

trusttalk



STATE-OF-THE-ART EQUIPMENT FOR YOUNG PATIENTS



we treat people how we
would like to be treated
APRIL 2012

University Hospitals of Leicester **NHS**

NHS Trust

Caring at its best



Hello,

There's a saying that one swallow does not make a summer... similarly a few less ambulances over the weekend does not herald the end of winter... but as I write this, I know that we've had a slightly less busy weekend in terms of emergency admissions and ED attendances. It's about time.

You will know that since New Year we have been under a sustained period of enormous pressure. We've been stretched at times beyond what it is reasonable to expect of our staff and we've had to judge what is better – to shut the doors and

have ambulances go somewhere else or to keep going. It's too early to say that it's over but it's absolutely the right time to say thank you, again, to all our staff. I know how hard everyone has been working to try and cope with the demand on our services and I can't really begin to tell you how much this is appreciated. Suffice to say that thus far, sometimes against the odds, we've managed to cope with everything thrown at us in terms of the emergency work AND we've maintained our elective lists and clinics with the bare minimum of cancellations. It's also approaching the end of the financial year and the latest indication is that the hospitals will break even. Given the state of our finances earlier this year, this would be a remarkable turnaround and so I need to say thank you once again for both the individual and team contributions to saving cash.

We treat people
how we would like to be treated



Elsewhere in this issue you'll find stories about your colleagues and the brilliant work they do; whether it's the radiotherapists and their highly targeted 'IMRT' or our cardiologists, who now offer three types of heart valve, or the work to provide a new children's physio gym... it's amazing that despite the daily pressures, our teams continue to push the boundaries, innovate and ultimately try to improve services for our patients.

Enjoy the issue.

Malcolm

Malcolm Brown - Chairman

PS.

This is the last issue of Trust Talk in its current guise, next month we're making some changes, more of which later!

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trusttalk
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We are passionate and creative in our work

Hannah Flint, senior nurse, medicines management;
Gavin Maton, change manager;
Heath Hopewell, acting business partner
all at the Royal

Highly commended:
The Biomedical Research Informatics Centre for Cardiovascular Science (BRICCS), Glenfield



We treat people how we would like to be treated

Haematology Ward Staff
at the Royal

Highly Commended:
Kerry Filbey
nursing scrub assistant,
Radiology Department,
the General



We do what we say we are going to do

Elaine Wratten
medical secretary,
Radiology Department,
the Royal

Highly commended:
Aileen Goodfellow,
human resources
information analyst



Following on from the success of the awards presented in December, more nominations rolled in for the next round of Caring at its best awards.

The judges really had their work cut out this time with the high calibre of nominations.
Congratulations to all of the winners.
Next time it could be you!



We focus on what matters most

Richard Moody
Macmillan patient information officer, the Royal

Highly commended: **Julie Pearce**,
nursing assistant in the Royal's Fracture Clinic



We are one team and we are best when we work together

Respiratory and Thoracic Admin and Clerical Team
Glenfield

Highly commended:
Ward 16 at the General



Caring at its best
AWARD

Jenny Burgess
senior sister,
PICU, Glenfield

Highly commended:
Catherine Barrs,
nurse, Loughborough Renal Unit

RESEARCH NEWS



INNOVATIVE NEW HEART VALVE

Our experts have used a new type of valve in their keyhole heart valve replacement procedure, as part of a research trial.

THE NEW VALVE, CALLED PORTICO 23, used in the TAVI procedure, allows surgeons to reposition or even remove the valve to achieve the optimal placement, something that was not possible with earlier designs of valves.

Dr Jan Kovac, consultant cardiologist, and his team have been performing the life changing procedure for five years. St Jude Medical, a company that develops medical technology, asked Dr Kovac to conduct this research trial.

Dr Kovac said: "The PORTICO 23 differs to the other two designs we've been using. This novel valve is designed to allow operators to slowly release it in a controlled manner, reposition, or even remove it completely and put in place again to make sure it fits perfectly.

"This should further increase the safety of implant for this technically challenging procedure."

The first patient on our research trial, and the first person in England to receive this type of valve, was 89 year old Edna Watkins.



She said: "When I was given the information sheet about this new valve trial I was happy to take part and by doing this I will hopefully help other people in the future."

We are believed to be the only site in the world offering three different designs of TAVI valves.

