

Annual Review

2018-19

Supporting world class care at University Hospital Southampton



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Welcome

From Jenni Douglas-Todd,
Chair of Southampton Hospital Charity

The kindness of others never ceases to amaze me. Every week we hear how our supporters give up their time and work hard to raise money for us.

Some run marathons, others climb mountains. Some hold events, raffles or sales. And others leave a gift in their Will to give back and to show their appreciation of the medical staff here at University Hospital Southampton (UHS).

It is truly touching and hugely inspirational to discover the amazing and selfless acts of you all who do so much.

We work to enhance the care of patients at University Hospital Southampton, which provides medical services for nearly four million people across central southern England and the Channel Islands.



“ This year we have had phenomenal success raising money – along with our wonderful charity partners The Murray Parish Trust – to ensure the new children’s emergency and trauma department (CETD) will be built. ”



This is an incredible achievement and one we are deeply proud of. We hope you also feel pride in everything you have done to support us.

It is through your sheer determination and selfless acts of generosity that we manage to achieve the things we do.

And it is not just large-scale projects like the CETD that we get involved in. There are many others as well – from a new neonatal ambulance for premature babies to a new activity centre to help patients in our medicine for older people department.

And, of course, there are lots of smaller items that remain under the radar, but greatly enhance treatment for patients and ensure that their stay is less stressful both for them, and their families.

While the past year has been successful we, of course, will not stop and throughout the next 12 months we aim to continue on our mission to support world class care at University Hospital Southampton.

You can find out about some of our new fundraising campaigns on pages 12 and 13 – you may even want to get involved in some. So please, have a look.

All of us at the Charity would like to thank you for your commitment, your determination and your generosity. You are all truly special.

Thank you!



Leaving a gift in your Will

There is nothing more rewarding than helping people when they need it most. As a charity, we support the whole of UHS, so we can do just that – it is our aim to help every patient.

The work we do improves care for children undergoing major treatment and trauma as well as adults for numerous conditions.

We also fund vital medical research, including research into cancer, which is conducted by the hospital trust's highly specialised consultants, research scientists and other staff.

But in order to do all that, we rely on you, our supporters to raise funds and donate money.

“ Every single one of you that donates is truly special and we thank you all. ”

One of our most important sources of support is people who leave us a gift in their Will.

Many do this as a real way of making a difference, a way of thanking hospital staff for the care given to them, or a family member, and to help future patients young and old.

In fact, giving a gift in your Will to Southampton Hospital Charity can help ensure you leave a loving legacy that will be cherished by hospital staff and put to good use benefitting patients and improving their care.

The kindness of people who have left such a legacy gift has recently supported our work in lymphoma, general cancer research, as well as neurology. I would like to thank everyone who has provided us with a gift in their Will, as well as all those that have agreed to do so in the future.

All gifts, no matter their size, are gratefully accepted.

We do say to anyone looking to support us in this way, to please always make sure you look after family and friends first. Only then should you consider leaving us what's left.

If you are considering making or altering your Will you should always speak to your solicitor first.

Further information on how to leave a gift in your Will can be found by contacting the charity on 023 8120 8881.

And do please let us know if you've put us in your Will. That way we can thank you for your generosity and keep you informed of the great work your future legacy gift will help support.

**Jason Shauness,
Director, Southampton Hospital Charity**

Here are just some of the ways your donations have benefited the hospital



How your donations are making an impact

Neonatal ambulance for transferring critically ill babies to Southampton

Every day sick or preterm babies need to be transferred from the neonatal intensive care unit at Princess Anne Hospital across the road to our Southampton Children's Hospital for specialist treatment or medical investigations.



Each child needs constant specialist care and must be transferred in a controlled environment. Thanks to our supporters we have raised £110,000 to buy a specially adapted ambulance.

Freya Pearson, Clinical Lead Neonatology, said: "As one of the largest neonatal units in the country, we treat around 900 babies a year from across the south and the Channel Islands.

This specialist ambulance will be a huge boost to the service and will make an enormous difference for hundreds of sick babies and their families every year."

The new ambulance includes specialist transport equipment, increased storage capacity for medical gases, and additional seating for family members or medical staff.

