



# CHARITY *matters*

## Supporting world class healthcare

“*The best thing about my job is spending the day with children who face so much, yet tackle anything that comes their way. It makes you feel very humbled.*”

Continued on  
page 4.



### What's inside?

Updates on the F7 transition ward and HIE project



How your support is making an impact



Announcing new projects



# Welcome

In this edition of *Charity Matters*, we want to begin by celebrating you, our supporters.

Without your kindness, compassion and generosity last year, we wouldn't have been able to raise £4,631,932 worth of vital funds that make a real impact to the patients, families and staff who visit University Hospital Southampton (UHS).

In this issue we hope to give you an insight into what we're able to achieve with your support and how this is making a difference to the lives of patients at the hospital.

We've recently opened our new activity hub on the medicine for older people ward which has been instrumental in helping our older patients to feel empowered and help prepare for going home. In addition, we've also been able to provide some exciting activity sessions for our younger patients at Southampton Children's Hospital. We've seen first-hand the impact that projects like these have, and we're so grateful to be in a position, with your help, to make them happen.

Some highlights since our last issue include the Southampton Football Club squad visiting our children and elderly care wards signing cards, handing out toys and posing for photographs. We thank them again for their continued support and giving up their time.

**In May we had an incredible 270 runners raise £44,900 in the ABP Southampton races.**

As the lead local charity for the event, it exceeded all our expectations and we're looking forward to the next event in April 2020.

As a hospital charity, we work to enhance the care of patients at UHS, which provides medical services for nearly four million people across central southern England and the Channel Islands. And while the past year has been successful, we will continue to work tirelessly to enhance and support world class care at UHS.

Warm regards,  
*Jason Shauness*,  
Charity Director



For regular updates and to show your support, join us here:  
[www.southamptonhospitalcharity.org/](http://www.southamptonhospitalcharity.org/)  
[twitter.com/charity\\_shc](https://twitter.com/charity_shc)  
[www.facebook.com/SouthamptonHospitalCharityUK/](https://www.facebook.com/SouthamptonHospitalCharityUK/)

# Legacy news

Making a Will is one of the most important decisions most of us will make.

It ensures that everything we've worked hard for in our lives is given to the people we care about the most.

Figures reveal that over half (60%) of adults in the UK don't have a Will which means that if they were to pass away, their estates would be distributed according to the strict rules of intestacy, and may not reflect their wishes.

Legacy donations play a vital role in enabling us to continue providing the best possible care to patients, and can make a real impact to future generations.

And it's easy. Whether you are making a new Will or amending a current one, all you need to do is take our charity number (1051543) and address to your solicitor, and they will do the rest.

Please always remember when writing your Will to look after your friends and family first, then leave us what's left.

Every gift, no matter how large or small, will make a difference.



# Sensory retreat needed

A key fundraising project for the next three years is to raise £35,000 to refurbish and equip a specialist sensory retreat for patients at Southampton Children's Hospital. With your help we will be able to support those who need it most.

Here we speak to Jo Cutler, a play specialist on the G3 children's ward.

## Tell us about your job?

I often get called "the play lady" but I don't actually play. If we have children who are going into theatre for an operation, for example, we introduce play to reassure them and help them understand what is happening.

We support children going through medical procedures, but also children who need to have difficult conversations about things like parents or siblings receiving end of life care.

## How many children do you see every week?

We have 22 patients on my ward, two or three are long term patients, plus there are children that come in for surgery or are referred from across the hospital.

