Impact Newsletter

Spring 2022

Birmingham Women's Hospital Charity

Birmingham Children's Hospital Charity

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Foreword

Welcome to the second edition of our Impact Newsletter

The last six months has, once again, been filled with uncertainty and trepidation as we started to adapt to the 'new normal' following an easing of Government restrictions.

Unsurprisingly, life at our hospitals hasn't changed a great deal as we've remained committed to protecting our patients, families, staff and visitors in the wake of the COVID-19 pandemic.

We're incredibly grateful that throughout all the ambiguity and change your support has been unwavering. Over the next 22 pages or so, we hope to firstly thank but also inspire you by sharing some wonderful examples of where and how your generosity has made a much-needed impact across our two brilliant hospitals.

It's thanks to you we've been able to continue ensuring our patients and families are at the forefront of world-leading medical research for congenital heart disease. We've also been able to pioneer some of the latest technology and equipment available, allowing us to deliver treatment to children and young people at our Children's Hospital in a less-invasive and more efficient way.

We've excitingly hit some big milestones with our two live appeals, including announcing the appointment of our first-ever peer support worker to help young people struggling with their mental health as well as now being just £500,000 off breaking ground on Woodland House, our innovative bereavement centre at our Women's Hospital.

But as I write this note, despite all the harrowing scenes emerging from the conflict between Russia and Ukraine, we remain optimistic of what the coming months will bring as we start to see a return to more face-to-face fundraisers and events. With your support and friendship, we will continue to make sure the women, children, babies and families which rely on us continue to receive only the very best treatment and care.

It's now been almost 12 months since I started in post and I'm still incredibly humbled by all that you do for us, so I just wanted to say a massive thank you again for supporting our hospitals and championing everything that we stand for. It's only together we can have an inspirational impact and really transform the lives of our patients.

I hope you enjoy reading.

Mark Brider
CEO of Birmingham Women's
and Children's Hospital Charity

Four Priority Areas

Charitable donations allow our hospitals to be at the forefront of what's possible, ensuring our patients and families benefit from the best care, treatment, experience and environments.

We support the following four priority areas:

1

Patient and Family Experience

It's important our patients and families have the best experience while with us, to make them feel safe and supported in their recovery. Charitable donations help us to go above and beyond, from providing home comforts to funding roles dedicated to making their time in hospital easier.

2

Developing Hospital Environments

We want our hospitals to be warm and welcoming places for our patients and families and somewhere our colleagues are proud to work. From funding new artwork which helps to brighten up dull or blank spaces, to updating outdoor areas for families to spend time enjoying some fresh air, our charity touches all corners of our hospitals.

3

Enabling Technology and Equipment Advances

As centres for excellence in paediatric and women's healthcare, ensuring we can offer faster diagnoses and the latest and best treatments is paramount. Charitable donations have enabled us to purchase state-of-the-art equipment, so we can continue to be leaders in our field.

4

Research, Learning and Innovation

We are innovators and pioneers. By funding revolutionary research, our specialists can better understand the conditions of patients which in turn helps to develop effective treatments and medical breakthroughs, not only benefitting our patients but others around the world too.

Patient and Family Experience

We're dedicated to making sure our patients and families have the best possible experience at our hospitals, from the minute they walk through the doors to the moment they leave.

Raki the Raccoon – A New Mascot For Tracheostomy Patients

Thanks to charitable donations, tracheostomy patients at our Children's Hospital now have a brand-new mascot, a soft toy called Raki the Raccoon with a tracheostomy at its neck.

A tracheostomy is an opening created at the front of the neck so a tube can be inserted into the windpipe (trachea) to help patients breathe.

Raki has been created to help kids better understand their condition and, more importantly, to have a toy which looks just like they do, so they don't feel alone, isolated and different.

The new mascot, which is the first of its kind for tracheostomy patients in the UK, is the brainchild of Aisha Hamzah, one of our ear, nose and throat clinical nurse specialists, and Jo Matthews, a senior speech and language therapist at our hospital.

Raki was designed by Nick Hardman, who specialises in using 3D print and design to create accessible toys for children to help them understand and normalise medical conditions.

Abi, aged 10, with Raki

Muslim Aid Gifts For Eid Al-Fitr

Last year we celebrated Eid Al-Fitr with special gifts for our patients at our Children's Hospital. The gifts were generously donated by Muslim Aid, funded by its generous supporters.

With such a diverse breadth of patients treated at our hospital, it's important for us to be able to mark all religious holidays where we can.

Four-year-old Fatima, from Birmingham, was thrilled to receive her gift. After three weeks in hospital, Fatima was hoping to be home in time for Eid to celebrate with her older sister, but a complication kept her in hospital longer than expected.