The TAVI (Trans catheter aortic valve implants) procedure involves inserting a new valve inside the existing aortic valve using keyhole surgery to help patients with their breathing.

FUNDING BOOST FOR NEW UNITS

Our two new biomedical research units have received a funding boost of more than £3.5m.



Last summer we were awarded a combined £15.5m for three biomedical research units. This included our existing cardiovascular unit and two new units, one to look into respiratory disease and the other to investigate nutrition diet and lifestyle. The respiratory biomedical research unit has now been

awarded an additional £2.2m for a new clinical research build and equipment at Glenfield.

The nutrition diet and lifestyle biomedical research unit has received an extra £1.3m to refurbish wards and for state of the art physiological measurement equipment.

RESEARCH HONOUR

A consultant received the prestigious Macintosh Professor title from the National Institute for Academic Anaesthesia.



Dr Jonathan Thompson, who is also a senior lecturer in anaesthesia and critical care at the University of Leicester, received the honour for contributions to the field of anaesthesia. Following a series of clinical and laboratory-based studies

investigating the pharmacology and actions of a novel peptide Urotensin II and its receptor system, now thought to be involved in the pathogenesis of heart failure and the metabolic syndrome.

Our biomedical research units at a glance:

Leicester Respiratory Biomedical Research Unit, with University of Leicester
Nutrition, Diet and Lifestyle Biomedical Research Unit, with Loughborough University and University of Leicester
Leicester Cardiovascular Biomedical Research Unit, with University of Leicester



CRITICAL CARE RESEARCH

Critical care staff are investigating the memories and psychological outcome in patients who have been in intensive care.

The team, who are working with the University of Leicester's Department of Psychology on the project, were awarded best supporting oral presentation at the British Association of Critical Care Nurses conference last year.



The study continues and is expected to be completed in summer 2012.



BEHIND THE SCENES

The public went behind the scenes at a research open day at Glenfield.



The day focused on research carried out in cardiovascular, respiratory, diabetes and renal, stroke and pulmonary rehabilitation.

Visitors heard about an app and a web-based portal for pulmonary rehabilitation, development of risk assessment tool 'LifeMap', and use of imaging techniques like MRI and CAT to assess blood flow in the brain and research into kidney disease.

At the fair research groups and support services pioneering medical devices and state of the art laboratory equipment, the Body Potential Surface Mapping 'vest' which features

a range of electrodes for assessing cardiac rhythm in detail, and the chance to look at human cells using a high powered microscope.

Marco Narajos, Ashby School MedSchool Project, said: "We saw the latest innovations in biomedicine and biomedical engineering research in action, not just from a book or a website, but from the top scientists and clinicians in the area.

"It was the perfect chance to find out more about the latest research from the people who are doing the research themselves."

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NEW HOPE FOR CANCER PATIENTS

Hard hats and high visibility jackets are being donned at the Royal as building work starts on a new state-of-the-art cancer trials unit.



The Hope Against Cancer Clinical Trials Unit will officially open its doors in the spring and will provide the East Midlands with a centre of excellence in clinical cancer research.

The new unit is funded by Leicester's Hospitals and Hope Against Cancer, a charity launched in 2002 that raises funds for local cancer research in Leicestershire and Rutland.

Dr Nicky Rudd, clinical director of cancer services, said:



"The construction of the unit is a very exciting new development. Our aim is for Leicester to become an established major international centre for oncology research. Building work starting marks the beginning of this exciting project and means that our research work can take place in a purpose built area, designed specifically for our needs."

The trials that will be run in the unit will be those at the cutting edge of research. We will be using drugs at the very early stage of development in a wide range of haematological malignancies and solid tumours. The main focus of these studies is to develop targeted therapies. By this we mean treatment that only attacks the cancer cells, rather than normal tissues as well. We therefore hope that these types of drugs will have fewer side-effects, be more effective and will be the drugs of the future.

Builders are working to convert an area within the Osborne Building and create a centre that will allow treatment for up to six patients at a time. Two dedicated clinic rooms will mean that patients can have private time with their oncologist. The unit will also contain a small laboratory with fridges and freezers to

store medicines and medical samples.



"This exciting project means that our research can take place in a purpose built area."

DR NICKY RUDD,
clinical director of
cancer services



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100TH PATIENT RECEIVES REVOLUTIONARY RADIOTHERAPY TREATMENT

Over the past two years we have invested £7m in new technology to treat cancer.

