Fiery steps forward for fundraising

Fundraising for Southend Hospital Charity heated up in October when we held our first Fire Walk event, where 54 brave fundraisers conquered the hot coals in aid of a ward or department of their choice.

The Fire Walk, which took place in Priory Park on October 6th, followed on from our successful Walk for Wards event in September where over 200 fundraisers came out in force for a 7km stroll along Southend seafront from Uncle Tom’s Cabin to Chalkwell shelter. It is hoped that the hospital will gain over £30,000 from the two walking events.

Some of the wards and departments that will be benefitting from the events include Elizabeth Loury Ward, the Early Pregnancy Unit, Dementia Services, the Critical Care Unit, the For Wards Appeal and the Emergency Department.

Participants of the Fire Walk were joined by Radio Essex presenters Abbie Norbury, Chris Brooks and Jamie Boyd Ratcliff as well as 43 year old Dean Ovel of Westcliff who completed a marathon, before taking to the hot coals. There was also a group of 11 from Railscape, a Rayleigh based company who provide the rail industry with a range of services, who between them raised in excess of £3,700. The event was overseen by UK Firewalking and expert tuition was given prior to the challenge by Firewalking Guinness World Record Holder; Scott Bell.

Laura Mason, Events & Corporate Relations Manager for Southend Hospital Charity, who also crossed the flames, said: “It’s great that our first ever charity walk has been such a roaring success, it’s really captured people’s imaginations and allowed people to raise money for the ward or department of their choice by doing something a little bit different.”

Plans are already being made for next year’s event and we would love to hear from you if you’re interested in taking part. Please contact the team on 01702 385337 to register your interest.
Dear Supporters

What a fantastic few months we have had and you, our loyal supporters, have been at the forefront of our successful events donning your best fancy dress outfits on the Pier, setting pulses racing abseiling down the hospital’s tower and fire walking over hot coals to name a few - all in the name of very worthy causes. Our heartfelt thanks, as always, for your incredible fundraising efforts, which undeniably make a huge difference to many lives.

We launched two new events in May and October; the Nuclear Challenge and Fire Walk were resounding successes that offered something exhilarating for our fundraisers and are set to take place again next year. Speaking of new, we have added to our charity shops with a store on Southchurch Road to join our existing ones on Hamlet Court Road and Leigh Broadway West. Our charity shops are a fundamental part of the work we do and your purchases help to provide tens of thousands of pounds each year which go towards a wide range of wonderful projects.

As well as taking part in our events, many of you organised your own brilliant fundraisers from charity golf challenges to sponsored walks. We are inspired by all your efforts and incredibly grateful for the positive impact you are making.

The money you raise truly does make a difference as the hospital clinicians and patients will testify to in this newsletter and we are forever indebted to you for your wonderful generosity. The latest equipment bought with our For Wards Appeal includes a new Fibroscan, which is improving liver disease assessment and a new PICC and Midline service which has transformed patient quality of care. These two transformative pieces of equipment along with other valuable purchases are outlined in more detail in the pages that follow. As we look ahead, we are currently raising funds for a number of other projects including a Cerebral Function Monitor and new Breast-Boards, details of which and how you can get involved are found in the newsletter.

So with the sun setting on summer and autumn taking grip, we are fast approaching Christmas and the very busy festive period. This year, we are doing a Christmas present ask again for our Dementia patients and don’t forget to return your Grand Prize Draw tickets to be in with a chance to win £1,000 cash and many other prizes.

Finally, I would like to wish you all a very happy Christmas and a wonderful New Year and thank you for helping to make 2019 a memorable year.

Lucy Thomas - Clayton

Associate Director of Charities for Mid and South Essex Hospitals

An uplifting gift for patients

Patients who fall can now benefit from the Raizer Emergency Lifting Chair, the world’s first single-handed solution to lifting someone, which has been kindly donated by life-long fundraisers, Maureen Townley and Linda Ansell.

The Raizer Emergency Lifting Chair, which cost £3,370, was welcomed by our Falls Team who said: “We would like to say a big thank you to Maureen and Linda for their continued fundraising efforts for the Trust. Unfortunately not all falls are preventable but the Raizer chair is a more comfortable and dignified way to help someone back to their feet after a fall.”

Community Fundraising Manager, Kayley Donovan, added: “We are always astounded by Maureen and Linda’s exuberance and unwavering dedication to fundraising after all these years. Southend University Hospital is extremely lucky to continue benefitting from their efforts and we are thrilled with their recent purchase of the Raizer chair. Our grateful thanks to our charity champions Maureen and Linda, and their friends, families and keen knitters who assist behind the scenes.”

Thank you to RBS . . .

