



Southampton
Hospitals
Charity



University Hospital
Southampton
NHS Foundation Trust

charity matters

Spring 2023

Vital research
is advancing
healthcare in
Southampton

What's inside? Pioneering research projects Page 3, 6-7
Leaving a gift in your Will Page 5
Children's hospital funding Page 9

Welcome

I'm Ray, Fundraising Manager at Southampton Hospitals Charity, and I joined the team nine months ago. Working at University Hospital Southampton (UHS) has given me such a great insight into how much charity funding enhances the hospital environment, and it's all thanks to incredible supporters like you.

It is my job to organise events that encourage our local community to support the Charity. And this year we have a significant milestone that I hope you'll be inspired to get involved in. This July, the NHS turns 75 and we'll be celebrating by hosting a wide variety of events for all ages and abilities. You can find more information on pages 10 and 11.

Also, in this edition of Charity Matters you can read about how investing in research is impacting the lives of not just our patients in Southampton, but patients right across the UK, as well as how virtual reality technology is helping our young patients in the Children's Hospital.



Every day I am amazed by the generosity we see from our communities, through individuals and businesses who simply just want to support our Charity to make a difference. Thank you rarely seems enough, but I'd like to pass on a sincere heartfelt thank you from everyone at the hospital.

With very best wishes,

A handwritten signature in black ink that reads "Ray Southam".

Ray Southam
Public Fundraising Manager



Skydiving for the maternity theatres

Rossana works in the Princess Anne maternity hospital theatres team in Southampton. Over the last ten years, she has also needed emergency surgery and medical care for all three of her children.

"Every day I work with these amazing teams in the hospital who are lifesavers on a daily basis. My eldest son, Gabriel, was born in June 2012 at Princess Anne Hospital. The pregnancy progressed well, and it started as a normal birth. Twelve hours later, I was losing a lot of blood so was rushed to theatres. When I recovered, they told me that Gabriel had been taken to the neonatal intensive care unit (NICU) for specialist care.

He was born yellow due to jaundice as it turned out my blood was incompatible with his. I was in tears. I had never heard of Jaundice ABO-incompatibility before, but it happened with all three of my children and they all needed treatment in the NICU. Without the skill and dedication of the staff on the unit, my children might not be here today and that's why I've signed up for a 15,000 foot skydive for Southampton Hospitals Charity. I am really not good with heights, but there comes a time in your life where you need to start ticking things off your bucket list and this was one of those moments."

Success of post-traumatic stress disorder therapy study



Funding by Southampton Hospitals Charity played a key part in the success of a pioneering feasibility study aimed at improving intensive care patients' psychological recovery from post-traumatic stress disorder (PTSD).

The ground-breaking CovEMERALD study was funded by a £3,500 award from Southampton Hospitals Charity, and has led to the launch of the second, more definitive, research stage.

UHS based clinical academic researcher Andrew Bates conducted a pilot trial of the benefits of Eye-Movement Desensitisation and Reprocessing (EMDR) psychological therapy with COVID-19 patients who had been treated in an intensive care unit (ICU) during the pandemic in 2021.

As an ICU nurse with 24 years' experience, Andrew was aware that a substantial proportion of patients developed PTSD symptoms within three months of discharge from hospital. He wanted to give post-ICU patients a more positive recovery experience through the highly acclaimed EMDR treatment.

Andrew said: "We knew that EMDR therapy had been really beneficial in healing people who had been through traumatic experiences in the past, but there was no clinical research study which could show that it could be used to treat patients who developed PTSD."

The trauma-focussed therapy involves one-to-one sessions, with PTSD patients speaking to a psychologist about their negative feelings while performing side-to-side eye movement,

interspersed with guided focus on a 'safe and happy place' to counteract their traumatic memories.

It featured thirteen COVID-19 patients from UHS, as the intervention group, receiving therapy from the Intensive Psychological Therapies Service in Dorset. A further thirteen COVID-19 patients were given standard post-ICU treatment care, as the control group, for comparison of the trial outcomes.

