

together



Twins born two years apart



we are passionate
and creative

JUNE 2016

University Hospitals of Leicester **NHS**

NHS Trust

Caring at its best

Welcome

to the latest edition
of our magazine
Together



We are
passionate
and creative



Welcome to the latest edition of our magazine, Together.

As ever, we present to you an edition packed full of interesting and useful articles, which I hope you thoroughly enjoy.

I do not think we could have started this edition with a more joyous article. Meet Oliver and Isaac, technically twins, but born two years apart thanks to our fertility team. We are really proud of our Fertility Centre and you can read Rachael and Richard's story on pages 12 and 13.

I am pleased to introduce to you my most senior nurse and doctor on pages 14 and 15. Andrew Furlong, Medical Director and Julie Smith our Chief Nurse share with you how working in partnership is crucial and how it is helping to improve the care for our patients.

I recently launched our Quality Commitment for 2016/17, and one of our key focuses on quality this year is effectively identifying and tackling sepsis through a Trust-wide education programme for our staff.

Sepsis, also referred to as blood-poisoning or septicaemia, is a very

serious condition that can initially look like flu, gastroenteritis or a chest infection; so it can be difficult to spot. On pages 4 and 5 we share Amandeep's story and a bit about what we are doing to better prepare our staff to tackle this nasty condition.

With summer finally upon us (I hope), there are some tips on how to be sun aware on pages 6 and 7. There is our usual interesting look at what we are doing in research (pages 8 and 9) and more about what our volunteers (pages 20 and 21) and fundraising (page 22) have been getting up to. And of course, a lot more!

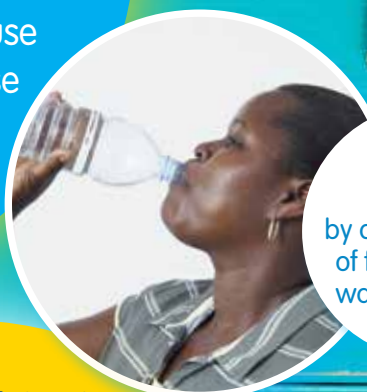
I really hope that you enjoy reading this edition and please stay safe this summer. We see a lot of people in our Emergency Department with conditions exacerbated by the heat, and injuries from having fun outdoors, particularly trampoline related injuries in children!

Have a happy summer!

John Adler
Chief Executive

Summer is coming...

Although UVB is good for boosting your vitamin D levels, it is advisable to enjoy sun responsibly because excessive sunlight may increase risk of skin cancers and also age your skin prematurely.



Please remain hydrated

by drinking plenty of fluids such as water or diluted squash

Wear good quality sunglasses to protect your eyes



Please use high SFP (Sun Protection Factor) sunscreen – SPF30 or higher and re-apply it often, especially after swimming or playing in water

The best advice is to avoid the midday sun

please take a break between 11 am and 3 pm, try to stay in the shade if possible and use protective clothes – loose cotton or linen long sleeved shirts, skirts and trousers and wide-brimmed hats.



Now open

Theatre Recovery Area Reconfiguration

We are delighted to announce that our £3.8 million Theatre Recovery Area Reconfiguration project, which started in August 2014, has now been completed.

Following the successful upgrade to the Theatre Arrivals Area in 2013, a reconfiguration project to upgrade the Recovery Area for main theatres, located on level 2 of Balmoral Building at Leicester Royal Infirmary began in July 2014.

The Theatres Recovery Area at Leicester Royal Infirmary has now also been upgraded in order to better utilise the existing space, to increase capacity and to create a better environment for staff and patients.

Phil Walmsley, Deputy Director of Operations at Leicester's Hospitals, is delighted with the reconfiguration project: "The project fits with our objectives to improve the quality of patient care, significantly improve the physical environment for patients and for staff, enhancing the patient experience. For example: better privacy and dignity, improved infection control, improved recovery layout to assist nursing and management of the area. The new area allows for adult (male/female) and paediatric (children)

segregation, helping to streamline the patient journey through theatres, providing state-of-the-art facilities, to support our workforce in delivering the best patient care."

"The project allows us to provide the right capacity at Leicester Royal Infirmary to support and optimise future surgical activity. With the ever-increasing demand for patient care, this development will help to improve productivity and reduce cancelled operations."



