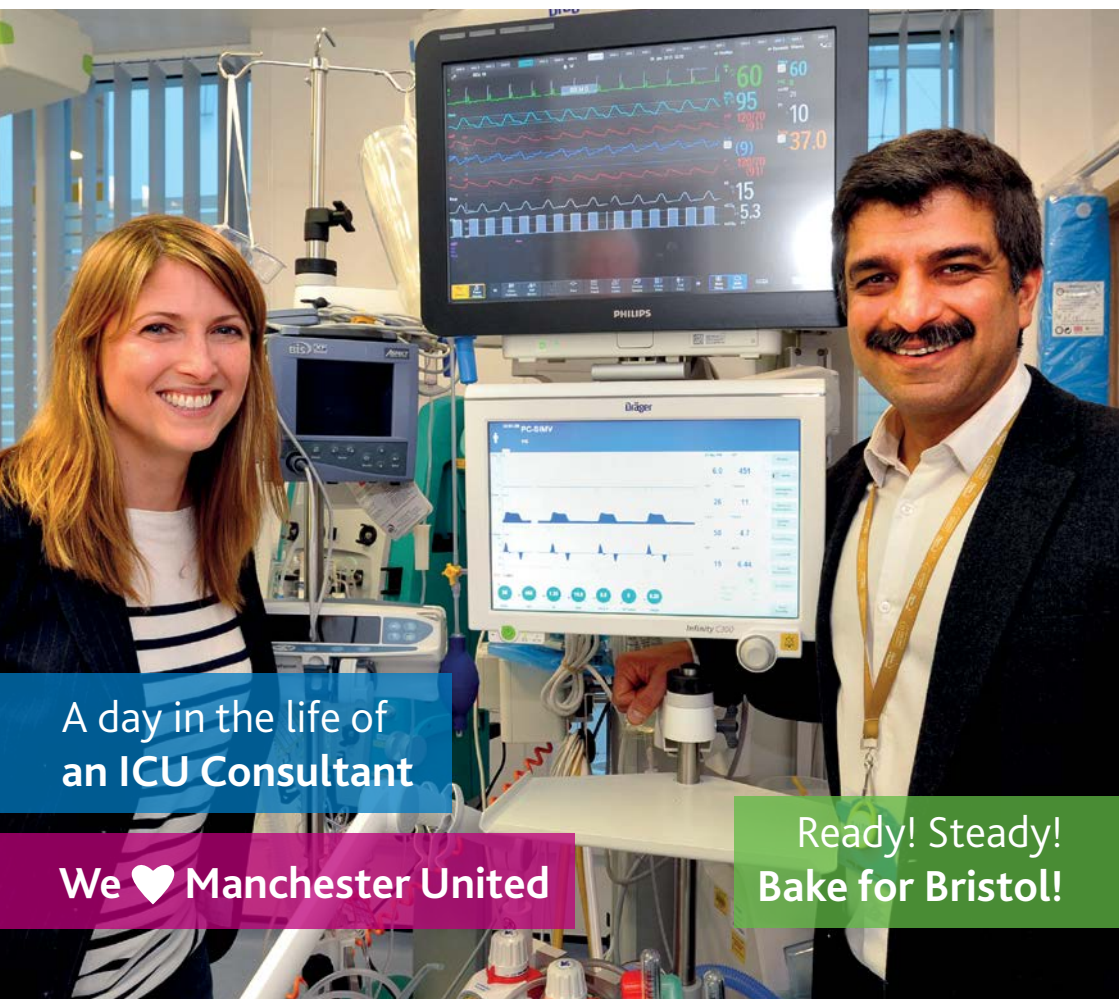


Reach

Newsletter
Issue 9
Spring 2015

Above & Beyond is the local charity for Bristol's city centre hospitals



A day in the life of
an ICU Consultant

We ♥ Manchester United

Ready! Steady!
Bake for Bristol!