Thank you to the Thanet Grange branch of RBS who held a small fundraiser over Easter and donated £161.32 to our Maternity Ward.
Fundraising for wards and departments

‘High’ amount raised with our Tackle the Tower abseil

Fancy dressed fundraisers got their adrenaline rushing during our annual charity abseil, dubbed Tackle the Tower, which took place in May and has raised more than £18,000 for 26 different wards and departments.

In total, 64 participants braved the 154ft abseil down all ten storeys of the hospital’s tower block.

Elise Fleetwood, Events & Corporate Relations Manager, said: “This year’s abseil was another triumph, we are so grateful to everyone that put themselves through this 154 foot high challenge for our benefit. It was a brilliant day and lots of patients will benefit as a direct result. “We are hugely thankful to our event sponsors, construction firm; Ryan and Walsh Ltd. Their support has meant that every penny raised by our abseilers will benefit the hospital. Our brave supporters have raised an incredible amount of money - thank you to everybody involved.”

Congratulations and thank you to all those who took part. If you’re feeling daring and fancy taking on the tower, the date for next year’s Tackle the Tower has already been set as Saturday 16 May 2020.

Junior rugby players ‘scrum’ together for breast unit

Two 11 year old girls who play rugby together at Rochford Hundred Rugby Club joined forces for a sponsored walk around the club’s rugby pitches, helping to raise £821.63 for our breast unit.

A huge thank you to Phoebe Vincent and Olivia Dunn, from Rochford, who also organised a delicious cake sale to help raise money for the unit that had helped Phoebe’s mum’s best friend, Sophie Wade, 41, from Leigh-on-Sea, who was diagnosed with breast cancer in September of last year.

Fundraising ball to say thank you for caring

More than £2,000 was raised and donated to our Elizabeth Loury Ward by two friends after they organised a fundraising ball at the Rochford Hundred Rugby Club as a thank you for the care provided following breast cancer treatment.

Tracy Betchley and Joanne Pallant, from Hockley, hosted 88 guests at the event this summer in aid of the “best care” Tracey received during her time on the ward in 2017. The money raised will help fund new recliner chairs for the patients and visitors. Thank you!
SCBU receives generous donation from Railscape

New Bililux & Light Phototherapy Units and an examination light for procedures will facilitate more effective treatment for premature babies; transformative pieces of equipment made possible following a £21,505 donation from Railscape.

Railscape Ltd, who have their head office in Rayleigh, are a specialist services provider to the rail industry and company Director Michael Hayes, made the donation as a thank you for the care his son, Harry, received in our Special Care Baby Unit (SCBU) when he was born.

The five new Bililux & Light Phototherapy Units will help provide specialist treatment to babies with jaundice, which is one of the most common conditions requiring medical attention in new-born babies.

Jennifer Foster, SCBU Ward Manager, said: “Thank you for the very generous donation enabling us to modernise and update dated equipment, ensuring more effective treatment for babies with jaundice. The donation also enabled us to purchase an examination light for procedures, for example insertion of very intricate access lines for babies who require long term IV access.”

A team from Railscape (above) also took part in our Firewalk event and conquered the coals raising further funds for SCBU. More than £3,700 has been raised to date, a big thank you to Michael and everyone at Railscape.

Singing their praises

Our Special Care Baby Unit (SCBU) for new mums and their babies received a donation of £1,400 from local choir, Vocal Ease which will help fund new equipment and facilitate improvements to existing facilities.

Vocal Ease was formed by Lesley Flemming whose grandson was born with a rare genetic condition that was treated at SCBU seven years ago. Lesley said: “For me and my family, no words can express our gratitude for saving my grandson’s precious life but we hope our small donations will go some way to helping others.”

• L to r: Vicky Thompson (Neonatal Practice Educator), Choir member Adam Meredith, Kara Gerrie (Neonatal Nurse) and Choir Founder Lesley Flemming.

Peak fundraising for SCBU

Ambleside Social Club continue to carry out valuable fundraising for our Special Care Baby Unit with their exceptional efforts resulting in donations of more than £27,000 since 2007, including a recent Three Peaks Challenge fundraiser.

The club have been very active in their fundraising, with a constant turn-over of collection tins on the bar, annual charity golf days (in partnership with the Windermere Club), a raft race and most recently several members took part in the Three Peaks Challenge, climbing Ben Nevis, Scafell Pike and Snowdon within 24 hours.

Their donations have enabled SCBU to purchase much needed equipment and enhance the facilities available to young patients and their families. Currently SCBU is hoping to raise £17,000 to fund a new Cerebral Function Monitoring machine (CFM), see page overleaf.

• Pictured l to r atop a misty Ben Nevis are James Trevers, Alan Raffety, Bill Walker, Lauren Turner, Steve Sanders, and Richard Thomas-Henry.