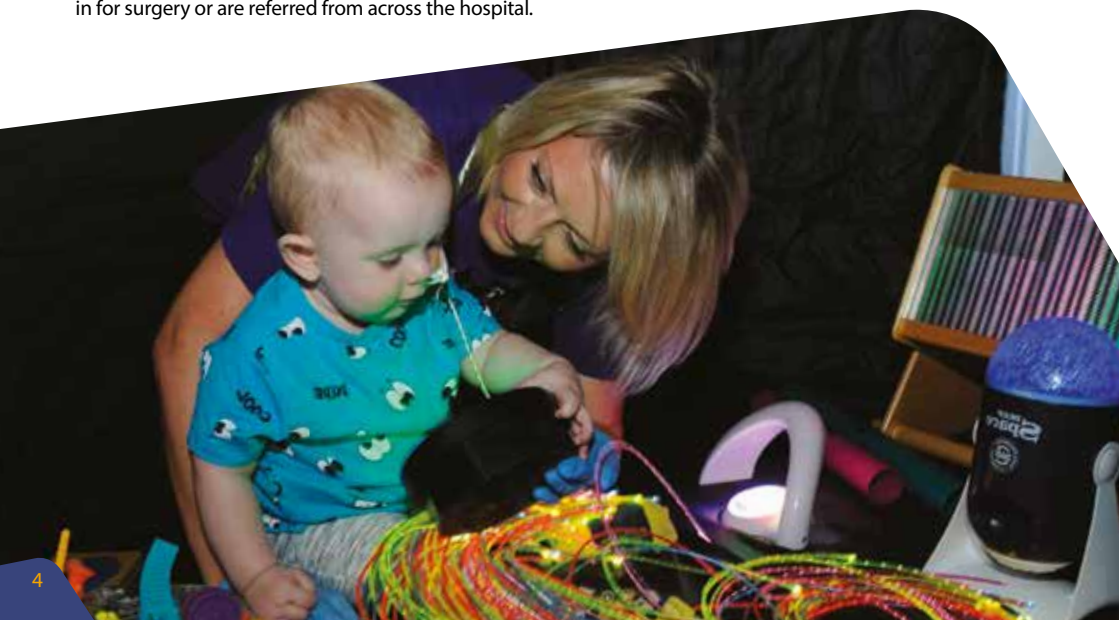
## Why do you need to refurbish the playroom on G3?

I've worked here for 13 years and the playrooms have had no real work done on them.

Also, at the moment there's very little for our teenagers.

Refurbishing the rooms and changing the name to "retreats" will help all our children and teenagers to feel welcome and have a calm space to relax or have sensitive conversations.

For more information on the how you can support the play team, visit [www.justgiving.com/campaign/retreat](http://www.justgiving.com/campaign/retreat)



## Project updates

### Transition ward kitted out

We want to thank all our supporters who donated to our last newsletter appeal; to help our F7 elderly care ward.

Your incredible support means that staff on F7 have now received £7,081 to provide added extras like televisions and sofas which help patients feel more settled and encourage them to get out of bed.

F7 is a transition ward for elderly patients over 80 years old who are medically fit and stable, but are waiting for discharge home or into a care home.

“At UHS we want our patients to feel empowered and help prepare them for going home by offering a diverse range of mental, physical, emotional and social support programmes. Your support has meant that the ward has already started to buy some of the additional extras that will help our patients recover faster.”

Rita Campelo, F7 ward leader

### Activity centre for older patients opens

Ex-Saints legend Mike Earls officially opened our elderly care activity centre. The space allows elderly patients to take part in exercise classes, games and puzzle sessions to keep their brains active, movie nights, and so much more.



### Supporting pioneering research into neonatal brain injuries

Over the last few months we have launched a project to fund new research into neonatal brain injuries (HIE), which are caused by a lack of oxygen reaching the brain around the time of birth.

Thanks to your support, we are now over halfway towards our target of £7,800!

Doctors at UHS will pilot a way to modify existing MRI scanners to provide a clearer picture of how babies respond to treatment for HIE. These could lead to a more reliable and effective method of assessment to prepare those parents whose children may benefit from early intervention for school and home.

The research will cost £35 per hour, and so we need to raise the full amount before the research can begin.

If you would like to support this pioneering project, visit [www.justgiving.com/campaign/SouthamptonHIE](http://www.justgiving.com/campaign/SouthamptonHIE).

# Join our lottery

With your support, Southampton Hospital Charity can help your local medical staff provide the best care possible for patients.

By signing up to our lottery, you will help to fund specialist equipment, pioneering research, patient support services and the transformation of your hospital into a more comfortable and welcoming space, whilst being in with the chance of winning £25,000 every week.

With the profits from our lottery, we have been able to provide grants to our staff for the benefit of our patients. This year we received 93 applications and allocated £21,214 to our winning projects:

