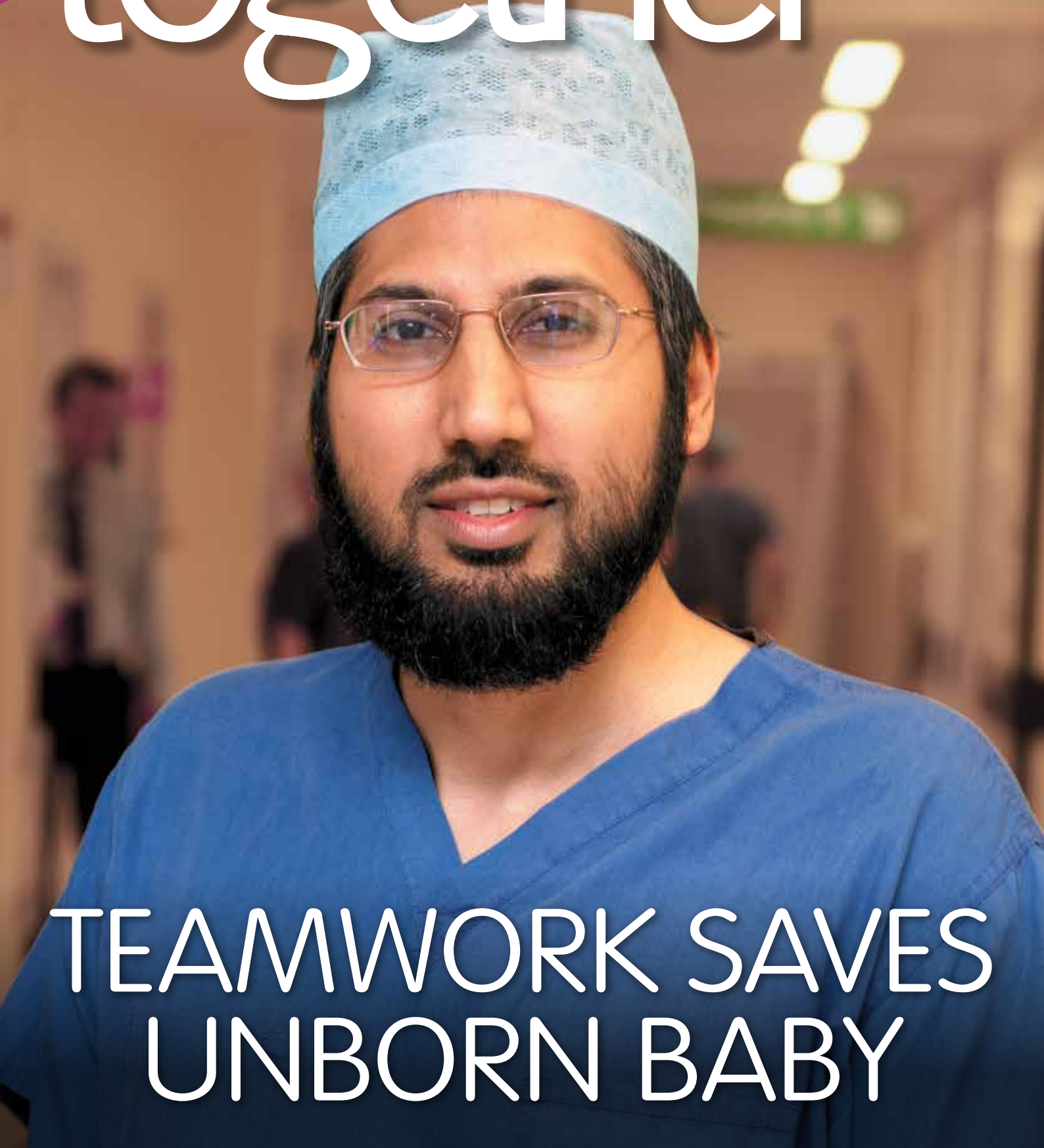


together



TEAMWORK SAVES UNBORN BABY



concentrating
on innovation
DECEMBER 2013

University Hospitals of Leicester



NHS Trust

Caring at its best



Welcome

to the latest edition of
our magazine Together

concentrating
on innovation



Welcome to the final edition of Together for 2013. I can't quite believe that I've been here for almost a year.

In every edition I've mentioned the interesting content and this edition is no different!

Of course this magazine just gives you a snapshot of some of the things that we are doing here at Leicester's Hospitals.

One of the big things we've introduced this year has been Listening into Action. This is a systematic approach that engages and empowers all staff around any challenge, giving them the tools to improve outcomes for patients, for staff, and for your Trust.

Listening into Action



In this edition, we share the communications strand of work that's been carried out for LiA.

The Head of Communications shares with you the campaign to promote the behaviours that underpin our values. On pages 8 and 9 you can see how this innovative campaign approach has used social media with our own staff sharing how they are living those behaviours in the little things they do every day. You can see more on Pinterest - www.pinterest.com/leicshospitals/value-your-behaviour.