Some of this investment has been for intensity modulated radiotherapy (IMRT), which can be used for treating cancers in the prostate, neck, brain and abdomen, amongst others. IMRT machines deliver treatment using advanced technology to direct an x-ray beam. They allow the pattern of radiation to be more carefully controlled, targeting only the areas inside the patient that need treatment and avoiding the surrounding sensitive organs. Patients treated this way see huge benefits, including fewer side effects than with standard radiotherapy and less time receiving the treatment.

Ghislaine Boyd, head of radiotherapy, explains: "With IMRT we can achieve quite complex patterns of radiation with a very simple series of exposures. A lot of treatments are now being given using RapidArc, where the treatment is delivered in a continuous sweep around the patient.

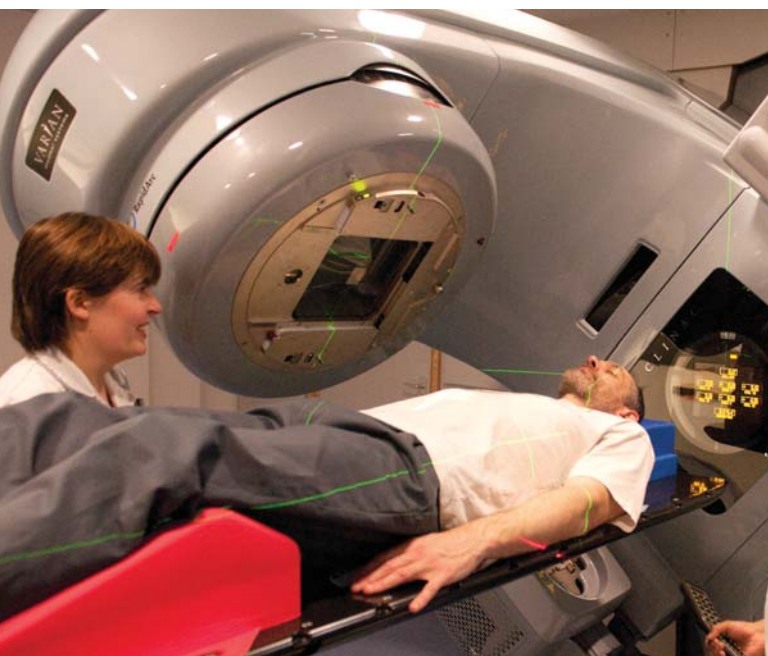
It not only gives us greater control over the dose but treatment time for patients is shorter. This means we are able to deliver very complex treatments within the same amount of time as some of the simpler cancer treatments."

Ian Stubbs from Loughborough is the 100th patient to be treated with this new technology, he said: "I was diagnosed with prostate cancer in August last year and have only just recently started the treatment. I hadn't heard of this type of radiotherapy before and was advised this would be the best option for me. Throughout the process the nurses and doctors have been really nice and helpful."

"throughout the process the nurses and doctors have been really nice and helpful"



John Sage, head of radiotherapy physics said: "Radiotherapy is a team effort, achieved by a lot of hard work from scientific, technical and clinical staff at the Royal. It's great to see those efforts result in better treatments and outcomes for our patients. This is just the start though and we want to continue to make advances in our treatments to benefit more of our cancer patients, and we hope they're all as successful as this."



"Radiotherapy is a team effort, achieved by a lot of hard work from scientific, technical and clinical staff at the Royal."

JOHN SAGE,
head of radiotherapy physics

"With IMRT we can achieve quite complex patterns of radiation with a very simple series of exposures."

GHISLAINE BOYD,
head of radiotherapy



GET ONLINE AND PLAY IT SAFE

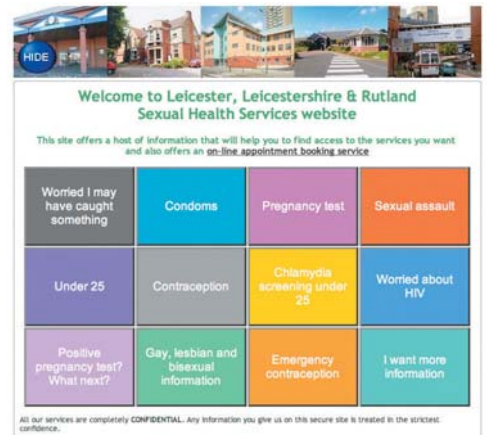
People are set to benefit from frank and informative sexual health advice thanks to a new website.

