

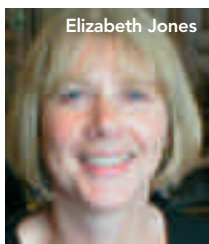
SHINE

NEWS FROM SHEFFIELD HOSPITALS CHARITABLE TRUST

ISSUE 2 SEPTEMBER 2008



ANOTHER VERY BUSY FEW MONTHS...



Elizabeth Jones

It has been another very busy few months since our last newsletter in April. We staged our first ever fundraising ball in May and are pleased to report

that this was a great success and raised a fantastic amount of money for the Sheffield Leukaemia and Blood Disorders Appeal. Further details about this can be found later on in this newsletter.

A number of fundraisers have been extremely busy raising money for wards and departments across all five hospitals

at Sheffield Teaching Hospitals NHS Foundation Trust, as well as raising funds for use within Sheffield Health and Social Care NHS Foundation Trust, Sheffield Primary Care Trust and Sheffield Children's Hospital. We have also been very busy allocating grants for equipment and projects which will help further improve patient care and enhance the environment for both patients and staff. Further details on page 2.

The leukaemia appeal has continued to go extremely well, and we are now happy to announce that our next appeal will raise money for a new Cystic Fibrosis Centre within Sheffield Teaching

Hospitals. Further details about this will be communicated to you in due course.

Finally, and on behalf of everyone here at Sheffield Hospitals Charitable Trust, I would like to wish our Head of Fundraising Emma Dickens well, as she starts her maternity leave on 26th September. It is however business as usual at the charity and Fundraiser Isla Denoon will be on hand to answer any fundraising queries you may have. Not only that, but the charity's first ever director Nick Perks joined the charity this month, and will also be happy to hear from you.

Elizabeth Jones
Chair



£420,000 Raised – What An Achievement!

The Sheffield Leukaemia and Blood Disorders Appeal was launched in July 2007 by Hollywood actor Sean Bean, with the aim of raising £150,000 to fully equip new wards at the Royal Hallamshire Hospital and improve services for patients with leukaemia, myeloma, lymphoma, bone marrow transplant patients and those suffering from other blood disorders from South Yorkshire, North Derbyshire, North Nottinghamshire and beyond.

The appeal got off to a fantastic start, thanks to an extremely generous donation from one of our supporters. This meant that the initial target of £150,000 was reached quite early on and was therefore finally increased to £420,000. We are delighted to report that we are almost there and that this new target has now very nearly been reached.

The extra funds raised will enable an additional en-suite side isolation room to be built on the unit, which can also be used as a quiet room or consultation room

when needed. Additional building works can also now be carried out and individual entertainment systems bought for each bedside, which will provide 24 hour free access to the internet, e-mail, television and film, for patients who may spend weeks or months at a time in isolation.

The additional funds will also be used to create a new ambulatory care facility. This will provide a number of furnished flats adjacent to the hospital, for the use of patients who do not necessarily need to be admitted, but who need to attend for treatment on a daily basis. This is far better for the patients as they get to stay with their families, and helps free up much-needed hospital beds.

A further £50,000 has also been raised for a new teenage unit, which has become an 'unofficial' extension to the appeal. The new unit, based on Ward P3 at the Royal Hallamshire Hospital, will provide a dedicated facility in which to support and care for 16 to 25 year olds who have been diagnosed with leukaemia and other blood disorders.

Many of you have been supporting our appeal, including Pam Ritson and Kay Twigg, who held a table top sale and sold



The table top sale was a great success

teas, coffees and cakes in the driveways at their homes in Richmond. With the help of their families, friends and neighbours, they raised a massive £1,200 (photo above).

Also supporting the appeal is professional singer, performer and vocal coach, Stephanie King, who hosted her 'Stars of the Future' event at Crookes Working Men's Club in May. A guest appearance by Dean Andrews from 'Ashes to Ashes' and 'Life on Mars' and performances from soul and Motown duo Star Star and Yorkshire's top comedian Jimmy Carol, helped Stephanie raise £600 for the appeal.

A big thank you goes out to everyone who has organised, attended or supported an event which has helped raise funds for the appeal.



