



## Family visits hospital to see impact of £1 million legacy

A state-of-the-art simulator for trainee surgeons to practise the skills needed to carry out orthopaedic arthroscopic joint surgery has been opened at Medway Maritime Hospital thanks to a £1 million legacy.

Ralph Barrett, a retired BBC engineer, had a serious motorbike accident during the Second World War and underwent 14 operations to save his leg. He was so thankful for the outstanding care he received that he left this incredible gift in his Will to the orthopaedic department at Medway NHS Foundation Trust.

Thanks to his generosity it is the only Trust in the region to have this suite of equipment.

His nephew Glenn Barrett, and his wife Hilary, recently visited the hospital to open the Ralph Barrett Virtual Reality Room which houses the simulator.

Jo Palmer, the Trust's Chair, said: "We were delighted to welcome Ralph's family to our hospital to showcase the impact of his legacy.

"The knee, shoulder, hip, and ankle

*"His leg was saved by talented surgeons and we are using his gift to train orthopaedic surgeons of the future."*

simulator for arthroscopic skill training uses an original arthroscope, camera and other surgical instruments adapted for virtual reality simulation.

"The goal is to shorten learning curves and provide a seamless transfer of skills to the operating theatre. Virtual reality simulators accelerate the time needed to gain competency and use of original instruments provide a complete training experience and prepare users for real procedures in a surgical setting.

"We are the only Trust in the region to have this suite of equipment and we felt it was a fitting use of Mr Barrett's legacy. His leg was saved by talented surgeons and we are using

his gift to train orthopaedic surgeons of the future."

The legacy has also funded arthroscopy equipment and surgical software for main theatres, an ultrasound for orthopaedic clinics and will be supporting the Trust's new Same Day Endoscopic Spinal Surgery Service.

Alison Davis, the Trust's Chief Medical Officer, said: "We are delighted to support the orthopaedic department's Same Day Endoscopic Spinal Surgery Service.

"The equipment, to be purchased from this wonderful legacy, will allow the team to develop and implement a programme that aligns with Medway NHS Foundation Trust's Patient First Improvement Strategy.

"Eligible patients will soon be able to undergo endoscopic spinal surgery and go home the same day. This will have such a positive impact on recovery and improve our patients' lives."

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# Hello!

from the fundraising team



## Hello and welcome to The Medway Hospital Charity's fundraising newsletter.

It's been six months since our last edition and thanks to your generous donations, we have been able to support life-saving equipment and fund projects that make a real difference to our patients and staff.

This autumn's newsletter is a bumper edition with so many incredible stories to share. If you would like to know more, sign up to our mailing list, to receive regular updates about our charity.

This can be done by emailing [medwayft.charity@nhs.net](mailto:medwayft.charity@nhs.net)

Kind regards,

Donna Law, Charity and Fundraising Manager  
Cheryl Jones, Fundraising Officer

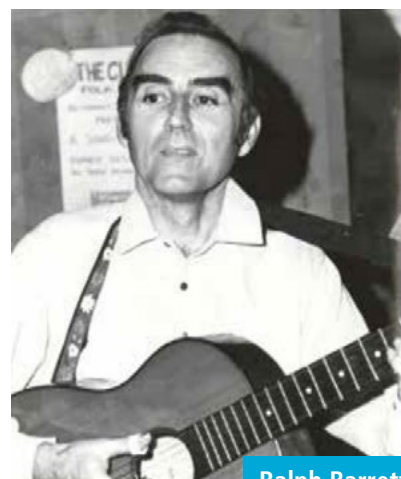
## Get in touch

Whether you're interested in fundraising, wish to support the charity or simply find out more about what we do, we'd love to hear from you!

01634 825398

[medwayft.charity@nhs.net](mailto:medwayft.charity@nhs.net)

[www.medwayhospitalcharity.org.uk](http://www.medwayhospitalcharity.org.uk)



Ralph Barrett

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Ralph's nephew Glenn said: "He was an amazing man. He had a terrible accident and was so thankful that he wanted to show his gratitude.

