

Caring  
for life



Sheffield  
Hospitals  
Charity

IMPACT

REPORT

2022-2023

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# Looking back

**As we look back on the year ending 31 March 2023, I'm delighted to present Sheffield Hospitals Charity's Impact Report. Supplementing the traditional Annual Report and Accounts\*, this is a chance for us to look beyond the numbers alone, and explore the deeper impact we have had on the lives of patients and staff, and medical care more widely, across Sheffield.**

This year has been one of continued recovery and rebuilding following the pandemic, and we are so grateful for the generous ongoing support from the people of Sheffield, and to the Charity team whose dynamism has allowed us to make significant impact for those we serve.

We've funded a breadth of work; from calm spaces for staff across the hospitals and wider community to Schwartz Rounds. The Rounds provide a place where NHS staff can come together to discuss the emotional impact of their work. These sessions are designed to help staff feel more supported, allowing them time and space to reflect.

On behalf of patients, we continued to fund Arts in Health and Volunteer Services, bringing music and art to the wards, and ensuring patients receive person-centred care – whether through being helped to their appointments, being read to at their bedsides, or being given assistance to eat their meals.

\*Annual Report and Accounts can be found on the Companies House website

New research commitments for this year include projects around degenerative neurological conditions including MS and FSHD.

Overall, in 22/23 the charity provided in excess of £2 million to support Sheffield Teaching Hospitals NHS Foundation Trust and Sheffield Health and Social Care NHS Foundation Trust.

This year we bade our thanks and farewell to our Chief Executive Gareth Aston, who has moved on to the Boparan Charitable Trust, and have welcomed Beth Crackles as our new Chief Executive, who has made an immediate impact and is already driving positive change informed by her wide experience in the charitable sector.



**Adrian Stone,**  
Chair of Trustees

# Looking ahead

**It is a joy and a privilege to have joined Sheffield Hospitals Charity and lead the Charity through the next phase of its journey.**

As we develop our 2024-2027 strategy we're looking at how we can have greater impact. We're aiming to raise the profile of the charity and raise more money so that we can provide even more support to Sheffield Teaching Hospitals NHS Foundation Trust and Sheffield Health and Social Care NHS Foundation Trust. We're also looking to review the demographics and needs of the people we support across Sheffield, challenging ourselves to provide the most needed support to those whose health problems often go unseen and unresolved.

Nothing is more important than the health of the people we love. The work we fund is only possible through generous donations, fundraising events, corporate support and a coming together of our community. Thank you to those who have run, walked, baked, climbed, swum, donated, cheered, knitted, and given your time and money to support our local NHS. You are the heroes behind the scenes of this impact report, and we hope you enjoy reading through the lives changed across our hospitals because of you.



**Beth Crackles,**  
CEO



A decorative dashed teal line starts at the top left, curves around the text, and ends at the bottom left. A teal arrow points to the right, and a pink heart is positioned on the right side of the line.

# Our impact at a glance

Our work supports over  
**21,000 staff**  
and around  
**2 million patients**

This year we distributed over **£2 million** in grants to support Sheffield Teaching Hospitals NHS Foundation Trust and Sheffield Health and Social Care NHS Foundation Trust.

# We invested in

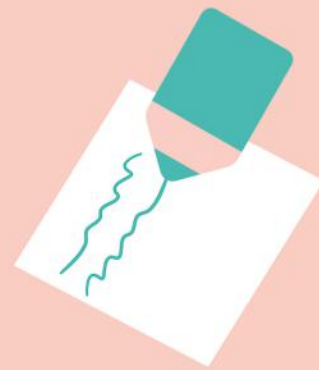
**Staff wellbeing initiatives**



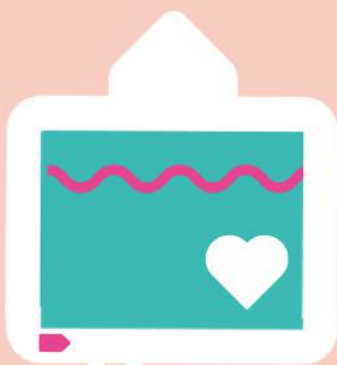
**Refurbishment of places and spaces for NHS staff and patients**



