BSUH Charity Check-Up

Brighton and Sussex University Hospitals Charity
making it better

Winter 2017

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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.

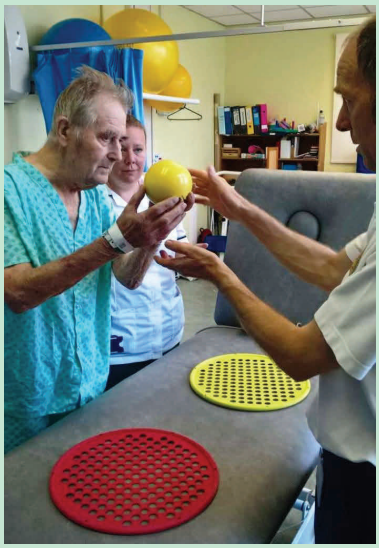
Supporting: Princess Royal Hospital, Royal Alexandra Children's Hospital, Royal Sussex County Hospital, Sussex Eye Hospital.

Thank you

Reg Charity No. 1050864

NHS
Brighton and Sussex University Hospitals
NHS Trust

Making it Better



Earnest and Steve during a rehabilitation session

CUSTOMISED REHABILITATION FOR STROKE PATIENTS

Patients recovering from a stroke now have access to a fully customised rehabilitation regimen. Thanks to generous donations to the charitable funds for the Donald Hall and Solomon wards, a plethora of equipment has been purchased to fully stock the rehabilitation gym.

Stock includes exercise balls of different sizes, exercise bands of different tensions, multiple weighted balls, finger boards, and Styrofoam rollers. Each piece of equipment can be used to customise a physical therapy plan for patients. Steve Bock, a physiotherapist who works in the gym regularly, said of the new equipment, "Equipment like this is great because it's the smaller, incremental changes that really makes a difference in treatment. When patients like Earnest (pictured left) move from one weight to the next heaviest, they see how their efforts result in improved movement. This helps motivate and encourage our patients, and gives them reassurance of their strength for when they are discharged."

"Equipment like this is great because it's the smaller, incremental changes that really makes a difference in treatment."

EXPANDED SERVICES FOR DERMATOLOGY PATIENTS

Charlie happily helping patients in the new workstation in Dermatology.

Before July 2017, patients needing follow-up appointments in the dermatology outpatients department were added to a special list and awaited a call from the booking team in Haywards Heath for scheduling. The team in the dermatology department noticed that this was causing unnecessary distress and inconvenience for their patients so they decided to make the process easier and less stressful.

Their plan? Expand their service to include bookings for day-case procedures. The team added an additional computer software system that enables them to provide the service so that day-case surgery appointments are managed within their current Patient Administration System. They also used charitable funds to reconfigure the reception area to accommodate a separate workstation solely dedicated to providing this additional service for patients. Now, patients needing to be scheduled straight away are served by friendly receptionists and booking clerks, Charlie or Tina.

When asked how this additional service directly helped patients, Charlie replied, "Patients feel less anxiety because they know straight away when they will be seen next. They can better plan their lives around their procedure, especially those with families. And it's freed up time for the team, as we receive significantly less calls from patients on the waiting list asking when their appointments will be. They already know!" Tina also said, "Patients leave the department after discussing the admission procedure and with a written information leaflet about the day case procedure which can be read and digested at the patient's leisure."

The result? Now, when patients come in for an outpatient appointment and need to be scheduled in for a day-case procedure, they are booked in before they leave the building. Thanks to this additional service in the department, the team can regularly serve around 150 patients each month, and they have reduced the waiting list from 150 patients to 20 – all within just 4 months. Thanks to donations to the BSUH Charity, a systematic, organised, helpful system has been created which ensures confidence and calmness in patients.

Staff from the Park Centre for Breast Care that attended an all-staff study day.