One thing you can be assured of is that there are miracles happening across the NHS every day, not just in our hospitals. In a routine scan, our antenatal team discovered that the baby had a swelling in the neck that was blocking its airway. When the baby was full term, Mr Uddin, Consultant ENT Surgeon, performed an innovative operation that saved mum and baby and is a testament to the teamwork you see across our hospitals. And you'll be pleased to know that both mum and baby are doing well! Read all about it on pages 10 and 11.

Learn more about our new chief operating officer, Richard Mitchell and his innovative approach on pages 6 and 7. In November, we were honoured to welcome Sir Steve Redgrave to open our new Leicester Diabetes Centre at Leicester General, further details on page 5.

As we all know, we continue to face a variety of challenges, including both emergency care and financial pressures. We will continue to try to resolve these in 2014, but in the meantime, on behalf of the Trust Board I would like to thank all of our staff for their continued hard work and dedication to our patients.

Finally I'd like to wish you and your families a happy and healthy festive season and my very best wishes for 2014.

John Adler Chief Executive

STOP!

Are you suffering from:



University Hospitals of Leicester
NHS Trust



Caring at its best

- Viral infections such as Norovirus (winter vomiting) and influenza (flu)?
- Symptoms of an infectious illness (diarrhoea and/or vomiting, fever and/or symptoms of flu)?

YES

Do not enter the hospital

By doing so you may pass the virus on to staff and other patients.

Return home

Drink plenty of water to avoid dehydration and let the illness run its course.

If you have experienced diarrhoea and/or vomiting, or flu related symptoms, please do not visit until you have fully recovered and experienced no further diarrhoea and /or vomiting for 48 hours.

**If you are worried call your GP or
NHS Direct on 0845 46 47.**

**Please feel free to telephone and enquire
about the patient you wished to visit.**



NO

Welcome to our hospital

Please use hand sanitiser when you enter and leave our patient areas to help keep infection at bay.
Please do not sit on beds.
Please only visit if absolutely necessary.
By doing this, you will help us to reduce the spread of infections even further.



Fighting infections together

Meet the communications team

Leicester's Hospitals dedicated communications team is committed to managing the reputation of the Trust. When positive and negative things arise, the team help our staff, patients and the media with any queries they may have. **With some new additions this year, Together visited the team to find out more.**

What we do:

- **Promote** the Trust to national and local media
- **Handle** negative media stories
- **Engage** with staff and patients
- **Interact** through social media
- **Manage** campaigns
- **Produce** magazines and newsletters
- **Provide 24/7** on-call support via switchboard
- **Support teams/services** through internal change



Mark Wightman
director of marketing
& communications
(joined 2006)

"In one form or another I've worked with the media for 25 years, firstly as a journalist in London, before moving into communications."

Q&A: Best way to relax?

Brave the great outdoors - go fishing or for a run. Reading helps me too, as does a good pub!



Tiffany Jones
head of communications
& engagement
(joined 2008)

"Although I have worked within the NHS since 1999, this was my first role in an acute trust.

It was the best career choice I've made!"

Q&A: Best Health Tip?

Do what makes you smile 😊

communications officers



Laura Stannard
(joined January 2013)

"I studied for a Philosophy degree which sparked my interest for creative writing. Each day presents a new challenge, but that is what makes the job so rewarding."

Q&A: Best way to spend an evening?

I've enrolled on an evening course to learn Spanish, mainly so I can explain that I'm a vegetarian when on holiday!



Rosalind Ward
(joined August 2013)

"I worked in various PR agencies in Leicestershire and London, but had always aspired to apply my communications degree to the healthcare sector as I find it so interesting."

Q&A: Most memorable holiday?

I spent five months travelling after university, but I've just come back from India which was breathtaking!



Robert Knight
(joined August 2013)

"The best thing about working at the Trust is the variety of people I come into contact with every day. I really enjoy the fast-paced environment and feeling like I'm making a difference"

Q&A: Favourite film?

I like too many films to pick one, but anything featuring Bill Murray is usually worth a watch.



Daljeet Minhas
communications apprentice
(joined September 2013)

"My role is really varied, one minute I'll be in the office monitoring media coverage and the next I'll be out and about helping TV crews film on-site"

Q&A: Favourite song?

Teri Ore by Shreya Ghoshal and Rahat Fateh Ali Khan. I'm a big Bollywood fan and picked this song for the first dance at my wedding.

If you would like to share your news, views or campaign idea with the team, please contact communications@uhl-tr.nhs.uk



**LiA
Quick
Win**

Changes to local sexual health services

Unfortunately, Leicester's Hospitals will no longer be providing sexual health services to local people. Staffordshire and Stoke on Trent Partnership NHS Trust were successfully awarded the contract and their new service will start on 1 January 2014.

We have been working closely with our commissioners (the people who pay for local health services) and the team at Staffordshire and Stoke to ensure the transition between the current and new service is smooth.

Whilst many people may not notice a difference in who is providing their sexual health service, there will be one noticeable change. The GU Clinic in the Jarvis Building at Leicester Royal Infirmary will close. Opened in the 1960's, the clinic has been

used by thousands of patients over the years (up to 120 every day), but we will do our best to ensure people know how to access the other clinics available to them when this one closes.

