



fundraising NEWS

Roald Dahl's Marvellous Children's Charity funds Play Specialist

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Look
inside to see
our fantastic
events for
2017

We are thrilled to announce that Roald Dahl's Marvellous Children's Charity (RDMCC) has made a grant to UCL Hospitals Charitable Foundation to fund a Roald Dahl Play Specialist to work in the Paediatric Outpatients Team at University College Hospital (UCH) for two years.



The Paediatric Outpatients Department at UCH is one of the UK's busiest units, receiving referrals from the local area as well as from across the country. Play Specialists at the department work with long term sick children with conditions such as cystic fibrosis, juvenile arthritis, sickle cell disease, diabetes and gastroenterology conditions. The Roald Dahl Play Specialist will prioritise patients with rare, complex and chronic conditions and will prepare new resources to improve the level of support we are able to give these children. The Play Specialist will also participate in teaching at the hospital and in the community about the importance of play therapy.

Sophie Dziwinski, Senior Programmes Manager at RDMCC, told us, "This will be the very first Roald Dahl Play Specialist post in the country and we are very proud that the creation of this important post comes in Roald Dahl's centenary year and the 25th anniversary of the children's charity. We believe that every child has the right to a marvellous life no matter how ill they are, and thus to be able to help reduce the anxieties around the child's illness and treatment through play is hugely important. The role of a play specialist is vital as part of a team approach to supporting seriously ill children."

Healthcare today aims to treat as many people as possible as outpatients. Being treated as an outpatient enables people to receive medical treatment

whilst continuing to live their lives as normally as possible. Nowhere are the benefits of being an outpatient more apparent than for children, for whom staying in hospital is often an intensely stressful time.

The Roald Dahl Play Specialist will work with the families of patients to teach parents how to use play therapy to support healthcare needed at home. This is especially important for children with complex, long-term conditions whose treatment can be lengthy, complicated and sometimes painful.

Irene O'Donnell, Play Services Manager, UCLH said, "We are incredibly grateful that RDMCC has agreed to fund their first play specialist post here at UCH. Play and recreation is a crucial part of the care offered to children and young people in hospital. We know that good quality play and recreation opportunities can enhance mental health which is recognised as having an impact on children and young people's psychological and physical health. The role of the play specialist is to use play as a tool to reduce the anxiety surrounding hospitals and treatments, empowering our young patients to build resilience when facing the challenges of living with a chronic or lifelong condition."

The Roald Dahl Play Specialist will have an important role in evaluating the existing service and influencing the future development of the Play Service across UCLH. Recruitment for this role is underway, and we are excited to be working closely with Roald Dahl's Marvellous Children's Charity over the next two years.

Everyone at UCL Hospitals Charitable Foundation and the Paediatric Outpatients Department are extremely grateful to Roald Dahl's Marvellous Children's Charity for this fantastic opportunity.



Update from the Young Person's Unit

The Young Person's Unit (YPU) based on T12 South at University College Hospital, cares for patients aged 13-19 with chronic and acute illnesses other than cancer. These illnesses include rheumatological, gastrointestinal and endocrine disorders, many of which are lifelong and some of which can be life threatening.

UCL Hospitals Charitable Foundation has a long history of supporting the YPU, and particularly the Activity Co-ordinators who work with the patients on the unit, by helping to fund recreational activities for the patients such as daytrips to the cinema or theatre, as well as equipment and resources including, amongst other things, laptops, DVDs, art/craft materials and books.



Staff and patients spending time together on the YPU

Frenchesca James, Senior Activity Co-ordinator at the Young Person's Unit, told us, "Over the past year we have revamped the Recreation Room on the unit by changing its layout and disposing of old furniture. This has allowed us to run Zumba sessions and gives the young people

a chance to exercise using gaming equipment and combining physiotherapy to make it more fun. Thanks to some wonderful donations we have been able to purchase ipads and laptops for the ward. This allows the young people to use medical apps and watch videos that explain what is happening which helps to lessen their anxiety.

Some of our patients are in isolation for three or four months and they can find this very difficult and lonely. The London Edition Hotel has generously donated four smart TV's for our isolation cubicles, enabling our patients to access the internet and social media to keep in touch with friends and family, as well as allowing them to watch DVDs and television.

Activity Co-ordinator Jenika Bhudia's family very kindly donated money so that portable TV units could be purchased. We are very grateful for this gift and all donations to the unit.