LEADING THE REGION IN BREAST CANCER CARE

The generosity of patients and families has once again supported over 50 team members' attendance at the Brighton & South East Breast Day conference at the AMEX Community Stadium. Having been running for more than 23 years, the event has grown from a local to a regional event, with over 300 attendees overall. Donations to the Park Centre for Breast Care fund, within the BSUH Charity, guaranteed a strong presence from BSUH.

The study day provides an abundance of benefits for both staff and patients, such as:

- Creating regional guidelines for the treatment of both cancer and benign breast conditions
- Sharing the most ground-breaking, up-to-date, and evidence based treatment between clinicians
- Updating clinical teams on reconstructive options offered locally
- Joining up services across the South East for different screening units that serve the same patients

Beyond all of this, the late morning break-out sessions are tailored to various groups that all work in breast cancer screening and treatment, such as: surgeons, radiologists, oncologists, pathologists, mammographers, nurses, and clerical/admin staff.

When asked about how the Study Day helps the administrative staff, Stephanie Lawes, Patient Access Manager for Breast Surgery at the Park Centre for Breast Care shared, "Seeing the clinical developments presented in front of you is interesting, and it helps pull everything together. As an administrator, we know that some patients have to make very difficult decisions. This year's conference included a session focused on how to deal with conflict on the telephone, which really helped our team feel more prepared for difficult conversations with patients. We're already looking forward to what we'll learn next year!"

The study days are hosted by the event chair, BSUH's own Mr Charles Zammit. As the lead consultant breast & endocrine surgeon, he sets the programme for the day and makes sure that all staff members are involved and engaged throughout the day. In fact, Mr Zammit and the planning team boast that this is the only regional study day that provides a dedicated plenary session for administration staff alongside the clinical staff.

SPECIALIST TRAINING PROVIDES WELL-ROUNDED CARE FOR HAEMATOLOGY PATIENTS

Diane Fitzgerald (pictured below), a Clinical Nurse Specialist in the Haematology Department, has been able to register for advanced physical assessment for adults training thanks to donations to the charity. The course will last 6 months, and it will allow Diane to serve her patients throughout their entire journey during treatment and follow-up. Not only this, by obtaining this advanced, specialist certificate, the lead consultants for Haematology, Tim Corbett, has commented that this will "greatly assist the running of the haematology service."

When asked how she felt about starting the training, Diane responded, "I'm so pleased to be able to go on this course. I really enjoy my work as I am able to manage a lot of my patients' problems. Getting this training will allow me to provide a more well-rounded service so that I can look after my patients to my fullest ability."

After completing the advanced assessment course, Diane's career will progress and over 250 patients in the Haematology unit's nurse-led clinics will be served throughout the entirety of their visits by one nurse. The training will give Diane the tools, knowledge, and certificate needed to assess and diagnose treatments for the physical ailments of her patients. She will then be able to write their prescriptions and send them on their way more quickly. This will not only improve the time that patients are in hospital for day-case treatments, but will also free up the consultants who are on the wards assessing and treating other patients with multiple-conditions.

Events & Wishes

CHRISTMAS JUMPER DAY
8th December, Friday -
Donate £1 to BSUH Charity and wear your Christmas jumper for the day. All money raised will go towards our "Spread Christmas Smiles" campaign.
Make sure you share your team photos with us on Twitter: @BSUHCharity
Facebook: search bsuhcharity.

BRIGHTON HALF MARATHON
25TH February, Sunday
Madiera Drive, Brighton
FREE Charity places left! Runners receive training tips and a BSUH Charity running vest.
In return, runners are asked to raise only £175 in sponsorships. If interested, email Charity@bsuh.nhs.uk for the registration code.
Event info: www.brightonhalfmarathon.com

BRIGHTON MARATHON
15th April, Sunday
Preston Park, Brighton
FREE Charity places available. Runners are asked to raise £250 in exchange for their place, cheers along the route, and a BSUH Charity running vest. Event info here: www.brightonmarathonweekend.co.uk
Email Charity@bsuh.nhs.uk for charity registration code.

