

Read about the impact you have made to the lives of patients and staff at Leicester's Hospitals.

Spring 2025 Newsletter



Leicester
Hospitals
Charity



A new exercise bike is helping patients like Andy on the road to recovery

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Become a friend of Leicester Hospitals Charity to make great things happen

A little piece of home: Patients like Moez find comfort in a new patient day room

Thanks to your incredible generosity, Ward 33a at Glenfield Hospital has been able to transform their day room into a tranquil space for patients.

The ward specialises in the care of patients with serious cardiac conditions. For many, hospital stays are lengthy and emotionally challenging. The new day room has been created to provide a much-needed haven—a space where patients and loved ones can find peace and are able to recharge during their stay.

Previously, patients on the ward lacked a dedicated space to step away from their beds and the busy daily routine of the ward. Now, thanks to your support, a warm and welcoming space has been created, offering comfort and a small sense of normality.

The day room has been thoughtfully designed with patients in mind, providing a cosy sofa, a television with DVDs, and soothing décor to create a calming, homely atmosphere. Every detail, from the furnishings to the layout, was chosen by ward staff to ensure the room feels as homely as possible.

Sarah Partner, Staff Nurse on Ward 33a said, “We are so pleased to offer our patients a comforting space that brings a sense of home to the ward. Having the day room located on the ward means that even patients with limited mobility can easily access and enjoy this relaxing area. It’s wonderful to see how much it’s already being appreciated.”

Staff have also shared how the day room has become a space to help patients feel more at ease during their stay. And family members visiting their loved ones can appreciate having a more relaxed and calming space to spend time together.

Moez, from Leicester, who is awaiting heart surgery, said, “The new day room is wonderful and reminds me of my own living room at home. Because of my heart condition I can’t walk too far without becoming out of breath, so I’m unable to venture far. Spending time here has been such a comfort—it’s a little oasis away from the busy ward.”

This transformation wouldn’t have been possible without the ongoing generous contributions from supporters like you. Thank you for helping to make such a meaningful difference. Because of your support, there is now a space where patients can experience comfort and a little sense of home during their hospital stay.



Patients like Moez can now find comfort in the new day room



The new fully refurbished day room provides a little piece of home on Ward 33a

A simple act of kindness: How your support is providing vulnerable patients with dignity and respect in their time of need

Because of you, Leicester's Hospitals can continue to offer a clothes bank service for patients in need, ensuring comfort and dignity during vulnerable moments.

Every week, many patients arrive at Leicester's Hospitals in damaged, or inadequate clothing. This can often be a result of emergency situations where clothing must be cut away or sometimes due to personal circumstances. For many, leaving the hospital can present significant challenges—especially for those without family, next of kin, or access to suitable clothing for discharge.

Your support means that a clothes bank service is available across Leicester's Hospitals, which is fully stocked with unisex essentials like jogging bottoms, jumpers, and T-shirts in a range of sizes.

