



Southampton  
Hospital  
Charity

Charity Registration Number: 1051543

**NHS**

University Hospital  
Southampton  
NHS Foundation Trust

# CHARITY *matters*

Spring 2020

**“** I've created over 500 watercolour paintings of my patient's tumours. I use these to explain to both the children and their parents what surgery needs to be done. **”**

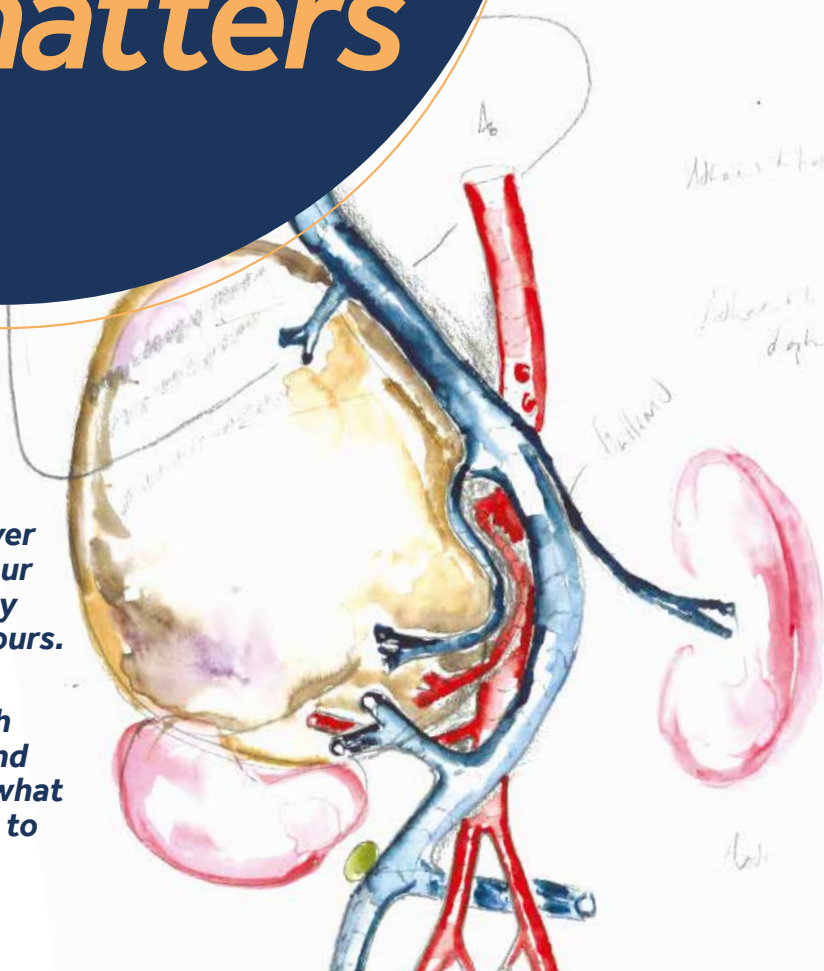
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# Welcome...

Your guest editor: Margaret Fahey,  
ex Intensive Care Nurse and avid fundraiser.

Many worry about their retirement, but in 2016 I began my new chapter with a plan to travel, play table tennis, get the garden and house up together and spend time with family and friends. If I got bored I might get a part-time job or do some volunteering; I'd see what happened!

When I joined University Hospital Southampton (UHS) in 1981 I had no idea where life would take me. I was never an ambitious person but enjoyed a successful career in Intensive Care nursing, Clinical Management and Human Resources.

***UHS wasn't just my place of work for 35 years, it was and still is, my local hospital. So I decided to set myself a challenge.***

I chose to raise money for the Wessex Neurological Centre because several family, friends, colleagues and neighbours have all been treated there. I had also been the Clinical Service Manager for three years in the early '90s.

I, rather nervously, submitted a registration form to the Southampton Hospital Charity (SHC) office in August 2016, and started preparations for walking The Great Wall of China. I had a year to raise my target and get fit and have fun training with friends.