• Pictured above, l to r: Ward Manager Jen Foster, Kayley Donovan, Members from the Ambleside Social Club and Practice Educator Vicky Thompson.
Fundraising push for Cerebral Function Monitor

Our Special Care Baby Unit (SCBU) is calling on our loyal supporters to help raise £17,000 to fund a new Cerebral Function Monitoring machine (CFM).

CFM monitoring is used for cerebral background activity; it can detect seizures, monitor treatment effects and predict neurodevelopmental outcomes of new-borns. It provides a safe and reliable method for bedside monitoring of neonatal cerebral function and it can also generate information about long-term neurological prognosis.

Currently the ward is using a very old and dated machine that can be used internally but babies that show signs of seizure activity are often transferred out for neurological input.

Speaking about the difference the new machine will make, SCBU Ward Manager Jennifer Foster said: “Historically we have not been able to send the reports over before the transfer, instead a photocopied print out is sent which can fade and get lost over time. The new more modern machines enable us to save images and send them to tertiary centres for input/advice earlier. The newer models also capture more brain activity given a much clearer picture of any potential injury.”

The main advantages of this device, which is increasingly used in neonatal intensive care units, are its simplicity for both application and interpretation with real time assessment of clinical events.

The donation from Ambleside Social Club will be the first towards this equipment and we are now looking for further fundraising support.

Anybody wishing to make a donation towards this equipment can contact Kayley Donovan on 01702 385337 or email: kayley.donovan@southend.nhs.uk

Alfie’s Ball raises impressive funds

Huge thanks to dedicated fundraiser and Alfie’s Ball organiser, Emma Cox, who presented a cheque for £8,258.27 to be split between our Fetal Medicine and Special Care Baby Unit (SCBU). This fantastic donation, which has since increased to £9,683.27 was raised at the 2nd charity ball held in memory of Emma and Danny’s son Alfie Cox.

The ball, which took place at the Park Inn Hotel Southend on July 6th, was a resounding success with over 140 people in attendance.

The couple have been fundraising for Southend Hospital Charity since 2011, following the birth of their first son Jamie, eight, and Eden, now one, who both spent more than a month on SCBU having being born at 29 and 30 weeks respectively. The family have helped to raise more than £17k in total, including fundraising efforts by St Thomas More High School, where Emma teaches.

As ever, we are extremely grateful for the incredible amount of effort you have dedicated to raising funds to benefit our future patients and their families; thank you.

Pyjama party raises £810.19 for Special Care Baby Unit

Thank you to Gemma Stuart and Alex James for hosting the fun event at Shoeburyness Conservative Club. Party goers donned their best PJs and took part in various games, a raffle and auction to raise the wonderful total.
Butterfly Suite continues to receive loyal support from Affinity Mortgages

The Butterfly Bereavement Suite continues to receive generous donations from Affinity Mortgages Ltd. after the company selected the Butterfly Bereavement Suite fund as their charity of the year.

More than £9,000 has been raised to date with the majority of these proceeds coming from the Affinity Charity Valentine’s Ball which was organised by Alison Lewis, wife of Affinity Mortgages Managing Director James Lewis. The event, which took place at the Arlington Rooms in Leigh-On-Sea, was attended by 150 guests and raised £7,918.82 all in memory of Lynsey and Michael Garrick’s son James who was born sleeping in 2018.

More recently, Affinity employees Dean Neagen (far right) and Mark Baptist (second left) completed the North Downs 50 mile challenge on May 18th and to date have raised more than £2,000.

Affinity Mortgages, who have a personal connection to Lynsey and Michael, chose the Butterfly Bereavement Suite as charity of the year to help make a difference to the lives of the families that have to use this special suite.

Huge thanks to Affinity Mortgages Ltd. for all their help and generous donations to date.

Wayne flies high in aid of the Butterfly Suite

Our thanks to Wayne Emerick for raising £1,073.21 after taking part in our ‘Tackle the Tower’ charity abseil in May this year. Wayne chose to allocate his wonderful donation to the hospital’s Butterfly Maternity Bereavement Suite in memory of his daughter Dorothy.

Wayne said: “From the bottom of my heart I’d like to thank all of the staff at Southend Hospital’s Butterfly Suite for their care and the compassion we were shown. They do a wonderful job at such a heart-breaking time. I wanted this money to go towards helping other families and to allow the staff to carry on making the suite a warm and friendly place.”

Charity golf challenge raises £1,953 as part of Joshua’s amazing support

A big thank you to Joshua Dutnall (left) for donating a phenomenal £3,263.03 to our Butterfly Bereavement Suite. The impressive total was raised in memory of Joshua’s daughter Lily and to raise awareness and funds for the Butterfly Bereavement Suite team after they supported Joshua and his wife Scarlett during their time there last year.