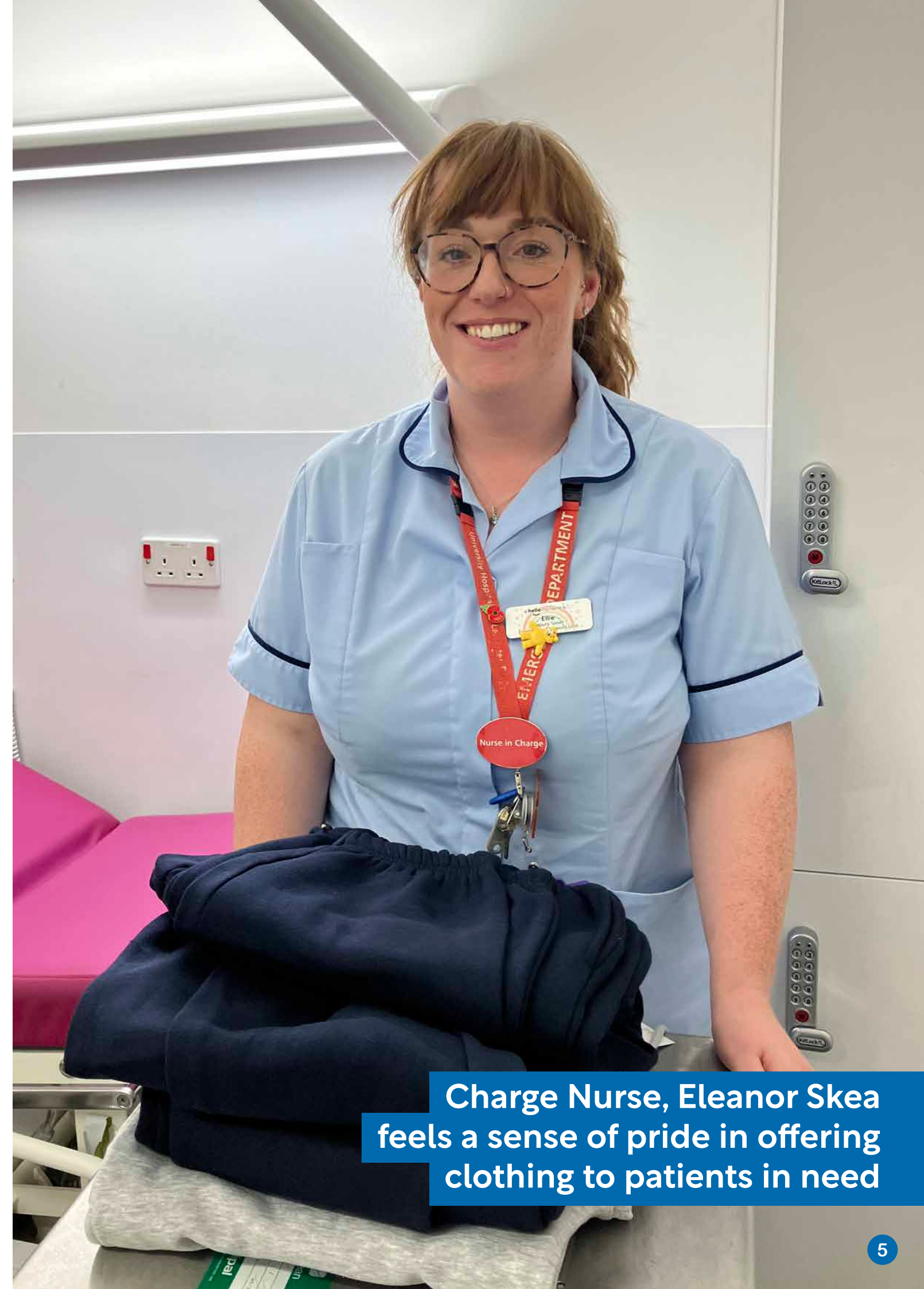
For staff at Leicester's Hospitals, being able to offer clothing to patients in need is an important and valued part of the care they provide. Something as simple as a clean set of clothes can make a real difference to a patient's wellbeing when leaving the hospital. Knowing they can provide this support gives many staff a sense of pride and reassurance that they are helping patients beyond their immediate medical needs.

Eleanor Skea, Ward Sister on the Emergency Decisions Unit at Leicester Royal Infirmary, shared, "I see firsthand the impact the clothes bank has on our patients. It's a simple act of kindness, but it means so much. Making sure someone has clean, comfortable clothing does more than just meet a basic need – it helps restore their dignity in a moment of vulnerability. I often see the relief on patients' faces when we offer them something clean and comfortable to wear, and in that moment, their smile says it all. It's incredibly rewarding to know that such a small gesture can bring so much comfort."

Whether it's someone who was admitted in damaged clothing after an emergency or a patient without access to spare clothes, being able to provide this support makes a difficult time a little easier. A thoughtful act like this not only provides warmth and dignity but leaves a lasting impact on a patient's experience.

It's no secret the pressures our hospitals sometimes face. With suitable clothing readily available, patients can leave the hospital on time, helping to ensure that Leicester's Hospitals can run smoothly and compassionately.