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Cover photo:

Dr Sanjoy Shah with former patient Lucy Silverthorne in the new BRI Intensive Care Unit.

Thank you to Chas Breton, Chris Cronin, Jon Craig, Barbara Evripidou and all those who have kindly donated their photographs for this newsletter.

Above & Beyond is the local charity that raises funds for all Bristol's city centre hospitals

Crumbs – is it April already? This time last year I was making my final preparations to cycle from Bristol to Paris for the Golden Gift Appeal. After 5 ½ days and £8000 of donations later, it gave me a very personal insight into the phenomenal efforts all our fantastic supporters go to.

And this issue of Reach offers you pages of inspiration of individual achievements, passion and commitment – for many, their way of saying thank you for the excellent support and care that they and their families and friends received from our wonderful hospital staff.

In a few weeks, we will be cheering off over 70 cyclists to Paris – doing that same ride in just 4 days! All their efforts, physical and fundraising-wise for our Golden Gift Appeal will leave an incredible legacy for today's patients and those of tomorrow. The Appeal has reached £4.5M and counting and we have just 9 months to reach our target of £6M to help transform Bristol cancer centre the Bristol Haematology & Oncology Centre (BHOC) and the Bristol Royal Infirmary (BRI) into the very best – gold standard. Please help us if you can.



Sarah Talbot-Williams
Chief Executive



Manchester United's rising stars revolutionise heart health.

A unique research project which aims to identify the effects of exercise on young hearts will be putting Manchester United Academy players through their paces and monitoring the effects.

The project, led by the Bristol Heart Institute at the University of Bristol will identify the healthy limits and wider benefits of exercise for young elite athletes, normal healthy children and children with congenital heart defects.

"The players are enthused that their information will help to contribute to furthering knowledge about the health of the nation." Dr Dave Perry, Academy Doctor at Manchester United.

This ground breaking project has been partly funded by Above & Beyond and is part of our continuing commitment to support research into the treatments of tomorrow. Dr Guido Piele, NIHR Clinical Lecturer in Paediatric Cardiology who is leading the research, said:

"Not only will it allow us to identify effective diagnosis and treatment pathways for children with congenital heart disease but it will also provide new insights in the search for the right screening tools for heart abnormalities in young athletes."

Girls take on the world!

Lucie Whiting and Sarah Church are proof that it's not just the men who take on the biggest challenges.

Following an epic trek through the searing heat of the Sahara Desert, marketing executive Lucie took on the Arctic Circle where she dug snow holes for shelter in up to minus 28 degree temperatures. Lucie took on the challenges to raise money for the Golden Gift Appeal after her brother Josh underwent a life-saving bone marrow transplant.

"My friends, family and colleagues think I am mad for taking on these extreme adventures. I'm slowly ticking things off my bucket list and I get to raise money for a charity close to my heart."



Sarah, a UH Bristol physiotherapist, has cycled over 800 miles in 9 countries including India, Borneo and Indonesia to raise funds to help improve patient experience at South Bristol Community Hospital. Unfortunately she had to return home early because of an injury sustained during a mugging incident in Nicaragua. Sarah is still determined to complete her challenge and she plans to make up the miles by cycling from Bristol to London and from Bristol to Lands End!

Go girls!



Take on a challenge closer to home with the **BIG JUMP skydive on June 28th**. Book your place now – registration closes 3rd May. Call Mhairi in our fundraising team on **0117 3700 485**.

Ian's legacy for the future

For family, friends and his partner Alan, the pain of losing Ian Morris will never fade, but the knowledge that Ian wanted his experiences to benefit others helped to spur them on to continue the fundraising he started before he died.



Alan, along with Ian's parents and sister Anita recently visited the Dental Hospital to see first-hand how Ian's wishes for future patients have improved their care

Alan and the Morris family raised over £20,000 in Ian's memory. The money will make a real difference to future patients affected by head and neck cancers with:

- ★ The creation of the Morris Room in the Outpatients Unit at the Bristol Dental Hospital to offer a welcoming, comfortable and private space for patients to spend time with loved ones.