"I know he would be absolutely enthralled by this equipment because it's electronic and he was an electronics man, so this is so apt really. It's absolutely perfect so thank you for all of the work that has gone into this. I know lots and lots of people locally will benefit as a result of this equipment so we're really pleased on behalf of the Barrett family, and on behalf of Ralph, to declare it open."

*"This will have such a positive impact on recovery and improve our patients' lives."*

Ralph Barrett died aged 93 in 2017. He was a member of the Special Operations Executive, dropping agents into Europe during the war and was a radio expert, going on to have a long career with the BBC.

He was largely responsible for Eurovision and the setting up of Eurovision links and the first satellite links with the USA.

When Ralph retired from the BBC, he had another career for two decades touring the country giving lectures on radios. These were not dry lectures. He made replicas of all of the equipment in his laboratory, as he called it, at home.

He was also a talented musician performing old time musicals at the Players Theatre in London.



## Your donations help save lives thanks to early detection of Breast Cancer

Thanks to your generous donations, The Medway Hospital Charity and The Medway League of Friends were able to support Medway NHS Foundation Trust in purchasing a tomosynthesis machine for our hospital's Breast Screening Unit.

Tomosynthesis is a special type of mammogram that is used as a screening tool for early detection of breast cancer by creating a high definition 3D image of the breast. In contrast to a traditional mammogram, which produces a two-dimensional image, the more detailed three-dimensional image produced by the Tomosynthesis machine is clearer and more detailed.

This means that small tumours can be more easily spotted when it is reviewed by cancer specialists. The extra detail also means that detection can be earlier and fewer additional tests will normally be needed.

Medway breast screening screens 100,000 patients every three years from age 47-73 years. Mammography screening aims to decrease breast cancer deaths by detecting cancers when they are small and at an earlier stage compared to cancer diagnosed following presentation with symptoms.

The new machine, which increases breast cancer detection rates by 15 per cent, is able to support up to 100 patients per week with 60 more screening clients, plus parallel symptomatic clinics for up to 24 patients per week.

The room was officially opened by Jo Palmer, Trust Chair, Dr Rupika Mehta, Director of the Breast Screening Unit, and Dr Mohan Velamati, who donated the balance of the 1980s Medway Scanner Appeal (via the League of Friends) to support this equipment.

Members of the Breast Screening Unit, Executive colleagues, NHS England and representatives from

the charities also attended the event.

Jo Palmer, the Chair of Medway NHS Foundation Trust, said: "As Chair of the Trust, I would like to thank The Medway League of Friends and The Medway Hospital Charity for supporting the Trust in purchasing this tomosynthesis machine for the Breast Care Unit.

"The purchase of this machine has meant that we are now able to hit 100 per cent of our breast screening targets, compared to 41 per cent in 2014.

"Thank you to Dr Mohan Velamati, who worked with The Medway League of Friends to arrange the purchase of the machine, as well as all of those who donated funds for it. Your generosity is literally saving lives."

We know this piece of equipment will make a huge difference to our patients and we are very proud to have part-funded it.



# Charity-funded makeover improves environment for our families

A beautiful makeover to enhance the environment for the 5,000 families who annually use the Medway Fetal and Maternal Medicine Centre (MFMC) has been made possible, thanks to your generous donations.

The centre is a commissioned unit for the south east of England, supporting not only women in Medway and Swale, but women with high-risk pregnancies in Kent and Essex.

Harriet Hickey, Lead Fetal Medicine Midwife, said: "At the MFMC we are committed to providing a positive experience for all families that come under the care of Medway maternity. In particular, we recognise the importance of creating an environment that is welcoming and calming to families that are undergoing pregnancy journeys,

recognising that not all these journeys will have positive outcomes.

"While we have always been confident in the provision of high-quality care, we were all too aware through both patient and staff feedback, that the environment could be greatly enhanced to allow families a more comfortable experience.