Lucy Smith, Staff Nurse, has worked in the Recovery Area for the past four years. She is delighted with the "improved high dependency area, with facilities to accommodate a safe and comfortable environment, where patients' well-being and needs are met. The new area helps us deliver a quality gold standard of post-anaesthetic care, encompassing our Trust values."

Facts and Figures

On average 29,000 operations are performed at this site each year.

The project has increased the number of recovery bed-bays to 23.

The new facility has been divided into four areas and comprises of:

- Two adult areas with a total of eight standard-sized bays plus one side room
- An area with six larger bays for higher-dependency patients
- A children's area with eight bays

"I was absolutely delighted with the care I received. I was very well looked after, checked up on every few minutes and was out of the hospital by 2pm! The recovery room was excellent and led to quite a relaxed experience considering that I was just coming around from anaesthetic."

Kieron Bull, recent patient at Leicester's Hospitals



@Leic_hospital



Leicester's Hospitals



Leicester's Hospitals



Leicester's Hospitals



leicestershospitals

JUNE 2016 together 3



Sepsis, also referred to as blood poisoning or septicaemia, is a potentially life-threatening condition, triggered by an infection or injury and Leicester's Hospitals, as part of its Quality Commitment plan, is committed to effectively identifying and tackling it through a trust-wide education programme.



All clinical staff, from healthcare assistants, nurses, junior doctors to consultants are in the process of receiving face-to-face training from Leicester's Hospitals' Sepsis Lead Consultant John Parker and Sepsis Specialist Nurse Sarah Odams.



John Parker said "in line with new national guidelines we have recently launched a new sepsis pathway, which staff use if they suspect sepsis. The NHS deals with over 150,000 people with the symptoms of sepsis and it can be a difficult condition to recognise as it often shows itself as 'flu like symptoms' but early recognition and treatment can save lives. Sepsis can occur while you are in hospital recovering from a procedure, but this is not always the case. It's important to seek immediate medical attention if you have any of the key symptoms (see page 5). The earlier you seek treatment, the greater your chances of survival."



"It is important to remember that sepsis is a medical emergency. Every minute and hour counts, especially since the infection can spread quickly. There's no one symptom of sepsis, but rather a combination of symptoms."



#SEPSIS

A life-changing event

Amandeep Sadhra

I was just going about my normal day, when I noticed a rash on my hand. I didn't really take any notice of it as I suffer from eczema, but during the course of the day it got worse and was throbbing a lot. By the time I got home after work, I felt very tired and had no appetite. I decided to take some paracetamol and go straight to bed. The next day I felt no better and didn't want to get up. My hand had ballooned up like a boxing glove and I was starting to shiver, I felt like I was getting a fever. It was at this time my husband said we



should go to the Emergency Department.

"I received scans, a blood test and was advised that as there was a lot of fluid on my hand.

I would have to have an operation, but during the course of the night the doctor advised me that my blood pressure was dropping and the antibiotics were not working and I was going to be transferred to intensive care. The next day I was taken for my operation and woke up five or so days later after my procedure. I was then advised that I had been very ill after my operation, suffering from multiple organ failure and slight

pneumonia, which is why I continued to be sedated. I was then informed that I was recovering from severe sepsis."

"It was a life-changing event, I had always been fit and healthy but after being discharged from hospital it has taken me several months to recuperate, go back to work, get back to normal. You never think something like this could happen to you, particularly from something so minimal like a skin rash to something life threatening."

What is Sepsis?

Sepsis is caused by the way the body responds to germs, such as bacteria, getting into your body. The infection may have started anywhere in a sufferer's body, and may be only in one part of the body or it may be widespread. Sepsis can occur following chest or water infections, problems in the abdomen like burst ulcers, or simple skin injuries like cuts and bites.

Do I have Sepsis?

Sepsis is a serious condition that can initially look like flu, gastroenteritis or a chest infection. Seek urgent medical help if you develop any of the following:

- Slurred Speech
- Extreme Shivering or Muscle Pain
- Passing no urine (in a day)
- Severe Breathlessness
- I feel like I may die
- Skin mottled or discoloured

When to seek medical advice

See your GP immediately or call NHS 111 if you've recently had an infection or injury and you have possible early signs of sepsis.

