



President: The Earl of Pembroke

# Your Hospital, Your Health, Your Charity



*"The Stars Appeal  
made my time in hospital  
with leukaemia easier"*

Meet Florence – pages 4 & 5

**Inside – see the difference your support is making...**

2022/2023 Update

# Welcome

As we write, your donations and fundraising are enabling us to help hundreds of patients, families and NHS staff at our Hospital in Salisbury – thank you.

Over the last year we've opened the Hospital's first ever midwife-led birthing suite, doubled the number of vital signs monitors on the Hospital's wards, launched free TV cards, toiletries and clothing for patients in need and continued funding ongoing services such as hospital chaplaincy, free Wi-Fi and support for hospital staff's mental and physical wellbeing.

We've also welcomed Stephen Oxley as our new Fundraising Committee Chairman, taking over from Penny Brown, who did such a brilliant job during her three-and-a-half year tenure and to whom we extend our sincere thanks.

Despite the challenging circumstances, your support has been nothing short of magnificent and all of your donations and fundraising are hugely appreciated. Thousands of you went along to fundraising events, including the hugely successful Rockbourne and Berwick Fairs and over 1,500 people turned out to Walk for Wards in July. That same weekend, Lord and Lady Pembroke's Charity Auction at Wilton House raised an incredible £104,000. It was at this event where Florence, our cover star, first shared the story of her treatment for leukaemia and how her time in hospital was enhanced by the Stars Appeal. It is stories like this that inspire us all as we continue to strive towards the £1million we aim to raise each year to make our Hospital even better.

We hope you enjoy reading about the difference you are making. We never forget it is only your generosity that makes our work possible – thank you. We wish you all a very peaceful and Happy Christmas and New Year.



*Stephen Oxley*

**Stephen Oxley**  
Chairman  
Fundraising Committee



*The Earl of Pembroke*

**The Earl of Pembroke**  
President



*Mr Graham Branagan*

**Mr Graham Branagan**  
Consultant Surgeon and  
Lead Clinical Ambassador

The Stars Appeal is the NHS charity for Salisbury District Hospital. Every day Stars Appeal funded projects help hundreds of patients across all wards and departments and support the NHS staff who care for them.

The Stars Appeal – Salisbury District Hospital's Charity  
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If you no longer wish to receive this newsletter, your contact details have changed or you would rather receive it by email, please let us know.

With thanks to Salisbury NHS Foundation Trust Communications Team, Spencer Mulholland, Simon Ward and John Rose for taking the pictures that appear in this update.



The Stars Appeal is the working name of Salisbury District Hospital Charitable Fund registered charity no. 1052284. Read our privacy statement at [www.starsappeal.org](http://www.starsappeal.org) This newsletter is printed on paper from responsible sources and is fully recyclable.

# New Vital Signs Monitors Provide Enormous Benefits



Dr Jim Baird and Dr Duncan Murray celebrate the arrival of the monitors with technicians Melissa Hadrick and Jake Hand

Your generous donations have made it possible for the Stars Appeal to fund 63 additional vital signs monitors that will be used across the Hospital, doubling the amount available to patients.

The new state-of-the-art mobile vital signs monitors are used for measuring the pulse, blood pressure and heart rate, tests which are performed regularly on every patient in the hospital, multiple times each day. They cost £75,000 in total.

Dr Duncan Murray, Deputy Chief Medical Officer and Stars Appeal Ambassador, welcomed our funding of the new monitors, which will “provide enormous benefits” by improving the hospital experience for patients and nursing staff. The boost in the number of these monitors at the hospital will mean staff spend less time seeking an available monitor to use, and will therefore have even more time available to care for their patients. The additional machines will also mean monitors being moved between fewer patients which will help to reduce transmission of infection.

Dr Murray said: “They are an absolutely core part of routine observations and bedside nursing work. Anything that can be directed to improve the experience and outcomes for our patients first and foremost is always welcomed. If it can improve the working arrangements and experience of staff that directly impacts on the patient experience, that is also good. These monitors achieve both, which is great, and I extend my thanks to everyone who supports our charity and helps us to fund the extra equipment that helps so many.”



# Meet Florence, just one of the local people your donations help



12-year-old Florence Burgess from Maiden Bradley, near Warminster, is just one of thousands of children and young people who benefit from projects funded by your donations. Here she shares her story of how the Stars Appeal made a difference to her and her family during long stays in hospital.



Hi, my name is Florence, but most people call me Flo ...

When I was 8 years old, I was diagnosed with leukaemia, but me being me I had to have a rare kind called Philadelphia positive which is normally only found in older teenagers.

Due to the leukaemia being so rare, I had to have 2 years of intensive chemotherapy, blood transfusions and other procedures. As well as this I had to have regular lumbar punctures to check if the cancerous cells had reached my spinal fluid.