Fatima was born prematurely at 27 weeks and shortly after suffered a brain haemorrhage. As a result she now has hydrocephalus, a condition in which an accumulation of cerebrospinal fluid (CSF) occurs within the brain. This typically causes increased pressure inside the skull. As a baby, Fatima had a shunt inserted, which helps to drain the fluid and relieve the pressure.

Her most recent trip to our hospital was due to a build-up of CSF fluid in her bowel. Fatima had keyhole surgery to remove the blockage and replace the shunt she'd had since birth.

A Safespace For Young Patients

Funds raised by our fantastic supporters enabled the Neurosurgical Ward at our Children's Hospital to purchase a Safespace Hi-Lo bed. The bed is designed for young patients with autism, epilepsy, multiple learning difficulties as well as those with full mobility.

The durable, high-sided bed provides an extremely robust space which allows patients to sleep, move, roll, play freely and even watch television, all while reducing the risk of injury by eliminating hard surfaces.

Coming Into Hospital Videos

Charitable funding recently allowed the creation of a series of videos for young people, children and their families to help explain what happens when they come into our hospital.

The collection of short, colourful animations are now available to view on our hospital website and explain processes such as long-stay admissions and anaesthetics, all in simple, child-friendly language. This helps our patients and families know exactly what to expect when they arrive with us. This not only puts them at ease, but it also improves their overall hospital experience and minimises any stress, which can aid a faster recovery.

Patients Abi and Eleana with Nick Hardman from 3D Toy Shop and hospital staff at the launch of Raki the Raccoon

Fatima playing with her Eid Al-Fitr gifts

A still from one of the 'Coming Into Hospital' videos

Developing Hospital Environments

How our hospitals look and feel has a big impact on the experience of our patients and families, which is why we're committed to developing spaces that put them at ease and make them feel comfortable.

Over the past six months we've been able to transform several spaces across our two hospitals, thanks to the generosity of our fantastic supporters.

Our Radiology Department Gets An Out-Of-This-World Treatment

Visitors to our Children's Hospital's Radiology Department are now transported to another world, thanks to the incredible designs of local Staffordshire artist, Daniel Russell-Ahern, known as Mr Murals.

Daniel kindly offered over 170 hours of his time for free to revamp the department's reception area and x-ray room, after radiology secured funds from our charity for his materials.

Daniel worked with patients to create the designs, which resulted in a glow-in-the-dark, space-themed masterpiece, featuring much-loved characters including Buzz Lightyear, Mickey and Minnie Mouse, Sonic the Hedgehog, Dumbo and more.

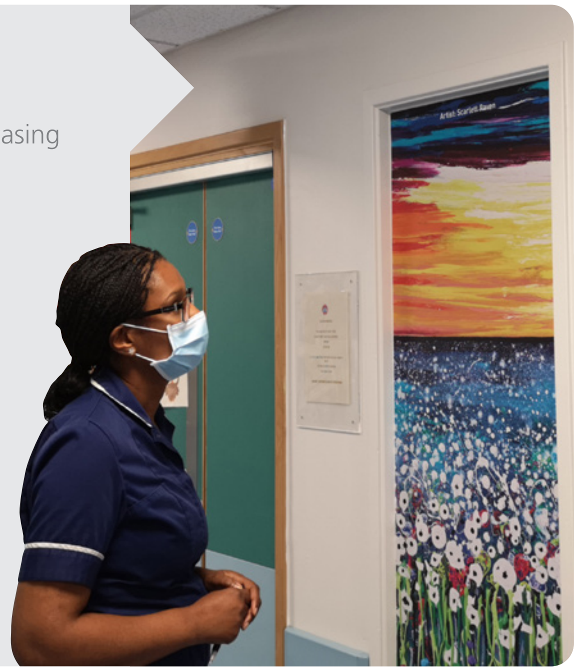
Daniel also incorporated bandages onto some of the characters to allow our patients to see some of their favourite icons in a way that is linked to their own experiences.

Castle Fine Art Decorates Our Women's Hospital

Thanks to our friends at leading art retailer Castle Fine Art, the main corridor at our Women's Hospital was given a much-needed overhaul with the introduction of some new and beautiful pieces of art.

Hundreds of women, partners and families walk through this corridor every single day and prior to the new installation, the imagery was outdated and not reflective of our vibrant hospital. Now, visitors are greeted with artwork from some of the UK's best artists showcasing stunning landscapes, modern cityscapes, pop art and more.