STOP PRESS

Following on from the success of the Sheffield Leukaemia and Blood Disorders Appeal, the charity has just agreed its next major fundraising appeal. The details are still being confirmed, but we can reveal that the next appeal will raise money for a new adult Cystic Fibrosis Centre within Sheffield Teaching Hospitals NHS Foundation Trust. More details will follow on this in future communications, but in the meantime, why not keep an eye on our website for further information – www.shctonline.org.uk

SAM SHEPHERD MEMORIAL LECTURE

The Sheffield Leukaemia and Blood Disorders Appeal is supporting a memorial lecture being organised by the Royal Hallamshire Hospital's Haematology Department, and Clare and David Shepherd. The lecture is in memory of Clare and David's daughter, who very sadly lost her life to leukaemia.

"Cancer in young adults - the effect of life stage on parents and on young people with cancer" will take place at St Mary's Church Conference Centre, Bramall Lane, Sheffield, on 24th September 2008 at 6pm. The lecture will be given by Dr Anne Grinyer, a well-respected medical sociologist and senior lecturer in the Institute for Health Research at Lancaster University, whose work over the last eight years has focused on the life stage effects of cancer amongst young adults.

The lecture is aimed at anyone involved in the support and care of young adults with cancer, including families, friends and health professionals, as young people in this age group have distinct needs that may not be well understood outside age specific care units. Dr Grinyer will focus on the life stage effects of cancer at this transitional time and contrasts the differing perspectives of parents and their sons and daughters.

For more information, or to obtain a free ticket, please contact Isla Denoon on 226 3415 or Emma Dickens on 226 3555.



THANKS TO YOU

Have you ever wondered how we use the money you raise to help improve healthcare services in Sheffield? Here are just some examples of projects we have been able to support in recent months, thanks to the invaluable support we receive from our kind and loyal supporters...

£44,661 – Massage Therapy Service

The service at Weston Park Hospital provides massage therapy and relaxation techniques to cancer patients, which is of considerable benefit and an integral part of their holistic care. As well as a reduction in heart rate, blood pressure and respiration rate, massage and relaxation can reduce tension, anxiety, pain and depression, thus increasing the patient's sense of wellbeing and overall quality of life.

treatment option and appropriate therapy for patients. In addition, the system, which is in use at the Royal Hallamshire Hospital, offers a much reduced test time for patients when compared to more conventional methods.

£23,412 – Laser to treat premature babies with Retinopathy of Prematurity

Premature babies can have very small 'thready' blood vessels, which if left untreated can bleed and cause blindness. The laser seals off these abnormal blood vessels and stops this happening. The treatment is carried out at the Jessop Wing by the paediatric ophthalmologists from the Royal Hallamshire Hospital.

£103,000 – Child Friendly Environment

A more child friendly and welcoming space has been created in which to hold outpatient clinics for children at the Northern General Hospital. The refurbishment has provided improved access and facilities for visitors with disabilities, a separate entrance for children and their families, and appropriate artwork to make the space more suitable for children.

£61,913 – Arts for Health Co-ordinator

The co-ordinator will focus on creating an environment which is warm, welcoming and uplifting for patients, staff and visitors at all five hospitals within Sheffield Teaching Hospitals NHS Foundation Trust. The co-ordinator will work with patients, staff and the community, to provide a range of appropriate visual and performing arts that enhance the existing care and services already provided at the hospital.

£17,200 – High Resolution Oesophageal Manometry System

The system provides a detailed assessment of oesophageal motility prior to medical and surgical intervention, and helps determine a safe

LEUKAEMIA APPEAL BOOSTED BY WILD BOAR CYCLISTS

To show his appreciation for the excellent care and treatment received by his father whilst a patient in the haematology department at the Royal Hallamshire Hospital, keen cyclist Chris Morton recently undertook a major fundraising challenge.

Along with three enthusiastic team mates, Chris took part in "Wild Board 24" – a 24 hour mountain bike race, in the challenging terrain of Grizedale Forest in Cumbria. In doing so the team raised a fantastic £2,000 for the Sheffield Leukaemia and Blood Disorders Appeal.

The team raced from 2pm on Saturday 17th May until 2pm on Sunday 18th May, in dry and dusty conditions. Despite the course containing long climbs and short fast technical descents, Chris and the team thoroughly enjoyed taking part.

Chris said: "It is the first time any of us have taken part in an event of this nature, but we rose to the challenge, spurred on by the knowledge that we were raising money for such a fantastic department. My father owes his life to the team at the Royal Hallamshire Hospital, so doing something to raise money for the Sheffield Leukaemia and Blood Disorders Appeal seems like the least we could do."

