

Norfolk & Norwich Hospitals Charity supporter magazine | Spring 2023

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N&N

Norfolk & Norwich
Hospitals Charity

About us

The N&N Hospitals Charity (1048170) raises money to support patients, their families and our staff at Norfolk and Norwich University Hospitals NHS Foundation Trust, which covers all our sites including the NNUH, Jenny Lind Children's Hospital and Cromer & District Hospital.

Our funds are used to provide the extras that cannot be funded by the NHS. The amazing donations and legacies of our supporters are used to fund extra equipment, staff development, research, and enhanced environment and facilities.

To learn more about how you can support our Charity, email us at fundraising@nnuh.nhs.uk or call 01603 287107. We would love to hear from you.

Welcome

We hope you enjoy this Spring edition featuring some of our recent investments in the N&N thanks to your donations.

Each edition we will look at one of our major fundraising appeals, starting with the Eye Clinics which have seen the arrival of three new optical scanners, which you can read more about on page 3.

Look out for our Summer edition, when we will focus on the Stroke Thrombectomy Appeal which aims to raise funds to facilitate the development of a Stroke Thrombectomy service at the N&N, providing life-saving care for our local community.

We were delighted to finally open the doors to the Charity Café at Cromer Hospital which we're sure you'll agree is a fantastic addition.

Cromer Hospital Matron Anita Martins said: "It provides a lovely light, modern space for patients and relatives to wait and sample the delights on offer, and for staff to have their breakfast, lunch or a snack throughout the day."

"Money raised goes directly back to the charity and this will be used for further investment in projects at Cromer Hospital, hence benefiting everyone involved."

The N&N Hospitals Charity team



If you would like to share your fundraising story, email us at fundraising@nnuh.nhs.uk



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www.linkedin.com/in/nnhospcharity



www.nnhospitalscharity.org.uk

Eye scanners 'revolutionise' diagnostic capability

Optical scanners, which help ophthalmologists view the health of a patient's eyes have been purchased thanks to donations to the N&N Hospitals Charity.

Three Heidelberg optical coherence tomography scanners (OCT) have been bought for the NNUH, Central Norwich Eye Clinic, and Cromer Hospital at a total cost of around £230,000.

The technology produces a 3D image and can also measure, for example, optic discs on patients with or without glaucoma enabling the clinicians to monitor and treat any progression of the disease.

The machines are widely used for the monitoring of Wet macular degeneration which usually progresses quickly, and vision loss can occur rapidly if left untreated.

The equipment can diagnose lesions within the eye which can lead to an oncology referral, essentially the equipment can be lifesaving if an eye tumour is diagnosed quickly.

The scans can be carried out without dilating the eye, meaning less discomfort for patients and less time for vision to return to normal, and can replace invasive procedures involving dye injections.

Prior to OCT technology a flat 2D image was taken of the retina/disc on a retinal camera with no measurements or other crucial information.

Now, almost 3,000 OCT scans take place each month across the three sites.

Consultant Ophthalmologist Aseema Misra: "OCT has revolutionised our diagnostic capabilities and thus management of macular diseases such as age-related macular degeneration and diabetic maculopathy.

"As they represent leading causes of visual impairment in the West, the impact on patient wellbeing in this significant group of people has been dramatic."



EYE CLINICS CAMPAIGN

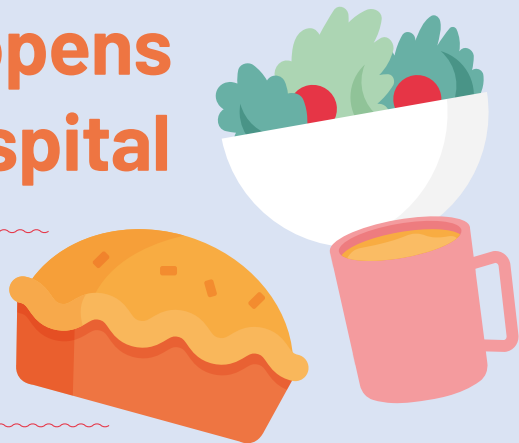


Help us to support our Eye Clinic patients by donating to our appeal



Charity café opens at Cromer Hospital

We are delighted that the Cromer Hospital Charity Café, Mardle, is now up and running, and proving to be hugely popular.



