

BSUH Charity Check-up

Winter 2021

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

Run for your local hospital!
Brighton Marathon – Sunday 10th April 2022
Do something amazing. Run for BSUH Charity.



A wonderful local event, The Brighton Marathon guarantees an incredible atmosphere and a route which takes in all of the city's most striking landmarks. Grab one of our Team BSUH Charity places today, and fundraise for a ward or department close to your heart.

Email: UHSussex.charity@nhs.net to sign up!

A message from the new Director of Charities

Welcome to the winter edition of the BSUH Charity newsletter. I would like to take the opportunity to introduce myself as the new Interim Director of Charities.

You may remember from the last newsletter that on 1 April 2021, Western Sussex Hospitals NHS Foundation Trust and Brighton and Sussex University Hospitals NHS Trust merged to become University Hospitals Sussex NHS Foundation Trust (UHSussex). There are two NHS charities that are dedicated to the new, larger Trust: BSUH Charity, and a charity called Love your Hospital. I was delighted to join the charity teams in September, working to enhance the patient and staff experience across the new Trust's seven hospitals.

This newsletter will showcase the impact that BSUH Charity has had across the four hospitals it fundraises for, as well as highlighting some of the joint initiatives the charities have been working on. A great example of this collaborative work is the recent staff health and wellbeing workshops. You can read more on this inside.

On the East side of the Trust, BSUH Charity has been able to re-visit some of the patient-focused improvement projects that were put on hold during the height of the pandemic. Charity funds were invested in new electronic discharge software for the team at The Royal Sussex County Hospital in Brighton. Healthy and effective discharge is of utmost importance for long-term patient outcomes, and this is an area that the charity will be investing in further in the future, thanks to generous community support.

It has been another very tough year for people across the NHS and beyond, but we are looking forward. We are developing an integrated approach which blends strategic 'big thinking' and local engagement. This will enable us to ensure that the UHSussex charities deliver exceptional impact and outcomes that make a real difference to patients and staff. This newsletter is our chance to demonstrate just how much of a difference BSUH Charity has made, and can continue to make, with your invaluable support.

Steve Crump
Director of Charities



Wellbeing workshops: a chance to reflect and reset

Staff welfare is of paramount importance, and BSUH Charity continues to fund myriad projects which support our front-line teams. A great example of this, is the series of creative wellbeing workshops that more than 450 UHSussex staff took part in this summer.

The events were put on to offer staff a chance to take stock of an incredibly difficult couple of years, while engaging with a host of creative sessions. It was a chance for a moment of calm and connection with colleagues, away from the clinical setting. This was led by the Trust's Health and Wellbeing Team, who teamed up with local arts charities ONCA Trust and Onward Arts to offer staff a host of activities, including discreet psychotherapy sessions and hand/neck massages.



The events took place across four of the Trust's main hospital sites over eight days in July and August, before moving to the smaller satellite sites. Everyone who joined was asked on check-in how they were feeling, with many sharing that they were 'tired', 'stressed', and 'anxious'. However, at check out, staff comments included 'relaxed', 'brighter', and 'chilled'.

Alongside one-off activities like these workshops, the charity also invests significantly in improving staff facilities for our front-line teams. Since 2020, over £100k of charity funds have been spent on improving staff-only areas, to provide improved resting spaces. This is as a direct result of community donations to our Covid-19 campaign.



Workshops at The Royal Sussex and Princess Royal hospitals funded by **BSUH Charity**.

Workshops at Worthing and St Richard's Hospitals funded by **Love Your Hospital**.



This was made possible thanks to grants awarded to the charities from the central NHS Charities Together body.



Spotlight on: Onward Arts

One of our key charity priorities is to create more patient-friendly environments. An important part of this is the charity funding of Onward Arts – the permanent arts programme for our hospitals.

Stunning artwork is a fitting tribute

A new emotive piece of artwork has been hung at the Audrey Emerton Building at RSCH. The piece entitled *Dream over Feeling* was created by Joe Laffan, a talented artist who works as Faculty Administrator for Medicine at the hospital.