Art forms an important part of our hospitals and can really improve the experience of our patients, helping to lift spirits as well as offer some calm and a welcome distraction from treatment. It also supports the wellbeing and pride of our staff.



Members of the Gymshark team in the brand-new outdoor space at our Parkview Clinic

Parkview Gardens Receive A Gymshark Makeover

Outdoor spaces are vital to our patients, families and staff. They offer a place of calm and tranquillity which is proven to promote wellbeing and patient recovery. This is especially important for our young people suffering with serious mental health illnesses.

Thanks to our fantastic charity partner, Gymshark, the outdoor space at our Parkview inpatient mental health unit recently received a much-needed makeover to support the children and young people using the clinic's services.

Over 60 Gymshark employees signed up to help with the refresh as part of the team's 'give back' CSR initiative. The team utilised its contacts to supply and donate materials to transform the tired space into a fresh and exciting area, complete with handmade benches and planters, graffiti-style murals and colourful flowers. Gymshark's generous efforts has made such a huge difference to everyone who uses Parkview.

Magical Journeys Project Set To Brighten Our Corridors

Conversations with patients, families and visitors highlighted a need to improve the navigation around our Children's Hospital, in particular within Waterfall House, home to our Paul O'Gorman Children's Cancer Centre and Rare Diseases Centre.

Thanks to our charity, work has begun on a 'Magical Journeys' project which has seen the introduction of new, vibrant and clear directional signs on otherwise plain walls. As well as leading visitors to the correct areas easily, by using pictures and images to guide families whose primary language isn't English, the project has also brightened up blank spaces helping to create a more child-friendly and welcoming environment.

The project will also introduce new window graphics on Ward 19, where our stem cell patients are cared for. Due to the sensitivity and high-risk nature of their treatment, these patients need to be kept in their own isolation rooms. The new artwork will offer them a colourful and engaging piece of art to enjoy during their stay.

Impact in Action: Masonic Foundation

The Masonic Foundation gifted us a generous grant of £50,000 to support the vital work of our Children's Hospital's play team for two years.

Children who are happy and relaxed cope better with treatment and recover quicker than those who are upset and anxious, which is why our play team is such a special and integral part of our hospital family.

Our charity part-funds the work of the team including the salaries of our Play and Recreation Facilitators and Workers, who are dedicated to bringing fun and laughter onto the wards to make life as normal as possible for the children and young people who need to visit us. Our Play and Recreation Facilitators and Workers each support around 20 children a day, helping to ease fears by working with patients to make sense of their surroundings and treatments

Megan And Chace

Last year, following a totally unexpected stroke at home, eight-year-old Chace was diagnosed with a condition called Medulloblastoma, which causes tumours to develop in the brain and spine. Chace was admitted to our Neurosurgical Ward for brain surgery, which is where he met our amazing Play Worker, Megan.

"Even though he was so poorly, Chace still wanted to play," remembers his mum, Emma. *"Things were very uncertain and I was in a bit of a state, so when Megan arrived and started to chat and laugh with him, it was a big relief. I thought, 'OK, we can do this.'*

"Megan spent time getting to know Chace. She asked him about his favourite toys and together they played with cars and built a model garage which helped to take his mind off what was a really scary and upsetting situation. She has a wonderful way with children and young people. Chace trusts her completely."

Following his surgery, Megan continued to visit Chace. *"It was a huge operation,"* says Emma *"Afterwards, he became distressed and uncooperative. He wouldn't open his eyes for the nurses but he'd always do it for Megan."*

As he began to recover, Megan worked with Chace to help rebuild his confidence and settle him into life on the ward. Together they have painted, made models, played endless games of Hot Wheels and indulged in a mutual love of slime.

"Chace just lights up when he sees Megan," says Emma *"And I would definitely say she has helped me just as much as him. It's been such a stressful time but when I see he is happy, I feel as though I can relax a little bit."*

The support of the Masonic Foundation ensures Play and Recreation Facilitators and Workers like Megan can continue to deliver happy, engaging and memorable experiences to children like Chace.

Megan and Chace during one of their play sessions

Enabling Technology and Equipment Advances

Ensuring our staff and patients have access to the latest and most innovative equipment is something we're hugely passionate about. As well as bettering the services we can provide day-to-day, equipment advances typically allow our expert doctors, midwives and nurses to deliver less invasive treatments in a much more effective and efficient way.

Elizabeth unveils the new Fractional CO2 Laser

Ashley and Safiyya present the cheque for £20,000 to Hannah Craig and Hayley Ashford from our Oncology Department

Fractional CO2 Laser

Thanks to an inspiring young lady called Elizabeth Soffe, patients at our Children's Hospital can now benefit from a new revolutionary laser treatment.

