

Support

Guy's and
St Thomas'

Your Impact



Summer 2020

The difference you make

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We're sharing these stories because we value your support and want you to know how much of a difference you make.

We'll be in touch throughout the year with more inspiring updates!



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Guy's and St Thomas' Charity.
Registered Charity No. 1160316.

Your Impact

Summer 2020

Featured in this issue

Virtual
support
groups for
patients
page 4

Staff
wellbeing
and mental
health page
page 6

Supporting
children's
services in
London
page 11

Virtual support groups for patients with prostate cancer

Ted has been attending support groups at Guy's and St Thomas' for patients with advanced prostate cancer since February 2018. When the coronavirus outbreak began, like most routine appointments and services, the groups had to be temporarily suspended.

However, thanks to your incredible donations, the sessions have been able to continue remotely.

Above:
Ted and his wife Susie.

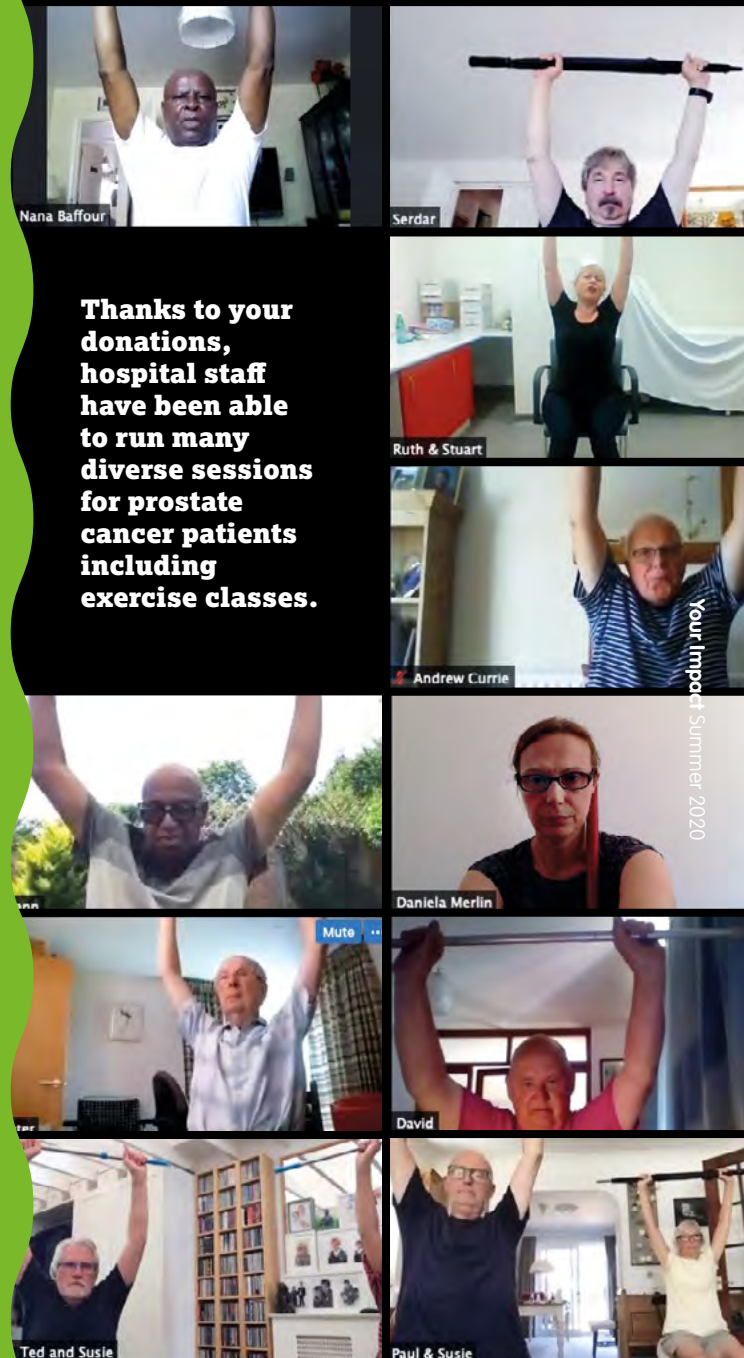
'It was tricky doing it online at first, but we soon all got used to it,' says Ted. 'If they stopped now, I think we'd all feel a bit lost.'