UCL Hospitals Charitable Foundation is very grateful to everyone who has supported the Young Person's Unit over the past year. If you would like to help us purchase more entertainment items for young patients, please tick the 'Young Person's Unit/T12' box on the form on the back page of the newsletter to make a donation. Thank you.

News from Lungs for Living

UCL Hospitals Charitable Foundation continues to support research into lung cancer by fundraising for the Lungs for Living programme. Led by Professor Sam Janes, the research aims to investigate early lung cancer to develop new treatments for the disease. Their work has been aided by the recent refurbishment of the Lungs for Living Research Centre, supported by UCL Hospitals Charitable Foundation.

Since the opening of the new facility, Professor Janes has begun extensive new clinical trials and received several prestigious grants towards the research. One of the grants is a Newton International Fellowship from the Royal Society. This has enabled Sandra Gomez Lopez (pictured) to join Lungs for Living following her PhD at Cambridge University and laboratory experience in California and Mexico. Sandra is interested in the early stages of lung cancer development in the hope that we can stop progression to invasive lung cancer.

The research team is also joined by post doctoral fellow Foteini Kouiri and Principle Investigator Celine Denais. Foteini joins the team from Northwestern University in the USA, where she has been studying rare brain tumours. At Lungs for Living, she will study which genes are mis-expressed in lung cells that cause them to behave like cancers in the hope we can repurpose some therapies as chemopreventative treatment strategies for those at most risk.



Celine Denais has joined the team as Principle Investigator after a post-doctoral period at Cornell and Harvard Universities. Celine was recently published in renowned journal "Science" looking at how the nuclear structure of cells is disorganised in travel through tight spaces and how this may lead to early cancer functions such as invasion and migration of cells.



In 2016 the Lungs for Living team published 18 scientific papers including important insights into human behaviours and anxiety around the risks of lung cancer and being screened. This work is part of the lung cancer CT screening project that has screened nearly 500 patients so far this year.

UCL Hospitals Charitable Foundation is very grateful to everyone who has supported Lungs for Living over the past year. If you would like to make a donation please tick the 'Lungs for Living' box on the form on the back page of the newsletter to make a donation. Thank you.

The Fetal Medicine Unit needs your support

We are currently requesting donations to support the costs of developing and establishing spina bifida prenatal repair surgery at UCLH.

Spina bifida is a congenital defect of the spine which develops when a baby is in the womb. The condition is normally diagnosed during an antenatal scan and for parents it can be a devastating diagnosis as babies with spina bifida are often born with multiple disabilities, damage to the spine, bowel and bladder. The options for parents are extremely limited but thanks to recent advances in surgical techniques it is possible to repair the defect whilst the foetus is still in the womb. This procedure is available in parts of Europe and the United States but currently there is no one doing it in the UK. We are fundraising to change this.

Professor Jan Deprest has joined UCLH on secondment from the University of Leuven in Belgium where he has led one of the first European centres to perform spina bifida repair in utero. He has an international track record of innovation and research in the field of fetal surgery and will lead the spina bifida programme at UCLH ensuring access to experience and leadership of the highest calibre.

Prenatal repair surgeries have already been proven to reverse many of the effects of spina bifida and at 5 years of age children who have undergone prenatal repair



whilst in the womb have better cognitive function, mobility and greater independence.

In order to provide enough evidence to encourage the NHS to make this surgery available in the UK, Professor Deprest hopes to conduct 30 spina bifida prenatal repair surgeries at UCLH. We urgently need to raise money to fund these surgeries which are expected to cost £13,250 each.

These operations are life changing and we hope you will be able to help establish them in the UK by supporting UCLH. To donate to help make this happen please tick the **'Fetal Medicine Unit/Obstetrics'** box on the form on the back page of the newsletter. Thank you.

Richard Smith runs miles to support our work

Our special thanks goes to Richard Smith (pictured below with nursing staff), Deputy Security Advisor to the Trust. Richard is not a man to shy away from a challenge, and over the past twelve months he has taken part in a multitude of runs to raise money for our work.

On the 6th of September last year Richard took part in the Richmond Running Festival and ran a half marathon on our behalf, raising more than £1,100 for the UCH Macmillan Cancer Centre. Spurred on by this fantastic achievement, Richard then committed to running the London Marathon on Sunday



24th April of this year. Completing this huge challenge within an astonishing 4 hours and 12 minutes, in spite of injury, Richard went on to run the Vitality 10,000 in May and the British 10k London Run in July, this time raising money for the Young Person's Unit (Ward T12) and Young Person's outpatients (Ward T11).