Importantly, it also means a specialist transport vehicle will be ready for immediate departure for time critical intensive care transfers.

Activity centre to entertain the elderly

When older people are admitted to hospital it is important that they keep as active as possible.

In fact, 10 days in a hospital bed for someone over 80 can be the equivalent of 10 years of muscle wastage.

The new hospital Hub was designed to encourage older patients to be more mobile, be a community place to meet others and to help arrange meetings with volunteer and community groups.



The Hub will tackle the issue of loneliness and social isolation which is affecting many of our older patients. With more community support and improved networking, the hope is that we can avoid patients reaching crisis point and prevent hospital admissions.

The Hub provides a series of activities including film nights, games, therapy-led exercise classes, drop in sessions to name a few. In addition, it is situated in the department so patients who are able can just visit if they want something to do.

This was only possible through a £90,000 investment from Southampton Hospital Charity and the League of Friends of Southampton Hospital.

Thanks to your donations we've funded:

- Free WiFi and media streaming across our hospital sites.
- An outpatient rehabilitation service known as robbiesrehab for children with brain tumours.
- A criticool system and trolley to regulate and monitor a baby's temperature in the neonatal intensive care unit.
- A bladder scanner for the radiotherapy department.
- Adaptive wheelchairs for across the hospital.
- Cancer outreach counselling.
- Cardiac high dependency ventilators.
- Assistive speech technology for the neurological intensive care unit.
- Refurbished reception, furniture and blood sampling chairs for our C3 Hamwic cancer day ward.
- A relax-and-view image viewer to distract patients in the breast screening unit.
- And much more...

We've done it!

The children's emergency and trauma department

Our campaign, alongside our charity partners, The Murray Parish Trust, to raise £2 million for a much-needed state of the art children's emergency and trauma department saw us hit our target five months early thanks to our supporters.

The new department will be completed in 2020 and will treat more than 33,000 young people annually from across nine counties.

The facility will replace the existing children's emergency department, which is in the middle of the adult unit and unsuitable for the needs of young people.



Making sure the new building fits children's needs

Our vision was to enhance the new department to dramatically ease children and young people's stress and anxiety during treatment.

The new department includes:

- Large, soundproofed private children's rooms in the acute area, instead of standard curtained bays.
- A huge play room in the acute unit and a play area in the short stay unit.
- A calm "safe room" for high-risk patients in mental health crisis.
- Artwork inspired by local nature.
- Larger isolation rooms and added ensuites.
- LED lit "sky windows" in the ceiling to bring in daylight with beautifully illustrated clouds and birds.
- A large treatment room where a 3D V-Pod immerses children into a world of virtual reality during painful procedures.
- A large waiting area with space to play and new toys and books.
- A stunning LED lit wall panel, ceiling light projector and wall stickers in the children's x-ray room.



Lewis Coombes, whose daughter Edith, receives treatment at the hospital, says:

“Before our daughter was diagnosed with Acute Lymphoblastic Leukaemia, we were in and out of hospital for three months.”

“We always felt extremely lucky to have the expertise of Southampton Children's Hospital close to home, but it soon became clear that the world class staff did not have a working environment to match - cramped work and patient spaces, and departments in different locations.

What the new children's emergency and trauma department will bring is a platform for medical expertise to be harnessed, not hindered. A stage for compassion and care to take precedent, rather than compromise.

From our initial experience, visiting hospital can be daunting. What news will today bring? How can I keep a child entertained? How busy will the ward be? How long will we have to wait?

A warm welcome and an inviting environment can reduce the distress and create an atmosphere that you feel at ease within.

Since Edith's cancer diagnosis we have been treated on the Piam Brown ward. In contrast, due to significant charitable investment, its facilities are on another level - light, spacious, convenient with a playroom, a well-equipped parent kitchen, ensuite toilets. It was designed with children and recovery in mind. It's the small things that make a big difference.

Edith actually now enjoys visiting hospital and, as parents, we have the reassurance of knowing our daughter is in the best possible environment to minimise the psychological impact of something so difficult.

The fact that the new children's emergency and trauma department will provide this comfort and reassurance for other parents in the region is priceless.