'You really care for the people in the group, and some of them are very poorly. So we're still all able to be there supporting each other. It really is like a family.'

The sessions are organised by Project Coordinator Daniela Merlin and Clinical Nurse Specialist, Louisa Fleure.

'Our patients have been so grateful for the opportunity to stay connected and continue to receive support from their groups,' says Louisa (inset). 'Most are self-isolating or shielding, so the opportunity to meet and share experiences, get support and have some fun as well, has been invaluable.'

If you'd like to support more services like this, find out how to give today. supportgstt.org.uk



Thanks to your donations, hospital staff have been able to run many diverse sessions for prostate cancer patients including exercise classes.

Supporting staff wellbeing and mental health

Hardworking staff are benefitting from new Wellbeing Zones that have opened across the hospitals and community sites, **thanks to your donations.**

The zones are drop-in spaces where staff can access psychological support, soothe aches and pains in a massage chair, or simply take a comfort break.

‘Our staff have been able to enjoy so many things as a result of people’s kindness and generosity,’ says Valerie Boso, Wellbeing Advisor. ‘I’ve noticed the relief and sheer gratitude that people feel as they’re able to leave all the challenges behind the door.’

“Most popular is our massage chair; staff queue up for that all the time. And there’s also an exercise bike.”
Valerie Boso, Wellbeing Advisor

Right: Staff at Whittington Centre Wellbeing Zone.



Making it safer at Guy's Cancer with digital consultations

Guy's Cancer has made a huge leap in the amount of digital consultations carried out, thanks to your donations.

Before the pandemic, less than 5% of consultations were carried out virtually. Now, Cancer Services are providing virtual appointments to over 70% of patients for their follow-up consultations.

This makes the experience for new patients, who need to attend their consultations at the Cancer Centre in person, much safer.



‘Equipment such as headsets and iPads have been bought to help staff to deliver remote consultations more effectively,’ says Alice Jenner, Strategy and Planning Manager at Guy's Cancer. ‘We anticipate continuing with a higher proportion of consults being virtual, and will be better set-up for the future.’

Donations support local mobile cancer services

Guy's Cancer patients can now have essential tests done closer to where they live, thanks to your donations.

Before chemotherapy patients can begin their treatment, they first need to have a blood test. To minimise potential exposure of them to coronavirus, tests take place in south London, meaning there's no need to travel to the hospital on public transport.

Christine Harley attended the new service local to her in Beckenham, ahead of her fourth round of chemotherapy treatment for ovarian cancer.

'It's a really positive idea,' says Christine. 'You're not bumping into different people or waiting around. I'd rather stay local than go into central London.'

Information videos for cancer patients

Your support has helped to create special videos for cancer patients who cannot currently attend their usual appointments.

Staff from services such as physiotherapy and speech and language therapy have made short films which aim to help patients manage their conditions and symptoms at home, and access information remotely to support them during their cancer treatment.

'Patients can see the exercises they need to do, and can refer back to the information as required,' explains Alice Jenner, Strategy and Planning Manager at Guy's Cancer. 'Without these videos, patients would have to rely on their recollection of exercises being demonstrated, along with pictures and written materials, which is likely to be much less effective.'



Training staff to adapt to new clinical challenges

Vital staff training of new procedures that help avoid infection and transmission of coronavirus is being delivered virtually, thanks to your donations.

New recording equipment has allowed the training centre to create e-learning resources and live-stream teaching sessions, meaning they reach a wider audience whilst staying within the guidance of socially distanced learning.

Gareth Power, Senior Simulation Engineer says: 'Without the generosity of donors, we would not have been able to support the huge number of clinical staff who are doing a fantastic job in one of the most testing environments they have ever experienced.'

Right: Staff being trained on the new procedures.





A true inspiration



Thank you to phenomenal five-year-old Tony, who has raised over £1.5 million for Evelina London by completing a 10-kilometre walk.

Tony suffered injuries as a baby, which sadly meant he had to have both of his legs amputated in 2017.

He has been cared for by Evelina London since he was 41 days old. To show his thanks, Tony decided to walk 10 kilometres throughout June. It also made for great practise using his first ever pair of prosthetic legs!

A huge thank you to every single person who supported Tony. His original target was £500, which it's safe to say he well and truly smashed!