The handmade piece is made up of hundreds of knitted hearts, which were sent to UHSussex by local people, as part of a project called *Hearts for Comfort*. This was set up by the Critical Care, Chaplaincy and Patient Experience teams at the Trust at the start of the global pandemic. An abundance of hearts were sent in by the caring local community and Joe has hand-stitched over 125,000 individual pieces of yarn into this incredible new piece.

“It was my obsession to finish the piece and I see it as a memorial and tribute to all of the dedicated work of our NHS staff and for all the lives lost and people impacted by this terrible disease.”

Joe Laffan, Faculty Administrator for Medicine

Enhancing the environment at The Princess Royal Hospital



BSUH Charity has teamed up with Onward Arts to upgrade some important shared spaces at the PRH. Both the viewing room at the Mortuary and the Chapel/ Sanctuary space have undertaken a creative redesign and refurbishment, thanks to public donations to the charity.



“A lot of people have commented on the peace and quietness. One staff member said it made her ‘feel hugged’ to come into the Sanctuary area, and it is frequently noticed how different it is to the rest of the hospital.”

Reverend Joanna Elliott, Lead Chaplain at both PRH and RSCH

Clinical Equipment that makes a difference



Another key priority for the charity is the provision of new equipment to aid with diagnosis and treatment. Earlier this year, funding from the charity's Haematology fund enabled the purchase of a new, cutting-edge Ultrasound machine. The equipment is used by the Haematology team at RSCH, when placing PICC lines for Haematology and Oncology patients.

A PICC line (peripherally inserted central catheter) is a thin, soft, long catheter (tube) that is inserted into a vein in a patient's arm, leg or neck. Using the PICC in connection with the ultrasound makes it much easier for clinical staff to locate the patient's veins, for a smoother, less invasive process.

The benefits of this clinical equipment are many. For the Haematology team, having this equipment dedicated to their area means reduced waiting times for patients receiving chemotherapy. Placing PICC lines also carries a lower infection risk than other methods, and can be carried out by a broader range of clinical staff.

Utilising the ultrasound also reduces psychological trauma to patients who attend the day unit three times a week for treatment and blood tests, by reducing or eliminating needle injuries.



“Having our own ultrasound machine makes a real difference. We have improved the patient experience by being able to work more precisely with patients with difficult venous access and have reduced waiting times for those needing urgent central venous access.”

Stephanie Faber, Trainee Advanced Clinical Practitioner at RSCH

Water bottles for new international team members

Newell Brands donated twenty water bottles to BSUH Charity, for sharing with NHS staff. They found a fitting home as part of a collection of goody bags that were put together to welcome a new cohort of international nurses joining the Trust!





Our Christmas Campaign: The gift of thanks



A heartfelt thank you to local NHS heroes,
powered by community love

Our teams have worked tirelessly for the last two years.
This Christmas, we'd like to connect with our local community
to share your personal messages of appreciation with teams across
our hospitals.



How can you help?

1. Share your stories

We are inviting our local community to be the superstars of the campaign!
Have you received kind and caring support from the teams at our hospitals
this year? Did one of our staff members go over and above to support you,
or a loved one, going through Covid-19?

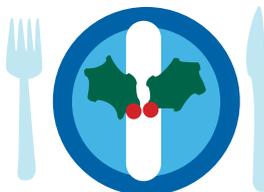
We'd love to hear from you. Email us on: Rebecca.pearson32@nhs.net
to share your stories.

2. Send us a virtual Christmas card

We'd love to post a host of colourful, creative Christmas cards on our
social media channels, spreading the Christmas love for local NHS staff.
We will also print some off to share with our front-line teams.