**Staff study leave and conference costs**



**Equipment for patients**



**Research, Technology and innovation**



**Patient experience**



# We allocated our funding to the following life-changing projects

**£134,000**

on NHS staff welfare and amenities

**£446,000**

on improving patient care and experience

**£792,000**

on cutting edge research projects

**£123,000**

on staff training and courses

**£40,000**

on equipment

**£165,000**

on improvements to places and spaces across the hospitals

**£370,000**

NHS Charities Together Covid recovery projects

# Our team had a **busy year...**

**May  
2022**

## **Sheffield Charity Construction Ball**

The 2022 Sheffield Charity Construction Ball at the Crowne Plaza Royal Victoria was hosted by inspirational Olympic athlete Derek Redmond. Funds for Sheffield Hospitals Charity were raised through ticket sales, raffles and live auctions, and the construction and property sector had a chance to show appreciation for their NHS following Covid-19.

**£28,000 raised!**

## **Neurocare Golf Day**

Our annual golf day for neurological fundraising pitted seasoned golfers against challengers to the trophy in a full-day event, generously supported by IFM Insurance.

**£28,196 raised!**





June  
2022

## City Taxis Thank You NHS Gala Ball

With kind sponsorship from City Taxis (now known as Veezu), we hosted the 'Thank You NHS' Gala Ball to recognise the incredible efforts of our NHS during and following Covid-19.

The event was hosted by presenter, writer and broadcaster Dan Walker, with the menu curated by Michelin Star Chef, Jean-Christophe Novelli, and featured Spandau Ballet's Martin Kemp as celebrity DJ. The real stars of the night were NHS staff, many of whom were awarded prizes for their outstanding services to the public.

**£140,001 raised!**

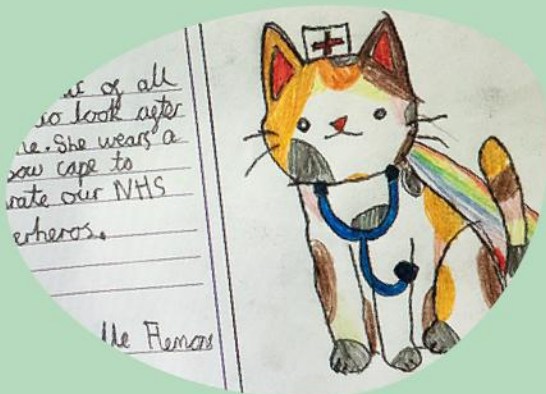


## Charikitty Mascot Competition

With the help of educational publisher, Twinkl, and children across Sheffield, we launched a competition to create a brand-new charity mascot. 10-year-old Isobel Flemmons, aged 10, came up with the adorable Charikitty, who looks after sick people, wearing a rainbow cape as tribute to NHS heroes. Isobel inputted into the CAD design at Twinkl HQ.



# September 2022



## A Cathedral Christmas

Our sell-out Christmas concert at Sheffield Cathedral was a festive fundraiser to remember – with magical candlelit performances from Sheffield Rock Choir and Neighbourhood Voices among others.

**£5,400 raised!**

# December 2022



# January 2023



## Bhayani Law Ninja Networking Event

Working with event sponsor, Bhayani Law, we hosted a networking fundraiser for Yorkshire businesses at Ninja Warrior UK Adventure Park. 86 people were put into teams to complete the course, and networked afterwards over a Ninja feast of pizza and curly fries!

**£1,200 raised!**



# February 2023

## United in Love for our NHS

We visited our friends down at Sheffield United for a two-day Valentine's takeover event to celebrate our collective love and support for the NHS.

**£10,218 raised!**

Sheffield Hospitals Charity logo featured on first team player shirts for the game against Swansea City to celebrate the 75th Anniversary of the NHS. Signed, match-worn shirts were auctioned, along side raffles, bucket collections and commemorative pin badge sales. Brand new mascot Charikitty made her debut appearance at Bramall Lane.

