The fundraising expertise of Olympus KeyMed seemingly has no bounds. After selecting our Special Care Baby Unit (SCBU) as their 2015-16 charity of the year, staff have managed to smash through their own ambitious target - almost doubling it.

Their amazing feat has meant we are now the proud possessors of a new £47,000 scanner for very poorly newborn babies. As it is portable, the infants can be scanned while they are in their incubators - a much safer option. And it will provide far superior images allowing faster and more accurate treatment of newborns.

So how did the motivational workforce achieve such incredible results? An initial target of £30,000 to help buy the new scanner seemed overly ambitious.

Charity committee chair, Ben Aldridge, said: “We were unsure we could even meet that so were just astounded when we smashed through it and then the £47,000 cost of the scanner to raise more than £55,000. It has been hugely inspiring and we all feel amazingly proud.”

Fellow committee member, Hayley Pleasant, had a very special reason to get involved. Her son Roman was born at just under 25 weeks. After being stabilised, he spent ten weeks at the Royal London Hospital where he underwent a heart operation before returning to Southend SCBU for a further six weeks.

Hayley said: “I love the staff on the unit. They are amazing. Roman is now two and a half years old and a typical toddler - a little monkey.”

Despite working full time at the company as a business analyst and having an active son, Hayley threw herself into the fundraising activities - completing both a skydive and half marathon herself.

She said: “After a slow start, it just sky-rocketed. The generosity of everyone here is amazing - it is a lovely place to work.”

Planning for the events involved a lot of man hours. They included car washes, beauty evenings and an afternoon tea. Although the year officially ended in March, staff stretched it to include the Southend Half Marathon in the summer.
Dear Supporters

Once again, it has been an action-packed year with plenty of ‘highs’ and inevitably a few lows.

 Sadly, we lost another of our loyal and long-standing supporters, John Gibson MBE - founder of Advanced Surgical Equipment Trust (ASET). You can read about John's incredible achievements on page 14.

 On a happier note, there has been so much going on it has been a hard job to pack it all into these pages. Sometimes we fear we are unable to do justice to the remarkable dedication of so many hardworking supporters, but please be assured that we value every one of you and everything you do for us.

 And what a wide range of ages our supporters span: there is young Grace on page 11, foregoing christening gifts to benefit SCBU, and the amazing Dorothy Smith, in her nineties but striding out energetically for our eye unit (see page 9). All inspirational stuff!

 Here in the fundraising department, we are very excited about the launch of our new-look website (see page 16) which we hope will be more user-friendly, informative and immediate. Of course, we would welcome your comments.

 As I write this, I am taking some time off on maternity leave after Emily joined our family in August. She was born here at Southend and it was good to see our services from the ‘other side of the sheets’ and to experience first-hand the wonderful care and compassion of our staff.

 The wonderful autumnal sunshine makes it hard to believe that Christmas is now less than two months away. I hope it is a peaceful and happy one and wish all our loyal supporters the very best for 2017.

Associate Director of Fundraising and Community Engagement

Singing their support

The Orpheus Singers ladies choir held a hugely successful charity concert in the spring and generously donated the £4,086 takings to our Keyhole Cancer Appeal. Mick Thwaites, chairman of Southend Hospital Charitable Foundation, was delighted to accept the cheque.

Choir chairman, Marion Orchard, explained how the ‘Sing Together’ project united an enthusiastic new group of ladies keen to find their singing voices. After three months of rehearsals, the newcomers were amalgamated into the established Orpheus Singers for the concert.

Marion said: “Many of us have been affected by cancer, either personally or through friends and family, and wanted to support our excellent local hospital. Our quality of life is greatly enhanced through singing together and we know that this new laparoscopic theatre will be able to do the same for many cancer patients.”

Driving their support

Another group wanting to support their local hospital was Ballards Gore golf club ladies who have donated £2,130 to our appeal.

Pedalling their support

A 40-mile cycle ride ended at JD Cycles in South Benfleet where a giant TV screen was showing the tough classic Milan-San Remo.

Organiser Adam Jones, a self-confessed MAMIL (middle-aged man in Lycra) teamed up with shop owner and former pro Jason White to raise funds for our Keyhole Cancer Appeal.
Raising money for charity is not always a walk in the park, but one event was just that for hospital fundraiser Malachy O’Sullivan MBE.

Malachy said: “The emphasis was very much on fun. Classes included ‘dog that looks most like its owner’, ‘awesome old timer’ and ‘waggiest tail’.”

The event at Southend’s Priory Park, which raised £851.42 for the Keyhole Cancer Appeal, also featured Pets As Therapy (PAT) dogs which are regular visitors to hospital wards. Specifically trained and meticulously groomed, their arrival is a highlight of the day for many of our patients.

Thanks to Browns Pet Range which donated gift bags for competitors and the Groom Room for supporting the event.

Women’s Health Physio Linda Griffin and former Theatres Support Worker Beverly Mullen overcame their fears to raise hundreds of pounds for the hospital - Linda for rehab and Beverly for the Keyhole Cancer Appeal.

