



# The RWT Charity Newsletter

**Making a real difference to the lives of our patients, their families and staff.**

**Welcome to the latest edition of our newsletter**

## Summer 2023

### Happy Birthday NHS!

Staff across The Royal Wolverhampton NHS Trust made the 75th birthday of the NHS one to remember.

And some of them were the stars of a special BBC Radio WM's breakfast and morning shows.

Roving reporter Leona Smart interviewed staff at the hospital and these stories were shared with presenter Kathryn Stanczyszyn, who was broadcasting live from Walsall Manor Hospital between 10am and 2pm.

Doreen Black, Head of Nursing at RWT, who has worked for the NHS for 35 years, told listeners her career was "a lifelong passion."

She also spoke of the importance of good role models both for herself and her colleagues.

Steve Baxter, Porter, performed a magic trick and spoke of visiting the Children's Ward to cheer up young patients. He also worked hard later in the day as part of a fun event outside the Emergency Department where his unrideable bike was given an outing.

Professor Matthew Brookes, Clinical Director of the Clinical Research Network West Midlands (CRNWM) which is hosted by RWT, shared his vision for the future.

He said: "I want every patient to say: "Can I be involved in a research study?"

As part of the #NHS75 celebrations, hosted by the RWT Charity, staff were able to take part in a bake sale and a fun day in the Emergency Department marquee which featured games and a range of new and exciting craft stalls. Visitors also had a go on a 12-foot inflatable dart board.

Amanda Winwood, RWT Charity Development Manager, said: "It was fantastic to see our staff celebrating NHS 75 together and taking part in the fun activities which have brought smiles to the faces of staff, patients and families.

"We are so proud to be part of the NHS!"





# Golfers bring fundraising to the fore



Generous golfers clubbed together to raise £4,500 to support the treatment of diabetes patients in Wolverhampton.

Members of South Staffordshire Golf Club nominated The Royal Wolverhampton NHS Trust (RWT) Charity as their chosen cause for the year in recognition of diabetic colleague Wendy Cotterill.

Mum of three Wendy, 64, has been a patient at the Wolverhampton Diabetes Centre at New Cross Hospital for more than 20 years after being diagnosed with type 1 diabetes aged 27.

The retired restaurant owner from Tettenhall was ladies' captain of the

club but was unable to raise funds during her year as skipper due to the COVID-19 lockdown, so Tracey Gamston, who succeeded her, decided to raise money for the same charity.

A series of events including a black-tie summer ball, a raffle, a disco with a live band, a festive afternoon tea and donations in lieu of sending Christmas cards pushed the total to £4,500.18.

Caring and compassionate people from all over the community also joined together to support.

"It's a fantastic amount of money to raise in the current climate," said Tracey. "Everyone has done

something to help. The male members came to the summer ball and we had some lovely prizes for the raffle.

"I chose the charity because Wendy has been a great support to me so I wanted to support her."

Dr Rajeev Ragavan, Consultant and Clinical Director at RWT, said: "What they've done for us is wonderful – I'm thunderstruck by the amount raised and it's been very gratefully received."

Dr Ragavan said the money will be used to buy communication devices and educational material to aid better care in Outpatients for diabetes.

## Stunning artwork wows at Windrush event

Artwork inspired by the stories of the Windrush generation, created by talented Wolverhampton students, took centre stage at a celebration event to mark the 75th anniversary of this significant period in history.



Tamla Pearce

"Came to Care: Windrush and the NHS" was staged at the city's Grand Theatre and showcased work that The Royal Wolverhampton NHS

Trust (RWT) Charity and the Arts and Heritage Group have been involved in over the past few months.

The project, funded through a grant from the Department of Levelling Up, Housing, and Communities (DLUHC), aimed to explore the entwined stories of Windrush and the NHS, in the year when both celebrate their 75th anniversaries.

