



**Southampton  
Hospitals  
Charity**

Charity Registration Number: 1051543



**University Hospital  
Southampton**  
NHS Foundation Trust

# charity matters

**Spring 2022**

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# Welcome

After another challenging winter for our colleagues in the NHS, spring is almost upon us, and very welcome it is too. We are so proud of the projects we are working on, specifically the garden installations across our sites, that will be hugely beneficial to our patients, their families as well as our thousands of staff. Without you, our supporters, much of this would not be possible. Thank you for your continued interest and support.

In these pages, you'll read about how we're supporting research projects that could develop new treatments and knowledge for better health and care, and also have an article focussing on how you can support our Palliative Care Suite to ensure our patients in our General Intensive Care Unit are given a dignified and good death.



We'd also like to wish our runners taking part in the ABP Southampton Marathon the very best of luck, and we will be cheering you on every step of the way. If you would like to take part in an event and raise much needed funds for your hospital charity, please do consider signing up to the Queen's Platinum Jubilee 'Thank you' Day (p.4) or sign up for our first Broadlands fundraising walk in the summer (p.15).

Gratefully,

A handwritten signature in black ink that reads "Jeneen Thomsen".

**Jeneen Thomsen**  
Head of Charitable Giving

## Meller House re-opens its doors

Thanks to a generous donation, the Charity has worked with University Hospital Southampton (UHS) and has been able to support the upgrade and refurbishment of Meller House, which is an exciting development as it ensures the wellbeing of our patients by supporting their relatives with the best care and experience.

This is a unique facility that provides comfortable accommodation for the relatives of patients at UHS who have accessed hospital services long distances from home or in emergency situations.

It offers eight en-suite twin bedrooms, a family bedroom with a separate bathroom, a communal lounge and kitchen area as well as parking and outdoor space.



# £316,000 spent to support hospital research

In 2020-21, the Charity invested £316,000 on research projects being conducted within UHS.

Improving healthcare for the benefit of patients is at the heart of everything we do. Clinical research is how we develop new treatments and knowledge for better health and care, building the evidence for new approaches that are safe and effective.



## Improving diagnosis for babies with brain injury

Neonatal Hypoxic ischaemic Encephalopathy (HIE) is a type of brain injury that develops in babies when there is a lack of oxygen reaching the brain around the time of birth.

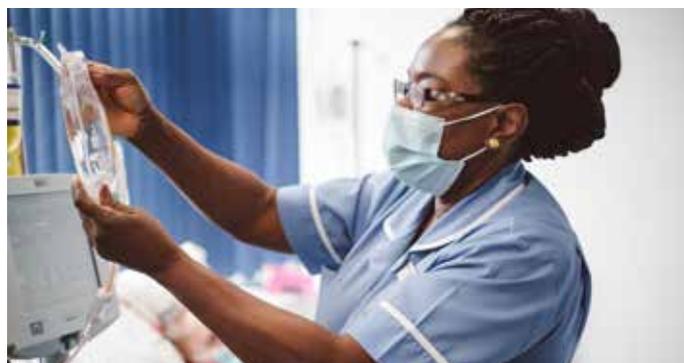
We launched our fundraising appeal in 2019, and through your support, a team of clinicians and scientists at Southampton Children's Hospital have been able to focus on improving the accuracy of the evaluation of the brain injury caused by HIE, and how this relates to later neurodevelopmental outcomes. The team are now halfway through the data collection, and initial results of this study should be released this summer.

## Harnessing the power of machine learning

Machine Learning has already become integrated into many aspects of daily life, but it is yet to achieve a significant impact in healthcare.

Nurses periodically monitor patients through observations. A score is then assigned to denote how sick a patient is, and deteriorating patients with high scores are seen by the doctor. This is called an Early Warning Score (EWS) system.

Following an initial pilot project in response to the pandemic, Dr Daniels, consultant in respiratory, hopes to create a system of care which can identify deteriorating patients more quickly and save countless lives. This life-changing research began in 2021, and preliminary results should be published by February 2023.