Linda admitted: “It was terrifying initially while we were waiting to jump. Once we were out of the plane and came through the clouds and saw the view, it was amazing. I would definitely recommend it to anyone.”

Beverly (pictured in action) added: “Apparently, I jumped from two miles up, was freefalling for 10,000ft at 120mph and then spiralling through clouds with a chute for a further 5,000ft.”

Beverly is making a habit of performing heart-in-mouth fundraising feats, having also completed the tower block abseil for the appeal in the spring. Her next venture is a wing walk!

Dancing the night away

Our dinner dance at the Boatyard, Leigh raised £3,710.25 for the Appeal. We would like to thank our main sponsor, the Genting Club in Westcliff, and everyone who attended and gave their time to help.

A big Thank you to Essex County Show for continuing to support our Keyhole Cancer Appeal. Another donation of £1,000 was presented to consultant surgeon Mr James Wright earlier this year.
These revellers needed no persuasion to take to the dance floor. Soundfield Music Festival, hosted by the Rotary Club of Westcliff-on-Sea for our Keyhole Cancer Appeal, attracted the movers and shakers who strutted, shimmied and sashayed the night away.

The ultimate outdoor retro bash, put on by party specialists Tropicana Nights, calls for as much bling and neon as a body can take to put the fun into funk. To stop energy levels from flagging, the nostalgia-packed night of Eighties’ old school tunes featured a hot food court and fully stocked Kontiki cocktail bar. It was just the start of a weekend music festival extravaganza put on by Westcliff Rotarians to raise money for our Appeal and the club’s charities.

Aquapigs overcome all obstacles for our Appeal

Huge thanks to everyone in the David Lloyd Leisure Aquapigs nuclear rush team for their exploits. They raised more than £600 for our Keyhole Appeal from successfully negotiating the 6k and 12k obstacle courses.

Les bicyclettes de Paris

Mandy Porter, a Medical PA in Obs & Gynae, cycled from London to Paris to raise a fantastic £2,000 for the Keyhole Cancer Appeal. Mandy, pictured against one of the world’s most iconic landmarks, said “It was tough going but a great experience!”

Elise Fleetwood from our Fundraising Department (pictured inset with a Rotary Club member and Tropicana Nights’ Graham Moorcroft) said: “We are immensely grateful for the continued support of both the Rotary Club and Tropicana Nights.”
Patient power puts us up among the leaders

Thanks to the generosity and commitment of our patients, we have now opened our state-of-the-art brachytherapy suite, making us one of the elite providers in the country.

Brachytherapy uses radioactive sources in the treatment of different cancers and the new suite brings together all the types of treatment in one place, increasing both the accuracy and the capacity.

James Green, Consultant Clinical Scientist and Head of Radiotherapy, explained: “We can now treat four or five different types of cancer in as many different ways in our new theatres. The new suite is a massive advantage for patients and staff.”

The facility can treat prostate, breast, oesophageal, gynaecological and skin cancers and will be offering rectal cancer treatment soon.

Five years in the planning, the new suite has been paid for by the hospital and the generosity of local people with £260,000 in legacy donations to help build it and another £140,000 from fundraisers to pay for the state-of-the-art equipment.

James said: “These advances and changes will revolutionise brachytherapy care at Southend Hospital for hundreds of people across Essex every year. I cannot thank each and every person to us by doctors from Harley Street, so it is wonderful that the centre and staff are getting the recognition they deserve. The new suite is an amazing addition to our arsenal in the fight against cancer for the people of Essex.”

One of the star attractions at the brachytherapy suite unveiling was the daffodil artwork – one of the many ‘added extras’ which Alan Bloomfield and his family have funded in the nine years since his wife died of cancer, aged just 62.

Since the formation of the Janet Bloomfield Tribute Fund in 2008, Alan and his family have raised £100,000 to support our oncology services – that’s FIVE times their original target! The incredible sum has funded ‘luxury’ items like TVs, lounge furnishings and artwork in the chemotherapy suite and distraction equipment for young cancer patients in our Neptune children’s ward.

We are immensely grateful to Alan, his son Graham and daughter Michele and their families and friends who have done so much for us over the years. They have made a huge difference.

The Bloomfield family achievements

Once the Bloomfield family started fundraising for the hospital in memory of their much-loved Janet, they just could not stop! Their original target of £20,000 was passed years ago and they have now raised FIVE times that amount! We are so very grateful to Janet’s husband Alan and the many friends and relatives who have worked so hard to improve facilities for our patients. Here are just some examples of their generosity since the Janet Bloomfield Tribute Fund was set up in 2008:

2009 - More than £50k for specialist chemotherapy treatment chairs and furnishings in the chemotherapy unit
2011 - Wooden bench outside the chemotherapy unit specially inscribed in Janet's memory
2013 - More than £15,000 to fund improvements to Elizabeth Loury cancer ward
2016 - More than £20,000 to the new brachytherapy suite

who has donated to the cause enough.”