Artists Blessing Yeboah, aged 17, and Tamla Pearce, 21, both produced thought-provoking interpretations that were installed in the Encore suite of the Grand Theatre, alongside information about Windrush, and its connections to the NHS. These were unveiled at a special community event on Windrush Day on 22 June.

Elinor Cole, Arts and Heritage Co-ordinator at RWT said: "Blessing and Tamla's creations really struck a chord with visitors – bringing them both joy and moments of deep reflection.

"Blessing created three large canvases depicting three generations of strong black women and people were astonished at these eye-catching pieces, even

finding personal connections to them.

"Tamla produced a piece that was inspired by the Caduceus, the universally recognised symbol for medicine and healthcare. It also commemorated her grandmother who was part of the Windrush generation and worked as a nurse and its loving message really resonated with people.

"We're really grateful to Wolverhampton Grand Theatre for hosting us, and Wolverhampton Art and Culture for supporting the young artists throughout this project. We would especially like to thank the funders, the Department of Levelling Up, Housing and Communities."



Blessing Yeboah

# Volunteers take centre stage



Dozens of “incredible” volunteers were recognised and serenaded at New Cross Hospital as part of the King’s Coronation celebrations.

They attended a celebration and recruitment event in the marquee outside the Emergency Department at New Cross Hospital, organised by The RWT Charity and supported by the Trust’s Patient Experience Team.

Each volunteer was presented with a certificate and a commemorative King’s Coronation badge by Sir David Nicholson, RWT and Walsall Healthcare NHS Trust Joint Chair, in recognition of their efforts. They were then treated to a buffet lunch to the backdrop of live music from The RWT Singers choir.

The monarch was represented by Professor Martin Levermore MBE, Deputy Lieutenant for the West Midlands and Non-Executive Director at RWT.

The event was held partly to recognise the Big Help Out, a national day of volunteering celebrated as part of a campaign led by King Charles III to showcase how volunteering benefits both communities and the people who take part.

Sir David Nicholson said: “One of the reasons why this Trust is regarded as one of the top five in the country is that it’s deeply connected to the local community.

“Volunteering is a fantastic and selfless thing to do and we absolutely recognise it dearly. People have calculated how much money all of the things volunteers do would cost but I don’t think that’s the right thing to do.

“It’s about those individual moments that you have with patients and their loved ones, that they will remember forever. That’s why we’re particularly thankful for the incredible work you do.

“This is our small way of recognising the contribution you make to the community and our patients.

Professor Martin Levermore MBE said he was honoured to read the King’s speech, adding that the volunteers were the first to hear it. He said: “Each one of our volunteers is an exemplar to our cause.”

Eleanor Morris, Deputy Head of Patient Experience (Strategy and Engagement) at RWT, said: “It was a lovely day to celebrate our volunteers and we’re proud to recognise their value and contribution.

## New Charity Committee Chair

“The Charity has an important role to play in many aspects of health and social care and I am looking forward to working more closely with the team to see what we can achieve for our patients.”

Professor Martin Levermore MBE is the new Chair of the RWT’s Charity Committee and sees this as an opportunity to identify areas of need to focus efforts that will improve patients’ experience.

“We are better together,” he said. “I see the Charity as being well placed to work with the evidence we have about certain areas of healthcare where patients have given their feedback about what would be better for them and help to bring about change.

“This combined relationship is a powerful one and helps the Trust to take a holistic approach within a social context.”





# Fun all the way a

## Roundabout makeover is a showstopper



The decorated roundabout with the NHS 75 sign and cake, from left, Amie Rogers, RWT Charity Fundraising and Lead Digital Engagement Officer, Janet Parkes, Wayne Parkes, Amanda Winwood, Charity Development Manager, Jane Stevenson MP, Lindsey Goodall, Community and Events Fundraising Officer

A roundabout near New Cross Hospital had a makeover to celebrate the NHS's 75th birthday – thanks to a generous-spirited pub landlord.

Wayne Parkes, 59, licensee of The New Pheasant in Wednesfield with wife Janet, 51, used his skills as a former builder to transform the traffic feature into a tribute to the NHS.