Three members of the team get ready to start their challenge!



ALASTAIR CAMPBELL – 'THE BLAIR YEARS'

Alastair Campbell, Director of Communications and Strategy for former Prime Minister Tony Blair (1997-2003), visited Sheffield in June, to support the Sheffield Leukaemia and Blood Disorders Appeal.

Alastair took time out to appear at the Broomhill Festival, of which the leukaemia appeal was one of five beneficiary charities, to talk about his life in politics, the media and what it was really like to work for Tony Blair. Alastair answered a variety of questions from an interested audience, who were eager to find out a little bit more about

his time with the Prime Minister. Alastair also signed copies of his book – "The Blair Years".

Alastair has been an active supporter of leukaemia charities after a former journalist colleague sadly passed away from the disease.

The Broomhill Festival took place at various locations around Broomhill and celebrated all that is great in the area. A total of £3,000 was raised for the Sheffield Leukaemia and Blood Disorders Appeal, via a number of events such as a gala dinner, garden party and a 5-a-side football tournament. Further information about the festival is available at www.broomhillfestival.org.uk



SHCT Chair Elizabeth Jones and Festival Chair Adrian Alker welcome Alastair Campbell

WE COULDN'T DO IT WITHOUT YOU!

ROYAL MAIL RAISES FUNDS FOR CYSTIC FIBROSIS UNIT

The Adult Cystic Fibrosis Unit at the Northern General Hospital received a welcome donation of over £3,000 thanks to the fundraising efforts of local Royal Mail workers.

Danny Schofield, a Royal Mail customer service advisor, organised a charity football match between employees from Human Resources in Chesterfield and Sheffield. The event, which took place in May, was held in honour of fellow employee Paul Dungworth, who sadly passed away earlier this year.

The day was a great success and all funds were divided equally between the Adult Cystic Fibrosis Unit and Ashgate Hospice in Chesterfield. As well as staging the charity football match, the Royal Mail employees helped raise additional funds by organising a fancy dress basketball match in May and a cake sale and raffle at Easter.



Both teams play hard to raise funds

NOVEL IDEA RAISES MONEY FOR DIABETES

Kind-hearted fundraiser Keith Bettinson raised a fantastic £172.60 by dying his much-loved and well-grown beard yellow, pink and blue. Keith came up with the novel idea to help raise funds for the Diabetes Centre at the Northern General Hospital, in memory of his wife who was treated there and sadly passed away earlier this year. Keith wanted to thank staff for the excellent care his wife received whilst a patient on the unit.



Keith and his amazing technicolor beard!

Fundraiser Isla Denoon, said: "I would like to say a big thank you to Keith for raising such a great amount of money. It really touches your heart when people such as Keith make the effort to organise events and raise money in such sad circumstances. Keith's beard looks great and the money he raised is well worth the strange looks he has been getting as a result of his kind gesture!"

The money will be used to support research projects which aim to improve treatment and care for patients with diabetes.

'THE CROWN JEWELS'

Have you ever sat and watched MTV or listened to the Chart Show on a Sunday afternoon and thought you might like to have a go yourself? One lady who did just that is Sherrie Taylor.

Sherrie is a patient in the Neurosurgery Department at Weston Park Hospital, having been diagnosed with a brain tumour in 2004.

Sherrie explains: "When I found out that I had the brain tumour I decided it was time to start living for the moment and do all the things that I'd always dreamed of, which included a visit to Lapland, attending a ball and taking singing lessons!"

Sherrie and 14 of her friends from The Crown pub in Killamarsh each recorded one upbeat easy listening track for a music album in her honour. All proceeds from the CD, entitled 'The Crown Jewels', will be donated to the Neurosurgery Department at Weston Park Hospital and used to help finance

cancer research to improve care and treatment for patients with brain tumours.

Fundraiser Isla Denoon, said: "Sherrie has done a lot for the department and has organised a range of events, such as walks and balls, on their behalf. The idea of the CD was quite a new and novel way for Sherrie to raise money, whilst realising one of her life-long dreams. Sherrie is truly an inspiration and we cannot thank her enough for all her efforts."

If you would like to find out more, or are interested in buying a copy of the CD, please contact isla.denoon@shct.nhs.uk or call 0114 226 3415.