Eight-year-old Elizabeth presented us with a cheque for an incredible £202,750, so our world-renowned Burns Service could buy a Fractional CO2 Laser to help other children like her.

Elizabeth was just six-months-old when her cot caught fire after an air conditioning unit malfunctioned in her family home in Qatar. She sustained full-thickness burns to 60% of her body and was rushed to our hospital where our incredible burns specialists saved her life.

Over the last seven-and-a-half years, Elizabeth has received more than 70 operations including reconstruction of her face, arms and hands, skin grafts, releases of skin grafts and laser treatment. She also has daily physiotherapy and occupational therapy to treat her scars and ensure her range of movement is maintained. She will need many more operations as she grows up.

To say thank you, Elizabeth ran a mile a day during July, until she had completed a marathon, to raise the funds needed to buy the laser machine.

Fractionated delivery of CO2 laser treatment creates microscopic holes in the tissue of a scar. This energy is thought to stimulate changes in the scar tissue allowing it to reduce in size, texture and colour, making it less visible. But more importantly, it also softens the tissue leading to improved movement and reduced tightness thereby removing the need for invasive scar release or skin graft surgery.

Elizabeth's story captured the nation and she hit her ambitious goal within three months and went on to exceed her target by over £70,000.

Live Bed Management Systems

The installation of new interactive ward screens across all inpatient areas of our Children's Hospital, which interface with the Hospital Operation Centre system, has helped to improve patient flow from admission into A&E, right through to discharge from a ward.

The new system, which was made possible thanks to £42,000 of charitable funding, provides real-time bed management intelligence. It also helps to reduce patient waiting times and improves communication on wards.

It will reduce prolonged stays in hospital which can result in a patient's low mood and reduced motivation, which can in turn affect a patient's health after they're discharged, potentially increasing their chances of readmission.

Improving Oncology Care With The Azaylia Foundation

Young oncology patients at our Children's Hospital will soon benefit from a revolutionary type of augmented reality surgery, thanks to a gift of £20,000 from The Azaylia Foundation.

We were honoured to receive the first gift from The Azaylia Foundation, which was set up by reality TV star Ashley Cain and his partner, Safiyya Vorajee, in memory of their baby daughter Azaylia, who sadly passed away after she was treated for leukaemia at our hospital.

The Foundation's generous donation has allowed the purchase of an innovative piece of equipment, which enables augmented reality surgery, using Indocyanine Green (ICG) dye, together with special cameras, which use near-infrared fluorescent technology, to view the dye when it fluoresces. The process provides an easier, safer way to locate and remove tumours without damaging the surrounding area and reducing the chance of leaving anything behind.

The technique is still in its infancy but promises to be the most significant change in surgical practice since the introduction of laparoscopic surgery in the 1970s. For children with cancer, this has the ability to revolutionise their surgical care.

Impact in Action: Less Invasive Childhood Treatments

Thanks to an incredible donation of £100,000 from a private donor, the Neurophysiology Team at our Children's Hospital was able to purchase the ANT Visor2, a groundbreaking piece of technology.

This special machine helps our neuroscientists to localise critical areas of a patient's brain, such as those involved in movement or language, in a safe and completely non-invasive way. This information is then made available to our brain surgeons during operations, so they can perform the surgery with more precision than ever before.

Seth's Story

When Seth was four-years-old, he began rapidly blinking in his left eye one weekend. An otherwise healthy little boy, his mum, Sam, presumed it wasn't anything serious. That was until Seth became incredibly lethargic and the blinking episodes started to happen hourly.

The family, from Derbyshire, took Seth to their local hospital where after several scans and different types of medication, he was diagnosed with Benign Rolandic Epilepsy, a form of childhood epilepsy. The family managed his condition as best they could. However, as time went on, it became clear Seth's condition wasn't getting any better and he was finally referred to our hospital.

Sam recalls: *"It was a horrible time for all of us, as nothing was helping and we just didn't know why he wasn't getting better. After more scans and consultations, we were given the option of surgery."* To add to the family's turmoil, they were told there was a chance Seth could lose use of the left-hand side of his body, as his seizures began very close to the motor cortex in his brain. However, after years of suffering and much deliberation, Seth decided he wanted to go for it.

