

SPRING
2019



Southampton Children's
Hospital Charity



Southampton
Hospital Charity

CHARITY *matters*

Together we've done it - *thank you!*

We are thrilled that our appeal to fund a new state of the art children's emergency and trauma department reached its target five months early!

The appeal, which aimed to raise £2 million, was set up by Southampton Hospital Charity in partnership with The Murray Parish Trust.

When we launched the appeal, it was given the backing of then Chancellor George Osborne, who promised to match fund the money raised to build the £5.1 million facility.

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What's inside?

Meet our superstars : Find out more about our next projects : Get involved in our events for 2019-20

Activity centre transforms elderly care

University Hospital Southampton are specialists in the diagnosis and management of older people from all across Southampton and South West Hampshire.

Southampton Hospital Charity, in partnership with The League of Friends of Southampton have invested around £90,000 to develop an innovative and welcoming hub for our elderly patients.

It has been specially designed to encourage mobility, give opportunities for social interaction with other patients, whilst also allowing them to develop old or new hobbies and interests.

Lou Smith, operations manager, comments: "This area will be officially opened in March 2019, however we started to use it in the run up to Christmas with the patients. It has allowed us to do exercise classes, games and puzzle sessions to keep their brains active, movie nights, and so much more."

We hope you'll agree that this was more than just a building project! It gave us the opportunity to transform the traditional hospital stay for our elderly patients, giving them the best possible chance of retaining their independence, regaining their confidence and returning to their own homes.

Ten days in hospital leads to the equivalent of ten years of muscle ageing in people over the age of 80. A 50% increase in walking whilst in hospital was associated with a 6% shorter length of stay.

With an ageing population, investment needs to be made in elderly care now.

If you want to support this service, we have some very exciting projects coming up in 2019-20.

Improving care for elderly patient's in F7 transition ward



"F7 is a transition ward for older people who are now medically fit and stable, but are waiting for discharge. Most were brought into hospital following a fall."

"We aim to treat our patients as if they are at home and help them to be as independent as possible. At the heart of our care is keeping them mobilised little and often, so their muscles don't get weak and their mood doesn't drop."
Rita Campelo, F7 ward leader

Dedicated staff on F7 ward are hoping to mirror the work done in the medicine for older people's hub by creating a different experience for patients that feels less like a typical hospital ward and encourages people to get well.

With your support, we hope to fund some extras, like sofas, to help patients feel more settled and encourage them to get out of bed. It will lift their mood, keep their mind occupied and help them to get back home and enjoying life again.



Watch: You can watch an interview with Inez Walker, Senior Heath Care Assistant on F7 ward at You Tube, channel [Southampton Hospital Charity](#)



Charity Chat



Over the last six months you have helped us to take some monumental steps including finishing our £2 million children's emergency and trauma department appeal in partnership with the Murray Parish Trust.

Every donation, both large and small, helped us to get to this point, so thank you.

To create a great start to 2019, you have funded new Wifi across University Hospital Southampton to allow patients and visitors to stream video and audio for free.

It will enable them to do the normal things they would at home, provide access to entertainment and allows people to keep in touch with family and friends via social media sites as well as streaming messaging services.

I also want to thank each and every person who plays our lottery as every year we are able to offer the lottery profits to hospital staff in the form of grants.

As reported, last year we gave £24,600 to 11 projects ranging from £100 to £6,000 for specialist equipment, waiting area chairs, patient leaflets, wheelchairs, and much more. Most of these items are now in place and already being used.

If you are looking for your next charity challenge, then take a look at our events page as we have something for everyone.

Until the next edition, enjoy the upcoming spring weather and keep up your tremendous support!

Warm regards,
Jason Shauness, Charity Director

Sneak peak inside the new department...

The £5.1 million children's emergency and trauma department will open at University Hospital Southampton in summer 2019 and will see the development of a state-of-the-art eight-bed observation area, 11 glass-fronted and sound proof cubicles and on-hand x-ray facilities.

So far only the acute assessment unit has been fully completed, with the rest of the works being completed later this year.

Jeneen Thomsen, Head of Major Gifts, says: "Thank you so much to our partners in this appeal, The Murray Parish Trust, who were instrumental in us raising the money needed.



