



**Southampton  
Hospitals  
Charity**



**University Hospital  
Southampton**  
NHS Foundation Trust

# charity matters

**Autumn 2022**

Spotlight  
on our  
Priority  
Appeal

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# Welcome

I wanted to write to introduce myself, I'm David and have just joined Southampton Hospitals Charity. I work in the fundraising team and ensure that all our fantastic supporters like yourselves, are kept up to date with the latest news from across the hospital and also know what impact your donations continue to make.

When I joined the team, I was amazed to learn how many projects Southampton Hospitals Charity supports across the six hospital sites. Having previously worked at another local hospital through the pandemic, I understand the vital role hospital charities play in providing enhanced services and equipment for patients, their relatives and staff. It's great to see the range of projects being funded – which of course is only possible because of the donations you, our wonderful supporters give!



In this edition of Charity Matters, you can read about some of these charitable projects. They include an update from our Medicine for Older People Department, our General Intensive Care Unit and research project appeals, amongst others. You can also read about some events you might like to take part in to support the hospital. Finally, however you support the Charity, I want to say a sincere and heartfelt thank you from everyone in the hospitals charity team.

With many thanks,

A handwritten signature in white ink that reads "David".

**David James**  
Individual Giving Officer

## Paediatric Intensive Care Staffroom Refurbishment

"Around 200 staff work in the Paediatric Intensive Care Unit (PICU), and it is exactly that. Intense. It is crucial for our staff wellbeing to have this dedicated space to take their breaks," says Dr Kim Sykes, Paediatric ICU Consultant.

PICU has been refurbished via funding from University Hospital Southampton as well as the Airey and Ellis families through Southampton Hospitals Charity. The families were grateful for the care their children received on the unit, with the staff often going above and beyond, that they decided to help fund its refurbishment.

The new staffroom has expanded in size, and features items such as microwaves, dining chairs and tables, plus a TV.



## Would you consider supporting future generations with a gift in your Will?

**As Chief Medical Officer and Consultant Neurosurgeon at University Hospital Southampton, I regularly see the wonderful difference gifts in Wills make to patients' lives.**

From world-class care and medical equipment to pioneering research and innovation, gifts people have left in their Wills to Southampton Hospitals Charity can, and does, help us continue to enhance the care and treatment of our patients and staff.

Gifts in Wills have always been a crucial part of University Hospital Southampton. The very hospital itself was partially funded in the early 20th century with a gift in a Will left by local Southampton pharmacist Robert Chipperfield. Like today, this gift in a Will helped Southampton Hospital become a leading public hospital at a time when public healthcare was still in its infancy.

Today the hospital leads the way in healthcare, and we continue to have an inspiring vision for the future. We are a teaching hospital that funds research and attracts the best staff, which allows us to deliver the best possible care and treatments for our patients.

As the UK population grows and more of us are living longer, an increasing number of people will need the services of University Hospital Southampton in the future. We need to be able to plan ahead for new facilities, equipment and research. And that is why a gift in your Will is so important to University Hospital Southampton.

Today, around a third of the donations Southampton Hospitals Charity receives is thanks to gifts in Wills. Quite simply, without this type of support, our hospital teams wouldn't be able to help as many people as they do. Gifts in Wills enable the hospital to go beyond core NHS services to fund ground-breaking facilities, equipment and research, and to improve the experience of patients.



Through gifts in Wills, we have been able to fund research into the development of personal respirator hoods that kept our staff safe during the Covid-19 pandemic as well as the refurbishment of the new state of the art General Intensive Care Unit. They are part of what make University Hospital Southampton so special. In order to carry on making a life-changing difference, we need to know that we can rely on this invaluable source of funding.

As the Chief Medical Officer at the University Hospital Southampton, I urge you to consider leaving a legacy of hope for the future, with a gift in your Will that could go on to fund transformational developments in healthcare.

**If the time is ever right for you to remember a charity in your Will, please remember Southampton Hospitals Charity.**



A handwritten signature in black ink.