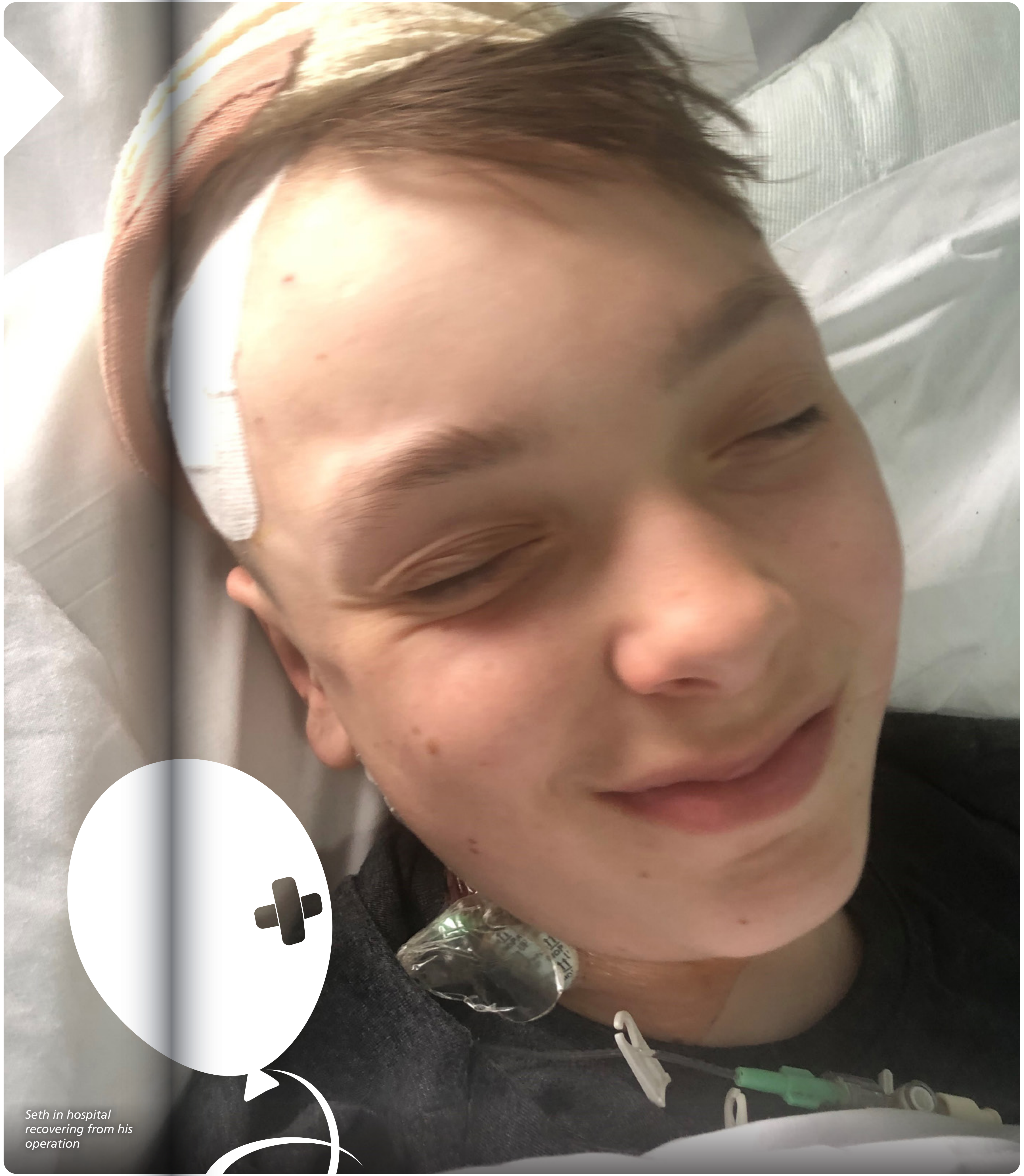
Before his surgery, Seth was monitored on the brand-new ANT Visor2 machine which helped to map the location of his motor cortex. The results of the non-invasive procedure were shared with Neurosurgeons during his operation to help them easily and precisely pinpoint the exact area they needed to reach.

"The ANT Visor2 involved no additional surgery prior to his operation, which was a huge relief, and was a fascinating piece of equipment to see in use," Sam added. *"It allowed the consultants to show Seth the areas of his brain they would be operating on, which helped him understand what was going to happen."*

The surgery went well and Seth made a very quick and speedy recovery, but still requires follow up appointments to gauge his progress and to help manage his seizures.

"We're beyond grateful for the incredible generosity of the private donor who allowed the hospital to purchase this machine. They have made such a huge difference to families like mine and patients like Seth. We cannot thank them enough."

We're the first paediatric hospital in the UK to have this system installed for clinical use and it's only thanks to charitable funding this has been made possible. This private donation has single-handedly changed the way we are able to treat patients and will improve the experience for hundreds of our sick kids every single year.



