

# The Murray Parish Trust

## Everybody Benefits – Long Term Award

### Describe the work of the charity organisation being nominated

The charity was founded by actors, Sarah Parish and James Murray, in 2014 in memory of their first daughter. Ella-Jayne was born with a heart defect and spent half of her short life in the paediatric intensive care unit at Southampton Children's Hospital where she had two emergency heart operations. She died with them at home, aged just eight months. They are both busy actors and love their careers but they were heartbroken. Over the last five years, this charity has given them renewed purpose to help other children and families. The charity is dedicated to the advancement of emergency or critical care paediatric medicine and supports projects that lie beyond the scope of the NHS. We aim to ensure that critically ill or injured children and young people, aged up to 17 years, receive the very best emergency care, close to home at Southampton Children's Hospital. We serve a community of 1.3 million children or young people throughout Hampshire, Isle of Wight, Channel Islands, West & East Sussex, Berkshire, Surrey, Oxfordshire, Wiltshire, Dorset and Devon. Sarah and Jim maintain close contact with doctors and senior management to identify and prioritise projects that significantly enhance the care and experience for children and families. We have regular discussions so we can take on large projects or those which impact high numbers of children, whilst staying flexible to respond to small projects which often have a significant impact on a smaller group of children. Sarah and Jim continue to drive the charity on a voluntary basis supported by a very small, part-time team of flexible staff who meet weekly around their kitchen table. As a result, our relatively young charity has made a significant impact very quickly, whilst keeping costs to a minimum. As much as 90% of the money raised is spent on projects.

### Give examples of the projects or work the organisation has done

The life-changing experience of your child being in intensive care brings a sudden or major need for psychological support that is not available. We funded a pilot project to recruit a psychologist for three years. They provided highly specialist support to children or families and also critically provided liaison between the child, parent and doctor. The pilot was so successful, improving understanding or communication and reduced stress (and post-trauma effects), that the hospital took over funding from year four. Via the hospital, we shared learning nationally and this unique model has been replicated within other UK hospitals, benefiting thousands of families. We successfully lobbied the Chancellor of the Exchequer for £2 million LIBOR funding to build a new children's emergency department which had been delayed for a decade. We worked in partnership with Southampton Hospital Charity to raise a further £2 million to enhance the facilities; we raised £1.1 million. This created an exemplary environment which dramatically reduced stress or anxiety for children and families – particularly younger children – those with additional needs and those in mental health crisis. Paediatric Consultants have positioned the department as leading the way in children's emergency healthcare, sharing learning at conferences. Our current £5.5 million appeal will deliver an intra-operative MRI suite which will revolutionise children's brain surgery, allowing surgeons to perform MRI scans any number of times whilst the child is still on the operating table. Only a handful of UK children's hospitals have this technology thanks to charitable investment. Real-time images give surgeons a greater chance of success within just one operation, removing the need for multiple operations and for children to stay sedated for long periods in intensive care (which increases the risk of complications) whilst they wait for results of a second MRI. Families get the

answers they desperately need more quickly. The project also includes pioneering research into artificial intelligence and augmented reality; we will be among the first in the world to trial this technology which looks set to provide the best guidance ever achieved for surgeons. Other projects have included an expansion to the paediatric intensive care unit, a state of the art specialist intensive care cot bed for infants, innovation in surgery for new-borns with congenital heart defects with the first 3D model printer in the UK and one of the UK's first specialist gurneys for children brought into hospital by air ambulance.

### **What has been the impact of the organisation's projects or work?**

In just the first five years, our small charity now benefits over 35,000 children and young people every single year, plus an estimated c.93, 000 direct family members each year (both parents and siblings). In addition, our pilot to fund a psychologist – to support children or families who have experienced trauma – has been replicated in hospitals nationwide, benefiting thousands of families every year. Our current MRI suite appeal which will benefit c.110 critically ill children or young people every year who need urgent, life-saving brain surgery (for whom surgeons currently carry out c.210 operations per year). To give an example of one of our projects which has delivered the vast majority of the scale of this impact: the children's emergency department project benefits c.33,000 children or young people annually, plus 57,750 parents or carers and 29,700 siblings. Enhancements included: large, soundproofed, private rooms instead of small curtained bays. A calm, quiet space for a frightened child which provides dignity, protection from aggression or noise from other patients and where children with additional needs feel safe. A large play room and second play area. Children who do not need to be in bed are treated in a relaxed, fun space. Play is a powerful distraction from pain and helps them adjust to a strange environment. A safe room for high-risk patients in mental health crisis; reducing the need for sedation, restraint and security which can be very distressing. Distraction technology and artwork inspired by local nature with fun animal characters. Proven to reduce anxiety and can prove as powerful as sedatives for some painful procedures. Large isolation rooms with en suites; a comfortable and dignified experience, particularly for teenagers. Initial impact measurement evidence shows levels of stress, fear or anxiety felt by parents and children has reduced significantly. Staff report the need of analgesia for painful procedures has reduced. There are less incidents of self-harm, staff-harm and aggressive behaviour reported due to this calm environment and the mental health safe room for children in crisis. Anticipated long-term social outcomes include: reduced post-traumatic stress symptoms by the environment not intensifying trauma already sustained. Reduced impact of anxiety and future healthcare costs (feeling scared in hospital can affect a child's ability to manage stress or pain or cause predisposition to depression or anxiety).

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