If sepsis is suspected, you'll usually be referred to hospital for further diagnosis and treatment.



To find out more about Sepsis visit sepsistrust.org

AWARE



THE UK
SEPSIS
TRUST

Did you know?

Skin is the body's largest organ

Find out why we need to **protect it!**



Your skin has many functions, but it can be easily damaged and therefore it is important to **look after it.**

Nobody wants to spend the entire summer indoors, and indeed some sunshine, below sunburn level, can be good for us, helping the body to create vitamin D and giving many of us a feeling of general wellbeing as we enjoy outdoor summer activities.

However, all too often we over-do our sun exposure which can lead to a range of skin problems, the most serious of which include skin cancer. Other summertime skin problems include sunburn, photosensitive rashes and prickly heat. In addition, sun exposure can worsen already existing conditions like rosacea.

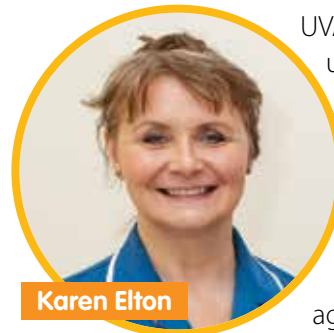
While many people associate a tan with looking healthy, a tan is actually a sign that our skin has been harmed by UV radiation and is trying to defend itself against further damage. This kind of damage can in turn increase your risk of developing skin cancer: Sunburn (i.e. skin redness) and heavy tans can never be justified and are harmful.



Lucy England

A common cause of damage is skin cancer. Leicester's Hospitals' Skin Cancer Specialist Nurses Karen Elton and Lucy England provide a service of support and care for patients, working closely with the Dermatology, Plastic Surgeons and Oncology Teams, from investigation to diagnosis and treatment.

Whilst there are various forms of skin cancer, evidence shows one of the most common causes can be due to the ultraviolet radiation from the sun. Therefore as summer is approaching, Karen and Lucy want to stress the importance of protecting your skin in the most effective way from the sun.



Karen Elton

UVA and UVB are the types of ultraviolet (UV) light we need to protect ourselves against due to their implications in causing skin cancer. It is important to protect yourself, your children and other family members against excessive exposure to the sun. Sun rays can penetrate through water, glass, clouds and flimsy clothing. It can also be reflected off water and snow.

When using sunscreen, check the star rating, it should have at least a 4 star rating and SPF number should be 30 or above. Ensure you purchase new sunscreen for the summer months and discard old supplies.

We want you all to enjoy the sun but protect yourself whilst it's out!

Lucy:

"Far more is known about sun damage and in recent years we are increasingly seeing more people come to us for treatment. It can be more common in people who didn't look after their skin in their younger adult years, this is why we are keen to stress to a younger generation how important it is to protect your skin."



We advise you to:

- ALWAYS apply sunscreen to all exposed areas, focusing on the face, forearms, shoulders, backs of the hands and the nose, and in some cases the bald scalp. With regular re-applications
- NEVER use sun beds
- Avoid full exposure to the sun between 11:00am - 3:00pm
- Cover up - wear tightly woven clothing that blocks out light
- Wear a wide-brimmed hat
- Wear good quality sunglasses to protect your eyes
- Keep young children and babies out of the sun as much as possible.



If you have any concerns about your skin in relation to a new or changing mole / growth contact your GP and if they deem it appropriate they will refer you to the skin cancer specialist team for further investigation.

Get Involved in Heart Research



...from the comfort of your own settee

You can now take part in world-leading heart research from the comfort of your own settee thanks to our new online facility.

We're making it even easier for you to have your say on heart research. Using the internet you can now email us your research questions, take part in surveys, and put questions to our world-leading researchers through our online 'Ask the Expert' feature.

We already work with patients and the public face-to-face but we want to hear what matters to you too. Your heart-health questions can help us develop new research proposals. And as well as asking us questions, you can help shape our future research by telling us what you think of our ideas.

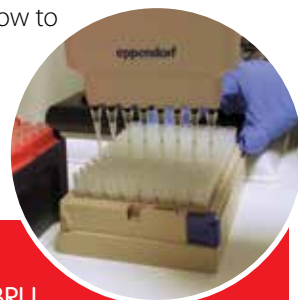
Why is heart research important?

