



The RWT Charity Newsletter

Making a real difference to the lives of our patients, their families and staff.

Welcome to the latest edition of our newsletter

Autumn 2023

Lottery-funded healthcare museum joy



A museum charting the history of Wolverhampton's healthcare, with fascinating exhibitions and creative community opportunities, will be developed in the city centre thanks to a grant of almost £140,000 awarded by The National Lottery Heritage Fund.

The Healthcare Heritage Centre project has been pioneered by The Royal Wolverhampton NHS Trust (RWT) Charity and the Arts and Heritage Group and its leading lights are "thrilled" that their vision will now take shape.

The grant of £139,792 will see the delivery of an exciting new programme called 'Care, Create, Conserve' and will run for 18 months, beginning in the 75th year of the NHS. At its heart will be the creation of Wolverhampton's first healthcare museum and co-creation centre, which will be based in RWT's Health Hub in the Mander Centre.

The Healthcare Heritage Centre will feature an exhibition of medical artefacts, photographs, and memorabilia from RWT's collection while healthcare stories of today will be showcased through four community co-creation projects and a vibrant programme of talks and events.

The announcement was made in October.

Elinor Cole, Arts and Heritage Co-ordinator at RWT, said: "We are thrilled to have been successful in our bid and grateful to The National Lottery Heritage Fund for seeing the value in our vision.

"This will be an amazing addition to the city centre, connecting our communities and supporting local people to explore and share their own experiences.

"Health is universal and something we can all relate to, no matter our age, identity, belief, or circumstances, but it can also be uniquely personal. Care, Create, Conserve will seek to tell a story which acknowledges many different experiences and perspectives – a story from our history, but also from our present day."

Four creative residencies will be offered to local artists to explore the subject of healthcare through different perspectives.

The programme will also create opportunities for Heritage Volunteers to help manage the Healthcare Heritage Centre, as well as gaining unique opportunities for training in collections care and curation.



Elinor Cole, Arts and Heritage Co-ordinator at RWT

Ashok's £5,000 worth of thanks

A grateful grandfather has donated £5,000 to the Heart and Lung Centre at Wolverhampton's New Cross Hospital after being given "a new lease of life".

Retired electrician Ashok Puri, 67, from Cradley Heath, underwent a quadruple heart bypass operation in January 2023.

Through the Black Country charity called Aashiana, which he chairs, Ashok made the generous donation as a thank you for the care he received and its impact on his life.

"Mr Stephen Billing and his expert team looked after me in a caring and professional manner. They gave me a new lease of life which I will appreciate for the rest of my days," said father of three Ashok.

"All the staff were absolutely brilliant, and I really appreciated their care.

"I went back to my charity, and we resolved that we had to help. I'm immensely proud and honoured to

present the cheque for £5,000 to the Heart and Lung Centre.

Mr Stephen Billing, Consultant Cardiac Surgeon, said: "First of all, I'm particularly happy that Mr Puri has recovered so well from his surgery and I'm hugely grateful for his generous donation. This will support Nurse training and patients'

rehabilitation to get them active sooner."

Amanda Winwood, The Royal Wolverhampton NHS Trust Charity Development Manager, said: "Thank you so much to Mr Puri and the Aashiana charity for their generosity."



From left: Ashok Puri, Mr Stephen Billing, Aashiana members Manohar Sadier, Baldev Singh Deol and Harminder Singh Bahra and Shyam Singh, Trust Chaplain.

Bringing comfort to lung cancer patients

A charity appeal is underway to fund comfort bags to support lung cancer patients through their chemotherapy and radiotherapy treatment at New Cross Hospital.

The bags – which include lip balms, a knitted heart, puzzle book, adult colouring book, wet wipes and a digital thermometer – are the idea of Cheryl Garner, Lung Care Navigator and Macmillan Support in the Respiratory Centre.

Cheryl said it was important that patients felt they had

"someone in their corner" at a difficult time.

She said: "We already offer "hugs" which are little packages we give patients who have just been diagnosed with lung cancer to unwrap at home.

"These are made up of tea bags or coffee sachets, biscuits and a little wooden "hug" disc to show them that we are thinking of them and will be there for them during treatment."

Between 18 and 30 new diagnoses are made each month and the team will support just under 300 patients each year.

The comfort bags, that Cheryl is now working on with the RWT Charity team, contain items that have been shown to be beneficial to patients.

They carry the message "One patient, One team, One step at a time" and their design features the white ribbon for lung cancer, lavender, known for its calming properties, a lavender ribbon, the cancer flowers periwinkles and carnations as well as forget-me-nots to honour the memory of former patients.

To donate please visit JustGiving - Raising funds for comfort packs at The Royal Wolverhampton NHS Trust.



Caption

Bully for us with Wolves shirt!