We climbed many steps on The Wall, walked between the water towers, across narrow ridges, along raised paths and trekked through overgrown fields. It was a challenge for sure, but an incredible experience shared by a wonderful group of people, and I was proud to have reached my fundraising target.

Two years later, I was delighted to share another extraordinary experience trekking the Inca Trail which was very challenging and the impact of altitude on the body scary.

The days were much longer than they were in China, however rising at 3.30am to climb the last section to The Sun Gate brought huge rewards as we reached Machu Picchu in full sun. Again, I have a great sense of pride completing these challenges as well as raising vital funds for SHC to enhance care, experience and outcomes for thousands of patients each year.

I would like to thank my family, friends, colleagues and the local businesses who attended a variety of events and made individual donations. Supporting the Charity is extremely rewarding and I would recommend anyone to give it a try.

## WATCH:

**How we will set a whole new standard in caring for older patients** by opening the QR code reader on your mobile phone and holding your device over the pixelated code. Your phone should automatically scan the code, but if necessary press 'Open in Browser'.



# Save children's sight

**Help boost children's vision and make life less stressful for their families.**

Want to help us improve the lives of children with eye problems? Then support our exciting new research project.

You might have heard of 'lazy eye' (amblyopia). It's a condition where children fail to develop full vision in one eye.

"At the moment, children with lazy eye have to come into hospital every six weeks for 90 minute long appointments," says Consultant Ophthalmologist, Dr Jay Self.

"And it's for months, often years."

This is more than just an inconvenience for parents changing schedules to fit in appointments and kids missing vital lessons.

Families have to follow the treatment correctly, or it won't work. "Often these children don't have brilliant vision in their better eye," says Dr Self.

"If our advice isn't followed and treatment doesn't work, the child has to live with one eye that will never see well."



**Just £16 could pay for an hour of research while £300 could pay for a workshop so families can learn how to use the app.**

## Smart solutions

Our experts say everyday technology could help. Dr Self's team are looking into lending parents an iPad with a special app which will allow them to monitor children's sight at home.

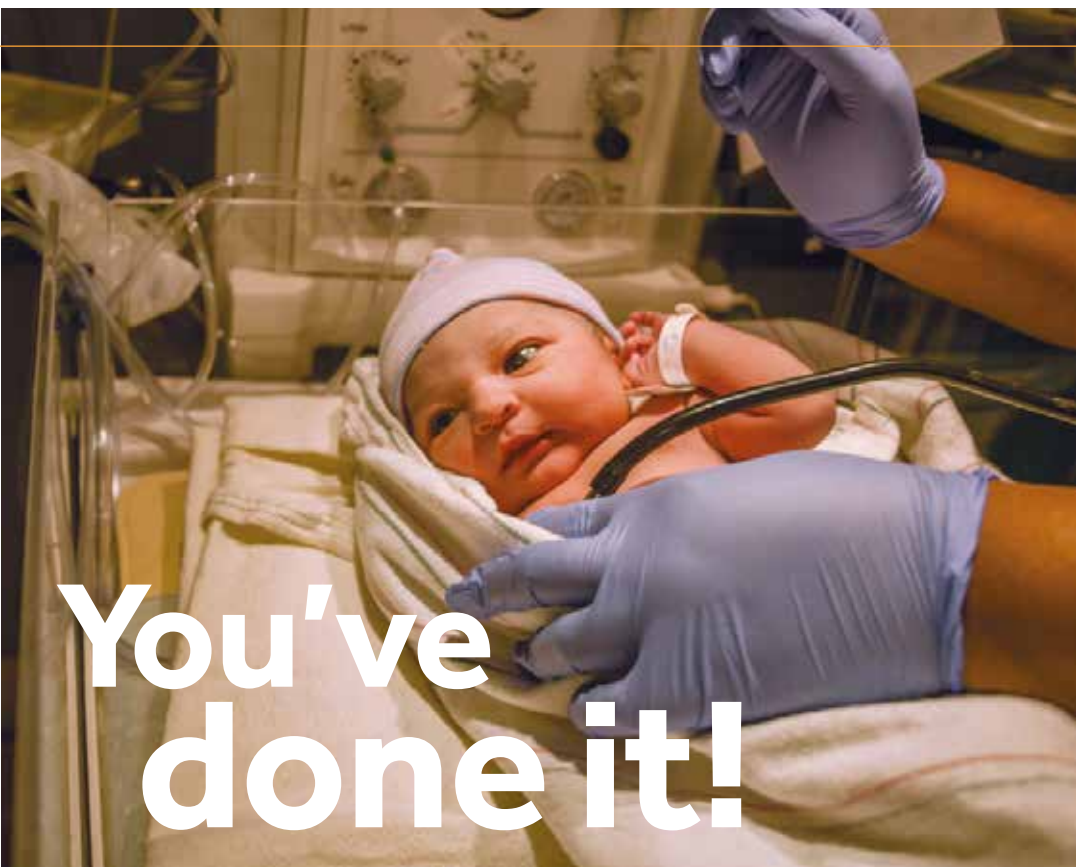
This could be a game-changer. Children will need fewer appointments, while families might be more likely to follow the treatment.