This initiative is only possible because of you and your continued support. Your kindness has helped to create a humble but impactful provision for some of the most vulnerable people in our community, offering care, compassion, and respect when it's needed most.



**Charge Nurse, Eleanor Skea
feels a sense of pride in offering
clothing to patients in need**

Powering recovery: New exercise bike is enhancing patient care

A new exercise bike is making a significant difference for patients like Andy recovering from thoracic surgery at Glenfield Hospital.

Over the last year, Andy, a 63-year-old retired printer from Northampton, has faced a challenging health journey. In November, he was admitted to Northampton Hospital with difficulty swallowing due to complications following a cancer diagnosis. After receiving initial treatment on his oesophagus, Andy was transferred to Leicester Royal Infirmary for specialist care, before eventually being moved to Glenfield Hospital for life-saving thoracic surgery. Over the course of his treatment, Andy underwent multiple procedures, including repairs to his diaphragm and treatment for a serious lung infection.

Given the length of his hospital stay and the physical toll of the surgeries, Andy's rehabilitation needed a carefully managed exercise plan to help him regain his strength. Thanks to your support the new exercise bike has proven to be invaluable. "You don't realise how much muscle strength you lose after being unwell for so long," explains Michelle, a Clinical Specialist Physiotherapist at Glenfield. "Getting patients moving as soon as possible is vital to prevent complications like chest infections or blood clots, and to rebuild their fitness. The bike allows us to provide a safe, engaging way for patients like Andy to exercise, even when they're still attached to equipment like chest drains."

For Andy, the bike has also lifted his spirits. "It's been fantastic to have something like this," he says. "It's helping me to build my strength back up. I'm hoping to get home soon, it's been hard being away from my family. I can't wait to get back to my eight grandchildren and my drum kit. I'm even hoping to be fit enough to visit Dubai this summer."

The bike also enhances the physiotherapists' ability to tailor care plans. "For some patients, walking isn't always possible due to other health conditions like arthritis," Michelle adds. "The bike provides a weight-free way to exercise and is especially helpful for patients preparing for the next phase of their treatment, such as chemotherapy or radiotherapy."

The exercise bike supports the therapy team's commitment to Enhanced Recovery After Surgery (ERAS) principles, which encourage early mobility and empower patients to take an active role in their recovery. Studies show that getting patients moving sooner can reduce hospital stays and improve overall outcomes.

Andy's recovery story is a testament to how beneficial this equipment can be for patients. "When you've been in hospital for a long time, the days can feel endless," Michelle says. "The bike doesn't just help physically—it makes rehabilitation more engaging. We're very grateful for the incredible generosity of donors. You've helped to provide the best possible care for patients like Andy."



Andy enjoying the chance to get moving with support from Michelle

The team are delighted with the new exercise bike, helping to provide the best possible care



Leicester's new Chemotherapy Suite: Enhancing cancer care for our community

The expanded and refurbished Chemotherapy Suite is now open, transforming the treatment experience for cancer patients from across the community.

On 21 October 2024, the new Chemotherapy Suite at Leicester Royal Infirmary opened its doors to patients. After months of extensive work and moving to temporary clinical spaces it was a proud moment for everyone to be able to resume services in a newly refurbished and extended space. Thanks to your incredible generosity and the invaluable support from GEMS Charity, this state-of-the-art facility is transforming the care and treatment experience for patients across Leicestershire and Rutland.

As demand for chemotherapy has grown over the years, the expansion was necessary to ensure more patients receive timely, comfortable, and effective treatment in a modern facility that is fit for purpose.

An extraordinary £700,000 was raised by the community, funding refurbishments, the addition of new treatment chairs and updated equipment. Because of your support an additional 4,000 chemotherapy treatments will now be possible every year, offering more people hope in their fight against cancer.

The feedback has been overwhelmingly positive, with patients and staff alike praising the difference the new space is making. Staff have noted how the spacious layout and calming design have created a more welcoming environment, easing the anxiety that can often come with cancer treatment.