- ★ An international research and teaching resource to capture and archive data on rare tumours and work carried out at UH Bristol.
- ★ A scholarship fund to train surgeons of the future.

So much of our work is made possible from donations made in memory of someone special and people making gifts in their Wills. If you would like to find out more please contact Sam Bohn on **0117 3700 203**.



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Bake a difference!



Grab your apron this September for The Bristol Bake Off and raise some dough to help the families of critically ill patients in hospital.

Bake sales are a fun and easy way to raise money and our fab fundraising pack will make sure yours is a showstopper. You could choose a theme, organise a competition to find the best bake, or go to town and invite everyone you know to bake something for your sale.

Your bake sale could help us to fund family rooms in the BRI Intensive Care Unit. These special rooms mean that loved ones can stay close at a time when they need it the most.



Get your school involved or organise a bake sale at work.

What are you waiting for? Ready, steady...Bake for Bristol!
Contact Mhairi on 0117 3700 485 for your fundraising pack.

Run yourself healthy for Bristol

Regular running can help reduce your risk of chronic illnesses, such as heart disease, type 2 diabetes and stroke. It can also boost your mood and keep your weight under control.

Someone who has got the running bug is barrister Ben Handy. By the time you read this he will be having a well-earned rest after completing the Paris Marathon. Training on top of a busy job at St. John's Chambers has been a challenge, but knowing that all his hard work would be making a difference to our Golden Gift Appeal helped to spur him on.

"Everybody in Bristol has got something to thank Above & Beyond for, whether they realise it or not! Without their hard work, our hospitals would not be able to provide the level of care that they do."



Ben realises he's come to the end of the road!



If you haven't run before it's a good idea to ease yourself into it slowly. Try walking for 30 minutes with 1-2 minute intervals of running. Increase your pace and distance gradually over several outings.

Top tips:

- ★ Set yourself a goal such as a distance or event.
- ★ Having a running buddy can help keep it fun.
- ★ Asking people to sponsor you will help to keep you motivated.

Join Team Above & Beyond and get fit for Bristol – see the back page for details of some great runs.

That's going Above & Beyond



★ Tracey Jones ran the St David's Day 10k for the Bristol Heart Institute where her brother is being treated.



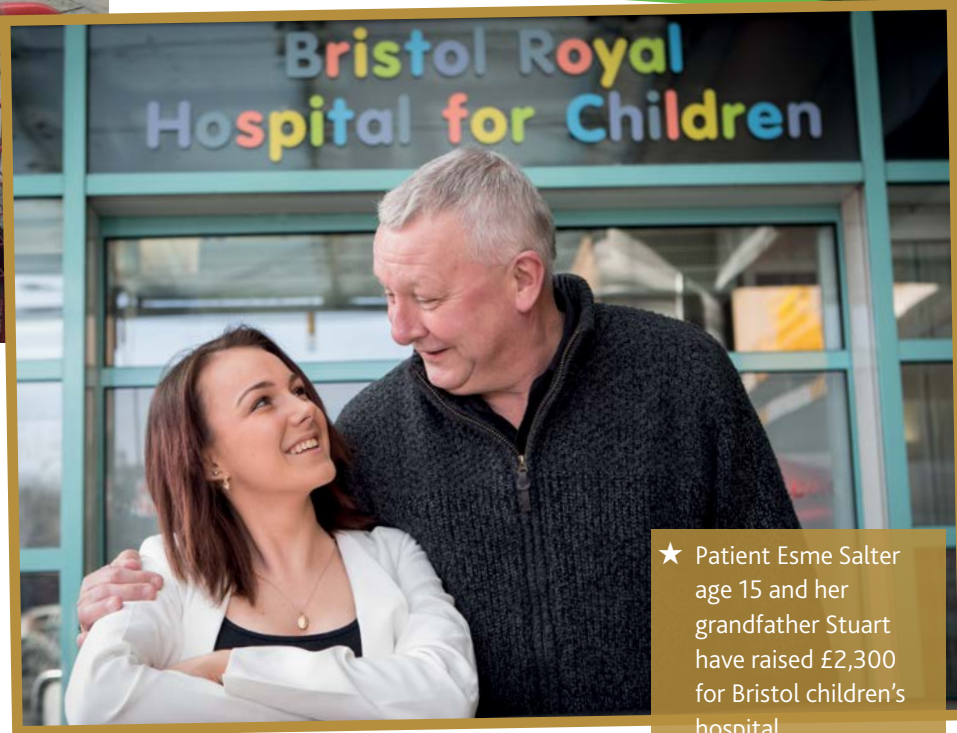
★ Volunteers from Lloyds Bank helped deliver chocolates to hard working hospital staff over the Christmas period.