The Norfolk and Norwich Hospitals Charity has funded the building of the new café, providing a much-improved space for staff, patients and visitors to sit, have a drink and eat.

The café will be run on behalf of the charity by the Balanced Food Co, with money earned by the café to

be reinvested into further improvements at Cromer Hospital.

The name of the café was put forward by Sharon Grimwood, Cromer MIU receptionist, who won a bottle of champagne for her winning suggestion.

The café provides hot and cold food, to eat in or takeaway, and is accessible without entering

the main hospital building, so it is hoped that the local community will want to support their local hospital, while picking up a cup of coffee and a bite to eat.

John Paul Garside, Charity Director said: "We are really excited to have been able to provide this wonderful facility for Cromer Hospital, and are keen to see the proceeds from the café go towards further developments for NHS patients in North Norfolk."



Pictured on the front cover are Richie and Caroline from the Mardle Charity Café.



NICU fundraising family hit £20k mark

The family of a boy who spent his first days on NICU have raised more than £20,000 for our charity, including £2,333 last year alone.



Jack Baker, from Norwich, was born by emergency caesarean section in 2009 after mum Lucy suffered a placental abruption which meant that his heartbeat had slowed considerably.

The delivery team resuscitated Jack before he was taken to NICU where he took part in what was then a pioneering programme called TOBY which involved cooling his body to reduce any damage to the brain following oxygen deprivation.

Jack is now a happy, healthy 13-year-old, and to say thanks to the NICU which cared for him, Lucy and husband Simon, and grandparents Jane and Adrian, hold an annual coffee morning and crafts sale, raising thousands for our charity.

Lucy and Simon recalled their time on NICU: "When Jack was about eight hours old, Dr Roy, the consultant paediatrician, explained what had happened

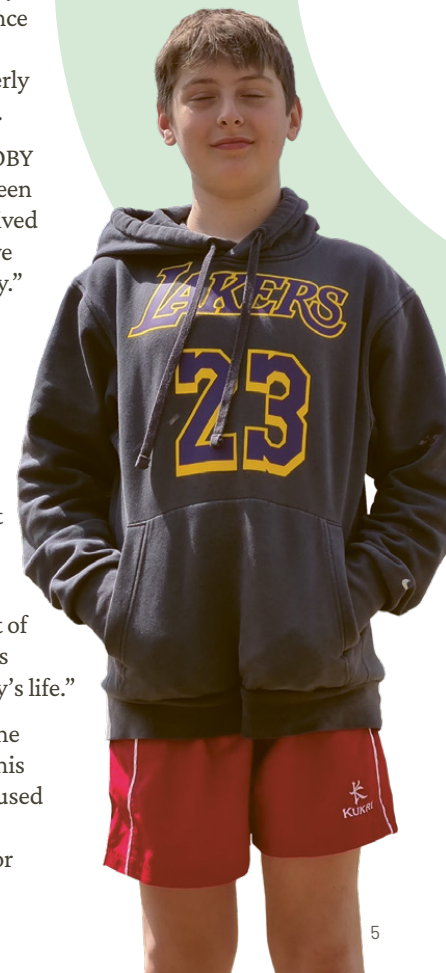
and that Jack had been deprived of oxygen at birth, and said that Jack was very poorly; he might experience fits and seizures, his liver wasn't functioning properly and nor were his kidneys.

"Dr Roy suggested the TOBY cooling mat. Had it not been for the treatment he received at the NICU, it would have been a very different story."

Jack's grandmother Jane, who hosts the hugely popular annual fundraiser in the garden of her North Tuddenham home, said: "People are so generous and we don't charge for anything, just donations.

"The annual event is a lot of work but worth it and has become part of everybody's life."

We are very grateful for the funds raised by Jack and his family, which have been used to purchase additional equipment to help care for babies on our NICU.



Training simulator purchased for Anaesthetic Team

An epidural training simulator has been purchased by the charity to benefit staff and ultimately patients in the Anaesthetic Department at the hospital.