£1,953 was raised in June when Joshua and Christian Foreman (right) completed an impressive golf challenge at Rochford Hundred Golf Club in ‘Lily’s 100 Hole Challenge’ where they played 100 holes of golf in one day.
New Fibroscan will improve liver disease assessment

A more accurate and efficient assessment of liver disease can now be carried out on our patients after a new Fibroscan machine was purchased following an extremely generous £14k donation.

The new machine, which will give an immediate result in the clinic, was entirely funded by donor Mark Iles using money from his late father Alan Iles’ estate.

The Fibro-Scanner is a highly efficient and non-invasive way of determining the degree of scarring/fibrosis in the liver and therefore the detection of cirrhosis and deterioration of liver status.

It will benefit around 150 new patients and 100 on-going patients requiring annual review per year based on liver clinic numbers from previous years. This should create 150 extra clinic slots per year to help reduce the follow up backlog.

* Pictured: Dr Gary Bray (left) and Philip Branch from the Endoscopy Unit, with the new machine.

Thorpe Hall Golf Heroes donate £4k

It may look like child’s play, but the complex Visual Reinforcement Audiometry systems are far from it! In fact, these wonderful ‘VRA’ systems perform a hugely important function in allowing our audiologists to assess the hearing of our young patients.

Our Consultant Clinical Scientist, Gareth Smith (pictured far right) and his team, are absolutely delighted to have this new equipment located at both the Lighthouse Child Development Centre and Southend Hospital, which is thanks to our friends at the ‘Thorpe Hall Golf Heroes’ who kindly donated £4,000 to the For Wards Appeal.

The children aged 6-24 months are taught that every time they hear a sound and turn to where it is coming from, they will receive a visual reward. The more complex the system, the longer assessors can hold the child’s attention. These new VRA boxes light up and the toy animals move and squeak, which encourages the children to respond better and turn more frequently, providing far more valuable information about the child’s hearing.

A wise Choice of donation

Our grateful thanks to Choice Discount store in Hadleigh for their recent donation of £976, raised in support of the For Wards Appeal from the sale of their 5p carrier bags over the past year.

Thanks to Colin Langstone (picture centre) and all at Ballards Gore Golf Club for raising £2,000 at their charity golf day in June.
New PICC and Midline service improving patient quality of care

A new peripherally inserted central catheter (PICC) and Midline service which was recently implemented with the help of funding from the For Wards appeal is helping to improve the quality of care for patients who need prolonged intravenous access.

PICC and Midlines are medium to long-term catheters which are inserted into a peripheral vein in the upper arm and are used when patients require treatment such as chemotherapy, longer term antibiotics or intravenous nutrition.

The funds have been used to purchase an ECG navigational device which confirms the tip position of the PICC, alleviating the need for x-ray, in most cases. This means that the service is following current guidelines whilst also making the procedure safer for patients.

The service will help to facilitate quicker discharge times and improved patient flow as well as enabling more patients to be treated in their own home. In addition it will help to reduce trauma to those patients who have difficult venous access or have required repeated cannulation.

Registered Nurses, Sharon Wallace (right in picture) and Helen Bayly (left). They are supported by orthopaedic surgeon and experienced PICC inserter, Mr Andras Gal, who works with the service on Tuesday afternoons and assists with complex insertions as well as being a point of reference.

Sharon said: “Before the service was introduced not every patient who required a line was able to have one. Having a dedicated service will make a such a difference; the aim is that every patient who needs a line will now be able to have one.”

Sharon and Helen are extremely appreciative for the funding that was created through the For Wards appeal.

Expressing her gratitude, Helen said: “We are so grateful; without the funding we would not have been able to get this device and the service would not have taken off in the way that it has; the donation has really helped to make it all possible.”

Our latest For Wards projects need your support to transform patient well-being

An innovative machine for swallowing and voice assessment and a child-friendly renovation of the MRI suite are the latest projects we are looking to raise funds for to enhance the quality and accuracy of treatment and help transform patient well-being for both the young and elderly.

Make a positive difference...

Our community fundraiser will happily discuss the FEES and MRI projects detailed on the following page with anyone or any groups who wish to get involved with fundraising for these two fantastic and transformative pieces of equipment.

Please contact Kayley Donovan on 01702 385 337 or email: kayley.donovan@southend.nhs.uk
Transformative FEEs equipment can save lives

The lives of many patients who suffer from swallowing problems can be transformed with the innovative FEEs machine that we need to raise close to £29,000 in order to purchase.

The FEEs (Fibreoptic Endoscopic Evaluation of Swallowing) machine will enable a speedier and more accurate assessment of swallowing and voice to ensure safer and efficient management for many patients.

Dysphagia, the clinical name for difficulty swallowing, affects a wide range of patients and is not just limited to Ear, Nose and Throat (ENT) patients and stroke sufferers. It can be related to neurological disorders including Parkinson’s and Motor Neuron disease as well as Oncology and Palliative care including Lung Cancer in addition to many more conditions.