The new service has plans to run a 'one stop shop' for all contraception and sexual health services, with extended opening hours in easily accessible locations across the whole of Leicester, Leicestershire and Rutland – in many locations people are familiar with.

There won't be any changes to our HIV services which will remain with us and integrate with our infectious diseases service.



For more information about sexual health services and how to access help and support visit:
www.leicestersexualhealth.nhs.uk

Locations:

The two main sites will be:

St Peter's Health Centre, Leicester

sexual health and contraceptive services previously GUM (STI) services delivered at the Royal Infirmary will be delivered here

Loughborough Health Centre

Pinfold Gate, Loughborough – this is a new location. Previously there were daily sessions for GUM (STI) services and two sessions per week for contraception delivered from Loughborough Hospital.

The Leicestershire County sites (will deliver some but not all services):

- Bushloe End Surgery
Wigston (New site)
- Coalville Community Hospital
- St Mary's Hospital
Melton Mowbray
- Hinckley Health Centre
- Market Harborough
District Hospital
- Rutland Memorial Hospital
Oakham

The Leicester City sites (will deliver some but not all services):

- Saffron Practice
- De Montfort Surgery, Mill Lane
- Victoria Park Practice
- Merridale Medical Centre
- Westcotes Health Centre (New site)
- Belgrave Health Centre (New site)
- Beaumont Leys Health Centre
- Charles Berry House, East Bond Street
(New site in City centre)

These sites will have improved opening hours which will be announced soon.

Theatre Arrivals Area transformation underway



The Theatre Arrivals Area (TAA) on level 2 Balmoral at Leicester Royal Infirmary has been under reconfiguration since May 2013.

Located near to the main theatres, it provides a facility for patients to be admitted on the day of their surgery, be processed by the nursing staff, and meet their anaesthetist and surgeon. From the TAA they make the short journey into theatre for their operation.



Caring at its best
Awards

The TAA has continued to work well even in its temporary state thanks to the friendly, professional staff who operate it. Their hard work and dedication was recognised when the team were shortlisted for a Caring at its Best award in June 2013.



Phase One

Completed in August, this phase has revamped the main theatres staff changing rooms. The area was fragmented and outdated with an unnecessary number of different rooms. The redevelopment has not only improved conditions for staff, but has better utilised the space for the new TAA.



Phase Two

This will create a much larger, purpose-built Theatre Arrivals Area, with 20 admission and consulting rooms located right next to main theatres. The works are well underway and are due to be completed in January 2014.

As with any large project at the hospital, there will be some adjustments and changes during and after the project is complete.
For further information and FAQs, please visit www.leicestershospitals.nhs.uk/aboutus/our-news/taaproject/

GOLD MEDAL FOR NEW DIABETES CENTRE



Five-time Olympic gold medallist, Sir Steve Redgrave officially opened our new Leicester Diabetes Centre in November.



Based at Leicester General, the multi-million pound facility is one of the largest diabetes centres in Europe and brings together experts from Leicester's Hospitals and the University of Leicester.

On seeing the research centre for the first time, Sir Steve, said: "I'm blown away by the size of the whole place!"

Sir Steve was diagnosed with diabetes 16 years ago, three years before his last Olympics in Sydney where he won a gold medal.

He added: "When you live with diabetes you have to develop another sense - you always have to think about your blood sugar levels. Most

diabetics get into a rhythm and work out a very different lifestyle to other people.

"I'm glad the specialists in Leicester have this new centre where they can help people with diabetes to lead an ordinary life."

Co-Director of the Centre, Professor Melanie Davies, added: "This new facility enables us to continue to help hundreds of thousands of people across the UK who have diabetes."

"We now have the chance to focus on developing effective interventions to treat, slow and hopefully even stop the condition."



The new state-of-the-art centre will enable researchers and clinicians in Leicester to work together on one site for the first time



Leicester Diabetes Centre
Committed to Growing International Research, Education & Innovation

For further information, please visit www.leicestershirediabetes.org.uk

Richard Mitchell

Richard joined Leicester's Hospitals in July 2013 and feels incredibly privileged to be the Chief Operating Officer of such a large, complex and important healthcare provider.

RICHARD BEGAN HIS NHS CAREER ON THE NHS GRADUATE MANAGEMENT TRAINING SCHEME (MTS) in 2004 and has had a diverse variety of roles such as a Prison In-reach manager on the Isle of Wight and an Infection Control consultant in Porto Alegre, Brazil.

After leaving the MTS he had a series of jobs at Guy's and St Thomas NHS Foundation Trust and Imperial College Healthcare. Working as one of the Heads of Operations at Imperial, Richard remembers a conversation he had with his Chief Financial Officer, he explains: "He asked me if I'd ever thought about trying work outside of London. On reflection, this may have been a subtle hint at suggesting that I should apply for a new job, but at the time I viewed this as positive mentoring and I quickly

moved to the North of England!"

During his time in Yorkshire, Richard took on his first board level role as Chief Operating Officer at Doncaster and Bassetlaw Hospital NHS Foundation Trust. During his time there he was instrumental in improving the Trust's emergency care performance, which was experiencing challenges at the time, whilst also overhauling the performance management culture.