We have worked with Leicester, Leicestershire and Rutland PCT Cluster to develop www.leicestersexualhealth.nhs.uk.



"The website is a fantastic development. Sexual health is not the easiest thing for people to talk about and this means there is a tendency not to seek out advice."

The site includes a state-of-the-art online booking system, meaning patients can book a sexual health screening or contraceptive family planning appointment at a convenient time at the click of a mouse. This is a confidential service. Patients then receive a discreetly worded text advising them of their appointment date and time. Paul Schober, consultant in GU medicine, led on developing the service and said: "The website is a fantastic development. Sexual health is not the easiest thing for people to talk about and this means there is a tendency not to seek out advice. "The new site is easy to use, completely confidential, contains lots of information



and has a simple appointment booking system. This makes arranging to check your sexual health simple – you can book an appointment discretely online and avoid having to pop out and make that private phone call." The website contains information on a wide range of topics including contraception, pregnancy testing, Chlamydia and advice on how to seek help after a sexual assault. There is also the option to hide the website and revert back to Google at the click of a button to avoid prying eyes.

One team
We're fighting infections

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Caring at its best



Hand hygiene
Follow the 5 moments



NEW TOOLS TO TACKLE CHRONIC PAIN

As part of our Pain Management Programme patients that suffer with chronic pain were invited to a 'Pain and Self Care Toolkit Workshop' to discuss techniques and skills to manage their own pain on a day-to-day basis.

THE WORKSHOP WAS RUN BY PETE MOORE who suffers from chronic pain and has developed patient led workshops to support those who live with pain and long term health conditions to increase awareness of active self management

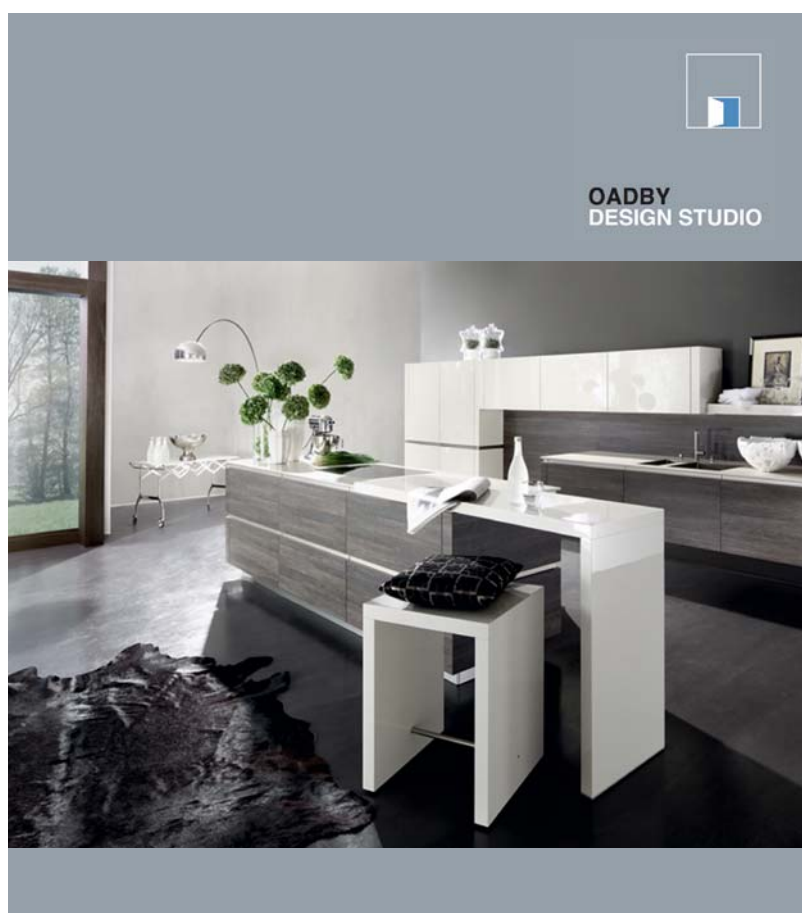
Pete said: "Each pain is different and how you manage it can take time, while having to learn new skills. I know this because I was a poor self manager of my pain and life became unbearable. I was reliant on the doctor to solve my pain and took no responsibility. I became a can't do person, because of my pain I used to tell people and myself I couldn't do things.