By asking questions and finding answers, we can:

- Find new ways to prevent heart disease
- Improve the way we diagnose heart disease
- Understand heart health genetics
- Find effective treatments
- Improve the quality of life for people living with heart conditions

What do you need to do?

- Send your full name and contact email address to Becki.A.Wrack@uhl-tr.nhs.uk putting 'Get Involved in Heart Research' as the subject
- We'll reply with a confirmation email. You'll then be shown how to send us your questions and how to take part in short surveys direct from our researchers.



Who are we?

We are Leicester Cardiovascular Biomedical Research Unit (or LCBRU for short), a partnership between Leicester's Hospitals and the University of Leicester. We're based in state-of-the-art research facilities at Glenfield Hospital and have over 20 consultants as well as research fellows and research nurses. We are funded by the NIHR (National Institute of Health Research), the research arm of the NHS.

Top image courtesy of Monkey Business Images/Shutterstock





Beryl and Frank

In 2015 Frank Armstrong from Hinckley celebrated his golden wedding anniversary to wife Beryl. A year earlier he had a special type of stent fitted at Leicester's Hospitals after his aorta, the largest artery in the body, began to swell. He's now part of the LCBRU research team aiming to carry out national research into this life-saving treatment.

"The research proposal was changed in some places because they listened to our experiences. Talking to researchers helps them as well as us, the patients. Medical teams have kept me alive and I'm happy to be able to help them in return."

At the age of 34, Becks Breslin from Melton Mowbray had a rare type of heart attack called a SCAD (Spontaneous Coronary Artery Dissection). She was treated at Leicester's Hospitals and after she recovered she went back to her consultant to find out more about her condition. Thanks to Becks, her consultant, and the research team at LCBRU, we are now conducting the first research into this condition in the UK and Europe.

"I would recommend anyone who wants to know more about a heart condition, to talk to the consultants at Leicester. They can share latest research with you but also, your question could lead to ground-breaking research."



Becks



Jagruti

By talking to us, you can help shape heart research of the future

Jagruti Lalseta from Leicester has heart disease and Type II Diabetes. She meets with heart researchers once a month, with a fellow group of patients, to review research proposals and ensure they are 'patient-friendly'.

"I find research very interesting that is why I got involved. I want to understand more about heart health. At our meetings doctors explain to us what their research is trying to discover - and how it could help people in the future."

For more information contact Tatty Scott,
Public & Patient Involvement Manager, 0116 204 4764, ts289@le.ac.uk.
Facebook: NIHR Leicester Cardiovascular Biomedical Research Unit
Twitter: @leicesterbru Website: www.le.ac.uk/bru

University Hospitals
of Leicester
NHS Trust



UNIVERSITY OF
LEICESTER

NHS
National Institute for
Health Research

Clinical Research Network
East Midlands

> Today's research
is tomorrow's care >



HOSPITAL TEAM LAUNCHES FIRST BREAST RECONSTRUCTION SUPPORT GROUP IN LEICESTER

Staff, patients and the **Keeping Abreast** charity have recently set up a support group for women in Leicestershire who have either been through or are considering undergoing breast reconstruction surgery.

Women carrying faulty 'BRCA' genes have between 45% and 90% lifetime risk of cancer.

Members are available to talk about their experiences and are willing to show their completed reconstructions so women considering having one themselves have realistic expectations of the outcome. Following the success of their first ever meeting at Helen Webb House, Leicester, on 21 March 2016, the group plan on meeting every 2 months.

Keeping Abreast was formed in 2007 to support women considering or undergoing breast reconstruction following the diagnosis of breast cancer or discovery of the 'BRCA' gene. Since its conception the charity has grown from having just a single group in Norwich, to now having 11 main groups, as well as other outreach groups across the country.

Tracey Burlingham, National Admin & Development Assistant for charity Keeping Abreast, said: "We are delighted to have the team from the Leicester's Hospitals on board, and they are well on track to starting up a hugely effective patient led support network."



Keeping Abreast Team
Kerry and Tracey

We began by supporting Claire and Megan from the Plastics Department in the initial stages, helping them to get together a team of both professionals and patients at an initial meeting. The rest was down to them and their hard work certainly paid off with over 20 people attending the first meeting. We are really looking forward to working with them all in the future."

