

James's Seven Day Studio Assault

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James Cleeton, from Bristol, is taking part in every single fitness class at his local gym for seven days to raise money for University Hospital Birmingham Charities, the official charity of the Selly Oak and Queen Elizabeth Hospitals.

James's sister, Louise, is battling ovarian cancer and James wants to raise £1,000 for the hospitals which are treating her.

Having booked a week off work, James will be at the Bannatyne's Health Club on Redland Close from Monday 26 October to Sunday 1 November. James will be pushing himself to the limit by taking part in classes such as Body Attack, Ab Attack, Body Step, Dancersize and Body Pump. Some classes begin at 7.15am and some don't finish until after 9pm.

James added: "I decided I wanted to do something to support my sister as she quite literally fights for her life. Living a long way away makes it difficult for me to be there, but by doing this I can be there in mind, if not in body. Also, having so many people sponsoring me and making donations is sending a really positive message to my sister and the teams of specialists who are treating her. To be honest, enduring 37 hours of fitness classes is nothing compared to what my sister is going to endure as she beats cancer."

Mike Hammond, Chief Executive at UHB Charities, said: "We want to wish James all the best in his non-stop week of fitness classes. It is always amazing to see what people are prepared to put themselves through in their fundraising for the hospitals.

Fundraisers such as James allow us to fund equipment, training and research that the NHS can not provide, and every penny raised really makes the difference."

James' justgiving site is www.justgiving.com/James-Cleeton/

- Ends -

For further information, please contact xxxxxxxx

Notes to the editor:

1. University Hospital Birmingham Charities (UHB Charities) is the official charity of University Hospitals Birmingham NHS Foundation Trust www.uhbcharities.co.uk.
2. University Hospitals Birmingham NHS Foundation Trust (UHB) runs two hospitals, the Queen Elizabeth and Selly Oak, which are located 1.5 miles apart in south Birmingham.
3. UHB Charities funds equipment, research and training over and above that which the NHS provides and aims to make a difference to the lives of patients, visitors and staff at University Hospitals Birmingham NHS Foundation Trust.
4. This financial year (2009-10), UHB Charities has so far given out over £3.8million in grants. £1.5million of this has gone toward funding medical research projects which will have direct patient benefit. The remainder of the grants have supplied equipment and education not provided by the NHS.
5. The Trust is currently building Birmingham's first new acute hospital in 70 years which will be called the Queen Elizabeth Hospital Birmingham (QEHB).
6. The £545 million QEHB will open its doors to patients in the summer of 2010, providing modern and dependable acute adult healthcare and integrated mental health services.
7. The Trust is a regional centre for cancer, trauma, burns and plastics.
8. The Trust is the leading teaching hospital in the West Midlands with strong links to the University of Birmingham and Birmingham City University.
9. The Trust is host to the Royal Centre for Defence Medicine, the primary function of which is to provide medical support to military operational deployments.

10. In 2009 the Trust was rated "excellent" for financial management and "excellent" for quality of clinical and non-clinical services by the Care Quality Commission.