**Paul Grundy**  
Chief Medical Officer  
UHS

# Priority Appeal

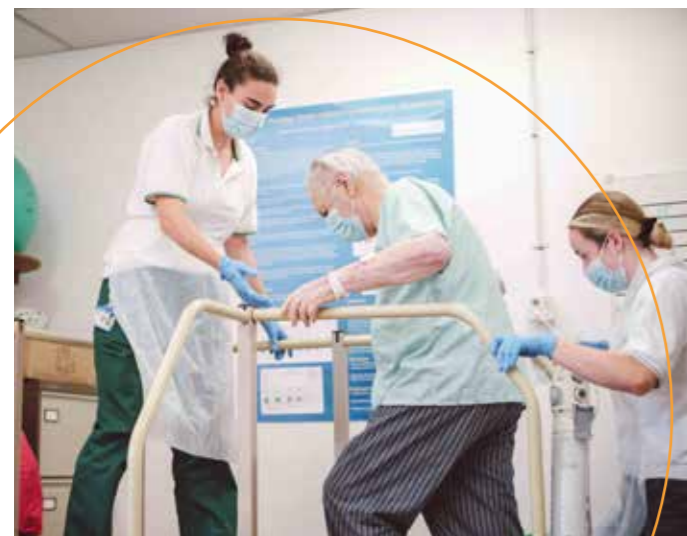
**Our Priority Appeal enables us to support any area of the hospital that is most in need.**

When elderly patients need equipment in our gym, when young patients need art supplies for distraction or to aid recovery, or when cancer patients need extra equipment to help with their treatment, we'll be there.

## Elderly Care

Elderly patients can lose 10-20% muscle strength per week when they're inactive, so encouraging them to get appropriate, managed exercise on the wards is essential if they are to make a full recovery. University Hospital Southampton is setting new standards in this field, helping elderly patients regain the strength and confidence they need to return home to a fully independent life.

As part of this pioneering work, we supported the hospital to build a brand-new gym that opened in January 2022. Now we would like to fill it with plasma screens and WiiFit technology that will encourage our patients to engage in the activities taking place on screen as well as providing adapted exercise equipment and a private space for assessments.



**Thank you for your kind support**

## The World of Children's Care

From arranging days out for sick children so they can create memories with their family, to funding early years education for young patients aged 3-5 years old, we do everything we can to make sure Southampton's Children's Hospital wards are among the best in the country.

**And your donation today could help us do so much more.**

Giving children access to play during a hospital stay can help them communicate any feelings or worries they might have and get them feeling more comfortable around medical equipment. Your support today could help fund interactive gaming carts, iPads, craft kits, toys and noise defenders.

## Cancer Care

The donations we receive have a huge impact on the lives of people treated on our cancer wards, as we do everything we can to provide the best possible treatment and care.

**Recently that has included funding an Accuvein vein finder. This vital piece of equipment eases unnecessary discomfort for patients whose veins have become hard and shrink away from the skin, as a result of chemotherapy by helping nurses find the right vein at the first attempt.**

We've also refurbished a quiet room to give patients a peaceful place to reflect, away from the noise of the ward.

But with more people being diagnosed every day, your donations are so important.

**Jeneen Thomsen, Head of Charitable Giving, Southampton Hospitals Charity, says:**

"Your support to our priority fund will allow us to help transform and improve areas most in need at University Hospital Southampton and ensure that we focus on the wellbeing of our hospital staff when they need it most. Hospitals have had to react quickly to ever evolving situations over the past few years and it's only through donations to our priority fund that we can ensure we continue to have the flexibility to support our staff and patients where the need is greatest."



## Ebony's Story

**I always knew that we would celebrate Ebony's first birthday by asking for donations to Southampton Hospitals Charity.**

At just five days old, baby Ebony had to undergo intensive, life-saving surgery. She had been born with a congenital diaphragmatic hernia (CDH), a rare condition in which the diaphragm doesn't form properly. "It was such a worrying time for us," remembers Ebony's mum, Amy.

But Ebony couldn't have been in better hands. "All the staff on the Southampton neonatal intensive care unit were just amazing," says Amy. "They have a big thing about family-centred care, and you can really tell that."

