



**Southampton
Hospitals
Charity**

Charity Registration Number: 1051543



**University Hospital
Southampton**
NHS Foundation Trust

charity matters

Winter 2021

Give our
patients and
NHS heroes
a magical
Christmas

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Welcome

It's been a year and a half since the World Health Organisation officially declared a pandemic, and to say our staff are exhausted is an understatement.

Whilst we continue to support them with help from our community, we're always very mindful that our patients and their families are also in need of the support we offer.

There is still trauma and mental wellbeing to be addressed for both our staff and patients and I hope you'll see the difference we're committed to make within the pages of this Winter edition of Charity Matters.

Gratefully,



Beth Hall
Director

Nothing we do is possible without you. Thank you for your continued, caring support.



Specialist ambulances revving to go

New and modernised ambulances will help deliver enhanced care for babies and children needing emergency treatment at University Hospital Southampton and Oxford University Hospitals.

They will act as a mobile intensive care unit for babies and children of all ages, and transport more than 1,000 patients a year from local hospitals to our specialised centres.



Our partnership with NHS Charities Together

We're enormously grateful to NHS Charities Together (NHSCT) for their ongoing support of hospital charities.

As one of the largest NHS charities, Southampton Hospitals Charity are leading on the grant applications for six NHS Charities in our region, focusing on prevention, intervention and recovery from the effects of COVID-19 for the most vulnerable patients.

Here are some of our current projects:

Supporting patients with COPD

Chronic obstructive pulmonary disease (COPD) refers to lung conditions that cause breathing difficulties. Many of our COPD patients had to shield in 2020-21.

The knock-on effect has been a widespread fall in physical fitness and often weight gain, combined with loss of confidence and motivation.

During the pandemic, our staff supported patients rehabilitation and care remotely using a combination of telephone contact, virtual clinics and video classes. However, some patients were not able to engage in these classes due to a lack of access/ability to use IT equipment. Working with Age UK Southampton, this grant will overcome this.

End of life bereavement volunteering support programme

The COVID-19 pandemic disrupted already stretched end-of-life care and bereavement support services across the country.

The impact of visiting restrictions, isolation, and shielding on dying patients and bereaved families will be felt for many years.

This project will see volunteers providing specialist bereavement and end-of-life care to patients, and their loved ones. It will provide care in a hospital setting, or in a patient's home, and will bring together local palliative care and bereavement organisations to create a coordinated bereavement pathway.

Medicine for Older People activity coordinator

Everyone deserves the best care as they age. This project will fund a physical activity coordinator in our Medicine for Older People department, one thought to be unique and novel within the NHS.

This role will focus on creating activities, connecting patients with local community organisations and with nutritionists.

COVID-19 has seen an increasing number of elderly patients becoming deconditioned and therefore at risk of further hospital admissions. This project will look to combat this trend.