"We were therefore delighted when The Medway Hospital Charity agreed to support our request to fund these improvements and the feedback from patients and staff has been overwhelmingly positive."

The centre's main entrance is now properly signposted. Inside the department has been re-painted and colour coded with flower-



themed graphics and signage to make it easier for families to find their way around.

Gemma Sycamore (pictured) said: "In the past I have always felt quite apprehensive coming to the department but both myself and my partner appreciated the tangible change to the unit. It now feels bright, bubbly and inviting and it's a much more welcoming space."

## Charity funds equipment to support preterm babies

The Medway Hospital Charity was delighted to help fund a piece of equipment to support preterm babies and their parents.

The Lifestart machine supports optimal umbilical cord management by the bedside, meaning midwives no longer need to take a baby to a separate area of the delivery room when they are born weeks early.

By using this equipment, staff can delay clamping by up to five minutes, and carry out the baby's necessary health checks next to their parents. As a result, our preterm babies often need less blood pressure support and many have better health outcomes and a shorter stay on the neonatal unit.



Suzanne Thake, Senior Practice Development Nurse on the Oliver Fisher Neonatal Unit, said: "The Lifestart machine has enabled us to give these important benefits to our preterm babies by providing a platform and equipment to stabilise them in close proximity to allow optimal cord management.

"In addition to these important physical benefits, it also allows parents the opportunity to remain as close as possible to their baby during this stabilisation period, which has been shown to reduce their anxieties and increase their understanding of what is happening to their baby."

# Enhancing mental and physical wellbeing

A new outdoor space for people to remember, reflect and rejuvenate has opened at Medway Maritime Hospital by the Mayor of Medway, Cllr Jan Aldous.

The fully blocked-paved Reflection Garden, which has pergolas, raised beds, privacy screens, seating, and a stunning water feature, was made possible thanks to generous funding from Medway NHS Foundation Trust, The Medway Hospital Charity and The Medway League of Friends.

Garden and landscape designer Jo Jemison, who won a Royal Horticultural Society (RHS) Silver Gilt Medal and a Best in Category award for a Metamorphosis Show Garden at BBC Gardeners' World Live 2014 for her first show garden, created the planting scheme and flowers and shrubs were donated by contractors Drakemoor.

The garden is an important addition to our hospital, enhancing the mental and physical wellbeing of those who use it.



# Family fundraise for defibrillator in memory of their Dad

The kind-hearted family of a man who suffered a heart attack outside Medway Maritime Hospital has raised money to fund an external defibrillator in his memory.

Bachu Kantilal Patel, 71, visited the site on 17 August 2020 for a COVID-19 test, ahead of endoscopy and colonoscopy investigations.



While having the drive-through test, he struggled to breathe, unexpectedly fell unconscious and suffered a third heart attack. Manual CPR was administered in the back of the car and then on the roadside before a defibrillator arrived.

Daughter, Mayuri Patel was with her father when he had his heart attack. She said: "My beloved father slipped into a coma and did not wake up, sadly passing away on 3rd September 2020. It is because of this traumatic experience that our family wanted to fundraise for an external defibrillator at Medway Maritime Hospital to honour my father's memory.

"I set up our Just Giving page in September 2020 and raised awareness amongst our family and friends to help support our cause. We want to say a huge thank you to all those who made a generous donation for an external defibrillator, as it is a great legacy to a truly wonderful man.

"Our family would also like to thank Jo Lovell from the London Hearts Charity who further helped us in our fundraising endeavours and Donna Law, Charity and Fundraising Manager at The Medway Hospital Charity, who used additional charitable funds to support our family's wishes."

The external defibrillator is sited outside residence 13, near the roundabout to the Green Zone car park. A code is required to access it. This is registered with Emergency Services call handlers and will be released should a member of the public call 999 and require use of it.



# Little things can make a big difference!

The Medway Hospital Charity is proud to support many worthy projects and we pride ourselves on providing items that make a difference.