The simulator models the lower back in silicone which is cast around plastic anatomy to form an exact copy of the human body.

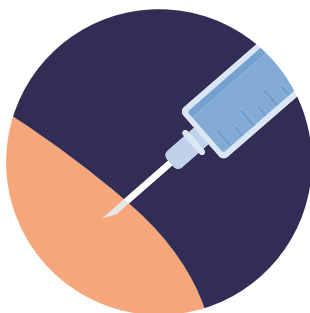
It can be used for training of a range of procedures, including a spinal block – injections of medicines that block pain from specific nerves which can be used for pain relief as well as ahead of surgery.

Inserts can also be used to model different body types.

The simulator is not only a useful way to teach junior anaesthetists, but also allows for more experienced staff to maintain their skills with practice, being able to perform procedures in many different conditions.

Dr Siddharth Adyanthaya, Lead Consultant for Obstetric Anaesthesia, said of the £3,650 grant: “We are grateful to the charity in helping us procure the Genesis Epidural-Spinal Injection Simulator.

“It is a valuable teaching and training tool that will help many anaesthetists to practise and hone their skills in a safe environment and, in the process, make the management of our patients safer and efficient.”



Breast consultant takes up post after charity support

A staff member who was sponsored through a Master's Degree by the charity has taken up her dream post of Consultant Radiographer after passing with Distinction.

Louise Cooper was working as a Diagnostic Radiographer in the Breast Imaging unit when she began her Master's Degree in Breast Evaluation.

The Masters modules have enabled her to train to report mammograms, perform breast ultrasound, clinically examine breasts and undertake biopsies under stereotactic and ultrasound control.

Louise, who officially graduated in January, said: “Without the charity's help and support I would never have been able to achieve this. My training has allowed me to work

autonomously in clinics, enabling me to contribute to the ever-increasing workload in Breast Imaging.

“Having another trained consultant increases the department's appointment capacity, reducing patient waiting times and patient anxiety and I hope that my training will lead to a quicker diagnosis and treatment for some of our patients.”

Louise has completed a research project for her Dissertation which she hopes to get published, and as part of the new role will continue undertaking research projects to make positive contributions to both the department and breast research in general.

She said: “I am so grateful to be given the opportunity to complete my post-graduate degree, I have been supported by an excellent team throughout

my training and feel very lucky to work with such wonderful people.”

NNUH Director of Breast Screening Dr Arne Juette said: “One really big difference this has made is that Lou will now be able to work as a consultant radiographer, thus helping the Boudicca Breast Unit to provide excellent and more timely care to our patients.”

Our Boudicca Breast Cancer Appeal aims to provide this sort of development support for members of the Breast Team in future.

BOUDICCA
Breast Cancer Appeal



To find out more or to help us make a difference, please visit our JustGiving page www.justgiving.com/campaign/boudicca

Charity raffle

Carol Reeve, from Hethersett, took first prize in our 250th Anniversary Raffle, picking up £250 in shopping vouchers from the charity's Ross Dennison.

Carol, who is a hospital volunteer, said she bought £5 worth of raffle tickets just as everyone was packing up at the end of the day.

Other prizes included are afternoon tea vouchers for the Assembly House, Caistor Hall by Brasteds, and vouchers for John Lewis or the restaurant Mr Mangal.



Thanks to all the businesses who donated prizes and everyone who bought tickets.

To make a donation

It's easy to make a donation to our charity:

- Online at www.nnhospitalscharity.org.uk
- Send a cheque payable to N&N Hospitals Charity
- Using one of the donation points around our hospitals
- By phoning the Charity Team on **01603 287107** for assistance

However you donate, thank you.

Please complete the Gift Aid form below – so even more of your donation goes to support our hospitals and patients.

SPR 23

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Area of Support (if none entered your donation will go to help where it is most needed)

Tel: _____

Send to: **FREEPOST Plus RRJT-ERAK-YEKZ**
NNUH, N&N Hospitals Charity, Colney Lane, Norwich, NR4 7UY

T. 01603 287107

E. fundraising@nnuh.nhs.uk

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