One of the volunteers at the support group is Louise Khan. She had reconstruction surgery at The Norfolk and Norwich Hospital in 2011, and was really well supported by the original Keeping Abreast support group. Louise explains why she joined:

“For me it was important to see real reconstructions, not just pictures, as this really helped me to decide the type of reconstruction I wanted.”

Having received help in Norwich, it was suggested that she might get involved in Leicester's new group to share her experience. Louise added: "I am happy to be one of the volunteers who can now, in my turn, give women currently considering reconstruction a personal view of the experience and a real, 'live' view of the outcome! The first Leicester event was relaxed and welcoming with a good mix of consultants, nurses, women

who have been through the experience and women considering it."



Megan Sweeney, Burns & Plastics Specialist Nurse at Leicester's Hospitals, helped set up the support group and was delighted with how the first meeting went: "Staff from Leicester's Hospitals made some cakes for us for the day which was lovely, and attended the event alongside Consultant Breast Surgeons, Jaroslaw Krupa and Kelly Lambert, which was fantastic."

Claire Porter, Lead Nurse Burns & Plastics at Leicester's Hospitals, is always looking to improve support networks for patients in Leicester, Leicestershire and



Rutland: "This coincides nicely with the introduction of a 'Joint Breast Reconstruction' clinic which has just started. This clinic brings together the skills and expertise of our Breast Surgeons, Plastic Surgeons and Burns and Plastics Specialist Nurses and will run bi-weekly.

"We also plan to hold a fashion show to celebrate both the launch of the clinic and support group and 10 years of Tattooing (medical tattooing to the breast to create a new nipple). We have sent out letters for expressions of interest and while we are only in the first phase of this we will keep everyone posted."

Next Meetings: July 11 and September 5 at 6:30pm.
Helen Webb House,
35 Westleigh Road. LE3 OHH.



Keeping Abreast

Breast Cancer Reconstruction Support



“

We had patients who were nervous at first heading to the launch event of the support group as they didn't know what to expect. When they arrived everyone was extremely welcoming and we all sat down and talked through their reconstruction options with both staff and other patients. This has already helped one lady make an informed decision. ”



Vicky Galsworthy,
Burns and Plastics Specialist Sister

For more information please visit:
www.keepingabreast.org.uk



“ We now have the family
we always dreamed of and
life couldn't be any better.
We cannot thank the team
enough for everything
they have done for us.”

Twins born two years apart thanks to Leicester Fertility Centre

In 2014, the Leicester Fertility Clinic helped to welcome baby Oliver into the Best family. After four years of trying for a baby, including two unsuccessful attempts at Intrauterine Insemination (IUI) and six gruelling attempts at IVF, Rachael Best, from Leicester, fell pregnant.

Two embryos from the same batch that Oliver was created from were frozen.

Two years later, both were thawed out for Rachael's eighth round of IVF at Leicester's Fertility Clinic. One embryo took and resulted in a positive pregnancy.

The due date for the new arrival was Tuesday 22 March 2016 which was ironically, Oliver's second birthday!

Arriving five days early, on Thursday 17 March, baby Isaac was born. The two boys are technically twins - born two years apart, almost to the day.

Mother, Rachael says: "Leicester Fertility Centre is an amazing clinic that has helped me and my husband in more ways than anybody could ever imagine. We now have the family we always dreamed of and life couldn't be any better. We cannot thank them enough for everything they have done for us."



Isaac (above and below right) with Rachael; and Oliver (below left)

The success is part due to the centre's advancement in the field of fertility. Their treatment of in vitro fertilisation (IVF) with Intracytoplasmic Sperm Injection (ICSI) allows couples with poor quality sperm to have children that are genetically theirs.

Consultant Embryologist for Leicester Fertility Centre, Jane Blower says:

"This is excellent news! We are delighted to hear Rachael and Richard's good news and would like to congratulate them on the safe arrival of Isaac."

"The Leicester Fertility Centre is proud to be able to offer individually tailored treatments to patients and the number of babies born as a result of treatment at the centre is at an all-time high, on average 43% of our patients had a clinical pregnancy last year."