We help fund large projects, significant pieces of equipment but pride ourselves in also supporting smaller projects which have a big impact too.

Thanks to your donations, the charity was able to support the team on Galton Day Unit with laptop trollies. Our nurses love the flexibility the trollies provide as it allows them to work while being in the same space as our cancer patients.



These two new pushchairs will enable Dolphin Ward staff to take children to the play areas. This is particularly beneficial for young patients who are staying with us for a long time.

Your donations also helped us fund a Platinum Jubilee Tree to support The Queen's Green Canopy, a project that focuses on sustainability and creating a lasting legacy in honour of Her Majesty's leadership of our nation.

The paperbark maple was blessed by our chaplain Karen Nelson and planted by our Chief Financial Officer, Alan Davies on the main roundabout by the bus stop.



Your support enabled us to fund neck torches for our Children's Outreach and Specialist Team (COaST). Clinical Support Workers like Sian care for our young patients overnight and a neck torch makes the job a little bit easier.

## Your support lights up the Children's Emergency Department

New LED ceiling tiles have been installed in the Children's Emergency Department thanks to the help of a fantastic fundraiser and make a smile lottery income.

Katie Goodliff took part in the Saxon Shore Half Marathon last year and raised more than £1,000 to support the project.

The balance was funded by The Medway Hospital Charity funding thanks to the support of its lottery players.

The ceiling panels featuring images of a hot air balloon and an underwater scene can be found in treatment bay four and resuscitation room six.

The feedback from patients has been positive and they are making a huge difference.



"They are fantastic! They brighten up the area, distracting it from being so clinical."  
Parent

"It feels like I'm under water. It makes me feel relaxed."  
15-year-old patient

## Introducing Laura

You may have seen Laura Turner in our hospital main reception.

She works for our lottery provider, make a smile, and is signing up players to support The Medway Hospital Charity.

She is normally on site on Mondays and Tuesday, during normal working hours. If you'd like to sign up in person, please pop by and say hello.

If you would like to sign up online, please go to [www.medwayhospitalcharity.org.uk/lottery](http://www.medwayhospitalcharity.org.uk/lottery)



# Tis the season to be jolly...

**Christmas Fair – 11am to 2pm, Friday 9 December, Main Entrance, Medway Maritime Hospital.**

Our Christmas Fair is back and we would like to invite staff, patients, visitors and friends to attend.

Entrance is free so why not come along, browse the wonderful range of gifts that will be on sale and do a little Christmas shopping?

All proceeds from the Christmas Fair will fund projects to improve patient and staff experience.

If you would like to would like to volunteer, please get in touch as it takes an army of helpers to put on an event.

### Christmas shop:

If you're looking for some beautiful Christmas Cards, look no further. Our charity Christmas cards are available on the charity website and at our Volunteers Desk in the hospital's main reception. Festive pin badges will also be available to purchase.

### Amazon Wishlist:

At Christmas, we are often asked what our patients need. Our Amazon Wishlist is a simple way to support them during the festive season. Simply browse the list, select and pay for the gift and it will be delivered to the hospital.

To support, please click the wishlist button below.

**Thank you!**





# Changes Places facility makes a huge difference

As part of our commitment to equality and inclusion for all, Medway NHS Foundation Trust, with support from The Medway Hospital Charity, has opened a Changing Places toilet for people with significant learning and physical disabilities - making it the first acute Trust in Kent and Medway to offer the facility.

Changing Places toilets, which are larger than a standard wheelchair accessible toilet, are specially equipped to ensure those who are unable to use a toilet independently, can use the bathroom with dignity and hygienically.

The facility at Medway Maritime Hospital has been fitted with a height-adjustable toilet and sink, an adult-sized changing bench, hoist and colostomy bag shelf, and is big enough for two carers and a person to use comfortably.

Jenny Mason, Service Manager for Avenues Support Services in Rochester, said: "Having the Changing Places

toilet at Medway Maritime Hospital will help improve access for the disabled population. Thanks to the Trust creating this facility carers can attend hospital appointments without added fear or stress knowing they can provide the service user, or their loved one, with the necessary care on site without delay."