***We're all ready to go, but now we need your support to make this happen. Just £16 could pay for an hour of research while £300 could pay for a workshop so families can learn how to use the app.***

## Make a difference

"The fact that children don't have the vision that they should – bearing in mind all the novel technology and innovations we have in other areas – really upsets me," says Dr Self.

Together, we can make a difference. Donate today at [www.southamptonhospitalcharity.org/eyes](http://www.southamptonhospitalcharity.org/eyes) and help support children's sight.



# You've done it!

**With your support, we've been fundraising for a research project on Hypoxic-ischaemic encephalopathy (HIE) which is a type of brain injury caused by a lack of oxygen getting to a baby's brain around the time of birth. And in September 2019 we announced that we had reached our target and work would begin almost immediately.**

We caught up with Dr Vollmer to find out about the progress so far:

***"We've recruited our first three babies onto the research project, and they have already had their scans."***

The research project will take just over a year as we need to take a scan of the baby's brain before they are discharged from hospital and then see them again at three, six and twelve months to assess their neurodevelopmental progress. These are the developmentally meaningful time-points when specific milestones have to be reached. If they don't

meet these milestones then we need to look at intervention and enhanced support for the child and the family.

In the MRI scans we look at how the blood flow to the brain may have changed after HIE, and how changes in blood flow relates to their neurodevelopment.

We hope this will help us predict long term outcomes more accurately and enhance the care for those who need more support.

**I would also like to thank everyone who donated towards our research project as this really does have the potential to change lives."**

# Legacies are making a difference

**Hear from Consultant Ophthalmologist Jay Self about how legacies are already making a big impact to the University Hospital Southampton Eye Unit.**

"One legacy has enabled us to purchase a handheld device that checks for blindness in children. For those with significant brain injuries, we're being asked by the Neurosurgeons if the child has any sight or whether there is the potential to see again.

***Rather than children needing to spend hours in a room for the test, we can now answer that question on the ward, by the bedside, in just 10 minutes. The difference it makes is huge.***

Another legacy has allowed us to purchase some equipment that does the same thing as when you are at an opticians to test your eyesight. To use eye drops or refraction glasses for babies and children with complex learning needs like autism or wheelchair immobility can be almost impossible and these are the children who could benefit

the most from having a pair of glasses to make their quality of life that much better.

This test can be done from around one metre away, and the child just needs to look at the device temporarily. It's not as accurate as the standard test, but it means that these children can get a pair of glasses, and that really can make a massive difference to them.

Imagine a child with complex needs who can't move around. Diagnosing their vision needs is more important than ever."

***For information about leaving a gift in your Will, please contact Vicky O'Flaherty by emailing [Vicky.O'Flaherty@uhs.nhs.uk](mailto:Vicky.O'Flaherty@uhs.nhs.uk)***



Dr Self from Southampton's Eye Unit

# The art of surgery



**Mr Robert Wheeler is a Paediatric Surgeon at Southampton Children's Hospital. Alongside being an expert in his field, Mr Wheeler also paints a watercolour of every patient's surgical anatomy.**

"I have produced around 500 watercolours for my patients, with the originals being filed or scanned with their surgical notes."