## Investing in the future

At the end of 2021, we partnered with University Hospital Southampton's Research and Development team. The aim is to fund innovative research projects with the potential to demonstrate direct benefit to UHS patients and designed to provide researchers with seed funding to develop their proposals, totalling up to £100,000 in total.

We've now received all submissions and will look forward to updating you in the next issue of Charity Matters.

# How are you celebrating the Queen's Jubilee

## National "Thank You" day

There's never been a better excuse for a big party, to say thank you to everyone who has helped us through the pandemic.

Join the UK's biggest "Thank You Party" on Sunday 5 June.

Rope in neighbours near and far. Get the local band to play. Show off your baking skills. And ask for donations to support your local hospital and NHS heroes.

All we ask is that you hold a thank you lunch anytime between 23 May-11 June and raise a glass or a cup of tea for Her Majesty the Queen and your NHS Heroes.

## Host a bake-off

Gather the keen bakers amongst your family, friends and colleagues and hold a baking competition! Appoint a judge and have different categories for people to enter their bakes into, for a donation.

Whether you go for cakes, biscuits, or best decorating, the possibilities are endless!

Register your interest today to get your free fundraising pack, and don't forget to send us your pictures or post on social media using **#SHCJubilee**

## Sign up today:

[southamptonhospitalscharity.org/Jubilee](https://southamptonhospitalscharity.org/Jubilee)



# Jubilee colouring competition



Southampton  
Hospitals  
Charity



University Hospital  
Southampton  
NHS Foundation Trust

## Jubilee stamp competition

Take part in our colouring competition to celebrate the Queen's Platinum Jubilee.

Simply create your own stamp, making sure you include the Queen's head! Make it colourful and rejoice in all things British. Show us your creativity, and we will hang the stamps up around University Hospital Southampton (subject to Covid restrictions) to lift the spirits of our patients and staff.

Suggested donation £1 to [southamptonhospitalscharity.org/donate](https://southamptonhospitalscharity.org/donate)



### Contact Details

Name .....

Age .....

Email .....

Phone No. ....

Are you happy for your name and artwork to appear for marketing purposes?

Yes

No

Please send all artwork by Wednesday 1 June to Southampton Hospitals Charity, Mailpoint 135, Southampton General Hospital, Tremona Road, Southampton, SO16 6YD.

Alternatively, you can email your artwork to [charity@uhs.nhs.uk](mailto:charity@uhs.nhs.uk).

The competition winner will be announced on Friday 3 June, and will win x2 tickets to Paultons Park.

# Construction work begins around the hospital

## Rehabilitation gym for elderly patients

We are excited that work on our Medicine for Older People gym started in January! This will not only be a place for our elderly patients to exercise both their bodies and minds but also enables us to provide a better hospital experience. The new purpose-built specialist gym will include plasma screens and WiiFit technology encouraging our patients to engage in the activities taking place on screen. It will also provide adapted exercise equipment and a private space for assessments.



## Building our play retreats

This spring, work will begin on the two play retreats within Southampton Children's Hospital. This has only been made possible by you, our amazing supporters, our partner Paultons Park, and the Wallace and Gromit Children's Charity.

The retreats are specifically designed to be used by our children and young people. This will ensure they have access to play and distraction, helping them cope better with their hospital journey. Digital technology is a big part of a child's life, which is why we are fundraising for additional specialist equipment to be tailored to a young person's unique needs.

## Four key pieces of technology

### Gaming carts

Mobile, interactive gaming units can be used to help create a sense of normality for our long-term patients.



### 3D virtual reality glasses

These allow children to be immersed in a colourful and engaging world to play games. It is the perfect distraction for uncomfortable procedures or treatment.

### Interactive multi-touch screen

This interactive equipment is fully accessible and specially designed for those with limited movement who are required to lie a certain way for a set period of time. Our patients can brush aside leaves or ripples in water, transporting them from a busy ward to a faraway world of their own imagining.