He created three feet high stand-up NHS 75 lettering in mdf, made a cake in the middle and displayed four banners saying 'Happy Birthday NHS' courtesy of DIS Graphics to decorate Wood End roundabout at the junction of Wood End Road and Prestwood Road West opposite his pub.

He marked Remembrance Day, Christmas, Valentine's Day, St George's Day, Easter, the Queen's Jubilee, Halloween, the Queen's funeral and the King's Coronation in similar fashion.

His latest pieces of work cost him £420 and took two weeks to make, but it's a labour of love for Wayne.

"It's an honour to do it because of what the NHS does for everyone and to try to put something back," said the father of two.

"The community seems to like it – we've had all the views on Facebook and the feedback has been brilliant," added Wayne. "If it makes someone happy, I will do it."



# as NHS turned 75

## Calendar captures then and now scenes



**Staff take a look at the calendar**

Images showing a range of past and present hospital scenes are featured in a limited-edition calendar produced by the RWT Charity.

The Charity has worked with the Arts and Heritage Group to produce the 18-month calendar which fittingly starts from July 2023, the month that the NHS celebrates its 75th birthday, and goes through to December 2024.

Photos include South Staffordshire General Hospital on Wolverhampton's Cleveland Road in 1846, and a Nurse entertaining children with a quaint ventriloquist's dummy, contrasted with the modern, airy wards and departments now in existence.

Elinor Cole, Arts and Heritage Co-ordinator at RWT, who created the calendar, said: "In this very special year for the NHS a calendar seemed a great way to look back over the achievements of the past and celebrate the present, while also thinking ahead to the future.

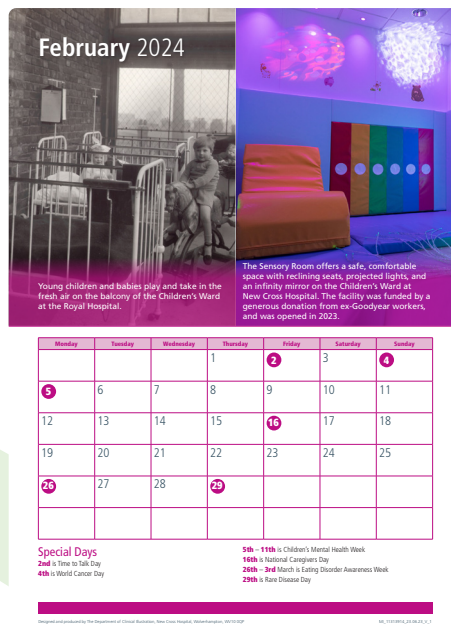
"Each page features a juxtaposition of photos old and new. It's fascinating to compare the difference in clinical environments, reflect on how far equipment and medicines have come, and look back through all the ways NHS staff have gone above and beyond to provide their patients with positive and hope-filled experiences over the years. The environments may change but the care and compassion remain throughout.

"I've loved creating this calendar and reflecting on how the NHS has transformed itself over the years."

A limited number of calendars have been printed and these cost £5 each. They are available from the RWT Charity by calling 01902 694473 or emailing [rwh-tr.fundraisingteam@nhs.net](mailto:rwh-tr.fundraisingteam@nhs.net).

The Arts and Heritage Group was set up in autumn 2020 and supports projects which use the arts to enhance patient experience and increase historical awareness in relation to the Trust, its workforce, and the wider city.

Amanda Winwood, Charity Development Manager, added: "We're proud to offer this photographic record of an ever-changing NHS – it's really interesting to see the then and now contrasting images."





# Charity win from Wolves fan's donation

A grateful Wolves supporter has donated £1,000 to the RWT Charity after "amazing" care when he suffered a heart attack at a game.

Ian Fowler was admitted to New Cross Hospital after developing chest pains during a Premier League match against Brighton and Hove Albion at Molineux on 30 April 2022.