"Attending a Pain Management Programme gave me the confidence and skills I needed to become a good self manager and more responsible for my pain. I now live life to the full, feel more in control and don't let my pain stop me from doing what I want to do."

Jo Bishop, senior physiotherapist and Pain Management Programme lead, said: "Pete is a fun and inspirational speaker giving the group ideas on how they could continue to enjoy life despite chronic pain. People took away some ideas on how to help others. Staff took the opportunity to thank the volunteers for their valued contribution to the service."

After taking part in a pain management programme people report significant improvements in their physical ability, mood and confidence. People use less medication and consult their doctors less. Whilst the programme does not directly treat pain, patients do report an improvement in their experience of pain.

After taking part in a pain management programme people report significant improvements in their physical ability, mood and confidence.



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Specialist Service

FOR OUR YOUNG PATIENTS





Staff and young patients got together recently to celebrate the opening of the newly renovated Paediatric Physiotherapy Gym.

The gym, based at the Royal, is for the sole use of children referred to Leicester's Children's Hospital for physiotherapy and for patients admitted to the Children's Hospital that require rehabilitation.

Children from birth to 15 years are assessed and treated for orthopaedic, respiratory and acute neurological problems. Following assessment the young patients then go on to have further treatment, either in groups or individually.

The gym redesign cost just over £10,000 and was funded by Leicester

Hospitals Charity thanks to kind donations from the people of Leicester, Leicestershire and Rutland.

Naomi Dunmore, senior paediatric physiotherapist, said: "We are really excited about opening the new gym and have had some really positive feedback from patients and parents.

"It is great that we are able to provide space to allow our patients to use equipment specifically designed for children of all ages.

Children's physiotherapy is very different to the adult service and these new facilities allow us to offer treatment

to our small patients. It is very exciting that this new space enables this to happen."



"We have had some really positive feedback from patients and parents"

Tiger's player Manu Tuilagi talks to one of our young patients.



ARE YOU LOOKING TO LEARN?



Are you looking to further your career, catch up on some skills or develop in your current role? Through the appraisal process you can identify areas that are key to your role and ongoing development.

Feedback from the local and national staff survey shows that you would like more information about the training and development opportunities available internally. Please read on to find out how workplace learning can help you develop in your role and perhaps apply for the 'dream job'.



Leadership Academy

Leadership Academy

The Leadership Academy has been developed to give staff in leadership roles and those aspiring to such roles the confidence, skills and the credibility to lead.

It will serve as a source of networks and learning opportunities to embed strong leadership at every level in the organisation and build a community of leaders.



Apprenticeships

Did you know that we offer apprenticeships? Contact The Directions Service on ext. 4156 or email: thedirectionsservice@uhl-tr.nhs.uk for more information.

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Vocational Qualifications

Did you know that the Learning and Organisational Development Team have now made the change from NVQs (National Vocational Qualifications) to the new vocational QCF (Qualification and Credit Framework)?

Why should you do one of our QCF qualifications?

- As well as working towards a nationally recognised qualification, you will be developing practical knowledge and skills that you can immediately apply in your job.
- You will have a greater awareness of your role in providing a high level of patient care.
- Not only can vocational qualifications get your career off to a great start, they can also be a route for career advancement or further education.



The Big Training Company

The Big Training Company is based within the learndirect centres at each site. We are able to offer a variety of different courses including literacy, numeracy, personal development and IT, these courses are all qualification based.

Courses are available online with or without tutor support and can be completed in 2 weeks to 6 months (depending on qualification or course). Our courses are offered on a flexible learning basis; therefore you decide how you complete your learning, whether in one of our centres or at home.

Why not call or pop in for a chat to find out more?

IT Training

IT Training is now part of the Learning and Organisational Development Team and is based at the LRI though we can offer training at all three sites.

The IT Training Team offers a range of training and support to all staff in both clinical and Microsoft applications.

Training is available in tutor led classroom or e-learning environments, along with workshops to offer support and guidance to learners.

For more information contact the IT Training Team on ext. 5662.

Want to know more?

Are you interested in training but don't know which direction to take? Have you considered enrolling on a course and want to know more? Why not contact the Directions Service for an informal chat and some personalised advice. The service can advise on all training on offer internally.

For a free friendly chat contact the Directions Service on ext. 4156 or email: thedirectionsservice@uhl-tr.nhs.uk.

