

BSUH Charity Check-up

Summer 2021

Fundraising to make it better for patients at:
The Royal Sussex County, Royal Alexandra Children's,
Sussex Eye and Princess Royal Hospitals

Theatres team with their hand-made Valentine's cards

We received over 800 cards from local people, wanting to share
messages of love and support with staff at our hospitals



We are truly grateful for your continued support. Please read on to discover just a small selection of stories, showcasing the breadth of difference you have made to our patients and staff. We are delighted with just how much has been achieved, in what was a profoundly difficult time for all.

None of this is possible without you, so please accept our sincerest thanks, and know that every penny you give makes a difference to our patients and the incredible staff who care for them.

Making it Better

Spotlight on: Onward Arts

Onward Arts is the permanent arts programme for our hospitals and is funded by BSUH Charity.



Stunning artwork, to start conversations

The maternity room at the Royal Sussex County Hospital (RSCH) is the new home for some captivating photography, showcasing breastfeeding mothers.

The participatory art project 'Holding Time' is the work of local artist Lisa Creagh.



'The Holding Time Project brings conversations about breastfeeding to the heart of the community through a multi-platform, multi-layered approach.'

The Holding Time website



Lisa, who delivered her baby at RSCH, kindly donated these incredible images in March. BSUH Charity funding enabled the maternity team to have them framed and installed.



"I am so happy to have these beautiful breast-feeding portraits on the postnatal ward at RSCH. We have had so much positive feedback from staff and other people using the ward, about how they brighten the atmosphere. They really help to encourage conversations around the breastfeeding experience for different people." Angelina Steinegger, Postnatal Lead Midwife at RSCH



A brand new mobile unit for the Breast Screening Service

In April this year, the Brighton, Hove and East Sussex Breast Screening Service rolled out a brand new mobile breast screening unit, which was funded solely by donations to BSUH Charity.

The unit is fitted out with new state-of-the-art mammography equipment, allowing images of the highest quality in terms of sharpness and detail to be produced. This allows Image Readers to interpret the images with more clarity and certainty – allowing possible abnormalities and changes to be accurately identified and assessed.

The Well Woman breast screening service offers women from all over East Sussex between the ages of 50-70 a mammogram. These take place at different sites across the county. With over 122,000 women across the area who fall into this category, it is a vitally important service.



“The new Breast Screening mobile has enhanced the experience for the hundreds of local women attending for their screening mammograms. New changing facilities, wall mural, and a Covid-friendly layout, make a tremendous difference. This pleasant, well-designed space helps us to reduce anxiety and make for a calmer experience for all.”

Fiona Smith, Superintendent Radiographer for the service

If you would like to support the breast care service, please visit www.justgiving.com/bsuhnhs and quote fund #0080011 in your donation message.



A top training tool for anaesthetist staff



Providing cutting-edge training for the next generation of doctors, nurses and practitioners is of utmost importance to the trust. In April this year, funding from the charity's Medical Education Fund enabled anaesthetic teams at the Royal Sussex County and Princess Royal Hospitals to purchase the latest 'OSRIM' (operating room simulator) training device.



OSRIM is an augmented reality, state-of-the-art, training device that is designed to allow anaesthetists to practice flexible bronchoscopy.



Dr Sandeep Sudan, Consultant Anaesthetist and Airway Lead at RSCH and PRH told us:

“OSRIM is a really valuable device for novice trainees in speeding up their learning process. It also allows more experienced anaesthetists to maintain their skills. It is a compact training device, user-friendly and portable with HD graphics that create an immersive experience.”

Simulation continues to gain importance in medical practice; leading to enhanced clinical skills and outcomes, and allowing training to occur in a safe environment.



“OSRIM is a fantastic addition to our training tools. We can continually hone our skills, keep up to date, and this training supports us in providing excellent specialist care for our patients.”

Dr Tanya Hall, Advanced Trainee in Airway Management

Take a load off...

To help colleagues enjoy a break outside, BSUH Charity purchased 30 new picnic benches, which were installed around the RSCH and PRH sites. They provide a comfortable outdoor seating option for staff taking breaks, or visitors to use now the warmer weather is here. This was again made possible by the generous donations to our Covid-19 fund.



You can still donate here: www.justgiving.com/campaign/helpbsuh



Covid-19 support for staff A staff room fit for heroes!

The 'Heroes' Lounge' communal staff room was officially opened at The Princess Royal Hospital (PRH) in February this year, as a direct result of public donations to the BSUH Charity 'Help Our Hospitals Fight Covid-19' fund.

Funds were invested in creating a comfortable, calm space for staff to relax in with colleagues, and take a much-needed rest. Since then, the room has proved a real hit with teams at the PRH.

The room also plays host to a team from Project Wingman five days a week. Project Wingman is a charity run by airline pilots and crew, and they support frontline workers over a cup of tea, sharing experiences of working in a high-pressured environment.



"Having a space that is dedicated to staff only is so important. It's great to have a social area – social contact is really important, with everything going on. There are so many great people who work here and lots of friendly faces to meet and speak to at the lounge."

Matthew Stanbridge, Housekeeping Assistant

The Covid-19 campaign was launched in March last year, so that the local community could show their support for NHS staff across Brighton and Haywards Heath, as they battled against the devastating impact of the global pandemic. The charity also benefitted from donations to the national NHS Charities Together Covid-19 appeal, which received a massive boost from the fundraising efforts of Sir Captain Tom Moore.

The charity continues to partner with the Health and Wellbeing team to improve staff welfare in both the short and longer-term across our hospitals.

Thanks to your kind donations, a second communal staff room was opened at the Royal Sussex County Hospital in May 2021 to provide a calm space for staff working at the Brighton site.