Today Ebony is a happy, healthy baby and a thankful Amy decided to mark her first birthday by asking for donations to Southampton Hospitals Charity. It's her way of saying thank you – and making sure we can be there for other families like hers.



**Please donate to our Priority Appeal today by visiting:**  
[southamptonhospitalscharity.org/priority](https://southamptonhospitalscharity.org/priority)

# Research Projects

## Neonatal Intensive Care



**This ground-breaking project asks two simple questions - What are the burdens on the families of sick babies transferred for neonatal care, and how can these families be supported?**

Each year, hundreds of new-born infants unexpectedly require specialist care which cannot be given by the hospital in which they are born. The neonatal intensive care at our Princess Anne Hospital provides the level of care for babies with the highest need for support.

Babies may have been born prematurely, may have difficulty breathing or may need emergency surgery.

About 300 babies are transferred to us from across the Wessex region each year. This can

be traumatic and stressful for mothers and families, as they can be separated from their baby shortly after birth.

Once they are reunited, they watch their child receiving intensive care involving incubators and see their child being attached to wires and complicated machinery. This can make parents feel detached from their babies.

**This project will help clinical staff have a better understanding of parents' experiences and concerns.**

### Cancer Patients - "Support My Way"

It is widely accepted that the support needs of patients with cancer do not disappear once treatment ends, and that these are often magnified following treatment resulting in increased stress and worry. After treatment, patients often spend time reflecting on the enormity of the cancer experience whilst also managing a host of physical and psychosocial effects of treatment.

For one group of patients, those completing treatment as they transition into adulthood, life after treatment can be particularly challenging; not only has the diagnosis interrupted a critical and complex time in their life, but they are potentially living with the debilitating effects of cancer for a significant part of their life.

**Teenagers and young adults often describe feeling ill-equipped for life beyond treatment and experience fear and uncertainty when the "safety bubble" of treatment and regular contact with health care professionals ends, and they are often left with questions about how their long-term health will be affected.**

This research project will work with young people to identify the key areas where support is needed.

### Improving understanding of the impact of Neonatal Brain Injury on families

Hypoxic Ischemic Encephalopathy (HIE) is a serious birth complication which affects 1 in 1,000 babies in the UK each year. Lack of oxygen and/or blood flow to a baby's brain can lead to HIE. Brain injury can vary from mild to fatal and affects areas of the brain that are vital for motor coordination, learning, and memory function.



**Parent and baby in our Neonatal Unit**

HIE typically occurs after normal pregnancy, with parents suddenly experiencing a traumatic birth and their baby needing neonatal intensive care. Therapeutic hypothermia, a cooling treatment, is used to potentially reduce risk of death and severe complications. Long-term outcomes remain difficult to predict. Experience shows parents face significant psychological distress, uncertainty and bonding issues with their baby.

However, the impact of neonatal brain injury on families is not widely understood. The charity-funded research team will focus the study over two years to build a thorough understanding of the challenges and perceptions of parents.

# Banksy's **Update** Game Changer

**Proceeds from the auction of Banksy's Game Changer, gifted to Southampton Hospitals Charity in 2021, are being used specifically to support the wellbeing of University Hospital Southampton staff and patients.**

In November 2021, our Estates team began a Trust wide staff room survey to identify staff rooms across the main hospital site, Princess Anne Hospital as well as all off-site/ community buildings in clinical and non-clinical areas.

**The survey reports are in the final stages of being collated and we anticipate works commencing in late August and early September 2022.**

Work will soon be starting on the **dedicated wellbeing centre** for our staff that will include secure cycle parking, lockers, landscaped garden with vegetable growing areas, an open plan gym, paved terrace area and coffee shop café.

Plans and designs are also well underway for the **roof garden** at Princess Anne Hospital which will include a café and ample seating areas.



**Discover more:**

[southamptonhospitalscharity.org/news](https://southamptonhospitalscharity.org/news)

## Investing in therapy for the elderly

Earlier this year, we announced that we were renovating and refurbishing the gym on our Medicine for Older People Department thanks to your support.