We will never be able to thank Southampton Hospital Charity and its supporters enough.”



We want to express our huge heartfelt thanks to our amazing charity partners The Murray Parish Trust. Without their hard work, dedication and support, this vision would not have been achieved. We loved working with you and hope to continue working closely with you in the future.

What a difference a year makes

Here we show you how we spent the money you've helped us raise in the last financial year and answer your frequently asked questions.

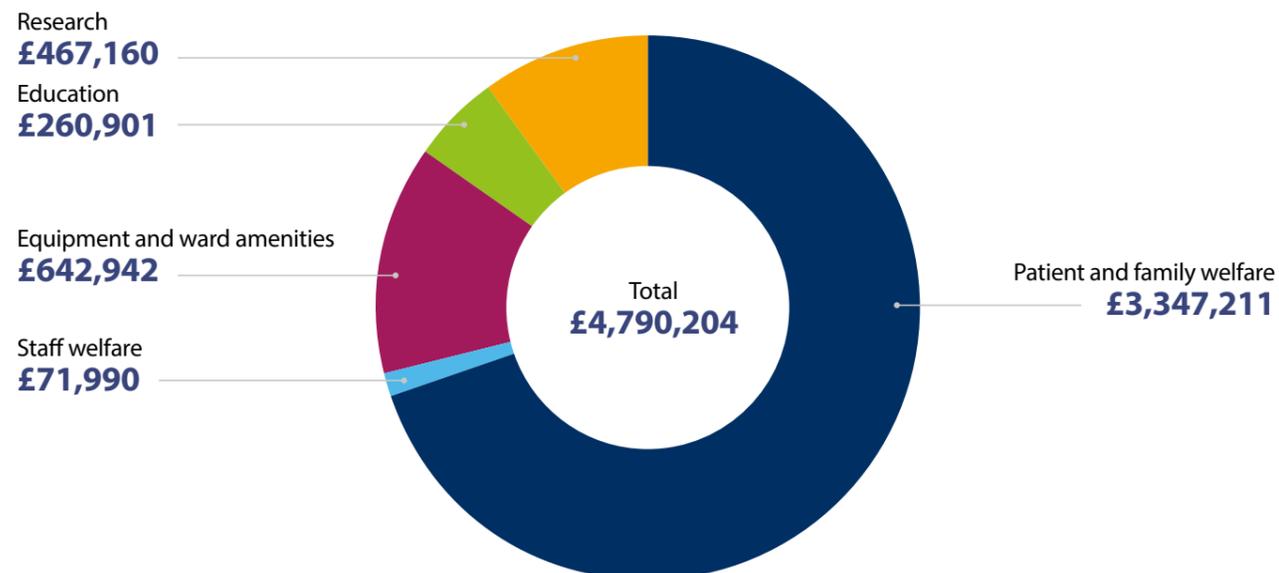


What area do we cover?

UHS provides services to some 1.9 million people living in Southampton and South Hampshire, plus specialist services including neurosciences, cardiac services and children's intensive care to more than 3.7 million people in Central Southern England and the Channel Islands.

Why is the Charity needed?

The core charitable areas that we spend your donations on are:



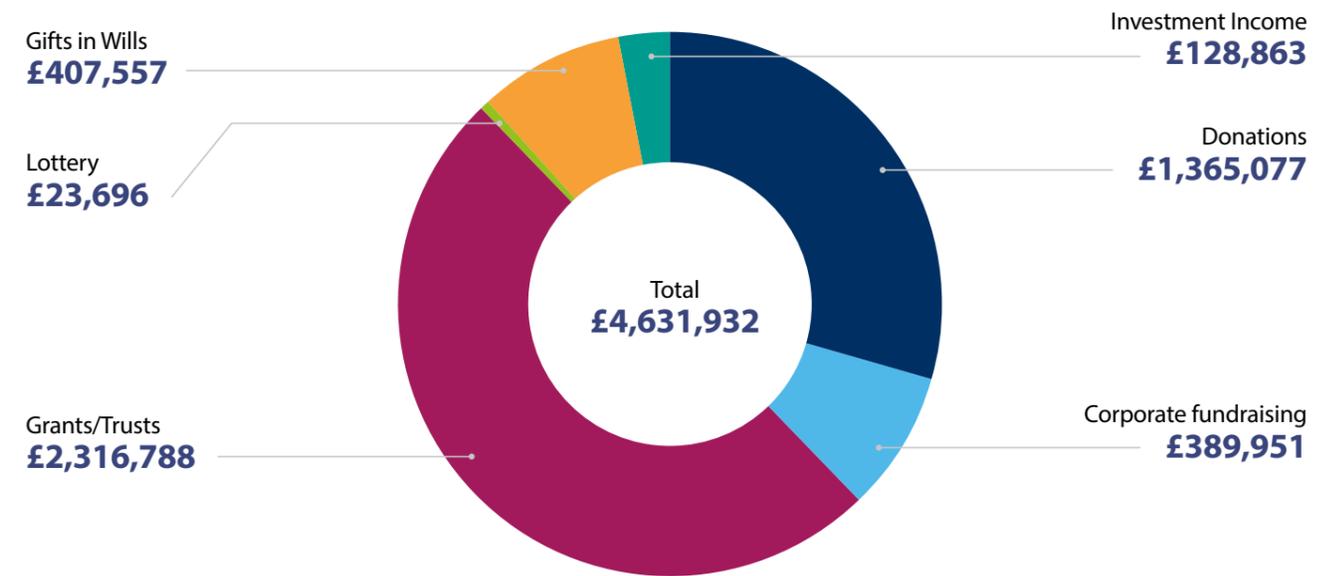
Are you one charity or is each ward an individual charity?

We have over 370 pots of money and this allows donations to go towards specific wards and departments where patients are treated.

All of these fall under the umbrella of Southampton Hospital Charity and our charity registration number: 1051543. It also includes Southampton Children's Hospital Charity which is a fund of Southampton Hospital Charity.

How is money raised for the Charity?

Money is raised for the Charity from a number of means. Between 1 April 2018 – 31 March 2019, £4,631,932 was raised.



How we spend your money

Staff from the wards tell us what they need in order to improve the care of their patients. Each fund has at least two fundholders who regularly discuss what to spend the money on within their ward or department.

Smaller items under £1,000, which the NHS can't fund, are paid for straight away.

Larger requests, like ward refurbishments or specialist equipment, are put to our Trustees who ensure it is the best use of the Charity's money.

The Charity fundraising team make sure that you, our supporters, know which areas of the hospital are in greatest need.

Because ward staff tell us what they need, and we go through a rigorous process, we can guarantee your gifts are being spent wisely in the areas where they will do the most good.

How can I get involved?

There are numerous ways you can get involved and help us on our important mission to improve patient care.

From corporate events to cake bakes, sponsored runs and taking part in marathons. Find out more at www.southamptonhospitalcharity.org.



They saved my life

For businessman Heath Bland, raising money for Southampton Hospital Charity is his way of saying thank you.

Many of our supporters decide to help because they are grateful for the treatment they, or one of their loved ones, received during difficult and traumatic times.

This is so important to the Charity – and really helps us provide support for the staff at UHS, and make things better for patients in their care.

“I can't thank them enough for saving my life and raising this money to help is really important for myself and my brother. The staff at the hospital were brilliant;”

– Heath, a builder from Totton.

The 49-year-old was treated at the hospital after suffering pneumonia and heart-related problems in early December 2017.

His condition was so severe doctors placed him under an induced coma for several weeks and he was not brought out of it until 28 December that month.



This has meant his family had to spend a difficult Christmas hoping Heath would make it.

Since then Heath and his brother, well-known golfer Richard Bland, have held fundraising events including a special Charity day at Stoneham Golf club in Southampton in August 2018.

The event was attended by 60 golfers including many professional golfers and former Saints footballer Matt Le Tissier, and raised £14,800.

Heath said: “The way all the staff look after me and cared for me while I was in hospital was superb. I am still in contact with many of them, they have become friends. Doing my bit to help these wonderful people who care so much is so important to me.”



in Southampton for liver and pancreatic cancer every year, but over 1,000 patients are seen in hospital.

“Mr Hilal performed a “whipple” procedure to remove my primary tumour and liver resections to remove the liver tumours. Without him, I wouldn't be here today.

