


# IMPACT

*act*  
Addenbrooke's  
Charitable Trust

The supporter magazine for Addenbrooke's Charitable Trust

Spring 2021



A time  
for heroes –  
working on the  
frontline of  
Covid-19

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# Hello

Welcome to your spring *Impact* magazine, our chance to show you just what an incredible difference your generous support makes.

It's no exaggeration to say that over the last year you have helped our hospitals through one of the most difficult periods the NHS has ever faced. From world-leading Covid-19 research, supporting the wellbeing of our heroic staff, to connecting isolated patients with loved ones, unsurprisingly, our focus has been driven by the pandemic.

As the second wave of Covid-19 swept in, it once again put staff under immense pressure as they battled to save lives. We have already asked a great deal of our supporters, but you have not thought twice about stepping up and offering your support again and again. With your help, we've been able to put a protective arm around hospital staff to get them through the toughest of times.

The arrival of vaccines gives us all a much-needed burst of optimism, especially for hospital staff as vaccinations enable them to continue caring for us. In the meantime, they are all intensely aware and grateful for the outpouring of love they have felt from you, our supportive community.

Thank you for being there for us all during this most challenging and extraordinary time.

Best wishes,

*Shelly Thake.*

**Shelly Thake**  
CEO, Addenbrooke's  
Charitable Trust



## News in brief

Caring for our community: the  
Critical Care ward, January 2021

### Passing the £2 million mark!

We are delighted to say that, thanks to your ongoing gifts, we have now been able to spend over £2 million to help fund Covid-19 research and to support our hospital and its staff in so many ways during this pandemic.

### Addenbrooke's on TV

The world-leading surgeons of Addenbrooke's featured in the BBC's *Surgeons at the Edge of Life* series, pushing the boundaries of surgery and the human body to their limits. You can still catch the series on BBC iPlayer.





## Helping hospital heroes take a break



From wellbeing packs and stress-relieving art supplies, to trauma release exercise sessions, doctor-to-doctor support and hardship grants, ACT has been able to support staff wellbeing in so many ways thanks to you.

## New Year honour for testing pioneer



Infectious disease expert, Dr Michael Weekes, received the British Empire Medal for services to the NHS during Covid-19. In the early days of the pandemic, ACT funding helped Mike and his team to quickly begin testing and researching asymptomatic transmission of Covid among CUH staff. His work protected patients, families and staff and influenced national testing strategy.

## Connecting patients with loved ones

One heart-breaking twist of the pandemic is that many patients cannot see their families just when they need to most. Your support has funded supplies that enable staff to take the handprints of dying patients to offer families comfort and to help them remember loved ones. The iPads you helped fund last year continue to help loved ones connect.



# Bringing sparks of joy to Christmas in a pandemic

Even during the best of times, the Christmas period is very difficult for patients and staff. With the second wave of Covid sweeping in, we felt it was more important than ever to spread some festive comfort and to let hospital staff and patients alike know we were thinking of them.



“  
A big thank you  
from the Breast  
Unit for the bags  
of Christmas  
goodies! ”

The nature of NHS work means many staff miss out on Christmas Day with loved ones and this year's restrictions have only made things tougher. We decided that the best way to ease this was to bring the festive cheer to them in the form of Christmas hampers.

With incredible donations from supporters and suppliers, we soon had the funds to purchase all the goodies we needed to give hampers to 200 teams across the hospital and ensure that all members of hospital staff could share in the festive treats. And with

very generous help from a supporter, Jim, who has close family working at Addenbrooke's, we also had the use of a warehouse and a van for deliveries.

During one shivery week in December, ACT staff and volunteers from a local business packed 600 hampers – bigger teams got more hampers – with a delicious assortment of chocolates, cakes, crisps, mince pies, tea, coffee and more. By the end of the next week, we had delivered them all to Addenbrooke's and the Rosie.



## Delivering Christmas to the wards

This year we chose some extra special gifts to give to those patients who, unfortunately, were spending Christmas in hospital. With the support of our generous donors, ACT funded stress-relieving colouring books for adults and soothing hand balms, which were boxed up and given out on Christmas morning – just a little something to help ease their time away from loved ones.



## Helping the Play Team help Father Christmas



Every year we are overwhelmed by the generosity of supporters who donate toys for the children at Addenbrooke's over Christmas. This year had to be different, however, with restrictions on what we could accept. So, it was all the more heart-warming to see the surge of support, donations and fundraising for the incredible Play Team at Addenbrooke's. It helped them to purchase brand new toys and gifts for children at Christmas. That's as well as bravery toys for those who are so courageous through scary medical treatment, toys

for therapeutic play, games for teenagers and more. Thank you for helping turn tears and fears into so many smiles.