"I believe we can provide better levels of patient care through more effective decision making and leadership. I was already committed to the values of the NHS when I joined the graduate scheme and over subsequent years that level of commitment has only increased."

Richard sees his role as leading and supporting clinical and managerial colleagues to provide the best standard of healthcare possible. "We all know this winter is going to be tough, probably tougher than the last but if we continue to improve as a team and ensure individual and collective strength of character, we will achieve great things.

"I am ambitious and have been fortunate and lucky in my career so far, but I will continue to do my job to the best of my ability with a focus on ensuring our services are in a better position at the end of the week than they were at the beginning."

Quick questions

Which three words sum you up?

(I would hope) driven, resilient, calm

Who inspires you?

Andrew McAuley for his determination. Unfortunately, he was ultimately doomed!

Pet peeve?

Laziness, lack of professionalism, shirking of responsibility, duplicity

Best health tip:

Try not to have an alcoholic drink before midday on two consecutive weekdays

Favourite film:

Not necessarily a favourite, but I really enjoyed 'Exit through the Gift Shop'

Best way to relax:

What did Andrew Seddon say...? Four hours? Ok, five hours of exercise and then a long afternoon in a country pub with friends from school

Favourite iPod track:

For dancing, 'Jai Ho!' A.R. Rahman

What is the best piece of advice you were ever given:

"Have you ever thought about trying work outside of London?"

What makes you laugh?

Jokes with friends rooted in events that happened backpacking around Europe in 1999

What is your most memorable holiday?

The winning Lions rugby tour to Australia this year; amazing! I will be in New Zealand in 2017

Best way to spend an evening?

Entertaining with home-made food and shop bought wine. The other way around was a complete disaster - I take full responsibility for that

What was your first job?

Glass Collector in a Wetherspoon's pub. I was sacked in my third week for questioning why my pay didn't match my hours worked [#fightforyourrights](#)



"A key reason for me to move into an executive role was because I wanted the opportunity to positively influence. I'm certain that the work we are doing with colleagues across the Trust and with our commissioning partners will lead to an improved standard of healthcare for the many patients who use our hospitals. "

Value Your Behaviour



In October, we launched our Value Your Behaviour campaign to showcase how our staff are living the Trust values every day for their patients and colleagues.



Alison Brailey,
Principal Pharmacist: "...by communicating with staff to determine direction of services."



Geoffrey Smith,
Patient Advisor: "Because I care about colleagues and patients."



Our behaviours:

- We treat people how we like to be treated
- We do what we say we are going to do
- We focus on what matters most
- We are one team and we are best when we work together
- We are passionate and creative in our work



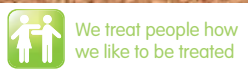
Charlene Freeman,
Embryologist: "I always smile even when on the phone (it makes my patients smile). Honesty is always easier than remembering your lies!"



Elizabeth Aryeetey,
Deputy Head of Nursing - Women's & Children's: "Using the passion and commitment of my team to deliver ever better care to our cardiac children."



Claire Jones-Manning,
Team Leader: "By producing a monthly newsletter for all my team and ensuring I talk to all staff regularly and send prompt emails."



We treat people how we like to be treated



Louise Gallagher,
Workforce Development Manager: "I always try to make sure I engage and involve others as I certainly do not have all the answers. The best strategies and plans are developed bottom up."



James Spear,
Project Support Officer & PA: "Because communication leads to the best work possible!"



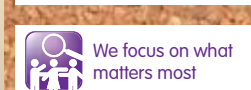
John Adler,
Chief Executive: "That's why I brief all our leaders, on all 3 sites, every month."



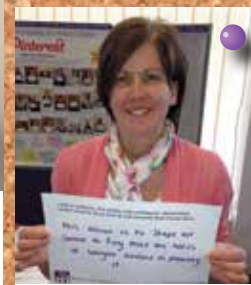
Ian Scudamore,
Divisional Director of Women's & Children's: "As this is a basic core value of all of us privileged to provide healthcare to those that need it."



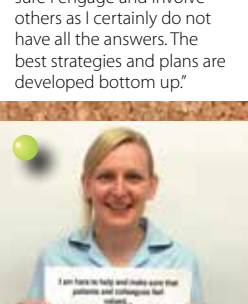
Luke Donovan,
Patient Information Advisor: "...to give the public confidence in the service I am giving :)"



We focus on what matters most



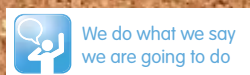
Marie Copple,
Obstetric & Haematology Nurse Specialist: "This allows us to shape our service to fully meet the needs of everyone involved in providing it."



Becky Smailus,
Staff Nurse in ED: "Use people's names, smile, say "thank you" and offer help :)"



Phil Walmsley,
Head of Operations: "There is no problem that does not have a solution. We have some of the brightest minds in the country, so somebody, somewhere will know how to solve them."



We do what we say we are going to do



Neelam Potdar,
Consultant Gynaecologist & Subspecialist Reproductive Medicine: "In my daily work, I interact with patients & colleagues & I always listen to others/try to be non-judgemental & care for their opinion & suggestions."



