



**Southampton
Hospitals
Charity**

Charity Registration Number: 1051543

NHS

**University Hospital
Southampton**
NHS Foundation Trust

charity matters

Spring 2021

Coronavirus: One Year On

See the
difference
your kindness
has made

Page 4



What's inside? Meet Claire Danson, European triathlete champion **Page 8**
You're making research into brain injuries possible **Page 11**
The NHS has been good to me **Page 12**

Welcome

This month marks one year since staff at University Hospital Southampton treated their first coronavirus patient.

Since then all our lives have changed in ways that we could never have imagined.

But one thing hasn't changed. I still witness the kindness and generosity of our supporters on a daily basis. From maternity services through to the wards that care for our older people, YOU are transforming care for thousands of people across our hospitals.

Thank you for choosing to make a difference with us.

Gratefully,



Beth Hall
Director



You helped light our wards up with smiles at Christmas

On Christmas Day, Southampton Children's Hospital staff were able to deliver a gift or toy to all their patients. And over 60 other wards across the hospital were able to buy presents for their patients and staff members.

"Every single member of the Trauma and Orthopaedics workforce received a selection box and it definitely boosted morale. Please pass on our heartfelt thanks to the donors" – Sue Walker



Your generosity transformed Christmas for staff and patients in hospital on Christmas Day. Thank you.



Donations are funding specialist equipment and transforming care for patients across the hospital.

Extra support for recovering patients - thanks to you

Because of your generosity, patients across the hospital are benefitting from new rehabilitation equipment.

Thanks to your support, during the coronavirus second wave we were able to respond to requests for rehabilitation equipment from our physiotherapists.

Our physios needed extra equipment so that they could restart rehabilitation sessions, while keeping patients safe and socially distanced. The staff also wanted to support the psychological wellbeing of patients who

were feeling isolated by introducing new, fun games into their sessions.

You've helped us fund a range of equipment from handheld weights to engaging games. Patients benefitting include those staying in F11, C6, Medicine for Older People, Cardiac Intensive Care Unit, General Intensive Care Unit and our Acute Stroke Unit.

One Year On: your kindness through the pandemic

Thank you for all of your compassionate support for our staff and patients. Over the past year...



YOU made sure frontline staff had tea, coffee, kettles, microwaves, toasters and fridges

YOU provided iPads and cordless phones to help keep patients and their loved ones connected



YOU looked after the wellbeing of our frontline staff by helping create wellness rooms



YOU provided care packs full of essentials for patients who were unexpectedly in hospital and couldn't receive visitors

YOU helped fund hundreds of wellbeing packs for staff throughout the pandemic, making it easy for them to grab a quick snack during their short breaks



YOU supported the running of our Patient Support Hub, which is looking after vulnerable people in our community - as well as our bereaved families



YOU helped fund Staffline, a helpline run by psychologists that's giving staff support when times are tough



YOU made sure that everyone in the hospital knew that the community appreciated everything that they were doing

...and so much more! Thank you for your kindness!

You're creating an Intensive Care Unit that will make Southampton proud

“The new Unit will be tremendous for recovering patients, with a dedicated rehabilitation area as well as providing a private space for grieving families in the Palliative Care Suite.”
 Sanjay Gupta, Clinical Lead for Intensive Care



“I'm a very lucky lady to have been taken to this amazing hospital with its fantastic team. I call them guardians of our lives. Thank you for raising funds for people like me and my family.”

Patient at University Hospital Southampton

If a medical crisis happens to you or your loved one, you want to know that the best possible care will be available.

That's what your generosity is helping to ensure here, at University Hospital Southampton. By helping us to create specialist rooms, your support is giving our staff the space and facilities to deliver world-class care.

Thanks to your generous support, we've raised £387,000 of the £1 million that's needed to fully kit out the Unit.

Because of you, patients like Cleve, who spent 179 days in Intensive Care, will soon be receiving world-class care in a world-class setting. We are very grateful for your continued, caring support.

179 days in Intensive Care



“Cleve had been a firefighter in the 1970s”, explains his wife, Rose. “His lungs had sustained scarring”.

After a GP referral to University Hospital Southampton in 2018, Cleve was diagnosed with cancer of the oesophagus. He needed vital surgery to remove the tumour.

“He was in surgery an awfully long time and I didn't get to see him until the following day”, Rose says. Cleve told his wife, “I'm dying”, and that was when he took a turn for the worse.

By that afternoon Cleve was in an induced coma and moved to the General Intensive Care Unit. Rose was told to expect the worst.

For the next six months, Rose visited him every day. “I would often just sit there while Cleve was unconscious, talking to him all the time and hoping that somehow, on some level, he could hear me”.