The results showed a substantial fall in PTSD symptoms of 12% to 15% recorded among the intervention group, compared with no change or improvement in PTSD symptoms within the control group.

Andrew is now embarking on a more far-reaching, controlled trial of EMDR therapy to improve psychological recovery from PTSD, in which he will be recruiting 160 new participants.

He said: "This new study has come about as a direct result of the support offered to me by Southampton Hospitals Charity and is funded by an additional grant from the NHS National Institute for Health and Social Care Research.

"This will be more rigorously implemented, with monitoring and testing over a longer period of time in order to capture the whole experience."

Would you consider **supporting future generations** with a gift in your Will?

"I regularly see the wonderful difference gifts in Wills make to patients' lives. From world-class care and medical equipment to pioneering research and innovation, gifts people have left in their Wills to Southampton Hospitals Charity can, and does, help us continue to enhance the care and treatment of our patients and staff.

Around one third of our donations come from gifts in Wills. Without this type of support, we simply wouldn't be able to offer the standard of care our patients deserve.

If the time is ever right for you to remember a charity in your Will, please remember Southampton Hospitals Charity."

**Paul Grundy, Chief Medical Officer,
University Hospital Southampton**



**Thank
you for
your kind
support**

Free Will booklet

We know that the thought of arranging your Will can feel daunting, so we've created a short and simple booklet with all the information and advice you might need when making your decision.

The booklet explains why having a Will is important, offers guidance on what you may need to consider, and suggests the kinds of gifts you might want to leave behind for your loved ones and any charities.

Free Will writing service

Through our partnership with The National Free Wills Network, you can contact a solicitor to write your Will for free.

They have written thousands of Wills for people all over the country, so you can be sure you're in good hands.

For details of the Wills booklet or free Will writing service, please contact our legacy team on **023 8120 8881 or email your name and address to **charity@uhs.nhs.uk****



Pioneering Research Projects

Working with our Research and Development team, we're funding research so our clinicians and researchers can prove their hypothesis and unlock further external funding. Seed funding is the starting point for all research projects.

"We're proud to be working alongside Southampton Hospitals Charity to help fund vital research projects that enable us to remain at the forefront of medical care.

Clinical research trials and studies are part of everyday life in the NHS, and you might not know it, but most care that patients receive in hospitals and GP practices is the result of research.

There are hundreds of studies being led at any one time in Southampton. We are constantly striving to improve current treatments and medicines and develop new and better ones for the future."

Dr Karen Underwood, Director of Research and Development at University Hospital Southampton.

Our current research projects...

Crucial brain injury research

Hypoxic Ischemic Encephalopathy (HIE) is a serious birth complication that affects 1 in 1,000 babies in the UK each year. Lack of oxygen and/or blood flow to a baby's brain before, during labour or at birth, can lead to a brain injury or HIE.

It affects areas of the brain that are vital for motor coordination, learning, and memory function. After a normal pregnancy, babies born with HIE can fully recover and have no long-term health problems.

Unfortunately, some will need ongoing healthcare support while parents face uncertainty about how the brain injury will affect them in the long term. With funding from the Charity into research to understand parent's experiences of babies with HIE and how this has impacted their lives, staff on the neonatal unit will be able to offer parents the best possible support at what can be an extremely difficult time.

Young people's cancer research

Each year 2,000 young people are diagnosed with cancer in the UK.

Teenagers and young adults often describe feeling unprepared for life beyond cancer treatment and experience fear and uncertainty. They are often left with questions about how their long-term health will be affected.

This project will work with young people to identify the key areas where support is needed, how they would like this support to be delivered, and when the support is needed.

"I was diagnosed with leukaemia just four days after my 20th birthday. The second those words left the doctor's mouth my whole world fell apart. I started chemotherapy just a few hours later and spent the best part of six months isolated to my hospital room.