Rachel McCafferty, Advanced Physiotherapist, comments: "While the new area is not fully operational, excitingly we've now seen the first patients coming back to use the gym with our therapy team."



**Our hope is that if we can show our patients that they can do this, even in hospital, that they can pick this up when discharged, either through exercises at home, in exercise classes, or gym programmes suggested by their GP.**

It is also more than just exercise! There are games which the patients can play, including a racetrack where you can see your car going round which is fuelled by your legs or arms!"

**Support our elderly patients today**

Our **Medicine for Older People Department** is innovative and award-winning, helping us to set a whole new standard in caring for around 4,500 older patients every year.



One of the specialist pieces of equipment we are using is a MOTomed exercise device. This was developed by Medimotion for people with movement restrictions, and it complements the exercises already used by our teams.

We want to thank Medimotion who were so inspired by the efforts of our team, that they donated an additional MOTomed to supplement the one bought by the Charity.

These allow us to do both cardiovascular and strength resistance exercises for lower and upper limbs. It is fully flexible so it is suitable for patients who can stand, those in a wheelchair, and we can even take them to the patient's bedside.



# Miracle Boy

with rare heart disease defies the odds and goes home after spending a year in hospital.



Due to the severity of his disease and the fact he was so tiny, doctors on multiple occasions had to prepare Cairon's family for the worst.



A 'miracle' boy who was diagnosed with a rare heart condition that doctors feared he wouldn't survive, has defied the odds and finally gone home after spending a year at University Hospital Southampton.

Cairon Barry-Edwards was just six months old when he was admitted to Southampton Children's Hospital having suffered a cardiac arrest at home. He was diagnosed with cardiomyopathy – a rare disease of the heart muscle which makes it difficult to pump blood to other parts of the body.

Due to the severity of his disease and the fact he was so tiny, doctors on multiple occasions had to prepare Cairon's family for the worst.

The poorly youngster was put on the heart transplant list while being treated in the paediatric intensive care and high dependency units, but mum Shantelle was warned that the chances of a successful outcome were very low.

Cairon's weight and age combined with the likelihood of a donor organ being available and then successfully transplanted, meant the odds were stacked against him.

But determined doctors refused to give up and an intense heart failure management plan was drawn up for Cairon, using the expertise of a team of doctors, dieticians, nurses and pharmacists, which aimed at finding a way to help him gain weight while also finding a suitable drug to help support his heart condition and giving the youngster the best possible chance of survival.

Due to being in heart failure, Cairon was failing to gain weight like other children his age because of severe discomfort in his gut every time he was moved over to formula milk.



At high risk of complications, the team developed a plan to instead nourish Cairon using a method called parenteral nutrition – feeding him directly through the veins, completely bypassing the digestive system and therefore taking pressure off his heart.

Once Cairon started to gain weight cardiologist Dr Tara Bharucha, started the lengthy process of finding the right drugs to treat him with. With the agreement of Cairon's mum, Dr Bharucha opted to trial a new heart failure drug called Entresto, which unlike his previous medication, can be safely administered at home.

Southampton Hospitals Charity support various projects in Southampton Children's Hospital. For more information see our website - [southamptonhospitalscharity.org/southampton-childrens-hospital](https://southamptonhospitalscharity.org/southampton-childrens-hospital)



## Parents Chris and Sharon talk about their son, Tommy, passing away in the General Intensive Care Unit in Southampton.

“Tommy was 21 when he passed away but was diagnosed with Duchenne Muscular Dystrophy when he was just three years old. This is a progressive genetic condition where muscles weaken and deteriorate over time. There is no cure.

Tommy began to use a wheelchair when he was 10 and lost mobility in his arms during his teens. As the condition progressed, he lost all mobility except some movement in his fingertips, neck, and face. Over time, the disease affects organ muscles including the heart and lungs.

Tommy had eight consultants in different areas of the hospital, and we had an agreement that he would come to Southampton, for treatment whenever he needed it.