The play team do so much, but with your help, they could do so much more.

Support us today!

### Mobile projection unit

The unit creates a complete sensory zone by allowing even those with limited movement to alter many aspects of their immediate environment, creating colourful and engaging floor projections.

# Our gardens are getting ready to bloom

Spring is officially here! The days are getting longer and the flowers are starting to bloom. Avid gardeners are starting to prepare their gardens for the rest of the year, and the hospital is no different.

We have already created two new garden spaces outside the Emergency Department, and Princess Anne Hospital with paved spaces and seats. The bulbs are beginning to push through the ground, and by the summer we hope to have two more areas completed outside the Feast restaurant and Occupational Health.

We can't wait for our staff and patients to start using the areas, and for the wildflowers to bloom and bring colour to the hospital.



We don't have anywhere away from our desks to have our lunch, so it's lovely to have this calming space now.

## Activity coordinator for our elderly patients

In our last newsletter we spoke about funding a physical activity coordinator in our Medicine for Older People department and we are excited to announce that we will be partnering with the Saints Foundation for this unique role with our therapy team.

Deconditioning happens as elderly patients can lose 20% muscle strength in just one week. This can result in a patient requiring a permanent transfer to residential care or an increased reliance upon social services.

Exercise classes and group activities such as dance, chair-based activities, resistance-based activities or Tai Chi will improve muscle strength, whilst also providing some fun for our patients!



Our thanks to **NHS Charities Together** who we are working in partnership on both the gardens and activity coordinator projects.

# General **Update** Intensive Care Unit Appeal

**Our General Intensive Care Unit (GICU) is one of the top-rated ICU's in the country, however we know that we can still do more as the regional major trauma centre for the south and Channel Islands.**

Sadly, some patients do not survive following their admission to GICU. Last year 165 patients passed away on the unit because of their condition.

**Help us fund the first end-of-life suite to be located within a General Intensive Care Unit in the country.**

This will be a dedicated room in which end-of-life care can be provided. Far from feeling like a normal hospital room, the Palliative Suite will feel more like a bedroom.

Necessary medical equipment will be stored out of sight and there will be a separate space in which families can sit should they need to take some time out. Technology will be used to enable patients and families to customise the space using photos or videos of holidays or special memories. Speakers will also ensure that music or prayers can be played.

We cannot take away the pain of losing a loved one, but with your support we can ensure that we make the hospital experience as comfortable and personal as possible for

those left behind and ensure that a patient can have a dignified and good death.



It's focussing on the person, not the illness... who they are and what's important to their needs. //

**Vanessa,  
Palliative Care  
Nurse Specialist**

## Contracting coronavirus at 30 weeks pregnant



**Mum to be, Geeta Roath, from Southampton contracted coronavirus at 30 weeks pregnant. After struggling to breathe, she was admitted to Southampton's General Intensive Care Unit, and her baby was delivered via emergency surgery.**

"In November 2021, I contracted coronavirus while pregnant. It felt like someone was hugging my chest so I couldn't breathe normally. I kept saying to myself that I was ok. That I just had to hold on for 10 days.

It got worse, so I saw the midwives in Princess Anne Hospital, Southampton. My health continued to deteriorate. My oxygen levels continued to drop despite steroid injections, and my temperature and heart rate were too high. By now, I couldn't stand up anymore.

That night I was transferred to the General Intensive Care Unit. The staff were remarkable. They made me feel like I wasn't alone, and my nurse made me feel like everything in ICU was normal.

**The whole NHS care system is one step down from God. The support is unbelievable.**

On the fourth morning I was given a CPAP machine for my breathing. Then on 24 November they decided to deliver my baby as he was compressing my lungs. My world stopped.

**Geeta's husband, Michael adds, "I was walking away from Geeta as she went into theatre not knowing if my wife and baby would be ok. It was the hardest walk of my life."**

Geeta continues, "As I went into theatre I was surrounded by so many people. They never let go of my hand.

