



CHARITY *matters*

My Life, My Family, My World *by Mel de Lacy*

I've always been fit and healthy and I love the outdoors.

As a family we always took active holidays - skiing in winter and walking and climbing in the summer. There wasn't a mountain that we couldn't conquer together!

Then, a year ago, everything changed. Gradually over six weeks I began to get short of breath. I couldn't run anymore, so I cycled instead. Then I couldn't cycle, so I walked. And then I couldn't breathe when I walked or talked or ate. I was given antibiotics for a chest infection, but after I collapsed while walking the dog, I was sent to the Emergency Department for a chest x-ray.

That day my whole world fell apart. The bubble had burst.

(Continued over page)



What's inside?

Last year we raised £4.7million. Read more about how we've used the money...



Find out how leaving a gift in your Will can make a lasting difference



Get involved in our events for 2018-19

Where there's a Will...

Gifts in Wills are an amazing way to make your vision live on far into the future. Once you've looked after your family and friends, please consider leaving what's left to Southampton Hospital Charity.

You don't have to be wealthy to leave a worthwhile gift.

We rely entirely upon the generosity of people like you to enable us to enhance the care and treatment of patients in the care of University Hospital Southampton, so that the very best can be provided for all.

Alongside taking care of loved ones, a gift in your Will to support our work can make a big impact for families in future generations who need hospital treatment. You can make sure that we will be there for the people you love if they ever need us.

There are different types of gifts which you can leave in your Will. Full information and suggested wording can be found online at www.southamptonhospitalcharity.org/leaving-a-gift-in-your-will. Alternatively call the charity on 023 8120 8881

Making a difference

The Morris family have been great supporters of Southampton Hospital Charity for a number of years. When Jeffrey Morris sadly passed away in 2016, he had made arrangements in his Will to leave a gift of £279,000 from the sale of this house for the charity to spend where it was needed the most.

His legacy has enabled us to fund a new x-ray suite, treatment room and sub-wait area within our new Children's Emergency and Trauma Department.

These facilities have been designed around the needs of young patients, making them children friendly and engaging, whilst allowing our staff to provide treatment more quickly.

continued from front page

My Life, My Family, My World

We discovered I had a massive tumour the size of a small football that was squashing my wind pipe to 3 mm. I was transferred to Southampton as an

emergency to put in a stent so that I could breathe. The following week, biopsies and CT scans revealed a diagnosis of advanced metastatic Leiomyosarcoma.

What is a Leiomyosarcoma (LMS)?

This is a rare form of Sarcoma, which is a cancer that affects the connective tissues in the body like the internal organs, muscles and bones. Sarcomas are rare and account for only 1% of all cancers, with LMS accounting for only 5-10% of all sarcomas.

My prognosis was poor. The tumour was large and inoperable and had already spread to my bones. I was told that I had 12-18 months to live.

I got on with my treatment – five months of chemo and three months of radiotherapy and, against all expectations, the tumour shrank by half. Scans in

June and August showed all was stable. Could I be a miracle responder?

Then by October I had a cough that was getting worse. I hurt a lot and was living on pain killers. An x-ray showed that the cancer was progressing fast in my lungs, and I needed more chemo.

I never wanted to be defined by my illness. The cancer might have changed and shortened my life but it's never changed who I am.

Read Mel's full story at: www.meldelacy.com

Yes, I want to help make a difference for cancer sufferers like Mel

To make a donation to our cancer services, please complete, detach and return this form in the envelope provided.

Name:

Address:

Postcode: Phone: Email:

I enclose a cheque for £ made payable to **Southampton Hospital Charity**.

Single donation

£20 £50 £100 £250 Other

Card number: Name on card:

Expiry date: Signature:

Return by post to Southampton Hospital Charity, FREEPOST RRUA-CSKX-JUBZ, Mailpoint 135, Southampton General Hospital, Southampton, SO16 6YD.

I would like to receive information about leaving a gift in my Will.

I would like to receive information about making a monthly donation.

I would like to communicate with the charity by: Post Email Phone No future correspondence.

Fund No: 1040. Fund Name: Cancer care general purpose fund

What you achieved

As the new Director of the Charity, it was wonderful to hear that last financial year you and other generous supporters like you contributed £4.7 million to assist the work of University Hospital Southampton.

Every pound you give makes an impact on the health and wellbeing of our patients. So, thanks to you, last year was our most impactful ever!

Some of those funds helped to support the campaign for the Children's Emergency and Trauma Department (CETD). Due to the wonderful work of supporters such as The Murray Parish Trust, Southern Co-op and the medical staff who rowed from Jersey to Southampton, the CETD Appeal continues to go from strength to strength.