Thanks to your support, last year we spent £216,000 on enhancing the neonatal intensive care unit.



By remembering Southampton Hospital charity in your Will, you can make a difference to future generations.

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

And it's easy.

Whether you are making a new Will or updating an old one, all you need to do is take our charity number and address to your solicitor, and they will do the rest.

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

Your City
Your Hospital
Your Legacy



Meet the people behind the NHS



Dr Luise Marino, RD, PhD

Clinical academic paediatric dietician
at Southampton Children's Hospital.

Tell us a bit about yourself

I am part of a fantastic team of paediatric dietitians and speech and language therapists working in Southampton Children's Hospital led by Teresa Curbishley and Claire Wood.

Outside of work I am a keen, but not very good, hockey player!

What's your favourite food?

It has to be nuts and nut butters. They are nature's perfect package, full of energy, protein and micronutrients such as zinc.

Have you always had a passion for nutrition?

I am very lucky that I absolutely love what I do! In particular working in the neonatal and paediatric intensive care units, as well as the paediatric cardiology wards.

It is such a privilege to work with such amazing people, and, not forgetting all the amazing families and children we meet who inspire me to try and do better each day.

In addition to my day job, I have created some recipe books in partnership with Southampton Hospital Charity to provide useful tips and advice for parents, as well as some finger licking food to tempt your little one with!



What inspired you to write these books?

Some children are born with medical conditions which means they need to get the most out of everything they eat or drink. We currently have two recipe books, with a third in production for summer 2019 – RRP £3.50:

- Babies;
- Toddlers;
- Young people – coming soon!

The recipe books and further charity merchandise and cards can be found on our website at www.southamptonhospitalcharity.org/shop

Snack Bento Boxes

Tuna, mayo, peas, cucumber and pepper

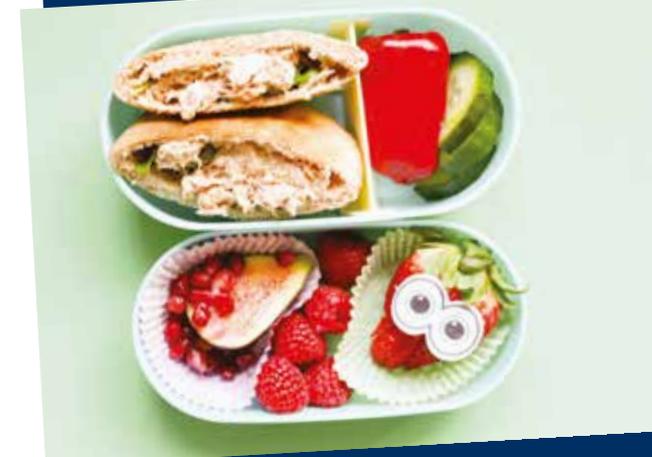
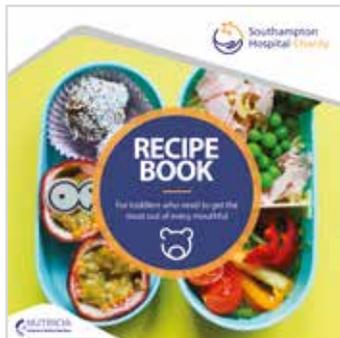
Ingredients

- Tuna – small tin
- Mayonnaise
- Pitta pockets
- 50g frozen peas
- Cucumber rounds
- Red pepper
- Strawberries
- Raspberries
- Half a fig
- Handful of pomegranate seeds
- Silicone cupcake holders
- Bento box

Recipe taken from the toddlers recipe book.

Method

- 1 Mix one small can of tuna with 1-2 teaspoons of mayonnaise.
- 2 Defrost 50g of frozen peas and mix ½ with the tuna mayo mix.
- 3 Toast a wholemeal pitta pocket and fill with the tuna pea mix.
- 4 Put the cucumber and red pepper batons in one section.
- 5 Arrange the strawberries, raspberries, fig and pomegranate seeds in the bento box.