Football fans raised £1,500 for charity after a signed Wolves shirt was raffled off by club legend Steve Bull.

Landlord Wayne Parker had hoped to raise £1,000 for The Royal Wolverhampton NHS Trust (RWT) Charity as part of the NHS's 75th birthday celebrations.

But the appearance of 306-goal club record goal scorer Bully ensured The New Pheasant pub in Wednesfield was packed to the rafters for the draw.

Half the target amount again was raised after 300 generous people – mostly Wolves fans – snapped up £5 tickets from the Wood End Road pub and at New Cross Hospital, only a few goal kicks away.

Molineux legend Bully, 58, pulled out the winning number of Nick Cox, 40. He was unable to attend due to a prior engagement, so Wayne, 59, called him with the good news.



Wayne Parker, Jane Stevenson MP, Steve Bull and Amie Rogers, Digital Fundraising Lead for The RWT Charity

"I was shocked to win to be honest because I never usually win anything!" said Nick, an HGV driver of Wednesfield, who took his daughter Ella Cox, aged seven, to receive the shirt.

"I'm chuffed – I'm going to get it framed and it's going to take pride of place in my man cave. I'm not a big football fan but I was more attracted by the cause really. My granddad, Jim Cox, had his bowel removed at New Cross and they looked after him really well."

Wayne said: "Thanks to everyone, this has been a really successful fundraiser – and the hospital is the biggest beneficiary."

The Wolves shirt has been signed by all of last season's squad and comes with a certificate of authenticity.

It was donated by Wednesfield Taxis, which provides transport for Wolves and arranged for Bully – who was joined by Jane Stevenson MP for Wolverhampton North East – to attend the presentation.

Jim Sharma, owner of Wednesfield Taxis, had the idea of raffling it off.

He said: "It was a great gesture by Bully and I was only too happy to arrange it as Wayne has been a good mate for many years and I'm always keen to support our local hospital."



Nick Cox and daughter Ella with the signed shirt and certificate of authenticity (left), and a close-up of the signed shirt



Carol's help for others

A compassionate cancer patient raised £1,700 to pay for electronic devices to enable others with the disease to have a more comfortable stay in hospital.

Carol Beddow, from Bilston, has lung cancer but it hasn't stopped her organising two events which have paid for 10 iPads and six Kindles for patients at New Cross Hospital.

Helped by grandsons Trent Beddow, aged 15, and Myles Beddow, 12, Carol put on a fun day with a bouncy castle, bingo, a raffle and competitions which raised £1,342.60 and a coffee morning which raised £351.

And Carol, who has received all her treatment at New Cross in the last three years, says she won't stop in her efforts until all 52 beds across both Snowdrop Unit and Durnall

Unit at The Deanesly Centre have a device each.

Carol was inspired by her grandsons after coming home following one of her treatment sessions.

"I happened to say how there wasn't much to do while you're sitting there having chemotherapy for six hours, with no TV or books, and one of my grandsons said: 'Why don't you organise a fundraiser?'" said Carol.

"Trent wrote letters appealing for support and put together a GoFundMe page which brought in a lot of donations and Myles wrote flyers and sent them out. My boys are my rocks and I'm very proud of them – they've even sold raffle tickets to their friends.

"I'd also like to say a huge thank you to The Grapes Bar and Grill of

Moseley Road, Bilston, because they gave us the venue free of charge for the fun day and donated a bike worth £500 for the raffle, and staff at the pub are still collecting for us now.

"But the whole community has been amazing – Tesco gave us prizes for the raffle and tombola and the whole of Bilston and Willenhall have helped us raise these funds. It's been pure kindness from everyone."

Helen Bishop, Charge Nurse/Sister in the Deanesly Oncology Unit, said: "It's lovely to be able to receive gifts on behalf of the patients. It's so kind of Carol."

Amie Rogers, Fundraising and Lead Digital Engagement Officer at the RWT Charity, said: "It's amazing what Carol and her grandsons have done and we thank them wholeheartedly."



From left: Joanne Hollis, Chemotherapy Sister, Snowdrop Unit, Trent Beddow, Jackie Stones, Haematology Advanced Clinical Practitioner, Carol Beddow, Helen Bishop, Chemotherapy Sister, Snowdrop Unit, Miles Beddow and Belinda Rice, Chemotherapy Navigator

Granddaughter's fond fundraiser

"Wonderful man" Rob Hales meant so much to his granddaughter that the thoughtful teenager went running for the first time and raised £175 for diabetes patients in his memory.

Kiera Osborne-Hales, 13, completed her first parkrun (five kilometres, or 3.1 miles) at Walsall Arboretum.

The Cheslyn Hay High School Year 9 student laced up her trainers and joined her dad Terry, 37, Rob's son.