The Big Tea, 5th July

Join a national outpouring
of love for the NHS

We've been through a year like no other. And this year, everyone has a reason to thank our NHS heroes. On 5th July, BSUH Charity invites our wonderful community of supporters to participate in the nation's biggest tea-break, celebrating the 73rd birthday of the NHS.

How can you show your support?

1. Host your own tea party or gathering – in person, virtually, with your community, or at work – whatever suits you!

You can register your tea party and start fundraising at:

www.justgiving.com/campaign/bsuh2021bigtea

For information and event collateral, please visit

www.bsuh.nhs.uk/charity/events/

2. Send a birthday card and donate £5. Send a message of cheer and support for NHS staff to BSUH Charity. We will share cards across the 4 hospitals.

Send cards and donations to: BSUH Charity, Royal Sussex County Hospital, C/O Post Room, Eastern Rd, Brighton, BN2 5BE

Or give online www.justgiving.com/campaign/bsuh2021bigtea

Deadline for receiving cards: Wednesday 30 June



*Please ensure you adhere to the latest Coronavirus restrictions for your area, at the time of the event

Get your Big Tea Party Pack:

Email: UHSussex.charity@nhs.net

Phone: 01273 664708

More info: www.bsuh.nhs.uk/charity/events

3. Take 5 and donate £5. Or you could simply take a solo break and donate £5 to join us in this national outpouring of love and gratitude. Just join us for that all important cuppa at some point that day.

Give online www.justgiving.com/campaign/bsuh2021bigtea

Or text **'BSUHBIGTEA'** to **70085** to donate £5

Texts cost £5 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £5 but do not wish to receive marketing communications, please text:

BSUHBIGTEANOINFO to **70085**

Why not get involved? With every tea and every toastie, with every penny and every pound raised, we'll make it better for patients together.

Another way you can support us:

Take the BIG LEAP and abseil the BA i360!

The i360 charity abseil is a 450 ft. abseil down the iconic Brighton landmark, with spectacular views of Brighton beach and the South Downs.

We are hosting a special charity drop, on 11 September.

You better be quick, as places are going fast!

Please contact: UHSussex.charity@nhs.net for more information...

Celebrating our fantastic

Our fundraisers have come up with some truly compelling challenges, gaining huge amounts of support from family, friends and the wider community.



Live music, streamed from the shed!



Local musician, Joe Stilgoe, streamed incredible, creative and uplifting live performances throughout the second lockdown to raise money for staff working on Covid-19 wards at our hospitals. After 20 shows and a phenomenal online auction, Joe raised over £20,000 for the 'Help BSUH Hospitals Fight Covid-19' campaign.

His fundraising has been used to improve staff wellbeing, such as providing hot meals to teams who worked on Covid-19 wards during the peak of the pandemic.

www.justgiving.com/fundraising/stilgoeintheshed

Ten hour online dance parties

David Moon-Watson and the wonderful DJs from Red Wine Sessions hosted two online dance extravaganzas, to raise funds for our Covid-19 campaign.

DJs from in and around Brighton came together, to provide 10 hours of amazing clubbing music at each event, and raised over £2,300 to support staff wellbeing.

RED WINE SESSIONS
Charity Live Stream
Saturday 27th February

DJ	Time
D.J. Lomas	13.30
Mr Mack	15.00
Fergus	16.30
Mr Carter	18.00
DJ Cheeky	19.30
Nina Carina	21.00
DJ Twisted	22.30
Weisenberg	00.00

Mixcloud.com/live/Red_Wine_Sessions @Red_Wine_Sessions
www.justgiving.com/redwinesession



Jack's garden laps

Jack, aged eight, took on the challenge of walking an impressive 200 laps around his garden, in memory of Sir Captain Tom Moore. Jack's Mum Emma told us:

"Jack was genuinely really moved by the passing of Sir Captain Tom Moore and he wanted to 'carry on his work' and raise money for our local hospital."



Jack raised over £1,500.

What an achievement, thank you Jack!



The Big Swim - coming soon!

Annie Shotton – a nurse, Mum and all-round inspiration – will swim the Channel this summer!

From 28th July – 8th August, Annie will take on the gruelling task of swimming the English Channel to raise money for the Royal Alexandra Children's Hospital.

She has been a nurse at the Alex for 13 years, and is combining her love of the water with the chance to give back and help make it better for children in hospital. Read more about Annie's story at her blog: <https://channelswimmingmum.net>

Text: **BIGSWIM** to 70085 to donate £5

Give even more online:

www.justgiving.com/fundraising/channelswimmingmum



You can get involved too!

Get creative and fundraise for BSUH Charity
you could host an event, take part in a fitness challenge,
or come up with something totally unique!

email us on UHSussex.charity@nhs.net for further info...

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 UHSussex.charity@nhs.net

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



Visit 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 have all experienced challenging times. 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.

<https://www.bsuh.nhs.uk/charity/how-to-help-and-donate/>

Please also contact us on 01273 664708 or UHSussex.charity@nhs.net for a chat. We would love to hear from you.





Ways to help

- Donate online at:
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"/>	Covid-19 campaign: <input type="checkbox"/>
<input type="checkbox"/> I want to Gift Aid 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 Gift Aid 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:
UHSussex.charity@nhs.net

Phone us: 01273 664708

Follow us on Twitter
<https://twitter.com/bsuhcharity>

and find out more at
www.bsuh.nhs.uk/charity

You may have heard that Western Sussex Hospitals NHS Foundation Trust (WSHT) and Brighton and Sussex University Hospitals Trust (BSUH) merged to become University Hospitals Sussex NHS Foundation Trust, on 1 April 2021.

BSUH Charity, Registered Charity number 1050864, is continuing in its current form until further notice - dedicated to University Hospitals Sussex and supporting our four hospitals.