

# BSUH Charity Check-up

Winter 2019/20

Your update on BSUH Charity:  
Fundraising to make it better for BSUH patients



**Staff from Pyecombe Ward at the Princess Royal Hospital with their yellow name badges paid for by donations to BSUH Charity – the black on yellow print is easier for patients to read.**

**TMBU:**  
Your donations give  
families more privacy

**2019**  
Spread Christmas  
Smiles Appeal

**Stories of  
Fantastic  
Fundraisers**

# Welcome to our Winter newsletter 2019/20

## Messages from our supporters

*“Through my life so far, I have not had to use the NHS much. I am, however, so grateful it is there when I needed it.”*

*“We wanted to express our thanks for the incredible care, treatment and kindness received from all.”*

*“The nurses & HCAs showed such care and patience with all the patients, they were unfailingly cheerful and helpful to all of us.”*

*“This donation is sent in loving memory... It comes with grateful thanks for all the care and support...”*

Thank you and all of our supporters who have raised funds, donated, volunteered or simply shared details of who we are and what we do together for patients at our BSUH NHS hospitals.

**Thank you for making it better.**

**We like to hear from you.**

**Do get in touch if you've any questions or would like information on what we do.**



01273 664708



[bsuh.charity@nhs.net](mailto:bsuh.charity@nhs.net)

# Making it better



## *Renal: Buckfield Home Dialysis Unit*

Patients can need to visit Buckfield for tests and treatment lasting up to five hours. Donations paid for radios, that patients can listen to help break up the day. Donations also paid for peritoneal dialysis belts which hold the PD catheter in position under patients' clothes. They're more comfortable and help reduce infection rates.

## *Cardiac Intensive Care Unit (CICU)*

Patients at the Cardiac Intensive Care Unit at The County can sit more comfortably after new furniture was purchased with donations to BSUH Charity.

The unit's Quiet Room is now a more relaxing space for private conversations with patients. The smiles show how thankful the team are.



## *Neurology at the County*

Staff who work in the neurology consultants' office at the Royal Sussex County Hospital are grateful to BSUH Charity supporters following improvements to the office where they write up patient notes.

The office was previously lit by strip lighting, but thanks to BSUH Charity supporters it now has small desk lamps, a fridge and a microwave. Clinicians often have limited time on shift to grab a quick bite to eat or a cuppa. Having these basic appliances means they can refuel and focus even more on their patients, rather than a rumbling tummy.

# Making it better

## The Park Centre for Breast Care, Brighton

Every Park Centre patient undergoing surgery is offered a free bra paid for by BSUH Charity.

Breast care Nurses Team Leader Lisa Thomas-Brooks explains:

“Bras are very expensive and it’s something nice to give the patient because they’re really stressed and anxious about having surgery. Anybody who has breast surgery can’t wear underwired bras particularly because of the scarring. You need something supportive and comfy.”

Donations also mean the Park Centre has glossy magazines for patients to read in their waiting areas. Lisa Thomas-Brooks says: “The patients can have to wait a long time in clinic, so it’s nice to have something to take their mind off the appointment.”



## Twineham Ward at the Princess Royal Hospital



Patients at Twineham Ward now have new lockers beside their beds thanks to your support of BSUH Charity.

The 43 bed ward at PRH provides specialist care to people who have suffered a fractured hip. Before the new lockers arrived, the unit had unsecure storage for patient belongings.

Ward manager Joy Harwood (left) explains how the new lockers have helped efficiency:

“We can now lock the prescriptions patients have on discharge in the locker. They wouldn’t fit into the old pod locker on the wall. The reason that helps us is that when it comes round to discharge, we don’t have to wait for pharmacy to dispense things.”



# Spread Christmas Smiles Appeal



*Bring Christmas to our hospitals for patients and staff on 25<sup>th</sup> December*



Get into the Christmas spirit and invite your colleagues, friends and family to join you. Have some fun and raise money to help improve the experience of BSUH patients.



*Ways you can get involved:*



Friday 6 December is BSUH Charity's Christmas Jumper Day 2019



- \* Host a Christmas Jumper Day at your office, social club or church gathering on Friday 6 December. **It's only a £1 donation to take part.**
- \* Instead of sending Christmas Cards, make a donation to BSUH Charity (you can send an e-card through JustGiving in lieu of paper cards)
- \* Fundraise for us at your Community Choir Festive Concert
- \* Ask your child's school to raise money to help children in hospital at the Royal Alexandra Children's Hospital during Christmas

Money raised during our Spread Christmas Smiles Appeal will bring Christmas to patients and staff who are in hospital on the 25<sup>th</sup> December. For example, patients will receive mince pies and staff will be provided with Christmas lunch.

