

# The Hub

YOUR QUARTERLY  
NEWSLETTER FROM



**NHS**  
East Lancashire Hospitals  
NHS Trust  
A University Teaching Trust

Issue 2:  
Spring 2024

## A day to remember

Sarah and Andrew celebrate  
their wedding

See page 6



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# Hello...

Welcome, we hope you enjoy reading our Spring newsletter. The charity team has been busy planning the 2024 event calendar with many new and exciting events for you to enjoy. Read on to find out how you can get involved and have fun whilst raising money to make a huge difference to patients and their families.

## THE FUNDRAISING AND VOLUNTEER TEAM



**Denise – Head of Charity**

I am responsible for the leadership and strategic direction of ELHT&Me. I am continuously inspired by the efforts of our community, the unwavering dedication of our healthcare professionals in providing safe, personal and effective care and the drive of our passionate team, working to provide the extras that East Lancashire deserves.

**Jenny – Community Fundraiser**

I help to organise and coordinate events whilst getting to know the inspiring individuals and teams in our community.

Are you wanting some fundraising idea inspiration?  
Get in touch on **07966 418 295**



**Demi – Digital Fundraising Officer**

I look after our charity's websites, online giving platforms and social media accounts, sharing our exciting news and what our wonderful supporters have been up to.

If you've got some exciting fundraising coming up, I'd love to hear all about it – [demi.houghton@elht.nhs.uk](mailto:demi.houghton@elht.nhs.uk)

**Rebecca – Fundraising Assistant**

I assist with all fundraising events and activities and spend majority of my time in the shop at the main entrance of Royal Blackburn. Have you visited yet?

We sell a little bit of everything.

Get in touch to find out more: [rebecca.bartle@elht.nhs.uk](mailto:rebecca.bartle@elht.nhs.uk)



# OUR VOLUNTEERS

The charity shop opened in November 2022 and these are the friendly faces you will meet when shopping with us. They are the heartbeat of our day-of-day operations, making sure that you find your perfect treat, gift or weather essential. We know how it is in East Lancashire!

Our dedicated volunteers will also be with us at events throughout the year. To see the exciting events we have lined up, please read on to pages 14 and 15.



ELHT&Me's recent volunteer recognition event.



We're looking for more friendly volunteers to join us. Get in touch to join our team.

✉ [fundraising@elht.nhs.uk](mailto:fundraising@elht.nhs.uk)  
☎ 01254 732140

# The joy of volunteering



**Married couple Dave and June Tattersall have been volunteering between them for almost 10 years. The pair help to raise funds and awareness for ELHT&Me.**

Dave said: “Volunteering has become a part of our lives. It’s our way of giving something back to our community. It’s a great way to meet new and interesting people; June has always been the more sociable one out of the two of us and volunteering has really brought me out of my shell – something that I will always be grateful for.

“When needed, weekends and evenings are spent at local fayres, events and shows. I volunteer every Thursday in the charity hub and spend a lot of the day chatting to patients, staff and visitors and I love it.

“Our favourite event is The Big NHS Tee Off last August and we’re excited for what’s coming up.”

“Being a volunteer is great. It’s a lovely thing to do together as a couple and we will continue to do so for as long as we can.”

**Interested in joining our volunteering team?  
Get in touch and find your perfect role.**

✉ [fundraising@elht.nhs.uk](mailto:fundraising@elht.nhs.uk)  
☎ 01254 732140

# Heartwarming connections

There are so many heartwarming moments taking place across our Trust to help patients and, due to their nature they often go unnoticed. But if we are able to help, we always will.

So when one of our dedicated nurses, Ridha, asked if we could help her surprise 104-year-old Mabel, we were more than happy to step up.

Ridha visited our charity hub at Royal Blackburn Teaching Hospital on a mission to find nail paint, a small gesture to ensure Mabel could enjoy a well-deserved pampering during her time with us in the hospital.

Mabel's face lit up with pure joy as we presented her with this simple beauty kit. It was a moment of sheer happiness that radiated throughout the ward, touching everyone.

These are the moments that remind us about the impact that small acts of kindness can have.



It's just one of many surprises bringing a bit of cheer to our patients.

A big thank you to Blackburn Rovers Football Club and Burnley Football Club players, who created so much excitement and happiness with their recent visits.