We caught up with Richard, and he explained that he had wanted to do something to help the clinical staff and patients that visit UCLH every day. He decided that the best way to do this was to help raise funds and support his colleagues. When Richard was a teenager a close family friend was diagnosed with skin cancer. Richard remembers hearing him talk of the help and support that he and his family were given throughout the difficult times. Sadly he lost his battle against skin cancer, but Richard wanted to do something to help others who find themselves in a similar situation, and is proud to have supported the work of the cancer centre.

It is always fantastic when people choose to support us through participating in our events, particularly when they are affiliated to the Trust.

100km South Coast Challenge for Dan Burridge

The South Coast Challenge is a gruelling 100km Ultra Challenge that takes participants along the South Coast from Eastbourne to Arundel. Dan Burridge (pictured), who ran the London Marathon for us in 2015, took part in the event over the August Bank Holiday weekend to raise money for the UCH Macmillan Cancer Centre.



Dan was unfortunately injured in the early part of the course but managed to continue to the 54km point with a sprained ankle. It certainly wasn't plain sailing, and in Dan's own words it was, "14 hours of walking up and down hills that looked like mountains with a sprained ankle and blisters." We are hugely grateful to Dan for soldiering on to the halfway point of the challenge whilst in pain and for continuing to raise funds for the UCH Macmillan Cancer Centre.

Raising funds for Mayer Rokitansky Kuster Hauser Syndrome (MRKH)

Louise Williams and Gareth Perry (pictured) took part in the British 10k London Run in July to raise funds for Mayer Rokitansky Kuster Hauser Syndrome (MRKH). Louise is part of the Paediatric and Adolescent Gynaecology (PAG) team at UCLH and wanted the money that they raised from the run to help pay for an open day for friends and family of MRKH patients. MRKH is a disorder that occurs in women and mainly affects the reproductive system. It affects around 1 in 5,000 women.



The open day took place on the 10th August and Louise explained to us that the day was a great opportunity for patients to meet each other and learn more about their condition. Louise received some lovely feedback about the day, one patient told her, "The whole day was just fantastic, it was so good to get a chance to meet people and hear the talks. It just felt like exactly what I needed. Thank you for organising it all, I feel very supported by the work you guys do."

The mother of a young patient told Louise the following, "We both found the day so beneficial and very emotional! We are slightly exhausted but I am so pleased my daughter has found peer support."

If you would like to support the PAG team and make a donation to MRKH please tick the 'Rokitansky Syndrome' box on the donation form on the back page of the newsletter.



Thank you to everyone who took part in our events this year

This year we've been really lucky to have received incredible support from people who have chosen to take on personal challenges. Our 2016 events calendar began when several people chose to run the Vitality North London Half Marathon on Sunday 20th March, starting and finishing their run at Wembley Stadium. Then on Saturday 4th June members of staff from a local company, NP Group (pictured), showed their support by taking part in Nightrider, cycling a gruelling 60km through London's streets at night and raising more than £1,500 to go towards our work.

NP Group Office Manager, Claire Turner, said, "We did this ride in the hope of raising as much money as possible for UCL Hospitals Charitable Foundation. We believe the work they do has such a positive effect on all those who benefit from it. NP are situated just across the road from the hospital and

have built up strong links with members of the team, seeing first-hand the great things they do. It was a long old journey starting at 11.30pm and finishing at 5.30am. We had a lot of fun though and it was lovely to see parts of London that I hadn't seen in ages. The best thing was seeing Tower Bridge as the sun was coming up."

On Sunday 10th July we had runners in the Vitality British 10k London Run, one of the most spectacular runs in the UK through car free streets and past amazing landmarks, and on Sunday 9th October more dedicated supporters ran the Royal Parks Half Marathon, enjoying London's beautiful and most famous parks.

As well as saying thank you to everyone who participated in the organised events mentioned above, we would like to express our gratitude to all those people who have signed up independently to events around the country and abroad to raise money for us.