Seth in hospital recovering from his operation

Research, Learning and Innovation

Charitable funding supports breakthrough research projects to better the future for generations to come.

National Research Study In Congenital Heart Disease

Thanks to funding secured from high street fashion entrepreneur George Davies, Mr Nigel Drury, a Consultant in Paediatric Cardiac Surgery at our Children's Hospital, was able to lead the launch of the UK's first national study into identifying research priorities for patients diagnosed with congenital heart disease (CHD).

Twelve children in the UK are born with CHD every day, making it the most common type of birth defect.

Medical and surgical advances over the last 70 years have meant survival rates have improved, with approximately 97% of children diagnosed with CHD now expected to reach adulthood. However these children often need treatment throughout their lives, requiring specialist review during childhood and into adulthood.

To date, research into the conditions, and its impact on those living with it, has been surprisingly limited, highlighting a need to address the lack of evidence to inform clinical decision-making. Thanks to the generous donation from George Davies – the innovator behind clothing brands such as Next, Per Una and George at Asda – Mr Drury, along with collaborators from other leading institutions, were able to launch this national study to identify the most important research questions.

The initial survey sought input from patients, parents, carers and clinicians from across the UK to establish two 'top 10' lists of national priorities for future research in children and adults. The results will lead to the high-quality, collaborative, multi-centre trials needed to improve outcomes for patients and families.

A long-term supporter of the Children's Hospital, Mr Davies gifted the money through the George Davies Charitable Trust in celebration of his granddaughter who was treated for CHD at our hospital in 2006.

Mr Davies said: *"Supporting Birmingham Children's Hospital in its research of congenital heart disease is very dear to my heart as my granddaughter, now 15-years-old, received life-saving treatment at the hospital when she was just seven-days-old, after she was diagnosed with a rare heart defect. The hospital is a world-renowned centre of excellence for cardiac procedures and I'm delighted to support the team in its vision to identify the areas of research needed to enable advances in treatment and care."*

Chairman of our hospitals and charity, Professor Sir Bruce Keogh, a former cardiac surgeon and Medical Director of NHS England, said: *"The research priorities identified through this study will be key in driving innovation to improve the treatment, outcome and quality of life for children and adults across the UK living with congenital heart disease. We're incredibly thankful to the George Davies Charitable Trust for enabling us to complete this much-needed research."*

Impact in Action: Alfie's Story

Mr Nigel Drury's national survey into congenital heart disease (CHD), will make a huge difference to the outcomes and experiences of our brave heart patients like Alfie.

Alfie was diagnosed with CHD at just four-days-old. The news floored his parents, Claire and Antony, who'd had a normal, uncomplicated pregnancy.

Alfie's case was rare and very complex, and at one-week-old he received his first open-heart surgery at our hospital.