On these pages you can read about other projects you funded and how your support has been helping our patients here at the Trust over the past six months.

For instance, due to your generous donations, our medical staff celebrated the first birthday of a

pioneering specialist ward dedicated to caring for patients affected by the dementia. This was the first of its kind in the UK. In addition, you also helped to fund part of a new highly advanced children's imaging x-ray department.

Finally our appeal in this newsletter focuses on our cancer services and how you can help patients like Mel de Lacy who is bravely battling advanced sarcoma. Mel herself has raised £7,300 for our oncology unit and her husband Matt is swimming across the Channel in 2020 with some friends to also support us. I hope you will join them by making a donation so that we can help many more people like Mel.

Until the next edition, enjoy the Autumnal weather and keep up that magnificent support!

Warm regards,
Jason Shauness,
Charity Director

Space age children's imaging unit

The newly renovated department fully opened in 2018, and is now home to hi-tech digital x-ray rooms, a dedicated fluoroscopy suite which enables clinicians to obtain real-time moving images of the body, and a novel x-ray chair that has made imaging of spinal patients safer and more comfortable. It also has a mobile digital x-ray machine, nicknamed UHS Enterprise, which is taken to patients at the bedside on the paediatric intensive care unit.

The department contains a £1,500 sensory corner, funded by Southampton Children's Hospital Charity, which provides interactive activities and visual stimulation including bubble tube lighting in the waiting area.



Pioneering dementia ward celebrates its first year

Staff have celebrated the first birthday of a pioneering specialist ward dedicated to caring for patients affected by dementia.

They were actively involved with fundraising activities to help improve and maintain the 'dementia-friendly' environment, with over £3,500 raised.

The ward was the first of its kind in the UK, and was set up to help improve care and the environment for patients receiving medical treatment but who also suffer with complex dementia and delirium. It offers direct admissions from the emergency department and the acute medical unit, as well as transfers from other areas, and is 'dementia-friendly' in both its appearance and processes.

Venus is saving lives

In February 2016, we needed your help to raise £35,000 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.



It only took six months before the scanner, officially named Venus, was presented to the department by the donors and fundraisers. Lynda Tellett comments:



"As a Clinical Nurse Specialist in the Cardiac Team, I support the care of pregnant mothers with heart conditions.

Venus allows reflected sound waves to provide a live picture of the heart and valves meaning the Consultant can assess the heart function of a pregnant lady immediately and either admit her to hospital for urgent management, or reassure her that all is well with her heart.

On several occasions I have witnessed the speed and efficiency of using Venus in our joint Maternal Cardiac Clinic as the machine is portable. Recently we assessed a mother who was in serious heart failure, and Venus was integral to assess her heart via the scanner in Princess Anne Hospital, rather than arrange an ambulance for transfer across the road to the General Hospital for a simple heart scan. Venus is a life-saver, and was only made possible through your generous donations."

Other ways your support has helped

£10,984

Assistive speech technology for the Neurology Intensive Care Unit for patients who are having trouble speaking due to their injury

£3,582

UltraView extreme cordless headlight set to assist during operations for our Theatres team

£3,429

Wireless Smartflow urine flowmeter for Urology

£1,759

Blood sampling chair with support to improve our C3 Hamwic cancer day ward services

£1,308

Ankle and toe pressure kit for our diabetic foot fund to aid assessment

Support the Children's Emergency and Trauma Department Appeal

Southampton Hospital Charity and The Murray Parish Trust are working together to raise £2 million to build a dedicated and world-class Children's Emergency and Trauma Department at Southampton Children's Hospital, providing care for children across the South. To date we have almost raised an amazing £1.4 million!

We are overjoyed to announce that on the 23rd April the build for our new department started. The project will progress as follows:

PHASE ONE

will see the completion of the Acute Assessment Unit to replace the existing Emergency Department.

PHASE TWO

the new x-ray and treatment room, triage and reception and special observed play areas will be built.

Phase One and Two will be completed in Winter 2018.

We still need your help to complete Phase Three of the build – In the coming months we will be focusing our fundraising on the final area to be built, the Short Stay Unit, which will see children who require longer treatment and observation.

The final stage of the build will be completed mid-2019 with the whole department open and ready to welcome patients.

DONATE TODAY!
023 8120 8881

A journey through Hampshire – the new department's interior design

The new department will not only be more spacious but will be decorated to make it more welcoming. Young patients and their families will enter the beautiful New Forest in the Reception, through meadows and heath land to the beach in our Short Stay Unit.



