Making your great hospital even better

Our impact 2018-2019
This has been a busy time for Addenbrooke’s Charitable Trust, with more people than ever taking part in fundraising activities, a packed events calendar and an increase in new donors and volunteers.

We’ve supported some amazing improvements and innovations across our hospitals over the past year, in diagnosis, treatment and recovery.

They include a new MRI incubator for the neonatal intensive care unit, a state-of-the-art liver perfusion machine and a virtual reality training aid for dementia care to name but a few. You’ll find details of many more amazing achievements of our hard-working teams in this review.

Of course, none of this would be possible without the generosity of our supporters, for which we are immensely grateful.

Addenbrooke’s is a great hospital; our aim is to make it even better.

We do that by investing in such things as:

- cutting-edge technology that is making surgery quicker, safer and more pain-free
- innovative research that is finding more effective treatments
- patient comforts like creating calm sanctuaries for dementia patients
- and the passionate hospital teams who are transforming more lives every single day.

We rely entirely on the funds we raise from patients and families, businesses, philanthropic individuals, charitable trusts and foundations. Every donation, whatever the size, is helping to make this great hospital even better.

Shelly Thake
Chief Executive
Diagnosis

1,200 children a year are now finding MRI scans less scary thanks to a fun, inflatable replica scanner, reducing the need for general anaesthesia.

Breast unit refurbishment

£36,000 was raised for a much needed refurbishment transforming the previously tired and cluttered Breast Unit into a welcoming, comfortable environment for a much improved patient experience.

MRI incubator

Helping the smallest, sickest babies get the MRI scan they need.

Babies under 37 weeks are too small to be scanned using a standard MRI, but it is sometimes the tiniest ones that need it most. This specialist MRI compatible incubator, funded by The Sir Jules Thorn Charitable Trust and a legacy from Ann Mynott, allows the team to safely scan even the smallest, sickest babies. Infants as young as 25 weeks old can be transferred straight into the MRI scanner from intensive care, making it far safer, reducing the risk of hypothermia and producing better quality images.

Increasing research collaboration thanks to innovative software, which allows researchers from across the country to view images for the Human Research Tissue Bank on a secure website.

A new photo testing machine gives faster, more accurate results for a wider range of skin conditions, improving experience and outcomes for dozens of patients a year.

New analysis software speeds up cardiac MRI results for 300 patients a year for a more accurate diagnosis that saves lives.

Transferring a newborn from the neonatal intensive care unit for an MRI scan is a challenging procedure. This incubator allows babies to be stabilised in the NICU prior to moving to the scanner, allowing both very pre-term and critically ill babies to be scanned safely.

Professor Topun Austin
Consultant Neonatologist
Paul Wren was placed on the liver transplant list in 2017. In January 2018, he was called to say that a liver was available. He and his wife travelled down urgently from Nottingham only to find out the liver was not suitable. After this stressful false alarm, Paul was called again in August, but this time the liver perfusion machine was operational and so the liver was confirmed for use. Paul finally received his transplant and is getting back to his much-loved hobbies of cycling and golf.

Treatment

This means livers that previously may have been considered unsuitable have been found to function well enough to be transplanted. So far, an additional 43 livers have been successfully transplanted. That’s 43 more patients taken off the transplant waiting list and 43 additional lives saved.

The two-year pilot for liver perfusion that was funded by our supporters has been so successful that the hospital has agreed to pick up the ongoing funding for it.

Thanks to our incredible supporters, we have invested £250,000 in an innovative liver perfusion machine. Addenbrooke’s was the first UK hospital to install such cutting-edge technology that allows surgeons to ‘test-drive’ donor livers to assess their functionality before transplant.

Saving more lives

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“Having the machine allows Addenbrooke’s to use the greatest proportion of high risk livers (those where subsequent function would otherwise be uncertain) than any other transplant centre in the UK; it also contributes to our having the best 30-day survival rate and the highest transplant rate per waiting list patient, meaning that fewer patients will die waiting for a liver.”

Professor Christopher Watson
Consultant Transplant Surgeon

“I went down to Addenbrooke’s and the team carried out numerous tests within hours of me arriving. Apparently, the donor liver was on the perfusion machine and was being checked. Then the surgeon came through and said, ‘It’s ok, we’re ready’.”

