

BSUH Charity Check-Up



Spring 2018



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The Brighton and Sussex University Hospitals Charity fundraises for our four hospitals to make it better for patients through state-of-the-art equipment, specialty training, environmental upgrades, and innovative research. Donations to BSUH Charity enhance services above and beyond what core government funding provides.

Supporting: Princess Royal Hospital, Royal Alexandra Children's Hospital, Royal Sussex County Hospital, Sussex Eye Hospital.

Thank you

Reg Charity No: 1050864


Brighton and Sussex
University Hospitals
NHS Trust

Making it Better

CHILDREN AT EASE WITH NEW FINGER PRICK TESTS



Yvonne showing us the portable ketone meter now available for testing.

Kids with diabetes treated at the Royal Alexandra Children's Hospital now have one less blood test to wait for, thanks to advanced equipment now available. There are over 200 children and young persons, aged 0 - 19 years, with diabetes treated at the Alex each year. Upon admittance and throughout their stay, it is vitally important to continually check the ketone levels in their blood. If ketone levels are too high, the condition needs to be fixed quickly or else it can turn into Diabetic Ketoacidosis which if left untreated can be fatal. Previously, ketone levels were evaluated through IV blood tests which were sent to the lab for review. Although these tests were completed as quickly as possible, there was a time lag between patient's giving blood and the result. Now, thanks to donations to the

Royal Alex Children's Hospital charitable fund, children and young people are able to have their ketone levels tested instantly by a ketone meter, through the duration of their stay. The new ketone meters are easy to use as well, requiring just a simple finger prick right at the bedside, similar to the glucose level tests most of these patients are used to doing at home.

Yvonne Stone, Children and Young Person's Diabetes Clinical Nurse Specialist, raved about having the ketone meters onsite, stating, "We've only had the meters for a few months, but they are already making a difference. They help with quicker treatment decision-making, and it's a much easier test to ask children and young people to. We're so grateful for the support we receive from the charity for equipment like this."

PATIENTS ENJOY A WARMER STAY AFTER EYE SURGERY



Blankets warming up and ready for the day's patients.

Thanks to the generous contributions of community members to the Sussex Eye Hospital's Charitable Fund and the trusty research of the team in theatres, patients are now wrapped in warm blankets after undergoing their operations.

The idea came to light when theatre staff noticed that patients were uncomfortable after operations. The Sussex Eye Hospital can be such a cold building, and staff found that patients in the recovery room seemed to be affected by the cold the most. To resolve this, Tanya, Theatre Secretary, researched and proposed purchasing a blanket warmer with the capability to safely and evenly warm 10-12 blankets at a time.

The warmer is small enough to sit on a countertop, is quiet and has no moving parts. Since the machine is fan-less and emits relaxing, blue lights, the equipment helps nurses and aides emphasise the comfort and care of patients. Most importantly, the warm blankets ensure continuity of warmth from when patients leave operating theatres and are transferred to recover on Pickford Ward.

Phil Harris, Clinical Theatre Manager, said of the blankets, "The blankets are a really nice thing to have for patients. Just the other week, we placed a warmed blanket on a patient in recovery who immediately smiled and said, "Ooooh....that feels nice!"

The blankets have also comforted patients before their operation. Tina, theatre nurse shared that a patient was nervous prior to undergoing her operation and the blanket helped to calm her down.

Comforts like this are only possible thanks to the generosity of people that donate to the Sussex Eye Hospital.

FIRST IMPRESSIONS PUT EXPECTING PARENTS AT EASE

What assurances would you need to have confidence in the care you and your partner would receive during pregnancy?

Thanks to the support of the Obs & Gynae designated fund, Level 11- Antenatal in the Thomas Kemp Tower has undergone a fantastic refurbishment to deliver confidence and calm. The new area ensures a fluid check-in process, a bright yet calming environment, and happy reception staff ready to help. Research shows that aspects of waiting areas influence patient satisfaction and confidence in services. For example, when waiting areas are viewed as pleasant, easy to locate, and clean, patients report feeling satisfied with their care.

Staff in the Antenatal Ward were conscious that the previous configuration of the Antenatal reception wasn't delivering this experience for their patients. They worked closely with the Estates and IT teams to change the space so that patients received the reception they needed and staff had an appropriate number of work stations to work efficiently.

Deborah Mousell, Supervisor of Clinical Administration for the service, said of the works, "The changes have opened up the space, creating the environment that expecting mums, partners, and staff can all appreciate. We are so grateful that we could use the support of the community to provide such an improvement to our area."