Currently, if there are concerns with a patient’s ability to swallow a VF (Video fluoroscopy) assessment will be carried out. However, this is not always the best option as it involves the patient being exposed to X-rays and can only be carried out if the patient can travel in a wheelchair to the radiology department.

Alternatively, the FEEs machine is portable and can be used at a patient’s bedside and does not use X-rays, which will facilitate greater access and safety.

Hayley Forrest, Clinical Lead Speech & Language Therapist, said: “Think about how important it is to eat and drink and swallow your own saliva and consider the possibility that for yourself or loved one it’s not possible and how life-changing it is not just physically but also mentally. Being able to swallow is something that we don’t really think about until we can’t and then it becomes a massive issue. With the FEEs machine, we are looking to see if the patient is aspirating - whether the food or drink is going down the wrong way - because aspiration can lead to Aspiration pneumonia which can be fatal so these instrumental assessments can therefore help reduce mortality.”

Space Odyssey: MRI suite launches plans for child-friendly face lift

The new MRI suite needs to raise £31,500 to fund a space-themed, child-friendly renovation which will aim to make the MRI experience more tolerable and less daunting for young patients.

Currently there are no provisions in place to accommodate for children’s needs but this new feature, which has just recently been approved, will help create a more relaxing and enjoyable environment.

Young patients will be able to watch an introductory video on an iPad explaining what happens during a MRI scan and there will also be some 3D interactive apps offering an insight into what it will be like inside the scanner. A mini toy MRI scanner will then allow children to understand the process and become familiar with the noise. The scan room will be space decorated to tap into a child’s imagination. Once the scan starts, there will be the opportunity for the child to watch a DVD of their choosing via a periscope mirror with the “relax and view video system”.

Jacci Dearman, Lead Paediatric Radiographer for MRI (pictured left with some of the MRI Team), said: “The MRI scan can last anything from 20 minutes up to 1 hour and this can be a daunting experience for a child. With this new feature, there is huge potential to make the experience more tolerable for our younger patients. It’s a distraction technique that will subsequently improve the quality of the scan as children are less likely to move during the scan.”

Fundraising efforts have already started with Jacci completing the Walk for Wards with two other Radiographers, Katie Woolard and John Newport. More recently, Radiology Consultant Dr. Sidath Liyanage, completed the Maldon Half Marathon with total funds reaching close to £3,000 to date and now we’re hoping for your help and support.
Huge thanks to all our Great Pier walkers

Once again Leigh Rotary Club organised a highly successful Great Pier Walk this year, where more than 600 walkers took to Southend Pier in aid of our For Wards Appeal.

• Very dressed up for the walk - supporter Shirley Clay

In the 17th edition of the event, which took place on May 12th, fundraisers were treated to blue skies and warm sunshine as they raised £3,590.

Thanks and congratulations to all those who took part. If you fancy getting involved next year, the date for your diary is Sunday May 17.

Stroke Unit benefits from generous Council donation

The Chairman of Rochford District Council, Cllr David Merrick, has kindly donated £9,406.98 to our Stroke Unit which will enable the purchase of a bladder scanner together with a donation from Essex Asian Women’s Association.

Each year the incoming Chairman of the Council nominates a charity to promote and fundraise for during their term of office. Cllr Merrick, who served as Chairman from May 2018-May 2019, chose to fundraise for the Stroke Unit in order to support its lifesaving work.

Cllr Merrick said: “I chose to support the Stroke Unit because the specialist staff there carry out invaluable work with patients who have suffered strokes which results in decreased mortality rates and better outcomes for the patients in terms of reduced disability. The work of the Unit is life changing and I am delighted to have been able to raise so much money for this worthy cause. I would like to thank my colleagues, family and friends who have helped me”.

• Pictured above l to r: Laura Mason - Event & Corporate Relations Manager for Southend Hospital Charity, Dr Paul Guyler - Lead Stroke Consultant, Cllr David Merrick - Chairman of Rochford District Council and Michelle Habberley - Ward Manager

Essex Asian Women’s Association donate to Stroke Unit

Essex Asian Women’s Association (EAWA) has kindly donated £750 to our Stroke Unit thanks to several fundraising initiatives including members’ donations, raffles and a Bollywood night.

The donation will contribute towards the purchase of a bladder scanner for the Stroke Unit, a diagnostic tool that measures the amount of urine in a patient’s bladder.