Sue Pavord,
Consultant Haematologist: "...because teamwork is important to me - everyone's opinion counts."



Stephen Ward,
Director of Corporate & Legal Affairs: "My pledge is to aim to get it right; be patient focussed; be open and accountable; act fairly and proportionally to put things right when they go wrong; and to seek continuous improvement."



Andrea Smith,
Assistant Director of Procurement and Supply: "I engage suppliers and pinch ideas! :)"

In 2010, our staff worked on creating a set of five key values, underpinned by 16 important behaviours which are essential to us as an organisation.

Throughout the campaign, we have asked our staff to send in their pictures with a short explanation of how they feel they are living the values.

The campaign is open until Friday 20 December, so there is still time for you to send your pictures. Staff can visit Value Your Behaviour on INsite for more details.

Below is a selection of the fantastic pictures we have received so far. You can see all of our staff pictures on our Pinterest board.

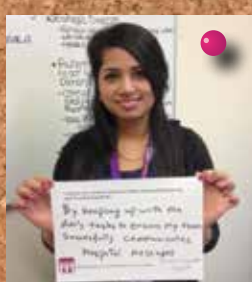
www.pinterest.com/leicshospitals/value-your-behaviour/

For more information about the Trust values, please see **Our Values** at www.leicestershospitals.nhs.uk

Pinterest



Damian Roland,
Paediatric ED SpR:
"I always introduce myself. For more information about #hellomynameis take a look at Dr Kate Granger's blog!"



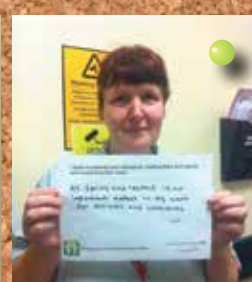
Daljeet Minhas,
Communications Apprentice:
"By keeping up with the daily tasks to ensure my team successfully communicates hospital messages."



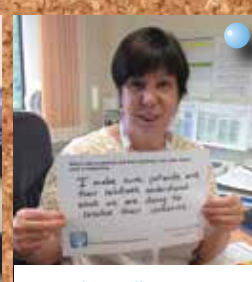
Chohan Amritpal,
Improvement Specialist (Intern): "By working with service to improve the quality of patient care! :)"
Laura Willcocks, Improvement Specialist: "That way we can ensure we do with not to do' patients, carers + colleagues."



Craig Everitt,
Clinical Manager - Integrated Sexual Health Services:
"We outreach our services to those that need it most."



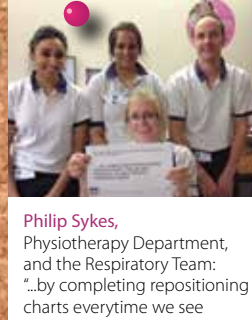
Angela Howard,
Nursing Assistant: "As dignity and respect is an important aspect in my work for patients and colleagues :)"



Amanda Randle,
Senior Patient Safety Manager: "I make sure patients and their relatives understand what we are doing to resolve their concerns."



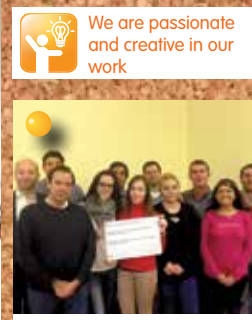
Philip Sykes,
Physiotherapy Department, and the Respiratory Team:
"...by completing repositioning charts everytime we see patients, to help reduce pressure sores."



Martin Caple,
Patient Advisor: "As a patient advisor I wish to know what the key issues are."



Pete Cleaver,
Risk & Assurance Manager:
"If I am unable to achieve a goal I will provide an honest reason for this to my manager/team/colleagues and where possible provide an acceptable solution."



Emergency Department:
"We seek inventive solutions to problems... there were a number of medical staff vacancies in the Emergency Department... we welcome our medical staff international recruits to the team."



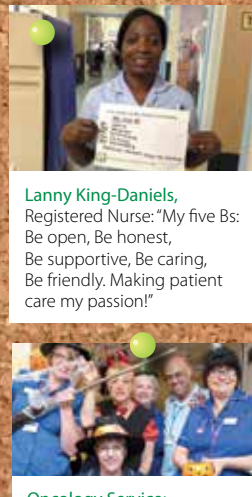
Richard Mitchell,
Chief Operating Officer:
"I believe making no decision is worse than making the wrong decision. Clearly there are some circumstances where no decision is worse."



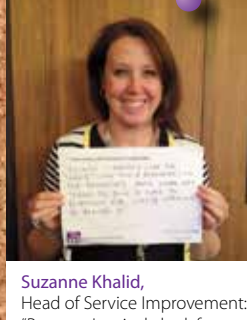
Michelle Scowen,
Matron - Acute Division:
"Because I promote, collect, theme and display patient feedback in all my areas."



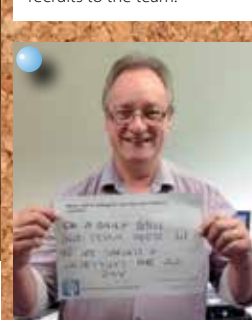
Sue Turland,
Orthopaedic Practitioner:
"I do not 'cherry pick' only the positive patient 'post card feed back' comments to hand in to matron - all my patients have a voice, and need to be heard."