I have a special bead box where I keep my beads of courage. Every single bead in this box was given to me when I had a transfusion, treatment, or procedure.

Because the chemotherapy made my immune system very weak, I easily caught colds and infections and became very ill. This meant I would be rushed to Salisbury Hospital where I would often stay for weeks at a time. Over the 2 years I estimate

I have spent over 200 nights at Salisbury Hospital alone! I should put a review on Trip Advisor, I'd certainly give them 5 stars! All the staff, nurses and doctors are amazing and inspirational people.



As you can imagine staying in hospital for such a long time is not great and because my immunity system was so low, I was mostly confined to my room which made it very boring! But the Stars Appeal certainly made things easier.

My room was decorated with vibrant colours and pictures on the wall, the bathroom even had multi-coloured LED lights which were very cool! There was a play lady who would bring me lots of things to do like arts and crafts stuff and as a regular customer I made lots of decorations to dress up my room and the ward for Halloween, Christmas and Easter. There was free Wi-Fi so I could play games, stream movies and Facetime friends and family.

Over 2 years I estimate I have spent over 200 nights at Salisbury Hospital alone! ... But the Stars Appeal certainly made things easier.

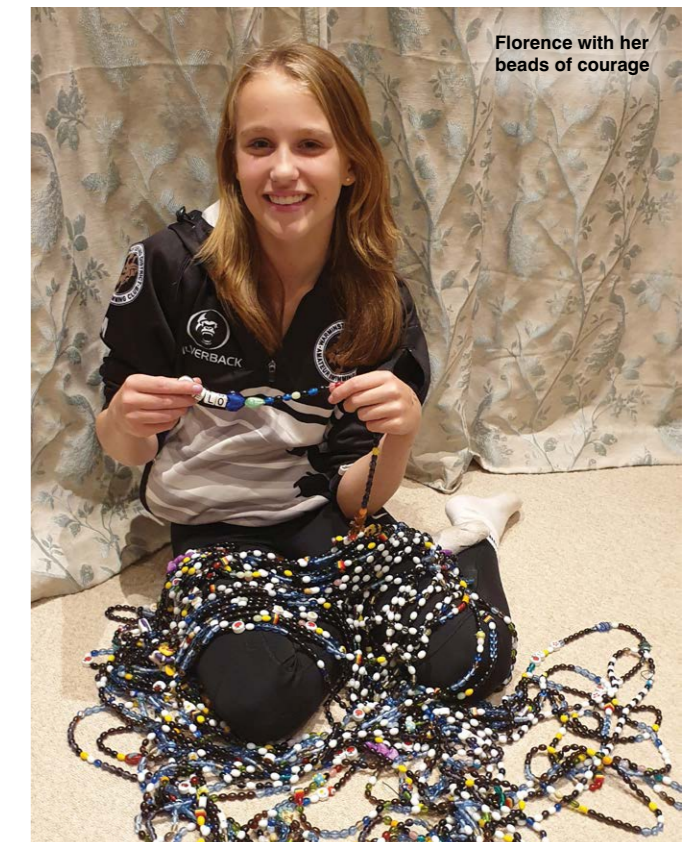
When I was well enough, and if there was no one around, usually at weekends, I used to sneak out to the outdoors play area for some fresh air and to play with the musical instruments.

Either my mum or dad would stay with me in my room on a comfy pull-out bed. All of this was provided by the Stars Appeal so I'd like to say a huge thank you to everyone who supports the charity for helping me and my family.

Before I was ill, I used to go swimming... a lot! Because of my illness I couldn't swim for well over 2 years. Recently I joined the Warminster and District Swimming Club and took part in my first club competition where I won some medals!

Thank you to all of those who have worked so hard to make me well again.

... I'd like to say a huge thank you to everyone who supports the charity for helping me and my family.



You can help us continue to support local patients like Florence by making a donation today – thank you.



# Your support makes great things happen at our Hospital



Your donations and fundraising mean we can go above and beyond for patients and staff at Salisbury Hospital. Here are just a few examples of the great things that support like yours helps to make possible.

## Gardens

We fund and maintain gardens and outdoor spaces which provide places of peace and tranquillity for patients, visitors and staff across the Hospital. They are taken care of by our dedicated Stars Appeal gardener.



## Chaplaincy



Stars Appeal funding means a Chaplain is available 24/7 to offer religious, spiritual and pastoral support for patients, families and staff of all faiths and none.



## Toiletries

Stars Appeal toiletry packs are there for those who arrive at the Hospital in an emergency and have no access to basic essentials like toothpaste and toothbrushes and shower gel.

## TV cards

For patients experiencing hardship we provide free TV cards to help pass the time and make their stay in hospital more comfortable.

## Free Wi-Fi

Our free Wi-Fi helps patients to stay in touch with loved ones and carry on with their lives from their hospital bed. It can also be used to access TV, videos and social media and to make calls when there is no phone signal.