Dr Paul Guyler, Lead Stroke Consultant, said: “We’re extremely grateful to Essex Asian Women’s Association for their generous donation. As well as the diagnostic capabilities, the scanner will also provide improved patient dignity and privacy and will ensure the comfort of those patients who are unable to verbally communicate their needs.”
Innovative prostate cancer treatment made possible with £15k donation

Our hospital, along with just 11 other centres across the country, has been commissioned by the NHS to provide innovative new prostate cancer treatment using a new hydrogel device which will help transform our prostate cancer treatment.

The pioneering treatment, which can significantly reduce radiation side-effects including pain and bleeding by as much as 70%, was made possible thanks to a £15,000 donation that helped fund a 12-patient feasibility study.

The first patient to benefit from the treatment was Terry Judd, 71 from Thundersley, who was successfully treated in June this year.

Terry said: “I think this is a big step forward in cancer treatment because it helps to remove the side effects. Since finishing my treatment, I’ve not experienced any deterioration or side effects. I want to thank everyone who donated towards the £15,000 because without that money I might not have received this treatment.”

The £15,000 comprised of donations from the following supporters:

- £10,500 from Lions Clubs of South East Essex (Leigh-on-Sea, Rayleigh, Eastwood, Castle Point and Southend-on-Sea)
- £1,500 from Cadgers, a local prostate cancer support group
- £1,500 from Mark Iles in memory of his father, Alan Iles
- £250 from Castle Point Masonic Lodge
- £1,250 from Southend Hospital Charitable Foundation

James Green, Consultant Clinical Scientist and Head of Radiotherapy at Southend Hospital, said: “Our community’s tireless fundraising efforts have helped to bring the latest, state-of-the-art techniques to local patients. It is a tremendous effort, and one for which we are truly grateful.”

Lions . . Lions . . Lions . . Lions . .

Breast Boards needed for Radiotherapy Department

Our Radiotherapy Department is appealing for £24,000 to fund two Breast Boards which will improve treatment efficiency for cancer patients.

The Radiotherapy Department delivered a total of 27,490 individual treatments between April 2018 and March 2019. Of those treatments, 40-50 patients per day received external beam Radiotherapy as part of their treatment for breast cancer. Currently the department has four Breast Boards but there are times when this equipment is needed in six locations simultaneously, this lack of equipment consequently causes treatment delays impacting efficiency and patient flow.

The boards are made of carbon fibre to allow easy transmission of radiation ensuring minimal effect to the tumour volume. The design ensures patient comfort, keeping them perfectly immobilised whilst ensuring accurate treatment and an improved patient experience.

All patients receiving Radiotherapy to treat primary breast cancer are immobilised using this piece of equipment. We are forever grateful for the support from our community and your help ensures we can provide the best possible standards for our patients and their families.

Anybody wishing to make a donation towards this equipment can contact Kayley Donovan on 01702 385337 or email: kayley.donovan@southend.nhs.uk
Donation boost for our Radiotherapy Department

Our grateful thanks to CADGERS - a local support group for patients and family members affected by a urological cancer - for their recent donation of £15,000 to enable our Radiotherapy Department to purchase a Rectal Probe.

The probe is used for Image Guided Prostate Therapy. It provides a clear and detailed image to enable accurate planning for the dose and placement of radiation required to treat the area.

Our HDR Lead Radiographer, Pat Burns, said: “With the support of CADGERS we are able to maintain the high standard of Brachytherapy service our patients require and wish to thank their members for all the effort put into fundraising on our behalf. Many patients have already benefitted and many more will in the future.”

• Photo right shows James Green, Consultant Clinical Scientist and Professional Lead for Medical Physics presenting the probe to CADGERS Chairman Roger Bassett

Donations for new equipment help speed up lung patient care

Treatment time for lung patients has been enhanced with the addition of a new £1,400 Spirometry machine that was made possible after a donation by Hadleigh Castle Rotary Club.

A donation of £700 by the club was matched by one of its members and her husband and enabled the purchase of the new equipment. The machine helps diagnose and monitor certain lung conditions in patients undergoing assessment prior to surgery and makes their treatment a lot quicker.

Lesley Odeke, lead manager from the Pre-Assessment Unit, said: “We were thrilled when the Hadleigh Castle Rotary Club came forward with a donation of £700 and one of their members, Maryse Iles and her husband Mark from Benfleet, very kindly offered to match their donation. The machine replaced an old one and is already being put to good use.”

During a recent visit, Mark and Maryse were heartened by the dedication and enthusiasm shown by the Pre-Assessment team and as a result they very kindly offered to purchase a second Spirometry machine in memory of Mark’s father, Mr Alan Iles. In total the couple have donated £2,100 to the unit.

Amazing Amanda’s family support

Thanks to Amanda Buxton and family for their continued dedication and support of our Cardiac Care Unit. The family have donated over £7,500 to Southend Hospital Charity. The family’s recent donation has enabled the Heart & Chest clinic to purchase a useful 7-day heart monitor, which plays a vital role in monitoring a patient’s heart rate and rhythm over a 7 day period. We are extremely grateful for their kindness and support.
United Against Cancer reaches phenomenal £100,000!