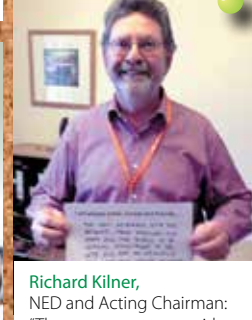
Lanny King-Daniels,
Registered Nurse: "My five Bs: Be open, Be honest, Be supportive, Be caring, Be friendly. Making patient care my passion!"



Suzanne Khalid,
Head of Service Improvement:
"Because I actively look for 'waste' (staff time & resources) in our processes then work with teams to find a way to redesign our way of working to remove it."



Mike Withers,
Quality and Safety Co-ordinator: "On a daily basis our team meets to set targets & objectives for our day."



Richard Kilner,
NED and Acting Chairman:
"The way we engage with our patients, their families, our staff and the public is of critical importance to me. Let's all set an example and live this value always."

Lifesaving surgery

performed for the first time in Leicester!

Mr JAVED UDDIN and his team performed an EXIT (Ex-Utero Intrapartum Treatment) procedure in April 2013 on a pregnant mother to save the life of her unborn baby.



During a routine antenatal scan, Sarah Harrup and Deryck Smith discovered that their baby had a swelling in the neck, potentially blocking the airway.

After further testing and extensive planning, it was decided that performing the EXIT procedure was the only option to safely deliver the baby. If born naturally there was a high chance the baby wouldn't be able to breathe.

The mother of the baby, Sarah, said: "It was such an emotional time for us; we were told our baby had a low survival rate so we had to prepare for the worst."

The operation was scheduled to take place when the baby reached full term.

Mr Uddin, paediatric ENT surgeon, said: "In cases like this, it is impossible to identify the severity of the blockage until you can directly assess the baby's airway. This is what makes it a very difficult procedure."

Sarah was given a deep general anaesthetic and prepared for a modified elective Caesarean.

The baby's head was delivered first to enable Mr Uddin to assess the airway. It was vital to keep the baby attached to the umbilical cord in the womb. To prevent the onset of contractions, fluid was pumped into the space in the womb.

Luckily, Mr Uddin was able to secure the airway by inserting a tube in through the baby's mouth and into the windpipe. The baby was then safely delivered.

Mr Uddin added: "In the past, babies with conditions such as this would have died but due to advances in technology and imaging, we can spot problems early and then plan for the best course of treatment."



The swelling was caused by a congenital thyroid goitre; a very rare condition in babies which is now being treated with medication.

The operation took approximately two hours and was the first of its kind to be performed at Leicester's Hospitals.

Mr Uddin continues: "As a specialist for babies with head and neck lumps, I'm really pleased to have completed the first operation of its kind here in Leicester after years of training."

A team of approximately 20 members of staff were present in theatre on the day of the surgery, including radiologists, neonatologists, surgeons, anaesthetists and nursing team.

New dad, Deryck said: "So much work and time went into the preparation to make sure Sienna was given the best start in life.

Thanks to all the hard work of the staff, Sienna was born at 37 weeks and has amazed us all! She is a happy little girl and has a bright and positive future, which is down to the staff at the Royal and General Hospital."

Mr Uddin added: "The success of this operation is down to the commitment of the whole team and the extensive planning and organisation ahead of the surgery. It is delightful to see baby Sienna feeding and breathing normally."

Both mum and baby are doing well and no further surgery has been performed.



"We cannot thank everyone enough, from all involved in the pregnancy to everyone throughout the delivery of our beautiful daughter Sienna. Special thanks to Mr Uddin, Dr Scudamore, Dr Currie and midwife Gail for their support throughout our pregnancy and to our families on the day."

[Sarah Harrup](#)

We're investing in our Volunteers!



Investing in Volunteers is the UK quality standard for good practice in volunteer management.

Over 650 organisations of all sizes have already achieved this quality accreditation throughout the UK. Leicester's Hospitals is now working towards joining them.

Investing in Volunteers is a way of showing that as an organisation we are providing the best possible standards in all aspects of volunteer recruitment, support and management; and that we are committed to a future of involving volunteers within our organisation.

Over the next few months we are carrying

out a self assessment before external assessors visit to talk to managers, staff and volunteers about different aspects of volunteering.

The assessors will randomly select who they would like to talk to and it is up to individual volunteers as to whether they wish to participate.

We know this is an excellent way of showing everyone that we are incredibly proud of all of our amazing volunteers and are aiming to achieve this award within the next 12 months.



If you would like more information about Investing in Volunteers please contact:
Volunteer Services 0116 258 7221 / 8868 / 3955

Christmas Coffee Morning

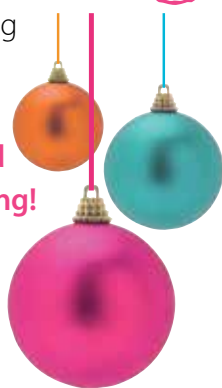
To all of our volunteers: we are holding a Christmas Coffee Morning on each hospital site as a small thank you to all.

