



# Shine

AUTUMN 2014

News from Sheffield Hospitals Charity

## How you've helped patients nearing the end of their lives...

**Thanks to people like you, we have been able to help patients and their families in the Palliative Care Unit at the Northern General Hospital.**



**Palliative care is about improving the quality of life of patients facing life-threatening illness. Sheffield Hospitals Charity has always supported this group of patients and raised £1.1million to help build the Unit in 2002. It has 18 specialist beds and sees around 800 new patients every year.**

Sometimes it's the extras that the NHS isn't able to provide that make a real difference to people's experience. Therefore, with your help we have provided complementary therapies like Reiki and Reflexology that can reduce stress and enhance a patient's quality of life. Your generosity has also meant that patients have unlimited access to the internet and staff can use specialist hover mats to move patients about comfortably, safely and with dignity.

For many, the care and support they need is very personal and the dedicated staff of this Unit go out of their way to create precious memories for the patients and their families. With the help of people like you, they have helped to create some amazing, lasting memories including special birthday parties and even weddings. One gentleman had promised to take his granddaughter to the seaside. Unfortunately, his health meant this wasn't possible so the staff brought the seaside to the Unit. His granddaughter and all the family came along, a beach was created, everyone had ice cream and a photographer was brought in to capture the moment forever.



Since 2007, your support has meant that some patients in the Unit have been able to record their memories. The Oral History Service uses trained volunteers to help patients talk about their lives and make a very personal recording which may be passed on to their family if they wish. It also arranges for professional photographs to accompany the recording. Oral history offers people time to reflect and create a family record in their own voice. Participants receive an audio CD soon after the interview and feedback from the families is that the recording is priceless.



Twenty year old Lucy Skelton's grandfather made a two-hour recording full of reminiscences and stories through the Oral History Service just before he passed away. "The recording means the world to me and my family," said Lucy. "I would love this project to be accessible to as many patients as possible. It's so hard when you lose a loved one but this recording allows a little bit of them to live on. It is such a comfort to still be able to hear his voice."

### **Ongoing support from people like you is crucial.**

- Just £6 could pay for a memory box for a parent to leave for their child.
- £50 could pay for a birthday party.
- £120 could pay for one oral history interview session and recording.

**Any donations made to the palliative care fund will be used where they are needed most.**

**Making life better for patients**

# Supporter stories

## Consultant haematologists

Josh Wright, Nick Morley and Eddie Hampton from Sheffield Teaching Hospitals, joined forces with one of their cancer patients Shane Bytheway (who has now been given the all clear) and saddled up to take part in the 100 mile Ride-London cycle challenge. Well done everyone on this fantastic achievement raising over £2000 for the Royal Hallamshire Hospital's haematology unit.



**A total of 19 daredevils** threw themselves out of a plane and took to the skies above Hibaldstow Airfield on Sunday 22 June. These fearless skydivers have raised more than £9000 so far for patients in Sheffield hospitals with sponsor money still coming in. A huge thank you goes out to everyone who took part. If you fancy taking the plunge please contact us on 0114 271 1351 or [charity@shct.nhs.uk](mailto:charity@shct.nhs.uk) for details of our next skydiving day – this is an opportunity not to be missed!



## Doctors, nurses and scientists

were amongst the talented bunch who took to the stage for a midsummer concert, aptly named Medstock, where hospital musicians and their families play to raise funds for local hospital charities. The musical spectacular raised more than £3000 which will be split between Sheffield Hospitals Charity and Leicester Hospitals Charity. We'd like to thank everyone who made this event possible and supported local patients especially Sheffield haematologists John Snowden and Andy Chantry and Leicester - based consultants, Sue and Ian Pavord for hosting the event.



**A huge thank you** to Sainsbury's on The Moor, Sheffield, for their fantastic fundraising efforts over the last year, raising £2200. Members of staff have completed all sorts of activities including climbing Ben Nevis (below) and running the Sheffield Half Marathon. In addition to fundraising, they have helped the Charity by providing refreshments for our runners in the Great Yorkshire Run and have a new money-spinner collection box in store for us. Thank you everyone for all your support!



Courtesy of Rotherham Advertiser

## Golf enthusiast Ian Henderson

organised a golf day to raise funds for heart patients at the Northern General's Cardiac Intensive Care Unit (CICU). Ian wanted to thank staff for the care they gave his wife Sue when she was a patient there. Sue became critically ill last year and was rushed to hospital with an aortic dissection which led to a heart attack and a stroke. So far, a massive £4750 has been raised, with money still coming in. Thank you!

**Staff from Proaktive**, the HR and Financial Services firm, have raised nearly £2000 by taking on the Tour de Doncaster! They have been raising money for Jessops, which is a special place to many of their colleagues, families and friends. Thank you to everyone involved for your hard work!



**Paul Coates from Wakefield** has raised nearly £1000 by cycling 140 miles in three days on his coast-to-coast bike ride in memory of his daughter. Sadly Imogen was stillborn three years ago so Paul has been raising money ever since for bereavement services for local families who may need their support. He has raised a grand total of £6,196.47. A massive thank you goes to Paul and his family for all their hard work.