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SUPPORT HELPS IMPROVE CARE ACROSS OUR FOUR HOSPITALS:

- THE PRINCESS ROYAL • THE ROYAL ALEXANDRA CHILDREN'S
- THE ROYAL SUSSEX COUNTY • THE SUSSEX EYE



Simulation equipment such as this torso allows our experienced consultants to train and develop junior doctors on site. Training junior doctors this way improves team building and allows them to connect with more senior doctors in a fun, learning environment.



Digital blood pressure monitors provide quick, updated readings for patients being monitored during dialysis.



Our libraries ensure teams working on the front-line have access to the most recent medical breakthroughs in research. Through charitable donations, the librarians are able to purchase the newest editions of medical journals and research papers for both branches: Audrey Emerton Building and Princess Royal Hospital.



The Diabetes Centre were able to upgrade their equipment to include digital Doppler toe and ankle pressure index kits. The probes, accessories and Doppler aids the assessment or arterial disease and neuropathy, especially in patients with stiff or calcified arteries.

Events & Wishes

MID SUSSEX MARATHON WEEKEND

5-7 May - Mid Sussex (East Grinstead, Haywards Heath, Burgess Hill) 3 races, 3 days, equalling a total of 26.2 mi. Register online and find Event info: <https://midsussexmarathon.co.uk/mid-sussex-marathonweekend/>

COLOUR OBSTACLE RUSH

12th May
5 km
Brighton Racecourse, Brighton
This is a unique event combining the fun of colour powered runs, obstacle courses and music festivals. Register today and raise money for a hospital that's helped you or your loved ones.
Event info: www.colorobstaclerush.co.uk/about-the-event.html

CHARITY COMEDY NIGHT – MONDAY MEDICINE

11th June, £13
Komedia, Brighton
Laugh the night away with a great line-up of local comedians. Enjoy the intimate feeling of the Studio Room at Komedia and throw your name in the hat for a great raffle.
Event info: www.komedia.co.uk

LONDON2BRIGHTON CYCLE CHALLENGE

26-27TH May,
Richmond, West London to Brighton Racecourse
distances of 100 km, 50 km or 25 km.
Event info: www.london2brightonchallenge.com/

HOST YOUR OWN EVENT

Organising an event for your community is a great way to raise funds and help make it better for patients. Ideas of things you could do include a pub quiz, garden party, or bake sale at work. We'll make sure you have the supplies you need, just get in touch with Jess at 01273 665102 or Jessica.Burgess@bsuh.nhs.uk



Ultimate Urgent Care Centre Still Needs You!

The first phase of the Ultimate Urgent Care Centre Campaign of the BSUH Charity is complete, thanks to the generosity of the local community.

The Urgent Care Centre team are really pleased with the new Welcoming Waiting area. Patients now enjoy a professional-looking waiting area with comfortable seating and creative décor.

Elaine Burnett, Consultant Nurse in the Urgent Care Centre has shared, "Patients have complimented the new waiting area. They've said that before the works, the space felt unfriendly and uninviting. Now – they can't believe the difference. The space is clean, attractive, and bright. Though they aren't here for long, from the first moments waiting to see a doctor, patients have a much better experience."



The support of the community is needed to make the next phase possible: Rapid Assessment Kits. The kits will be full of the tools needed for patient care right at the fingertips of staff, in every consultation room, at every treatment pod.

The next stage of the campaign will make the service more efficient in the Urgent Care Centre, but it won't happen without the generous gifts of those who care about the hospital. In order to help this important campaign, please consider helping in the following ways:

- Make a donation today: <https://www.justgiving.com/fundraising/ucc>
- Fundraise for us (contact charity@bsuh.nhs.uk for a Fundraising Pack)
- Share this story on facebook and twitter
- Sponsor a Rapid Assessment Kit (7 available) for £600. (visit www.bsuh.nhs.uk/charity for donation instructions)



Supporter stories

BRILLIANT BRIGHTON HALF MARATHON RUNNERS

On Sunday, the 26th February, 9 brave runners braced the cold and ran the Brighton Half Marathon to raise money for the BSUH Charity. Months of training paid off, as all our runners finished the race and celebrated the result of their hard work. Over £3,000 was raised for a few areas within the Trust such as the Ultimate Urgent Care Centre Campaign, The Royal Alex Children's Hospital, The Elton John Clinic, and the Intensive Care Unit at the County. One of our runners, Abby, said of the day, "What a amazing experience Katy and I had. Thank you! We would love to do it again next year!" With a cheer station set up at Mile 11, other BSUH NHS Trust staff hoped to help motivate our incredible runners get through the last few miles. It was a great, yet chilly, day for all! If you're interested in running the half marathon for BSUH Charity in 2019. Please get in touch to hold your place: charity@bsuh.nhs.uk.