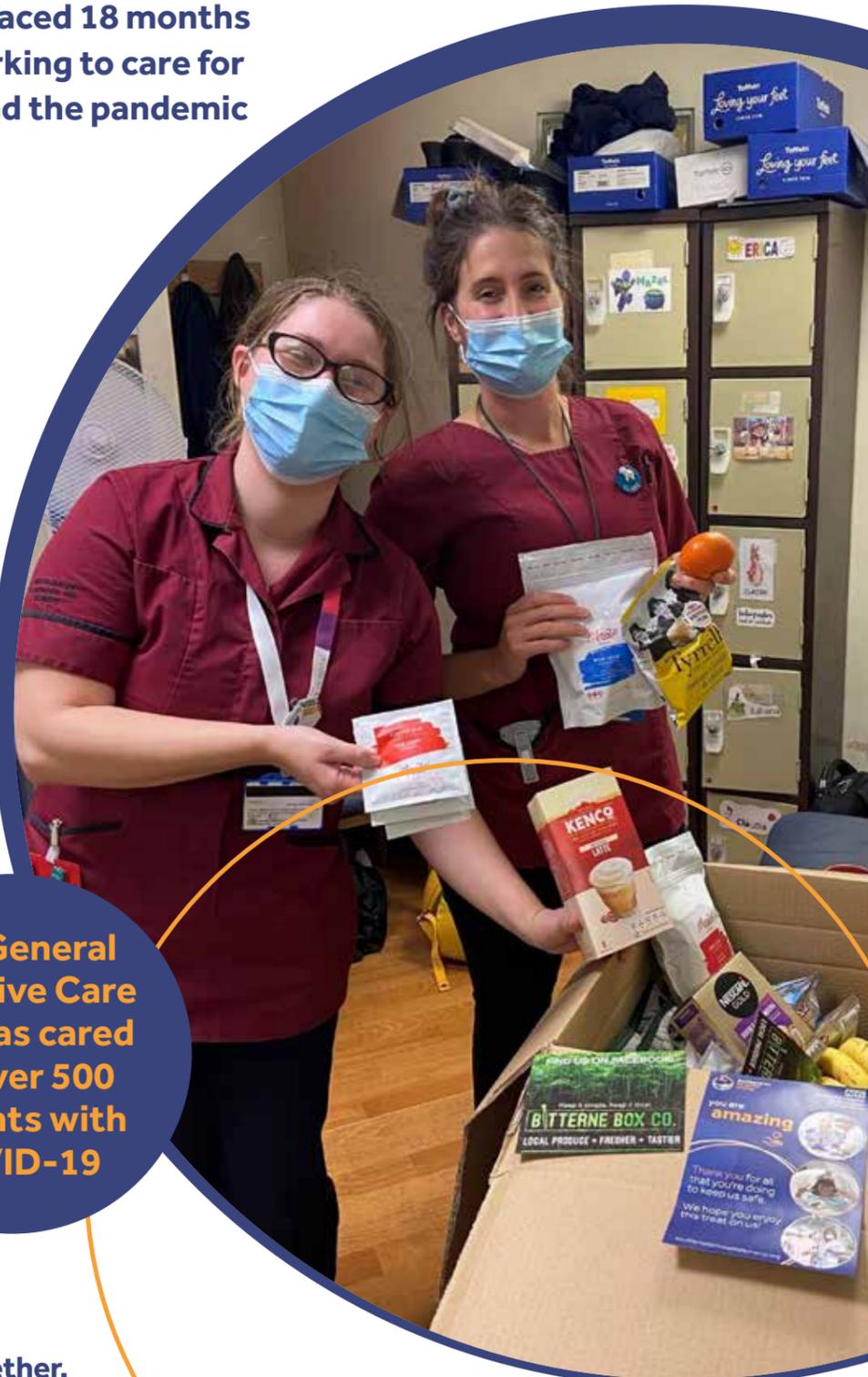
Coronavirus: 18 months on

Our NHS workers have faced 18 months of intense pressure, working to care for and protect patients, and the pandemic is not over yet.

We conducted a staff survey to find out what our staff needed on the frontline to help them, to ensure we were spending your donations on items the staff would benefit most from.

- 87% of staff said that the wellbeing packs improved the mood of the team
- 89% of staff found the Staffline psychological support helpful
- 84% of staff said the Thank You mailing gave them a morale boost

Our General Intensive Care Unit has cared for over 500 patients with COVID-19



Looking after the wellbeing of our staff

Throughout 2020-21 we funded thousands of boost boxes across all our hospital sites. In September, the Trust requested extra boost boxes to boost the morale of staff dealing with sudden increased pressures on their services.

With thanks to Bitterne Box Company, we managed to hand deliver 100 boxes around our sites containing a range of drinks, biscuits and fruit.

Focusing on mental health

In September we held a virtual event focussing on the mental health of our patients and staff. Supporters heard how the Charity supported staff wellbeing at UHS throughout the COVID-19 pandemic and how we plan to continue this support into the future.

UHS staff members also shared details about a number of mental health focused projects the Charity are supporting across the Trust, including:

- Psychological support for cancer patients
- Child psychology team support for patients
- The Staffline support service for staff



Here are our **top tips** for maintaining mental health during the pandemic:

1. Take time to prioritise yourself.
2. Spend time in nature or just being outside.
3. Build in regular exercise. This could be going to the gym or a short walk.
4. Keep connections open with loved ones, even if you can't meet physically.
5. Do what makes you feel good. This could be singing in your car or spending time with pets.

We also recommend downloading **'How to stay calm in a global pandemic'** by Dr Emma Hepburn.