- **Sensory library** to help with distraction for the learning disability and autism clinic - **£2,000.**
- **Wheelchairs** for the trauma and orthopaedic therapy services - **£1,373.**
- **Equipment library** to loan items to patients on a trial or short term basis for atypical Parkinson's syndrome patients in our neurological department - **£1,004.**
- **Wheelchair scales** for the motor neurone disease care centre - **£785.**
- **Static bikes** as part of physiotherapy treatment across our cancer care wards - **£712.**
- **Activity box** to occupy and stimulate patients, and wash bags to provide personal items for the neurosciences intensive care unit - **£500.**
- **Mobile sensory lights** and equipment for the youth and play services - **£420.**
- **Folding wheelchair** for use of transporting patients on ambulances between our hospital sites - **£400.**
- **Fans** for the labour ward - **£300.**
- **Gel warmer** for scans in the maternity day assessment unit - **£300.**
- **Radios for waiting areas** in the ultrasound department - **£300.**
- **Television to distract children** undergoing hour long EEG tests for the neurophysiology department - **£200.**
- **Baby changing station** in the urodynamics department - **£160.**
- **Fans for ward bays** in Brooke ward - **£140.**
- **Sibling workshop** to understand their needs by the paediatric Cystic Fibrosis unit - **£130.**
- **Little Tikes cars** for children's outpatient services - **£120.**
- **Chairs for a quiet room** where clinicians convey sad news during early pregnancy - **£80.**

We are also hoping to part-fund two larger projects for which we are currently finalising the details.

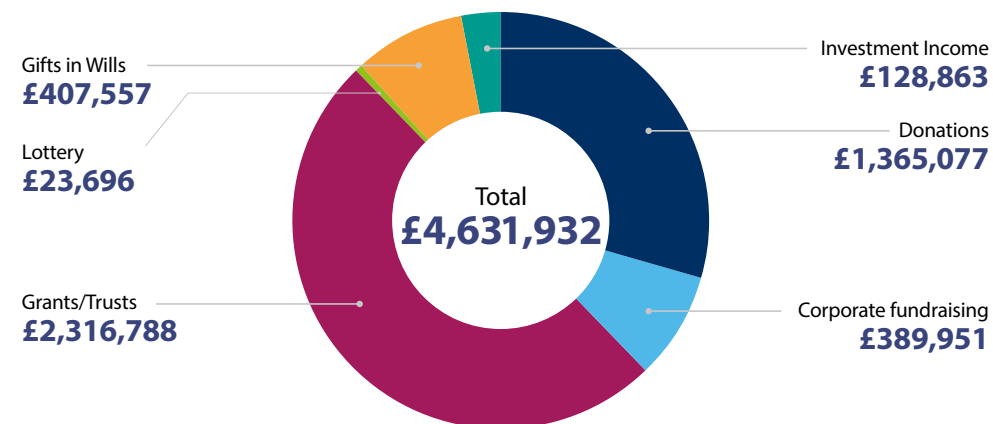
Sign up today [www.southamptonhospitalcharity.org/Join-the-lottery](http://www.southamptonhospitalcharity.org/Join-the-lottery)

# Frequently asked questions

Here we want to answer the questions which we have frequently been asked over the last six months.

## How is money raised for the Charity?

Money is raised for the Charity from a number of means. Between 1 April 2018 – 31 March 2019, £4,631,932 was raised.



## Can I donate to a specific ward or appeal?

We have over 370 funds so your donations can benefit a specific ward, department, project or appeal.

## How can I be sure my donation is going where it's needed?

Each fund is allocated two or more fund holders who regularly discuss what to spend the money on within the ward or department. Once they have enough money to buy the item, they will purchase the item through our hospital procurement team to ensure it meets our health and safety regulations.

The money cannot be spent on an individual patient or staff member. It also cannot be spent on anything which the NHS should be paying for.

## Can you claim Gift Aid on the money I have raised?

As long as you are a UK tax payer, we can claim Gift Aid to the value of 25p from every £1 donated at no extra cost to you. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year.

## How do I set up a monthly donation?

To set up a monthly donation, go to our website [www.southamptonhospitalcharity.org/make-a-donation](http://www.southamptonhospitalcharity.org/make-a-donation).

## How do I leave a gift in my Will?

Call the Charity office on 023 8120 8881 to find out more information about leaving a residuary or pecuniary legacy.

# How your support is making a difference

With your support we are able to make a real impact to staff and patients at UHS. These are just a few examples of how your donations have made a real difference to patient care, research and the hospital environment. Without you, this would not have been possible. Thank you.

## Stem cell research

Our liver and pancreatic research and development team have already spent over £40,000 this year for critical research that detects the early signs of these forms of cancer, enhancing minimally-invasive treatment and after care methods.

One of the current research projects is using stem cell technology to regenerate livers that have been badly damaged by disease.

This ongoing project aims to grow and maintain functioning liver cells outside of the body. This will ultimately allow for earlier experimentation of new drugs on functioning livers with much reduced risks to patients.



£40,450

## Counselling and complementary therapy

Our cancer support and information centre offers counselling and complementary therapy for our patients undergoing treatment for cancer.