Life must go on even with the ups and downs of having a gastro intestinal illness. If you give up, you can go downhill rather quickly as this is such an important part of your body. Yet there is still very little understanding of pancreatic diseases which is where their research comes in.”

Why we are grateful... Dom's story:

“It all began in 2014 as I ran out of energy and turned yellow.

I was gardening one day and found I could no longer get the spade into the earth. I just had no energy at all.

Scans confirmed the presence of a large primary tumour on the pancreas head and two further secondary tumours in my liver.

Mo Hilal, my consultant, did a keyhole biopsy on my liver. After tests in the lab they found out I had neuro endocrine cancer.”

Over 200 liver and pancreatic cancer patients are treated

Looking forward to 2019-2020

Research into liver and pancreatic cancer

There is still a scarcity of money dedicated to research and development to improve early detection and surgical treatment to improve results and survival rates.

We have a dedicated fund called *liver and pancreatic research and development*. We are raising funds over the coming year for critical research that detects the early signs of these forms of cancer, enhancing minimally-invasive treatment and after care methods.

Typical costs:

- £40,000 funds a research post for 12 months
- £5,000 funds consumables for a student researcher for 12 months
- £1,800 funds a PHD student for 12 months

One of the current research projects is using stem cell technology to regenerate livers that have been badly damaged by disease.

The project aims to grow and maintain functioning liver cells outside of the body. This will ultimately allow for earlier

experimentation of new drugs on functioning livers with much reduced risks to patients.

Ultimately it is hoped to grow a new liver from the patient's own DNA that will enable surgeons to remove the whole of a diseased liver and replaced it with a new liver grown outside of the body. In this way the risk of rejection is reduced.

The team has conducted over 150 experiments in the last two years, and has worked on 119 samples from over 200 patients.

Critical to this was the need to identify a way to grow the cells in three dimensions. Through collaboration with the School of Bio-Engineering at the University of Southampton, the team was able to successfully achieve this using electromagnetic current.

Future research is needed to develop a three dimensional model for liver stem cells which may mimic normal liver tissue construction. The vision is to achieve small liver functioning in a similar manner to the human liver, but outside of the body - “a liver on a plate” if you will.

This will open up new prospects for the treatment and management of patients with liver disease.





Supporting medicine for older people

On ward F7, our staff help patients live as normal a life as possible. However, more could be done if there was money available.

Help Southampton Hospital Charity to raise £10,900 to enhance the lives of older patients on the F7 Transition ward.

This is one of the exciting new campaigns the Charity is commencing this financial year and it is you, our supporters, who will help us make a real difference to the thousands of people admitted to University Hospital Southampton each year.

Staff like Inez spend time with patients in their eighties and nineties who are due to leave the hospital to go home, or go into adult social care.

Some of these patients have no family or friends left to visit them, meaning their stay in hospital can be very difficult and sometimes, very lonely.

Following their treatment, they can spend several weeks, or even months on the ward.

You can help hospital staff make a real difference to patient's lives. Call the Charity today on 023 8120 8881 to hear about our latest projects.



Healthcare Assistant Inez tells us more...

"This is about helping the elderly patients in our care as they try to get back to living as normal a life as possible.

They have spent a great deal of time inactive on a ward during their treatment and need help relearning how to do what we would consider simple things like eating, drinking liquid or doing some exercise.

Some of our patients have a really good support network and have family that come and visit them.

Others, though, do not have anyone that comes and sees them and they can sit looking very bored, shutting themselves away from what is going on around them.

Whenever I go on my shift I play music on my phone while

I walk along the ward and you can see the patients turn to look and smile. It brightens up their day.

I usually play Abba to them and they seem to like this, which is really nice to see. It would be great to be able to raise enough money to get equipment that can help occupy their minds such as some TVs, board games, and extra seating like sofas. This is about helping our patients and getting them ready so they can take up normal activities again."

Inez trains for marathons during her time off so she can raise money. In 2017, she ran three marathons to raise money for Southampton Hospital Charity, four in 2018, and she intends run one extra marathon each year.