Donations can be made at: [justgiving.com/campaign/bsuhchristmas](https://www.justgiving.com/campaign/bsuhchristmas)

# More privacy at TMBU



Roisin Vinall enjoys time with her twin daughters in the adapted nursery at TMBU

**BSUH Charity supporters have this year helped make a real difference to the experience of families of a baby being cared for at the Trevor Mann Baby Unit.**

Improvements costing more than £250,000 were able to be funded thanks to generous donations from the public.

Builders removed walls to make the area opening up the 14<sup>th</sup> floor nurseries giving more room between cots. The resulting layout offers more privacy for families during challenging times.

New blinds have also been installed bringing a calmer atmosphere to areas that can be bathed in strong seaside light.



**BSUH Charity Director Sarah Tasker has first-hand experience of the incredible care the TMBU team provide:**

“I spent three months on the unit when my twins were born prematurely 17 years ago. At that time, carpets and curtains were still permitted!!”

“It was amazing and very emotional to visit the unit and see the positive changes all the kind donations have enabled. The heart of the unit remains, but the improvements to the environment make it just a little bit easier for parents to make sense of what can be a very difficult time.”



Before



After

Along with changes to the nurseries, the layout of TMBU offices, kitchen and staff room space have been redesigned.

We are grateful to our partner charity the Early Birth Association whose supporters generously paid for a new quiet room for the unit.

*“It’s a challenging time for any family with a baby on the neonatal unit, so it’s great that we can now offer families a more comfortable space that allows us to maintain their privacy more easily.”*  
**Claire Hunt, TMBU Matron**



**Thanks so much to everyone who has supported BSUH Charity’s TMBU fund – it’s really made a difference to TMBU and the families whose babies are cared for there.**

Donations to TMBU can be made via:

[www.justgiving.com/campaign/TMBUFund](http://www.justgiving.com/campaign/TMBUFund)



# Fundraiser stories

## Young fundraiser meets grateful nurses

Staff from Egremont Ward at the Royal Sussex County Hospital were so impressed by one young supporter that they wanted to thank her personally.

Emma Bull was only ten years old when she raised more than £50 for BSUH Charity by doing a sponsored run in Hove Park. She had been inspired to raise money after being impressed by the care her gran received whilst a patient at the County.

Ann Gibbins, Divisional Head of Nursing for the Medicine Division met with Emma to thank her personally:

“The things that people do for us make a massive difference to the patients that we look after. One example is that we have been able to buy little fans for our respiratory patients. They make a real difference to how patients feel during the day.”



## Fantastic Fundraisers

Thanks to Matt Harper and Shaun Meaney who both organised JustGiving fundraisers for TMBU. Shaun's fundraising page raised £385 to mark the first birthday of Arlo and Nolan who were looked after on Trevor Mann after being born six weeks prematurely.



Matt completed the London to Brighton off Road Ride raising around £500. It was a way to say thank you for the care his niece Bonnie received at TMBU. He told his supporters “I have no doubts that without the staff at Trevor Mann the family would be a bit smaller and a lot sadder.”

## NHS Big Tea 2019

We're grateful to everyone who raised a cuppa and held a Big Tea party in July to mark the 71<sup>st</sup> anniversary of the founding of the NHS. You raised over £700 for BSUH Charity this year. Big Tea parties are now being held annually across the UK to support NHS charities.



**SAVE THE DATE - 5TH JULY 2020!**

# Local Partner Charity for Brighton Marathon 2020!



We're delighted to have been chosen as the local charity partner for Brighton Marathon Weekend. To celebrate, we are recruiting the largest ever BSUH team of runners, cyclists and supporters to take part on 19<sup>th</sup> April 2020.

Let us know if you'd like to volunteer at a BSUH Charity cheer station along the route. Cheer station hosts will receive a free BSUH Charity T-shirt and supplies for the day.

**Interested in running or cycling? Please contact us soon, places are limited.**

**To sponsor our incredible team of runners and cyclists already signed up, make a donation to our team page:**

**[www.justgiving.com/campaign/BSUHCharityBM2020](http://www.justgiving.com/campaign/BSUHCharityBM2020)**

## Small Acts of Friendship continue ...with BSUH Charity support

BSUH Charity is pleased to be partnering with Friends of Brighton & Hove Hospitals to deliver another year of Small Acts of Friendship. This programme helps patients to retain their sense of dignity and wellbeing by introducing activities on elderly acute wards.



**Make a donation to:**  
**[www.justgiving.com/campaign/BSUHCharitySAF](http://www.justgiving.com/campaign/BSUHCharitySAF)**

# Become a Hospital Hero



## *Would you change the way you give and become a Hospital Hero?*

Hospital heroes guarantee ongoing, regular income to BSUH Charity. This ensures our effectiveness to make it better for patients daily, and can help fund new innovations in healthcare.

Our Hospital Heroes make a gift each month by direct debit or standing order.