£13,564

## Recliner chairs

Patients undergoing chemotherapy have to remain still for hours at a time while they receive the treatment. We bought comfortable reclining chairs on our C6 haematology day unit to benefit our patients.

£4,824

## Summer party

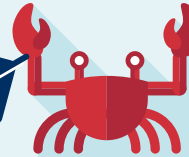
Many patients under the care of Southampton Children's Hospital are long term patients for their various conditions. Every year we hold a summer party where they can meet other children and families, and build up some fond childhood memories.

£1,745

## Child friendly artwork

We are trying to make our children's wards look less clinical, and more child-friendly. On our E1 ocean ward for our children's cardiac unit, we have been adding lots of ocean themed artwork to add a sense of magic, mystery and fun!

£2,266



## Patient wedding

We provided items for a wedding on our cardiac intensive care unit for a couple who wished to get married while in hospital. This is becoming a more regular request, so the Charity is currently creating a wedding box which wards can use for patient weddings.

£30.50

## Diabetes comic

We have funded the creation of comics portraying diabetic superheroes to explain the illness for children with type one or type two diabetes. These have proved to be hugely popular.

£160

## Acuvein vein finder

Vein finders determine vein locations, and also visualize those locations on the patient's body in real-time.

£8,635

Patients who have undergone chemotherapy usually have difficult access to their veins, so often have to undergo multiple attempts to insert a needle. The Accuvein finder on D3 ward assists staff in accessing even the smallest veins, therefore reducing anxiety and pain.

## Patient activities

Our Piam Brown children's cancer ward coordinate outings for our current and past patients to visit various locations across the UK in order to build up precious family memories, or to help them gain independence following treatment.

This includes trips to the theatre and Watercress Line, circus and theme park tickets, sailing adventures, activity weekends, and much more.

£7,393



## Patient paging service

For patients undergoing chemotherapy treatment in our C3 Hamwic ward, we have introduced a patient paging service.

If there are long waits, patients are offered a pager so they can go for a walk around the hospital or have a cup of tea before being recalled back to the ward for treatment.

£3,160



We need your help to get involved or raise awareness of one of our projects or appeals in 2019-20.

# You can make a difference

Whether you want to make a donation, sign up to an event, or nominate us for a charity partnership with your school/ business, we can provide information, advice or a free fundraising pack.

## Renal testing device for emergency admittance

At present those admitted to the emergency department with potential acute kidney injuries wait several hours for the results of laboratory testing to assess their renal function.

This delays the administering of essential medications which could lead to potentially toxic effects on the kidney. Each month, 200 of these patients are treated.

Point of care testing would allow immediate access to results. In turn, this would allow prioritisation of these patients, ensuring they receive the care they need quicker. We need to raise £63,037 to fund the project for the next three years.

## Harnessing the power of machine learning to save lives

Nurses periodically monitor patients, taking observations throughout the day and night. These observations include a patient's respiration rate, oxygen saturation, blood pressure, pulse, temperature, and level of consciousness or confusion. This is called an early warning score system.

Machine learning is a field of computer science using statistical techniques to give computers the ability to 'learn' with data without being explicitly programmed how to give the best answer. Machine learning has already become integrated into many aspects of daily life – in our sat navs, smartphones and search engines.

It has huge potential to detect patients who are getting worse quicker and more accurately, helping to save lives by extracting intelligence from the enormous volume of data that is available about a patient.

Southampton Hospital Charity are supporting this pioneering study which will cost £132,000.

For more details on these projects, contact Charlotte on 023 8120 5419 or [charlotte.otter@uhs.nhs.uk](mailto:charlotte.otter@uhs.nhs.uk).

# Community champions after loss of their daughter

When Natasha and Lance Beatty lost their five-month-old daughter Lahna Tula, they were determined to ensure a lasting legacy for her.

In 2009, they launched the Lahna Appeal (a fund of Southampton Children's Hospital Charity) in her memory to fund both pioneering and routine equipment for Southampton Children's Hospital.

As Lahna died suddenly from a viral condition which led to heart failure, her parents initially focused on supporting the heart unit which cared for her and maternity services at the Princess Anne Hospital.

To date they have raised more than £97,000 which has enabled the hospital to purchase a portable heart ultrasound scanner, an underwater heart monitor, and a water cooler for women in labour.

Their efforts have also secured otoscopes to examine the ears of children in the emergency department, birthing and postnatal monitoring equipment, and a device to perform vital eye and brain tests on young patients at the bedside, plus much more.