Located in the Atrium, Level 2, Green Zone, the new Changing Places toilet can be accessed by patients, carers and visitors, as well as staff, who have a radar key.



# Meet our fantastic fundraisers!



**Dorcas Phillips** raised **£3,676** by climbing Mount Snowdon in memory of her late brother Rowan Hill, who died in October 2021 after spending his final days in our Intensive Care Unit. Dorcas, who wanted to give back after the wonderful care he received, said: "The staff were so empathetic and took time to get to know us and Rowan ensuring that he was looked after in a way that gave us all so much comfort."

**Saddlebrook Clubhouse** in Leysdown raised **£2,000** for the Galton Day Unit. The Club organised head shaves, chest waxing and collected donations in support of club member Clive Page (centre), who received treatment in our cancer unit last year.



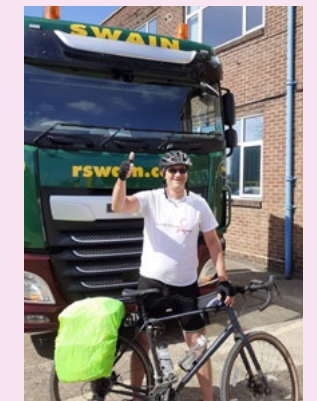
**Jane Puttock and Andy Summers** held a fundraising event at **Dillywood Garden Centre**. Thanks to generous customers and friends, the event raised enough money to buy five TVs and wall mounts for our children's ward.

**Tracey Reid**, an Independent Usborne Partner, raised **£135** to buy new books for our children's ward. Tracey said: "Reading allows us to escape our troubles, even if only for a while, and explore new worlds when we might otherwise not be able to. I decided to raise money to purchase a range of books for the children at Medway Hospital. These are suitable for babies to young adults, as well as a range of books to help with learning, having fun and to support their mental health."



**The Kentish Players** collected donations after their performances of Calendar Girls, The Musical at the Central Theatre, Chatham. Generous audiences donated **£497.37** to support patients in Galton Day Unit.

**Claudiu Andanuta** raised **£1,000** by cycling more 260 miles to raise money for the Galton Day Unit in honour of his friend and colleague Vicki Holmes, who is being treated for breast cancer. He said "I am really happy that I have done this. It was an amazing experience. Thank you everyone for your support and thank you for your donations."



**Emma Charlesworth** and family hosted CharlieFest and helped create a charity calendar to raise money for the critical care team and The Big Cat Sanctuary in memory of her late husband Stuart 'Charlie' Charlesworth.

Emma said "One of his hobbies was photography and it's a fitting legacy that some of his photos are being used in a charity calendar for 2023."

Stuart died of COVID-19 in April 2020, aged just 45. Almost **£3,000** has been raised so far. Calendars are priced at £10 each and can be ordered online at <https://www.crowdfunder.co.uk/p/charliefest>



# Fundraising round-up

We'd like to thank you for taking part in our fundraisers and for attending our charity events. Without your support, we couldn't make the impact that we do.

## Summer Fun Day

Did you know four charities support Medway NHS Foundation Trust? They are The Medway Hospital Charity, The Medway League of Friends, The Oliver Fisher Special Baby Care Trust and Hospital Radio Medway.

We all came together at a Summer Fun Day, organised by our fantastic engagement team, to showcase the work we do. Thank you to all the volunteers who helped and to you, our supporters. The Medway Hospital Charity's stalls raised **£392**.



## Rainbow Day

Thank you to the schools, nurseries and SHI KON martial art studio who supported our Rainbow Day. Children dressed up in rainbow-coloured clothes to celebrate the NHS' 74 birthday and donated money to support our hospital. Thank you to everyone who took part. Almost **£1,000** has been received in donations.



