



Our charity is Heartlands Cystic Fibrosis Centre, registered charity no. 1074745

Matthew's Appeal.....



Cystic Fibrosis Patient room refurbishment

Matthew Smith has attended the West Midlands Adult Cystic Fibrosis Centre at Heartlands Hospital Birmingham for 16 years. He is one of over 350 patients that attend our CF Centre and benefit from the first class services.

The trustees and supporters have completed the refurbishment of 4 dedicated patient rooms costing £80,000 already raised. Work is already advanced to improve 7 further rooms using resources set aside for the purpose. We now need to raise a further £180,000 to improve facilities in the final 9 rooms, to provide the 'home from home' standard that our patients need for their optimum care.

Together we can tackle the daily fight against cystic fibrosis, improving the lives of our patients and hopefully provide them with an even better outlook for the future.

Can you help support our new fundraising venture?

Providing Excellent Care for Cystic Fibrosis

West Midlands Adult Cystic Fibrosis Centre.

Our centre was opened in 2002 and is situated in Heartlands Hospital, Birmingham. The centre has four consultants, specialist teams of nurses, dieticians, physiotherapists, social workers and a psychology team.

Today most people with CF live longer lives to the full, with careers, relationships, families and the same hopes and aspirations as the rest of us.

This condition affects mainly the lungs and digestive system, a progressive disability which is difficult to treat without specialist support. Regular intravenous medications, physiotherapy and specialist dietary requirements are needed. In recent years lung, liver and kidney transplants are available to fight CF and can extend the lives of patients considerably. Sadly CF still leads to early death for many.

Due to the risks of cross-infection, care is provided in 20 individual rooms, with treatment areas, an out-patient clinic, a gym to promote exercise to help clear the lungs and a kitchen to meet special dietary needs. Many of our patients need to be hospitalised regularly and can often stay in continuously for weeks or months. Some spend their final days in our centre.

After our new centre was built we continued the charity to provide facilities for our centre and it's patients. Most of these were purchased through donations which are for example, laptops, holistic therapies, conference expenses and research grants.

Our current fundraising project

During 2018 we commenced a project to improve facilities in all the rooms in our centre, Each room needs bespoke design and different facilities. We appeal to you or your organisation to help raise funds to finish the project.

We need your support.



Our current patient rooms....



...the new patient rooms.

From concept to reality

The refurbishment project started by updating 4 of our 20 rooms, which had become tired after 16 years of intensive use. This included new ensuite facilities, furniture, larger TVs, refrigerators, Wi-Fi and safes.

The air exchange & ventilation system was improved to reduce infection risk, essential changes being funded by the NHS. However our Hospital Trust is unable to fund the refurbishment of our centre which functions as a hospital ward.

Interior designers created some exciting and colourful designs, responding to patient requests to bring 'the outside in'. We would like to complete the refurbishment of all 16 rooms by 2022.



Matthew says....

"The patient rooms that have already been refurbished are decorated to a high standard, with coloured murals, a compact fridge for my medications and the extra snacks I need to maintain my calorie intake. Free Wi-Fi, TV, radio facilities, laptops and secure safes enable some patients to continue their studies whilst receiving in-patient care.

The ensuite shower rooms are clean, spacious and do not feel like a hospital facility. The rooms now feel less like a hospital and more like a home. They are clean and safe for my young family to visit.

Everyone will be wanting admission to one of the new rooms. I hope it won't be too long before this whole project is complete."

Please support us.



Ways you can help

Any donation goes directly towards supporting our CF Centre and our patients, many of whom are severely affected by this life-limiting disease.

We still need to raise a further £180,000 and are grateful for any donation, small or large. We hope that some may feel able to fund the refurbishment of 1 or more rooms, through a single gift. Generous donations will be recorded on a plaque displayed in the Centre.

You can donate to our Charity in the following ways.

- **Write a cheque to our charity**

Heartlands Cystic Fibrosis Centre

The Secretary

Ward 26, Birmingham Heartlands Hospital,

Birmingham B9 5SS

- **Visit our website and securely donate direct or via JustGiving at**

JustGiving™

www.heartlandscf.org

- **Donate via www.easyfundraising.org.uk**



- **Leave a legacy in your will**

You can make a difference by leaving a gift in your will for the 'West Midlands Adult Cystic Fibrosis Centre'. Legacies are greatly appreciated and it advisable to speak to a solicitor about this.

Please contact Sarah Lovatt for further details or speak to Dr David Stableforth. David was one of the founders of our CF Centre in 2002 and is now one of our trustees.

Thank you for your support

Providing Excellent Care for Cystic Fibrosis



University Hospitals Birmingham
NHS Foundation Trust



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CF Consultant & Chairman
of the Trustees

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Dr David Honeybourne
Founder Trustee



Dr David Stableforth
Founder Trustee
Tel: 07773 382 025

You can download a PDF brochure and find further details about the CF centre and our charity at:

www.heartlandscf.org