Staying in Touch

COMMUNICATING AS YOU WISH IS IMPORTANT TO US

You may have heard that the laws around protecting your data are changing soon. On the 25th of May, the General Data Protection Regulation (GDPR) will come into effect. The aim of the GDPR is to give you more control over how companies and charities use your personal data.

We wanted to make sure you had confidence in the way BSUH Charity uses your data and communicates with you. We hold information about you that helps us to be efficient with our efforts to improve patient care through cost-effective, relevant appropriate and timely communications. We will continue to send you the BSUH Charity Check-Up Newsletter so you can see how your support truly makes a difference in the care we can provide for patients.

It is really important to us that we communicate with you as you wish. To make sure we do, we have included a communications preference form with this newsletter. The form allows you to indicate the types of information you would like to receive: newsletters, volunteer-

ing, fundraising, special appeals, and events. It also asks you to state the way you would like us to contact you: post, email, telephone, text, etc. Please let us know your interests and preferred type of communication by completing this form at your convenience. It can be returned via post or scanned and emailed to charity@bsuh.nhs.uk. If you wish to be communicated with by email or telephone, you **must tick 'Yes'** on the form (based on the law). We are unable to email or ring you unless we have your preference documented on the inserted form.

If we don't hear from you, we will continue to send you updates about the great impact donations to the BSUH Charity have had through the Charity Check-Up newsletter in the post.

At BSUH Charity, we are committed to protecting your privacy and right to confidentiality. As a reminder, our Privacy Statement can be found on our website at www.bsuh.nhs.uk/charity. Also, please be assured

that we only use your data for our own purposes—to communicate with you about your interests in the way you prefer. We never share or sell your data.

Though we would hate to lose touch, if you do not wish to receive information about how your support and contributions have improved care for patients, please return the form saying so, or contact us at 01273 664708 or Charity@bsuh.nhs.uk.

Thank you so much for staying in touch.



How to Help

JOIN OUR ONLINE COMMUNITY

You can keep up to date with charity events and how donations are helping patients everyday through our website and social media channels. Make sure you like and follow us:

- Website:
www.bsuh.nhs.uk/charity
- Facebook:
www.facebook.com/bsuhcharity
- Twitter: @BSUHCharity



VOLUNTEER

We would love to have you join us as a BSUH Charity volunteer. Do you have a talent to share? Are you savvy with social media? Consider joining our volunteer crew.

We currently have volunteering roles that include:

- Community Ambassadors
- Charity Pop-Up Hub hosts
- Social media influencers
- Supporting charity events

Email charity@bsuh.nhs.uk for more information about volunteer opportunities.

MAKE A DONATION

Whichever way you choose use to donate, please state whether you want to give to a particular ward, department or hospital fund.

ONLINE

www.justgiving.com/bsuhnhs.

BY TEXT

Text BSUH11 £(amount) to 70070.

For example, to donate £10, text *BSUH11 £10* to 70070

IN PERSON

You can donate in person by visiting the cashiers office.

At the Royal Sussex County Hospital, the cashiers office is on the ground floor of the Barry Building, opposite reception.

At the Princess Royal Hospital, the cashiers office is on the first floor of the main building.

BY STANDING ORDER

Small regular donations provide a reliable source of income for the Charity. If you would like to set up a standing order, please contact us at charity@bsuh.nhs.uk.

BY CHEQUE

Please make your cheque payable to 'Brighton and Sussex University Hospitals Charity' and indicate if you would like your donation to be used in a particular area or department. Post your cheques to us at:

BSUH Charity c/o the Post Room
Royal Sussex County Hospital
Eastern Road
Brighton
BN2 5BE

FUNDRAISE FOR US

Take part in a fundraising event and have fun while helping your hospitals!

You can choose to organise your own charity event or take part in a local sponsored one. Our team are here to give you guidance and support your planning efforts. We also have leaflets, pull-up banners, collection tins, and other supplies to make your event delightfully decorated.

To speak to one of our team and request a fundraising pack, please contact us on 01273 665102 or email charity@bsuh.nhs.uk. We're only a call away!

BECOME A CHARITY AMBASSADOR

We are currently recruiting 2018 Charity Ambassadors. Ambassadors serve as an unofficial representative of the charity within the local community. If you are an active, enthusiastic person who wants to help raise awareness of how we can make it even better for patients in Brighton, Hove and Mid Sussex, email charity@bsuh.nhs.uk for more information!

LEAVE A LEGACY OF HEALTH

Leaving a charitable bequest in your will is a generous way to make a lifelong donation to a charity you are passionate about. Of course, ensuring your loved ones are cared for comes first, but leaving a charitable bequest in your will can advance care for BSUH patients for generations to come. If you're interested in leaving a gift in your Will to BSUH Charity but have questions, please contact us on 01273 665102 or charity@bsuh.nhs.uk.