Fraser Millar raises money for Lungs for Living

Fraser Millar took part in the London Triathlon in August to raise money for Lungs for Living. Fraser is a respiratory academic clinical fellow and did his research block with Lungs for Living, which is why he wanted to raise funds to support the department. Fraser told us that the triathlon was, "Really good fun but tougher than I expected!"

Fraser also took part in a London to Paris cycle ride in September, alongside his father, David Millar (both pictured). Both Fraser and David have raised a fantastic amount of money for Lungs for Living and we are incredibly grateful to both of them for their wonderful support. We caught up with Fraser on his return from the London to Paris cycle ride and he told us, "It was a great trip! It was hard going at times but worth it for the experience and to raise money for Lungs for Living in order to help fund lung cancer research."



Thank you to regular givers!

We would like to say a huge thank you to everyone who donates to UCL Hospitals Charitable Foundation on a regular basis via standing order/direct debit. We would also like to thank all UCLH staff who use the payroll giving scheme to donate to us.

Through the support of regular givers we are able to continue to fund vital research, equipment and building work across the UCLH campus. These fundraising projects all help to ensure that UCLH NHS Foundation Trust remains one of the highest ranking NHS Trusts in the country.

If you would like to donate to us on a regular basis via standing order/direct debit or payroll giving, please contact Shirley Featherstone on 020 3447 9558 or at shirley.featherstone@uclh.nhs.uk for more information.



Legacies and In Memoriam Donations



At UCL Hospitals Charitable Foundation we are very grateful to those who choose to leave us a gift in their Will, or to make a donation to us in memory of a loved one. By choosing to leave a legacy or by making a donation in honour of someone who has passed away, our supporters enable us to continue helping UCLH NHS Foundation Trust deliver cutting edge research and first-class patient care. There are many ways in which a memoriam gift can be left, from setting up a tribute page to asking friends and family to make a donation instead of giving flowers at a funeral or memorial service. If you would like to discuss leaving a gift in your Will, or how to leave an In Memoriam gift, please contact Shirley Featherstone on 020 3447 9558 or at shirley.featherstone@uclh.nhs.uk.

At UCL Hospitals Charitable Foundation...

...we rely on the generosity of our supporters to raise money to fund our projects. Taking part in an event is a wonderful way to not only challenge yourself and realise a personal goal, but also to raise awareness about our work at the same time. We are hugely grateful to all our fundraisers, who come from all walks of life,

some of them accomplishing things that they would never have dreamed possible.

We hope that you will consider signing up to one of our events, helping us to continue investing in our projects. Thank you to everybody who has taken part in our events so far, and to those considering supporting us in this way in the future.

Below are just a few of the fantastic events that we have lined up for 2017. Please visit our website at www.uclhcharitablefoundation.org.uk to see what else we have planned. If you would like to discuss taking part in an event please contact Hannah Persaud on hannah.persaud@uclh.nhs.uk

DON'T MISS THESE FANTASTIC EVENTS FOR 2017

1 Ben Nevis Weekend Trek ▶ 3 days – 9th June 2017



Ben Nevis (Gaelic translation 'Mountain of Heaven') is the highest point in Scotland and the British Isles, standing at the lofty height of 1343m (roughly 4000ft). Fort William, on the southern edge

of the Great Glen and located on a sea loch, is your base for the weekend. This is a challenging uphill trek which will provide you with a wonderful sense of achievement.

For this challenge participants are required to pay a £75 registration fee and then raise a minimum of £550

2 Yorkshire 3 Peaks Weekend Trek ▶ 3 days – 14th July 2017

The Yorkshire Three Peaks, in the Yorkshire Dales, represents a challenge for the keenest of walkers. This region was shaped by glaciers many thousands of years ago, and striking limestone outcrops and unusual rock

formations provide great landmarks as you trek roughly 24 miles – but the steep climbs and descents could well make it seem more!

For this challenge participants are required to pay a £75 registration fee and then raise a minimum of £490



3 The Vitality British 10k London Run – July 2017 (Date to be confirmed)

This iconic run through car free streets of London is a truly awesome experience. Running alongside more than 20,000 others, landmarks you will pass include the world famous Piccadilly Circus, Oxford Circus, St. James's Palace, the Theatre Royal & Her Majesty's Theatre. This 10k is regularly cited by running clubs as the best 10k route in all of England.