Come and join us for a mince pie and celebrate another year of volunteering!

Leicester Royal Infirmary
Monday 16th December
12.30 - 2.30pm
Board Room
Victoria Building

Glenfield Hospital
Thursday 12th December
2 - 4pm
Seminar Room 16

Leicester General Hospital
Tuesday 10th December
2 - 4pm
Large Committee room



As Christmas approaches our volunteers continue to provide support and services across the Trust for patients and their families.

They are busy wrapping and sorting gifts for patients who remain in hospital over Christmas, which will be hand delivered to wards.

Thinking about becoming a volunteer?

We still have some areas in which we are looking to increase the number of volunteers.

The buggy service is still looking for a few drivers to make up numbers. Plus our

hairdressing team, Time for a Treat and patient visitor numbers still need to increase to meet the demand at the Royal Infirmary site.



If you are interested in finding out more about these roles, please call us on:
0116 258 7221/8868/3955

FIRST SADS CONFERENCE IS A SUCCESS

In November, doctors and nurses at Leicester's Hospitals hosted a conference organised with the Joe Humphries Memorial Trust to raise awareness of Sudden Arrhythmic Death Syndrome (SADS) in teenagers and young adults.

Healthcare professionals from across the UK gathered at Glenfield Hospital to hear an opening address from ex-rugby international and patron of the Memorial Trust, Martin Johnson, before listening to other experts throughout the day.

Dr Ffion Davies, consultant in emergency medicine at the Royal, played a key role in organising the day. She explains: "Many people assume nothing can be done to

prevent deaths caused by SADS but that isn't true. We want young people to know the warning signs so they are more likely to talk to their parents or GP."

The event followed the first ever SADS Awareness Week (30 September – 4 October), organised by the Memorial Trust to mark the anniversary of Joe's death.

The Joe Humphries Memorial Trust was set up by Steve Humphries in memory of his 14-year-old son who died of the condition while out running last year. To find out more, please visit www.jhmt.org.uk



DIARY DATE 2014

15 January

**Dealing with
a heart attack:
Dr Doug Skehan**

6pm – 8pm

Lecture Theatre,
Clinical Education Centre

LEICESTER GENERAL HOSPITAL

Acute myocardial infarction (AMI), an event commonly known as a heart attack is a serious medical emergency in which the supply of blood to the heart is suddenly blocked. It is one of the most common life-threatening heart conditions in the UK.

If you suspected someone was having a heart attack, what would you do? Would you recognise the symptoms? What are the treatment options?

Dr Doug Skehan, consultant cardiologist will be answering these questions and more in his Medicine for Members talk in January.



**To book your place, please contact
Karl Mayes, Patient and Public Involvement/
Membership Manager on 0116 258 8685
or email karl.mayes@uhl-tr.nhs.uk**



NCP

in partnership with

University Hospitals
of Leicester
NHS Trust

NHS

www.leicestershospitals.nhs.uk/ncp-car-parking

Available from...
Sunday 1 December

**Patients, visitors and prime carers can now park in the
NCP Welford Road car park (above Bannatyne Health
Club) at the same rate as UHL visitors car parks.**

**The offer includes the use of the daily,
weekly and monthly saver tickets.**

Listening into Action



Fundraisers...

A sign of good things...

In November, **LEICESTER'S HOSPITALS CHARITY** proudly unveiled brand new signs across the three hospitals sites with the help of the charity's mascot, Dr Fox!

The Charity receives about £2 million in gifts, donations and other income from patients, families, fundraisers and organisations every year. The money is used to support patients and staff, provide new medical equipment and help with research and development.

Fundraising manager, Debbie Adlerstein said: "We are delighted with our new signs and hope they will inspire people to get in touch to see how they can help."



Grateful mother raises £8,000 for ECMO unit

Charles Gardiner, a fit and healthy 22-year-old under 21's England rugby player, was struck down with Swine Flu in October 2009. Charles was transferred to Glenfield Hospital where he was swiftly put on ECMO (extracorporeal membrane oxygenation) to help his body fight the infection. He responded well and by the end of November, was able to return to his local hospital in Salisbury to complete his recovery. Charles' mother, Mandy, hosted a fundraising dinner in September. The event raised a fantastic total of over £8,000 for our ECMO unit. Gail Faulkner and Megan Gratrix (pictured with Charles) from the ECMO team at Glenfield Hospital attended the event.



Our Space Appeal reaches £1.4m target!

The Our Space Appeal has now reached the incredible fundraising target of £1.4million. This has enabled the team on the children and young people cancer unit on Ward 27 at the Royal to finish the bespoke design of the four-bedded bay area and three side rooms, as well as adding new furniture to the children's areas.



We would like to thank everyone for their hard work and are delighted with the feedback from patients, families and staff who have said the bright new environment is having a very positive impact on the experience

of our young cancer patients.

Even though our first fantastic target has been achieved, there is always so much more we can do and we are still accepting donations for this cause.



Please visit the Our Space Appeal at www.leicestershospitals.co.uk for more details.