★ A team from Kingston Barnes dressed as characters from Frozen and visited Bristol children's hospital with DVD's.



★ Long time Above & Beyond supporter, Debbie Fortune from Debbie Fortune Estate Agents is taking on the Big Jump Skydive in June.



★ Patient Esme Salter age 15 and her grandfather Stuart have raised £2,300 for Bristol children's hospital.

Going for Gold!

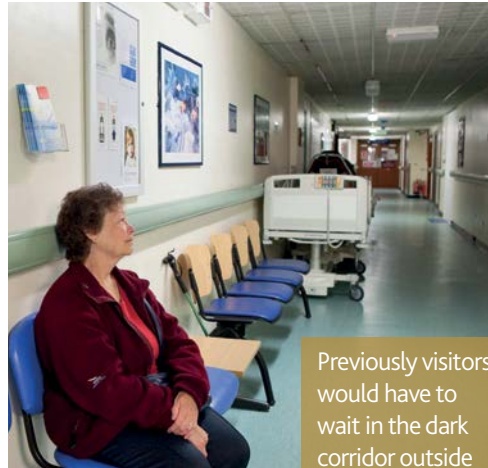
When we launched our £6M Golden Gift Appeal in 2013 we were not prepared for the overwhelming generosity of the people and businesses of Bristol, including both the John James Bristol Foundation and Kay Kendall Leukaemia Fund.

Thanks to your donations we are funding the region's first Adult BMT Unit at the BHOC and improved facilities in the BRI. The new BRI Intensive Care Unit (ICU) also began treating patients recently with a bright welcoming visitor waiting area.

Without your help none of this would have been possible – and we have nearly reached our target.



Lucy with charity chairman Drummond Forbes in the new ICU waiting area.



Previously visitors would have to wait in the dark corridor outside the ICU.

“It’s so spacious, and the fact that families will have their own waiting area and don’t have to wait in corridors is brilliant.”
Former ICU patient Lucy Silverthorne (pictured left).”



The ICU Team

Just £1.5M to go!

Please help us! Use the donation form enclosed to help fund:

- ★ World-class technology that will help to save even more lives in the ICU
- ★ Additional individual rooms for vulnerable patients at the BRI including those with Cystic Fibrosis and those needing end of life care.

A Day in the Life

Dr Sanjoy Shah has been a consultant in the BRI Intensive Care Unit for the last four years. The unit has 20 beds and cares for around 110 critically ill patients a month.

Dr Shah is also the lead for Safety and Governance in the unit as well as for Critical Care research in the West of England. We caught up with him to talk about his passion for improving patient care.

What is your favourite part of the job?

The most rewarding aspect of my job is achieving a good outcome for patients and their families. When a former patient like Lucy comes back to say hello and we see how incredibly well she’s doing – that’s one of the best bits of the job.

What is the most difficult?

Breaking bad news. You get to know the families really well and telling them their loved one might not get better is always hard.

Describe a typical day on the unit?

A typical day begins on the unit at 8am with a handover from the night team and a planning meeting for the major surgeries of the day. This is followed by a ward round where all the critically ill patients are reviewed and a care management plan is put in place for the next 24 hours. Along with the planned admissions, we get 3-5 emergency admissions to the unit per day.

