

WINTER NEWSLETTER 2023



NEWLY WEDS

Earlier this year William Vernon and Sophie Keatley had a very special wedding, where they invited family and close friends to join them on the big day.

What made this day a day to remember for Love Musgrove as well as the newlyweds was the incredible show of generosity the couple showed. Instead of asking for gifts or money at the wedding they asked for donations to be made to Love Musgrove. More specifically for Ward-9.

The reason why the couple decided to do this was because Sophie's late father Richard was treated in Ward-9 over 10 years ago!

The donations on the day raised £10,000 and Will was not done with that. He soon after asked the organisation he works for if they could match any of the donations, to which they have funded £8,000. Resulting in the final amount being an incredible £18,000.



The money will be used to purchase an Ambulatory Infusion Pump so that medicine can be administered continuously or intermittently so that a patient can receive chemotherapy or medicines at home instead of being in hospital.

A huge thank you and congratulations to the couple and good luck in your new life together.

WHAT'S INSIDE

Hypnopal- Research Study

Tree of Light Appeal

Support from the community

What's coming up



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DEAR SUPPORTERS

Welcome to the Winter 2023 edition of our Newsletter.

I would like to introduce myself and thank all those who have been involved in bringing Love Musgrove and Yeovil Hospital Charity together, along with the addition of Somerset NHS Charity, making the family of Charities that cover not only the two Acute Hospitals but also the extensive remit the Trust has for Mental Health, Community based Services and Community Hospitals.

I was a Non - Executive Director of Yeovil District Hospital NHS Foundation Trust from April 2018 until our merger in April of this year when I joined the Board of SFT.

I took on the role of Chair of the Charity Committee from

the 1st October succeeding Barbara Gregory. I would like to thank Barbara for all her hard work in making the Charity a success and I hope I will be able to build on what is a hugely important element of the finances of the Trust.

To remind our kind and generous Musgrove supporters of our mission which is to fund provisions above and beyond what the NHS can offer, ensuring our patients get treated more quickly and comfortably'.

Best Wishes

Graham Hughes - Chair





As part of the 25th Anniversary Appeal, we funded an existing piece of research, led by our clinical nurse researcher, Ana-Maria Toth.

The study is exploring whether hypnosis can reduce pain following colectomy surgery – the only study of its kind in the country! It looks at the way post-operative patients perceive pain having had hypnosis as part of their post-operative treatment versus a control group.

Ana hopes her research will help to offer a medication-free solution to pain management.

The hypnosis is offered in addition to pain medication so I would suggest modifying this medication free solution to perhaps an additional therapy that would help with pain

Unlike hypnosis you may have seen on the TV with a swinging pocket watch, Ana is offering safe and controlled sessions to 40 patients as part of the study – one session prior to surgery, one 24 hours after, and a third session three days post operation where she will record their levels of pain and general wellbeing.

Typically, a combination of medication is used to help with pain, but these can cause adverse effects such as nausea and vomiting.

“We’re using hypnosis in a really positive way to see if it benefits a patient’s care – at the very least it will relax patients and we hope that the trial will show many other benefits too”

Patients are currently being recruited to take part and you may have seen this on the TV and in various newspapers.

This project also has the potential to provide evidence which could be used to inform system change/ quality improvements in relation to the surgical patient pathway and interventions to improve recovery and reduce hospital stay.

Hypnopal RESEARCH STUDY



Southwest HEAVY FEST

Southwest Heavyfest returns in 2024!

We are delighted to be back in the heart of Somerset, booking the best in underground metal and raising funds for Love Musgrove and the Beacon Center after 2023 was our most successful year yet, raising a total of £1,400 for this great charity. February 17th kicks off our next adventure with the annual Southwest Heavyfest Winter Warmup all-dayer at The Cobblestones in Bridgwater. We've booked some exciting and heavy talent for this event including London based headliners BURNER, and Bristol's OVERPOWER sub-headlining, along with six other bands throughout the day at a great price with all profits donated to Love Musgrove.



Since 2017, we've been putting on the Heavyfest shows in Bridgwater and they've only gotten bigger and better, growing a dedicated fanbase as the team and I are formed of local promoters committed in raising money and bringing unique and heavy bands to this town. Later in the year, we'll also be unveiling our exciting weekend event for May, which will no doubt be our biggest lineup to date.