AIN'T NO MOUNTAIN HIGH ENOUGH FOR SIX YEAR OLD TOM

Tom Fryers, aged just six, has just completed a major fundraising challenge - to walk all 214 Wainwright Peaks, to raise money for the Feto-Maternal Assessment Unit and the Special Care Baby Unit at the Jessop Wing.

Tom was joined by his father Paul and together they are hoping to raise as much money as possible for the two units at the Jessop Wing, as well as Community Action Nepal.

Tom was born with complications at the Jessop Wing and doctors were concerned he would not fully recover. Paul explains: "Tom had a very traumatic start to his life, but received fantastic care at the hospital. We wanted to raise money for the two units



The snow is on the ground as Tom reaches the summit of Great Carrs

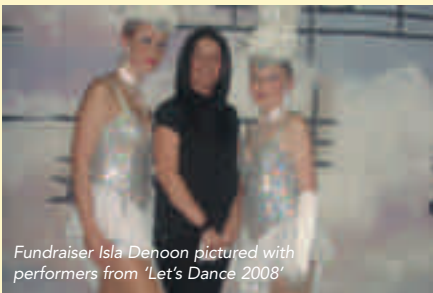
to show our appreciation to all the staff who work there."

Sadly, Tom's older sister Catherine was born prematurely in 2000 and died when she was only two days old. The money raised from Tom's climb will be used to help other children and families who are in the same situation.

The idea for this incredible feat came rather naturally to the family as Tom's grandparents live in the Lake District. Dad Paul explains; "We are up there quite a lot visiting Tom's grandparents and so he has grown up walking in the Lake District from a young age - he climbed his first peak in 2005 when he was just 3 1/2 years old and is one of the youngest people to have achieved all 214."

Tom and his father completed their challenge in Tom's summer holidays, which was far ahead of their planned schedule. More information can be found on their online fundraising page at www.justgiving.com/tomfryers2, where donations can also be made to help Tom and Paul achieve their target of £1,000.

LET'S DANCE FOR DIABETES



Fundraiser Isla Denoon pictured with performers from 'Let's Dance 2008'

The Diabetes Centre at the Northern General Hospital received a welcome boost recently following an extremely generous donation of £2,000 from the Constance Grant Dance Centre on Psalter Lane, Sheffield.

School Principal Judith Silvester invited Fundraiser Isla Denoon along to 'Let's Dance 2008' at Sheffield City Hall in July to accept the cheque on behalf of the charity.

Isla said: "I would like to say a big thank you to Judith Silvester and everyone at the Constance Grant Dance Centre. The show was

absolutely amazing and all of the dancers did an excellent job and raised a fantastic amount of money for the Diabetes Centre at the Northern General Hospital. The money will be used to fund research into diabetes to help improve patient care."

ROGER IS A 'PAIN IN THE ARCH'



Roger mans the 'Pain in the Arch' pump at the Rising Sun

A new beer, launched this summer by Abbeydale Brewery (local brewers and owners of the Rising Sun pub in Fulwood), is helping to raise funds for two departments within the Royal Hallamshire Hospital.

The beer, entitled 'Pain in the Arch', was created in honour of Rising Sun regular Roger Crookenden Johnson, who requested that money from the sale of the beer be used to benefit cancer patients at the Royal Hallamshire Hospital, having himself been a patient for both pancreatic and throat cancer.

'Pain in the Arch' was officially launched at the Rising Sun Beer Festival in July, of which the Sheffield Leukaemia and Blood Disorders Appeal was the beneficiary charity, thanks once again to Roger. The four day festival featured more than 60 different beers from across the UK, including 12 beers from Abbeydale Brewery. Charity collections took place during the event and 10p from every pint of 'Pain in the Arch' was donated to the charity.

As well as being on sale at the Rising Sun, 'Pain in the Arch' will also be available at other pubs across the city and as far afield as North Yorkshire.

Head of Fundraising, Emma Dickens, said: "We are delighted that Roger and all at Abbeydale Brewery decided to support the work being done at the Royal Hallamshire Hospital and use 'Pain in the Arch' and the beer festival to raise valuable funds."

