



Southampton  
Hospitals  
Charity

**NHS**  
University Hospital  
Southampton  
NHS Foundation Trust

# CHARITY *matters*

Autumn 2020



***Find out  
how you're  
revolutionising  
intensive care***

What's  
inside?

Coronavirus  
update

25  
years of  
support

The  
Amazing  
Fred



Artist's impression

# You're helping to create 1400 metres of care

## Equipping our new General Intensive Care Unit

The new General Intensive Care Unit is now being used by our team to care for some of our sickest patients.

The first phase of the build was completed in September, and your donations to our Intensive Care

appeal are already being put to use to equip areas of the new Unit.

Your continued support will help us to reach our £1 million target and give our team the chance to do even more for our patients and their families.

**It's not just about rehabilitation**

Your gift will also provide:

A Palliative Care Suite to allow for a dignified death

Relatives rooms so that families can be close to their loved ones

Décor and plants that bring the outside in and create a greater sense of calm

Make a gift today at: [southamptonhospitalscharity.org/gicu](https://southamptonhospitalscharity.org/gicu)

## Making space for recovery

One of the areas that you're helping us to equip is the rehabilitation area. We know how important it is – we do lots of research into the benefits of exercise, rehabilitation and prehabilitation (exercise before an operation). This can be everything from using a bed-bike to stepping, walking and using a physiotherapy gym.

The bottom line is that when patients do exercise before and after their operations, it reduces the time they need to be in Intensive Care.

Right now our Intensive Care Unit treats 2,500 patients every year. They all receive some form of rehabilitation, but the team desperately needed more space.

"Not having a dedicated space on the Unit has a massive impact on the patients," says Physiotherapist Zoe van Willigen.

***"At the moment it is really tricky with the bed spaces, as there's not enough room for all of our stand aides, hoists and equipment, let alone the patients and staff!"***

"It makes it really hard for the patients to engage with the therapy because there are so many distractions everywhere. Sometimes we have had to take patients into corridors to do their physiotherapy, as there hasn't been room on the ward."

## Focus on the future

Zoe says that a new rehabilitation area would give staff and patients a distraction-free space to get better. Plus, all too often, being in Intensive Care is about survival. The right rehabilitation space allows patients to focus on a more positive future.

"Patients have told us that therapy is about recovery, improving and going home," she says.

"It is really important for the patients to see themselves moving forward. We can get family members into the new rehabilitation space to provide the motivation and to really see the improvements and progress as we try to get them home."

# They're looking after us, **thank you for looking after them**

## **Update on our coronavirus response appeal**

Your incredible support has been invaluable in helping to keep our frontline staff going through the pandemic. From providing hot drinks and wellness rooms, to extra support for patients, your kindness is helping us navigate through the pandemic together.

Things haven't been easy over the past nine months. The cancellation of the sporting and community events, which many of you take part in, has been damaging to our income.

And now that we know the virus will be here into next year, it's clear that our wonderful staff will continue to need extra support.

That's why we are so grateful for your donations to this appeal. With your help, our next steps will be to renovate additional areas around the hospital so that more of our staff have access to comfortable staff rooms where they can have a rest during a long, busy shift.

**“ It helps to know that support is there for staff during these unprecedented times ”**

## **You're amazing!**

### **Here's just some of what you've helped fund**

- Over 600 'boost boxes' with snacks and drinks to keep staff going during busy shifts.
- Seven wellness rooms around our hospital allowing staff to take a well-earned break.
- Helplines run by psychologists and mental health cards so that our staff know how to access support when they need it.
- Radios, iPads and cordless phones to help patients stay in touch with loved ones.
- Staff resources, including: kettles microwaves, fridges, staff lockers.
- Care packs for patients who have an unexpected stay in hospital.

# The Patient Support Hub

The Patient Support Hub was created within weeks of lockdown first being implemented to respond to the new needs of our patients and community. We've been able to secure funding for the Hub Coordinator from the Coronavirus Community Support Fund, distributed by The National Lottery and NHS Charities Together.

Our Hub offers a vital point of contact for shielding patients, carers and

anyone with questions or those who need information and support. It's also where staff can refer people to community support organisations to get food or medicine delivered.

Donations to our coronavirus response appeal have helped to fund some of the projects run by the Hub, such as bereavement packs, as well as funding some of the essential equipment needed for the initial set up.

## **Bereavement packs**

Sadly, coronavirus safety measures mean that the way bereaved relatives mourn loved ones has had to change. So, through your gifts to our coronavirus response appeal, we're supplying bereavement care boxes to families who need them.