All details of the shows can be found on our socials at Southwest Heavyfest on Facebook and [Southwestheavyfestuk](https://www.instagram.com/southwestheavyfestuk) on Instagram, and advance tickets are on sale via [TicketSource.co.uk](https://www.ticketsource.co.uk)



Cycle

Iain Crabtree, Ken Seal and the wonderful team of organisers they have recruited hold the annual Cycle 42 Event in early September.

The event originally started back in 2017, but was for a different charity at the time. Ken and Iain originally decided to start Cycle 42 because both Ken and his wife both had treatment at the Beacon Centre at Musgrove Park Hospital. The event had 60 people registered.

The next year, in 2018 Ken and Iain decided to donate the proceeds in a 50/50 for the Breast Appeal at Yeovil Hospital Charity and the Beacon Centre. Iain was quoted as saying 'Investing in the local community, is a more effective way to make a difference'. Iain also has a personal story as to why he has such a passion to fundraise, his daughter was also treated for cancer since setting up this event. Ken, during his treatment said that he was blown away by the care he and his wife received. Saying 'it felt like we had a private hospital treatment. Time and



42

effort costs nothing, but can make a world of difference' was a quote he used to paint a picture of his time with the Beacon Centre.

Since 2018, the event has continued to grow from strength to strength and is an incredibly smooth day. What started as a friends and family event has quickly grown into an event that can host over 100 people, with people donating through raffles, registration fees and JustGiving pages.

The event it's self started as a 42 mile event, with just one route. 7 years later, they now have a 25, 42 and 62 mile route and are even considering adding in a Marathon and Half Marathon route for those who want to run.

In the 6 years the event has been supporting the Breast Care Appeal & The Beacon Centre, Iain, Kenn and everyone involved have raised an outstanding £25,189. A truly remarkable effort, inspired by a wonderful story. Good luck for next year.

If you would like to take part next year, the event will be held on **Sunday 8th of September 2024**. For more information please email us at Lovemusgrove@SomersetFT.nhs.uk

TREE OF LIGHT

Think of someone special this Christmas

We have created a special bauble for your messages and memories to hang on our Christmas tree for that special someone!



The Tree of Light is returning to Musgrove Park Hospital for a fourth year.

Once again, we will be inviting our supporters and the general public to write messages in memory or of recognition on our special Love Musgrove Tree of Light baubles to be hung on the Christmas Tree at Musgrove Park Hospital.

Christmas is a time of celebration and reflection, and after the past few years it is more important than ever to remember loved ones and give thanks to those who have made a difference in our lives. Perhaps this is the first Christmas without a family member, or you'd like to give thanks to a friend who has gone above and beyond to support you, our **Tree of Light** is the perfect way to do that.

We will once again be asking supporters to make a donation as they request a bauble, and last year's Tree of Light helped us raise a brilliant £1,500 an amount that makes a real difference here at Musgrove Park Hospital.

For more information or to request a bauble either to be sent home for you to write your own message or to have one of our team write a message for you, head to our website www.Lovemusgrove.org.uk/tree-of-light or give the Fundraising Team a call on **01823 344437**.



AROUND THE COMMUNITY



Julie Baker Great River Boat race

In September, Julie, who is currently receiving treatment in the Beacon Centre, her husband and her team of rowers tackled the Great River Race in London. In which they rowed under every bridge in London in what looked like an unbelievable day.

Julie's team managed to row 21.6 miles in 2 hours and 37 minutes and were the 4th gig back in their class which consisted of 49 gig boats, and they finished an amazing 25th out of 261 entries! A truly remarkable effort. Well done to all everyone who took part.

With the amazing idea of also hosting a quiz night to raise extra funds, **Julie has now raised an incredible £5,100.**

Harrison Lane Charity football match



We want to thank Harrison Lane and His wonderful Fiancé Leonie Hull who are the organisers of an annual charity football match with the proceeds going towards the Beacon Centre.

The organised game started in 2019 and Harrison and Leonie decided to raise funds for various other charities, inspired by Harrison's late grandfather and his long battle with Alzheimer's and Cancer.

During the pandemic, both were not allowed to organise such a sporting event so decided to bring the game back in 2022, this time with all of the proceeds going toward the Beacon Centre.