General **Update** Intensive Care Unit Appeal

“We have been challenged like never before. However, I’m also proud to say my colleagues – including our incredible nurses, doctors and consultants – have gone above and beyond every day to meet whatever was thrown at them.

Right now we urgently need to furnish and equip a new unit for our staff – one that will give the team room to be everything they can be and provide an even better all-round service for our patients. A unit that will completely revolutionise the standard of intensive care for everyone in Southampton.”

**- Zoe van Willigen, Clinical Lead
Physiotherapist, University
Hospital Southampton**

Thanks to your generous support, we’re nearly halfway towards our £1 million appeal to equip our new GICU to make it truly world-class.



Here’s how Charity support will transform the unit...

Rehabilitation Zone

The rehabilitation space will contain a variety of equipment to enable patients to regain some of their physical movement.

There is opportunity to bring the outdoors in and have some soft garden features. This is so important for a patient’s mental wellbeing.

Palliative Care Suite

For patients needing end-of-life care, this space will give them the dignity of a more natural environment. Many ask to see the sky or trees in their final days, and this could give them that precious opportunity.

Technology will allow patients and their families to customise the space with familiar photos and videos of special memories. And ample furnishing and seating will mean loved ones will be able to stay as close by as possible.

Relative’s Quiet Space

In the new build, these rooms will be located within the department. Families often express a desire to have a homely, quiet space where they can have private and difficult conversations with clinical staff and friends/other family members.

**Support our intensive care unit today:
southamptonhospitalscharity.org/gicu**

Rehabilitation for our elderly patients

Our Medicine for Older People department supports frail and vulnerable elderly patients following their admission to hospital with a sudden health crisis.



“We know that an admission to this department is make or break for some patients. It can define the last stage of their life.”

“One of the lasting effects of COVID-19 is the residual weakness that many elderly patients have been left with, both physically and psychologically.

With Charity support, the construction of a fit for purpose, modern gym will allow us to offer that initial rehabilitation and improve function of those patients who do not need a prolonged stay, just some initial support to get them home.” Steve Hicks, Matron

“A therapy session could feel a bit like a nice treatment session. It’s light relief from a very busy ward. If patients enjoy it, they will want to come back for more and that is how we engage with them.” Rachael Leyland, Occupational Therapist

A stay of more than three days can convert an independent frail person to a dependent one, a week long stay could see an elderly patient lose 20% of their muscle strength.



Weighted toy cat provides therapy for patients

“Growing up with pets can be a big part of someone’s life,” says G7 Ward Manager, Dave Brett.

“On one occasion, a patient came onto our ward with a weighted toy cat, and we quickly saw the calming effect it had on her.

Through Southampton Hospitals Charity we’ve been able to purchase our own weighted cat. We had one patient who really took to it and felt that it was hers to protect and care for. It was lovely for her to have something to focus on whilst in hospital and to remind her of her old pets.

What is clear to us on the ward is that it adds comfort and fun to our patient’s lives. It is a great addition and we are very grateful for the support from the Charity.”



Here's some of the ways we've been **supporting** our patients...



Books helping bereaved families in the emergency department

Our emergency departments are fast paced. It is where the sickest patients go for emergency treatment.

Sadly not all patients survive their injuries.

The Charity has funded a range of books dealing with death to help children understand what is going on. The books are useful for the whole family. It is something that the bereaved children are able to read themselves at home, but it can also be a useful tool to teach parents how to talk to children about death.



Therapy box helping cancer patients

Our oncology unit is one of 12 UK regional cancer centres. Clara Chamberlain, Advanced Occupational Therapist, explains:

"Through funding from Southampton Hospitals Charity, we have developed an upper limb activity box to be used with our patients, mainly those experiencing decreased dexterity or decreased grip strength as a side effect from their cancer or cancer treatment.



The aim is to promote and enable use of the patient's upper limbs and to help the patient achieve some independence with personal care tasks, eating meals, while enjoying a leisure activity on the ward."

Stones bring comfort to hospitals staff

Having worked tirelessly since the start of the pandemic, the toll on our staff has been relentless, both physically and emotionally.

Throughout this time the Chaplaincy team have been providing spiritual and emotional support to staff.