# We're already changing lives for the better for NHS staff...

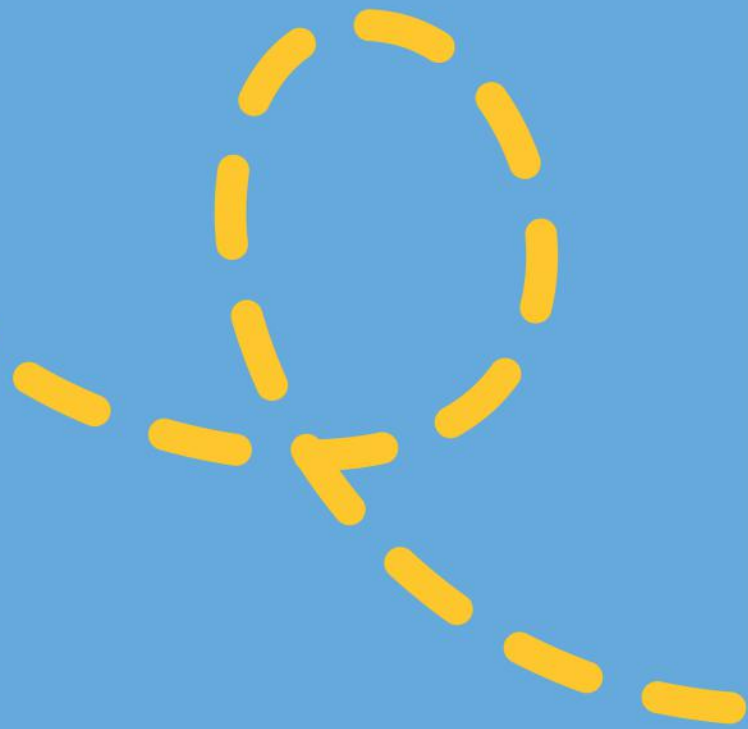
## £33,942 for Schwartz Rounds

**Thanks to our funding, NHS staff across Sheffield Teaching Hospitals NHS Foundation Trust have been able to attend monthly sessions that help them talk through some of the most traumatic or challenging moments in their day-to-day work.**

Schwartz Rounds involve a panel of 'storytellers' with different perspectives on themes such as 'A Patient I'll Never Forget', or 'Navigating the Menopause', and others in the room are given a chance to reflect on what they've heard or draw parallels with their own experiences.

Dr. Iolanthe Fowler, Clinical Director for Integrated Community Care at Sheffield Hospitals Trust, has been on the steering group for Schwartz Rounds since they began. Dr. Fowler believes they are an important piece of the wellbeing puzzle, because they give everyone the chance to talk about how their jobs affect them, without any obligation in those moments to solve problems, or review practice.





Everyone's under ever-increasing pressure, but there's a strong evidence base that compassion towards staff correlates with protection against professional burnout, and higher quality care for patients.

Schwartz Rounds are about encouraging each other to acknowledge that we're humans – dealing with intensely emotional situations. We're often haunted by the things that go wrong at work, or could have gone better.

Schwartz Rounds give us permission to talk about that.

**Dr. Iolanthe Fowler,**  
Clinical Director,  
Integrated Community Care at Sheffield  
Teaching Hospitals NHS Foundation Trust



# £24,117 for patient lounge refurb

Until 2022, the day room in the **Chesterman Wing** was an area of the **Northern General** often considered by patients and staff to be **'depressing and dated'**.

As a facility treating 54 patients at a time for serious heart and lung surgery, staff were keen to make it a more comfortable and hopeful space. They also wanted to create areas within the room to be able to have difficult conversations or talk through surgery, rather than having to resort to hospital corridors for privacy.

Our funding transformed the lounge into an airy, colourful and relaxed space, incorporating a frosted glass meeting room for privacy, a TV area, and coffee shop style seating arrangements, all of which help patients find momentary respite from their medical worries.



“

I remember wandering down there very slowly a few days after my operation to call my wife and have a chat. I was exhausted, lonely and, as you can imagine, not in the best of spirits – and to be honest the room did nothing to lift them. There was nothing wrong with it, but the plastic covered armchairs and whiteboards on the walls didn't make it a very friendly or inspiring place. I didn't stay long.

Two years later I came back to that room as a guest of Sheffield Hospitals Charity and it was unrecognisable. The Charity's funding had transformed the room into an oasis of calm and comfort – a place where patients like me can escape the stress and fear of heart surgery and relax with family and friends.