The centre will treat between 250-300 patients a year and extra sessions can be added to meet demand when necessary.

James added: “Southend Hospital is a designated cancer centre and we are probably the largest provider of high-dose radiation in the country, even having patients recommended
After being tempted to attempt a skydive for a while, Lawrence Collin jumped at the chance when his daughter Vicky announced she was taking the plunge. Lawrence, a hospital governor, described how when the plane doors opened at 13,000 feet he jumped as instructed and hurtled towards earth at over 100mph. “I felt how insane this was. It was very cold and I concentrated on breathing. Then the photographer was there alongside me with a thumbs-up sign.”

Their bravado more than paid off - between them they raised nearly £2,000 for the hospital - Lawrence for the Dementia Appeal and Vicky for our Keyhole Cancer Appeal.

Indefatigable fundraiser Dean Ovel has been running round in circles to boost our newly launched £100,000 Dementia Appeal.

The superfit champ spent 24 hours running in an 8ft high hamster wheel which he designed and built himself, eating and drinking while still rotating and coming off only for comfort breaks.

Although running solo in his wheel, Dean had the company and encouragement of a band of enthusiastic supporters to keep him entertained and motivated.

You may think the name is familiar and you’d be right. Two years ago Dean ran ten marathons in just eight days for our Keyhole Cancer Appeal. He dreamed up the latest fundraising wheeze as dementia is an appeal close to his heart - both his nans suffered from the condition.

He said: “This is a huge accolade for what started as a ridiculous idea and is testament to all the hard work that my family and friends have put in. Without their help this event would never have happened.”

Dean revealed that it was his daughter Eira’s wish for a hamster which had first hatched the idea. “I had been thinking of doing something on a treadmill but that is boring and people have done it before.”

Eira has now acquired her pet for her seventh birthday and yes, Fluffy does have a (somewhat smaller) wheel.

Lucy Lock, Fundraising Officer at the hospital, said: “Dean and his zany antics have helped get the appeal off to a flying start, not just by raising so much money but also bringing awareness of dementia which touches so many lives.”

Their motto is simply ‘we serve’ and once again the Lions Club of Rayleigh have done just that and donated £250 to our Dementia Appeal. Club president Steve Williamson came to hand over the cheque to Community Fundraising Manager, Kayley Fletcher.
... and the Palace Theatre curtain went up again on Southend Hospital’s Got Talent, the glitzy talent show which has now earned itself top billing in the local entertainment scene. This year the show was staged to raise funds for our Dementia Appeal and, as always, featured a broad spectrum of local dancers, singers, musicians and a magician compered by the impossibly glamorous pair of matrons Bet and Lil (aka Will Hodgson and Michael Daley, pictured right).

Singer Margaret ‘Meg’ Odegba was declared the winner for her moving rendition of “Hallelujah”. Meg, a maths tutor, recently took part in the Open Mic UK regional competition but, at the time going to print, the results had not been declared.

Nikki Drabble, one of the event’s lead organisers, said: “The quality of the acts was superb and the whole show was really well received. Each year it just gets better and better. And the Palace Theatre staff pulled out all the stops for us. We are only amateurs doing it once a year and they were wonderful.”

Memories are made of this

We are delighted to announce that Southend’s Roslin Beach Hotel have kindly offered to refurbish and re-invent our two dementia wards completely free of charge with an estimated value of approximately £40,000.

A long-standing supporter of the hospital, the hotel vowed us with their ideas for creating two therapeutic and interactive day rooms on Princess Anne and Windsor wards. These will incorporate dementia friendly environments which use familiar décor and furniture from the past.

Sensory units and reminiscence-triggering items such as memory boxes and artwork of such iconic landmarks as the pier and the Kursaal will have a strong visual impact to stimulate patients and prompt memories of long ago.

Dr John Whitear, Associate Specialist in Elderly Medicine, said: “The bespoke design turns the clinical and sometimes alien hospital ward into a calming and more familiar environment for dementia patients. They can get away from their beds to socialise and talk with other people.”

Roslin Beach staff also hosted a mouth-watering free afternoon tea which raised £2044.41 for the appeal. They have also recently completed a makeover of the staff recreation area.

Laura Mason, Fundraising Manager said: “We are delighted to be working with the Roslin Beach Hotel. They have been staunch supporters of our hospital for some time and I know that once again they will do us proud.”

I think the fact that it was for the Dementia Appeal made a difference. It is a condition which touches most people’s lives in some shape or form.”
The race that keeps on running

Benfleet Running Club has kept up the pace for years in memory of inspirational Kirste Bowman, who died of breast cancer in February 2012. The Kirste 5 memorial race grows in popularity every year and all profits are split between Macmillan Cancer Support and our breast unit. We are so grateful to energetic entrants for our share of the total £7,160 raised at this year’s event.