During his time in hospital, Cleve fought sepsis and pneumonia. It was six months before he'd recovered enough to be sent home.

“As you can imagine, it was wonderful when he finally got the all clear to come home again. A lot of his recovery is down to the physiotherapy he got. He's now done away with the walker and is out mowing the grass or repairing the shed”.

The couple explained that physiotherapy was vital to the recovery process.

“We both got so much out of it. It would be awful to think of it not being available to everyone”.



Meet Claire Danson

European triathlete champion

Former patient, Claire Danson, says she owes her life to the team at University Hospital Southampton.

Claire was a European triathlete champion, on the cusp of becoming a professional when her dream was shattered.

It was August 2019, and Claire had gone out on her bike for a training session when there was a collision with a tractor.

She was transferred to University Hospital Southampton by air ambulance but had suffered a catalogue of life-changing injuries.

Claire had broken every bone in her neck, both shoulders and severed her spine. The injuries left her paralysed from the waist down.

"My family were told there was a strong chance I wouldn't survive, but it's thanks to the amazing team in the General Intensive Care Unit at Southampton that I am here. They literally saved my life."

The expert treatment Claire received means that she's once again taking up sporting challenges. Now, she's using her energy and talent to help us raise £1 million to kit out our new General Intensive Care Unit.

Claire's supporting us with the launch of a new, virtual triathlon that anyone can take part in, no matter what your age or fitness level.



It's an honour to come back and meet the team who saved me and support this triathlon that will help enhance the new unit and enable staff to continue their life saving work for patients like me in the future.



This spring compete in a virtual triathlon where you choose how you race.

Whether you choose to be an Olympian competitor or one of our fun heroes, there is a distance and a style for you. Compete on your own or as part of a team and help us to raise the £1million that we need to make your General Intensive Care Unit the best it can be.

This is our inaugural triathlon – be part of our history and play your role in building a General Intensive Care Unit that Southampton can truly be proud of.

Clare Danson, local resident, international athlete, and supporter of Southampton Hospitals Charity, is leading the charge to make this Triathlon our most successful event to date.



Get involved. Sign up today at:
southamptonhospitalscharity.org/race-for-a-million



“ If we bring our patients somewhere that we have invested in, they will know that somebody believes in them. Donors are giving elderly and vulnerable patients their self-worth back. ”

Linda Snook, Occupational Therapist

Your kindness is setting a whole new standard of care



Your caring support could soon be helping your elderly neighbours, friends or loved ones recover from a hospital stay.

Thanks to your donations, we are very close to reaching the £90,000 needed to support the next phase of renovation of our Medicine for Older People department.

Your generosity means that, once the pandemic is under control, building work can begin on a world-class gym designed to help vulnerable, older patients regain their independence.

Lack of space has been the primary concern for therapists using the gym to rehabilitate our older patients. Now, thanks to you, the

new gym will go beyond anything that the NHS could hope to fund.

Not only will staff have the space that they need – which is now even more important because of the pandemic – but the area will be decorated to feel comfortable and uplifting.

The gym will be kitted out with specialist equipment and include areas that resemble home so that therapists can make sure that their patients can manage on their own after they've been discharged.

You're making vital research into brain injuries possible

If your brain doesn't receive enough oxygen around the time of birth, it can cause you to have a brain injury.

Some babies recover. Others go on to develop life-long medical conditions like cerebral palsy or learning difficulties, which are often only diagnosed once the child reaches school age.

As you can imagine, parents want to know as early as possible what will happen in the long-term to their child. However, it's a question that doctors often can't answer.

Thanks to your donations, a research project is now taking place that aims to give doctors the information they need in order to provide these answers.

Dr Vollmer and her team have been able to modify an MRI to allow them to more accurately measure the amount of blood flow in a baby's brain.

“When lockdown started in March 2020, non-COVID studies were suspended. Our research nurses were redeployed to help with the pandemic”, Dr Vollmer explains.

“We were able to re-open the study in July and, although we lost a few months, we're now back on track and hope to have some results in the summer.

Families already taking part are attending our follow-up clinics and we're able to collect the data we need to answer the questions we are asking in this study. We aim to recruit the final patients to the study this spring”.



£35 pays for one hour of life-changing, pioneering research.

The NHS has been good to me

Tina has dedicated her life to working for the NHS. Now she's decided to leave a gift in her Will to Southampton Hospitals Charity.

This is her story...

I've worked for University Hospital Southampton since 1974. I hadn't known what to do when I left school and saw an advert saying we need you from the NHS.

I was born in Southampton and started my career here. After a couple of years in Maidstone doing my nursing training, I came back to Southampton to study Midwifery, around the time that Princess Anne Hospital was opening.