"By the time their second goal went in (Wolves lost the game 3-0), I was going downhill, rapidly becoming so seriously unwell that I was unable to even raise a hand to seek assistance," recalled Ian, a Wolves fan for 60 years who sits in the Billy Wright Stand and travels from his home in Oxford to attend home matches.

"Thankfully, people around me saw my distress and came quickly to help. I cannot thank my fellow fans enough for their kind and prompt assistance.

"Very soon I was on my way to New Cross Hospital and put on the path to open heart bypass surgery.

"The Nurses, Doctors and all the staff in Cardiology at New Cross were absolutely amazing. I'm so grateful

for their kindness and consideration, especially since I was seriously ill and some distance from home and family."



**Ian Fowler (second from the right) with, from left Parvey Kaur, Joe Parton and Diane Pullinger in the reception area in the Billy Wright Stand.**

At New Cross Hospital, Ian spent a week being nursed on both Cardiology and Cardiothoracic Wards before being transferred to John Ratcliffe Hospital Oxford University Hospitals, where he underwent cardiac bypass surgery. He has gone on to make a full recovery.

To thank staff at The Royal Wolverhampton NHS Trust, Ian treated Diane Pullinger, who was Senior Sister on Ward B8 at the time and is now Tissue Viability Education Facilitator, and her colleague Parvey Kaur, Sister, as his guests at Molineux

for the final home game of last season, a 1-1 draw against Everton.

Ian also presented them with a cheque for £1,000 to be spent on staff wellbeing and team building.

"We're very grateful to Ian, firstly for allowing us to be his guests at the match, and for donating this sum of money," said Diane. "This is something that both wards will benefit from, given the number of new staff in the last 12 months."

As a season ticket holder in the Billy Wright Stand for around 20 years, Ian's treat was extra special for Diane.

She and Parvey had their photos taken on the pitch and in the dugout before the match and listened in to the former Wolves manager and ex-Everton player Dave Jones, who was a guest speaker. Then they were taken to luxury seats in the President's Suite in the Billy Wright Stand.

"I've attended games since I was a child with my dad and brother," added Diane. "The day was amazing."

## Security team's foodbank boost

A kind-hearted security team has donated a £500 prize it won to the RWT Charity-run staff foodbank to help colleagues cope with the cost-of-living crisis.

Carlisle Support Services, which carries out car parking and security work at The Royal Wolverhampton NHS Trust and Jaguar Land Rover, won third prize at the latter's annual Superstars awards, a competition to recognise staff.

Members of the Carlisle team generously decided to give the money to the Staff Wellbeing Hub at New Cross Hospital to benefit those in need.

Nita Astley, Regional Operations Manager for Carlisle Support Services, said: "All the JLR supervisors discussed what they would like to do with the money and they decided they wanted it to go to one charity. Because we're

affiliated to the Trust, we decided it should go to the foodbank.

"With the cost of living going up all the time, it's nice to be able to do something to help out, even if it's a bag of pasta."

Ethan Walker, Senior Site Supervisor for Carlisle Support Services, said: "Being on site every day, we see people struggle at times – some people say they haven't had a hot meal for three or four days. So, it's good to do something for the benefit of healthcare workers, and, in turn, patients get the right care they need."

The Staff Wellbeing Hub, which is open from 8am-2pm Monday to Friday and is situated above Greggs and opposite Lloyds pharmacy, includes a small food and essential items shop where colleagues can collect things such as pasta, soup and bread and toiletries. Staff can

also have a free hot drink and breakfast of a slice of toast every weekday from 8am-10am.

There has been a regular stream of customers at the hub for breakfast and the foodbank ever since it opened.

Amanda Winwood, RWT Charity Development Manager, said: "Support like this is really gratefully received, and we thank Nita, Ethan and their team so much for this generous gesture."



**From left, Amanda Winwood, Philip Weaver, Volunteer serving at the foodbank, Ethan Walker, Nita Astley and Thomas Bishop, Assistant Security and Car Park Manager.**



# Student's birthday donation helps funds

A generous student ensured he wasn't the only one celebrating his 21st birthday after donating £501 to The Royal Wolverhampton NHS Trust Charity.

