



Southampton  
Hospitals  
Charity

Supporting

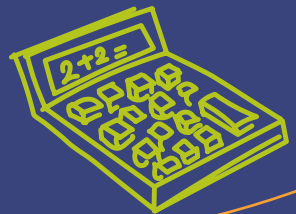
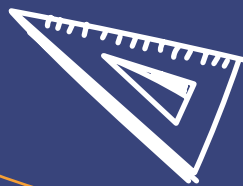
**NHS 75**

# Celebrate

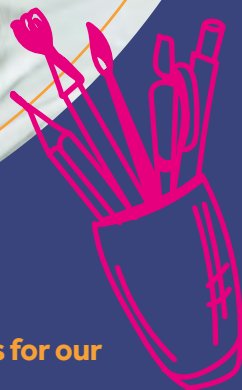


Years of the  
NHS

## Take on a challenge based around the number 75!



A+



## £75 could fund vital craft activities or comforting toys for our children undergoing treatment in hospital.

We would love to come and talk at your school assembly to tell your school or class more about how we help children here at the hospital and how you can get involved and support us.

Depending on availability, we may be able to get hospital and medical staff and/or our Sammy Bear charity mascot to join us.

### Paying in money

- Donate at [justgiving.com/campaign/NHS-75](https://www.justgiving.com/campaign/NHS-75)
- Send a cheque payable to '**Southampton Hospitals Charity**' to the address overleaf.
- Call **023 8120 8881** to pay by BACS.



Discover further resources to celebrate the NHS's 75th birthday including additional fundraising ideas at [southamptonhospitalscharity.org/schools](https://southamptonhospitalscharity.org/schools)



# 75 years of the National Health Service

Since the NHS was founded on 5 July 1948, it has always innovated and adapted to meet the needs of each generation.

As we celebrate this milestone, we're looking back on the history and achievements of our organisation, the recent innovations and technology that has changed how we provide care, the dedication of the hundreds of thousands of our staff, and the opportunities that lie ahead to shape the next 75 years of the health service.

It is time to celebrate our past, but more importantly, a time to think about a future where we continue to put patients first.

**Celebrate this momentous occasion with us!**



## Play in hospital

Southampton Children's Hospital is the sixth-largest children's hospital in the country and one of only four which provides all specialist services on one site. It treats over 150,000 children each year from across the South coast.

Play and distraction are important, but often underrated elements in the treatment of poorly children.

**Through play and exploration, the play specialists at Southampton Children's Hospital support children and young people to make sense of what is happening in their treatment. This service is only made possible through funding from the hospital charity.**

Specialist equipment will help us to provide more children with access to play during a hospital stay and to provide sessions which are tailored to a young person's unique needs.

## Play in action

Recently, the hospital charity purchased a portable sensory machine. One of the first patients to use the machine was 18-month-old Brooke Jordan who was 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."



# Five ways that play helps children during a hospital stay



- 1** Playing is familiar and reassuring for children. It helps to calm those who are feeling anxious and reduces the need for sedation prior to treatment.
- 2** Our staff use play to explain complex information in a way that is fun, reassuring, and easy to understand.
- 3** Play helps children to communicate any feelings or concerns that they have.
- 4** Play retreats give children an area away from the ward and help create a continuity of everyday life.
- 5** Play offers joy and amusement.



## NHS Mission 75 for £75

As the NHS celebrates its 75th year, here at Southampton Hospitals Charity, we are encouraging our local schools to take part in Mission 75 over the summer term.

**Simply think of something you can do 75 times, then raise £75. Here are a few ideas, but the possibilities really are endless!**

**Things to do for 75 minutes:**

- Reading
- Spelling
- Sponsored silence
- Storytelling / Writing
- Walking



**Actions to do 75 times:**

- Baskets / Goals
- Hula Hoops / Keepie uppies
- Laps of the playground
- Skipping / Squats
- The floor is lava challenge



# Five-year-old stroke survivor

**When Blake was five years old, he suffered a major paediatric stroke and was taken to his local hospital. Once diagnosed, and because time is of the essence in these instances, he was immediately transferred to Southampton Children's Hospital for specialist neurological care.**

Mum, Racine, says "Doctors worked hard to find the cause of Blake's stroke, and then an angiogram confirmed that he had Moyamoya. This is a rare and progressive circulatory disorder caused by blocked arteries at the base of the skull.

We spent three months on the Paediatric Intensive Care Unit, G2 and G3 wards at Southampton Children's Hospital, getting him to the point where he needed intensive physiotherapy. Following the stroke, he had to learn how to eat, speak, and use his right side again.

Blake remains under the care of Southampton Children's Hospital and is scheduled for yearly MRI and angiogram tests to closely monitor his condition. In the future he will require additional surgery to slow his condition."



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**



**fundraising@uhs.nhs.uk**



**southamptonhospitalscharity.org/schools**

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Southampton Hospitals Charity UK



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