BRIGHTON GLOW RUN 5K
6th January, Sat. 7:00 pm
Hove Street, Hove, BN3 2DH
Registration: www.blitzrun.com/event/brightonglowrun/

Team BSUH Charity runners at the Brighton Half Marathon 2017

Spread Christmas Smiles

Christmas is a time to be together with family and loved ones, celebrating the year and giving thanks for one another. For patients in hospital, they'll be spending their holiday being cared for by our dedicated teams who work with compassion and integrity. This Christmas, we want to give patients a little something to make their stay with us a little nicer, and we want to make sure our staff have a Christmas meal when they are away from their family.

With your help, we want to spread Christmas Smiles across our 4 hospitals: Princess Royal Hospital, Royal Alexandra Children's Hospital, Royal Sussex County Hospital, and Sussex Eye Hospital.

- £10 pays for mince pies for patients in 4 wards
- £25 pays for Christmas dinner for 5 staff members
- £100 pays for items of equipment on the staff wish-list
- £200 buys mince pies for all patients at BSUH
- £500 pays for Christmas dinner for 100 staff members
- £1000 pays for items of equipment on the staff wish-list

Spread Christmas Smiles with a donation today.

www.justgiving.com/campaigns/charity/bsuhnhs/SpreadChristmasSmiles

Supporter stories

PAMELA HOSTS THE PERFECT PUB QUIZ

Pamela Heafiled, ward manager on SAU, planned a fantastic Charity Pub Quiz in support of our very own BSUH Charity at the North Laine Brewery in Brighton. With over 12 teams in attendance, representing different departments within the Trust from SAU, Level 8A West, PRH, and many more, the quiz tested players' knowledge from animals to geography to specialised spirits…all the while raising over £140 for the BSUH Charity. The winning team, the "Infected Stomas", were able to choose the fund where the money went; and Level 8A West have added the winnings to their charitable fund which they will use to buy a TV for their patients and visitors. At the end of the night, Pamela thanked everyone for coming and added, "The Charity is great because the projects they support make it easier for us to serve patients on the front-line." She's already started planning her summer fundraiser, too!

"When we were given the opportunity to select our local Charity of the Year to support, the BSUH Charity came to mind straight away. We want to give back to PRH as much as we can."

PRH CHARITY OF THE YEAR

The BSUH Charity (Brighton and Sussex University Hospitals Charity) is thrilled to announce its first 2017 Charity of the Year partnership with the Southern Co-op store on Franklynn Road in Haywards Heath.

The Southern Co-op store on Franklynn Road is a regular stop for the staff and patients headed to The Princess Royal Hospital (PRH) as it's loaded with fresh groceries and includes a petrol station. The team at Southern Co-op are partnering with BSUH Charity to specifically improve the experience for patients and their loved ones whilst being treated at The Princess Royal Hospital.

Southern Co-op will conduct a variety of fundraising activities and will have collection tins at the tills throughout the year to help the local hospital. Specific fundraising events will be announced as they are planned in the weeks to come.

Steve Jarvis, Store Manager said: "The Princess Royal Hospital has helped so many people in this community, including myself. When we were given the opportunity to select our local Charity of the Year to support, the BSUH Charity came to mind straight away. We want to give back to PRH as much as we can."

After meeting with Steve, Jessica Burgess, Fundraising manager at BSUH Charity said, "The team at Southern Co-op on Franklynn road are incredibly committed to supporting their local hospital. They see staff regularly come to their shop before long shifts and after tireless nights. They hear patients talk about the care and compassion they've

received throughout their appointments. In many ways, Southern Co-op have first-hand knowledge of how great PRH already is, and their support throughout 2017 will only be used to make it better through advancements and innovations to improve patient care. It is a pleasure to work with such an amazing team!"

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

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!

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.

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 Brighton, Hove and Mid Sussex can make it better for patients, 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.