These hampers brought so much festive cheer and morale-boosting love at a time when the staff at Addenbrooke's and the Rosie needed it most. Without your help this would have been a very different Christmas for everyone.

**“ Thank you! It was very much appreciated by the teams in our office. Merry Christmas! ”**



# Caring for our tiniest patients through the pandemic

While much of the hospital's focus has been, by necessity, on fighting the pandemic, for many departments it has been a case of continuing their work despite Covid-19. Addenbrooke's Neonatal Intensive Care Unit (NICU) is one such department.



Rajiv, one of our NICU Consultant Neonatologists, told us how his department has continued to care for some of the smallest, sickest babies, whilst facing up to the challenges of Covid-19, "In the neonatal unit we had to make huge changes. As you know, we look after some very sick babies and we were rightly concerned about how this was going to affect them, especially those born at very extreme prematurity. We have learned during this period and from the evidence that is accumulating that the very small number of babies who did get Covid had very mild symptoms. Fortunately in our unit we did not have a single case of positive Covid."



*It has been a challenging year and we are all very grateful to ACT, they have helped make it possible that we are still doing this after so long. I thank you all on behalf of the neonatal staff for all of the kindness and compassion shown towards us. We see how it makes a difference to the families you have helped. I feel very privileged to work with our families and babies and so does every single member of our team."*

Your generous support has helped our dedicated staff care for the smallest, most vulnerable patients who were born in the middle of this pandemic. Your gifts have provided comfort and practical support to tired parents and hard-working staff.

## Keeping staff, parents and babies connected



The start of the pandemic prompted us to speed up the introduction of Novovideo to the NICU. It helped frightened parents have video contact with their precious babies at times when parents sadly weren't allowed to visit. Parents could talk to staff and be reassured that their babies were loved and cared for - an amazing way to keep worried parents connected with their little ones.

## Revitalising the Parents' Room

We were delighted to be able to fund the refurbishment of the parents' room in the NICU in September. It's a much-needed space for parents to rest, recuperate and interact with other parents. Paula is a junior Sister on the NICU and has raised a huge amount of money through running the Cambridge half marathon and bake sales;

“**With the help of ACT we are very fortunate to have been able to decorate the parents' room with beautiful new, comfortable chairs. Parents will have the opportunity to take time out and have their lunch and we also use it as a place for peer support, helping parents to come together to discuss how their babies are and to talk about any feeding issues they might have. It's a great space for education and support for parents.**”



## Small purchases, big impact

Just as in everyday life, sometimes it's the smaller things that make a huge difference to the lives of patients and staff.

### Time to reflect

Some patients in the haematology ward have great difficulty standing for extended periods of time due to the pain of their cancer. So, ACT used your donations to fund the purchase of some small, free-standing mirrors, allowing those patients to sit down to shave or undertake personal care with dignity.



### A simple stand that brings huge smiles

ACT was delighted to help Brainbow, a multi-disciplinary team at Addenbrooke's that supports children under 16 with brain tumours, with the purchase of phone stands. The children keep in touch with their families via video calls while there are restrictions on visitors. However, many find it difficult to hold their phone or tablet and need a member of staff to hold their device. Our phone stands mean that more young patients can keep in touch with their loved ones, just when they need to most.



# It's all thanks to you!



ACT would be nothing without your generosity and unstinting support. These are just a few of the highlights this year that have helped make our world class hospital even better.

## A gift to be remembered by

Thanks to a generous gift left by Ann Mynott in her will, we have been able to fund a new Neuro Psychiatrist for the Clinical Neurosciences Department to support patients with neurological conditions. This kind legacy, left in memory of her husband Gordon who was cared for at Addenbrooke's, also allowed us to fund research into traumatic brain injury, an MRI-compatible cot incubator for sick babies and an Allen spinal operating table for the neuro theatres. Ann's niece Teresa said,



“  
My auntie Ann makes me so proud. She would be so pleased with how much her gift has helped so many people not just now, but for many years to come.”

## Valentine's Day love from not-so-secret admirers

We thought it was incredibly important to keep reminding our heroic hospital staff that their local community and supporters are thinking of them. Which is why we gave all members of staff a chocolate treat, sending our love with over half a tonne of chocolates, truffles and love hearts in total! And what better day to show we care than Valentine's Day?