## Patient clothing

We provide free clothing for patients in need during times of crisis including tracksuit bottoms, T-shirts, dressing gowns and other essential clothing items.



If you'd like to make a donation towards work like this, please use the form on the back of this update, call us on 01722 429005 or visit: [www.starsappeal.org](http://www.starsappeal.org) – thank you.

# Three new Stars Appeal projects are helping hundreds of local families in the Hospital's Maternity Department

## Hospital's First Midwife-Led Birthing Centre

The new Beatrice Birth Centre is run by midwives and offers an alternative to a traditional labour ward or home birth.

Best described as a 'home away from home', it provides a relaxed, modern environment for mums and partners. Spacious delivery rooms are equipped with birthing pools and comfortable birthing aids such as balls and mats. There are also state-of-the-art facilities such as Bluetooth enabled TV screens and adjustable multi-coloured mood lighting. The Birth Centre is complemented by a new landscaped courtyard garden where mums-to-be can take a walk to aid their labour whilst still having midwives close by.

Three local people, Miss Margaret Smith, Mrs Joan Joyce and Mrs Jean Finnis, left gifts to the Stars Appeal in their Wills which helped to pay for the new facilities. They have been recognised on a plaque within the Centre alongside other Stars Appeal donors.



Becky Roberts, Maternity Inpatient Matron, said: *"Our mums are really excited about the opportunity to have their babies in the new Centre. It's a warm and homely environment that enhances the experience for women having their babies."*

The Birth Centre, along with the courtyard garden and the new Maternity Department entrance and reception, have been made possible thanks to £260,000 from the Stars Appeal along with funding from the Local Maternity and Neonatal System.



## Stars Appeal Bereavement Midwife



Your generosity is enabling us to fund a specialist Bereavement Midwife to support families who tragically experience the death of their baby.

Stephanie Thompson works on the Benson Suite, a dedicated private area where bereaved families can spend time with their baby. The Suite helps ensure that the very short time these families can be together is as precious, dignified and personal as possible.

Stephanie provides care for families before, during and after their time on the Benson Suite and offers further support during later pregnancies.

Stephanie said: *"The support is very tailored to the needs of each family. If they need phone calls or want a visit at home, I can provide that. I will be there for them as long as they need me."*

Thanking Stars Appeal supporters, she said: *"I'd like to thank every one of them for their donations because this has allowed the Maternity Unit to provide bespoke care which makes a huge difference to our bereaved families."*



## Extra Rooms for Mums on the Neonatal Unit

More mums with babies born prematurely or critically ill now have access to accommodation on the Neonatal Unit.

The Stars Appeal has funded the construction of two additional 'mother and baby' rooms. They provide a private space for mums to spend time with their babies and stay right by their side. This helps them to bond with their babies and build their confidence in caring for them during long stays in hospital.

There are now six 'mother and baby' rooms in total. There are also four larger en-suite 'family' rooms where mums and their partners can stay together. The Neonatal Unit provides care for up to 10 babies at any one time, so now, even when the Unit is full, there's room for every mum to stay.

Kelsey Roberts from Larkhill, whose son Keemari was born nine weeks early, has been staying in one of the new rooms.

She said: *"Being here with him all the time, monitoring him and seeing that he's okay is a great relief for me. I'm forever grateful."*

Geoff Dunning, Neonatal Unit Matron, said: *"It's fantastic that we can now offer all of our mums a place to stay alongside their baby. Our parents' accommodation is amongst the best in the country. We just couldn't do it without the Stars Appeal."*



# Innovative Support for Cancer Patients

Your donations and fundraising are enabling the Stars Appeal to fund projects supporting local people undergoing cancer treatment, including prehabilitation which helps patients to prepare for their surgery and treatment.



Alison and Che during a prehabilitation session

Prehabilitation is a programme of one-to-one support from a Stars Appeal funded cancer wellbeing specialist focusing on physical exercise, diet and weight, and mental health.

Research shows that patients who actively improve these areas of their health can recover more quickly from surgery. They may also have fewer side effects from cancer treatments like chemotherapy and radiotherapy and experience better long-term health.

Other Stars Appeal cancer support projects include aromatherapy, free headwear for patients who lose their hair and dedicated swimming sessions in the Hospital pool.

Former midwife Alison Sturdy was diagnosed with a rare form of kidney cancer earlier this year. The cancer later spread to her bladder and she subsequently had to have a kidney removed. Alison was offered prehabilitation which gave her the time she needed to get fitter and lose weight prior to surgery, which she says was *“really helpful”* and a *“way to focus”*.