For this run we are asking participants to each raise a minimum of £150



4 Icelandic Lava Trek ▶ 5 days – 30th August 2017

Iceland is a land of incredible contrast and beauty. Its wild volcanic landscapes, mountains, glaciers, hot springs, geysers and waterfalls, combined with its rich history, literature and folklore make it a fascinating country to explore. Your challenge takes you from the active Mt Hekla to Landmannalaugar and then south through the mountains to the permanent icecaps of Myrdals and Eyjafjallajokull. This is a tough and challenging trek through a remote and wild environment – and presents a rare opportunity to witness a changing landscape.



For this challenge participants are required to pay a £275 registration fee and then raise a minimum of £2,650

5 Classic Cols of the Tour de France ▶ 5 days – 14th September 2017

Awaiting you are spectacular views of mountain peaks, alpine valleys and hanging glaciers to make the long twisting climbs worthwhile. Your challenge ends with two of the toughest and most renowned ascents in the region: the demanding Col du Galibier and the steep hair-pin bends of Alpe d'Huez. Conquering these mountains will earn you a lifelong sense of achievement and give you something in common with the most elite cyclists in the past 100 years. This is a very strenuous challenge and you will need to train extremely hard to succeed.



For this challenge participants are required to pay a £149 registration fee and then raise a minimum of £1,700

6 London to Amsterdam ▶ 3 day ride – 22nd September 2017

Cycling from London to Amsterdam – the bike capital of the world – is a classic European cycle experience and a wonderful challenge. Passing through the picturesque countryside of rural England, you cross the Channel and continue across the flat landscape of Dutch Zeeland. The



sight of Amsterdam with its network of canals, cobbled streets and wonderful architecture will evoke a real sense of excitement. You celebrate your achievement with a night in Amsterdam before heading home by train.

For this challenge participants are required to pay a £99 registration fee and then raise a minimum of £1,100

Charitable Trusts and Foundations

Charitable Trusts and Foundations make a vital difference to our work and have a pivotal role in helping UCL Hospitals Charitable Foundation to support a wide variety of projects across UCLH NHS Foundation Trust.

UCL Hospitals Charitable Foundation is keen to build on existing and new partnerships with organisations that share our vision. Whilst flexible, unrestricted donations enable us to provide help where the need is greatest, we are committed to meeting the needs of our Trust supporters, and will be happy to work in partnership to identify suitable aspects

of restricted funding and provide appropriate project details. Naming opportunities for significant projects exist, and we are happy to discuss long-term support, including funding spread over several years.

If you are a Trustee, or have links with a Trust or Foundation for which you feel UCL Hospitals Charitable Foundation is an appropriate beneficiary, we would be delighted to hear from you.

To discuss how we might work together in the future, or to request further details on our work, please contact Kate Tanner on kate.tanner@uclh.nhs.uk

DONATION FORM

Please support UCL Hospitals Charitable Foundation

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 facebook.com/UCLHCharitableFoundation
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www.uclhcharitablefoundation.org.uk

Name

Address

Postcode Email

I would like my donation to support:

- Lungs for Living
- Fetal Medicine Unit/Obstetrics
- The UCH Macmillan Cancer Centre
- The Young Person's Unit/T12
- Rokitansky Syndrome (MRKH)
- Sarcoid
- Young Person's Outpatients/T11 Fund
- Severe Asthma Research Nurse
- Learning Disability Services
- Therapy Services

Request for information (tick appropriate box)

- I would like information about making a regular donation
- I would like information about leaving a bequest in my Will
- I am not on your mailing list for the newsletter but would like to receive it in future
- I would like information about payroll giving
- I would like to receive information about events

I enclose a donation of £
 (state amount)

Please make cheques payable to "UCL Hospitals Charitable Foundation"

To make a donation by credit or debit card please call **020 3447 9558**

To make a donation online please go to our website www.uclhcharitablefoundation.org.uk and click on the donate button.

GIFT AID DECLARATION – MAKING YOUR GIFT GO FURTHER

giftaid it

- I want my donation to be eligible for Gift Aid.**
 I am a UK tax payer and I pay an amount of income tax or capital gains tax at least equal to the tax that the charity will reclaim on my donations in the tax year. I understand that other taxes such as VAT and Council Tax do not qualify and that UCL Hospitals Charitable Foundation will reclaim 25p of tax on every £1 that I give.

Signed

Date

Please send your completed form to
UCL Hospitals Charitable Foundation,
3rd Floor East, 250 Euston Road,
London NW1 2PG

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