

AUTUMN  
2017



Southampton  
Hospital Charity

# CHARITY *matters*



What's  
inside?

## Help our Cancer Information and Support Centre

provide crucial support for cancer  
patients and their relatives

Update on our children's emergency  
and trauma department appeal

Join our  
lottery

Get involved  
in our events

# Focus on...

## Our cancer centre

The cancer unit at University Hospital Southampton is one of only 12 regional cancer centres in the UK, serving a population of around 1.7 million people.

The unit is developing as a global centre of excellence and is treating more and more patients from outside the Wessex area.

The Cancer Information and Support Centre is an integral part of the provision for patients receiving cancer care and treatment at University Hospital Southampton. It provides a safe and welcoming environment for all people affected by cancer.



### Case studies

**Anne Barnes** is a volunteer at the centre, and has been helping out since visiting when her husband was unwell. She comments: "We meet people with a smile, get them a cup of tea and discuss what they expect from us. We see people who are in for a therapy session, and people who just want to spend some time away from the hustle and bustle of the hospital. Sometimes they might be tearful if they've been given some difficult news. We help them to come to terms with it, sometimes they leave with a smile and hopefully feeling a lot more positive than when they first came in."

“Thank you for your kindness and support. You have made what has been a very big turmoil in our lives bearable. Your endless support to people like ourselves is immeasurable.”

Patient.

There are now an estimated 2.5 million people living with cancer in the UK.

## About the Cancer Information and Support Centre

The centre offers people affected by cancer access to high quality, comprehensive and appropriate information and support. The service is run by specialist staff, and supported by trained volunteers, some with personal experience of living with cancer.

It also provides relaxation and complementary therapies, links to support groups, access to welfare and employment law advice, counselling, the wig service and Look Good, Feel Better workshops.

The centre has been purpose built to offer drop-in outpatient services to the local population and those visiting the hospital site for cancer service plus telephone and email enquiries.



In 2016, 17,543 people used the centre, whether patients, relatives or carers.

We rely on your donations no matter how big or small.

Although the Southampton centre was initially funded by Macmillan, donations to Southampton Hospital Charity now fund all of the running costs.

To make an appointment, or for general enquiries for our cancer information and support centre, call 023 8120 6037 or [macmillancentre@uhs.nhs.uk](mailto:macmillancentre@uhs.nhs.uk).

Having been diagnosed with cancer in September 2015, **Sabita Lawson** explains: "It can be kind of scary to walk through the centre door when you don't know what to expect. Everybody at the centre wants to be there and wants to help, you can feel that when you walk in. They're not judging you – you can cry, smile, laugh – anything you feel at the time. They're awesome people, angels really."

“I just wanted to say that the centre offers our patients, their relatives and loved ones such invaluable support. It is an oasis of calm in such a busy teaching hospital.”

Clinical nurse specialist.



## Our achievements

**We are thrilled to announce that we exceeded our fundraising target for 2016-17 by £261,000 by raising an amazing £3,181,162! We could not have done this without all of your support, so thank you.**

Our staff are some of our biggest fundraisers and we've had teams doing a range of challenges to raise money for their patients. We want to say a big thank you to the cardiac intensive care unit staff for taking on the three peaks in June, raising £5,000, and congratulations to the breast screening imaging unit for their wolf run, raising over £1,700.



We had over 30 staff from our children's cancer unit (Piam Brown) run the Romsey Relay, raising an incredible £2,480, well done!

We also have seven members of staff about to trek the Great Wall of China this September, plus

three external fundraisers, raising money for our various wards and departments. A previous trekker comments: "Without a shadow of a doubt this was the most soulful experience I've had with an amazing group of individuals who started off meek and mild at the airport as strangers, and ended up as friends for life. Challenging, thrilling, scary sheer drops, cultural, stunning scenery, and local smiles. Oh yes, and walking thousands of steps every day in 29 degree humid heat was not a walk in the park. Not by a very long Chinese mile." Good luck guys!

The charity has had a burst of community support since we've fully launched the Southamptton Children's Hospital Charity, which is part of Southamptton Hospital Charity. We were thrilled our children's cancer unit was chosen as the charity of the year for the New Forest Show, and the Southamptton Children's Hospital Charity has also been chosen as one of the Mayor of Southamptton's charities for 2017-18.