Every colour of the rainbow

Ten years and still going strong - this year’s Colourthon in Chalkwell Park proved as popular as ever and this time included the new 5k Paint Run - where entrants start off in a pure white t-shirt and end up every colour of the rainbow. Over the decade the event, the brainchild of Southend Round Table, has raised over £1.25 million for more than 700 charities - including more than £30k for our hospital. Massive thanks to everyone who took part on our behalf.

Is it a bird? Is it a plane? No, it’s a skydiver

Skydivers have literally been dropping through the clouds to raise money for different areas of the hospital. As well as Vicky and Lawrence (see page 6) and Linda and Beverly (page 3), we have massive admiration for Feeding Buddy Pam Watson, who jumped for Princess Anne ward; staff members Vera Gummer and Mary Murray who both completed the feat for endoscopy and Matt Crumbie from RBS who collected sponsorship for our general purpose fund. Heartfelt thanks to you all.

Now where’s that carrot?

Monthly competitions at Sainsbury’s local in Rayleigh are brightening up trips around the aisles while raising money for our stroke unit. After choosing our stroke services as the beneficiary of its fundraising this year (so many staff and customers have reason to thank the unit), the store has so far laid on a ‘where did the rabbit hide the carrot’ competition, followed swiftly by ‘guess how many sweets in the jar’ - and customers are joining in enthusiastically.

Black and pearls are winning combination

Rosemary Slade and her daughter Charlotte Armfield adhered strictly to the dress code of this year’s Black and Pearl gala dinner at the Boatyard Restaurant in Leigh. Rosemary, who set up United Against Cancer 11 years ago, has been holding the glamorous annual ‘do’ since her dear friend Roma Cousins died of pancreatic cancer five years ago.

Since forming her charity, Rosemary has raised almost £100,000 for cancer services and this year added an £8.5k bladder scanner for the radiotherapy department.

We’re being pampered

Thanks to Procter and Gamble for their generous donation of Pampers Under-Jams, a great boon to our children’s departments.

Still in the pink

One decade on and Nicola Drabble’s determination and dedication to fundraising for our breast unit thankfully show no signs of slowing down. Her 10th Pink Summer Ball at Thorpe Bay golf club raised more than £1,650, bringing her grand total to date to more than £12k.
Dorothy sets an eye-watering pace

Dorothy Smith has covered some miles in ninety-odd years and there's still no stopping her. Dorothy was among more than 200 enthusiastic and energetic walkers and a fair few dogs to set off down Southend Prom to raise funds for the ward or department of their choice. Dorothy opted for the eye unit, where she is currently undergoing treatment. She said: “I owe them everything. They have saved my sight.

“It was a wonderful event and I had a lot of fun.”

Dorothy was not content just to complete the 7km route from Uncle Tom’s Cabin to Chalkwell Shelter: she shunned the offer of a lift back to the start and strode off back there under her own steam!

So far the popular event has raised over £7,500 for 49 different hospital funds, and massive thanks go to our sponsors Adventure Island and Radio Essex, as well as to Sainsbury’s Local in Rayleigh for kindly donating water for participants and Enterprise Car Rentals, Southend, for providing a minibus shuttle to take jubilant walkers back to the start line after they’d completed their challenge.

Event Manager, Elise Fleetwood, said: “We are absolutely delighted with the support we had this year – double the number of walkers to last year - and people like Dorothy show that anyone can take part and make a difference.

“It was lovely to watch supporters of all ages get involved for some very special reasons - in thanks for our hard-working staff and in memory of loved ones. We are grateful to everyone who took part.”

• It is not too early to put next year’s date in your diary: Sunday, September 17. Call 01702 385337 to register your interest.

From two legs to two wheels

Move over Sir Bradley. This year we had a total of five cyclists supporting the 100-mile Prudential RideLondon 100 from QE Olympic Park out into the Surrey countryside and finishing in front of Buckingham Palace. First of the five across the line was Thomas Gamby, pictured here with his son, who raised £829.35 for SCBU by completing the challenging course in 5hr 19m 34 secs. That’s pedalling!

Also taking part in the event were consultants James Wright (below centre), Mike Dworkin and Esther Fine - all raising funds for the Keyhole Cancer Appeal. Daniel Nelson (below right) supported Windsor ward, in memory of his dear friend Will Moss, to thank the “amazing staff that tried to save his life”. Their efforts raised £283.75 for Keyhole Cancer Appeal and £150.61 for Windsor ward.

A total of 51 thrill seekers, many in fancy dress, launched themselves from the top of the hospital Tower Block this year to abseil down 154 feet, raising more than £17,000 for 28 different areas of the hospital.

Our picture shows super relaxed Kerry Hanna and Korinna Holland.
Who’s up for a challenge?

Well, we can name a few. For a start, there’s Christian Jenkins, who set himself a triple challenge by taking on three middle distance triathlons over the summer. That is - brace yourselves - a 400m swim, 23k bike ride and 5k run, THREE times! Christian was spurred on by the thought of his £2k target for our Special Care Baby Unit where his daughter, Olivia, spent time. The money will go towards a Giraffe OmniBed (see p13 for more details).