We have been able to fund a variety of equipment and enhance facilities for our patients undergoing treatment for cancer thanks to Rosemary Slade, founder of United Against Cancer, who has donated more than £100,000.

Rosemary has been fundraising for Oncology Services since 2005, following her own battle with Breast Cancer. Rosemary’s fundraising has included seafront Wig Walks, quiz and curry nights, popular annual Black and Pearl Dinners at the Boat Yard in Leigh, as well as family and friends who have taken part in various fundraising activities such as The Virgin Money London Marathon and sponsored haircuts, to name just a few.

The donations have allowed us to fund a number of projects including a garden of reflection in Chemotherapy, two surgical theatre trolleys and sky ceilings within Brachytherapy. As well as an interactive floor projector for our paediatric patients and most recently a Bladder Scanner for Radiotherapy and a second tattoo machine for nipple reconstruction within the Breast Unit, which cost over £11k combined.

Rosemary is pictured above (centre) with the bladder scanner and tattoo machine, along with Superintendent Radiographer Sharon Shibu Thomas (far left), Nicolai Greet Head of Radiotherapy and Shirley Day, Lead Breast Cancer Nurse Specialist (far right).

Toys, books and oxygen for children’s ward

A new hand-held oxygen saturation probe will be bought for the Neptune Ward, improving the facilities available to children on the ward, following a generous £1,000 donation by the Shanta Foundation.

Neptune Ward is a general paediatric ward that provides care and treatment for children aged up to 16 years. Nimisha Patel, Executive of the Shanta Foundation, together with her children (Shail, 7 and Bella, 3) presented the donation, a sack full of toys and games to staff at the ward.

Beccy Sargent, Paediatric Practice Educator on Neptune Ward said: “We are always so grateful for any donation big or small as it directly benefits patient care and experience. The very generous donation from the Shanta Foundation has meant that we can buy greatly needed equipment. It is my pleasure to extend a heartfelt thank you to the Shanta Foundation on behalf of our staff and our patients.”

Our thanks to the Shoeburyness Lodge no. 6665 for their generous donation of £2,500 in support of the Chemotherapy Unit. The money was raised between 2017-2018 under the Worshipful Master Tony Oliver, who sadly passed away recently, but not before celebrating his 50th year in Freemasonry. Tony’s wife Barbara and brethren from the Shoeburyness Lodge kindly presented the cheque.

- For over a decade Wayne Brooks, aged 33 from Southend, has been fundraising in support of various wards and departments. Not only has he raised hundreds, he also donated a brand new ‘Super Retro Trio 3’ video game console to our Neptune Ward, which adapts to play various retro games and is a real hit with our teenage patients!

Fundraising news autumn/winter 2019
A joint project between the hospital and Arriva buses has seen a replica bus stop set up in the corridor of the Emergency Department to help dementia patients feel less agitated when they visit hospital.

The new addition to the corridor features a bus stop sign, a timetable and a bench.

Sarah Ecclestone, Practice Development Clinical Skills Nurse, explained how it will aide patients: "Unfortunately, patients with dementia often have short term memory problems and can become agitated in unfamiliar surroundings, often wandering, with the common theme of patients wanting to go home.

"Although patients may have short term memory loss, they are often able to recall familiar everyday landmarks from their long term memory and a bus stop can be one of those.

"Research has found that individuals become much more relaxed at the sight of a bus stop, sitting down and waiting for their ‘bus home’. It is something they often become fixated upon, and this installation will help put them at ease and take away some of that anxiety."

Reducing anxiety in dementia patients with a bus-less ‘bus stop’

Funds needed for Patient Transfer Scale

The latest Dementia Appeal project that needs fundraising support is a Patient Transfer Scale which will provide an easier way to accurately weigh inmobile patients.

The Patient Transfer Scale is a type of electronic weighing scale that will revolutionise the weighing of patients. Weighing patients is a crucial but challenging process that is essential for ensuring that accurate drug dosages and treatment can be administered. The Patient Transfer Scale makes this process a lot easier and quicker by making weighing part of the already-existing process of transferring a patient from stretcher to bed, or bed to bed.

The hospital is hoping to buy two Patient Transfer Scales costing £2,195 each.