'Tony is over the moon to have raised so much money,' says his mum, Paula. 'Evelina London is like a second home for Tony and the staff are like family. It feels wonderful to give back to a place that is so special to us.'

Emerging impact of coronavirus on children

Evelina London's leading experts were the first in the world to report on the emerging impact of coronavirus on children.

In April, a cluster of children were seen with symptoms similar to toxic shock syndrome and Kawasaki disease such as inflamed blood vessels. After finding out that the children had been exposed to coronavirus, staff raised a national alert to other hospitals.

Teams from Evelina London, Great Ormond Street Hospital and Imperial

College London worked tirelessly to identify what was causing healthy children to fall ill.

Together they discovered a new condition called paediatric inflammatory multisystem syndrome (PIMS-TS) and research is now underway to understand more about the causes and long-term impacts. Thanks to Evelina London, hospitals globally can spot and treat PIMS-TS earlier, helping children get better sooner.



Supporting other children's services throughout the crisis

Evelina London is working with other hospitals in the region to support their children's services, if needed.

Services such as intensive care and general surgery have been brought together at Evelina London, and planning is in place in case more are needed. Staff rapidly adapted to working in new or different clinical areas, and many of the administrative team have also taken on new challenges.

Zara Morgan's usual role is Patient Pathway Manager for Private Patients. Whilst shielding at home, she was reassigned to support the Redeployment Team with vital admin tasks.

'I'm immensely proud of how willing staff were to support the redeployment across the Trust,' says Zara. 'It demonstrates what a wonderful workforce we have, who were so quick to adapt and support in whatever way they could.'

Thank you for keeping us all going

We'd like to say a huge thank you to everyone who has supported our coronavirus appeal so far. The kindness and generosity of our amazing supporters is helping to keep our Guy's and St Thomas' family going.

From doctors and nurses, to porters and housekeeping assistants, all the NHS staff are going above and beyond on every shift to tackle this pandemic. Seeing you rally around them in their time of need, is giving them all the strength to meet the challenges that they face.

'You are all amazing and will be remembered in history. Stay strong.'
Amina

'Thank you for all your hard work, bravery and dedication to helping others! You are all phenomenal!'
Bella

A special message of thanks to the thousands of generous donors that supported staff, including:

- John and Ami
- Victoria
- NHS Charities Together
- Peter Sowerby Foundation
- United Way on behalf of Wells Fargo
- Orsted
- Schroders

'The NHS saved my wife's life three times. We love the nurses, doctors, specialists, secretaries. Sending hope and love.'
John and Ami



Left: A selection of thank you cards sent in by our little patients.



Image: Floral display created and kindly donated by Early Hours. Photograph by Nataly Jennings.



'Thank you; you risk your lives to help other families and for that I applaud you.'
Petite



Image:
A message of support outside St Thomas.

'Thank you for your dedication and bravery. You protect us and we will do all we can to protect you, our NHS heroes.'

Victoria

'You have looked after my daughter with such care, to which I am eternally grateful. Thank you.'

Stephanie

Caring for our carers

What's been crystal clear throughout this extremely challenging time is the incredible way people have rallied together within our Guy's and St Thomas' family. From individuals and families, to businesses, to staff, through to patients. This is a community we can all feel extremely proud of. Thank you.

120 companies have kindly donated a range of goods and services worth **£512,000**

These include:



20 nespresso machines plus monthly donation of £1,000 worth of Nespresso pods from **Hoare & co** for duration of pandemic



3,000 nut snack bags from **Boundless**



800 packs of dates and 30 boxes of fruit from **Feed our Frontline** worth £9,500



Three pallets of toiletries from **Unilever** And much more!

Cash donations were also made:

Ørsted donated **£25,000**

Electralink donated **£10,000**

United Way on behalf of **Wells Fargo** donated **£30,000**

East Alpha Ltd donated **£10,000**

1,746 individual donations made to our coronavirus appeal. Thank you!

Can you help?

Your donations help fund life-saving equipment, life-changing research and better facilities for patients and staff – over and above what the NHS can provide.