Christian said: “The care Olivia received was phenomenal and my wife and I are truly grateful for helping her through a rocky beginning and getting her home where she belongs.”

His friend, Steven Abbot (left) joined him on one triathlon, raising £155 for the Special Care Baby Unit.

Wet, windswept and worthwhile

Bernadette Hopkinson, a Waiting List Administrator here at the hospital, undertook the Trek Fest Challenge, hiking 25k across a very wet and soggy Peak District to raise a fantastic £488 which is being split between the Butterfly Bereavement Suite and Special Care Baby Unit.

She had very personal reasons for choosing these two areas, having spent some time in the Butterfly Suite when she sadly miscarried at five months and having a friend whose baby was born 10 weeks prematurely and cared for in SCBU.

Bernadette said: “I have a friend who does marathons, but I am not built for running. When I read about this Trek Fest I thought it looked like quite a challenge.

“It was the hardest thing I have ever done. It rained the whole time, but not drizzle. This was full-on Derbyshire rain. People were being pulled out with hypothermia and I nearly gave up at 20k because I was so cold and so wet. It took everything I had to finish. I was exhausted and soaked but also very proud of myself.”

Her time was a commendable 6.5 hours. Now her toenails are about to drop off and she says - for now, at least: “Never again.”

Challenge yourself in 2017

Have you seen a challenge you want to take on? Perhaps a marathon, a swim, a trek or a triathlon? Maybe an obstacle race, mud run or skydive?

Cycling in Cambodia, trekking in Peru, rafting in Zambia or the UK lakes 4 Peaks Challenge - there is a challenge event out there for everyone and if you raise the minimum sponsorship you can do it for free! If you’ve got a taste for adventure, visit our Challenge partners www.globaladventurechallenges.com or www.doitforcharity.com and register for the trip of a lifetime.

Sign up for the event and just let us know what you are doing and which ward or appeal you want to benefit from your adrenalin rush. Just email us on fundraising@southend.nhs.uk or call 01702 385337 and we will support you every step of the way!
Holiday treatment inspires fundraising drive

The need for regular dialysis treatment need not spell an end to holidays, as renal patient Chris Searle has discovered. She and her husband Dave were able to spend a lovely break in St Ives, Cornwall (where this photo was taken) thanks to an arrangement with a hospital in Penzance.

Chris, 76, has had kidney problems since her teens and needed dialysis for three years. She was so impressed with the ultrasound equipment in Cornwall which enabled nurses to locate her veins easily that she and Dave resolved to buy a machine for us here. They mentioned their plan to friends and everything just kicked off, with the result that they smashed their £10,000 target and have now raised over £12,500.

Chris, a former member of staff at Cedar Hall school, said: “Everyone came up with different ways to make money. We had a fashion show, hot cross bun fest, quiz nights and eBay sales. The school’s headmaster Nic Maxwell abseiled down the hospital tower block and we had an anonymous £5,000 donation.

“We have been overwhelmed by friends’ help. Everyone has been wonderful. We have not had to fork out for anything - even raffle tickets and tea bags have all been donated.”

• The Searles have had their names engraved on our Tree of Life (see page 14).

Teed up for prostate research

A new urology research fund, the brainchild of consultant urologist Mr Peter Acher and his colleagues, has got off to a brilliant start thanks to a charity golf day organised by one of his grateful patients.

Ron Wilkes, 65, from Basildon, discovered he had prostate cancer following a routine test - and has now become a fervent campaigner to persuade other men to get themselves checked out. In fact, following his experience, at least another six friends and colleagues have gone on to have treatment - including one as far away as Tenerife.

A number of the men are fellow members of Orsett Golf Club and joined in the hugely successful charity day at which Mr Acher not only played but gave a short talk on prostate testing and treatment. Around 100 players took to the course, raising £3000 which has been split between the hospital and national charity Prostate Cancer UK.

Ron’s wife, Eileen, who helped organise the event, said: “It was really successful and we are now talking about running it every year.”

Mr Acher said: “Southend Hospital is a leader in the field. We are one of the first hospitals to offer an upfront MRI and targeted transperineal biopsy which is safer and more informative than the old method under local anaesthetic. We have been publishing and presenting our results and have new research plans on the horizon. Other hospitals are following our lead.

“The golf event was a great opportunity to raise awareness of the modern diagnostics and treatment options for this common disease and really got people talking. It was a brilliant day.”

Celebration donations

What better way to mark a special occasion than giving a gift to help sick patients? That is what mum Emma O’Connell thought when it came to her daughter Grace’s christening.

Born prematurely, Grace was looked after in SCBU for two weeks before she came home.

Emma said: “All the staff worked miracles with our little princess and, if it wasn’t for all their hard work and dedication, we honestly feel she wouldn’t be here with us today. As a token of our gratitude, we asked friends to donate instead of giving christening gifts and raised £400.”