**If you want to get involved in helping to fundraise for Southamptton Hospital Charity or any of our wards or departments, contact the charity on 023 8120 8881.**

# Current fundraising projects

**Play** is an incredibly important part of a child's time at Southamptton Children's Hospital. This year, instead of presents (especially for Christmas) we are asking you to support our young patients directly through donating towards play activities. £50 could fund 10 patients to attend a patients' afternoon tea event; £100 could fund five arts and crafts patient sessions; £250 could fund interactive sensory equipment.



We are currently fundraising for a dedicated Southamptton **newborn baby ambulance**. Newborn transport is used to move premature and other sick infants from other hospitals that don't have the specialist, intensive care facilities required for optimal care of the baby.

The ambulance will contain mobile intensive care incubators fitted with mechanical ventilators, infusion pumps and physiological monitors capable of being used in a mobile environment. This specialist ambulance will cost £120,000, and so far, we have £50,000.

## How your support has helped

Thank you to everyone who has donated money to the charity. Examples of some of the items we have bought with your donations include:

**£480**

Baby slings for the neonatal intensive care unit.

**£4,640**

A multi-gas incubator for experimental cancer research.

**£8,000**

Retival device to perform additional eye tests in children.

**£10,000**

A portable microcoagulation system to enhance patient safety for our cardiac unit.

**£21,000**

A tracked stepper microtouch to provide real time planning for prostate cancer detection, targeting, and treatment.

# Children's Emergency and Trauma Department appeal

The Children's Emergency and Trauma Department appeal has well and truly started off with a bang – on Thursday 20 April we were delighted to announce that we had hit our first £500,000 fundraising milestone! This will be match funded by the government, meaning we are a quarter of the way to our final target.

At a celebration event held inside the shell of the new department, Southampton Hospital Charity and The Murray Parish Trust revealed this very exciting achievement that was made possible by the incredible support of the community, corporates and major donors – a huge thank you to each and every one of you.

Whilst this is a huge step, we still have a long way to go with just under £1.5 million to raise. Whether you want to take part in an adventure challenge, hold an event of your own or put the appeal forward for a Charity of the Year partnership, we're here to help you help us! Together, we can hit our next milestone sooner so that we can officially begin the build.

## Here are some of the ways people have been supporting the appeal...

Groups of passionate fundraisers from within the hospital, the community and businesses have signed up to the #CETD100Club – a call out to individuals, teams and donors to collectively help us reach the halfway point of our £2million fundraising target by raising £10,000 each. Some of our superstars include...

### #CETD100Club – Highfield helps the hospital

A team from Highfield have so far raised an astonishing £6,104 towards their £10,000 target through family events in the community.

With team bake offs, sponsored runs, toy sales, school fayres and, most recently, a pub quiz and raffle that raised a whopping £1,660, the team are doing a fantastic job of spreading the word about the appeal in the community and raising much-needed money.

Katrina, who is also a consultant in paediatrics at the hospital, said: 'We are delighted with the support we have had from the local community so far. Many people living in Highfield have children who have been treated at Southampton Children's Hospital and are fully behind our fundraising efforts.'



To find out more about any of the events in partnership with the appeal or join the #CETD100Club go to [www.southamptonhospitalcharity.org](http://www.southamptonhospitalcharity.org). To find out how your business can leave a long-lasting legacy in our world class hospital, please contact the charity team on corporate.charity@uhs.nhs.uk, or for all community fundraising advice email [charity@uhs.nhs.uk](mailto:charity@uhs.nhs.uk).



### #CETD100Club – Hospital staff cross the halfway mark!

As the first team to sign up to the #CETD100Club, Team UHS Finance have been unstoppable in their bid to raise £10,000 for the new department. Taking part in half marathons, a H20only week (with the whole department only allowed to drink water for a full seven days), Tough Mudder and even an orange hair dye challenge. Their ideas have been varied and full of fun, ensuring every single member could get involved.



Their recent challenge saw them cycling 1,100 miles on two static bikes over the course of the week in the hospital. The team took it in turns to cover the

distance of John O'Groats to Lands End (and back to Southampton again) raising over £2,100 from bucket collections. They have now officially hit their halfway point – Go Team Finance!

### Local companies have also been getting involved...

The charity has been overwhelmed by the support for the appeal from the business community.