Rob was a long-term diabetes patient who died on May 25, 2023, aged 65 after contracting pancreatic cancer, and Kiera donated the money to The RWT Charity for the Wolverhampton Diabetes Centre at New Cross Hospital.

Kiera's mum Laura, 37, a Catering Assistant at the hospital, said: "Rob was diagnosed with Type 1 diabetes at the age of 13.

"In 2015 he was one of the first patients to receive the pump (a



From left: Chris Osborne, Kiera Hales-Osborne, Jenny Dudley, Julie Hales-Osborne, Laura Hales-Osborne and Violet Hales-Osborne, Kiera's three-year-old sister

small electronic device that releases regular insulin a diabetic needs), which he said was a godsend."

A carer to his disabled wife Julie, Rob was a dedicated family man.

Jenny Dudley, Senior Sister at the Diabetes Centre, said: "Rob was under our care for many years and

is remembered very fondly.

"He was a special, wonderful man with a wicked sense of humour and was a pleasure to look after, so we miss him very much. Rob thought the world of his family and it was lovely to see what Kiera did in his memory."

Walkers' Wrekin challenge

Two fitness fanatic healthcare workers stepped up to a challenge and raised £5,500.

Claire Flatt, who has twice beaten cancer, and Laura Roberts walked up The Wrekin at sunrise with colleagues as part of an annual event they call #RWTChallenge, a year after scaling Snowdon at sunset.

Money raised went to The Royal Wolverhampton NHS Trust (RWT) Charity. The Wrekin walk raised around £2,000 to add to the £3,500 they raised after trekking

up Snowdon, the highest point in Wales.

Claire, Matron for Post Registry Education for Walsall Healthcare NHS Trust and RWT, has been setting fundraising targets initially called #Claire'sChallenge every year since 2017.

Some 55 challenges, which include walking up Mount Kilimanjaro, running the London Marathon just six months after finishing her treatment, and jumping out of a plane have helped raise more than £50,000.

"I really like challenges and my husband and I love walking so we're always working towards something. With this challenge, to have reached more than half our target after two events is fantastic," said Claire.

Laura is Executive Assistant to Louise Nickell, Group Director of Education and Training.

She insists Claire's the inspiration behind the challenges. "Claire's definitely the fitness freak out of the two of us – she's definitely the one who spurs me on and is my source of enthusiasm.

"Serious illness can give you a different perspective. These events are things to work towards – but they're fun and you can socialise with people you'd never normally connect with. It's been enjoyable and has definitely changed my mindset."



Claire and Laura with colleagues at the top of The Wrekin. Claire is pictured second from the left in the dark coloured top and light shorts, and Laura is fifth from the right in the sunglasses, dark top and dark leggings

How young people see healthcare

"This is how my brain works and now other people can see that."

Sophie Stuart, eight, is just one of the many young people who took part in the "100 Ways to say how I feel about health" activity run by The Royal Wolverhampton NHS Trust (RWT) Arts and Heritage Group as part of a youth festival.

The #WvSameDifference festival, in West Park, was co-created by Wolverhampton Cultural Education Partnership (CEP) and the #YES youth board and showcased the talents of young people in Wolverhampton.

RWT's Arts and Heritage Group teamed up with artist Sam McCracken to run a creative session which enabled young people to develop their own visual vocabulary to express their thoughts around health, healing and care.

Sophie, who was born six weeks early at New Cross Hospital, has Sensory Processing Disorder.

She produced an illustration to explain how she feels.

"In the middle of my picture is my brain – this is how my brain works and now other people can see that," she said.

"I have drawn how I see, hear, taste, touch and feel things and the colours that I don't like that make me feel anxious and the ones I do like that make me feel calm and comfortable."

Her mother Zoe, a university lecturer, said: "I think this



Sophie and mum Zoe

is a brilliant opportunity for children and young people who can advocate for themselves to be able to do so.

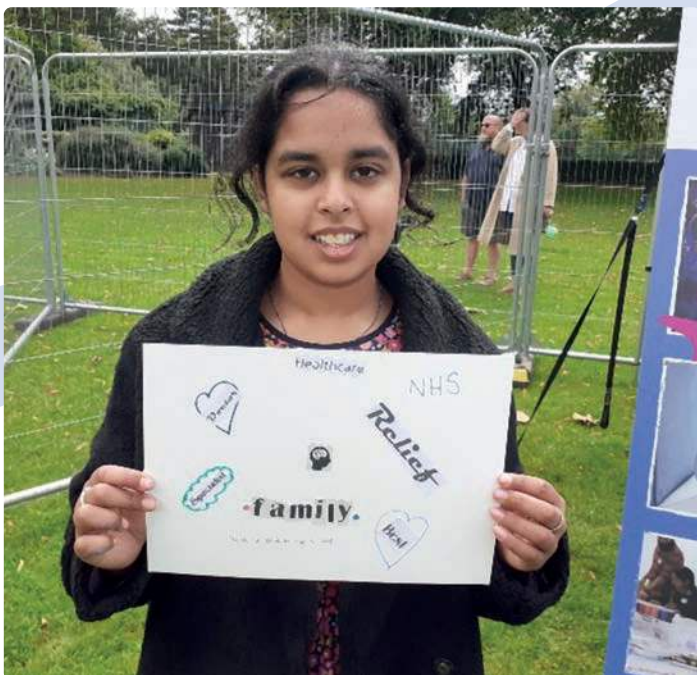
"Sophie's experiences and her thoughts give an insight that parents and clinicians don't have, even though we have her best interests at heart. This is a wonderful event and I'm so pleased to see the NHS Trust engage in this way."