Recently, the team have been giving out special stones to bring comfort to staff.

Imam Mohammed Sirajul Islam, Acting Chaplaincy Manager, explains: "We bought some inspiration stones to give staff something tangible to hold during reflective sessions, or to take away with them to reflect upon at a later time. We used over 100 in the first week!"

Care in life and death for Southampton patients

At University Hospital Southampton we run an Atypical Parkinsonian Syndrome (APS) clinic for patients who have rare terminal neurological diseases, affecting around five in every 100,000 people.

Dr Boyd Ghosh, Neurology Consultant says: "Through Charity support we've been able to build up an equipment library. This means that we can lend items such as walking frames and anti-tremor spoons, to see if it is of benefit for them. Then the patients can purchase the items, knowing it will help them in their daily life.

As well as certainty for the diagnosis, our patients want to be able to help us in our research, and many of them choose to leave parts of their body to science.

Unfortunately our patients can become dependent pretty quickly, and sadly there is no cure for APS.

Doing research has been crucial in understanding more about this disease, and the Charity has helped us to extend our service this way."

Discover more about the difference you are making at southamptonhospitalscharity.org/news

Will you fill our wards with Christmas magic?

We want every one of our NHS heroes, and all of the patients they treat, to enjoy a magical festive season – and you can help make it happen!

We all love spending this time of year at home with our families. But when being in hospital means it's not possible, it can still be a time full of joy.

Right here on our wards, we're planning a transformation – with walls decked head to toe in glittering decorations, and rooms bursting with laughter and warmth.

It can only happen with your support.

Your donation would mean so much more than a gift. It'd mean joy at the end of a year like no other. Connection at a time when people can't be at home with their families. And a little bit of festive magic, just when they need it most.



£10

Could buy a fun game to make a child smile on Christmas Day.



£25

Could buy a pampering kit with slippers and shower gel for one of our older patients.



£40

Could buy a hamper of festive goodies for one of our dedicated teams to share.



make

Christmas magical

Donate online:

southamptonhospitalscharity.org/Christmas



Events are back!

We are delighted that 150 Southamptom Hospitals Charity supporters ran the ABP Southamptom Marathon 2021.

From Ramzi running for his daughter, to the eye unit team running in memory of their colleagues, Matt doing his first ever marathon and Annie the oldest person to run the half marathon, you, our incredible supporters were out in force, getting back to normal life, enjoying the atmosphere and raising over £20,000.

The sun came out to surprise us at our first real live event in eighteen months and it did not disappoint. Hundreds of runners and their families filled the Race Village and we were delighted to be able to speak to some of our supporters in person again.

Over the last few months, it is great to see so many of you enjoying sporting events again, doing the things you love and raising money for your hospital.

Why run...

In October, Mike Langfeld ran the Winchester 10k to thank the NHS for the care given to his daughter Annie. Weighing only 4.5 pounds, straight from birth there were complications as little Annie arrived anaemic, needing an emergency blood transfusion and ventilator to help her breathe.

It was identified that Annie had a rare mitochondrial syndrome called Pearsons syndrome. On 23 October 2020, just one week after her second birthday, Annie died in her mum's arms, surrounded by her family.

Mike comments, "Looking back, we realised that Annie had spent a third of her life in hospital. I can't thank the nurses and doctors enough for the love they showed us with Annie for many of these stays, especially the last one."



As I reach 10 years cancer free, I am celebrating life and raising money to support Southamptom Hospitals Charity.

Trevor's tough mudder



Annie Langfeld



Malcolm's London to Brighton

Ben Thomas

Ben Thomas ran the Virgin London Marathon in support of his NHS colleagues in Southampton. He shares his story:

"I'm the Clinical Lead Consultant caring for patients in the Neuro intensive care unit. Our Neuro ICU provides specialised intensive care for adults and some teenagers who have a severe illness or injury affecting their brain, spinal cord or nerves.

Every patient is different, and on Neuro ICU we see around 600 patients every year.

Since taking up running in 2013, I've completed the Big 6 World Marathon challenge: London, Berlin, New York, Chicago, Tokyo and Boston. Running the London marathon means that I finish the journey where I started, and allows me to raise funds for a brilliant intensive care unit that is very close to my heart!"



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:



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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.

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