Anybody wishing to make a donation towards this important piece of equipment can contact Kayley Donovan on 01702 385337 or email: kayley.donovan@southend.nhs.uk

A little Festive Spirit goes a long way at Christmas

Please give a gift in support of our elderly patients

A gift for a patient
Toiletries
Chocolates
Biscuits
Flannels
Socks
Handkerchiefs
Slippers

A gift for the ward
(for reminiscence therapy)
- Colouring pens / pencils
- Colouring books for adults
- DVDs of popular TV series
- Ambient DVDs (no fire)
- Age appropriate CDs
- Large plastic dominoes
- Large jigsaw puzzles
- Song books
- Jumbo playing cards
- Plastic toy doll
- Balls for playing catch

Make a donation towards one of our Wards or Departments

Please deliver your gift to:
The Department of Fundraising, The Lodge,
Southend Hospital, Westcliff-on-Sea,
Essex, SS0 0RY.

Between 9am - 5pm
By Wednesday 18 December 2019
THANK YOU FOR YOUR SUPPORT

THERE IS NO NEED TO WRAP YOUR GIFT
Please do not wrap your gift, but a gift bag with your items loose inside would be much appreciated.

Please give a gift in support of our elderly patients

A gift for a patient
Toiletries
Chocolates
Biscuits
Flannels
Socks
Handkerchiefs
Slippers

A gift for the ward
(for reminiscence therapy)
- Colouring pens / pencils
- Colouring books for adults
- DVDs of popular TV series
- Ambient DVDs (no fire)
- Age appropriate CDs
- Large plastic dominoes
- Large jigsaw puzzles
- Song books
- Jumbo playing cards
- Plastic toy doll
- Balls for playing catch

Make a donation towards one of our Wards or Departments

Please deliver your gift to:
The Department of Fundraising, The Lodge,
Southend Hospital, Westcliff-on-Sea,
Essex, SS0 0RY.

Between 9am - 5pm
By Wednesday 18 December 2019
THANK YOU FOR YOUR SUPPORT

THERE IS NO NEED TO WRAP YOUR GIFT
Please do not wrap your gift, but a gift bag with your items loose inside would be much appreciated.
Getting muddy for a good cause

In May, our fundraisers joined forces with teams from Mid Essex and Basildon and completed the gruelling Nuclear Challenge - the UK’s best obstacle course - to raise money for a ward or department of their choice.

Over fifty medical, support staff and hospital fundraisers crawled, climbed and swam their way through a series of challenges on the 5k course held at Nuclear Races in Kelvedon Hatch, Brentwood. The group included eleven members of our special care baby unit and also Lucy Thomas-Clayton, Associate Director of Charities for Mid and South Essex Hospitals, who said: "I don't think you can underestimate how hard the course is until you've done it! It was really great to see teams supporting all areas of our hospitals coming together to help each other and having fun."

Thanks to all who took part, if you fancy getting involved at next year’s event (kindly sponsored by Energie Fitness), the date for your diary is May 23rd. Early birdy entry price: £45, enter online: www.southendhospitalcharity.co.uk

Supporting Southend Hospital

Without imposing any trust it is my wish to give £ to the following:

- Dementia Appeal Fund
- For Wards Appeal Fund
- Ward/Department (please indicate)

Donation details

- I would like to make a regular donation and request a standing order form
- I enclose a cheque/postal order/CAF voucher (please make cheques payable to Southend Hospital Charity)
- I would like to be charged by credit card/debit card/Switch/Maestro:
  Card no: __________________________ Issue no: __________ Security no: __________ Start date: __/__/____ Expiry date: __/__/____

Your details

Title: __________________________ First name: __________________________ Surname: __________________________

Home address: __________________________________________________________ Postcode: __________

The law regarding General Data Protection Regulations changed in May 2018 and we would like to keep you updated. We will not be able to contact you by email, phone or text message unless you have given us your specific permission to do so. Please indicate you’re happy to stay in touch by:

- By email (tick here) (state email) __________________________
- By text (tick here) (give number) __________________________
- By phone (tick here) (give number) __________________________

We will only use your personal details for administration purposes and to further our charitable aims. We will not pass your details to any other organisation.

Gift Aid

If you are a UK taxpayer, under the Government's Gift Aid scheme Southend Hospital Charity can reclaim the tax you have already paid on your donation. This means that we can claim back 25p for every £1 that you donate - at no extra cost to you.

I would like Southend Hospital Charity to claim gift aid on my above donation and any donations I make in the future or have made in the past 4 years. I am a UK tax payer and understand that, if I pay less Tax and/or capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference. (Please tick the box).

*It doesn’t matter what rate of tax you pay as long as you pay an amount of income or capital gains tax equal to the tax we reclaim on your donations in that financial year. Please remember to inform us of any changes in your tax status.

Signature: __________________________ Date: __________________________

Please return this donation form to: The Department of Fundraising, The Lodge, Southend University Hospital, Prittlewell Chase, Westcliff-on-Sea, Essex SS0 0RY

Fundraising news autumn/winter 2019
For more information on any event/challenge call 01702 385337 or email fundraising@southend.nhs.uk
Website: www.southendhospitalcharity.co.uk