I struggled a lot, not only with the physical side effects of having cancer, such as the hair loss, weight gain and everything else that no one tells you about, but the mental aspect hit me like a train. The 'what if' and the unknown factor." **Former cancer patient.**

Karly and Isla's story with HIE

"On day five in Southampton's Neonatal Intensive Care Unit, Isla had an MRI scan to check for possible brain injuries. From the scans, doctors could see clouding, but they didn't know how it would affect her development. Would she be able to walk? Could she talk?"

It is that unknown factor that is so hard for a parent to deal with. We stayed in hospital for twelve days in the family room as Isla was so poorly, and she continued to stay in the neonatal unit for a further five weeks. Her health would go through swings and roundabouts.

When we eventually brought her home, we used baby care monitors and a sensor mat when she was sleeping to constantly check that she was ok.

Seeing Isla so unresponsive for those few hours did traumatise me and led to PTSD. At home I'd have to keep going into her room to make sure she was still breathing whenever she was sleeping.

We were at a loss at what to do, not just for us, but to help Isla. We weren't aware of any local support groups. We felt like we were the only ones going through this."



Discover more about our research projects at:
southamptonhospitalscharity.org/research

Children's Hospital

Maëlie Saunal lives on Guernsey in the Channel Islands, and for the last four years has had to travel with her parents to Southampton Children's Hospital for specialist treatment due to a heart condition. Mum, Corinne, and dad, Guillaume, have four children, Matéo (12), Maëlie (10), Anaëlle (8) and Céleste (6). Here's their story.

"When Maëlie was around six years old, we noticed that she was having episodes where her heart would beat very fast, almost like it was pounding out of her chest," explains Corinne.

"What was strange was that this was happening at unexpected times, such as watching a film, or even when sleeping. We saw a paediatrician in Guernsey who diagnosed Maëlie with Wolff-Parkinson-White syndrome, which is caused by an extra electrical connection in the heart that causes it to beat abnormally fast for periods of time.

It was a stressful and emotional time for us as a family. We had a couple of overnight stays in hospital as she was having regular episodes. I never knew how long these would last, or if we would be able to get them to stop at all. Medication helped to manage the symptoms.

Then during lockdown 2020, Maëlie's symptoms seemed to worsen.

We decided with the doctors that the best way forward would be to book her in for ablation surgery. This is where the accessory pathway, which was causing the episodes, would be burnt away forcing her heart to use the correct pathway and, hopefully, cure the condition.

Maëlie was flown to E1 Ocean Ward, which is the specialist children's cardiac unit at Southampton Children's Hospital for her ablation operation.



The doctors and nurses were so welcoming and had such a lovely manner with her. Although everyone was dressed in PPE with masks covering their faces, the staff still managed to reassure Maëlie and show us their smiles!

Now fully recovered with just some outpatient check-ups, Maëlie was really inspired by her experience, and also by meeting other children who were receiving treatment on the ward. Ever since, she has been adamant that she would like to become a cardiologist herself one day!"

Giving back to the hospital

"Last year, Maëlie organised a beach clean in Guernsey. Her choice was to raise money for the Ocean Ward through Southampton Hospitals Charity, so that they could continue help children like herself and the lovely friends she met while she was there."

Portable projector brings delight to children

Our Piam Brown children's cancer ward has recently received a £6,000 sensory machine to enhance play for children, funded by the Charity.

This unique portable machine provides a kaleidoscope of colour, sound, and touch – enabling a stimulating sensory experience for the children and parents using it.

Vicky Torpey-Thomas, Play Leader on the Piam Brown ward, said "We're so thankful as the possibilities are endless! One small child recently spent three hours using it, giving mum and dad that much needed break.

"It's also beneficial for patients who have been sedated as it's often hard for them to fall asleep after medication. The machine helps us create a calming environment for them to drift off."

One of the first patients to use the machine was 18-month-old Brooke Jordan, from Wareham. Brooke was recently diagnosed with Wilms Tumour, a type of kidney cancer that commonly affects young children.



Mum, Nicole, said "On one of our days on the ward Brooke was nil-by-mouth and she became very distressed. She was just too young to understand why she couldn't eat. The play team put the machine in her room and almost instantly she calmed down. It was a great distraction for not only Brooke, but for us too.