The Directions Service



Information, Advice and Guidance

CASE STUDY

Name: Jane Milankovic

Site: Glenfield

Role: Staff nurse on the Clinical Skills Unit



Previous role before training: Health care assistant on ward 31 at Glenfield.

Training: NVQ two and three, learn direct maths qualification

"The whole process was certainly exhausting whilst working full time with a family but I feel the opportunity gave me the chance to achieve something I never thought I was capable of."

"I would advise anyone thinking of training to grab the chance to advance their career. The support I have received from the training team has been immense."



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Older patients with dementia are being supported and reassured by our meaningful activities team at the Royal.

DEMENTIA PATIENTS GET NOSTALGIC

PEOPLE WITH DEMENTIA are vulnerable to illness, accidents and falls, leading to hospital admissions, which can be a frightening experience. Away from familiar surroundings and people, these frail older patients can become disorientated, frightened and confused.

With the help of funds from the Lord Mayor's Forget-me-not Appeal we have been able to create better environments for patients and specialist training for staff.

Diane Spriggs, the meaningful activities coordinator, and her team of volunteers use various activities to help patients like games, jigsaws and reminiscence

activities such as talking about the past, looking at old photographs, books, watching films and listening to music.

With almost 70 per cent of our hospital beds occupied by older people it's important that we make their stay as comfortable as possible to help their recovery. Our work in improving care for patients with dementia focuses on creating a caring environment to meet the needs of older people in specially designed areas that help reduce anxiety, disorientation and restlessness. This not only improves their hospital experience but helps them get better quicker.



If you are interested in volunteering and working with patients with dementia, please email: diane.spriggs@uhl-tr.nhs.uk

A new social room has opened for patients in the renal and urology department at the General.

Room to relax



The room provides a place of sanctuary and somewhere for patients to socialise away from the ward.

Patients love the room, finding it a bright, airy, welcoming place to get away to, saying that it is like being in another world.

The refurbishment was funded by charitable funds raised by the Kidney Patients Association and The Leicester Railway Men's Club.

The idea was put forward by ward sister Mary Guinan, she said: "It has never seemed right to me that patients should live and eat 24/7 by their bed, especially as some of these patients are in for weeks and months at a time."

The room is dedicated to the memory of renal nurse Margaret Sharpe who worked here for many years up until her death.



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The best things in life... DIANE SPRIGGS

Meaningful activities co-ordinator on making a difference to people with dementia, scuba diving and playing on the Xbox.

Best thing about being a meaningful activities co-ordinator

Working with people. It's so rewarding just being able to listen to people's past lives and to see people happy again as people with dementia quite often come in to hospital unsettled.

Best thing about working at Leicester's Hospitals

The people I work with, the staff on the wards have been so welcoming to my new role. I work with an excellent team of volunteers and together we really make a difference.

Best health tip

I enjoy going to the gym and try to make as much time as I can, but I am often confronted with the restraints of a busy lifestyle.

Best film

Wow I have so many... you have stumped me there. It depends on my mood. If I just want to sit down and have a girlie night I like to watch Sliding Doors, if I'm in an action mood I like Mr and Mrs Smith and the Matrix.

Best iPod track

I like such a wide range of music. I love karaoke so when I drive in my car I like to listen to Whitney Houston, The Greatest Love of All and Tina Turner, Simply the Best.

Best way to relax

To sweat it all out... first a spin class and then relaxing in the sauna.

Best piece of advice you were ever given

The best things in life are free. It is true - my children, love and affection you just can't beat them.

Best way to spend an evening

I love to spend quality time with my children, sitting on the sofa watching movies and even playing on the Xbox with them.



Best holiday

A family holiday to Protaras in Cyprus. I love the scuba diving and there a great spot called Zenobia Wreck which remains as a complete ship and is a great place to dive deep exploring the world under the sea.



Best tip for surviving a shift

To be honest I never think about surviving a shift because I enjoy what I do, however to be happy and positive is the best way.

Best thing in life

It has to be my three children aged 17, 15 and 2; they keep me on my toes.



Simply the best - Tina Turner



Tina Turner photo: Badgreb Farkkatt; Scuba diving photo: Juan Velasquez; Xbox photo: Josh Smith; Diving mask photo: Jean Scheijen; Protaras church photo: Koryakov Yuri; Trainers photo: Fleur Suijten

A DECADE OF DEDICATION WINS AWARD

Liz Darlison, consultant nurse at Glenfield, has received an award for her major impact on lung cancer patient care over the past decade, from the British Thoracic Oncology Group.

