

Above  
+Beyond

For Patients. For Health. For Bristol

Issue 1 - May 2011

# Reach



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When patients, their families and friends want to say thank you for the care they've received at the hospitals, they come to us.

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Chief Executive, Sarah Talbot-Williams with Stewart Cundy & Terry Pavey of the UH Bristol Transport Dept. **Above & Beyond** have provided over £70,000 to fund a patient shuttle bus.

## Welcome

We are the local charity that raises funds for all Bristol's nine central hospitals.

We fundraise to improve the hospital environment, fund innovative research, support and train hospital staff and provide state of the art equipment.

Working with inspirational local people, we aim to make a difference to every patient and every condition.

We hope you enjoy our newsletter. Please do let us know your thoughts and what you would like to see in future editions.

The Editor

**Cover photo:** Alan Wilmot (centre) with brother Chris and Fiona Smith who ran the Bristol 10k for Bristol Dental Hospital in memory of Ian Morris.



Sally Walker who took a team of huskies on a 200 mile gruelling trek across the Arctic to raise money for the Renal Department.



Graham Nix and wife Joy on their tandem completing the **Above & Beyond** 3 Moors Tour

# News

## We say Happy Birthday to the Children's Hospital

Above & Beyond would like to wish everyone at The Bristol Royal Hospital for Children a very happy tenth birthday!

Over the past ten years, Above & Beyond have provided funding for play room equipment, ventilators, incubators and fold down beds allowing parents to stay with their children during treatment, amongst many other projects.

Thank you to everyone who has raised money for the Children's Hospital over the last ten years.

Dave Edgecumbe who has been fundraising by growing and dying his beard different colours following his son's treatment for Crohns Disease.



## New Chairman for Above & Beyond

We would like to say farewell and thank you to Richard Dixon who retired last month and hello to Graham Nix. Graham has been a trustee since 2007 and has worked in the NHS across the South West. He is currently Non Executive Director and Chair of Audit Committee for North Somerset Primary Care Trust, and Chair of Avon St John Ambulance. Graham has been an active fundraiser for Above & Beyond and this year he will, as always, be leading by example in the Nightrider Charity Bike Ride.

## CaRE Appeal Success!

Over a year ago, Above & Beyond's CaRE Appeal was launched to help refurbish the Bristol's cancer hospital, the Bristol Haematology & Oncology Centre. A staggering response from the people of Bristol means that we were able to reach our £1.6 million target and fund the redesign and refurbishment of the reception area, outpatients department and support services.

Work has included the creation of 6 new clinic rooms, an integrated arts programme, a new home for patient support services and a refurbished information centre in the reception area.

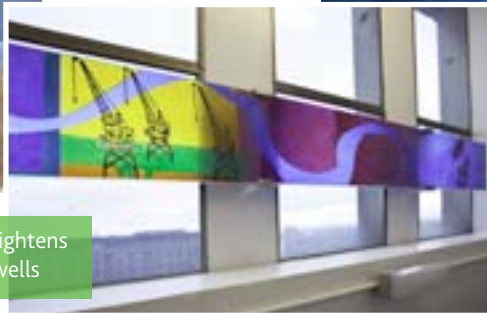


“ I worked here for 13 years taking patients round. Then we thought it was alright, but now, this is fantastic. It's how it looks now with pictures everywhere - it helps people to feel less anxious. ”

Tom Johnson, Bristol who worked at BHOC as a hospital porter for 13 years.



New artwork now brightens up the hospital stairwells



## Celebrating our Nurses

Here at Above & Beyond we are proud to be involved in projects that support nurse training and development.

The first Above & Beyond funded Davison Nursing and Midwifery Scholarship Award and Nursing and Midwifery Recognition Awards were presented on International Nurses Day.

The Davison Nursing and Midwifery Scholarship was set up to encourage and support nursing staff who have a great idea about developing practice and a passion to improve patient experience.

It was named after former nurse Sybil Davison, who worked as a casualty sister in the Bristol Royal Infirmary and a Matron at the Bristol Dental Hospital. The first scholarships of £2,500 each were awarded to Carly Hall, an Infection Control Nurse for her work with Alzheimer's and Jo Witherstone, an Upper Gastrointestinal Cancer Clinical Nurse Specialist for her work on a pioneering programme of care for cancer patients.