I would like to help Sheffield Hospitals Shine by making a monthly payment of:

£5

£10

£25

Other

Your bank account name

Your bank account number

Your bank sort code

Name and address of your bank

Payable to:

The Royal Bank of Scotland PLC (16-00-08)
Church Street,
Sheffield, S1 1HF,
for the credit of Sheffield Hospitals Charitable Trust, current account number 10025166

The above payment(s) are to go towards

(hospital/fund name/fund number)

Signature

Date

I would like Sheffield Hospitals Charitable Trust to claim the tax back on my donations under the Gift Aid scheme, which enables the charity to claim an extra 25p in every £1 I donate, but doesn't cost me a penny.

I do not wish to receive news, or any further communication, from Sheffield Hospitals Charitable Trust

Reference no.

(for office use only)

THANK YOU FOR YOUR SUPPORT.

WE COULDN'T DO IT WITHOUT YOU! >> WE COULDN'T DO IT WITHOUT YOU!



HELP US TO HELP SHEFFIELD HOSPITALS SHINE

Regular donations are of crucial importance to a local charity – we can plan our activity, knowing when we will have money to spend and how much we will have, making it much easier to budget and maximise the impact of any spending.

This method of supporting a charity is also easy for you. Whatever amount of money you decide you can afford leaves your bank account each month, with nothing for you to do, except feel good about the difference you are making. And we cover all areas of the NHS in Sheffield, so you can tell us where exactly you would like your donations to be spent and that is where it will go.

All of our supporters receive regular updates, so you know that your money is working, and we intend to start inviting all of our regular donors to an annual event, just to say thank you.

So whether you can afford £2 a month, or £20 a month, please help us by completing this form and returning it to: Sheffield Hospitals Charitable Trust, FREEPOST NAT 15348, Sheffield, S10 3ZZ. For more information please call 0114 271 1351.

YOUR DETAILS:

Name

Address

Postcode

Email address

Date of birth

CONTINUED OVERLEAF >>

FUNDRAISING AT THE TOUCH OF A BUTTON

Are you interested in improving healthcare services in Sheffield, by using your skills as a savvy Internet shopper? Well if so, Sheffield Hospitals Charitable Trust needs you! The charity would like to encourage all of our supporters to use Easyfundraising - a free internet service for consumers who shop online. The site has links to over 500 high street stores, including

John Lewis, Marks and Spencer, Debenhams, HMV, Next and many more. A percentage of each purchase made via the site will be donated to the charity, with some companies donating up to 15% of the total retail price. The service is of no extra cost to the consumer and with some companies offering even bigger discounts online, the benefits to the cyber-shopper are even greater. To show your support please visit www.easyfundraising.org.uk and simply start shopping!

'ONE NIGHT IN VEGAS'

Our first ever fundraising ball took place at Sheffield City Hall in May and proved to be a massive success. The event raised **£9,500 for the Sheffield Leukaemia and Blood Disorders Appeal.**

Guests enjoyed a breathtaking dance display from local celebrities Darren Bennett and Lilia Kopylova from BBC's Strictly Come Dancing, and had the chance to try their luck at Las Vegas style gaming tables. The Lounge Lizards Duo and Tom Hardy Swing



Darren and Lilia wow the crowds with their moves

Band provided additional entertainment, alongside a disco featuring the top party tunes from the 60's, 70's and 80's.

Darren and Lilia, who added star quality and 'wowed' the crowds with their incredible moves, were thrilled when one kind-hearted bidder paid an incredible £1,800 for a one hour dance lesson with them! Other auction items included a week for two in a luxury cottage in the Lake District, a 12 month gym membership and a gardening package made up of a £600 garden design voucher and a Sean Bean signed spade!



'LIFE IN A DAY' FOR LEUKAEMIA

The Blue Bell Inn at North Wingfield held a family fun day in July, to raise money for the Sheffield Leukaemia and Blood Disorders Appeal, after the daughter of one of the event organisers received unique treatment for leukaemia at the Royal Hallamshire Hospital.

The area surrounding the pub was filled with a stage and sound system, fairground rides and stalls, bouncy castle, side shows, trampoline, and even a demonstration by the local fire brigade, plus much much more.

Event Organiser Margaret Hobson, said: "The event gets bigger and better every year and this year was no exception. The crowds turned out despite the bad weather and really threw themselves into the spirit of the day, by digging deep to help support the event and the appeal.

"I'm delighted that the proceeds from the event have gone to the Sheffield Leukaemia and Blood Disorders Appeal and am happy to report that we raised over £2,500. My daughter Stacey was the first adult in Sheffield to receive a cord blood transplant for leukaemia at the unit benefiting from this appeal and is now on the road to recovery. Without the amazing staff in the haematology department she simply wouldn't be here today. She really enjoyed attending the fun day and loved watching the live bands that appeared on stage."