Since this time, Leonie's Mother has been treated for cancer in the Beacon Centre, so more friends and family members have joined, making the game a truly special day. **In August 2023, Harrison and Leonie raised and donated an incredible £1,200.** Thank you both, you are amazing!

Marsha & Imogen - Sky dive

For the for the Children's Ward.

Marsha Hall and Imogen Betts from Howden (formally known as A-plan insurance) who bravely took part in a Skydive on Sunday the 8th of October, raising over £2,200 in the process for the Maternity ward and the Children's ward.

After they braved the dive Imogen said 'I can't believe we did it! The most surreal experience, which was made even better by doing it together.

We have raised £2,220 for Love Musgrove, and we are so happy we can give back to our local hospital and NHS.' Imogen also mention that her Mother was treated at the hospital in 2017, which is a major reason why she wanted to give back.

Marsha shared the same thoughts and said 'I wanted to support Love Musgrove for the care it has given myself and my family, from



the age of 12 the specialists have looked after me for Epilepsy on the children's ward and up into late teens for which I could not be more grateful'. Marsha also had her two children in the hospital and said it was great to give something back.

Marsha and Imogen have also decided to keep three collection tins at the Taunton Howden office to raise further funds for the hospital.

**WHAT'S
COMING UP?**

Charity Golf Day

Places are still available for our Charity Golf Day at Cricket St. Thomas Golf club on 17th May 2024.

Join us for a 4 player Texas scramble. Entry includes a coffee, bacon roll and a meal to follow your round. We will also be hosting a winner's presentation, so bring your best clubs! Entry will be £250 per team.

Hole and flag sponsorship opportunities are both available, if

you have any questions or would like to register, please contact us by emailing Lovemusgrove@SomersetFT.nhs.uk



Are you brave enough to walk on fire to raise funds for your local NHS.

Join us on **25th September 2024** at **Bridgwater Community Hospital** for an adrenaline fuelled night.

Those walking will need to arrive at 6:30pm for a safety lesson and the walk will take place at 7:30.

To secure your place, registration fees will be **£25 per person** and you will be required to raise **£100**.

We hope you all are as excited we are!

For more information please contact Lovemusgrove@somersetFT.nhs.uk

We rely on the generosity of people to help develop and fund services across the Trust for Musgrove and all our Community Hospitals and a large part of this comes from legacies or gifts people leave us in their Will.

Last year, we received an incredible £500,000 in legacies which includes £30,000 for the Beacon Centre and over £124,000 left to the general fund which supports vital projects across the trust.

Gifts in Wills can make a real difference to patients and for generations to come.

If you would like more information about leaving a gift in your Will, please contact Zoe.Steer@SomersetFT.nhs.uk

Gifts in Wills
your gift
for future
generations



PLEASE DONATE GIVE A GIFT TODAY

One off gift

I am over 16 and my address details are.

| |
|------------|
| Title |
| First Name |
| Last Name |
| Address |
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| Postcode |
| Telephone |
| Email |

If your donation is in memory of someone please tell us

| |
|-----------------------------|
| Their Name |
| Your relationship with them |

We'd love to keep you up to date with our news, activities and ways to get involved. We'll never sell or swap your details with anybody else.

I am happy to hear from Love Musgrove by

Email Post (Tick all that apply)

| |
|-----------|
| Signature |
| Date |

You can unsubscribe or change your preferences at any time by emailing Lovemusgrove@SomersetFT.nhs.uk or contacting us on **01823 344437**.

Love Musgrove always stores your personal details securely. For full details see our privacy policy on our website.

£10 £25 £50 £100 Other amount _____

To the following fund/department:

The Better Everywhere Fund The Children's Unit

The Beacon Centre The Maternity Unit

Other £ _____

I enclose a cheque payable to Love Musgrove
Please debit my Visa/CAF/Maestro/Mastercard
(Circle as appropriate)

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| Cardholder's name |
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| Date |

Make a Gift Aid declaration

Boost your donation by 25p for every £1 you donate. Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In Order to GiftAid your donation you must tick the box below

I want my donation of £ and any donations I make in the future, or have made in the past 4 years to Love Musgrove

Signature: Date:

I am 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, I will notify Love Musgrove if I want to cancel this declaration, change my name or home address or I no longer pay sufficient income tax and/ or capital gains tax.

If you would like to make a regular gift via direct debit, please tick this box and we will send you further information on how to sign up