"The bereavement packs have been introduced to ensure that families are still getting everything they need when it's not always possible to have face-to-face contact," explains Vicki Havercroft, Head of Patient and Family Relations.

As well as helpful information, the packs also contain a pair of hearts. The patient

keeps one to show they will always be connected to their loved one, which features words of comfort to help them through a difficult time.

**“ I received one in Cardiac Intensive Care when staff looked after my partner who passed away there. It really is such a lovely gesture. Myself and my son thank you so much. ”**



# Celebrate **25 years** of support

**From fashion to mobile phones, a lot has changed in 25 years.**

But we're incredibly grateful that what's always stayed the same is the support we get from our amazing community.

**Together we've raised over £50 million**

since Southampton Hospitals Charity launched. That's 25 years of care, connection and support for our staff, patients and their families. So whether you've just become a supporter, or been there since Microsoft first

launched Windows 95 – thank you.

Sadly, in 2020 reasons to celebrate can feel scarce. Today, we're facing the toughest year for the NHS since it was created in 1948. And the devastating coronavirus pandemic has shown us all just how much we need our NHS heroes: both frontline staff, and essential workers.

That means we need your help more than ever before. By giving a gift today, you can help us transform healthcare for years to come.

## Our timeline

**19 December 1995**

We officially registered as a Charity to support staff, patients and their families.

**October 2008**

We re-launched the Charity to reflect the modern needs of our hospital.

**September 2009**

We launched our Haematology Day Unit Red & White Appeal to raise £2.2 million.

**June 2016**

We launched a £2M appeal with The Murray Parish Trust to fund a new Children's Emergency and Trauma Department (CETD).

**28 August 2013**

We smashed the Red & White Appeal target and opened the Unit.

**November 2019**

We reached our target for the CETD a whole five months early!

**11 March 2020**

Coronavirus is declared a pandemic, bringing new challenges to our community.

**September 2020**

We launched our £1 million General Intensive Care Unit Appeal. Can you help?

**“It's a joy to work here and we're very proud of it.”**

**“You never forget the children”**

**Karen Mitchell has cared for our community as a nurse on Piam Brown Ward since it opened – and seen positive changes along the way.**

“Working here over the last 42 years I've seen first-hand how the treatment has changed.

Piam Brown ward opened in the late 1980s to treat children with cancer. It's much easier now as there are specialist areas with dedicated staff. It makes a huge difference and has improved the children's quality of life. The units help keep children at home with their families and more children survive now than when I started nursing.

Today, some children can even come in for treatment and go home the same day.

I like that you get to know the patients really well. You see them at the worst of times, and at the best of times. It's really nice for the parents

to see a familiar face and you never forget the children.

## Helping families

Our Ward had a major refurbishment in 2016 thanks to a £500,000 investment by Southampton Hospitals Charity. Before, the environment just didn't match up to other newly refurbished units.

Our teenager and school room had a facelift, the parents' sitting room had a spruce, and our day treatment area is incredible. Beside every child's bed is a pull-down bed for parents to stay with the children, and there's a toilet and shower in every room. This is important as they can be here for long periods of time and so need their own space.

This is our unit. It's a joy to work here and we're very proud of it.”

# Thank you!

Find out how your support for our urgent appeals are changing lives today

## CHEETAH springs into action

Have you heard of Lazy Eye (also known as Amblyopia)? It's a common condition which can lead to children losing their sight if it's not treated. Achieving this meant monthly trips to the hospital – but even before coronavirus, children and their families told us they'd much rather monitor their condition at home.

Now your support has made this closer to being a reality. Thanks to your generosity, we've launched The Children's Eye Examination and Testing At Home (CHEETAH) study to research how to make home monitoring happen. We're all really excited to share our first findings in 2021.

"This has the potential to make a huge difference not just for our patients but nationally, and even internationally," explains Consultant Ophthalmologist Jay Self.

**"We're really grateful to the Charity for allowing us to make a start."**

## Supporting mums and babies

Meanwhile, the mums who need extra care at Princess Anne Hospital are spending more bonding time with their new-borns thanks to you.

Your donations have helped buy an industrial microwave to sterilise expressing kits and a special warmer to keep milk safe on the Burley and Lyndhurst Postnatal Ward.

Before, sore and tired new mums would have to travel two floors to sterilise their expressing kit, leaving their baby upstairs. Now, thanks to you, babies get healthy breast-milk (an important first defence against infection) while parents face less stress.

***Thank you to everyone who has supported this project, especially The Lahna Appeal, for their contribution.***

"We've been blown away by everyone's generosity," says Neonatal Nurse Nicky Ringrose.