Then my baby, Michael Junior, was delivered. He was kept in theatre until I was stitched up and ready to leave too.

I was transferred back to General ICU, and he was transferred to the Neonatal ICU. When I woke up, one of the nurses came over to me and said 'congratulations you are a mum'. After eight miscarriages, I could have cried for days!

Without the incredible midwives and teams in the ICU, I wouldn't be here, and maybe Michael Junior wouldn't either.

**Support our intensive care unit today:**  
[southamptonhospitalscharity.org/gicu](https://southamptonhospitalscharity.org/gicu)

# Here's some of the ways we've been **supporting** our patients...



“ We have been spreading the cheer around the Princess Anne Hospital and everyone has been made up with the gifts. ”

## **Christmas in the hospital**

Our Christmas campaign for 2021 was a huge success, raising £53,800 to support gifts for both patients and staff.

Joyce Stebbings, play leader for Southampton Children's Hospital, says: "We have around 200 beds in the Children's Hospital and were thrilled that each child received a gift bag.

These included items such as soft toys for the babies, and books and puzzles for the younger children, right through to Lego, vouchers, and games for the older children."

**Thank you to everyone who donated to our Christmas appeal!**



**Discover more:**

**[southamptonsouthamptonscharity.org/news](https://southamptonsouthamptonscharity.org/news)**

## Birthday box to celebrate patients' birthdays

In 2020 we funded a wedding box which could be borrowed by in-patients who wished to get married whilst receiving end-of-life treatment. This got us thinking. What about other special occasions?

We are delighted to announce that we now have a birthday box, containing birthday cards, bunting and candles!

Within just a few short weeks, this has proven to be popular and has already helped us to celebrate Ashlea's first birthday.

"Ashlea has spent 93 days in hospital. Sadly, this meant she has missed a lot of events that she would usually spend with her family around her – Halloween, Bonfire Night, Christmas, New Year's Eve, and most importantly her first Birthday."

## Life-saving pillows for epileptic children

Epilepsy is a common condition that affects the brain and causes frequent seizures. These are bursts of electrical activity in the brain that temporarily affect how it works.

“ Thanks to Southampton Hospitals Charity and staff at UHS, we were able to give her a birthday to remember!”  
– mum, Lisa



Through your support, we've bought some anti-suffocation pillows for our young patients to use at home. They have more of a mesh design compared to the standard pillow which means that the structure has more holes in it and allows our patients to breathe, even when having night-time convulsive seizures. It's a simple concept but is truly life-saving.

Seven-year-old Darcy was given one of these pillows. Mum, Nicola, explains: "When Darcy was one year old, she had her first seizure, and since then she has been under the care of Southampton Children's Hospital.

If Darcy has a seizure, her breathing gets laboured and she can't always move afterwards.

The anti-suffocation pillow just adds in that extra bit of security for us all. A pillow is something that everyone has, but this one could literally save my daughter's life."



# 430g baby survives thanks to Southampton's neonatal unit

**Maxwell Christopher Revell was born on Friday 3 July 2020 at Princess Anne Hospital in Southampton via emergency C-section.**

Dad, Nick, explains: "We were referred to Southampton after our 20 week scan showed that Maxwell wasn't growing because the blood flow from the placenta was minimal. It was enough to keep him alive and all organs functioning, but not enough to grow like in a standard pregnancy.

The aim was to reach 26 weeks and 500g. We reached 26 weeks and two days before my wife Georgia was given an emergency c-section. Straight from theatre, Maxwell was rushed to the neonatal intensive care unit for specialist care and treatment.

Not only was he 14 weeks early, but he weighed only 430g. That's less than one pound, making him one of the smallest babies they've ever had on the unit.

Due to his lack of development and growth he was given a slim chance of survival, however now 20 months on he is still fighting. I cannot speak highly enough of the level of care and compassion given in the neonatal unit. They really do perform miracles and give babies like Maxwell a chance to survive and prosper.

There have been many occurrences too close to call, but he has pulled through every single one of them."