For more information go to: www.schcharity.org.uk



Southampton Children's Hospital Charity

Fundraising round up!

Superhero Day

On the 3rd May Wave 105 Cash 4 Kids held their Superhero Day to help raise £22,000 for two 3D V-pod screens to help keep children entertained whilst they are undergoing treatment.

Dine at Mine

Throughout May supporters held "Dine at Mine" dinner parties including our Charity Ambassador, Shelina Permalloo, who hosted an event at room2, the world's first "hometel".

Company Support

We are delighted to have Ordnance Survey, Paris Smith, PWC Southampton and Brymor on board.

Jersey to Southampton row raises over £36,000

Congratulations to the eleven members of staff who successfully completed the first ever Jersey to Southampton row, navigating one of the busiest shipping channels in the world!



Five minutes with...

Jason Barling

My name is Jason Barling and I am a children's emergency and trauma department consultant and also the clinical director for Southampton Children's Hospital. I've worked in Southampton now for eight years, and as a consultant I see children from 0 to 18 years who present with minor injuries, serious illness, and major trauma.

When the unit is really busy, the two biggest issues we have is the physical space to see patients and the noise - understandably, children make a lot of noise! They also often come with parents and siblings, so bringing them all into a confined space can be difficult.

I am looking forward to working in the new Children's Emergency and Trauma Department - it is going to make a massive difference. We currently have five cubicles and one side room, and that will increase to 11 in the new Acute Assessment Unit. At the moment the cubicles are separated with curtains, and in the new space there will be walls which will really help cut down the noise and provide additional privacy for our patients.

We are almost to the point where we can see the finish line with the appeal. Help us take the last few steps to reach our goal.

Join our lottery and support the hospital

Around 750 members take part every week in our lottery, and all for just £1 a week.

While 50% of this cost is given out in prize money, the remaining money is available for bids annually for staff to fund those smaller projects that will benefit patients and enhance existing services.

This year we received over 65 applications totalling £293,532. Each of these projects had direct patient benefit all over our hospitals. With your help we can do more in the future.

Sign up to our lottery for just £1 a week for your chance to win £25,000.

When you join the lottery, you're allocated your own 6-digit Unity lottery number. A random winning number is drawn – the aim is to match the winning number. Simple right!

This year we allocated **£24,600** to our winning projects:

- Colour coding of chairs, lockers and bedside tables to help dementia patients on Bramshaw Ward find their rooms - **£6,096.**
- **Tables and chairs to promote social dining with Specialist Medicine patients encouraging them to eat, drink, move - £5,000.**
- Re-vamping the patient waiting area chairs in Princess Anne Hospital Outpatients Department - **£5,000.**
- **Veins can be damaged due to chemotherapy, so an Accuvein Finder will reduce pain and anxiety by helping staff find veins the first-time within Nuclear Medicine - £3,900.**
- Six hand held sats monitors for each side room on the Acute Medical Unit - **£1,500.**
- **Provision of supportive seating for young children, specialist feeding cups, and toys to aid early language development for our Paediatric Speech and Language Therapists - £1,500.**
- Drip stands for Southampton Children's Hospital G4 Surgery Ward to allow the children the freedom to move around the ward and playroom - **£800.**
- **Wheelchair and equipment trolley to take patients to therapy or encourage them to go outside - £300.**
- Subsidised places for the annual Adult Congenital Heart Conference so staff can learn about patient needs and complex heart conditions - **£275.**
- **Six DAB radios for Brook Ward to alleviate boredom and provide stimulus for orthopaedic patients - £120.**
- Informative leaflets about Southampton Children's Integrated Rehab Team (SCIRT) providing Neuro Rehabilitation to children post injury or trauma - **£100.**

Sign up today! www.southamptonhospitalcharity.org/Join-the-lottery

unity

AMAZING THINGS HAPPEN WHEN YOU PLAY

Three quick and easy ways to support your hospital

1

Payroll Giving – sign up now!

Payroll Giving (also known as Give As You Earn or workplace giving) is a flexible scheme which allows anyone who pays UK income tax to give regularly and on a tax free basis to Southampton Hospital Charity.

Payroll Giving donations are deducted before tax so each £1.00 you give will only cost you 80p, and if you're a higher rate tax payer it will only cost you 60p.

Setting up and running a scheme is quick and easy. If you're thinking of introducing Payroll Giving for your organisation then please email charity@uhs.nhs.uk.

2

Pennies can make a difference...