**On Monday 8 November 2021, Tommy came into hospital due to respiratory and heart issues. He sadly passed away that Friday.**

Tommy was given his own room and bed space in the Intensive Care Unit. During the last night with Tommy, we stayed in recliner chairs by his bed and had additional seats brought in for us. We have worried a lot about Tommy’s awareness in the hospital, and hope he wasn’t aware of his clinical surroundings.

There was nothing personal to him in the room or any artwork on the walls. Monitors and medical equipment surrounded his bedside. It was what he needed for his care, but it was not a comforting space.

**Sadly, he was too sick to transport to a local hospice for palliative care, so creating a palliative care suite within the GICU will be so beneficial. This will make a huge difference, giving patients their dignity and a sense of themselves during their last moments.”**



## Helen wanted to bring comfort to other patients at Southampton Hospital

“My Dad, Christopher, and my Mum, Pamela, are both retired accountants and over the last two years have both been treated for cancer at Southampton Hospital. During 2019 my Dad started to become increasingly unwell, and in early 2020 he was diagnosed with undifferentiated metastatic carcinoma of the chest wall.

**Unfortunately, he was admitted to the hospital at the height of the Covid-19 pandemic, so nobody was allowed to visit him. The nature of his cancer meant that he had several open wounds on his chest which resulted in him having an E.coli infection. Due to this, for his entire stay in hospital he had to be isolated in a private room.**

The combination of his isolation on medical grounds and the impact of Covid-19 meaning we could not visit, alongside all doctors and nurses needing to wear full PPE, meant that my Dad would not have had any significant human interactions whilst in hospital.

Very sadly, after two weeks in hospital, my Dad, my hero, passed away on the 25th August 2020 alone, without his family at his bedside.

The idea of my Dad spending the last two weeks of his life alone, with no meaningful human interactions has been incredibly difficult to process. I would like to think that the TV in his private room provided him with some form of company, and even if he couldn’t follow any programmes, simply seeing people and hearing voices I hope made him feel less alone in his final few weeks.

Unfortunately, a few months later my Mum, Pamela, became unwell and was diagnosed with a brain tumour. A lymphoma cancer that was then found to have spread to her breast, stomach and hip. My Mum then picked up a C. Diff infection, which meant that she also had to be isolated in her own hospital room for long periods of time.



With the money Helen kindly donated to Southampton Hospitals Charity, four TV’s have now been purchased for C2 ward and Hamwic House.

Mum would see staff throughout the day for blood tests and chemotherapy, but she was still very lonely and would be on her own for significant periods of time.

**I strongly believe that just being able to turn on a TV and having noise in the background would have provided some company, at a time when she was on her own going through gruelling treatment. Having both parents go through these similar experiences I wanted to do something that would have an immediate impact.**

I got in touch with the hospital charity to make a donation to buy TV’s for all the private rooms which needed them, in hope that nobody who is ever faced with isolation whilst being treated for cancer will feel completely alone.

I made this donation in memory of Mr. Christopher McCann who was the kindest, most loving Dad and husband. My mum, my brother, Paul, and myself were blessed to have him in our lives, and we miss him in a way that words cannot express.”

**You can read Helen’s full story on our website:**  
[southamptonhospitalscharity.org/news](https://southamptonhospitalscharity.org/news)

# Running London Marathon for **Southampton Hospital**



**Andrew Morgan lives in Winchester with his wife Anna, and two children, Millie, 10, and Oliver, 8. This year Andrew is running the London Marathon in support of the Neonatal Intensive Care Unit in Southampton.**

"In 2012, my wife and I found out she was pregnant. It was an uneventful pregnancy, and we progressed to full term. As we lay in bed having enjoyed the London Olympics opening ceremony, Anna started to bleed heavily, and we rushed to Winchester Hospital where she was taken straight into theatre and underwent a crash c-section.

Anna had suffered a placental abruption. This is where the placenta starts coming away prematurely before the baby is born causing severe blood loss for both the mother and baby. It meant that the baby wasn't getting any oxygen and was bleeding out through the ruptured placenta.

After a long time, a nurse came in and told me what had happened. Our baby had been rushed to the Neonatal Intensive Care Unit to begin cooling treatment to try and limit brain injury, while the surgeons helped Anna.