## NHS Big Tea

Thank you to the Executive Corridor, CST, Clinical Systems, Business Change, IT Support Engineers and the EPR teams for supporting the NHS Big Tea. A wonderful **£293.44** was raised for our charity.



## Wing Walk

A massive thank you to Nina Lee, Rosalind Pearce, Justin Longman, Michelle Pemble, Liz McLaren, Holly Puttock, Nicola Spearpoint, Jo Bussandra, Amber Shelley and Nicola Chester who raised an incredible **£8,870** for our charity by taking part in a wing walk challenge at Headcorn Aerodrome.

The weather was fantastic with clear blue skies and all participants had a fabulous time. We are so proud of each and every one of you.

## Easter activities

We are thrilled to announce that we raised **£2,500** during our Easter appeal through, snowy Easter Fair, grand raffle and our Easter Knitting Appeal!

We are incredibly grateful for the hundreds of knitted Easter chicks, ducks, daffodils, baskets and bunnies that we received and for everyone who came out to support our Easter Fair.

A special thanks to Great British Bake-Off star Jane Beedle, who came along to judge our Bake-Off competition. This was won jointly by Chloe Crocker, Staff Nurse on Dolphin Ward, and Ginalyn Rai, Assistant Cardiac Practitioner.



# We couldn't do it without you!

**There are many ways you can fundraise for Medway.**

Whether you want to take part in a landmark event or organise a challenge of your own, do something amazing and raise money for the patients we support.

Visit our website for details of how to get started!

[www.medwayhospitalcharity.org.uk/support-us/fundraise](http://www.medwayhospitalcharity.org.uk/support-us/fundraise)





# How you can support The Medway Hospital Charity

- **Make a donation to say thank you**
- **Leave a gift in memory of a loved one**
- **Take part in a challenge or fundraising event**
- **Ask your employer to choose us as its Charity of the Year**
- **Remember us in your will.**

## Donating online

Please visit [www.justgiving.com/mnhsfc](http://www.justgiving.com/mnhsfc)

If are able to support regularly, please consider setting up a Direct Debit with us as this will help us plan our resources more effectively.

If you would like to make a single bank transfer, our account details are:

Account Number: **100031871**  
Sort Code: **60-70-80**  
Payee: **Medway Hospital Charity**

## Would you like to know how we spend your donations?

We like to stay in touch with you. If you are happy for us to contact you please let us know how by filling in the box below:

Mr/Mrs/Miss/Ms/Dr: Initials .....Surname.....

Address: .....

.....

.....Postcode: .....

Tel No: .....

Post  Email  Phone

**Gift Aid Declaration:** Please Gift Aid my donation today and any donation I make in the future or in the past four years to Medway NHS Foundation Trust Charitable Fund. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

*giftaid it*

Your address is needed to identify you as a current UK taxpayer. Please include this above and that you ensure that you sign and date below:

Signature ..... Date .....

*The Medway Hospital Charity is the working name of Medway NHS Foundation Trust Charitable Fund.*

If you would like us to set up a Direct Debit on on your behalf, please complete the details below: *(please tick)*

£10  £25  £50  £100  other

Date to commence: .....

My / our account name: .....

Account number: .....

Bank: .....

Bank address: .....

Sort code: .....

## Donating by post

You can simply send a cheque or CAF voucher made payable to **'Medway Hospital Charity'** and post it to the address at the bottom of this page. Please remember to provide your name and address, so we can send you an acknowledgement.

I wish to make a single gift of:

I enclose: Cheque  CAF

Please make cheques payable to **'Medway Hospital Charity'**

Or please charge my:  Mastercard / Visa / Amex / Diners Club / CAF / Switch

*(Please delete as appropriate)*

Card Number:

Expiry date:  /  Issue No (Switch only):

3 digit security code (last 3 digits on the back of the card):

Signature: ..... Date: .....

I / We would like to thank

.....

.....

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Please return this form to:

Charity and Fundraising team, Main Reception, Medway Maritime Hospital, Windmill Road, Gillingham, Kent ME7 5NY.