If you work at University Hospital Southampton, would you be happy to donate those loose pennies from your payslip to your hospital charity each month?

If you earn £850.34 then you keep the £850 and give the 34p to Southampton Hospital Charity - simple. With over 11,000 staff, imagine the amount we could raise if we all do this one small thing.

By supporting Pennies from Heaven, you could make a real difference for your hospital. For UHS staff to join this scheme, go to <https://www.penniesfromheaven.co.uk/joinin/>



3

AmazonSmile

For those of you who regularly use Amazon online to purchase everyday items, we are asking you to make one small change.



Amazon have launched AmazonSmile. This is the same Amazon you know – same products, same prices, same service. The only difference is that Southampton Hospital Charity can earn 0.5% net of all of your purchases. And all at no additional cost to you!

Support Southampton Hospital Charity by starting your shopping at <https://smile.amazon.co.uk/ch/1051543-0> or search on Amazon for Amazon Smile > Southampton Hospital Charity

Meet some of our superstars!



Fun at the Romsey Relay Marathon



Our epic Jersey to Southampton row



Wave 105's Superhero Day



Meon Valley Travel's tough mudder



Shelina Permalloo, 2012 MasterChef winner, promoting our Dine at Mine event

Every year more than 11,000 Trust staff:



see
500,000
people at
outpatient
appointments.



deal with
120,000
attendances at
the emergency
department.



treat
140,000
admitted emergency,
inpatient or day
case patients.



deliver more than
100
outpatient clinics
across the South
of England.

Our hospital services and facilities are firmly embedded within our local community. These are available 24 hours a day, seven days a week when needed for major trauma and serious illness.

Are you part of a society, club, association, or school? If so, we want to hear from you to support us during the NHS' 70th year!

We work with our community to raise money for areas of the hospital beyond the scope of NHS resources.

Your support can:

- Refurbish hospital wards and departments
- Fund pioneering research
- Purchase vital equipment
- Provide support services for patients, their families and members of staff

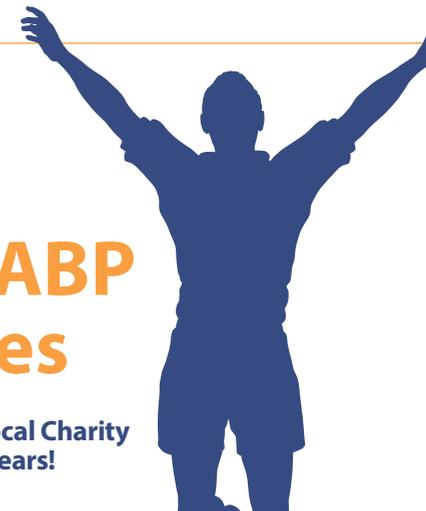
**Get
involved
today!**

Contact us on **023 8120 8881** or **charity@uhs.nhs.uk** to find out more about how we can work together.
Help us to do more.

**DID
YOU
KNOW?**

Upon request, we can usually come out to meetings or assemblies to give a presentation tailored to the area you wish to support.

Three year partnership with ABP Southampton races



We are thrilled to announce that we are the Lead Local Charity for the ABP Southampton races for the next three years!

Southampton Hospital Charity have had runners take part at every race since its conception in 2015. We had 220 runners taking part in 2017 across the four distances; Marathon, Half Marathon, 10k and Junior Fun Run.

Judith Stephens, Events and Community Fundraising Manager, comments:



"This is a wonderful opportunity for us to really engage with our local community, many of whom have a personal connection to our hospital services."

"Since the event first started it has proven to be very popular, not just for our charity supporters, but also for the city of Southampton as a whole. It keeps getting bigger and better each year, and we are thrilled that the partnership is continuing."

Sign up online at www.southamptonhospitalcharity.org/events, or call **023 8120 8881** for more information.

**ABP Southampton races
28 April 2019**

Full marathon
Registration fee: **£30**
Minimum sponsorship: **£250**

Half marathon
Registration fee: **£20**
Minimum sponsorship: **£150**

10k race
Registration fee: **£15**
Minimum sponsorship: **£100**

Junior fun run
Registration fee: **£5**
Minimum sponsorship: **£50**

CASE STUDY

Charlie Whitmore was one of our 2018 runners. Not only does he work for Associated British Ports (ABP), which is the primary sponsor for the races, but he also has a personal connection to the hospital.



"My girlfriends baby brother was born at 24 weeks pre-term weighing only 935g. The Neonatal Intensive Care Unit had the biggest influence in helping him become the character he is today, having spent the first 115 days of his life in the unit, and been given 32 blood transfusions."