The newly refurbished and expanded suite can accommodate over 4000 more chemotherapy treatments a year



Victoria Price receiving her first chemotherapy treatment in the new suite

Victoria Price was one of the first patients to receive treatment at the new facility. She said, "The new suite is lovely. Today is my first treatment, and I was very nervous, but I felt so reassured when I came in. The room is so nice, and the staff are so kind, it has made me feel really relaxed and at ease."

Rebecca Brennan, Oncology Matron, shared her heartfelt gratitude by saying, "This project represents the compassion and commitment of our community. Thanks to you, we can now provide a brighter, more comfortable environment where our team can deliver life-saving care to even more patients for years to come."

GEMS Charity have been a pivotal supporter of cancer care in Leicestershire for years, and their dedication to closing the fundraising gap ensured we completed the project on time. Our partnership highlights the lasting impact charities can have when they work together for a shared cause.

Sally Anderson, Founder of GEMS Charity, said, "We felt it was important to close the fundraising gap for the appeal to allow patients to feel comfortable and receive their treatment in a fresh and bright environment as quickly as possible. We are very proud to have partnered with Leicester Hospitals Charity to complete this project. We hope this space will support patients in their vital cancer treatment. This achievement shows the power a community can have."

As we celebrate this incredible milestone, we want to thank every donor, supporter, and partner who made this project a reality. Your generosity has brought hope and comfort to countless patients and their families, transforming the cancer care experience in our hospitals. Together, we have achieved something extraordinary, and we hope you share in the pride of knowing the difference you've made in making great things happen.



Matron, Rebecca Brennan is proud to treat patients in the new Chemotherapy Suite

A Dose of Dance: Helping patients to keep moving and stay positive

Patients like June are being uplifted whilst building strength and confidence through music and dance.

The Dose of Dance programme, which was developed in partnership with Virtual Motion Dance Company, is providing a new hospital experience for patients through creative, dance-based movement sessions. Helen Stirland, as Director of Virtual Motion Dance Company, has been working alongside Occupational Therapists across Leicester's Hospitals. This unique partnership is bringing creative ways that help patients in recovery.

Helen ensures that each session is personal to the patient, tailoring the movements to meet their individual needs. Patients who are unable to leave their bed can still participate in carefully adapted dance exercises designed to work within their physical capabilities.

These sessions do more than just encourage physical activity. They bring moments of joy, connection, and positivity to patients during challenging times. For June, an 85-year-old patient from Wigston, this activity has provided a fun way to socialise with other patients and staff during her hospital treatment.

After a series of falls resulted in a brief stay in hospital, June was determined to rebuild her strength and confidence in order to return home as soon as possible. She described the sessions as both fun and empowering, "Even if you only do a little thing, it's magic. Sometimes the little things are the most important. I've really enjoyed the sessions and will practice the dance moves when I'm back home."

Patients like June aren't the only ones noticing the benefits. As, Adeola Adewole, a Senior Occupational Therapist explains, "A Dose of Dance is helping patients feel reassured and confident in their ability to move, making them brighter, more motivated, and more willing to participate in therapy."

"The activity provides physical benefits by improving strength, range of movement, and coordination, with many of the dance movements based on upper and lower limb exercises that patients can continue at home. It also helps to reduce deconditioning, which is a major focus for us."

Deconditioning occurs when patients, due to illness or surgery, experience muscle weakness, reduced mobility, and overall physical decline from inactivity. This programme encourages patients to stay active, which plays an important role in reversing these effects, ensuring that they're stronger and more confident as they continue their recovery.

Thanks to your support, initiatives like a Dose of Dance are making great things happen by helping patients rebuild strength, providing joy and connection with others.



**Helen Stirland inspiring joy
and encouraging patients
to keep moving**

**June enjoying her
Dose of Dance**



Have you considered a monthly gift?

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NHS
University Hospitals
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£5
A MONTH

could help to fund clothing that helps vulnerable patients upon discharge

£10
A MONTH

could help to refurbish patient day rooms and provide a little piece of home for patients like Moez

£20
A MONTH

could help to fund new equipment like exercise bikes that help patients like Andy recover



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