Research into brain injuries in newborns

Hypoxic ischaemic encephalopathy (HIE) is a brain injury caused by a lack of oxygen reaching the brain.

It can cause babies to have seizures, difficulty breathing and low blood pressure. It can ultimately lead to epilepsy, learning disabilities, and cerebral palsy.

Dr Vollmer and her team of experts are piloting a way to modify existing MRI scanners to provide a clearer picture of how babies respond to treatment for HIE. The new scans will take only five minutes, during which time they will measure the amount of blood flow in the brain. And what's more, they can be performed at the same time as the standard MRI that babies receive following cooling treatment.

These scans would lead to a more reliable and effective method of assessment, which would undoubtedly ease some of the anxiety experienced by families, and lead to new ways to identify those who may benefit from early intervention in school and everyday life.

We need to raise £7,800 before this pioneering research can begin.



Harnessing the power of machine learning to save lives

Nurses periodically monitor patients, taking observations throughout the day and night.

These observations include a patient's respiration rate, oxygen saturation, blood pressure, pulse, temperature, and level of consciousness or confusion. This is called an early warning score system.

Machine learning is a field of computer science using statistical techniques to give computers the ability to 'learn' with data without being explicitly programmed how to give the best answer. Machine learning has already become integrated into many aspects of daily life – in our sat navs, smartphones and search engines.

It has huge potential to detect patients who are getting worse quicker and more accurately, helping to save lives by extracting intelligence from the enormous volume of data that is available about a patient.

Southampton Hospital Charity are supporting this innovative study which will cost £130,800.

Renal testing device for emergency admittance

At present those admitted to the emergency department with potential acute kidney injuries must wait several hours for the results of laboratory testing to assess their renal function.

This delays the administering of essential medications which could delay further potentially toxic effects on the kidney. Each month, 200 of these patients are treated.

Point of care testing would allow immediate access to results. In turn, this would allow prioritisation of these patients, ensuring they receive the care they need quicker. We need to raise £57,833 to fund the project for the next three years.

Home sleep study with patients

Within the next year, UHS will carry out around 800 sleep studies.

Currently, these are conducted as inpatient appointments, meaning patients must sleep at the hospital with all its associated distractions. As such it does not provide an accurate reflection of a person's issues sleeping in their own home, and so patients frequently need to carry out multiple visits to receive a proper result.

The team would like to have the ability to carry out sleep studies at home. Help us raise £21,800 to fund five Somnotouch machines, three docking stations and four software licenses.

Take part in our lottery

One of our vitally important sources of income is our Unity Lottery. Why not ask your friends, family, colleagues and staff to take part.

The draw takes place every Saturday and each entry costs just £1. While 50% of the money is given to the winners, the other 50% comes directly to the Charity. We offer a yearly Grants scheme for staff to apply for the lottery profits.

How the lottery benefits our patients

Last year, 11 wards in the hospital were able to improve care of their patients thanks to income received through the lottery. Projects that we were able to fund included:

- Colour coding of chairs, lockers and bedside tables to help dementia patients on Bramshaw Ward find their rooms **£6,096**
- Tables and chairs to promote social dining with specialist medicine patients encouraging them to eat, drink, move **£5,000**
- Revamping the patient waiting area chairs in Princess Anne Hospital outpatients department to increase the capacity and comfort for patients **£5,000**

- An Accuvein finder for injecting radioisotopes within nuclear medicine. Veins can be damaged due to chemotherapy, so this machine reduces pain and anxiety by helping find veins the first-time **£3,900**
- Provision of supportive seating for young children, tools to develop oral speech skills, specialist feeding cups, and toys to aid early language development for our paediatric speech and language therapists **£1,500**
- Drip stands for Southampton Children's Hospital G4 Surgery Ward. Often the children need long term infusions, so drip stands allow the children the freedom to move around the ward and playroom **£800**
- Wheelchair and equipment trolley to take patients to therapy or encourage them to go outside **£300**
- Subsidised places for the annual adult congenital heart conference so staff can learn more about patient needs and their complex heart conditions **£275**
- Brooke Ward treats orthopaedic patients and has no entertainment. We funded six DAB radios to alleviate boredom and provide stimulus for patients **£120**

Making a difference

Vein finders determine vein locations, and also visualize those locations on the patient's body in real-time. Haemoglobin in the blood absorbs infrared light, and when the small portable device is held above the skin, veins appear noticeably different than the surrounding tissue.