£30

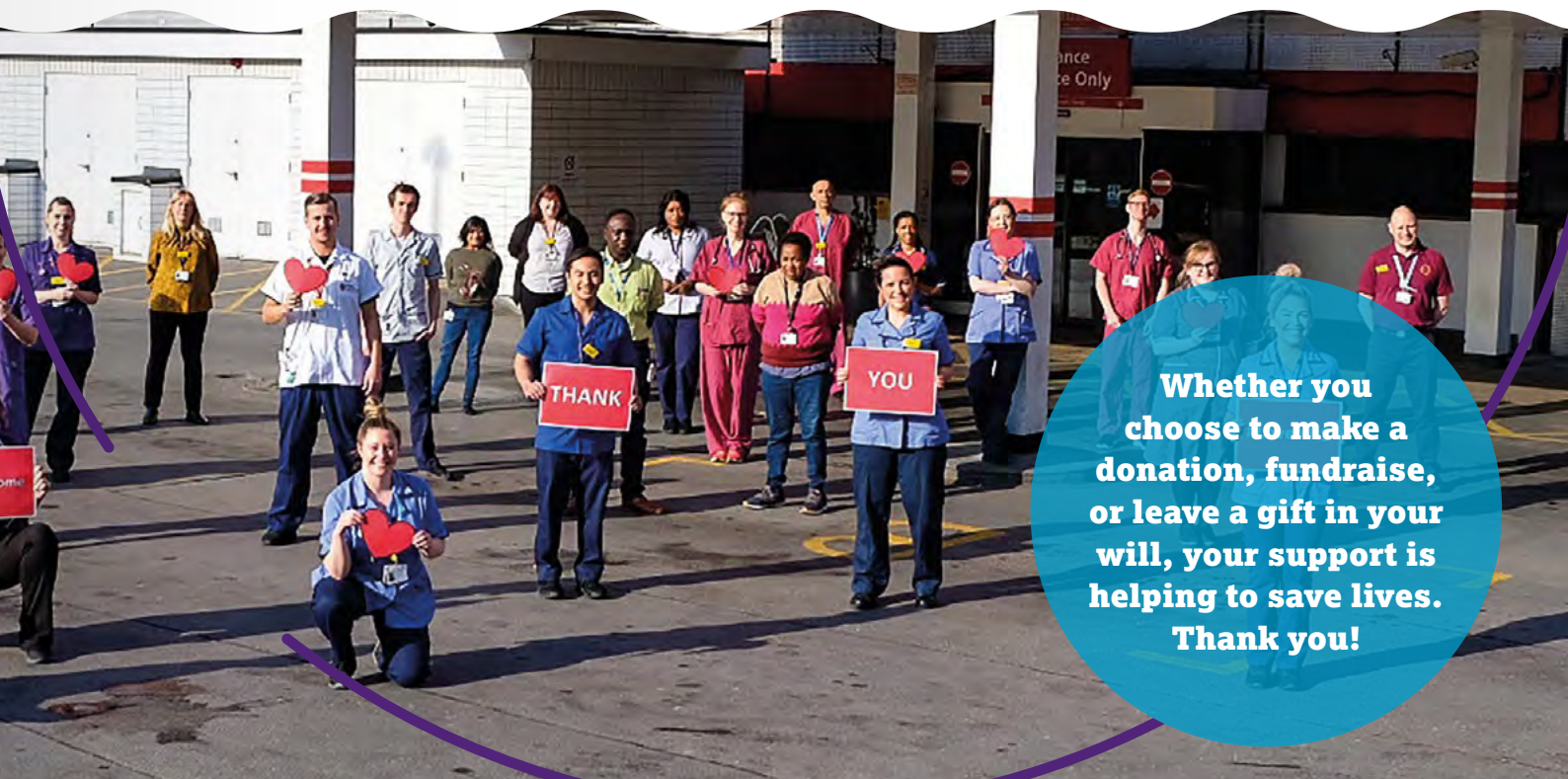
could give a coronavirus patient access to some home comforts during their stay in hospital, as well as a food pack of cupboard essentials for 2-3 days' meals when they go home.

£50

could help us carry out blood tests for 27 cancer patients at mobile centres closer to where they live, reducing the need to travel into hospital.

£115

could pay for educational equipment that enables more staff to access vital training in response to the coronavirus pandemic.



Whether you choose to make a donation, fundraise, or leave a gift in your will, your support is helping to save lives. Thank you!