £52 per year x ______ number of entries = £ ________
S/O £4.34 per month x ______ number of entries = £ ________

Bank details for Standing Order
Name of Bank: ____________________
Address: _________________________
Name of account holder: ___________
Sort code: ________________
Account No: ________________

Please pay ‘Southampton Hospital Charity Lottery Account’
Account No: 37670433 Sort Code: 56-00-68

the sum of £ ________ once per month
Signed: ________________ Date: ________________