Claire Liddell, Nurse Specialist comments: "Nuclear medicine is a branch of medicine that uses radioactive materials to investigate how different parts of the body work. In UHS, we see patients of all ages on a daily basis to inject radioisotopes via the veins for diagnostic imaging, or to give therapy.

"Patients who have undergone chemotherapy usually have difficult access to their veins, so often have to undergo multiple attempts to insert a needle. The Accuvein Finder will assist us in accessing even the smallest veins in babies, therefore reducing anxiety and pain."



By signing up to the lottery, YOU make projects like these possible.

“ We are so pleased with the vein finder. It makes such a difference finding a vein first time on patients who have difficult veins and it is particularly useful with our children, meaning we often need fewer attempts to get a successful cannula or butterfly. The children are also fascinated to see their veins when we are looking for them! ”

Without you, our donors, we wouldn't exist...

Words cannot express just how grateful we are for your donations, whether one-off, or regular gifts.

Thank you to all of our dedicated supporters for making sure we can continue to provide the very best care, support and treatment to our patients, their family, and our staff.

We are sorry that we cannot mention everyone, however we are truly grateful to each and every one of you.



- Ahmad Tea
- Artemis Charitable Foundation
- Barratt Homes and David Wilson Homes
- Big Lottery Fund
- British Kidney Patient Association
- Broughton Primary School
- Brymor Contractors Limited
- Charities Trust
- Chewton Glen
- Clarkson Jersey Trust
- Clive Groom and Christina Cassady
- Coopervision Manufacturing Ltd
- Dave Morris
- David Evans
- Eaton Limited
- Garfield Weston Foundation
- Gracelands Ltd
- Hoburne Holidays - Naish
- John Gardner
- League of Friends of the Royal South Hants Hospital
- Lorraine Read
- Morrisons
- Ordnance Survey
- Paris Smith LLP
- Rob Aiers
- Southern Coop Head Office
- St James's Place Foundation
- Pears #iwill Fund
- Vinay Sonchatla
- Wave 105 Cash for Kids
- Thank you for an anonymous donation to Piam Brown Ward in honour of St Jude.

Thank you for the 22 legacies we received in 2018-19, totalling an incredible £407,557.37. This will make such an incredible difference for the care and treatment of our patients.

Community superstars!

We want to give a special recognition to three very important community groups for everything that they do for us.



robbiesrally

Robbie Keville was diagnosed with a brain tumour and sadly passed away aged 10 in February 2016. In Southampton, once children have had surgery, radiotherapy and chemotherapy, they are discharged home. More often than not, they are in need of a great deal of rehabilitation.

robbiesrally has already raised an incredible £502,000 to fund Robbie's Rehab – a Southampton based outpatient rehabilitation service for children with brain and spinal tumours.



Lahna Appeal

When Natasha and Lance Beatty lost their five-month-old daughter, Lahna Tula, they were determined to ensure a lasting legacy for her. So, in 2009, they launched the Lahna Appeal in her memory to fund both pioneering and routine equipment for patients and staff at Southampton Children's Hospital.

November 2018 marked what would have been Lahna's 10th birthday, so within the next year, the group hope to exceed their £100,000 target.



Isaac's Gift

Isaac Baker was just two years old when he died at the end of 2013. Isaac's Gift was set up in his memory to help transform the lives of other children with life-limiting conditions.

The group evenly split their donations between our paediatric medical unit where he spent the last four months of his life, and also the Antony Nolan Trust. 2019 marked £100,000 raised in Isaac's name.



Southampton Children's
Hospital Charity



Southampton
Hospital Charity

Charity registration number: 1051543

Your support makes a real difference to our patients

Southampton Hospital Charity enhances the support, care and treatment of patients at Southampton General Hospital and Princess Anne Hospital, which are both a part of University Hospital Southampton NHS Foundation Trust.

We provide financial support to areas of the hospital service that lie beyond the scope of NHS funding.



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Southampton Hospital Charity