“ It has been wonderful to see the commitment, passion and energy that UH Bristol's nurses have to make a real difference to the care experiences of patients. ”

Above & Beyond's Chief Executive, Sarah Talbot-Williams



The Nursing and Midwifery Recognition Awards were awarded to individuals and teams for their commitment and exceptional contribution to patient care.

# That's Above & Beyond

Here's how you've been going Above & Beyond for patient care in Bristol.



Valentino Oriolo ran the Virgin London Marathon - Marlene Summerell ran the Brighton Half Marathon whilst Kim Richens and Sam Notley ran the Bristol 10k



Ward 35 from the Children's hospital - winners of the Above & Beyond funded fancy dress competition.



Suzanne Enticott raised over £1000 for the relatives room at the BRI with a fundraising barn dance



Helen Barnes ran the Bath Half Marathon

Caroline Bannister, Fiona Smith, Pat French and Alan Wilmot who all ran the Bristol 10k



Emma French ran the Dublin Marathon to raise money for the Neonatal Intensive Care Unit



Boys Brigade & Friends present a cheque to Mr Zenon Rayter, Consultant at the Breast Care Unit.



Bristol Bikram Yoga Centre made us their charity of the month for May and donated proceeds from their Friday night class.



Our 250 mile 3 Moors Tour raised over £40,000 for the CaRE Appeal.



Mark De Lancey completed the 3 Peaks Challenge to raise money for the BHOC in memory of his brother, Pete who was treated there.

With thanks to Russ Dallen, Peter Alvey, Alison Hunte and Christopher Cronin for kindly allowing us to use their photographs.

# Working in Partnership

## Local business show they CaRE

Support from local business helps us to invest in projects that make a real difference to our hospitals. Our corporate partners, both small and large do amazing things to raise money for Above & Beyond.

Here are just some of them:

- ★ A team from National Friendly abseiled off the Premier Inn and the company matched their sponsorship.
- ★ Staff at Royal Bank of Scotland in the Bristol Service Centre chose us as their charity of the year.
- ★ Avery Estate Agents and Lyons Davidson held charity balls.
- ★ GWS Media hosted their 10th birthday celebrations in aid of the CaRE appeal.
- ★ Central Appointments held a client quiz night.
- ★ Staff at Somerfield supported us through their weekly lottery.
- ★ A team from Simplyhealth's Bristol and Andover offices cycled 250 miles from Bristol to Land's End on the Three Moors Tour.

There are many different projects to support across Bristol's city centre Hospitals. If you would like to find out more about how you can involve your company in fundraising please contact Lorna in our Corporate Partnerships Team on **0117 370 0842**.

“ We're extremely proud to be supporting Bristol's Hospitals, Hype has a strong history in Bristol and we feel it's important to put something back into the city in which we operate. The hospitals touch all our lives at some point and as a local business we want to help however we can.

Vicky Fraser, Business Director,  
Hype Agency



Community Fundraising manager Clair celebrates the BHOC refurbishment with the team from Simplyhealth



Rugby star, Mark Regan joins Jane Tucker, Sarah Tyson & Bridget Robbins from the Special Care Baby Unit. Jane and Sarah have now raised over £80,000 for the unit.



Sue Nichols with patient Nora Clutterbuck and the Ward 23 team

# Fundraising Heroes

## Sue goes Above & Beyond

Sue Nicholls from Ashton Vale has worked for University Hospitals Bristol NHS Foundation Trust for 17 years. With time spent working at the Bristol General Hospital, St Michaels and Ward 25, Sue is now the Ward Clerk for Ward 23, a care of the elderly ward at the BRI.

Sue is responsible for the admin of the ward including arranging appointments and transport for patients, but despite her busy job, she still finds time to fundraise.

*“Some of our patients have no relatives or friends which means there is often no-one to help arrange the basic necessities of their stay here like toiletries or slippers. We are also hoping to raise enough money for a dining table for the day room so that people can sit together and have a chat.”*

Sue raises money for these items as well as things like books to read or her latest project, television sets for the ward.