Meanwhile, Maya Patel, 14, left, focused on what healthcare means to her, putting mental health at the centre of her interpretation.

"Mental health is just as important as physical health and is part of the whole picture," she said.

"I also think our NHS service is the best around at present and I've tried to show patients feel relieved when they can see Doctors, Nurses and specialists, although some don't ask for help. When I dislocated my knee and had to go to hospital I thought there was a lot of waiting around."

Elinor Cole is Arts and Heritage Co-ordinator at RWT. She said the feedback gained through the event would be shared with the Trust's Patient Experience Team.



Maya Patel

Artwork takes pride of place in hospital



Young students and local artists have found their creative voice after teaming up RWT and The Grand Theatre as part of a national initiative.

Speak Up is the National Theatre's new programme which sees young people who have been most affected by the pandemic working with local artists and teachers to co-create artistic responses to issues that are most important to them.

Speak Up is taking place in selected schools across Wolverhampton and surrounding areas and the Arts and Heritage Group at RWT is supporting this.

Lucy Parker, Speak Up and Audiences Manager at Wolverhampton Grand Theatre, and Caris Jackson, Artist and Speak Up Representative, worked with Tettenhall Wood School and The Charlton School.

After talks with Elinor Cole, Arts and Heritage Co-ordinator at RWT, it was decided that it would be a great opportunity to host the artwork on New Cross Hospital's walls.

Caris said: "I really enjoyed working with students from both schools.

"And it feels absolutely amazing to see their artwork up on display; it's so nice to put it somewhere where it can



Caris and Lucy with the students' work

be enjoyed by an audience.

Lucy said: "This whole experience has been incredible.

"People come to hospital for different reasons and as the work is so bright and uplifting, it might also help give them a needed boost.

Elinor added: "We are delighted to host this wonderful artwork and being able to collaborate with the Wolverhampton Grand Theatre. We hope the display makes the students proud and staff, patients and visitors enjoy viewing it."

Award shortlist for foodbank

A foodbank set up to help NHS staff in Wolverhampton who are struggling with the cost-of-living crisis has been shortlisted in this year's Black Country Chamber Business Awards.

The initiative, developed in partnership between RWT's Charity and its Facilities Team, is one of the finalists in the Employer of the Year category.

It forms part of the Staff Wellbeing Hub that has been

created at New Cross Hospital as part of a package to support healthcare staff who are in need.

Initially funded by a grant from the Charity, the Trust's Facilities Team turned a disused café into a fully functioning wellbeing hub facility within two weeks.

The Charity has taken on its day to day running.

Amanda Winwood, Charity Development Manager, said: "We are so proud to have been shortlisted for this award for establishing a meaningful support service for staff at a time of unprecedented difficulty.

"Facilities have been fantastic – moving quickly, motivated by a desire to help those in need."

Brendan Houston, Head of Facilities, added: "The Charity and Facilities made a great team.

"We believe that such provision means we are showing the Trust to be a compassionate and considerate employer."

The foodbank is open to all staff, including those working in the community and Cannock Chase Hospital and West Park Hospital.

Judges were due to decide the winner on Thursday 9 November.



Caption



The Royal Wolverhampton
NHS Trust Charity
Registered Charity No. 1059467

Light up a life in memory of a loved one

This time of year can be difficult for those of us who have lost loved ones as we remember happy times we shared.

You can purchase a star for £5 where your loved one's name will be placed on our main Christmas tree at New Cross Hospital.

The stars will be placed on the tree outside of the Accident and Emergency Dept.

Stars can be added throughout the festive period and will be removed on Friday 5 January 2024.

If you would like to Light up a Life in memory of a loved one, please make the donation on our JustGiving page by scanning the QR code. State who your star is in memory of and then email the team at rwht-fundraisingteam@nhs.net or call 01902 694473 with your details and we will ensure your star is included.



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For further information about the Charity or how to support it, please contact our team on 01902 694473 or email rwht-fundraisingteam@nhs.net