"Southampton is one of the largest neonatal units in the country, treating around 900 babies in a year. I wanted to do him, myself and my family proud by supporting Southampton Hospital Charity. My challenge was to run under one hour, and I successfully ran the 10k distance in 56 minutes 19 seconds! Thank you to everyone for their support to help me raise £2,056."

Don't forget...

our events are open to anyone and you can raise money for any ward or department of your choice.

Get involved in our fundraising events

September 2018

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.

Suggested donations are £95 for a codicil, £145 for a basic single Will or £195 for a pair of basic mirror Wills. For further information or for participating solicitors, go to www.southamptonhospitalcharity.org/events - book early to avoid disappointment.

8 September 2018

UHS Open Day

The Hospital Open Day will be taking place between 10.30am to 3.30pm at Southampton General Hospital. This is a fantastic day for all the family to find out more about the hospital and UHS, the services they provide, and ground-breaking work taking place.

The theme this year will be Health Hero Academy through the years and will give visitors the chance to not only pick up new skills and have fun, but find out more about the history of University Hospital Southampton NHS Foundation Trust, as well as their plans for the future. Keep up to date via our Facebook page: Southampton Hospital Charity UK.

16 September 2018

London to Brighton bike ride

On Sunday 16 September you will start in South London before heading to Brighton having completed 54 miles. The spirit of the event is 'taking part' not 'winning' so you can pedal at your own pace!

Registration fee: £50, Minimum sponsorship: £100.

23 September 2018

Winchester Half Marathon

Winchester Half Marathon is a beautiful 13.1 mile run. It starts and finishes in the centre of Winchester outside the Guildhall. This race takes a very scenic route through the idyllic setting of the countryside and includes landmarks such as St Catherine's Hill, Winchester Cathedral and King Alfred the Great.

Registration fee: £20, Minimum sponsorship: £150.

11 October 2018

Curry and Quiz

Come along and join us for our next curry and quiz night in Southampton.

This is always a fun night out with friends, family or as a work get-together. For only £25 you get a three course buffet, our fun interactive quiz, and the chance to win amazing raffle prizes!



21 October 2018

Great South Run

Take on this energetic 10 mile race. Every year thousands of participants pass naval landmarks, cathedrals and castles. Runners are also granted permission to run through Portsmouth Historic Dockyard, home of HMS Victory.

Registration fee: £25, Minimum sponsorship: £200.

14 December 2018

Festive Fun Day

Everybody loves a Christmas jumper - whether a subtle winter scene, or a full blown twinkly light and colourful jumper, we want you to get involved!



This Friday 14 December, we are asking you, your classmates and your colleagues to don your best festive jumpers. We suggest you donate £2 for being able to wear your jumpers at work or school, and £1 for all those who "forgot" - don't let them get away with it!

If this doesn't work for you - don't worry. Simply take part whenever suits you.

28 April 2019

Southampton Marathon, Half Marathon, 10k, and Kids Fun Run

Sign up to run any of the Southampton races: Full Marathon (26.2 miles), Half Marathon (13.1 miles) 10k run, or Kids Fun Run (1 mile).

18 October 2019

Peru's Inca Trail to Machu Picchu

Machu Picchu is one of the most iconic sights in South America, and the culmination of our magnificent Inca Trail trek through the Peruvian Andes.



Trekking on Inca-paved paths and steps, our route takes us up through lush cloudforest to the demanding Dead Woman's Pass (4200m). Continually climbing up or dropping down, our way is steep at times, and the altitude adds to the challenge. We finally come to the Sun Gate, which overlooks Machu Picchu, where your first magical glimpse provides an unforgettable reward for your efforts!

Various UK treks for 2018-19

In the UK we have a number of exciting two day treks all around the country, all offering a choice of three distances. UK treks include around the Isle of Wight, South Coast, Jurassic Coast, London to Brighton, and many more. Download full details at www.southamptonhospitalcharity.org/events.

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.



Consent

Laws on how we contact you have changed from May 2018, meaning we will no longer contact you unless we have your consent to do so.

The new law means that charities need you to OPT IN to communications, and also state your preferred method of communication (post, email or phone).

We love hearing about your events and like being able to thank you for your hard earned donations. Without your consent, we may no longer be able to do this.

To consent to hearing from the charity, please fill in your details at:

<https://www.southamptonhospitalcharity.org/Consent>

or email us at charity@uhs.nhs.uk.

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

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 [charity_shc](https://www.instagram.com/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.