Jaikiret Singh, from Wolverhampton, made the donation from his own savings, with the extra £1 being a blessing for the Charity.

"As part of our Sikh culture, our faith has always taught me and my family to do selfless acts," said Jaikiret. "It's important to show good community spirit in helping others and I hope this donation can help staff and patients."

Jaikiret's latest selfless act is a repeat of what he did on his 18th birthday, when he donated a similar amount to the Charity.

He wants to give 25 per cent of his latest donation to the Staff Wellbeing Hub – the foodbank for staff at New Cross Hospital – and the rest to other causes that the Charity is supporting.

Amanda Winwood, Charity Development Manager, said: "It's a very thoughtful gesture from Jaikiret and we're very grateful for his donation. His money will go towards supporting staff, which will in turn help our patients."

Jaikiret has just completed a BSc Honours degree in Sports and Exercise Science at the University of Wolverhampton and now wants to coach for a living.



**Jaikiret Singh (centre) with, from left, Jaspinder Dehar, Labour Councillor for Ettingshall South, Paramjit Singh – Jaikiret's uncle – Ragbir Singh, Jaikiret's dad Jatinder Singh's best friend, Amie Rogers, The RWT Charity Fundraising and Lead Digital Engagement Officer, and Jaikiret's dad Jatinder Singh.**

# Marathon effort for Neonatal Unit

A grateful runner raised £1,000 by completing her first marathon to thank The Royal Wolverhampton NHS Trust for the potentially life-changing care of her niece who 'died' at birth.

Sarah Smeilus, 34, from Telford, ran the full Chester Marathon to raise funds for the RWT Charity.

Her niece Poppy was born unconscious and not breathing but was revived after treatment in the Neonatal Unit at New Cross Hospital.

"My motivation for the fundraising centred around my niece," said Sarah, who has a five-year-old daughter herself.

"Poppy was born in February 2021 at Walsall Manor Hospital after a healthy pregnancy – there was no particular illness or condition. But somewhere during the induction and subsequent birth, Poppy 'died'.

"After resuscitation Poppy was transferred to the Neonatal Unit at New Cross where she received cooling therapy treatment."

Poppy spent a week at New Cross before returning to Walsall Manor for ongoing care. Sarah and the

family are eternally grateful for the care she received.



**Sarah Smeilus with Poppy**

"The care my niece and her parents received was fantastic," said Sarah. "Without that treatment it would have been a very different outcome – Poppy could have been left severely brain damaged and her prospects would have been a lot different.

"Poppy is doing brilliantly and meeting all her expected milestones

– this wouldn't have been possible without the treatment she received in those early days.

It was thoughts of Poppy that inspired Sarah during those gruelling final miles before she finished the 26.2 mile course in four hours, 30 minutes.

"Having a cause close to my heart certainly kept me going in those last few miles when I wanted to give up," said Sarah, who has been running for 10 years and works at Staffordshire University.

"It felt amazing and it ended with me crossing the line in tears – mainly happy I could stop running! It was an emotional day, filled with lots of gratitude for the wonderful work NHS Nurses and Midwives provide."

Sarah Crowshaw, Neonatal Ward Manager at RWT, said: "The Neonatal Unit is extremely grateful for the kind donation of £1,000.

"We are always pleased to hear how babies who have been in our care have developed and thrived since being discharged. This donation will be a great support to our babies and families that experience our service."



What would you  
do with £25,000?

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The Royal Wolverhampton  
NHS Trust Charity  
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You could support us by playing the Unity Lottery, where every week you have the chance to win the £25,000 jackpot plus many other fantastic cash prizes.

For every £1 entry at least 50p comes directly to us to use, to help us make a real difference to our patients, their families, and our staff.

The draw takes place every Friday!

If you are 16 years and over, please scan this QR code to start playing in aid of The Royal Wolverhampton NHS Trust Charity:



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