They are always welcomed by everyone – but for one patient it was particularly special and she had her cast adorned with signatures from the players. This touching gesture turned the simple cast into a cherished memento!

Anyone who visited our hospitals in the run up to Christmas might have been fortunate to enjoy carols courtesy of some of our local schools.

We arranged a full programme of events.

Shown are Brookside Primary School's choir who performed a mix of traditional and modern carols at Clitheroe Community Hospital, visiting all four bays for all patients to enjoy.



**Have you got a story to share with us?  
Get in touch!**

✉ [fundraising@elht.nhs.uk](mailto:fundraising@elht.nhs.uk)  
☎ 01254 732140



# Tying the knot on C5

**Andrew and Sarah made their vows to one another in a beautiful ceremony on Ward C5 at Royal Blackburn Teaching Hospital.**

The couple have been together for 19 years after meeting as neighbours and Andrew asked for Sarah's hand in marriage three years later but, following Andrew's diagnosis of metastatic tonsillar cancer, the wedding was arranged at the hospital.

The day room of Ward C5 was transformed into a beautiful setting for their big day thanks to the support of local businesses with generous donations. Eventfully Yours provided a flower wall and a light-up sign that read 'To the moon and back' and Ribble Valley Flowers and Gifts donated flowers alongside individuals who stepped forward with offers of decorations for the room.

As a nod to Andrew's lifelong support for Burnley Football Club, Sarah wore a navy dress and her three bridesmaids adorned claret-coloured dresses. The newlyweds said their vows surrounded by family and friends including their sons Isaak, Theo, Charlie, Stefan, Jake and grandson Ethan.

Andrew's journey began when he discovered a lump during a regular visit to his barbers. After being diagnosed and receiving treatment in December, 2022, he experienced back pain extending to his legs, leading to an emergency department visit and subsequent admission to Ward C5 at Royal Blackburn where investigations showed an infection. The newlyweds are hoping to return home and are looking forward to spending time together as a family again.

Sarah said: "The fundraising team at ELHT&Me have been a key part of our time in hospital and I'm grateful for their support to get our wedding organised."

**Leave a forever thank you with a gift in your Will.  
All you need is the charity number: 1050478**

# The differences you've made

## Revolutionary technology for bone surgery

The special ultrasonic microvibrations of the newly introduced Piezo saw means no soft tissue is damaged, allowing our clinicians to work with a precision that facilitates not only the surgery itself, but reduces postoperative discomfort for our patients.

Team manager at Royal Blackburn Teaching Hospital's Theatres 1, 2 and 3 said: "It uses ultrasound technology and is specifically designed to cut bone in complex areas such as the facial skeleton, orbit of the eye and skull base. It is designed to stop cutting when it reaches soft tissue so preserves nerve, muscle and blood vessels. The constant irrigation and ultrasound nature ensures bone and tissue don't suffer from thermal damage which ensures reduced inflammation, faster and more effective healing and a better recovery for our patients."

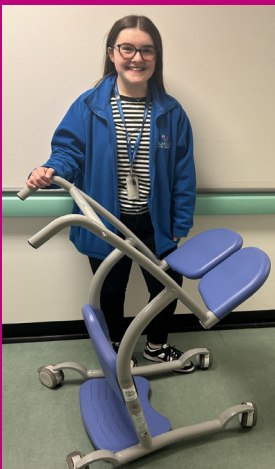


## Standing aids support patients with mobility restrictions

Patients needing support with mobility exercises are benefitting from two new standing aids that have been donated to Ribblesdale Ward at Clitheroe Community Hospital.

We have been able to purchase the Sara Stedy devices thanks to the support of Skipton Building Society, Clitheroe bonfire and fireworks display and The Original Factory Shop.

They are already making a big impact, supporting the overall well-being of patients and giving them confidence with their mobility exercises.



## Innovations for MRI

An MRI-safe wheelchair and innovative glasses have been introduced for patients, thanks to a fundraising endeavour in memory of our former colleague, Jonathon Priestley.

Last July, led by Chief Executive Martin Hodgson, a team of 19 took on a 60-mile cycling challenge from Salford Quays to Blackpool, fulfilling a dream Jonathon had planned to achieve himself before he died.

The charitable funds raised have purchased the following items that will enhance patient experience and create a lasting legacy for Jonathon, who was Directorate Manager for Radiology:

**MRI safe wheelchairs** constructed of non-magnetic materials, and designed to transport patients directly into the room, right up to the machine for a smoother transition.