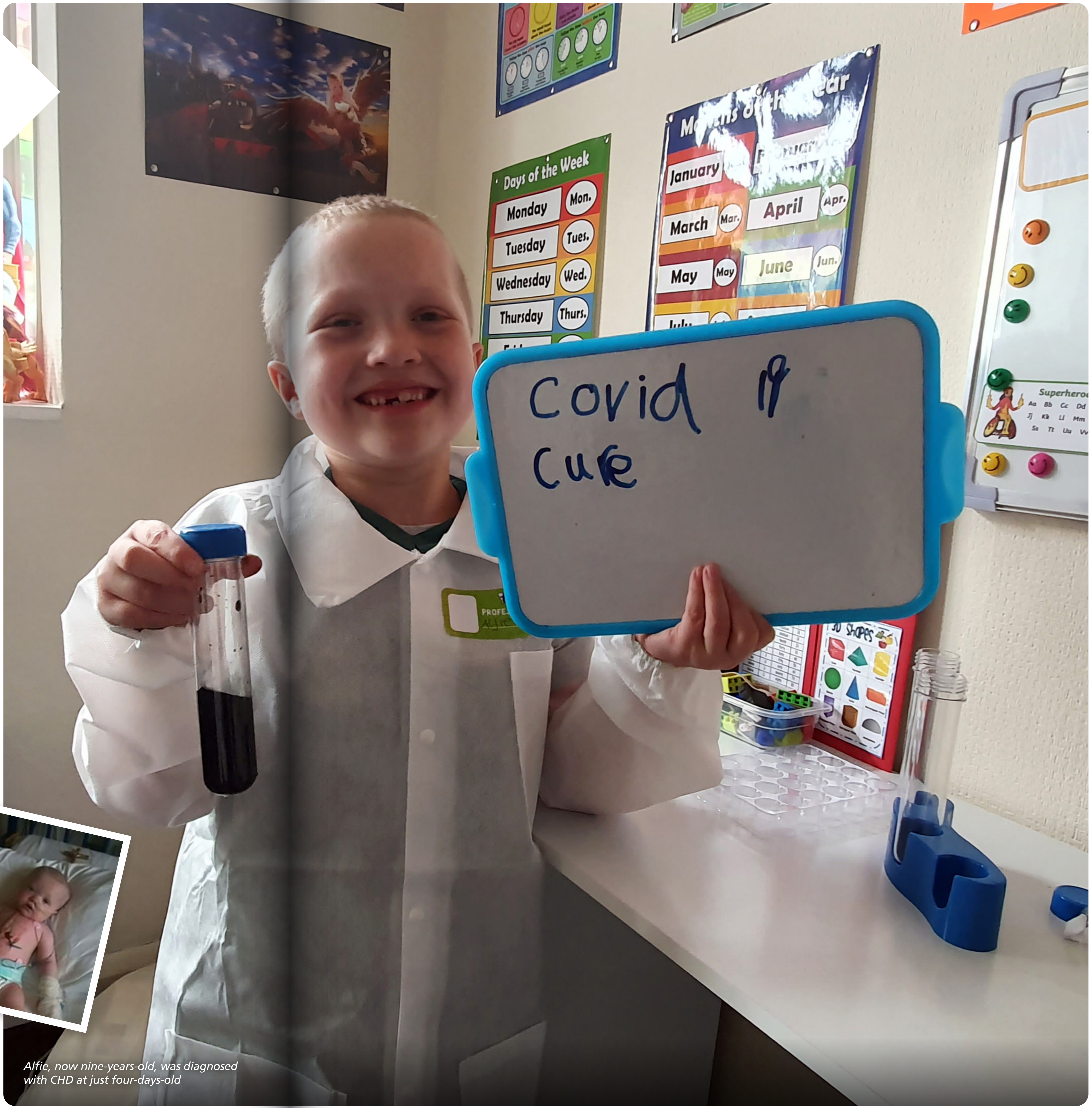
Although Alfie's chances were slim, he fought through his operation and another two subsequent surgeries, at seven months and 22 months, each time recovering and returning home quicker than anyone could have imagined.

Eight years later, Alfie is still under our care, visiting every few months for check-ups. Although he has many other health issues and will need further surgery in the future, he never lets his condition stop him and loves helping other children with poorly hearts.

Alfie's mum, Claire, said: *"When Alfie was diagnosed with CHD, we were in total shock. His condition hadn't been picked up on antenatal scans so we couldn't believe this was happening to our baby boy.*

"Treatment for CHD has already advanced so far but ultimately there's no cure, which means families like ours rely on research to keep us going.

"Surveys such as this help to raise awareness of CHD, which in turn we hope will lead to funding for more research to bring hope to families like ours with children like Alfie."



Alfie, now nine-years-old, was diagnosed with CHD at just four-days-old

Our Latest Appeals and Campaigns

Major Campaign Milestone Reached As First Peer Support Worker Appointed

A year after we launched our ambition to fund a number of peer support workers to work with children and young people in Birmingham experiencing mental health illness, we have announced the appointment of our first recruit.

Our groundbreaking, first-of-its-kind, youth mental health peer support model will now see even more young adults with lived experience of mental health illness stepping into these roles. Every peer support worker will help young people from the same or similar background and experiences to themselves.

Each of these special roles has and will be funded entirely by our charity.

The first to be officially appointed is 24-year-old Miski Hussein. Following periods of psychosis during her time at university, Miski finally received the support she needed. She now hopes to use her experience to help others.

By introducing the peer support worker roles, our youth mental health service, Forward Thinking Birmingham, hopes to see a reduction in the volume of referrals to its service and the number of children and young people requiring inpatient treatment.

Each peer support worker will be available at every stage of a young person's mental health journey, whether that is an initial conversation about the struggles they are facing, or as part of their discharge package.

Find out more about Miski and her story on page 22. For more information on our *Fight For All The Feels* campaign and how you can help us end the stigma around youth mental health, visit fightforallthefeels.org.

Woodland House Appeal Inspires New Policy For Trust Colleagues

Woodland House
Birmingham Women's Hospital Charity

Our fundraising appeal to create a standalone, dedicated bereavement centre at our Women's Hospital has inspired our Trust to set a new standard of care for pregnancy and baby loss across its workforce.

We are incredibly proud our hospitals have become the first in the UK to introduce paid leave for staff who suffer such a bereavement, as an extension of the important work we have been doing to eliminate the stigma surrounding baby and pregnancy loss through our Woodland House Appeal.