Fundraising has always been important to Sue and she has helped to raise money for many different projects with a variety of activities such as Christmas cake sales and eBay auctions of celebrity items.

*“Care of the elderly is often forgotten because people don't want to think about getting old. Some of our patients have led incredible lives; through things like the Depression and the war. I think it's important that we do our best for them.”*

If you would like to help Sue and the staff in our hospitals to make a patients stay as comfortable as possible you can make a donation by using the slip on the back page.

# ★ Get Involved

## Going Above & Beyond with Volunteering

Have you ever thought about volunteering? If so we would love to hear from you.

Hilary Hayward who is 67 years young began volunteering for Above & Beyond in 2010 after beating breast cancer, and urges people to give it a go.

Hilary helps us in a number of ways including handing out leaflets, manning an information stand in the hospitals, office admin and helping out at fundraising events.

So whatever time you can spare, whether it's for a couple of hours a week or to help out at one of our fundraising events we would love to hear from you.

To find out more, contact Clair in the Fundraising team on **0117 3700486**.



“

*Everyone at Above & Beyond was warm and friendly and after my first day here I loved it and knew I wanted to come back. Everyone here feels like a friend.*

”

## Overseas adventures

Why not sign up for an overseas charity challenge and make your holiday count. We have Icelandic adventures, Thailand experiences and bike rides through the Andes throughout 2011 and 2012.



Visit our events pages at [www.aboveandbeyond.org.uk](http://www.aboveandbeyond.org.uk) to find out more or telephone Clair on **0117 3700486**



We are now on facebook and twitter

## Look forward to Summer

Summer is here, so sign up for a **fundraising skydive**, take part in a **local fun run** or start training for the **Bristol Half Marathon** in September (don't forget to register your place) and get people to sponsor you.

For something less energetic why not invite your friends, family or work colleagues round for a **BBQ**, a **summer tea party** or arrange to have a **fundraising stall** at your local fete. We can supply the collection tins/buckets, posters and enthusiasm.



There are lots of things you can do over the summer months to support your local charity and Bristol's central hospitals.

## Take a second look at the Bristol Eye Hospital

As the Bristol Eye Hospital celebrated its 200th year it began a £1.9m refurbishment part funded by Above & Beyond. This will mean the BEH will lead the way in the provision of a first class environment for patient experience and excellence in clinical care. To mark its completion the hospital will be celebrating with a Public Open Day on the **17th September 2011**. If you would like to be involved let us know.

## Above & Beyond Victoria Sandwich



Perfect for cake sales, fetes and fundraising tea parties.

### Ingredients

175g Unsalted butter – softened  
175g self-raising flour  
1tsp baking powder  
3 eggs lightly beaten  
175g golden caster sugar  
1tsp vanilla extract  
3tbsp milk

### Method

Heat the oven to 180°C/fan 160°C/gas 4 and line two 20cm sandwich tins.

Use an electric mixer or a food processor and sift the flour, baking powder into a bowl. Add the butter in knobs, eggs, sugar, milk and vanilla.

Mix until combined but take care not to over mix.

Place into tins, level the mixture and bake for 20-25 mins until the cake springs back to the touch.

Remove from oven and cool.

Fill with a strawberry or raspberry jam and either a vanilla buttercream or double cream you have whipped into a frenzy. Sprinkle with icing sugar.



For Patients. For Health. For Bristol

## Please Help Us Continue To Go Above & Beyond For Patients

To help us make a real difference to patient care please return this form with your donation to:  
*Above & Beyond, The Abbot's House, Blackfriars, Bristol, BS1 2NZ*

**Thank you for your support.**

Title	First Name	Surname
Contact address		
		Postcode
Telephone No.	Email	
Donation Amount £		

- I would like to stay in touch with Above & Beyond.
- I would like to find out more about fundraising events.
- Please send me a fundraising pack.
- I would like to know how my company can get involved.
- Please Gift Aid my donation. *giftaid it*

Please don't worry, we will never pass your details on to anyone else, we simply want to keep you informed about the work of **Above & Beyond**.

To request this newsletter in an alternative language or format please contact us on **0117 927 7120**