Paul Wren
Much needed air conditioning for two self-contained suites for thyroid cancer patients who need a four-day stay in isolation.

The first nationwide digital pathology study allows donor kidneys to be urgently assessed and has the potential to increase the number of kidneys transplanted in the UK by around 130 extra transplants offering savings of more than £3M annually over the cost of dialysis.

More precise brain tumour analysis gained by innovative new software, helps people needing treatment to get it more quickly and those who don’t to avoid unnecessary procedures.

We’re funding screening to investigate a potential link between hip muscle strength and hip arthroscopy success that could save £15M per year.

Funding innovative research that could lead to highly effective, individualised treatments for non-Hodgkin lymphoma, the 5th most common form of cancer in the UK.

New play equipment provides much-needed distraction and reduces stress levels in the haemophilia clinic, greatly improving the experience for 176 children and their families a year.

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5 new portable sensory units to help young patients relax and play in the unfamiliar surroundings of children’s wards and treatment rooms.

Virtual Reality dementia care training

Helping staff better understand dementia patients.

Using innovative technology, this new training aid immerses staff in a virtual world that gives them first-hand experience of what it is like to have dementia. As a result, staff understand how best to approach and care for patients with dementia. This greater understanding has also led to the creation of calm environments in the hospital, to improve dementia patients’ time here.

"From taking part myself in the virtual tour experience, I have been able to understand more how a person with dementia is thinking and behaving in a certain manner. My body language and the environment can reduce situations and improve trust and tranquility. Through minimising noise on the wards, we can reduce anxiety for someone with dementia, especially as they cannot always filter noise as we can."

Jacqueline Young
Dementia Specialist Nurse
Recovery & support

**Intensive care mental health support**

**£58,381**

A team dedicated to looking after the mental health of patients in intensive care is providing vital psychological support for patients, their families and the staff who treat them.

**Caring for carers**

**£1,600**

Supporting the vital work of unpaid carers with a dedicated Carers Handbook to help them navigate hospital services and find the help and advice available to them.

**2 fibro-scan ultrasound machines**

for quicker, cheaper and pain-free monitoring of patients with liver disease, additional capacity is now available to devote to vital clinical trials.

**Music therapy**

has provided functional benefits, as well as highly positive effects on the moods and emotional wellbeing of over 60 stroke patients.

**Re-opening of the hydrotherapy pool**

**£57,300**

ACT funds have refurbished the hydrotherapy pool, closed since 2017, for children and adults with chronic pain and those rehabilitating after injury or operations.

**500+ conversations**

have taken place thanks to a new Pastoral Care for Cancer initiative, providing much-needed support for patients and their families through extremely difficult times.

“**This is a whole pathway transformation based on solid clinical evidence and driven by ideas from patients.**”

Antonia Wells
Surgical Registrar

Enhanced recovery unit

Elevating patients’ recovery journeys to a new level.

This state-of-the-art unit has transformed care for patients undergoing upper gastro-intestinal surgery, helping achieve faster recovery times and speedier returns home.

A pre-operative clinic ensures everyone is fully prepared and, after surgery, there are new recliner chairs to help patients sit up as soon as possible to avoid chest infections, exercise bikes to get them moving and fridges stocked with nutritious snacks tailored to each patient.

**Enhanced recovery unit**
Andrew Hotchen
Research aimed at improving our understanding of why osteoarthritis occurs, enabling the development of new treatment options that can be used in early-stage disease. Ultimately, this research will help improve clinical care, patient outcomes and reduce the associated costs of treating osteoarthritis.

Katherine Shon
Mitochondrial disease, where cell structures do not produce enough energy, affects 1 in 5,000 people, including adults, children and babies. Katherine’s research uses clinical data together with whole genome sequencing to discover new genetic causes of this disease.

Ragada El-Damanawi
Ragada was awarded a fellowship in 2015 to study the progression of renal impairment in polycystic kidney disease, focussing on the design and delivery of clinical trials to develop disease-modifying therapies. Having established the feasibility of high water intake to slow or stop the progression of the disease, she is currently working on a definitive trial, as well as a trial into the effect of metformin on kidney disease progression.