**Pete McKee,**  
Sheffield Artist and Chesterman Wing patient

”



# We're already changing lives for the better for patients...

## £11,800 for Citizens Advice Support

“

The Trust's Communicable Diseases and Specialised Medicine Directorate found that patients diagnosed with blood conditions like sickle cell disease or other rare anaemias often feel overwhelmed at how their long-term health issues are likely to affect other aspects of their lives.

Our funding has enabled a Citizens Advice Support worker to be in hospital one day a week, who understands the patients' needs. They are able to provide advice around employment, claiming benefits, managing debt, housing, or returning to work.

**SHC was delighted to fund this intervention to not only recognise but properly support people with the challenges they face as a result of these health issues. This project demonstrates that caring for patients involves so much more than just medical interventions.**

**Shasta Ashraf,**  
Director of Grants

”





# £60,610 for Cavendish Cancer Care

Our funding has ensured the ongoing provision of therapeutic services to patients being treated for cancer at the Weston Park Cancer Centre, the Palliative Care Unit at the Northern General Hospital, and the Haematology Wards at the Royal Hallamshire Hospital.

While patients are in hospital they're given time to share their symptoms and concerns with a therapist, who will recommend bedside treatments ranging from massage, Reflexology, Shiatsu, Reiki, Hypnotherapy and Relaxation therapy.

One patient, John\* at the Weston Park Cancer Centre had benefitted from Shiatsu after having been recently diagnosed with metastatic prostate cancer. Struggling to adjust to the stillness and solitude of his private room in hospital, he told his therapist, 'I'd love to do a spot of cooking or walk my dog,' and also mentioned that he was experiencing intense cigarette cravings.

Shiatsu helped him feel calmer, gave him time to chat, and his therapist also taught him about acupressure points in his body which he could use to help relieve his cravings.

\*not his real name



“

**It was a space for John to share his fears, frustrations and worries... I left him with points he could acupressure himself and provided some space for him to begin to process the enormity of his situation.**

John's Therapist

”

# We're already changing lives for the better for future generations

£235,321 for research into Facioscapulohumeral muscular dystrophy (FSHD)

“

**After being diagnosed with FSHD as a teenager, there was very little hope for me. No treatment. No cure. In recent years, the outlook for FSHD patients has started to change, with potential treatments finally entering clinical trials. The project my family have funded in Sheffield will play a vital role in ensuring the success of these trials; bringing the hope of a brighter future to a patient community in desperate need.**

Kate Fowles

”

FSHD (Facioscapulohumeral muscular dystrophy) is a genetic muscle disorder, which causes muscles in the face, shoulder blades, upper arms and other parts of the body to degenerate over time. As yet there is no cure, however, there are several new treatments being developed.

We've funded a four-year research project enabling a natural history study aimed at evaluating outcome measures for clinical trials. The study has the added benefit of improving existing care for FSHD patients in Sheffield. This was made possible through the incredible efforts of the Woodcock-Fowles family who have funded the project through personal donations and fundraising events.



# £298,408 for research into two Multiple sclerosis (MS) treatments

Multiple sclerosis (MS) is a condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation or balance. The immune system mistakenly attacks the nerves resulting in profound and lifelong disability.

We've funded a three-year research project to look at two treatment options on offer, to establish which should be offered to patients to ensure the best possible results for their health and wellbeing.



“

**Eleven years ago, I was diagnosed with multiple sclerosis. Nowadays, my disease controls my life. I feel exhausted all over, right down to my fingertips. Some days, every move I make is like wading through mud in wet, heavy clothes.**

**But the research going on here in Sheffield gives me hope. Hope that one day, I'll receive that call to say a cure's been found.**

”

**Allison Parfitt**

# We're proud to fund Arts in Health and Volunteer Services

£262,643 awarded in funding

Our funding supports a range of charity-funded artwork and music sessions to brighten the hospitals and keep patients entertained, reducing feelings of stress and isolation. We also fund the 'Pick Me Up Pages' resource for patients, providing a much-needed distraction, and volunteers across the hospitals who dedicate their time to support patients and visitors.



# Arts and Volunteer projects in 2022/2023 have included

## 300 Active Volunteers

35 unique roles, supporting on average 7,000 patients and visitors every month.