"Before the pandemic, we knew it would have a big impact – now it'll have an even bigger impact because breast milk is likely to provide part of a baby's defence against viruses and bacteria. We would like to thank everyone who has supported the appeal."

## Your donations have helped improve comfort for clinic patients and family members

Patients visiting our Cancer Outpatients Department on D Level will experience a more comfortable wait after one of our supporters, Stephanie offered a generous donation to fund the cushioned seats located in the waiting areas.

Waiting can cause anxiety for a lot of people, but for our Myeloma (bone marrow cancer) patients who have limited mobility, it can also cause unnecessary pain. When speaking to staff and patients, it became apparent that the basic chairs were not suitable and became very uncomfortable after long waiting periods. Patients also receive

treatment for a while, so we knew that it was vital we make them as comfortable as possible.

Joint Interim Director, Beth Hall comments, "The brand new waiting room chairs will be of great benefit to our cancer patients and will provide comfort to thousands of patients and their family members. To most people, something like this probably seems like a small change, but to our patients it's these changes that make all the difference. I'd like to thank all those who have ever made a donation for making these added extras possible for our patients, and for helping us give them the best care possible."



**"The brand new waiting room chairs will be of great benefit to our cancer patients"**

# The Amazing Fred delights children

**World renowned children's illustrator Sir Quentin Blake has created a new character exclusively for Southampton Children's Hospital to help reassure young patients as they undergo operations.**

Introducing 'The Amazing Fred', the new mascot for children needing treatment in Southampton. He will follow children throughout their operation journey, with his image displayed at locations within Theatres. Additionally, he will appear on certificates and stickers that they can take home.

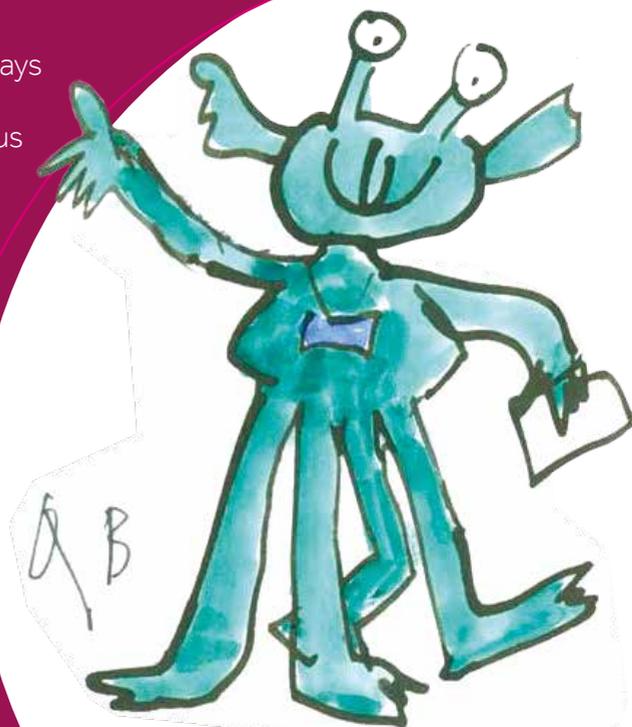
When a child needs to go into hospital for an operation it's always an anxious time for them and their families, but the coronavirus pandemic has created an additional layer of concern.

We hope that the children and their parents find the space a more welcoming environment.

Quentin is such a well-loved illustrator and his work is so recognisable and relatable to children of all ages we are sure that

having 'The Amazing Fred' as our new mascot will help reassure the patients, not only during this uncertain time but also going forward.

Our thanks to our donors support, allowing us to fund the printing costs.



# Dave the Dog

is worried about coronavirus



**This free Nurse Dotty e-book, written by one of our very own staff members, Molly Watts, is designed to give children information about coronavirus without raising the fear often surrounding the pandemic.**

With everything that is going on at the moment; big changes to children's routines and lots of stories on the news, it can be a really scary time for children.



'Dave the Dog is worried about coronavirus' is fully supported by the NHS and has been downloaded more than 400,000 times in over 170 countries. Molly has received a Points of Light award from the Government, and a personal letter from the Prime Minister.

This book aims to open up the conversation about coronavirus and some of the things they might be hearing about it and provide truthful information in a reassuring and child friendly manner.

## About the author

Molly Watts is a children's nurse working in the Paediatric Intensive Care Unit at Southampton Children's Hospital.

