

# BSUH Charity Check-up

Summer 2020

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

The community comes together to show support for BSUH staff as the NHS responds to the unprecedented impact of the Covid-19 pandemic.



Footballers  
Run5k4NHS

How donations  
help BSUH staff

Fundraisers'  
stairs, quizzes  
and a DJ Challenge



# A message from the Director

“Back in the early spring, we were planning a very different newsletter to the one you are reading today. The advent of a global pandemic changed so much about our daily lives, and we have all been touched in some way by its impact.

On March 30th, in response to the huge public appreciation for staff at Brighton and Sussex University Hospitals NHS Trust we launched a campaign to help support our staff welfare during the coronavirus crisis.



The majority of this newsletter is dedicated to updating you on our Help BSUH Hospitals campaign. The response has been truly amazing.

From schoolchildren to pensioners, from footballers to candlemakers, DJ's to technology gurus, the campaign has received such generous support that, by the middle of May we had raised nearly £200,000. We have also received thousands of items of food, drinks, toiletries, water bottles, and much more – the outpouring of support has been incredible.

I hope you are as inspired as I am by these stories of fundraisers and the obvious affection for the wonderful NHS staff who have faced up to the challenges the pandemic has put in their path.

Thank you for your continued support.”

*Sarah Tasker*  
*Director BSUH Charity*



# Supporting staff

## *New ways of working*

Covid-19 has put new pressures on staff and necessitated new ways of working. Your donations are allowing us to help make things better for our staff.

For example, new blood pressure monitors for the cardiac team will help avoid the need for home visits to some patients. The monitors will be lent to patients allowing staff to do a phone consultation, keeping staff and patients safer.



Sussex Eye Hospital staff have been able to buy the equipment needed to carry out additional safety tests around the infection risk posed by Covid-19 to staff during cataract surgery.

The palliative care team have, like many other teams, faced changes to the way they work and new demands. Donations to our Covid-19 campaign are funding some additional external supervision for the team, so they can discuss any Covid-19 issues affecting them at work with a trusted impartial supervisor.

## *Little things make a big difference*

Funds have been spent on setting up calm rooms for staff, helping to create spaces where they can grab a few minutes of relaxation.

Donations have also been spent on microwaves, water bottles, kettles and hand creams.

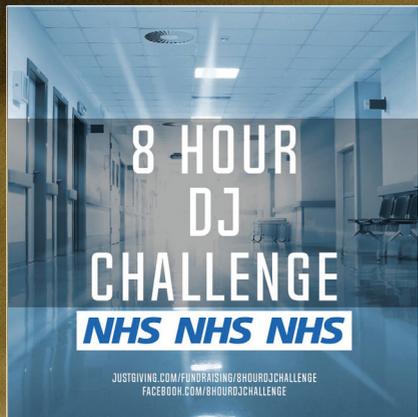
Your support has helped pay for covers for new electronic tablets donated for use on wards, so staff can help patients communicate with their loved ones while visiting restrictions are in place.







# Facebook 8 Hour DJ Challenge



There have been so many different inspiring, amusing, innovative and generous fundraising activities. Here's the story behind just one of them.

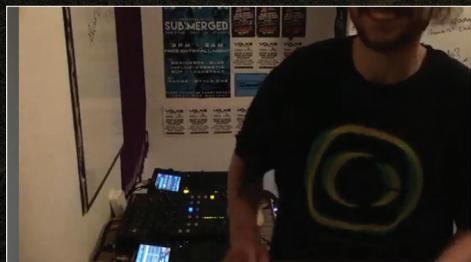
Inspired by DJ EZ doing a 24 hour live set, Toby Douthwaite started the #8hourdjchallenge to help support local NHS staff. He hoped to create something for people to enjoy and have fun with during lockdown and these testing times.

“I just wanted to do my bit, however small. I have close friends who are on the frontline at the Royal Sussex County Hospital Intensive Care Unit, so I saw first-hand how the virus was impacting the lives of those in the NHS. I set a target of £1,500 and genuinely thought it was too ambitious.”

## DJs step up to the decks

When Toby put the word out about his fundraising idea people were falling over themselves wanting to get involved and sign up.

The 8 Hour DJ Challenge resulted in 21 DJ's, over £5,000 raised, multi-genre sets, all vinyl sets, days of preparation from each DJ to achieve this with historical videos now online. People can still access the videos on the **Facebook** page that was set up and watch them back for weeks to come.