I have a real passion for colour, and am fascinated by the simple strokes, but high impact that comes with the medium."

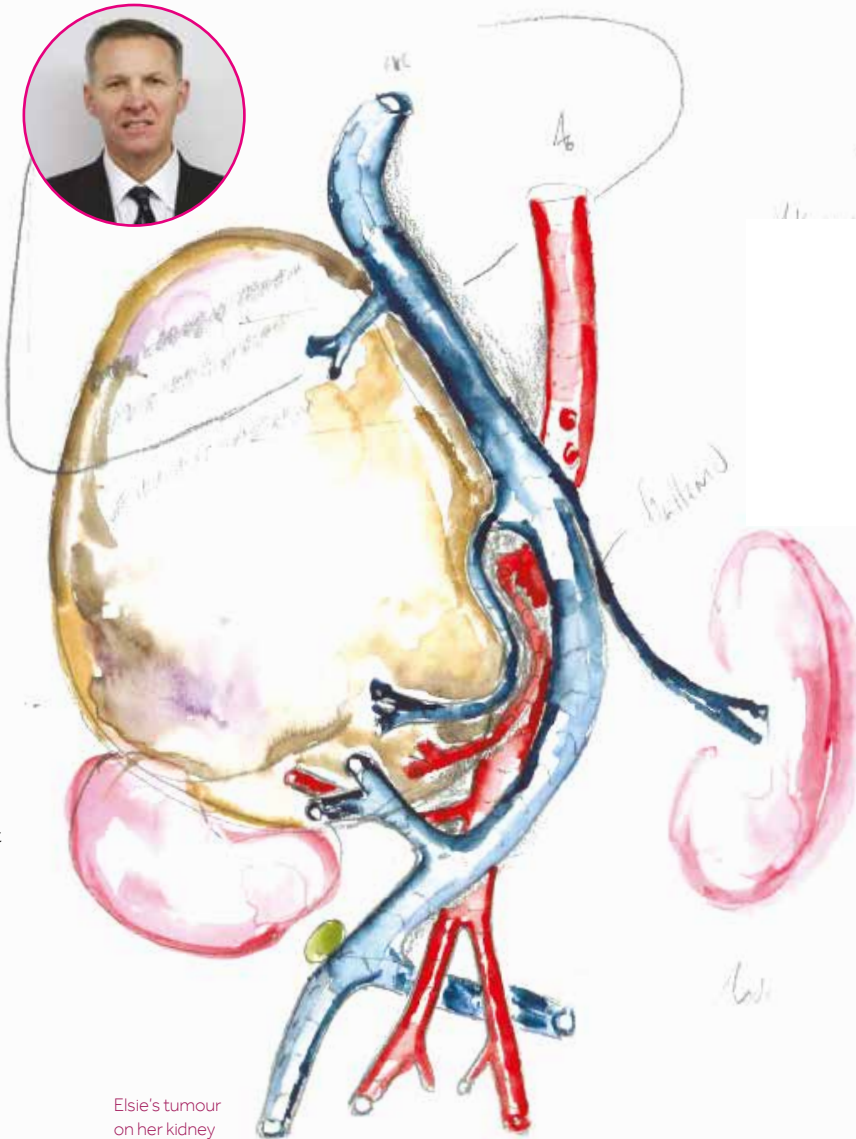
Like other surgeons, I can spend many hours looking at scans and imagery prior to removing tumours. I find drawing the tumours allows me to visualise what I will encounter, and how I am going to approach the surgery."

Over the last 10-15 years, I have increasingly drawn sketches during this planning stage, although I will never colour them until after the surgery."

I share these drawings with parents to help them understand what needs to be done during the surgery. These can help them to see the full extent of their child's disease without the clinical feel of scans. This often prompts more questions which we encourage."

During follow-up outpatient appointments, the paintings are a vital visual aid to help instant and rapid recall as each case and patient is unique."

I am fortunate to be able to merge two of my passions together."



Elsie's tumour on her kidney

## Meet Elsie...

One of Mr Wheeler's patients, Elsie Nicholas, was diagnosed with Wilms cancer in 2019 which is a rare form of kidney cancer. She was just two years old.