Mr and Mrs Evans of Leigh had similar thoughts for their ruby wedding anniversary and raised £645 for our Dementia Appeal. And Joy and Charlie Seels, who have been raising money for a gamma finder for the breast unit for three years, asked for donations in lieu of presents for their golden wedding. They have now raised more than £5,000 towards the new cordless, hand-held probe which identifies sentinel lymph nodes during breast surgery.

If you feel you have enough ‘stuff’ and would prefer to mark your special celebration by raising money for the hospital, just call 01702 385337 to request our donation envelopes to hand out to friends and family.
Fundraising for wards and departments

Thank You to our many supporters

As always, you have amazed us with your unflagging efforts to support different areas of our hospital and so we say a heartfelt Thank You to:

**The Lions Club of Rayleigh** - long term benefactors to the hospital. Club members have now generously donated £5,400 to buy two AccuVein machines - hand-held devices which help clinicians to locate veins more easily so that blood tests and other procedures are done quickly, accurately and with the least discomfort for patients. One machine has gone to our Special Care Baby Unit (SCBU) and the other to Neptune Children’s Ward. Club president Steve Williamson came along to make the presentation to Clinical Nurse Specialist Charlotte Edwards (pictured here).

The club raises money via its charity shop in Hockley and by staging an annual firework display in King George’s Park, Rayleigh. We are just one of many local and national charities they support. If you would like to join them - they are always on the lookout for new members - visit www.rayleighlions.org.uk

**The Lions Club of Leigh-on-Sea**, whose £700 donation has enabled our Ladybird Nursery to buy some durable building blocks for the garden. Nursery Manager, Lynda Bartholomew, said: “These blocks promote creativity, cooperation and problem-solving skills.”

To prove her point, nursery children were busy using the blocks to build a boat when Lions Club representatives Bill White and Kay Large arrived. As a small token of their appreciation, the children presented Bill and Kay with a home-made thank-you card.

Kay said: “The Ladybird Nursery provides a very important service to hospital staff and we were very pleased to help in a practical way. The children certainly seemed to enjoy playing with the blocks.”

She and Bill are pictured with Nursery Finance Administrator, Jill Fletcher and Deputy Manager, Leigh Horne.

**Southend-on-Sea Bowls Club** and 2015-16 President Alan Brett for raising £4,750 for our stroke unit during his year in office. The club gives us staunch support and over the past five years has donated more than £23,000 for various wards and departments. Alan and his wife (centre) met some of the staff when they visited the unit.

**Breathe Easy Southend** for their donation of handheld fans for Rochford and Westcliff respiratory wards where several members have been cared for. Breathe Easy’s Jan Morrison (pictured third left) said: “There’s established research that shows the benefit of using fans for patients with compromised breathing and there’s a high population in our local community who have or will have breathing problems so we do our best to help.”

The group meets monthly to provide support and friendship to people with a lung condition - phone 01702 466827 to find out more.

Breast cancer patient **Alison Roche** who just couldn’t sit still after the shock of her diagnosis and operation last summer. Alison set about organising a strawberry tea fundraiser and was back in the unit recently - this time to present the £900 she raised. Friend, Diane Crockett, said: “The word inspirational is not big enough.”
Pride and Glory Tattoo Studio for organising a ‘Have a Heart Charity Flash Bash’, and giving half the proceeds to our oncology unit. Presenting the £786 cheque to community fundraising officer Lucy Lock (pictured centre), studio owner Chessie Clear (right) said: “Over the last few years I have been witness to the awful effect cancer has had on those close to me and the oncology ward has always played a massive role in supporting and treating those affected.”
Our thanks go to owner Chessie, apprentice Lauren Smith, their customers and the local business and artists who made the event so successful.

New Leaf Distribution Ltd who donated £3,000 to our Giraffe OmniBed incubator appeal for the Special Care baby Unit. The unit already has two Giraffe incubators in the intensive care room but needs a third. The equipment has the added advantage of a lifting canopy which allows clinicians to respond quickly to the changing needs of tiny patients, as well as enabling family to have closer contact with their newborn baby.

Our photo shows Vicky Thompson and Kara Gerrie from the Neonatal team with Sarah Mitchell from New Leaf, Elise Fleetwood from our fundraising office and Tina Hobbs, also from the Southend-based financial advice company.

Everyone at the KAOS youth club in Ashingdon for their donation of £302 to Neptune children’s ward. The 10 to 16-year-olds sold cupcakes and sweets to friends and family, played football shoot-outs, held lucky dips and ‘guess what’s in the box’ games to raise the money which will go to help buy a high-sided bed for young patients with learning disabilities.
Youth club leader Darren Parsons, fundraising organiser Abbey Parsons and club members Sophie Keig, Kimberley and Danni Himpfen, Ilona Sharp and Chelsey Bones came in to present their cheque to Neptune ward staff.

