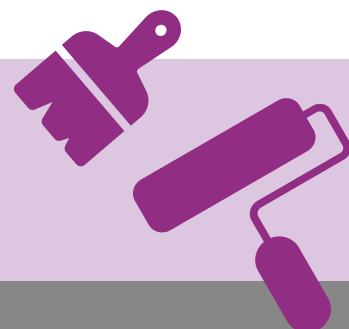




OPERATION RENOVATION



We **URGENTLY** need your support

After 22 years of intensive use our Centre, which houses some of our sickest respiratory patients, needs radical refurbishment. These much-needed upgrades come at high cost but, as the NHS has limited funds, the money is being raised by our charity. To date, Heartlands Cystic Fibrosis Centre charity has successfully refurbished eleven of our twenty rooms with charitable donations but...

It will cost **£280,000** to complete the final stage of this ambitious programme and complete the upgrades of our unit. We have already secured **£103,000** – now we need your help to raise the final **£177,000**.

Many patients spend several months at a time in these hospital rooms, particularly near to the end of their lives. Please help us to provide the high quality supportive 'home from home' surroundings patients need for their optimum care.

Existing NHS Room



Charity Refurbished Room



West Midlands Adult Cystic Fibrosis Adult Centre
Birmingham Heartlands Hospital, Bordesley Green East, Birmingham, B9 5SS

Trustees: Miss Louise Bandy, Mrs Joanne Barrett RD BSc (Hons) MRes, Mrs Jane Bull MBE, Mrs Nicky Gilday, Dr Neil Patel, MBBS (Lond), MRCP, MRCP (Resp), PhD, Mr David Sellers BA (Hons), Dr David Stableforth MA, MB, BCh, FRCP, Mrs Jacqui Wainwright and Dr Joanna Whitehouse MB, BS, Phd, FRCP



About the Centre

It is situated in Heartlands Hospital, Birmingham and opened in 2002 after the charity raised £2.25 million, part funded by the NHS, and donations from patients, families and charitable trusts. It has four consultants, specialist teams of nurses, dietitians, physiotherapists, social workers and psychologists - all providing that much-needed specialist care under one roof. Since its opening the West Midlands Adult Cystic Fibrosis Centre has delivered exceptional care to thousands of people living with CF and other serious terminal respiratory conditions. According to the UK Cystic Fibrosis Registry there are over 11,000 patients living with cystic fibrosis (CF) today.

Within the Centre, due to the risks of cross-infection, care is provided in 20 individual en-suite rooms. There are 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, some spend many months and their final days here with us. Our relatives room enables families to stay and spend those precious final hours with their loved one.

In 2008 the average life expectancy was 26 years but, with new CF treatments and multi-disciplinary care in Centres like ours, people born today have an average life expectancy of 56 years. Cystic Fibrosis is the most common genetically inherited disease in the UK, it is life-limiting and affects mainly the lungs and digestive system requiring regular intravenous medications, physiotherapy and specialist dietary requirements. It is a progressive disability which is difficult to treat and needs highly specialised medical support. Damage to body systems can be so severe that a lung and/or liver transplant may be required and can extend the lives of patients considerably. Unfortunately, half of patients who are eligible die waiting for transplantation. Even with advancements in new medicines, CF sadly still leads to an early death.

Please support us.

We need your support.

About Operation Renovation

The new patient rooms provide softened homely surroundings with bright uplifting nature-themed décor. The ensuite shower rooms are constructed with bacteria minimising materials and easy-control showers are clean and spacious. The enhanced care environment maintains privacy and dignity and does not feel like a hospital, providing space to manage complex symptoms and giving the quality of care patients deserve. Each room has a secure safe and a compact fridge for medications and essential extra nutrition. Free Wi-Fi, smart TVs and laptops provide vital links with the outside world, these connections are important for good mental health and well-being and enable some long stay patients to continue with their studies in hospital. Each room has a soft reclining chair that can be adjusted to various positions allowing patients to feel comfortable and rested.

As a result of charitable funding patients can receive holistic therapies, such as reflexology to assist with relaxation and pain relief. Our crisis fund provides vital relief for patients in financial hardship. Additionally, Heartlands Cystic Fibrosis Centre Charity supports online psychological support groups for patients, online CF diabetes education and research funding for the CF clinical team.

Current NHS Patient Room



Charity Refurbished Room





Ways you can help

We are grateful for any donation, small or large. We hope that some may feel able to fund the refurbishment of one or more rooms, through a single gift.

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**

Make a bank transfer to our charity

Please contact David Sellers for further information.

✉ david.sellers1@gmail.com ☎ **07841 435300**

Visit our website and securely donate direct

JustGiving®

🌐 www.heartlandscf.org

Leaving a legacy in your will

You can make a difference by leaving a gift in your will, legacies are greatly appreciated and it is advisable to speak to a solicitor about this.

Please contact Jane Churchill or David Sellers for further information.



www.heartlandscf.org



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of Trustees



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Treasurer
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Dr David Stableforth
Founder Trustee
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Thank you for your support
Providing Excellent Care

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