A cord blood transplant uses the cells from a newborn baby's umbilical cord to treat blood cancers, in the same way that a traditional bone marrow transplant uses bone marrow cells from a donor. The benefit is that it is far easier to find a donor match using cord blood cells. The downside is that this is still a very rare procedure. Stacey Hobson was the 27th person in the world to receive this kind of treatment.

YOUR LASTING LEGACY

Sheffield Hospitals Charitable Trust receives a large part of its annual income from legacies. These are sums of money left to us by people in their will.

As with any donation made to the charity, it is at the discretion of the donor where their money is spent. For example, gifts can be left for any of the hospitals in Sheffield, or more specifically for a particular medical discipline, or in some cases even a particular ward.

In the past, legacies have enabled us to make substantial and lasting improvements to healthcare in Sheffield. They have helped us supply hospitals with new equipment, upgrade patient facilities, and improve hospital environments. It's amazing to think that when you are gone, you could be making such a huge difference to the lives of people in Sheffield.

There are a few very easy steps to making a will if you don't already have one, however should you wish to talk this through with someone you can contact Isla Denoon on 0114 226 3415 or Emma Dickens on 0114 226 3555. If you are

considering leaving a gift to Sheffield Hospitals Charitable Trust, it is worth contacting us to discuss where you would like your gift to be spent and to ensure you have all the relevant information so that your wishes can be carried out exactly as you request.

MAKING A WILL

1. **Make a list of all your significant possessions** – for example, your house, car, savings and insurance, and other items of value.
2. **Decide who you would like to benefit.** You can choose to share your estate between anyone you like – your spouse, family or friends. You can also choose to leave a legacy to a charity or good cause, such as Sheffield Hospitals Charitable Trust.
3. **Choose your executors.** You should select between one and four people who will be able and willing to ensure the wishes within your will are carried out. This could be your bank, your solicitor, or willing friends or relatives.
4. **Make a list of any other questions you have.**

5. **Arrange to see your solicitor to make your will.** This is important as if legal formalities are not correctly followed, your will could be declared invalid.
6. **Keep your will up to date.** Changes can be made at any time, to reflect changes in your circumstances – such as the sale of your house, or the death of friends or loved ones. Your solicitor can help you with this.

TYPES OF GIFT

It is worth noting that there are a number of different types of bequest. Two of the most common are a residual bequest and a pecuniary bequest.

The most useful type of bequest for Sheffield Hospitals Charitable Trust is a **residuary bequest**. This is a gift to the charity of the remainder of the estate after all other bequests have been made and debts cleared.

Alternatively, you may choose to leave a **pecuniary bequest**. This is a fixed sum of money, however it is important to bear in mind that the value of pecuniary legacies will decrease over time, as the cost of living increases.

MAKE A WILL AND RAISE CHARITABLE FUNDS

Graysons Solicitors is inviting people to make their will at any time during September, and they will donate up to £40 to charity.

The charity that benefits is entirely up to the person making the will, so could be Sheffield Hospitals Charitable Trust, meaning that you can benefit your hospital, an individual ward or department, at no additional cost to you.

Making a will is something that a lot of people tend to put off, so why not take advantage of this offer and finally get it done, whilst creating additional funds to benefit patient care in Sheffield.

The cost of a single will is £90+VAT and a couple's will is £140+VAT.

For more information contact Graysons Solicitors on 0114 272 9184.

For more information about how this offer can benefit health and patient care in Sheffield, or for information about leaving a charity legacy in your will, contact Isla Denoon on 0114 226 3415 or Emma Dickens on 0114 226 3555.

Make a Will
this September and **£25**
goes to the **Charity**
of your choice

Graysons solicitors will donate £25 of our fee to the charity of your choice when you take out a new will in September 2008

0114 2729184 **GRAYSONS** SOLICITORS www.graysons.co.uk
4-12 Paradise Square
Sheffield S1 1TB



Sheffield Hospitals Charitable Trust and related charities

For information on, or to get involved with, SHCT fundraising please contact: Emma Dickens, Head of Fundraising, 5 Old Fulwood Road, Sheffield S10 3TG
Telephone: 0114 226 3555 Email: emma.dickens@shct.nhs.uk
Registered Charity Number 1059043



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