## Showing their appreciation

"My cousin, Sam, best friend Jordan, and myself are taking on the Action Challenge Isle of Wight trek over 30 April-1 May 2022. Over the two days, we will complete a 108km walk around the entire coastline of the island! It will be hard, but the thought of Maxwell will keep us all going."



# Make this Easter egg-stra special...

We appreciate the generosity of our community and local businesses at Easter time and this year we would like to make this occasion bigger and better than ever!

Instead of bringing in Easter items, we would like you to consider a cash donation that we can use to offer activities and entertainment to improve the stay for our patients. This way we can ensure our patients have a special Easter while in hospital with us.

**£5** Could buy our patients some Easter eggs.

**£10** Could buy some puzzles or crosswords for our long-term patients.

**£25** Could buy an arts and crafts activity pack for one of the many children with us over the holidays.



Bring some Easter cheer to our hospitals!



Donate at: [southamptonhospitalscharity.org/easter](https://southamptonhospitalscharity.org/easter)

# Jump into 2022...



We are proud to be the lead local charity for the ABP Southampton Marathon.

If last year taught us anything, it is not to put off working on your bucket list. Do the run, do the skydive, do the trek!

- 24 April: **ABP Southampton Marathon**
- 1 May: **Romsey Relay Marathon**
- 21 May: **Football Legends vs UHS Staff Football Match**
- June: **Jubilee Celebrations**
- 24 July: **Southampton Sporterium**
- 7 August: **Walk for Broadlands Ward**
- 11 September: **London to Brighton Cycle**
- 25 September: **Winchester Marafun**
- 2 October: **London Marathon**
- 9 December: **Festive Day**
- Anytime throughout 2022: **UK treks**



Sign up today! [southamptonhospitalscharity.org/events](https://southamptonhospitalscharity.org/events)

# Walk for Broadlands

**7 August  
2022**  
Broadlands Park,  
Romsey  
SO51 9ZD

Themed  
areas  
around the  
route.

Bring  
your own  
picnic.

Accessible to all, from new mums with prams, to toddlers and the whole family. Why not bring Grandma and Grandpa too!

Celebrate all that is Broadlands. Supporting Broadlands Birth Centre, take part in this exclusive walk around Broadlands Park, our Patron's estate.

**Race it, walk it, enjoy it!**

**Entry costs:**

**£10 per person, kids free (under 16)**

Children's  
entertainers.

**Sign up today!** [southamptonhospitalscharity.org/broadlands](https://southamptonhospitalscharity.org/broadlands)

# World record attempt by 10-year-old

**This May, Xavi is attempting to set a new world record by becoming the youngest person to climb and then descend Ben Nevis, on a mountain bike.**

When he was one year old, Xavi developed kidney disease, and was given less than a 5% chance of not requiring life-saving kidney dialysis or having significant kidney complications.

Suddenly Xavi's kidneys began to heal themselves and he was able to leave hospital just 10 days later with nothing but blood pressure medicine to take. Xavi's family met other children on the ward who were not that lucky.

Now 10 years on, Xavi and dad, Sam, are taking on this world record attempt to say thank you to the amazing staff at Southampton Children's Hospital.



At Southampton Hospitals Charity, we bring people together to raise life-changing funds for University Hospital Southampton – the south coast's leading healthcare provider.

From specialist services to pioneering research, our incredible supporters enhance care, experience and outcomes for thousands of patients each year. For more information or to make a donation, contact us on:



**023 8120 8881**



**charity@uhs.nhs.uk**



**southamptonhospitalscharity.org**

## **Southampton Hospitals Charity**

Mailpoint 135, Southampton General Hospital, Tremona Road, Southampton, SO16 6YD.



**Southampton Hospitals Charity UK**



**@charity\_shc**



**charity\_shc**

All information is correct at the time of printing. We hope you enjoy hearing from us but if you ever change your mind, please let us know by calling 023 8120 8881.

Charity registration number: 1051543.