## Music Concerts

17 music concerts per month with over 60 concerts given, with around 120 patients benefitting from the concerts each month.

## Ward Activity Volunteers

250 activity sessions have taken place across 15 wards, supporting over 1,300 patients each year

## Pick Me Up Pages

Over 1,000 copies of this activity booklet were delivered to 35 wards and departments.

## Sympathy cards

Sent to bereaved families with Forget-me-Not seeds – Over 2,000 cards containing Forget-Me-Not seeds were distributed to bereaved families across 39 wards and departments.

“

All the work we do in the Volunteers Team and in Arts in Health is to improve the experience of patients in our hospitals as well as supporting visitors and staff.

This work would simply not be possible without the support we receive from Sheffield Hospitals Charity and the hospitals would be a less welcoming place and a less pleasant environment as a result.

”

**Emma Scott,**

Voluntary Services Manager,

Sheffield Teaching Hospitals NHS Foundation Trust

# We're proud to fund the Dementia Practitioner Service

The Dementia Practitioner Service works right across Sheffield Teaching Hospitals NHS Foundation trust, concentrating their work around enabling people with dementia and their carers to feel safe, valued, and well cared for. They aim to make the hospital experience positive for patients, families, carers, and staff.



## The work of the Dementia Practitioner Service concentrates on four main areas:

- Physical environment - ensuring people with dementia are able to navigate around unfamiliar environments thanks to dementia friendly features.
- Dementia awareness - giving staff the practical tools they need to care for people with dementia in their clinical areas.
- Dementia Champions - the team provides Dementia Champions with specialist support, advice and training, helping to share their new ideas and connecting and coordinating their work.
- Stimulation for people with dementia - through student 1:1s and an activity resource library.

# £237,778 in funding for the Dementia Practitioner Service was spent on...



Thanks to support from Sheffield Hospitals Charity we remain an important and flexible service, able to respond quickly and positively to evolving work in order to ensure the highest direct enhancement for people affected by dementia.



**Louise Page,**  
Lead Dementia Practitioner,  
Sheffield Teaching Hospitals NHS  
Foundation Trust

Creating dementia friendly environments using colour, texture and visual prompts

Enhanced dementia education for 800+ staff, delivering 51 sessions and creating 12 training videos

150 dementia champions to promote dementia friendly care across the hospitals

708 hours of student 1:1 time with dementia patients

A library of activity resources to help provide stimulation

# Our work is possible thanks to an army of community fundraisers who have together raised **£265,793**

## Barrie braves the zip line

Barrie Grimshaw, 83 years old, took on a 250M long, 13M high zip line challenge in October 2022 (on his 83rd birthday) to raise money for the Sheffield Hospitals Charity Pulmonary Fibrosis fund, after his wife was diagnosed with the lung disease. Thank you to the brilliant Barrie and his wife Margaret, and to their grandchildren who were there to cheer Barrie on - and do the zip line with him!



## Bake Off for Breast Cancer

Karen Johnstone, part of the Microbiology Lab Medicine team at Sheffield Teaching Hospitals, ran her annual bake sale and raffle to raise money for breast cancer.





## Mum on the move!

Alison Walters has been fundraising for Sheffield hospitals since 2018 when her 25 year old son Lewis was rushed to the Royal Hallamshire and given life-saving treatment for a brain condition known as hydrocephalus.

Since then Alison has been running and swimming to raise money for the neurology teams that saved Lewis, and who continue to monitor his health.

Alison says: “The care we received in neurology in 2018 was fantastic - they saved my son’s life. Without their intervention, he would not be with us today.”



“

Now I run and swim to try to raise awareness and donations to help continue with the much needed research Sheffield Hospitals Charity funds, and to say thank you to the neurology team at the Hallamshire for saving my son. I know how lucky we are.

**Alison Walters**

”



# Your donations mean the world

to those helped by  Sheffield  
Hospitals  
Charity

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**Donating**

**Playing our lottery**

**Fundraising for us**

**Leaving a gift in your will**

Find out how you can make a difference at  
[sheffieldhospitalscharity.org.uk](https://sheffieldhospitalscharity.org.uk)



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