After diagnosis, she underwent an eight hour operation at Southampton Children's Hospital to remove her right kidney. Since the operation she has been treated on the Piam Brown children's cancer ward where she was regularly given chemotherapy to stop any more cancer cells from growing.

In October 2019, with the support of her family, Elsie rung the end of treatment bell, meaning that she had gone into remission and was cancer free.

**Wanting to raise vital funds for Piam Brown, Elsie's grandfather Brian, and godfather Lewis abseiled the Spinnaker Tower in support of Southampton Hospital Charity and raised an incredible £5,000.**

"Piam Brown ward have been absolutely amazing from the very first moment Elsie was diagnosed. They have helped the whole family, including her older brother Arthur, in such a positive way. If it wasn't for the unbelievable staff at the hospital, then things would have been so much harder.

We wanted to do a fundraising challenge so that we could give back to the ward, and help give the children a normal life. You can spend weeks or even months on the ward, so it can be really disorientating.

That's why the Charity providing pizza, pamper or film nights for those who can't leave the ward, or trips and experience days for those between treatments, is so important."



# How your donations are making an impact

With your support we are able to make a real impact to staff and patients here at University Hospital Southampton. 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.

If you would like to support Southampton Hospital Charity please visit [www.southamptonhospitalcharity.org](http://www.southamptonhospitalcharity.org) 023 8120 8881.

## Bursledon House teenager hut

£7,000

Bursledon House provides care and treatment for children with chronic health conditions. With the support of Ben Law and family, the new room, which was previously used as a storage area, has been transformed into a new space for teenagers to relax in, and features ambient lighting, Bluetooth speakers, DVDs and games consoles. It is also now used for therapy sessions.



## Intensive care beds

Our General Intensive Care Unit treats the sickest patients, and needs beds which are more adaptable to aid movement for day-to-day activities and rehabilitation.

£43,360

## Transplant games patient success

We sent 13 children to the British Transplant Games in Newport in 2019 and the children did incredibly well, winning 25 medals!

Transplant patients as young as five can compete in more than 25 sports. The games are designed to raise awareness of the need for organ donation, encourage transplant recipients to lead active lifestyles and show appreciation for, and remember, donors and their families.

Southampton Hospital Charity funds the travel and accommodation for the patients who would otherwise not be able to attend the games, as well as any medical staff who need to travel with them. It is a great way to boost morale and for the children to meet others with similar journeys.



£17,000

## Supporting neonates

Our Neonatal Intensive Care Unit is one of the largest neonatal units in the country. With your support we've:

- Refurbished the relative room and parent accommodation - £2,500
- Installed a Labcold freezer - £10,264
- vCreate video service for parents with babies who have been born prematurely and aren't able to be with them - £35,760
- Newborn simulation baby for staff training - £4,900
- Cooling pads for babies deprived of oxygen at birth - £1,044



£54,468

## Specialist chairs for patients

A chair may not be the most essential item you'd think would enhance a patient's hospital experience, but the simple act of holding your loved ones hand or sleeping next to them through the night cannot be underrated.

With your support, we funded the following:

- Specialist chair for the Children's Therapy Team - £2,595
- Reclining chair for the Teenage Young Adult Unit - £2,688
- Patient chairs for the C6 haematology ward - £3,326
- Bedside chairs for the C7 cancer ward - £8,064

£16,673

## Supporting patients through death

When patients die in hospital, we want to give them dignity and respect, and the comfort of knowing that we'll support their grieving loved ones. Donations to our Mortuary team have helped fund concealment covers, so that deceased patients can be transported with dignity. The Bereavement team have also been able to buy cuddle cot pads to give parents precious time with a child who has passed away.

£748

# Help us do incredible things

With your help, we can enhance care, experiences and outcomes for thousands of patients every year. Here's what we're raising money for right now.