**Innovative prism glasses** which allow patients to see the room outside the MRI scanner during the procedure to provide comfort for those experiencing claustrophobia.



# A song for Baby Renan

A massive thank you to local singer-songwriter Nathan Grisdale who has been using his talents to raise funds for our Neonatal Intensive Care Unit. Nathan was inspired to create a very special song following the birth of his son, Renan, who was born eight weeks early.





## Here's mum and dad, Nathan and Hayley's story:

"Our birth was far from straight forward, traumatic even and our pregnancy not much better.

"At seven weeks pregnant we had a 'threatened miscarriage' followed by another at 16 weeks pregnant. At our 12-week scan we were told there were abnormalities with Hayley's uterus which may cause complications and at 20 weeks told Renan was growing below the <first centile, with placenta insufficiency and a few other concerning indicators showing up.

"This meant practically weekly visit to the hospital to check on our boy and how he was growing. We were told it was unlikely he would make it to full term and from 24 weeks we were having to mentally prepare for our baby to arrive premature.

"At 30 weeks and five days, the waters surrounding Renan broke at 5.15am. This posed further risk of infection or of course going into early labour. Amazingly, Renan held on in there until 32 weeks and one day, but clearly it was time for him to come.

"Renan was born under the <second centile with lungs developed of that of a 30 week old. He was born at 3lbs 5 and has since lost some weight now weighing 3lbs 4oz.

"With his heart rate dropping, forceps were needed to get him out as quickly as possible, then Renan was rushed down to NICU with daddy, and I (mummy) was taken to theatre due to my placenta de-attaching and being stuck inside. It was 4am before I was recovered enough from theatre to go and see my boy.

"Since being out for one week, Renan has fought so, so hard and overcome so much already. He has dropped from full ventilation, to CPAP mask, to now just being on high flow breathing prods up his nose.

"He has fought off tummy infections and is trying to build up his tolerance of taking milk through his tube, he has fought through issues with his

blood and jaundice (and continues to fight this each time it comes back).

"After a week of knowing Renan, we were able to see our baby's face for the first time (as before he had mask covering almost everything but his little nose) and we had our first cuddle.

"As Renan's mummy and daddy we are unbelievably proud of him and all that he has already overcome and continues to overcome daily. But we know that this would never have been possible without all the amazing care we as a family have been shown from the very start and are continued to be shown by the NICU team.

"From staff working at fetal medicine, placenta clinic, triage, the midwife and doctors who supported his birth and the NICU team who ventilated and incubated him promptly and continue to care for him daily.

"The equipment and technology available to help premature babies is unbelievable and we are so lucky to have this all available for our boy – but as you can imagine, it is expensive... very expensive.

"On behalf of our boy Renan, we want to raise some money to support the amazing work of the NICU team and the life saving equipment that is available to babies just like ours.

"We would be so unbelievably grateful if anyone could spare any donation, no matter how big or small to our fundraiser for East Lancashire NICU."

Renan was finally welcomed home after 78 days in our Neonatal Intensive Care Unit.

And Nathan's song has helped raise an amazing £2,290 that will support parents and their babies in the future. Thank you Nathan, Hayley and Renan.

If you want to raise money for a particular area of care, please email [fundraising@elht.nhs.uk](mailto:fundraising@elht.nhs.uk)

# The ELHT&Me Hall of Fame

Your support has made a world of difference, turning ordinary days into extraordinary memories. Thank you for being the 'me' in ELHT&Me.



Clitheroe Castle Bonfire Presentation



Dog & Otter, Great Harwood



Oswaldtwistle Mills



Dog & Partridge, Baxenden



Pendleside Tractor Run



East Lancashire Freemasons



Carefoot PLC



SCADS Panto



Ian's Ewood Walk



Blackburn Charity Bonfire



Blackburn Charity Bonfire Cheque Presentation



Share A Smile



Patient Gifts



Oddie's Bakery



Blackburn Round Table Santa Sleigh



St Peter's Primary School



Roe Lee Primary School



Trefoil Guild



MyLahore



The Red Rose Singers

# Blackburn 10K



# Burnley FC



# Blackburn Rovers FC





# Spring Event Calendar

## Community events

Last year we gave our trailer a makeover and we can't wait for it to back out on tour across our communities at some fantastic events.