Alison said: *“It was brilliant and I really enjoyed it. I was amazed that I could enjoy the gym. The regular appointments with Che made me keep going and encouraged me. If I hadn’t been as fit for my operation, I wouldn’t have been able to get home as soon as I did. It was the motivation to help me get fitter and someone else looking out for me because otherwise you feel like you’re on your own. It has been a great support. They have gone the extra mile to help me not to feel isolated.”*

Alison also went to the Stars Appeal supported wellbeing group where she was able to meet other people with cancer which she says helps *“you keep going”* and *“gives a lot of people confidence”*. She also attends our free swimming sessions which offer another opportunity for cancer patients to come together.

Che Penny, Cancer Prehabilitation and Wellbeing Lead, said: *“It’s amazing to see how patients progress. When they first come to see us they have just had the biggest diagnosis of their life. We break down their daily routines and give them a programme of support tailored to their individual needs. It’s massively important in helping them to spend less time in hospital and to recover more quickly.”*



Wellbeing group

# Please continue to support your hospital

- ★ You can make a **one-off donation** or sign up to a monthly gift using the form overleaf...
- ★ We’d love you to **fundraise for us**. Please call 01722 429005 or head to [www.starsappeal.org](http://www.starsappeal.org) to download a fundraising pack and resources.
- ★ Leave a **gift in your Will**. Local solicitors Parker Bullen will prepare straightforward Wills free of charge if you wish to benefit the Stars Appeal. Contact us to find out more.
- ★ Display a **collection box** at your business, pub, club, school, shop etc. Call us on: 01722 429005 to arrange this.
- ★ Follow and help share our news:
  - @StarsAppealSalisburyHospital
  - @StarsAppeal
  - @starsappeal

## What’s on in 2023 ...



- **Walk for Wards – Sunday 9th July**  
Sign up to take part in our huge sponsored walk at Wilton House and support the hospital ward/department of your choice. Choose from a 3k, 5k or 10k route.
- **Race For Men – Sunday 28th May**  
Run 3k, 10k or 21k. Kindly organised by Salisbury Lifestyle Studio in support of the Stars Appeal Urology & Prostate Cancer fund.
- **Rockbourne Fair – 18th-20th October**  
Make a start on your Christmas shopping at Salisbury Racecourse with over 100 stalls selling exclusive goods.

**Sign up and find out more at [www.starsappeal.org](http://www.starsappeal.org)**

**We would like to express our sincere thanks to everyone who donates, fundraises and volunteers, without whom none of our work would be possible.**

Your support is funding life-changing projects helping thousands of patients at Salisbury District Hospital and the NHS staff who care for them – thank you.





# Your Donation

You can also donate online at [www.starsappeal.org](http://www.starsappeal.org)

Thank you for your support

### Your details:

Title: \_\_\_\_\_ Forename: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Organisation name (if applicable): \_\_\_\_\_

### I wish to direct my donation as follows:

**The Every Patient Fund to help fund projects benefitting patients across the Hospital wherever the need is greatest**

**A specific ward, department, project or fund. Please state in the box below**

For example: Pembroke Unit, Staff Fund, Cardiac Care, Breast Unit, Farley Stroke Unit, Dementia and Elderly Care, Neonatal Unit, Chaplaincy, Children's Unit, Spinal Centre, Benson Suite, Wi-Fi, Radnor Intensive Care Unit, Amesbury Ward etc.

### One off donation

I would like to donate £ ..... Please make cheques payable to: **The Stars Appeal.**

### Monthly Gift

I would like to give the sum of: £5  £10  £20  £50  £100  Other £ .....  
(Please insert your own amount)

Every month until further notice. Starting immediately  or on:        /        /        (insert date)

Bank name ..... Bank address .....

..... Bank postcode .....

Account name .....

Account number ..... Sort code .....

**Please pay: Salisbury District Hospital Charitable Fund** the sum indicated above.

Natwest, 48 Blue Boar Row, Salisbury SP1 1DF. Sort Code: 54-41-19 Account No: 47011297

Signature: ..... Date: .....

### A gift in your Will

I am planning to leave a gift in my Will to the Stars Appeal and wish to let you know.

Please contact me with further details of your free Will writing service.

### Gift Aid - Make your gift grow by at least 25% at no extra cost to you.

*giftaid it* Yes  Please tick  
Date:    /    /

I want to Gift Aid my donation to the Stars Appeal (Salisbury District Hospital Charitable Fund, registered charity no. 1052284) and any donations I make in the future or have made in the past 4 years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

We like to keep supporters up-to-date with the difference they are making by post but please tick here   
if you'd rather not hear from us

We acknowledge all donations. If you would prefer **not to receive** a thank you letter, please tick here

**Thank you  
for your  
support**

Please return this form to: **The Stars Appeal, Salisbury District Hospital, Salisbury, Wiltshire SP2 8BJ**

The Stars Appeal is a Registered Charity No. 1052284 01722 429005 info@starsappeal.org www.starsappeal.org