## Harnessing the power of machine learning to save lives

**University Hospital Southampton is leading a pioneering research project about how machine learning – a form of artificial intelligence – provides systems the ability to learn and improve from data, and ultimately prevent deaths.**

Machine learning can use every piece of digitally available medical data to give a highly personalised, accurate risk score. It has the power to translate this data into actionable information to aid human judgement to help staff make correct and timely decisions and to decrease the chance of errors.

It eliminates reliance on 'one size fits all' clinical practice, giving recommendations for diagnosis, prognosis and treatment that is personalised to the individual patient. It is a truly unique pilot project which has huge potential to save lives and transform medical practice on an international scale.

To find out more about this project, open the QR code reader on your mobile phone and hold your device over the pixelated code below.

Your phone should automatically scan the code, but if necessary press 'Open in Browser'.



## Together, we can help children feel more comfortable in hospital

**Play and distraction are important, but often underrated, elements in the treatment of poorly children.**

Through play and exploration, the Play Therapists at Southampton Children's Hospital support children and young people to make sense of what is happening in their treatment.

Medical play helps children feel more comfortable with the equipment and reduces the need for painkillers and sedation.

Thanks to your support, we've raised nearly £13,000 of the £35,000 needed to refurbish the playroom on G3 ward.

As charity of the year for Paulton's Park, they are helping us to raise money for a second play retreat on G4 ward, and to date, have raised an incredible £22,021.

## Refurbishing our elderly care wards

**We want to set a whole new standard in caring for older patients. One where we can treat the whole person – not just their illness or injury.**

With your help we can create:

- A place to exercise the body and mind.
- A place to feel safe and sound.
- A place that's close to home.

Since being built in 2016, the Medicine for Older People department has supported over 4,500 frail and vulnerable elderly patients following their admission to hospital for a sudden health crisis.

**The department is now seeing 1,000 more patients annually, and over the next five years admissions are expected to rise by a further 35%.**

Elderly patients could lose 10-20% muscle strength per week of inactivity or bed rest. Such a loss is incredibly difficult for older patients to overcome.

With your support, the Medicine for Older People team can have a specialised, state of the art gym in which they can deliver individualised care.

This will get frail and vulnerable patients home quicker, living independently and safely.

The gym area is just one of a number of areas within the unit which will be upgraded to revolutionise care for elderly patients.

The full Medicine for Older People refurbishment will cost £570,000, and include gym and rehabilitation equipment such as:

- Floor mats - £45
- Fold away steps - £300
- Assessment slope - £388
- Tilt in space chair - £2,550
- Ceiling track hoists - £3,175



# You're part of our story...

Meet our Southampton Superstars!

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



Patient, Amanda Seabrook and family's three peaks challenge



SHC quiz winners the Quizee Rascals



Our Peru trekkers



A visit by Princess Belle

## Christmas 2019

We had an incredible Christmas which was our busiest yet. Thank you to our generous community for donating gifts so patients could open a present on Christmas day, to the choirs that sang to raise spirits, and to our staff who festively decorated their areas. More on this on our website.

## Upcoming events

Every year our Charity and community organises a wide variety of events and here's how you can get involved.

### 26 April ABP Southampton

For the third year running, we are the lead local charity for the ABP Southampton races. Choose your own distance, from a marathon (26.2 miles), half marathon (13.1 miles), 10km or one mile fun run with your kids.



### 20 June Cycle Southampton

This brand new event will bring a festival of cycling to Southampton!

- Ride the **Sportive** at either standard distance (100km) £40 registration fee, short distance (60km) £35 registration fee with a fundraising target £200 per person.



### 17 May Romsey Relay Marathon

The relay marathon gives runners of all abilities the opportunity to take part in a marathon as a team of up to 10 runners collectively run 26 miles and 385 yards! Each runner will run two circuits of 1.3 miles to complete their leg of the course before handing the baton to their teammate.

- Or ride the **Criterion**, a one mile circuit around the city centre. This short, fast-paced event has a variety of race categories such as competing against the clock to get in as many laps as possible! Registration fee £35, fundraising target £200 per person.

### 13 June Indoor Climbing

Teams of 6-8 will complete the challenge of climbing as high as they can in four hours at Calshot Activity Centre. Team registration fee: £115, fundraising target: £150 per person.