Hannah Copley
30% of kidney transplants fail within 10 years due to chronic graft injury. Hannah’s research aims to improve the understanding of tissue type matching between the organ donor and the kidney transplant recipient, in order to establish an algorithm to select combinations of donor-recipient tissue proteins with the highest chance of long-term kidney transplant survival.

Investing in the future with Research Fellowships

Research is one of the pillars of innovation, which is why we have invested over £3m since our fellowship programme began in 2007. In 2018/19 we were delighted to award five research fellowships to some of our brightest young scientific talent, including:

Mitochondrial disease affects 1 in 5,000 adults, children and babies

30% of kidney transplants fail within 10 years due to chronic graft injury
Hospital heroes

All the staff at Addenbrooke’s are heroes. Here we spotlight Jane Olds who works closely with ACT to improve patient care in the Critical Care department. Together, we have been able to uplift the quality of care and support for our patients and their families, delivering these improvements in a kinder, gentler environment.

"Intensive Care Units (ICU) are frightening, hostile environments for patients and their loved ones. And we know that this can result in post-traumatic stress disorder (PTSD) during and after their admission. With ACT funding, we have been able to develop a psychological welfare service for our patients and families, helping their ‘PTSD’ and improving their quality of life after critical care. This facility is also helping to address stress suffered by ICU staff. Thanks to successful results, we have expanded this service and it has been taken up and fully funded by the NHS."

Jane Olds
Matron Adult Critical Care

Our finances

2018/19 Charitable spend

For every £1 we spent on fundraising last year, we raised another £3.60 to help improve your hospital.

Voluntary income
£6.8M

Fundraising costs and charitable expenditure
£7.6M

Making a difference overseas

Cambridge Global Health Partnerships

Cambridge Global Health Partnerships (CGHP) works with hospitals, governments and health organisations in countries across the globe to provide specialist expertise, support shared learning, and drive sustainable change.

Over the course of the last year, CGHP had 71 volunteers completing 987 volunteer days. The partnerships covered 10 countries and involved 22 different specialities. All in all, approximately 450 healthcare professionals overseas received training delivered by our CGHP teams.

Nurses, Livi Rees and Stuart Tuckwood, travelled to Myanmar and were based in the Yangon General Hospital Intensive Care Unit.

As part of the Cambridge Yangon Trauma Intervention Partnership, they mentored staff and provided training aimed at improving trauma management.

"The last six months have been a truly formative experience, we both learned a huge amount and met some wonderful people. Our next task will be to embrace the changes that have taken place within ourselves in order to develop further as healthcare professionals back in the UK."

Livi Rees

Charitable expenditure

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<th>Expense Type</th>
<th>Percentage</th>
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<tr>
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<td>Medical equipment</td>
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<tr>
<td>Other direct costs</td>
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Voluntary income £6.8M

Fundraising costs and charitable expenditure £7.6M

For charitable purposes (2017/18: 77p)

77p

For fundraising and the running of the charity (2017/18: 21p)

21p

For investment management (2017/18: 2p)

2p
Nothing would be possible without the generosity of our wonderful supporters. Whether they’re patients and their families giving a little back, determined fundraisers who never give up, or one of the many businesses and trusts that support us, we are immensely grateful. Every donation of every size helps make this great hospital even better.

**Our supporters**

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**Cambridge Commodities**

Cambridge Commodities has raised over £80,000 so far for ACT through a variety of events and challenges undertaken by staff, including cycling 250k across the Flanders cobbles and a Charity Ball and auction. Their support has funded a wide variety of projects from play therapy, equipment and refurbishments. This year the team are hoping to raise even more for ACT – and hope to help fund our Family Therapy team and equip the Children’s emergency ambulance. We can’t wait to see what they achieve next year!

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**A sizzling summer of fundraising**

This summer over 2,000 people entered the annual Chariots of Fire race, one of Cambridgeshire’s largest charitable events. They raced in teams of six around the Great Court at Trinity College in the heroic footsteps of Harold Abrahams, raising money for our Children’s Ambulance Appeal. Meanwhile, on the water, 48 crews battled it out in aid of Addenbrooke’s and The Rosie Hospitals at the vibrant Cambridge Dragon Boat Festival.