"It's a great addition to the ward and I'm sure it will help many families like ours."

Using virtual reality in hospital

Play Specialist, Kelly Williams, explains: "I work in the children's emergency and trauma department, and our Charity-funded virtual reality headset is in use constantly with our children and young adults!"

When we are busy, it provides a distraction while patients are waiting, it blocks out the visuals and sounds that come with a busy emergency department and helps to engage with patients while they are waiting for procedures. Most importantly, I use it to compliment the nursing care for when patients need stitches, blood tests, and sedation ready for bone manipulation.

The use of virtual reality helps to relax them, and we have such a choice of experiences. They can play games, watch short movies, and even experience being underwater or in a rainforest! People don't expect us to have something so modern, it really gives the element of surprise to our hospital!"

"My son, Leo, was given a VR headset to play with whilst waiting to see the doctor. Absolutely brilliant idea as it kept him amused and distracted. He suffers with anxiety, so this really helped take the stress away.

It is such a good idea, especially for young children that don't have much patience."

Mrs White, parent.



Upcoming events



**We have just launched multiple challenge events for 2023!
Whether you'd prefer to walk, run, cycle or want to jump out of
a plane then we have the challenge for you...**

- 21 May – Romsey Relay Marathon
- 21 May – Exeter's Great West Half Marathon
- 28 May – Edinburgh Half Marathon
- 11 June – Brighton Trail Marathon
- 2 July – Goodwood Running Festival (West Sussex)
- 10 September – New Forest Marathon, Half Marathon, 10k, 5k, and woodland walk
- 8 October – Royal Parks Half Marathon
- 15 October – Amsterdam Marathon
- 11 November – Alton Tower Races – selling quickly!
- 8 December – Festive Day



Find out more: southamptonhospitalscharity.org/events

This July, we are celebrating the NHS's 75th anniversary through a series of special events.

Parkrun for the NHS

Throughout June and July, we will be joining the parkruns in the wider Southampton area to celebrate the NHS at 75 – if you would like to join us, contact us today!

This is an opportunity for parkruns and junior parkruns and their local communities to acknowledge the huge contribution that the NHS makes to the health of the nation and celebrate all the staff and volunteers, past and present, who have made the NHS what it is. Thousands of people are expected to walk, jog, run and volunteer in NHS blue or fancy dress!

- **5 July – NHS Big Tea**
- **5 July – Mission 75**
For Mission 75, raise £75 doing 75 activities of your choice. Skip, squat, walk, or jump. The possibilities are endless!
- **8 July – Southampton 5k Inflatable Run**
- **9 July – Skydive for the NHS (Salisbury)**

Contact us today!

Sign up today or get in touch about your own events ideas and challenges. Contact Pam on fundraising@uhs.nhs.uk

NHS 75



Thank you!

We would like to say a huge **THANK YOU** to all the businesses and community groups that support Southampton Hospitals Charity with their fundraising efforts.

We're delighted to be working with so many incredible organisations and companies whose support and dedication to University Hospital Southampton is extraordinary:

Proud long-term partners since 2019 with all donations supporting the Children's Hospital.



Supporting the rehabilitation space in the new General Intensive Care Unit since 2020.

Giving regular monthly donations to the Charity's Priority Appeal.



With special thanks to **AWS Nationwide, CooperVision, Dandara Southern, ECE Architecture** and **Hampshire Homes** for their continued support.

A special thank you to long-term supporter **Cath Wigham** who raised money in memory of her husband, **Phil**, for our Respiratory Centre.

Over the last seven years, he was treated for bladder cancer and respiratory failure, before sadly passing away late last year.

"He had amazing care from everyone across the respiratory department, especially Dr Havelock, his team of COPD nurses, and the staff on D6 ward. They were our hospital family, and I am so grateful for the extra time they gave me with Phil."

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



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Southampton Hospitals Charity

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Southampton Hospitals Charity UK



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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.

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