



**Bradford Hospitals
Charity**

Charity

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Chatter



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The official NHS charity of Bradford Teaching Hospitals NHS Foundation Trust



Dear friends and supporters,

As newly appointed Director of Bradford Hospitals' Charity, I would like to extend a warm welcome to our latest edition of Charity Chatter. It is a privilege to join this wonderful organisation at such an exciting time.

I join BHC having served 15 fantastic years as Chief Executive Officer of the Children's Heart Surgery Fund - a regional

charity based in Leeds – which I grew and steered through a high profile campaign to save the Heart Unit from closure in 2012, as well as delivering a capital campaign raising much needed funds for a Hybrid heart theatre. I have also served as a Trustee on two charity boards and am honoured to have recently been appointed the Mayoress Consort of Ilkley.

As I step into my new role, my primary focus is to work closely with the team to build and grow our income streams. This growth will allow us to support an even greater number of projects throughout Bradford Teaching Hospitals, providing vital resources which enable our incredible NHS staff to provide gold standard of care.

We are now developing a new 3–5-year strategy and brand that will guide our path forward. I am excited to lead the team as we embark on this new era of progress alongside our fantastic supporters. Together, we will navigate these changes and adapt to the evolving needs of our community, all while maintaining our unwavering commitment to our patients, staff, and hospitals.

I want to express my heartfelt gratitude

to every one of you. Your continued support inspires us, and we are privileged to have you by our side as we work tirelessly to positively impact the lives of those who rely on Bradford Teaching Hospitals.

We understand that our success lies in your dedication and generosity. It is through your kindness and selflessness that we can make a lasting difference, so please do continue to support our work where you can because every penny counts in these difficult times.

With this edition, we hope to inspire and inform you about the incredible work within our hospital walls and news about our terrific fundraisers.

Let us embrace the new era of change and continue to uplift and transform lives throughout our beloved Bradford and beyond. 🌈

With warmest regards,

Sharon Milner
Charity Director,
Bradford Hospitals' charity

Welcome to the 100 Club – where networking meets philanthropy



We are proud to report that the 100 Club – our brand new networking club with a purpose – is going from strength to strength.

We have hosted two events so far, for businesses and community leaders to forge relationships, explore collaboration opportunities, and learn how their

support is having a huge impact on the NHS in Bradford.

Members have met doctors, nurses, hospital executives, and the charity team at both events, where they heard about meaningful projects we have funded across our hospitals.



Sharon Milner, Director of Bradford Hospitals' Charity, said: "We rely on businesses and community organisations across our region to aid the vital work we do to support Bradford Teaching Hospitals."

"It is exciting to grow our membership and create a thriving support network for all our members. We can't wait to showcase all our businesses, as well as the projects they have funded for their community."

Our next 100 Club event will take place on Thursday 13 July, where Dr Manoj Joshi MBE DL will be keynote speaker. Reserve your free place today! bit.ly/3C3qBEW

Are you interested to find out more about our 100 Club? Please give our fundraising team a call on 01274 274809 or email Charity@bthft.nhs.uk

Visit our 100 Club page at bit.ly/3HkaGFQ or scan the QR code. 🇬🇧



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Virtual reality transforms children's hospital experience



For children like George, who feel anxious about coming into the hospital for tests and treatment, our charity-funded virtual reality (VR) kit has made all the difference.

Five-year-old George is one of hundreds of children who will benefit from the VR equipment in our Paediatric Outpatients Department at St Luke's Hospital each year. It has been welcomed with open arms by parents and staff who have struggled in the past with distressed and anxious children who come in for blood tests and treatment. Instead, they are now transported into a 3D fantasy world of dinosaurs and a safari.

Specialist nurse Paul Dawson said the VR had made "a massive difference" to George's visit as he had been "chilled" rather than distressed.

Play specialist Sarah Whale (pictured) said feedback so far showed there had been a 77.3 per cent reduction in anxiety among children who had used the VR kit during treatment.

Tia, George's mum, watched with relief as her little boy happily chatted about the virtual world he could see. She said he had cried for an hour and a half the day before and had often had to be held down during treatment. But she said using the VR kit, he had not been stressed at all.

"Parents think it is amazing and has even helped with their anxieties as they have dreaded bringing their child for a blood test," said Sister Debbie Griffiths.

Sister Debbie Griffiths said she hoped a needle phobia clinic using the VR kit would be set up for children who have severe difficulties.

The VR kit costs around £6,500 for a two-year lease. We hope to fund further kits to use in other areas of the hospital in future. 🌈



Bradford embraces Baggins the Bear



Our charity-funded Baggins the Bear is now a firm favourite at Bradford Royal Infirmary!

The teddy bear, which was introduced to keep our young patients calm and relaxed before and after operations, waits on each child's bed for them as they arrive in hospital for their day surgery.