The afternoon is time for the relatives to visit and we spend time talking them through how treatment is going. I know what a worrying time this can be for them and any information I can give to make it a bit easier



I will and the same goes for us all. There is another ward round at 8pm that can last until 11-12pm. Then it’s off home, though I can get called out during the night.

If I am not on-call, I spend time on ongoing research and training and teaching commitments.

What do you do to relax?

Finding a work/life balance is hugely important to me and I try to switch off when I go home by spending time with the kids. Weekends are for family time including going for long walks, playing some sport or going to the movies or theatre. We recently went to see War Horse which was great. I also like to run and listen to music – anything from Indian classical to Hans Zimmer. Sometimes though I just like to relax with the family in front of the TV.

Why is the support from Above & Beyond so important?

Donations from Above & Beyond supporters mean a lot to us on the unit. Your support has helped us deliver a fully computerised/paperless critical care unit (one of the few in the country) and improve facilities in the waiting room. You have helped us make an enormous difference to patients and their families.

The Gift of Time



"We all live locally and have come into contact with the hospitals in different ways. I had both my sons at St. Michaels. We wanted to support a charity which could really make a difference." Deb Phillips from the Jolly Volunteers who have raised over £9,000 for our Golden Gift Appeal.

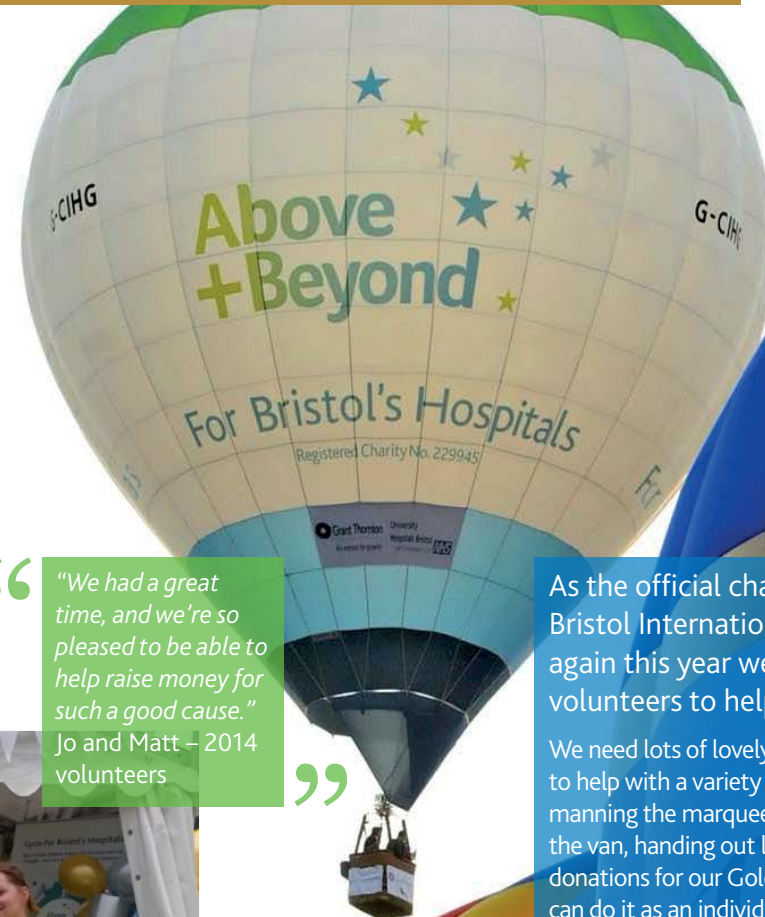
A very special group of people donate their time to Above & Beyond and we couldn't do without them. Our volunteers help to make our events a success, raise awareness of our work in their local communities and do amazing things in the office.

