



Operation Renovation



Let's change how our hospital feels

After 22 years of intensive use our Centre needs radical refurbishment. NHS funding is limited, so these important upgrades rely on the support of our charity and generous donors like you.

People with cystic fibrosis often spend weeks or even months in our hospital rooms, particularly when nearing the end of their lives. During this time, our aim is for the Centre to feel as homely and comfortable as possible. We want every person to have a warm, welcoming space when they need it most.

**£123,000
Raised**

**11
Completed Rooms**

**12
Rooms to Complete**

**£157,000
Still Needed**

EXISTING NHS ROOM



CHARITY REFURBISHED ROOM





HEARTLANDS CYSTIC FIBROSIS CENTRE

Our Centre for adults with cystic fibrosis opened in 2002, made possible by £2.25 million in donations from kind supporters.

That support came from:

- Local West Midlands businesses
- Charitable trusts like the Cystic Fibrosis Trust
- Families, friends and individuals giving what they could

Fundraising events ranged from sponsored cycle rides in China, Egypt and the Lake District to local pub quizzes.

We support over 400 patients aged 16 and above living with cystic fibrosis.

We provide:

- 20 en-suite bedrooms
- A physiotherapy gym
- Overnight en-suite room for visitors
- A dedicated CF team of 4 specialist consultants, senior nurses, physiotherapists, dietitians, psychologists and social workers

GOING BEYOND MEDICINE

Thanks to donations, we can offer more than medical care, including:

- Reflexology for easing pain
- A crisis fund for patients in hardship
- Online psychological support groups
- CF diabetes education
- Research to improve future care
- CV & careers advice

CYSTIC FIBROSIS TODAY

- Over 11,000 people in the UK live with CF
- 1 in 2,500 are born with CF, often to parents unaware they carry the gene
- In 2005, life expectancy was 44 years
- Babies born with cystic fibrosis today are predicted to live much longer - around 64 years

“This remarkable progress is thanks to advances in treatment and centres like ours.”

Living with CF today:

Most people with CF now grow up to live full, independent lives. Challenges remain, including lung infections, poor absorption of food, liver disease, and diabetes. In severe cases, organ transplant is needed.

Your support helps people face these challenges with dignity and strength



OPERATION RENOVATION: WHAT'S BEING REFURBISHED?

Treatment
Room

Final 9 En-suite
Bedrooms

Physiotherapy
Gym

Relatives'
Room

A CALMING, HOMELY ENVIRONMENT

Our new rooms are designed to bring comfort and peace:

- **Bright, nature-themed décor**
- Spacious, **easy-control showers** with **bacteria-minimising** materials
- A homely, welcoming space where people feel respected and safe
- Secure **safes** and **fridges** for medicines and nutrition

SUPPORTING WELL-BEING

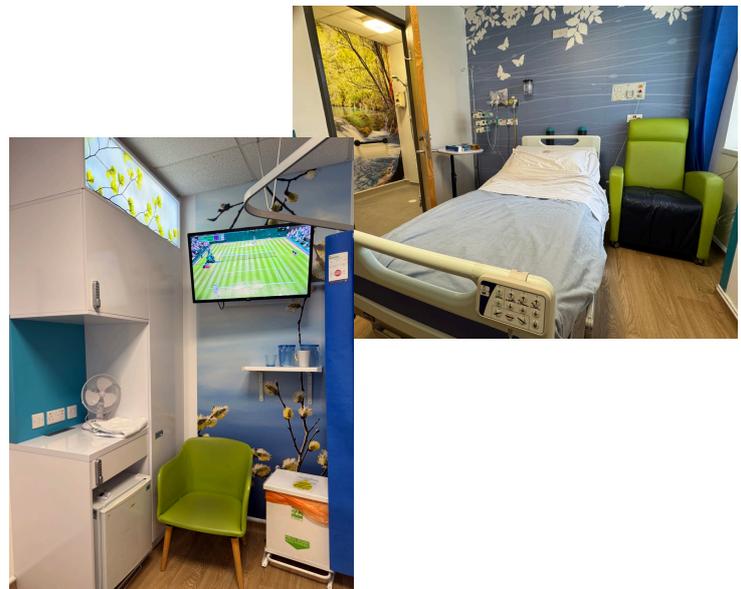
Every room includes:

Free Wi-Fi and smart TVs – helping people stay in touch with friends and family, continue with work or studies, and stay entertained

A comfy chair that can recline and adjust into different positions for rest and comfort

EXISTING NHS ROOM

CHARITY REFURBISHED ROOM





HOW YOU CAN HELP

Every gift, big or small, makes a difference. Together, we can complete the refurbishment and give people with cystic fibrosis the best possible care and surroundings

Ways to donate:

Make a bank transfer:

Please contact David Sellers for further information

 david.sellers1@gmail.com

 07841 435300

Donate securely on our website:

 www.heartlandscf.org



Write a cheque to:

Heartlands Cystic Fibrosis Centre

FAO Dr. Joanna Whitehouse

Ward 26

Birmingham Heartlands Hospital

Birmingham, B9 5SS

Leave a gift 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 David Sellers for further information.

Heartlands Cystic Fibrosis Centre, Ward 26

Birmingham Heartlands Hospital, Bordesley Green East, Birmingham, B9 5SS

Trustees: Mrs Joanne Barrett, RD, BSc (Hons), MRes, Mrs Jane Bull MBE (patient representative), Miss Louise Bandy BA (Hons) (patient representative), Mrs Nicola Gilday, (RGN, NMP), Dr Neil Patel, MBBS (Lond), MRCP, PhD, Mr David Sellers BA (Hons), Dr David Stableforth MA, MB, BCh, FRCP, Mrs Jacqueline Wainwright, MA (SW), BA (Hons) and Dr Joanna Whitehouse MB, ChB, FRCP, PhD



Dr Joanna Whitehouse
CF Consultant
Chair of Trustees



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THANK YOU FOR YOUR SUPPORT

 www.heartlandscf.org




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