The nurse encouraged me to give our baby a name there and then, I thought this was so that if she died then, she died with a name. I chose Millie.

The first time I saw Millie, she was wearing a cooling jacket in an incubator. I held her tiny little hand, and it felt cold, and she was greyish-white, having lost so much blood.

She was transferred to Portsmouth Hospital the next morning to continue the specialist treatment, and the intention was that Anna remained in Winchester to recover.

After a day or two, things started to look stable and relatively hopeful.

They were even talking about transferring us back to Winchester. Then Millie started to vomit dark green bile, and her abdomen started inflating.

An X-ray showed a perforated bowel. Another life-saving operation to remove some of her intestine was needed, but this could only be performed at the Neonatal Intensive Care Unit in Southampton Hospital due to the expertise and facilities needed.

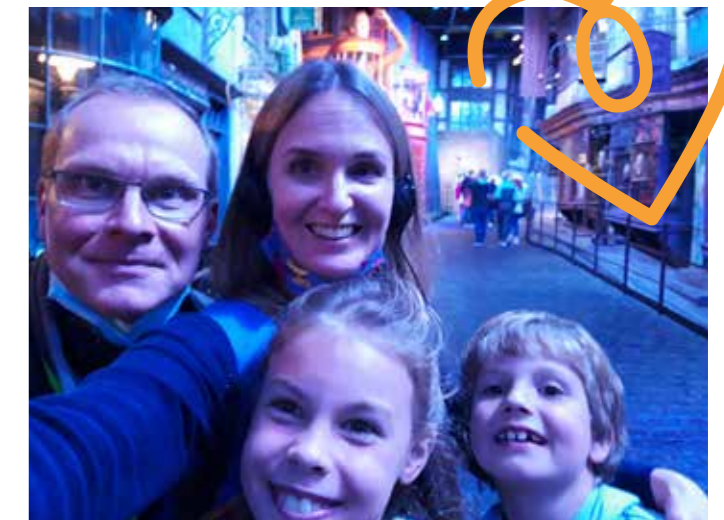
The Neonatal Unit at Southampton provided us with a room where we could spend a bit of time away from the unit, using it as a base, while still being close enough in case of emergency.

After a few days, things started going in the right direction and, although we didn't know it or believe it after all the knockbacks Millie and ourselves had had, they were to keep going the right direction.

Today, miraculously the only sign of Millie's horrific start in life is a scar across her tummy from her surgery. We still shake our heads in happy disbelief, and we are so thankful to the many amazing NHS staff who were involved in saving both Millie and Anna's lives.

It is now ten years on from when Millie was born. We've always said that we would raise money for Southampton Hospitals Charity as a direct thank you for the care we received in the neonatal unit."

You can support Andrew and Millie's journey here: [justgiving.com/fundraising/andrewmorgan2022](https://www.justgiving.com/fundraising/andrewmorgan2022)



## Upcoming Events

Whether you walk, run, cycle or want to jump out of a plane, we have a calendar of challenge events that suits every ability!



- **11th September** – London to Brighton Cycle Ride
- **25th September** – Winchester Marafun
- **25th September** – Walk the Test Way
- **1st October** – South Downs at Night
- **2nd October** – TCS Virtual London Marathon
- **9th December** – Festive Day
- **25th March** – Skydive
- **23rd April** – ABP Southampton Marathon

Perhaps you want to fundraise in another way? We're always happy to support your fundraising initiatives, so please contact us today!

Find out more: [southamptonhospitalscharity.org/events](https://www.southamptonhospitalscharity.org/events)



# Thank you!

We would like to thank the community for all their fundraising efforts. The dedication that our communities show to University Hospital Southampton is incredible.



**Hughes Tanner Family** – Raised **£2,782** for our GICU.



**Hannah Sinclair** – Raised over **£2,000**.



**Jerry Bailey and Steven Bartlett** – Ride around Britain raised almost **£10,000**.



**Daler & Shamsher** – Donated gifts they received for their **5th birthday**.



**Marnie** – Endurance challenge raised **£1,000**.



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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Southampton Hospitals Charity UK



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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