I lived in the Old Nurses Home back then, when the old hospital with the long corridor was still up and running.

Some of my fondest memories are of working on the Labour Ward. It was the comradery we had. When it was a busy night you knew we all had to pull together to make it work for the patients, and to look after our colleagues as well.

I became the Acting Matron for Postnatal Services, but then I got arthritis. I could see the writing on the wall in terms of retirement, and I thought I'd better do a degree so that I've got another string to my bow.



I did that alongside my job, and it worked out well. When my arthritis became bad, I was able to go into governance for Princess Anne Hospital. Eventually, I became an HR Adviser, and that's where I currently am.

I've been very lucky. I've been employed by the hospital, and I've been a patient at the hospital.

That's what's prompted me to think about giving something back to the NHS: because it's been good to me.

Southampton Hospitals Charity really is an important charity to consider leaving a gift to in your Will because the hospital serves a very vast population and it serves them very well.

We, in Southampton, are very lucky to have a hospital that has all the facilities that we may need in our hour of need so that we don't have to travel anywhere.

Writing a Will is easy to do and even a small amount of money can make a huge difference in terms of what the hospital can provide.

It's items that will benefit both staff and patients: for the patient because it helps their speed of progress through the treatment and for staff because it helps them to provide that treatment.



I've been very lucky. I've been employed by the hospital, and I've been a patient at the hospital. That's what's prompted me to think about giving something back to the NHS: because it's been good to me.

I wanted to make sure that some of my money – however big or small it might be – goes to the Departments that I've benefitted from.

Because you are able to specify where you want the money to go, you can be assured that the money will be spent wisely, in the way that you'd wish for it to be spent.

All of us at some point in our lives will have contact with the NHS. It's important that the money that we do have is shared, and that we try to make things better for the next person coming along.

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

To find out more about leaving a gift in your Will, contact Vicky at vicky.o'flaherty@uhs.nhs.uk or on 023 8120 8881.

Equipment you've funded proves effective

When Natasha and Lance suddenly lost their five-month-old daughter, Lahna Tula, to a viral condition that led to heart failure, they were determined to ensure a lasting legacy for her.

For the past twelve years, Lahna's family have taken on physical challenges, hosted fundraising events and organised collections, raising over £100,000 to fund specialist equipment that is now helping other families.

Among their achievements is the purchase of a handheld RETeval ERG system, a device that measures what the brain and eye can see.

Instead of patients waiting to be seen in the lab to have brain waves monitored, the Eye Unit team can now run tests in the Unit or even in the wards.

After purchasing the device – the only one in the hospital – the Eye Unit team undertook rigorous research to assess whether it is accurate and effective.

Now, Dr Jay Self has published a research paper which he hopes will help other departments that could benefit from buying this equipment.

"We're really pleased that donations in memory of our daughter Lahna are helping children going through a difficult time and will continue to make a difference for years to come. Thank you to everyone who helped make this lasting legacy possible" – Natasha and Lance



5 minutes with Dr Jay Self

What can you tell us about this new piece of kit?

We get asked to test if babies have been born blind; to look for signs of brain tumours; to examine children who may have a brain injury, to give a few examples. These are all serious situations where we need to know what is happening inside the brain.

When we need to know how much the brain is seeing or how the eyes are responding to light, we normally run tests in a lab. It involves putting electrodes over the patient's head and around two hours of analysis.

Lahna's Appeal funded a handheld RETeval ERG system. It's a small, portable device that can give the same result in ten minutes.

Why did you need to research the equipment?

This was a new, pioneering piece of kit, and we needed to be sure of its accuracy. We compared results taken by the handheld device to those taken by our lab equipment, and the results proved that this handheld system is accurate, sensitive and specific.

We published the results of our research because our lab is the only one for our hospital and for the region. There is so much potential for this equipment to reduce waiting times and anxiety for patients.

What's next?

We want to do an even bigger study to find out whether we can use this device to screen children who would not normally be tested for eye conditions, but who may benefit from receiving a test.



You're part of our story...

During the first wave of the pandemic, eight-year-old Jennifer decided that she wanted to fundraise to help the NHS.

Since then, Jennifer has designed and sold cotton tote bags, made posters, and created a wishing well out of a paddling pool and Lego models.

Jennifer, we've heard that your neighbours love your fundraising and it's become a focus for the whole community. We're so proud of you!

YOU'RE A SUPERSTAR!



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



charity@uhs.nhs.uk



southamptonhospitalscharity.org

Southampton Hospitals Charity

Mailpoint 135, Southampton General Hospital, Tremona Road, Southampton, SO16 6YD.



Southampton Hospitals 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.