The support offers up to 10 days paid leave for the person who was pregnant and up to five days paid leave for the partner. Furthermore, our Trust has now signed up to the Smallest Things Employer Charter, meaning support can be given to any team member whose baby is born prematurely to reduce additional stresses, including financial ones.

These important changes set the benchmark for other NHS Trusts across the country, encouraging them to re-evaluate their own policies and support their colleagues going through the unthinkable.

We are absolutely delighted to have been part of the decision-making process and are proud to be paving the way in pregnancy and baby loss bereavement care.

We are now just £500,000 away from making Woodland House a reality. To find out more about how you can support our appeal and help us break down the taboos surrounding baby loss, visit bwh.org.uk/woodland-house.

Impact in Action: Miski's Story

Our first officially appointed peer support worker, Miski Hussein, understands only too well the importance of these new charitably-funded roles.

Twenty-four-year-old Miski was at university when she started to experience problems with her mental health. While her peers were out socialising and enjoying the typical university experience, it wasn't a scene she wanted to be a part of, largely due to her religious upbringing. It meant she struggled to build true friendships and an important support network around her.

"I just didn't fit in," Miski said. *"I felt depressed about the whole situation. Add the stress of entering my third and final year at university, and it's no surprise it all came to a head."*

Miski started to demonstrate manic traits. She had increased energy and ploughed that into her university work but became obsessed about it. Her family noticed the change in her, as she was completely different to the outgoing and happy girl they knew. Instead, she was paranoid and suspicious of them. She would have episodes of crying for hours or talking non-stop.

Her mum took her to hospital where they were told she was experiencing psychosis. Following this diagnosis, Miski was sectioned for two months.

It was the first of her two episodes of psychosis. Despite getting better and going on to complete her university degree, Miski struggled to accept what had happened.

"I just felt complete and utter shame. Mental health isn't something that's openly talked about in my culture and I was concerned about the stigma, so I kept quiet."

It was her second stay in hospital that made the difference. Her cognitive behavioural therapy helped her to think differently and reduce the shame she felt.

Now she wants to talk about her experience so she can help others, and the peer support worker role provided the perfect opportunity. Miski will be working with young people who have experienced psychosis, just like she did.

She says: *"The concept of helping people recover through shared and lived experiences really spoke to me. I know people from a similar background to mine will be struggling to accept and be open about their illness. If they can talk to me, someone who understands what they're going through – the fear and shame they're experiencing – then that interaction could make all the difference.*

"Just because society tells us mental health is a taboo doesn't mean that's the case. It's important for me to speak up and be the change that's needed."

Help Us Continue to Make a Difference

Our hospitals have a huge impact on women, babies, children and families across the UK and beyond, but they can't do the amazing things they do without you.

Whether you're an individual looking to raise money for us, a business who has chosen our Women's Hospital as its charity of the year, or a trust who wants to support a specific project at our Children's Hospital, we're just a phone call or an email away from beginning your charitable journey.

Want to help make a difference right now? Here's a few things you can do to support our amazing hospitals, staff, patients and families.

Make A Donation

Whether you're able to give £5, £500 or £5,000, a single donation or a regular, monthly gift allows us to support our patients and families where it's needed the most. Find out more at **bwh.org.uk/donate** or **bch.org.uk/donate**.

Leave A Gift In Your Will

Help us write the story for future generations by leaving us a gift in your will. You'll be joining visionary supporters who have been writing our hospitals into their wills for over 160 years. To help us better the care for generations to come, visit **bwh.org.uk/gifts-in-wills** or **bch.org.uk/gifts-in-wills**.

Sign Up To An Event

Whether you fancy taking on a challenging trek, running a marathon or cycling across the length of the country, we have an event for you. We offer a number of charity places for some of the best events across the UK, or you can sign up to complete one of your own. Find the perfect challenge for you at **bwh.org.uk/events** or **bch.org.uk/events**.

Register For Payroll Giving

Payroll Giving is a smart, simple and tax-effective way to give straight from your pay cheque every month. By signing up to Payroll Giving, you can make every payday even better by knowing your payslip is helping support our fantastic hospitals. Get in touch using the contact details below to find out more.

Our offices are open between 9am and 5pm, Monday to Friday. To get involved or to speak to our team, please use the following numbers and email addresses:

Birmingham Women's Hospital Charity:
☎ 0121 335 8040
✉ fundraising@bwh.org.uk
🌐 **bwh.org.uk**

Birmingham Children's Hospital Charity:
☎ 0121 333 8506
✉ fundraising@bch.org.uk
🌐 **bch.org.uk**

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A registered charity in England and Wales

Registered Charity Number 1160875

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