You can catch us at:

**Briercliffe Festival –  
29 June**

**Padiham on Parade –  
29–30 June**



We have many businesses working in partnership with us this year and we would like to say a big thank you for your support. Please support the events they have planned – and if you are a business who'd like to support our local hospitals, please get in touch.

**Friday 8 March** – Pop Goes The Bingo at The Brownhill Arms, Blackburn

**Wednesday 13 March** – Quiz Night at The Dog & Partridge, Baxenden

**Friday 15 March** – Crazy Bingo at The Bridge Street Club, Darwen

**Sunday 17 March** – The Big Sunday Quiz at The Dog Inn, Whalley

**Saturday 30 March** – Easter Egg Hunt & Spring Fayre at The Dog & Partridge, Baxenden

**Wednesday 10 April** – Quiz Night at The Dog & Partridge, Baxenden

**Sunday 21 April** – The Big Sunday Quiz at The Dog Inn, Whalley

**Friday 26 April** – Narazuke Fashion Show

**Sunday 28 April** – Charity fundraising at The Lamb Club, Barrowford



Looking to host a fundraising event in aid of ELHT&Me or wanting some inspiration on how to go about a fundraising challenge?

Please get in touch with Jenny, our Community Fundraiser

✉ [fundraising@elht.nhs.uk](mailto:fundraising@elht.nhs.uk) ☎ 01254 732140

# Further dates for your diary

Our 2024 calendar is packed full of feel-good fundraising events, the type of events that create great memories whilst really making a difference.



## 14 June – 14 July

### The Euros

The Euros are back this summer, and the tournament provides a great opportunity for you to have fun and raise money.

We have a free fundraising pack to make your plans easy, with a hat-trick of fundraising activities – a challenging quiz, fun keepy-uppy challenge and sweepstake.

## 5 July Wear It Blue and the NHS Big Tea

Help us celebrate the NHS' birthday on 5 July. Perhaps you can host a quali-tea party with your friends and family or hold a tea and cake sale at work. We have a toolkit to help you make the most of your event, which even includes cake toppers!

Another way to celebrate the birthday with ELHT&Me is to wear it blue. This is a great opportunity for your nursery, workplace, school, community group (whatever you're part of) to sport something blue for the day and raise funds. There is a brand new fundraising pack for nurseries, pre schools and schools for 2024 so get in touch for yours and begin planning your day.



## Put your best foot forward...

...at one our running events – if you go the extra mile and raise a minimum of £100 for ELHT&me you can secure a FREE place.

Some of the popular events available are: Blackburn 10k, Delamere Forest, Leeds Running Marathon, Run Alton Towers.

New events are added to our calendar all the time. Please keep up-to-date by checking regularly on our website: [elhtandme.co.uk/events](http://elhtandme.co.uk/events)



# With ELHT&Me, the choice is yours!

Did you know that when you raise funds for ELHT&Me, you can choose the ward, department or area of care close to your heart the money will go to?

Many of the people you have read about in this newsletter have raised money or made a donation for a special reason and they want it to support an area of our hospital that has a special place in their hearts.

We'd love to talk to you about how you could make a difference. Simply tell us what you're planning and where you want your money to go and we will make sure it gets to the right place.

**Nominating ELHT&Me as your Corporate Charity of the Year partner is a unique opportunity to unite your team behind an inspiring cause and showcase your company's commitment to making a difference. Get in touch to explore how we can work together.**



Official charity partner of Blackburn 10K with Star Tissue



Visit our shop in the ELHT&Me Hub near the entrance to Royal Blackburn Hospital, or online at [elhtandme.co.uk](http://elhtandme.co.uk)



Tune into Denise and Demi's Health and Wellbeing Show on Ribble FM, Mondays 1-2pm

## Get in touch

If you've done something you want to shout about, have a fundraising idea or would like to discuss how ELHT&Me could get involved with something you're doing, we'd love to hear from you.

To keep up with the very latest developments and news from ELHT&Me, follow us on social media.



- @ELHTandMe
- [www.elhtandme.co.uk](http://www.elhtandme.co.uk)
- [fundraising@elht.nhs.uk](mailto:fundraising@elht.nhs.uk)
- 01254 732140
- ELHT&Me Charity Hub  
Main Entrance  
Royal Blackburn Teaching Hospital



If you've enjoyed reading our newsletter, share it with your friends.