"After seeing the level of care and dedication my mum received from hospital staff with her terminal cancer diagnosis I knew I wanted to help the hospitals in any way I could. Volunteering for Above & Beyond has been so rewarding; I've learnt new skills, made new friends and feel like I've given something back. Even volunteering a few hours of your time can be invaluable to you and the charity." Elle who works with the Individual Giving Team.

If you have some spare time on your hands and would like to do something worthwhile, either on your own or as a group, we would love to hear from you.



Fly high with us at the Bristol Balloon Fiesta



"We had a great time, and we're so pleased to be able to help raise money for such a good cause." Jo and Matt – 2014 volunteers

As the official charity for the Bristol International Balloon Fiesta again this year we are looking for volunteers to help us.

We need lots of lovely, friendly people to help with a variety of tasks including manning the marquee, setting up, driving the van, handing out leaflets and collecting donations for our Golden Gift Appeal – you can do it as an individual or as a group.

If you are someone who wants to meet new people, gain experience of working for a charity, or a company looking for ways they can make a difference here in Bristol we would love to hear from you.

For all volunteer opportunities contact Toni on **0117 3700 486** or email toni.collier@aboveandbeyond.org.uk

Ignit10n fire up their fundraising

1,000 Bristol University students in over 20 sports teams took on an incredible 10 hour fitness challenge in March to raise money for the Golden Gift Appeal.



The American Football team lifted over 10 million kg in weights, the Bristol Jets Cheerleading Squad kept a cheerleader in the air and Callum (pictured) rowed for the full 10 hours.

"I think students can have a bit of a bad reputation for not getting involved in the local community. This is a great opportunity to give something back." Milly

It's the second year running that Bristol University students have taken part in Ignit10n – the brainchild of third year student Milly Belcher and her friend Sophia Sullivan. Last year's challenge raised £22,000 and this year they are hoping to raise even more.



Bikes and baguettes

Lycra worn under duress. Chilly weekend training miles clocked up. Tyre changes practiced, and understanding what a 'Jibby Joust' is have all been part of the preparation for our 2015 Bristol to Paris cyclists.

On 1st May the 70 cyclists including teams from Bristol businesses and our own hospitals will set off from Clifton Suspension Bridge and take on the 2015 Bristol to Paris Cycle Challenge. They will cycle 430 km in just 4 days to raise £100,000 for a patient room in the new BRI Ward Block. The room will give young patients with life-limiting Cystic Fibrosis much needed privacy, and space for their families to stay close by during long periods of hospital treatment.

"As a local businessman I feel very passionate about supporting our hospitals which is why I'm taking part. It's also been a journey of MAMIL discovery (Middle Aged Men In Lycra)!" Jonnie Galvin-Wright, MD of Stuff Advertising.



The Bristol Media team with snacks for the journey.

The Medi-Pedalers team of hospital staff took on a 24 hour bikeathon in the BRI to help with their training and fundraising.



Are you up for a challenge?

Sign up for the 2016 Bristol to Paris Cycle Challenge now!

Hurry! Limited places available
29th April – 3rd May 2016

Contact **Toni Collier on 0117 3700 486** to find out more.

Want to take part as a business? Contact **Lorna Clarke on 0117 3700 842**

Get Involved

Whatever you choose to do why not do it to support your local charity and make a difference here in Bristol?

Bupa London 10k – 25th May

Bristol 10k – 31st May

Bristol Harbourside Triathlon – 14th June

Chew Valley 10k – 21st June

The Big Jump Skydive – 28th June (registration closes 3rd May)

Bristol International Balloon Fiesta – 6th - 9th August

Tough Mudder – 22nd - 23rd August

The Bristol Bake Off – September

Bristol Half Marathon – 13th September

Bristol + Bath Marathon - 25th October



Get in touch

Come and say hello in our office in the BRI main entrance (next to Marks and Spencer)



Visit our website

www.aboveandbeyond.org.uk



Telephone

0117 927 7120



Email

hello@aboveandbeyond.org.uk



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