Cystic Fibrosis Cycle Challenge 2013

Staff on the Adult Cystic Fibrosis unit at Glenfield Hospital are busy trying to raise £25,000 to buy new equipment to make their rooms feel more homely for patients.

Michelle and Nicki Williams, sisters who both suffer with Cystic Fibrosis, joined staff, friends, family and fellow patients in a sponsored 24-hour cycle challenge on an exercise bike over two days at the end of October to raise money towards the total fund.



Cystic Fibrosis can be an extremely isolating condition as patients are often not able to meet each other due to the risk of cross infection. The sisters, who both spend a lot of time on the unit, said: "It often gets lonely and depressing having to stay in one room for two weeks at a time so small touches would make all the difference."

For more information or to make a donation, please visit www.justgiving.com/CFCycleChallenge2013



COVER
Mr Javed Uddin,
Consultant ENT Surgeon

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Ray Harris remembered

Former chairman of Glenfield
Hospital, Ray Harris has died
aged 71. Integral to the
development of Glenfield's
Breast Care Centre, Ray also
played a significant role in
forming University Hospitals of
Leicester NHS Trust.

Following a brave battle with
prostate cancer, Ray died
peacefully on Wednesday 9
October 2013.



Oh baby! Cycle ride raises £1,430

Martyn Mawby and Barry Coleman
joined six fellow fundraisers on a
sponsored cycle ride from Leicester
to Skegness earlier this year. The
team raised £1,430 for children's
ward 28 at the Royal, with
additional funds donated to
diabetic research, a cause also close
to the fundraisers hearts.

The group, travelling at an average
speed of 14 mph against a strong
head wind, finally made it safely to
Skegness within six hours.
Martin said: "My daughter Rebecca,
who works as a specialist
gastroenterology nurse at Leicester
Children's Hospital, was pregnant at
the time of the bike ride. Baby
Esmae obviously couldn't wait to be
part of the fun and was born just as
we arrived in Skegness!"
Needless to say, Martyn and his
fellow cyclists had more than one
reason to celebrate that day.

NEWS in brief



Families thanked by Ward 10

The Parjieas, German and
Spencer families visited children's
surgical ward 10 at Leicester
Royal Infirmary in October for a
"Celebration Ceremony" hosted
by the ward staff to thank them
for their kind donations.

Jackie Border, sister on Ward 10
at the Royal said: "Their generous
donations made it possible for
the ward to buy three Spot Vital
signs monitors to use with our
babies and children.

"To show our gratitude, we
arranged for engraved plaques
to be made, which were then
presented to the families along
with cake and flowers on the
day! It was a really lovely
afternoon."



Ward 11 celebrates Diwali in style!

Staff and patients on Ward 11
celebrated in October as they
welcomed fellow staff, patients and
their families to a special Diwali
celebration, hosted to raise money for
vital equipment needed for the ward.
Deputy nurse Tazlim Essat, ward clerk
Heena Soni, healthcare assistant
Sabrina Khan, medical secretary Sham
Tailor and staff nurse Shirley Devonish,
arranged and hosted the fun-filled day
where visitors were invited to learn
more about the festival.

Sabrina explained: "We had music,
eyebrow threading, a bangle and bag
sale, plus a variety of Indian savoury
foods for people to try. It was so much
fun and hundreds of people came to
see what was going on. We would like
to thank you everyone again for their
kind donations."

The team
have raised
£1,100 so far,
with more
donations
still coming
in!



Marie retires after 25 years

Health care assistant, Marie Stanley joined
the Trust in 1988. Marie worked at Glenfield
Hospital for several years, before she was
transferred to the Haematology ward at the
Royal when it opened in 1992. Due to the length of her service and specialist
experience in Haematology, Marie has been consistently relied upon to teach new
members of staff how to offer both practical and psychological support to patients.
Marie has been a valued, reliable member of the team whose dedication and
commitment will be missed. We wish her all the best for the future.



CURVE

COMPETITION

A CURVE PRODUCTION

CHICAGO



We've teamed up with
Leicester's Curve theatre
once again to offer
one lucky reader
**the chance to win
a pair of tickets**

to see the sensational Tony Award-
winning musical **Chicago** on
Thursday 16 January 2014.

Chicago, a magnificent Broadway and West End Classic, is set to take Leicester by storm in this spectacular new production directed by Paul Kerryson.

Set in 1920's Chicago this sleek, sexy show tells the story of duo Roxie Hart and Velma Kelly, and their crimes of passion in an outrageous pursuit of fame and celebrity. But murder, adultery and corruption are no match for their manipulative, smooth talking lawyer, Billy Flynn who will razzle dazzle you all!

Chicago is running at Curve from 29 November 2013 – 18 January 2014. To book tickets visit www.curveonline.co.uk or call the Ticket Office on 0116 242 3595

**Last edition's
winners:**

Maxine Matthews
& Claire Potter

TO ENTER

To be in with a chance of winning simply tell us:

How many behaviours underpin our five key values?

Send your answer, name and contact details to: competitions@uhl-tr.nhs.uk

The closing date for this competition is Wednesday 8 January 2014