### Here are some examples of the difference that a year of monthly donations can make:

- **£5** could fund 12 Christmas meals for staff working Christmas day
- **£25** could pay for magazine subscription for patient waiting areas
- **£50** could cover the £600 cost of specialty training for a BSUH staff member
- **£100** could help Onward Arts display art in patient areas

### Monthly gifts can be set up in two ways:

Visit [www.justgiving.com/bsuhnhs](http://www.justgiving.com/bsuhnhs)

Click Donate. Highlight MONTHLY and select your regular gift amount.

Call **01273 665102**

For BSUH Charity bank details to set up your Standing Order through your bank.

**Hospital Heroes help BSUH Charity achieve our vision to improve the experience of every patient.**

*Thank you!*

# Ways to help

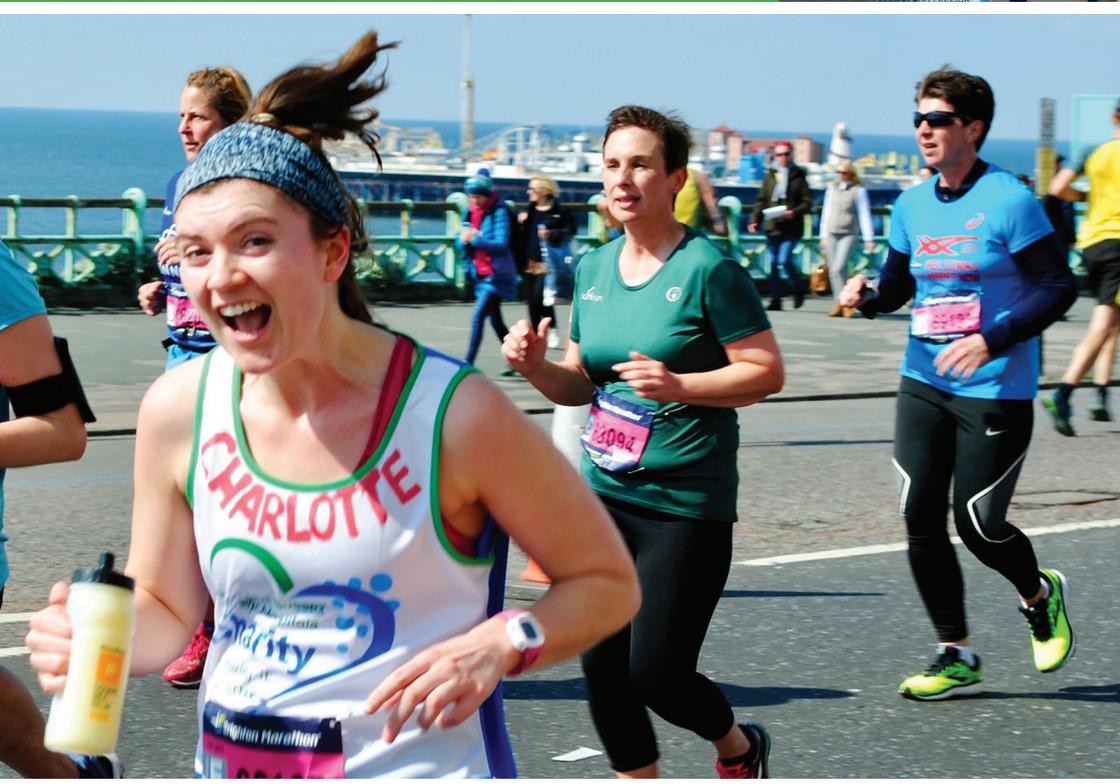
- Donate online at:  
**[www.justgiving.com/bsuhnhs](http://www.justgiving.com/bsuhnhs)**
- By cheque, made payable to:  
**'BSUH Charity'**
- You can donate in person by visiting the cashiers' office at the County in Brighton or at the Princess Royal in Haywards Heath
- Tear off and use the form below with your donation. You can also use it to do your Gift Aid declaration.



Name:	
Address:	
Postcode:	Phone:
Email:	
I enclose my donation of:	<input type="text" value="£"/>
I would like to support the following area:	Anywhere needed: <input type="checkbox"/>
Sussex Eye Hospital: <input type="checkbox"/>	Royal Sussex County Hospital: <input type="checkbox"/>
Princess Royal Hospital: <input type="checkbox"/>	Royal Alexandra Childrens' Hospital: <input type="checkbox"/>
Specific Ward or Department:	<input type="text"/>
<input type="checkbox"/> I want to <b>Gift Aid</b> my donation. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax then the amount of <b>Gift Aid</b> claimed on all my donations in that tax year, it is my responsibility to pay any difference.	
Donor Signature ..... Date: .....	

# Brighton Marathon Weekend April 17-19 2020

Be a part of #teamBSUHCharity



Please send your completed donation forms to:

**BSUH Charity**

c/o Post Room

Eastern Road

Brighton, BN2 5BE

Email us at: [bsuh.charity@nhs.net](mailto:bsuh.charity@nhs.net) Phone us: **01273 664708**

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and find out more at [www.bsuh.nhs.uk/charity](http://www.bsuh.nhs.uk/charity)