## DJ Challenge: A nurse's view

That's not the whole story though... Jo Shakespeare, Senior Staff Nurse on the Intensive Care Unit at the Royal Sussex County Hospital, inadvertently inspired Toby's fundraising.

When BSUH Charity launched the Help BSUH Hospitals Fight Covid-19 Campaign, Jo shared the campaign page far and wide. Toby got wind of the campaign and the DJ challenge was born.



Asked how the fundraising will impact her team, Jo said: "The fundraising will really help our team on the Intensive Care Unit. We've been working hard making adjustments to look after patients with Covid-19, including long shifts in personal protective equipment. The money raised here will be used to look after staff wellbeing and keep our spirits up over the weeks and months ahead."

## Big love to the NHS

At the end of the challenge, Toby reflected: "I want to thank every DJ, every single person who donated, every person who supported and shared and all those that helped behind the scenes with all sorts of logistics."



*"Big love to our NHS heroes once more. We really do appreciate what you do for us each and every single day before, now and after COVID-19."*



# Hats off to the fundraisers

Our campaign sparked incredible fundraising ideas, triggering amazing support and generosity.

## We're football crazy!

We want to send special thanks to all of the football community who got behind the Run5k4NHS campaign. Kevin Keehan and Scott Kirkwood rallied footballers from across Sussex to run 5km and donate to show gratitude to NHS workers. They hoped to raise £3,000... Amazingly, with over 3,285 supporters, they've raised more than £50,000.

*Thank you for using your daily exercise in lockdown to give back.*



## Steps, stretches & students

Fundraisers have run, climbed Mount Everest's height on their stairs and done the 3 Peaks Stair Challenge. They've cycled for 12.5 hours (the length of an ITU shift), completed a triathlon and hosted pilates and aikido classes.

Students at Handcross Park have collectively run 2020 km while Sackville School students have signed up to keep fit for the NHS. Torsten, age 9, cycled 500 km on his turbo trainer to help support his dad - a doctor at Princess Royal Hospital.



*Thanks to them and so many others for your support*

# All together supporting NHS

Donations of goods and monies have come from many different communities and businesses and we are so grateful for each and every one. We know that many of those individuals and businesses who have donated have faced their own challenges in recent months and yet still reach out to help NHS staff working at our hospitals. Here's just a taste of the offers of help and donations that have inspired us:

## The Showmen Community

We were approached by the family of a BSUH hospital doctor from the fairground community. Despite funfairs being under lock and key, they had raised more than £1,400. They then liaised with the Trust's Wellbeing and catering teams to discuss what they were buying and arrange when and where to make a delivery.

They delivered crates of goods, bottles of water, snacks, handcream and other items that staff had requested.



- **First Central** has donated £50,000 to BSUH, which will go towards helping staff at the Princess Royal Hospital.
- Ten Lenovo Tablets donated via the **#TabletsWithLove** campaign help patients communicate with loved ones.
- Our neighbours at **Brighton College** have generously offered BSUH staff parking, food boxes and a space to relax with tea and coffee.
- **OneGreenBottle** thoughtfully donated around 250 stainless steel water bottles.
- **Kurt Geiger** kindly donated gift cards.



**First Central**  
Insurance & Technology Group

# Help Even More

## 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 us plan and fund future innovations.

Your Hospital Hero regular gift will improve care for patients exponentially.

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



Email [BSUH.Charity@nhs.net](mailto:BSUH.Charity@nhs.net)

For BSUH Charity bank details to set up your standing order through your bank.



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

Click Donate. Select MONTHLY and choose your regular gift amount.

## Leave a Legacy to support the NHS

Through good times and bad, the hospitals supported by BSUH Charity have benefited greatly from the generosity of people leaving a gift in their Will.

We are currently experiencing challenging times, and leaving a gift to BSUH Charity in your Will is a generous way to support the NHS beyond what can be done with core government funding in the future.

Of course, ensuring your loved ones are cared for comes first, but leaving a charitable gift in your Will advances care for patients in such a memorable way.

For more information and suggested wording about legacy donations, we recommend you visit our website and [download our Gifts in Wills leaflet](#).

Please also contact us on 01273 665102 or [bsuh.charity@nhs.net](mailto:bsuh.charity@nhs.net) for a chat. We would love to hear from 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 style="width: 50px;" 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 style="width: 200px;" type="text"/>	Covid-19 campaign: <input type="checkbox"/>
<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: .....	

# Thank you for your support



Please send your completed donation forms to:

**BSUH Charity**

c/o Post Room  
Royal Sussex County Hospital  
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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