Natasha says:  
**“Lahna would have been ten years old now and this year we will hit the £100,000 fundraising mark.”**

We are extremely proud of everything we have accomplished as a family and want to thank our friends for their continued support. Please visit our Facebook page 'Lahna Tula' for updates on our latest events.”



Parents Natasha and Lance Beatty



# A day in the life...

**Charlotte Otter, trusts and foundations fundraising manager for Southampton Hospital Charity spent a day with the therapy team supporting our medicine for older people department...**



My day began at the 8.30am ward round. This is an opportunity for the medical staff and the therapy team to discuss which patients are on the ward and to give an update on their condition.

Status details are monitored on screens that hold information about each patient including what therapy they are receiving and when they are expected to be discharged.

The latter is vital as it can take days or even weeks to organise appropriate follow-on care for patients over 60 years old. Whether this is adaptations to their home, or room in a care home.

The first ward I visited was G7 where lots of the patients were almost medically fit for discharge. We focussed on the 'priority patients' who tend to be people who are about to be discharged, those who have respiratory issues, or who need end of life care.

**The therapy team are focussed on finding out what is a normal for people within their own home and trying to recreate that environment, in order to be discharged.**

It is so important to get older patients up and moving during their stay in hospital. A lack of movement can impair their cognition and have a long-term effect on their muscles and physical health. In some cases, if patients do not move around then they may lose their mobility completely.

What quickly became apparent to me was that the team really did try and get to know each patient personally. They greeted every patient and remembered little details about them.

They also asked all patients three times if they would like to engage with therapy i.e. go for a walk or try to sit in a chair. And if they did not respond, gentle encouragement was offered but never pushed.

Next I was on the F7 transition ward which is designed to feel like a home from home. Patients who are almost ready to go home are moved here. They are encouraged to walk around, and each bay has a set of chairs and tables which they can sit at and use, rather than saying in bed.

Working with Lottie, a physiotherapist, and Gemma, an occupational therapist, we visited patients on the ward.

**The team look to "shift ownership" onto the patient to encourage them to engage with their rehabilitation. This involves having assessments of them doing the tasks they would do at home, including walking, or using mobility aids if needed.**

We worked with one lady who walks with a stick at home, and her daughter was concerned that she was not coping as well at home. We had a short walk around the department with some tender motivation from Gemma, and then went through to the kitchen to practice making a cup of tea and reading the instructions from a microwave meal packet.

It sounds simple, but these are all essential skills for this lady which will enable her to stay in her own home.

I then met a lovely lady with dementia. When she arrived at the hospital the team were not hopeful that they could get her moving, however after a conversation with her husband they discovered that she used to love dancing.

So the team played one of her favourite songs whilst they got her dressed and she even did a few dance steps whilst we got her out of bed! Later that day I saw her and her husband doing some colouring in together. It was one of the highlights of my day.

# Meet some of our superstars!



PwC cycling challenge



Alresford 10k runners



Mr Starman on ice!



## Get involved in our fundraising events

### 15 September 2019 London to Brighton

Join us on this 54 mile cycle from the capital city, through the English countryside, and down to the Brighton seafront.

### 26 September 2019 Golf day with Saints FC legends

Following last year's hugely successful golf day, we hope you will join us at Stoneham Golf Club this September. As well as a round of golf, you will get the exclusive opportunity to hear talks from Southampton Football Club legends.



### 3 November 2019 Curry and quiz

Join us for our newly revamped Indian curry and quiz night at Everest Cuisine, Southampton. Tickets cost just £25.



### 13 December 2019 Festive day

On Friday 13 December 2019 we are asking hospital staff, patients, local schools, colleges and businesses to take part in our festive day.

Wear your festive jumper, novelty tie, glittery socks, flashing earrings, antlers or hat on the day and donate just £1.



### 26 April 2020 ABP Southampton races

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).

As the lead local charity, sign up with us for a discounted running place.

**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

If you have your own place at the London marathon on the same day, you can still run for us. Contact us on the details below to discuss this.

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.

### Don't forget...

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



# Christmas cards

There are many ways to support Southampton Hospital Charity, including adding our range of Christmas cards to your festive shopping.

New cards  
for 2019  
include:



**Following Yonder Star**

Size 150mm x 150mm



**Purrfect... Christmouse**

Size 150mm x 150mm



**Sack Full of Gifts**

Size 150mm x 150mm

Further cards and packs can be found on our online shop or in our office.

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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