## A ray of sunshine from the rainbow wall

Knowing the terrible impact the pandemic was having on morale, we thought it would be wonderful if hospital staff knew that their community was behind them during these challenging times. We asked our supporters if they would send in messages and we were overwhelmed by the response. And with over 200 wonderfully uplifting messages by December 2020, we decided to create a Rainbow Wall for all to see in the main corridor of the hospital. Staff have been left in no doubt at all of the level of support and admiration in the community. You helped bring a ray of sunshine to some dark times.



## A phantom to transform training in Radiology

Training is one of the keys to ensuring Addenbrooke's continues to get better in every department, which is why we're always keen to support new training techniques. Thanks to you, we have most recently invested in a Phantom training device to help the ongoing training and development of staff in Radiology. It's a specially-designed mannequin that allows staff to practice moving patients in the radiology machine, so they will be well-practiced in assisting real patients and operating the radiology machine.

## A little magic to make an uncomfortable procedure less stressful

Having an injection or a cannula inserted can be an unsettling and uncomfortable experience, especially for patients who often undergo such procedures. We're delighted to have purchased two vein finders for the Transplant Unit. As the name suggests, these small devices are placed over a patient's skin to indicate the location of veins. The result is a more accurate insertion of needles, a reduction in the number of retries and an improvement in patient experience, during an already unsettling time.

# Fundraising superstars

Throughout 2020, our wonderful community has not let a pandemic hold them back. They got creative and embraced a new world of virtual fundraising while in lockdown and, when the rules allowed, they got active on behalf of their hospital, its patients and staff. Thank you to all our fundraising superstars – you are amazing!



## Biking to the Great Pyramid

Seven year old **Isla** has a rare genetic condition but despite her difficulties, she challenged herself to virtually bike 46 miles through Cairo to Giza! Intrepid Isla raised a fantastic £3000 in one week for Addenbrooke's, where she is monitored regularly.



## Our amazing, tireless volunteers

We dread to think where we'd be without our incredible volunteers who continue to support us throughout this pandemic. Some, unable to carry out their usual roles, have given talks to schools and groups via video link. One volunteer, Tricia, inspired local students to fundraise over £1,000 for ACT after her talk!



## DJ superstar

At nine months old, **Calum Gilbert** was diagnosed with liver cancer and received a liver transplant six months later at Addenbrooke's.

The chemotherapy resulted in Calum becoming partially deaf, but this has not stopped his passion for DJ-ing. Calum, now 14, hosted a 12-hour DJ set alongside family friend, DJ PDK. Together they raised over £1,000 for Ward C2.

## Birthday Fundraiser

Ellie Bray set up a Facebook fundraiser for her birthday, asking family and friends to give a donation to Addenbrooke's instead of gifts. She wanted to say thank you to the team who cared for her after she was diagnosed with leukaemia and raised over £4,000!

“  
**All of the staff in the unit including my consultant, doctors, nurses and health care assistants cared for me so well during this time. I am glad to give something back.**”



## It's onwards and upwards for the year ahead

Through your support, we've been able to steer a course through this incredibly tough year, helping our heroic hospital staff in so many ways. This pandemic may be far from over, but in 2021 we have hope, dreams and exciting ambition.

Hope springs from the fact we are vaccinating and protecting our treasured staff as quickly as we can. One of our dreams, the new Children's Hospital, is moving closer with the appointment of architects for the build. This exciting development is a major milestone on the road to opening in 2025.

And that's not all. We'll need your help with another item on our wish list this year, the investment in a second 'robot surgeon'. This invaluable machine will help the doctors and consultants at Addenbrooke's push the boundaries of surgery even further, speed up operations and allow patients to return home more quickly.

**Thank you so much for your continued support of Addenbrooke's and the Rosie hospitals. You are a huge force in the drive to make our great hospital, even better.**



Huge thanks to the photographers at Media Studio for capturing powerful images of the hospital staff and patients during the second wave of Covid, January 2021.

## Call us

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## Join us online

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If you would like to find out more about supporting Addenbrooke's with a gift in your will, please visit [www.act4addenbrookes.org.uk/wills](http://www.act4addenbrookes.org.uk/wills) or call Alice on 01223 734 948.

## We'd love to hear from you!

Our charity offices are closed at the moment to further protect our hospital colleagues, but we continue to work hard for your hospital from home. We are more than happy to answer your queries about support, fundraising or volunteering with ACT, so please don't hesitate to get in touch.



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