# Cystic Fibrosis dietitian

**Cystic fibrosis (CF) is one of the UK's most common life-threatening inherited diseases. It primarily affects the lungs and the body's ability to digest food and absorb nutrients. CF patients need to eat more than other people just to maintain their weight and require nutrient-laden food and drink.**

Since diet plays such a vital role in their health, the Adult CF Centre at the Northern General Hospital has a dedicated team of dietitians

(pictured). In the past, Sheffield Hospitals Charity has supported the dietitians to carry out a research project and has recently raised the money to employ a senior dietitian for two years to provide additional support.

Part of Eleanor Tidswell's role, which starts in September, involves evaluating the nutritional and catering needs in the Centre and working with staff and patients to look at how this can be developed in the future. She will also be



working with individual patients, usually young adults, to make good choices around nutrition and staying healthy.

Sarah Thornton, Deputy Head of Dietetics said: "This funding will provide an amazing opportunity to involve the patients and staff in creating a service to support the nutrition of patients."

# New cross trainer helps spinal injury patients



**Thanks to the dedication of our fundraisers, physiotherapy staff in the Spinal Injuries Unit at the Northern General Hospital have bought a Nu-Step, a state-of-the-art cross trainer that can be used by most patients.**

Traditional fitness equipment is often unsuitable for people with spinal cord injuries, however,

the Nu-Step is different. This recumbent cross trainer has a wheelchair-height seat that swivels, making it easier to get on and off. It also allows both upper and lower limb movement so patients can have a full-body workout even with little or no movement in their arms and legs. As the only equipment allowing upper and lower limb workouts simultaneously, it has been proven to help in gait re-education and so improve both clinical outcomes and overall fitness.

Staff member Vicky Middleton first saw the Nu-Step in Australia and

was determined to have one in Sheffield. She and colleague Sarah Leighton raised £1700 for this by completing the coast-to-coast bike ride. Peter Hogg, a patient at the unit, together with his family and friends raised more than £2000 and the rest came from the generosity of many others supporters and fundraisers.

Dale Foreman was one of the first patients to use the equipment and reported that "It was definitely worth the money, it is a good piece of kit. I felt I worked harder than on any of the other pieces of equipment available in the gym."

# Color Me Rad

**On Saturday 16 August, Graves Park erupted into an explosion of colour as it was taken over by the latest phenomenon to cross the Atlantic, Color Me Rad.**

This 5km run, where participants were 'colour bombed' as they progressed round the course, was making its debut in Sheffield. We were thrilled to be chosen as the charity partner for the event and recruited more than 30 volunteers who helped out on the day registering participants and throwing the colour bombs at the runners (this is actually coloured corn flour and totally harmless).

Color Me Rad donated £40 for each volunteer and they could choose which area or department received the funds. The spectators, participants and volunteers all



had an amazing time. Rob May, one volunteer, said "It was such a great experience and I met so many great people!"

Ruth Block from Sheffield Hospitals Charity said: "We'd like to say a huge thank to everyone who took part and helped out on the day. The atmosphere was amazing and also raised lots of money for local patients."

# WALK FOR WARDS

**We held our first ever Walk for Wards event around the beautiful Longshaw Estate in the Peak District on Sunday 29 June. More than 60 people laced up their walking boots and completed the 5km or 10km route to raise money for their chosen ward or hospital department.**

Andrea Blackett and her two year-old grandson Corey-George completed the 5km walk twice to thank the staff at the Sheffield Adult Cystic Fibrosis Centre for the amazing care they gave to her son Michael. Twenty-six year old, Michael, dad to Corey-George, sadly passed away in October 2013. Andrea and Corey-George raised over £1400 and were joined by family, friends and some of the staff who cared for Michael. (Bottom right).

Cheryl Ridge, one of the event organisers, said: "Our Walk for Wards event was a great success with a fabulous atmosphere. It was really touching to see the signs everyone wore with messages of who they were walking for. We'd like to thank everyone who took part and to say that this will become an annual event as it was so well received.

**If you would like to hear more about next year's event, please contact our fundraising team on 0114 271 1351 or email [charity@shct.nhs.uk](mailto:charity@shct.nhs.uk).**



Pictured above are Vanessa Hithersay, Julia Rowett, Joanna Holroyd and Bethany Holroyd-Hinde. Joanna, Bethany and Vanessa walked for the Cardiac Intensive Care Unit (CICU) while Julie was raising money for kidney services.



## Forthcoming events

### **BUPA GREAT YORKSHIRE RUN** **SUNDAY 28 SEPTEMBER**

SHC has charity places for this 10K in Sheffield, minimum sponsorship £75 per person.

### **PLUSNET YORKSHIRE MARATHON** **SUNDAY 12 OCTOBER**

SHC has charity places, minimum sponsorship £250 per person.

### **FRIGHT HIKE** **SATURDAY 25 OCTOBER**

Register and find out more about this night-time walk around Sherwood Forest at [fright-hike.com](http://fright-hike.com)

### **WORKSOP HALLOWEEN HALF MARATHON** **SUNDAY 26 OCTOBER**

See [worksopharriers.co.uk](http://worksopharriers.co.uk) to register and for more information about this Half Marathon and Fun Run.

**To find out more about any of these events or how to get involved, please contact the fundraising team on [charity@shct.nhs.uk](mailto:charity@shct.nhs.uk) or call 0114 271 1351.**

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Sheffield Hospitals Charity  
5 Old Fulwood Road, Sheffield, S10 3TG

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