Staff and patients at Royal Mews dental practice, Southend for all the toiletries, including toothbrushes and toothpaste which are invaluable to patients suddenly admitted to hospital without the chance to bring their own. Practice Manager, Ann Thorogood, said: “It is great to be able to support this excellent local cause and we hope to make further donations in future. A big thank you to all staff and patients who contributed.”
We always welcome ‘emergency’ items such as shampoo, shaving items, deodorants, hairbrushes and toothpaste and are immensely grateful to the Smellies for the Sick initiative, started 12 years ago, which helps keep us supplied. The Royal Mews team is pictured presenting donations to Julia from Smellies for the Sick. To donate items, call 01702 204377.

Prittlewell Lodge for their £680 donation to the breast unit.

Members of Castle Point Masonic Lodge who donated funds to enable our paediatric outpatients department to buy a vein finder. By illuminating children’s veins, the device makes the process of taking blood much quicker, easier and less distressing for our young patients.
Charity steward Norman Bambridge (pictured) said members were always happy to help support the work of the hospital.

Staff and patients at Royal Mews dental practice, Southend for all the toiletries, including toothbrushes and toothpaste which are invaluable to patients suddenly admitted to hospital without the chance to bring their own. Practice Manager, Ann Thorogood, said: “It is great to be able to support this excellent local cause and we hope to make further donations in future. A big thank you to all staff and patients who contributed.”
We always welcome ‘emergency’ items such as shampoo, shaving items, deodorants, hairbrushes and toothpaste and are immensely grateful to the Smellies for the Sick initiative, started 12 years ago, which helps keep us supplied. The Royal Mews team is pictured presenting donations to Julia from Smellies for the Sick. To donate items, call 01702 204377.

Prittlewell Lodge for their £680 donation to the breast unit.

Everyone at the KAOS youth club in Ashingdon for their donation of £302 to Neptune children’s ward. The 10 to 16-year-olds sold cupcakes and sweets to friends and family, played football shoot-outs, held lucky dips and ‘guess what’s in the box’ games to raise the money which will go to help buy a high-sided bed for young patients with learning disabilities.
Youth club leader Darren Parsons, fundraising organiser Abbey Parsons and club members Sophie Keig, Kimberley and Danni Himpfen, Ilona Sharp and Chelsey Bones came in to present their cheque to Neptune ward staff.
We would like to pay tribute to the long and highly-valued support of John Gibson, who has died aged 89.

John’s association with the hospital dates back to his time as a patient following a horrific road accident in 1986 in which he suffered multiple severe injuries.

At the time of his accident, John, a consulting engineer, was chairman of Rochford District Council and, despite his many injuries and plastered limbs, carried on with his civic duties. He helped launch a public appeal to save our threatened cancer unit by funding first a CT scanner then an MRI scanner.

His next project was to fund and acquire autologous blood machines which recycle the patient’s own blood for transfusion - considered vital in the event of a major incident occurring locally. The machines - the first in this country - were funded through the Cell Saver Trust charity which John set up with colleagues from the cancer unit campaign.

In 1992, the charity became Advanced Surgical Equipment Trust (ASET). It has provided the latest cutting-edge equipment for virtually every area of the hospital including theatres, critical care and high dependency, stroke physiotherapy, rheumatology and research and development.

The most recent donation made by ASET was a cheque for £1,077 to buy pressure relieving cushions for stroke patients admitted to our acute stroke unit, with money donated by the Nore-Light Lodge (see photo left).

John was deservedly made an MBE in the 1995 New Year’s Honours for services to the community. Despite handing over the chairmanship of ASET, John still remained heavily involved with the technological and purchasing side of ASET.

In recognition of John’s many years of dedicated work to fund so much invaluable equipment, he was presented last year with a lifetime’s achievement award.

A Tree of Life has taken root in the main hospital corridor. The magnificent mural is designed to record the Trust’s appreciation of loyal supporters and to give visitors a chance to remember loved ones by dedicating an engraved leaf.

Each leaf-shaped plaque is engraved with a personalised message and will remain on its bough for a minimum of three years before being sent to the supporter to keep as a treasured memento.

One of the first people to have their name added to the tree is the late Joyce Long, who helped raise over a million pounds for the hospital before she passed away late last year. Her family were there to see it happen.

Kayley Fletcher, Community Fundraising Manager, said “The tree has already proved to be something of a conversation piece and it was fitting that Joyce has been remembered with one of the very first leaves.”

Find out more by visiting: www.southendhospitalcharity.co.uk/in-memory-and-in-celebration/

Rendezvous deal us a good hand

You can bet we were thrilled when Southend’s Rendezvous Casino chose our Lighthouse Children’s Centre as its charity of the year. So far they have raised £900 from our Tower Block abseil (here’s their team) and another £4,000 at a gala dinner. Money raised will go to fund new sensory toys for the centre.
Supporting Southend Hospital

make a donation . . .