EACH YEAR THE BRITISH THORACIC ONCOLOGY GROUP (BTORG) gives a lifetime achievement award to an individual who has made a significant contribution to the management of thoracic malignancies in the UK and Ireland. To mark the 10th year there were two additional awards to be won. One

to an international expert felt to have made a major contribution to lung cancer treatment and research and the second to an individual felt to have made a major impact on lung cancer patient care over the past decade, which Liz won.

Liz said: "Being given this award, by my colleagues and peers, is phenomenal.



"Being given this award, by my colleagues and peers, is phenomenal"

Nurse specialists really have cemented a pivotal role in cancer care not least in lung cancer care, our contribution is beyond significant and for colleagues to recognise this and give a nurse member a 10 year achievement award for Impact to Lung Cancer Patient Care is just wonderful.

"I really do feel privileged and can't thank the committee

and members enough. Here's to the next 10 years!"

The 10th annual British Thoracic Oncology Group awards were held in Dublin in January. The BTORG is made up of members from all professions involved in the care of lung cancer and mesothelioma throughout the UK and Ireland.



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LUTON	£68 E/W	£100 E/W	£136 E/W
STANSTEAD	£90 E/W	£135 E/W	£180 E/W
MANCHESTER	£90 E/W	£135 E/W	£180 E/W
HEATHROW	£90 E/W	£135 E/W	£180 E/W
GATWICK	£110 E/W	£165 E/W	£220 E/W

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FUNDRAISING latest...

LEICESTER
HOSPITALS CHARITY
help us care



Innovative Fundraisers...

Justin Chamberlain

is hoping to raise £15,000 to buy a cooling machine for the Neonatal Unit. He's climbing Snowdon on 20th May with an incubator on his back! www.incubatorchallenge.com/



Dawn Gethins

staff nurse at the Royal, raised £1,136 for the Older People and the Orthopaedic Department through various fundraising events.

Anne Brunt

raised £690 by holding a concert with a band from Ratby to raise money for the Breast Care Unit.



Leicester's Hospitals

Dr Sam Jones, Colin Esler, Claire Willday, Helen Parry, Paul Gowdridge and BBC Radio Leicester's Ian Stringer will run the Virgin London Marathon for the Ourspace Appeal. To sponsor them visit: <http://www.justgiving.com/cancerappeal-londonmarathon2012>.

Cycle Challenge

A staggering 150 cyclists pedalled their way from Leicester to Skegness, raising £14,000 to purchase a new cooling machine for our neonatal unit at the Royal.



ONZO Ltd

in London raised £520 for the Critical Care Unit through their Christmas collection.

Helen Gleeson

raised £2,658 for the Ourspace Appeal by cycling from Lands End to John O' Groats.



Joe Vavasour

raised £1,244 by completing the Bupa Great North Run 2011 to say thank you for the care his son received in the Children's Hospital.

Ben Kennedy

raised £627 for the OurSpace Appeal in the Rolex Fastnet Race around the Isle of Wight.

Ariane Wilkinson

raised £336.25 for the ECMO unit by taking part in the Lions Club of Maidenhead charity swim with her friends and family, in recognition of her sister-in-law who received lifesaving treatment there.

The Rotary Club

raised £100,000 to fund the refurbishment of the Bereavement Centre at the Royal. Leicester Mercury readers also contributed to the donation with their 2007 Christmas appeal. The Bereavement Centre celebrated its official opening and is a place where relatives of patients who have died at the hospital can sit while they wait for paperwork and other formalities to be completed. The new centre has been described as an 'oasis of calm'.



Competition

Win a meal

One lucky reader can win a meal (including drinks) up to the value of £60!

Little India Restaurant is located in the picturesque village of Peckleton. Diners are welcomed into relaxed and comfortable surroundings and are served a delicious range of authentic traditional dishes and imaginative fusion food.

Visit: www.littleindia.me/home for more information.

To be in with a chance of winning a delicious dinner simply tell us the name of the heart valve Dr Jan Kovac and his team have fitted as part of a research trial.

Send your answer, name and internal address to: trusttalk@uhl-tr.nhs.uk.



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