Bradford Teaching Hospitals is the first in the region to use the Baggins the Bear patient pathway, which Bradford Hospitals' Charity has been funding for more than six months. It has already proved such a success that cancellations due to stress and anxiety have almost completely been eradicated, and surgeons are now able to operate on more children due to less delays.

Children are first introduced to Baggins when they receive their appointment letter. When they arrive in hospital, they receive their own Baggins the Bear, bag and activity booklet. A giant Baggins the Bear greets them outside the operating theatre, where children can have their photo taken, and they are also distracted by a Baggins the Bear poster on the wall of the pre-operating room. After their operation, children receive a Baggins bravery certificate.

Amaayah, five, was one of the first in Bradford to be introduced to Baggins the Bear. Her dad, Amza Parveez, said: "It's nice to have something to make the children comfortable. Coming into hospital is strange for them, so it's brilliant to have something to settle them down."

Kian, three, at first refused to come into hospital until he watched the Baggins the Bear video. Mum Caprice Tomlinson said: "It's made me feel a lot better because he's not been as anxious."

Andy Yates, Team Leader at Bronte Theatres, said: "Watching the children go into the anaesthetic room freely without parents having to carry them in because they are scared has been a real pleasure

to see. It's wonderful that they no longer see hospitals as a scary place and that doctors and nurses are not scary people," said Andy.

It is estimated the bears and associated products will cost more than £20,000 each year for Bradford Hospitals' Charity to fund.

Sharon Milner, Director of Bradford Hospitals' Charity, said: "Who doesn't love a bear to cuddle? The children who come in for surgery will always remember that Baggins the Bear brought them comfort. We hope he will continue to put a smile on their faces when they take him home, and that he will leave them with happy memories of their time in hospital."

Watch the first children in Bradford receive a Baggins the Bear here:

bit.ly/43zk2FN

Anyone wishing to make a donation to fund Baggins the Bears can do so at bit.ly/3zyZWHH or scan the QR code.

➔ A monthly donation of £3 will provide one bear per month to a child.

➔ A one-off donation of £30 will enable our Trust to supply bears to a ward of children on a typical day of surgery. 🇬🇧



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Baggins the Bear had a makeover fit for a king!

We were delighted to give a Royal Baggins and a blanket to every baby born in the Birth Centre and Labour Ward on coronation day. 🇬🇧

Supporting our NHS staff

A Ramadan success story

Muslim staff at Bradford Teaching Hospitals have given glowing praise to a Ramadan Allies project sponsored by our charity.

We funded 1,000 FAST Packs, containing fasting essentials, as well as PROP Packs, which contained items to facilitate pop-up prayer facilities, for our hospital wards and departments. More than 100 managers signed up to be Ramadan Allies as part of the project, which now shortlisted for a prestigious Health Service Journal Award.

Muslim staff said the support meant they felt “heard and supported” during the holy month.

During Ramadan, we also engaged with staff across our Trust and helped increase cultural and religious awareness by holding Fasting Fridays.

The ‘Skip lunch – change a life’ campaign saw staff fast during each Friday and donate £3 for the meal they missed.

Among those taking part were Trust Chief Executive, Prof Mel Pickup, and Tony Dook, Medical Illustration Manager, who joined his Muslim colleague Naz Hussain (both pictured) in solidarity.

Many thanks to MyLahore for donating food for the breaking of the fast on the first Fasting Friday. 🇵🇰



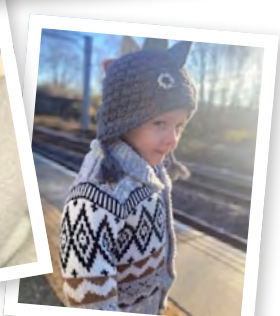
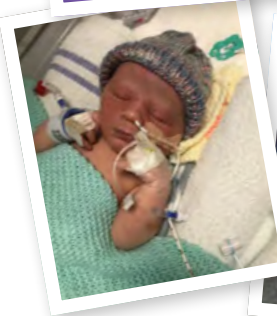
Marathon Mum runs to say thank you

Fitness fanatic Naomi Clegg has truly gone the extra mile to raise money for our charity.

Naomi is an advanced clinical practitioner at Bradford Royal Infirmary, where her son Ralph was born three years ago with serious health complications. To say thank you to the obstetric and neonatal teams who saved Ralph's life, she ran TWO marathons in under a month.

In April Naomi completed the London Marathon and less than a month later she ran the Leeds Marathon.

“It's 18 years since I started my nurse training at the BRI and I have only ever worked at one hospital so it's great to be able to give something back to my colleagues who are amazing, as well as the neonatal and obstetric staff who have given the most wonderful care to my



son Ralph over the past three years. As a family we are eternally grateful,” said Naomi. 🇵🇰

The 50km before 50 challenge

Lee Metcalfe and Darren Wilson ran an incredible 50km to raise money for our cancer fund. The lifelong friends took on the epic challenge because both had loved-ones who had been personally affected by cancer.