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

☐ Dementia Appeal Fund  ☐ Keyhole Cancer 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)

☐ Please charge my credit card/debit card/Switch/Maestro:

Card no: _______ _______ _______ _______ Issue no: _______ Security no: _______ Start date: _______ / _______ / _______

Your details

Title: _______ First name: ______________________ Second name: ______________________

Surname: ____________________________________________ Postcode: ______________________

Home address: ______________________________________________________________________

Email address: ______________________________________ Tel no: ______________________

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: ______________________

A gift for the ward

(for reminiscence therapy)

- Colouring pens / pencils
- Colouring books for adults
- DVDs of popular TV series
- Ambient DVDs
- 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 our Dementia Appeal

( using the above form).

A gift for the patient

Toiletries
Chocolates
Biscuits
Flannels
Socks
Handkerchiefs
Slippers

The Department of Fundraising, The Lodge, Southend Hospital, Westcliff-on-Sea, Essex, SS0 0RY.

Between 9am - 5pm

By Tuesday 20 December 2016

THANK YOU FOR YOUR SUPPORT

A gift for a patient

Toiletries
Chocolates
Biscuits
Flannels
Socks
Handkerchiefs
Slippers

This is a gift for a patient to keep / to be used on the ward

(Please delete as appropriate)

This gift is from:

Address:

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

We will only use your personal details for administrative purposes and to further our charitable aims. We will not pass your details to any other organisation. Please tick this box if you do not wish to receive further information from Southend Hospital Charity.

A little Festive Spirit goes a long way at Christmas

Please give a gift in support of our Dementia Appeal this year

Thank you for your support.

Please deliver your gift to:

The Department of Fundraising, The Lodge, Southend Hospital, Westcliff-on-Sea, Essex, SS0 0RY.

Between 9am - 5pm

By Tuesday 20 December 2016

£

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.

Thank you for your support.
**What’s on . . . What’s on . . . What’s on . . .**

## Dates for your diaries 2016/17

### Dec 2
**Grand Quiz (multi-media)**
Saxon Hall, Southend. 6:45pm for a 7pm start. Teams of 8-10, tickets £10pp. Includes chicken and chips supper. **In aid of the Dementia Appeal.**

### Feb 24
**Quiz Night**
The Freight House, Rochford. 7.30pm for 8pm start. Teams of 8, tickets £6pp. **In aid of Southend Hospital Charity.**

### March 26 & Sept 24
**Tandem Skydive**
10,000 ft freefall parachute jump. Minimum sponsorship £395. **In aid of a ward, department or hospital appeal of your choice.**

### April 30
**Great Pier Walk**
Kindly hosted by the Rotary Club of Leigh-on-Sea at Southend Pier. Adults £5, under 16s £2.50, families £12 (2 adults & 1 or more children). **In aid of the Dementia Appeal.**

### May 13
**Tackle the Tower Abseil**
Southend Hospital’s Tower Block. Various start times throughout the day. Entry fee £40, £100 minimum sponsorship pledge. **In aid of a ward, department or hospital appeal of your choice.**

### July 30
**Prudential RideLondon 100**
100-mile closed road cycle route through Surrey and into London. We have 15 charity places available for this prestigious and sought-after event. £50 registration fee, £500 minimum sponsorship pledge. **In aid of a ward, department or hospital appeal of your choice.**

### Sept 17
**Sponsored Walk for Wards**
7km seafront stroll. Free entry, minimum sponsorship pledge £20. **In aid of a ward, department or hospital appeal of your choice.**

### Dec 2
**Grand Quiz (multi-media)**
Saxon Hall, Southend. 6:45pm for a 7pm start. Teams of 8-10, tickets £10pp. Includes chicken and chips supper. **In aid of the Dementia Appeal.**

### Feb 24
**Quiz Night**
The Freight House, Rochford. 7.30pm for 8pm start. Teams of 8, tickets £6pp. **In aid of Southend Hospital Charity.**

### March 26 & Sept 24
**Tandem Skydive**
10,000 ft freefall parachute jump. Minimum sponsorship £395. **In aid of a ward, department or hospital appeal of your choice.**

**Christmas Grand Prize Draw 2016**
For the tenth year running we are delighted to enclose tickets for our Grand Prize Draw which is being held on 16 December.

- **First prize is £1,000 CASH!!!**
- **Second prize:** Overnight stay incl breakfast at the Park Inn Palace Hotel
- **Third prize:** Meal for 4 at the Holiday Inn, Southend
- **Fourth prize:** Luxury Hamper
- **Fifth prize:** £25 M&S voucher

If you would like to receive more raffle ticket books, please call the fundraising team on 01702 385337.

### Welcome to our new website
Check out our brand new website for more information about our latest appeals and future events. We hope you like the ‘new look’ and find it easy to navigate. We are hoping to provide an e-newsletter in the future. If you would like to sign up to receive this, please email fundraising@southend.nhs.uk

[www.southendhospitalcharity.co.uk](http://www.southendhospitalcharity.co.uk)

For details of any of our events please call 01702 385337 or email fundraising@southend.nhs.uk

Website: [www.southendhospitalcharity.co.uk](http://www.southendhospitalcharity.co.uk)