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**Max’s Marvellous Fun Day**

The fun day raised over £20,000 towards Children’s Services at Addenbrooke’s this year. It’s the creation of Jodie Rowlandson, whose son Max was treated for leukaemia as a little boy. Max is now a healthy and happy 11 year old and Team Max has raised over £65,000 for Addenbrooke’s to date.

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**Celebrity Hunted!**

We are always open to new and exciting ways to fundraise and recently featured on Channel 4’s Celebrity Hunted, receiving £1,000 donation towards our Children’s Ambulance Service from one of the hunters!

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**The Alborada Trust**

Following their investment in 3D printing at Addenbrooke’s The Alborada Trust has funded our cone beam scanner and 3D surgical planning service with a gift of £396,501.

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**Keith Brazier**

Keith was the recipient of Addenbrooke’s first live liver transplant, courtesy of his wife, Lesley. It saved his life and ever since they have both been unstinting supporters of Addenbrooke’s. This year alone they raised £11,563 towards our liver perfusion machine, adding to their overall total of upwards of £30,000.

“They saved my life. Without the transplant I wouldn’t be here now. That’s why we fundraise for the hospital.”

Keith Brazier

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**The Sir Jules Thorn Charitable Trust**

The trust generously gave £159,000, which helped us to fund the MRI incubator, that was co-funded by a legacy.

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**Lauren MacIntyre**

Aged just 28, Lauren was diagnosed with breast cancer and underwent chemotherapy, radiotherapy and two operations at Addenbrooke’s. As soon as she received the all clear, she and her partner took off to complete a three state trek in the USA, raising over $9,000 (and counting) for the Breast Unit and Oncology Department.

From Ambassadors who are the welcoming public face of ACT, to those who give their time within our offices, the support of our volunteers is vital. Generously giving their time, knowledge and expertise, volunteers are in many ways the lifeblood of ACT and very much a vital part of our team.
How you can make a difference

There are lots of ways you can support Addenbrooke’s to help ensure it is always improving and always leading the way.

Every act of generosity helps to make this great hospital even better. act4addenbrookes.org.uk/get-involved

Looking forward

There is so much to look forward to over the coming year and beyond, but one of the most exciting is the news that plans for a children’s hospital are underway – we are the only region without one. We are developing our fundraising plan to support the initial £100M investment from government.

In order to bring this visionary new hospital to life, we need to match government funding with money raised from individuals, businesses and grant-making organisations. We will need to work hard to help make the government money go so much further in delivering a hospital that the children deserve and one that will change the course of medicine and healthcare for the future. It’s set to be our biggest and most exciting challenge yet.

Innovation is the driving force behind developments in healthcare and our role as a charity is to help foster innovation in our hospital. We plan to award more grants for innovation, patient care, staff development and research in the coming year, to make our great hospital even better, by funding the bright ideas of our amazing staff.

The future also brings a new cancer hospital as well as a new Addenbrooke’s. We will support Cambridge University Hospitals and their vision for delivering these new centres.

Following a good year for legacies, we will renew our focus on growing legacy pledges. It will enable us to extend work across the hospital and support our central grants programme.

We’ll have even more great things to share with you in the future, because every day your support makes your hospital even better.

Support our Even Better campaign

One of the best ways to support us is through our Even Better campaign, which enables us to fund many different projects across the hospital, such as enabling even younger premature babies to have an MRI scan; transplanting even more livers; helping patients recover from major surgery even faster.

Contribute to our campaigns and appeals

There’s a wide variety of campaigns you can get behind, from Children’s Services to the Big C cancer campaign. That’s as well as a number of specific appeals, including the Children’s Emergency Ambulance and Family Therapist appeals.

And even more ways

From marathons to cake bakes and everything in between, the options to fundraise are almost limitless. If you’d like to get involved, our team is here to help you every step of the way. Or, if you have time to give, you could join our amazing volunteer team.

We also have great opportunities for businesses of all sizes, philanthropic individuals, foundations and trusts to support us. And if you’d like to leave us a gift in your will, you can do that too.