## Here's some feedback from parents and children:

- "Thank you Nurse Dotty for showing us what Covid-19 really is, I don't worry about it any more."**
- "Mel has been getting increasingly anxious about her potential to catch the virus. Reading your book really helped, so I wanted to say a big thank you from us."**
- "It has helped cheer me up and alleviate some of my anxiety in these difficult times, and I appreciate you and all of the medical people working hard to keep everyone safe."**

Discover more at: <https://nursedottybooks.com/>





Our thanks to Amazon for donating wellbeing boxes for staff



Dreams Netball Club ran 13,250 miles, raising £6,000



Hanna earned a gold medal in our virtual cycle



Nigel's first triathlon as part of his training to swim around the Isle of Wight in 2021



Chapel House pupils organised a Sleepover for Sam, raising £4,300

Meet our **Southampton Superstars!**

# You're part of our story...

At Southampton Hospitals Charity, we bring people together to raise life-changing funds for University Hospital Southampton – the South Coast's leading healthcare provider.

## How you bring joy to the hospital at Christmas

### What frontline staff say about your support over the festive season

“ Families on the Neonatal Unit who received Christmas gifts and treats funded by the Charity last year were moved to tears. I had one mother saying it made her feel like other people cared about what she was going through and made her Christmas very special.”

Fiona Lawson, Neonatal Matron

“ Donations from the Charity last year offered patient's the opportunity to engage in festive activities such as arts and crafts and allowed them to celebrate Christmas with the Ward staff. Seeing the joy on their faces was priceless and it really helped bring some Christmas spirit to the hospital.”

Liz Booth, Physiotherapist, Medicine for Older People



Support our Christmas 2020 appeal at [southamptonhospitalscharity.org/christmas](https://southamptonhospitalscharity.org/christmas)



Join us this December for a virtual Christmas experience

With so many activities being cancelled, we're going virtual!

From Christmas cookery workshops to wreath making, we are bringing Christmas directly to your home. Our collection of festive videos will help you to get in the Christmas spirit.

Available on our website from December.



## The impact **you** are making

Whilst sometimes it seems that the coronavirus pandemic has taken over our daily lives, we want to thank our donors for their ongoing support of our patients and staff throughout University Hospital Southampton NHS Foundation Trust.

Hear what impact your donations have made from Jenny Swinn, Respiratory Physiotherapist:

**“ Thank you so much to Southampton Hospitals Charity for purchasing these exercise bikes for our Intestinal Failure patients on Ward F11.**

***They will be a great help to patients rehabilitating after major surgery, who often have long intensive care and hospital stays. The bikes will also be used for prehabilitation – helping patients get more fit before complex surgery to reduce risks of complications.***

***Over the past year we have proved how effective exercise on the static bike is for prehabilitation. Having more bikes means more patients can rehab and prehab, and therefore get home quicker. Something which is crucial at this time.*** ”

# Always here for you

**Advanced physiotherapist Liz Booth explains how we're giving older people a brighter, healthier future.**

Imagine you're in your nineties. You live alone without help and recently life has become a struggle. Getting washed and dressed takes most of the morning. Twice a week you try and walk to the shops for food. It's the only time you see another person.

One evening you fall over and can't get up. It's cold and frightening. The police tell you you've been on the floor for three days. Eventually an ambulance takes you to Southampton Hospital, where you're taken to G Level for care.

A patient like this would benefit immensely from therapeutic interventions by our qualified staff. Just one week of inactivity can result in them losing 10-20% of muscle mass.

That's the difference between being independent or becoming dependant, frail and losing quality of life.

Our Medicine for Older People team is made up of physios, occupational therapists and therapy technicians. We strengthen patients, help them improve their balance, give them confidence with their mobility and ability to do tasks around the home. We aim to discharge patients home, happy, hopeful and enjoying their lives, as well as preventing further admissions.

To our patients we say: we have invested in this space and these resources because we are investing in you. We believe you can get better and change your future.

## LEAVE A LEGACY

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

Every gift, no matter how large or small, makes an impact. 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 registration number (1051543) and address (at the back of this newsletter) to your solicitor. They'll do the rest.

# Thank you for your ongoing support of our NHS heroes



At Southampton Hospitals Charity, we bring people together to raise life-changing funds for University Hospital Southampton – the South Coast’s leading healthcare provider.

From specialist services to pioneering research, our incredible supporters enhance care, experience and outcomes for thousands of patients each year. For more information or to make a donation, contact us on:



**023 8120 8881**



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All information is correct at the time of printing. We hope you enjoy hearing from us but if you ever change your mind, please let us know by calling 023 8120 8881.

Charity registration number: 1051543.