From being chosen as the Charity of the Year by Bluestar buses, to the new Southampton Mayor Councillor Harris' charity of choice for 17/18, winning a summer partnership with the world food buffet

restaurant Cosmos (whereby every pound paid for a children's meal in June/July was donated to the appeal) and working with construction company Interserve on a family fun day in September, support is building HUGE momentum and is far reaching across the city and beyond.



### A big thank you to our community supporters...

A shout out to North Baddesley Infant School who donated £650, Gregg School who held a dress down day raising £566, a wonderful donation of £986 from Fair Oak Infant School and the brilliant Meon Valley Scouts who gave £66. You are all Southampton Superstars!

# Meet some of our superstars!



Our mascot running the Southampton Airport run



Louise Whitmore's Tough Mudder



Our Breast Screening Unit's wolf run



Hugo Cordle raised over  
£38,000 for the London Marathon!



ABP Southampton runners



# Make a difference today

- ✦ Sign up to our lottery for just £1 a week for your chance to win £25,000
- ✦ Every time you play, you will provide income to support your hospital
- ✦ To join go to [www.southamptonhospitalcharity.org](http://www.southamptonhospitalcharity.org)

If you  
match:

6 digits you'll win  
**£25,000**  
plus a £2,500 donation to  
Southampton Hospital Charity

5 digits you'll win **£1,000**

4 digits you'll win **£25**

3 digits you'll win **5 Prize Entries** into the next draw

Take a  
chance  
today

## Get involved in our fundraising events for 2017/18

### SEPTEMBER

#### Write your will month

Every September we invite our supporters to have their wills professionally written or updated. Instead of paying a solicitors fee, we ask you to make a donation to the charity.

9 SEPTEMBER 2017

#### Hospital open day

Join our Health Hero Academy and work your way around the hospital and various activities before graduating from our special one day-only school!



VARIOUS DATES IN 2017-18

#### London to Paris bike ride

Starting in London, our 300 mile, four day route takes us through glorious English countryside before going over to France, finishing in Paris. Reg fee £99, min sponsorship £1,560.

15 APRIL 2018

#### Brighton Marathon

Renowned for its buzzing atmosphere, Brighton Marathon winds through the city streets, finishing up on the seafront. Reg fee £50, min sponsorship £500.

22 APRIL 2018

#### Southampton 10k, half and full marathon

This fantastic event offers runners the choice of distance along closed roads through the heart of Southampton. See our website for reg fees and sponsorship details.

12 OCTOBER 2017

#### Curry and quiz

Take part in our ever popular quiz night and enjoy a meal at Kut's Royal Thai Pier, Southampton for only £20.



22 OCTOBER 2017

#### Great South Run

Take on this energetic 10 mile race through Portsmouth. Reg fee £25, min sponsorship £200.

14 DECEMBER 2017

#### Shining Stars Celebration

As the winter season approaches and our thoughts turn to celebrations, remembrance and thanks, we would like to invite you to our annual carol concert. This year it is taking place in Chaplaincy, D level, centre block, UHS.



Full information about these events can be found at [www.southamptonhospitalcharity.org](http://www.southamptonhospitalcharity.org) or by contacting us on [charity@uhs.nhs.uk](mailto:charity@uhs.nhs.uk) or 023 8120 8881.



# Write Your Will Month 2017

Throughout September Southampton Hospital Charity is inviting supporters to have their will professionally written or updated.

Instead of paying a solicitor's fee, you will be invited to make a donation to help raise £5,000 for wards and departments across Southampton General Hospital and Princess Anne Hospital.

For further information:



[www.southamptonhospitalcharity.org](http://www.southamptonhospitalcharity.org)



023 8120 8881



# Get in touch

Southampton Hospital Charity helps to enhance the care and treatment of patients at University Hospital Southampton.

We work with our staff and supporters to raise money and provide financial support to areas of the hospital service that lie beyond the scope of NHS funding.

For more information or to make a donation, contact us on:

★ **023 8120 8881**

★ **charity@uhs.nhs.uk**

★ **www.southamptonhospitalcharity.org**

## **Southampton Hospital Charity**

Mailpoint 135, Southampton General Hospital, Tremona Road, Southampton, SO16 6YD

 Southampton Hospital Charity UK  @charity\_shc  Southampton Hospital Charity

All information is correct at the time of printing, however visit our website for the latest updates. To stop receiving these newsletters, please contact the charity.

Charity registration number: 1051543.