What you've achieved

Your support has meant that, in the last six months, we have funded specialist equipment, ward refurbishments, provided support for patients and staff, plus funded pioneering research projects, including:

£200,000

to provide a free Wi-Fi and media streaming across University Hospital Southampton

£16,830

for a Criticool system and trolley to regulate and monitor a baby's temperature in the neonatal intensive care unit

£13,830

to refurbish the reception and update furniture for patients on the C3 Hamwic cancer day unit

£7,560

for projection equipment and high back chairs for patients at Countess Mountbatten Hospice

£6,230

for a relax-and-view image viewer to distract patients in the breast screening unit

£4,500

for a Prostep System to position patients ready for radiotherapy.

Neonatal unit expansion

The neonatal intensive care unit at Southampton is currently expanding its 37 beds by creating a new area specifically for special care babies.

There will be a much improved environment for staff and families to care for babies together, and an increase of cots to a total of 42.

The current unit is based on D level at Princess Anne Hospital, however it is expanding up to E level. Those babies who no longer require the level of treatment for intensive care or high dependency are classed as special care where they will soon be able to be discharged home or back to a hospital nearer home.

This new expansion means that not only will there be an additional four nurseries for the babies, but 12 parent beds so families can stay with their baby in hospital, also a new nurses station, sensory room and consultation rooms will be created. A parents lounge and accommodation for two families with ensuite facilities to mirror the environment when the family can return home are also included.

Southampton Hospital Charity is funding all of the furniture which will include pull down beds for parents beside every cot, and the sensory room at a cost of around £75,000.



Help us make a difference

We need your help to get involved or raise awareness of one of our projects or appeals in 2019-2020.

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.

Medicine for older people refurbishment

Our medicine for older people wards are in need of refurbishment. Alongside the Trust, we want to refurbish one ward to make it a world class dementia-friendly unit, as 1 in 6 people over 80 have dementia.

We know that there are a number of things that can be done to improve a person with dementia's stay in hospital, reduce their distress, risk of falling and improve their chances of recovery (from the condition they have entered hospital with). This is why the charity will be fundraising £500,000 for this appeal to put the extra dementia-friendly touches into the new ward.



Home sleep study trial

Over the next 12 months, University Hospital Southampton is looking to carry out around 800 sleep studies - an increase of 56% over the last 10 years.

Sleep apnoea is a common, but an under-recognised condition. It can profoundly affect the quality of life for sufferers, causing daytime drowsiness and extreme tiredness. In severe circumstances, if left untreated it can have a huge impact on sufferers lives and can lead to employment termination, relationship breakdowns and even road traffic accidents.

Sleep studies are currently only conducted as inpatient appointments in the hospital, meaning patients must sleep within the hospital (with all of the associated distractions). This method doesn't provide an accurate reflection of a person's issues sleeping in their own home and often involves multiple visits in order to receive proper result.

As such, the team would like to start carrying out home sleep studies, the cost of which will be around £20,000 to purchase the necessary equipment. It is hoped results will be more accurate and improve patients outcomes.

Meet some of our superstars!



Neurology intensive care unit staff's Tough Mudder



Our cardiac donation tree is now in use!



Get involved in our fundraising events

14 April Brighton marathon

The Brighton marathon is one of the UK's favourite 26.2-milers. **Registration fee: £50, minimum sponsorship: £500**

5 May 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).

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

May Dine at Mine

Back for 2019 is our Dine at Mine event where you can hold a dinner party at any date or time throughout May. Be as inventive as you want, so whether you want to hold a formal dinner, a BBQ, or tea party, the world is your oyster!



26 September Golf day with Saints FC legends

Following last year's hugely successful golf day, we hope you will join us at Stoneham Lane 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.



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.

18-27 October Inca Trail to Machu Picchu

Join us as we trek through the Peruvian Andes to Machu Picchu on this exciting, but challenging 10 day trek. This will certainly be one to tick off your bucket list!

Registration fee: £249, minimum sponsorship: £3,995



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.

Don't forget...
our events are open to anyone and you can raise money for any ward or department of your choice.

Keeping in touch



We are starting to send out more emails to keep our supporters up to date with the latest developments as they happen.

If you have changed your details, or to change your contact preference, please let us know by calling our friendly team on 023 8120 8881.

Alternatively you can update this online at www.southamptonhospitalcharity.org/consent

We are always looking to improve our newsletters and provide information which our supporters want to see and hear about. If you want to make any suggestions, please email charity@uhs.nhs.uk.

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 registration number: 1051543.