They decided to run the 50km round-trip from Leeds to Keighley before they turned 50. They raised more than £1,500 for their incredible efforts! 🇵🇰



Fan-tastic!

Generous football fans donated more than £1,400 in a bucket collection at the Bradford City v Gillingham match at Valley Parade.

All money raised will go to our Sparkle for Axl Appeal, which funds toys and play equipment for children in hospital. 🇵🇰

Kind-hearted

Kamlesh steps up to raise money

Grateful patient Kamlesh Mistry has never forgotten the care he received at Bradford Teaching Hospitals half a century ago and is now saying a heartfelt thank you.

To celebrate his 50th birthday in 2023, kind-hearted Kamlesh pledged to undertake a 12-hour walk to raise money for our neonatal appeal – and all because of the neonatal care he received as a baby.

Kamlesh, who has so far raised more than £1,700, said: “I was born two months prematurely and spent five weeks in an incubator being cared for by staff at what was then the St Luke’s Hospital baby unit. I owe my life to the people there and am so appreciative for all the staff who looked after me. The staff were also amazing supporting my mum during that time.”

Bradford-born Kamlesh, an engineer, now lives in Portsmouth with his wife, Beejal (pictured). He has pledged to match every donation up to the value of £250.

Charity Director Sharon Milner said: “What an inspiring story, and to think



that Bradford still means so much to Kamlesh despite moving to Portsmouth. We are very grateful and wish Kamlesh all the very best with his fundraising efforts.”

You can sponsor Kamlesh here: bit.ly/3qpMY4C. 🇬🇧



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Baby steps

An intrepid group of walkers braved the Yorkshire Three Peaks with baby dolls strapped to them to raise money for our BIG Neonatal Appeal.

Inspired by the care family and friends had received by the Neonatal Unit team, Caroline Lewis, Craig Bentley, Ricky Normally, Joseph Walker, Robin Knight, Shane Hughes, and Laura Walker conquered the 24.5 miles.

A huge thank you to C.E.Bennett & Sons and Trident Fork Trucks Ltd for their generosity. 🇬🇧

Dancing queen

Fiona Woods raised a whopping £4,500 as a thank you for the care her mum received following a diagnosis of Hodgkins Lymphoma.

Fiona raised the money by organising a dinner dance. “A million thank yous would never be enough for the care we all received through what was definitely the hardest time of our lives,” said Fiona. 🇬🇧

Mistry Family trek 10K to say thank you

Like many, Anita Mistry was so overwhelmed with gratitude for the doctors and nurses who have cared for her beloved dad in hospital, that she decided to raise money to thank them.

Her idea resulted in 20 members of the Mistry Family walking 10km across North Yorkshire, raising more than £7,000.

Anita, of Clayton Heights, Bradford, said: “My dad has been having dialysis for the past five years and I just wanted to do something to give back to the renal ward at St Luke’s Hospital. The staff and doctors have really looked after him. They are like family to him. We can’t tell you how much we as a family appreciate everything they have done, and are still doing, to keep my dad alive so that we can continue to make more memories together as a family.”

She, her dad (Natwarlal Mistry) and members of her family presented their cheque to nursing staff and Dr John Stoves, her dad’s consultant (pictured). 🇬🇧



Couple raise money in memory of baby Louie

A kind-hearted couple vowed to turn the tragedy of losing their beloved baby boy into a positive for other parents by raising money to fund baby bereavement facilities.

Laura and Matthew Izzard, of Baildon, were devastated when baby Louie Alexander Izzard was born sleeping at 25 weeks.

They were joined by family, friends and midwives to walk along the Leeds Liverpool Canal to raise money.

“We cannot thank our bereavement midwife, the midwives present and other professionals enough who looked after us and comforted us on the worst day of our lives,” said Laura. “Not only do we want to raise money, but we want to raise awareness of the difficult work that the bereavement team do, and we want to honour our son, Louie Alexander Izzard - forever loved by us all.” 🇬🇧



Make a *difference* and have a ton of fun along the way!



Whether you're a thrill-seeker, serious runner, hobby jogger or simply want to challenge yourself for our charity – we have an event for you!

And because this year is the 75th birthday of the NHS, we're inviting our supporters to tackle the 75-Squat Challenge! It's no mean feat, but your thighs will thank you for it!

There's never been a better time to celebrate our NHS and raise money for your favourite NHS charity.

We have limited free places available for runners, so please secure your place now! And for those of you wishing to take part as a team – we have the unforgettable Tough Mudder, as well as the iconic Yorkshire Three Peaks Challenge. For the first time ever, we're asking our cycling supporters to sign up to the Yorkshire Classic for our charity.

Take a look at our events and sign up here! bit.ly/3WOojD1



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