### 20 Sept Winchester Half Marathon

Winchester half marathon is a beautiful 13.1 mile run through the centre of Winchester. Registration fee: £20, minimum sponsorship: £150.

Whether you're looking for a fundraising challenge that will push you to the limit or transform the way you see the world, we've got an event to suit you, so get in touch!

Book online at [www.southamptonhospitalcharity.org/charity-events](http://www.southamptonhospitalcharity.org/charity-events) or find out more by scanning the QR code from your mobile phone.





# Children's cancer rehab centre changing lives

**A fundraising campaign set up by a schoolboy before his death from a brain tumour in 2016, just four years after also losing his mum to breast cancer, launched a pioneering rehab service to support other children battling cancer in his memory.**

After school pupil Robbie Keville lost his mum Kate just days before Christmas in 2011, Robbie, then aged six, vowed to become a doctor to help others battling cancer. But in the cruellest twist of fate, less than two years later, Robbie was himself diagnosed with cancer and, after a two-and-a-half year battle, Robbie then passed away in February 2016.

Robbie's Rehab was then launched by the Keville family in June 2017, to provide rehabilitation for children diagnosed with brain and spinal tumours under the care of Southampton Children's Hospital neuro-oncology team.

The rehabilitation is delivered alongside chemotherapy and radiotherapy or as a standalone treatment. However this service is only available to the children whilst they are in hospital. When they are discharged home – and arguably at their most vulnerable – there is no budget within the NHS for their further rehabilitation. It stops.

This is where Robbie's Rehab comes in. Robbie's Rehab treats children after their inpatient rehabilitation ceases on the day they are discharged from hospital.

***As an outpatient and at-home service, Robbie's Rehab ensures that treatment continues and further vital rehabilitation is delivered to the children as they fight to get back to their old selves.***

The service is, like the NHS, entirely free at the point of delivery thanks to the generosity of donors to Robbie's Rehab.

Since it began, Robbie's Rehab has raised over £550,000 for Southampton Hospital Charity through hundreds of events and activities and enhanced the lives of even more children affected by cancer.

If you'd like to find out more about the exceptional team behind Robbie's Rehab, please visit [robbiesrally.com](http://robbiesrally.com) or make a donation via our website.

Meet the rest of the team by visiting our website.

# Meet the team

The Southampton Hospital Charity team helps to provide the extra support our community deserves. Together, we empower our community to change lives.



**Charlie**  
Trusts and Foundations Manager

I'm responsible for raising money from Charitable Trusts and Foundations. I also help to manage our projects and appeals from across the hospital.

The best thing about working for SHC is meeting all the inspirational staff here at UHS. Knowing that I'm helping them and patients is the best bit of my job. No one likes coming to hospital but together we can make it that little bit better.



**Jess**  
Charity Funds Officer

I've been working in the Charity Finance team for two years and love being part of a team that is so dedicated to providing a much valued service to patients and NHS staff alike.

The generosity and passion that comes through each fundraiser and donor astounds me every day.



**Jane**  
Fundraising Assistant

I'm responsible for the Administrative Support for the Fundraising team and help promote our Charity whilst supporting and building relationships with our donors.

The best part about my job is that I get to meet so many people who are as passionate about the Charity as I am, and helping them achieve their goals is hugely rewarding.



**Kelly**  
Events Officer

I love my role here at SHC as it combines my years of experience as an Event Manager with the opportunity to really make a difference to people's lives.

This role lets me help people achieve their fundraising goals and to inspire people to come together to make a difference means that my job is different every day, and is incredibly fulfilling.



# New Charity website!

We are thrilled to announce that we have now launched our new website.

The design has been refreshed to showcase our new look and feel with a redesigned, more streamlined menu.

This is already making it easier for supporters to donate to the various areas within the hospital.

Find out more about our current appeals, how you can get involved, and how we can support you.

Please let us know what you think.



At Southamton Hospital 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**



**charity@uhs.nhs.uk**



**www.southamtonhospitalcharity.org**

## Southampton Hospital Charity

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Southampton Hospital Charity UK



@charity\_shc



charity\_shc

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.