Send your cards to the charity team at: UHSussex.charity@nhs.net

£50 pays for 10 staff
Christmas lunches



£10 pays for mince pies
for patients in 4 wards



Your ongoing support of BSUH Charity enables us to provide:

- Hot Christmas lunches to all staff who work on Christmas day
- Mince pies for all patients in our hospitals on Christmas day
- A festive gift for all staff across the Trust's 7 hospitals

If you would like to make a donation, please head to:

www.justgiving.com/bsuhnhs

#Santabus2021

The Brighton and Hove Buses festive bus is back for 2021. It will be visiting over 200 streets in Brighton & Hove in the run-up to Christmas, to spread festive joy and raise money for local charities. BSUH Charity has been selected as one of the twelve charities that will jointly benefit from the fundraising efforts this year. From the start of December, Brighton and Hove locals will be able to spot Santa and his elves waving from the bus, which is decked out with fairy lights and playing Christmas music. Find out more about how your business can become a stop off point for the bus, or how you can donate over on our website:

www.bsuh.nhs.uk/charity/events



Ho ho ho!

Celebrating our fantastic

Our fundraisers have created and participated in a range of unique activities, generating lots of support from friends, family and the local community. As ever, we salute you!



A bonanza of a ball

You may remember us mentioning David Moon-Watson in the last newsletter, and his ten-hour dance parties. David is a member of Brighton Regency 10, a local group who thrive in giving back to the local community. We were thrilled when BSUH Charity was announced as the main beneficiary for the group's Great Barnum's Bonanza Ball.

The event, which took place on Sat 4th September, was hosted at The Grand Hotel in Brighton, and guests were treated to circus-themed performances, live music, a three-



course meal and virtual racing.

The focus for the night was on key workers, to thank them for putting their lives at risk every day to keep our communities safe. The event raised £6,000 for the charity.

Check out Brighton Regency 10 here: www.facebook.com/TheTopTable

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Nigel Cherryman – here's to you!

We wanted to give a special shout-out to Nigel Cherryman, one of our longest serving volunteers. Nigel started volunteering with the charity back in January 2016.

He has undertaken two fundraising challenges for us, raising over £1,500. In 2017, he took on a walk around the entire Isle of Wight coastline. Then this year, he participated in the London 2 Brighton Ultra Challenge.

On top of this, Nigel also volunteers every Tuesday at the Urology department at PRH, and this is where the funds that Nigel has raised will be invested. From everyone at BSUH Charity, thank you Nigel – we are incredibly grateful for your support.



A rather damp fundraising affair

A Hampshire-based car dealership came up with a creative fundraising activity we'd never heard of before – water-bombing the bosses! The fundraising event took place to raise funds for the Trevor Mann Baby Unit (TMBU), through BSUH Charity.

The team at the Audi Dealership in Farnborough decided to fundraise for the unit, after staff member Kris' baby was born prematurely, and received wonderful care and support from the team there. The family made use of the overnight accommodation on site, to ensure they were as close to their little girl as possible.



The event raised £1,192.50, and Kris, some team members and other friends are now planning their next big fundraiser – cycling between London and Paris!

Kris said: "All the staff at the TMBU were amazing. They not only looked after our daughter with the highest standards of care possible but also gave us as parents a shoulder to cry on. We cannot thank the team enough."

Annie Smashes her Big Swim!

Annie Shotton is a nurse, Mum and all-round inspiration. In August, she completed her swim of the English Channel to raise funds for children at The Royal Alexandra Children's Hospital, where she works.

She has raised nearly £18,000 and will now work with the team at The Alex to decide where the funds will help the most. A very special VIP guest joined us to present Annie with her cheque – none other than 4 x World Champion Swimmer – Karen Pickering MBE!



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.

Thank 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



On 11 September, a brave team of sixteen midwives, health care assistants and nurses from The Royal Sussex County Hospital in Brighton took on a 'jump for the bump'. They abseiled 450 foot down Brighton's iconic British Airways i360 for BSUH Charity, raising over £7,000 for maternity services at the hospital.



Brighton Marathon Weekend 2021

On the same weekend as the abseil, the charity team were delighted to be involved in the rescheduled Brighton Marathon event. The charity was well represented in both the 10k race and the marathon, with a host of runners raising funds for the charity. It was a wonderful day with the BSUH Charity cheer station being one of the loudest on the course!

Contact us now to reserve your place in the Brighton Marathon 2022: UHSussex.charity@nhs.net



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 www.twitter.com/bsuhcharity

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