IVF and ICSI Treatment

This involves stimulating a woman's ovaries to produce eggs, using drugs, before the eggs are collected under sedation in theatre. Eggs which are suitable are then directly injected with a single sperm and fertilisation is checked the following day. This fertilised egg is now called an embryo. The embryos are then grown in a laboratory before being replaced at embryo transfer into the uterus. This is usually 2, 3 or 5 days after the eggs have been removed. Embryos are normally stored for patients for ten years.



The Leicester Fertility Clinic offers a complete range of licensed infertility treatments. It has a large donor sperm bank offering a wide choice for prospective parents and a large sperm freezing programme for oncology patients.



Leicester Fertility Centre

Caring at its best

Further information is available on: <http://www.leicesterfertilitycentre.org.uk/>



@Leic_hospital



Leicester's Hospitals



Leicester's Hospitals



Leicester's Hospitals



leicestershospitals

JUNE 2016 together 13

Working in partnership to

We have asked our Medical Director, Andrew Furlong and our Chief Nurse, Julie Smith to explain their roles and how they are working together to improve the care we provide our patients and the working environment for staff.

Andrew Furlong

When did you become Medical Director?

I started this role as an interim Medical Director in April 2015, before being appointed to the role substantively in February 2016. Having trained as a Children's Orthopaedic Surgeon, I have worked in various clinical leadership roles in Leicester's Hospitals for over 10 years.

What are your key duties as Medical Director?

I am responsible for quality and safety, medical education, research and innovation, medical recruitment and appraisals, and maintaining high professional standards. I have been involved in working to develop medical leadership skills as well.

Julie and I are involved in developing the Trust's clinical strategy and Quality Commitment priorities for this year. We also sit on the clinical leadership group for the Better Care Together programme.

How do you think working in partnership with Julie helps your role?

It is vital that the Chief Nurse and Medical Director work as one team: Julie and I feel we do this well. We have instigated regular safety walkabouts – these generally take place on Fridays. We meet with each Clinical Management Group (CMG) on a monthly basis to review and provide support on matters relating to quality and safety.

What is the best part of your role?

I really enjoy meeting with staff and patients.

What are your priorities for this year?

We are both leads for many of the work streams on this year's Quality Commitment. In addition, the Trust is bidding to become a Biomedical Research Centre this year and will be jointly inspected with the University of Leicester by the General Medical Council in relation to medical education. Success in these areas will cement our position as a premier university teaching hospital.

Andrew



improve care for patients

“Working in partnership is crucial. We are clinical leaders in the organisation and want to provide a strong, joint clinical voice for the Trust.”

Julie Smith

When did you become Chief Nurse?

I joined the Trust in August 2015, having worked in the NHS for 25 years. I trained as a nurse in Belfast and have worked in a variety of clinical roles from staff nurse through to matron, before moving into general management in a variety of positions held regionally and nationally.

What are your key duties as Chief Nurse?

I provide professional leadership for all our nurses and midwives. My key responsibilities include director of infection prevention and control, ensuring high quality care for patients and reducing harm, ensuring patients are involved in developing and changing our services, nursing and midwifery education, nursing recruitment and retention, and safeguarding adults and children.

How do you think working in partnership with Andrew helps your role?

Working in partnership is crucial. We are clinical leaders in the organisation and want to provide a strong, joint clinical voice for the Trust. We provide care to patients as a team, not as individual professions. We truly believe in our trust value: We are one team and we are best when we work together.

What new approaches have you instigated since starting in your role and why?

We have set up regular quality and safety reviews with all of our CMGs who manage and run the services provided in our hospitals. We also undertake regular walkabouts across the three hospitals to meet staff and patients to find out about the care they received.

What is the best part of your role?

I am very proud to be the Chief Nurse at Leicester's Hospitals and the best part of the role is seeing staff interact with patients in a caring and compassionate way. I want to support our staff who work extremely hard and do whatever I can to make a difference.

What are your priorities for this year?

My priorities for this year include delivering our priorities within our Quality Commitment, reducing nursing vacancies and improving the experience for our staff.

Julie



Jane Lawrie

Jane Lawrie is a Registered Nurse and Practice Learning Lead for Leicester's Hospitals.

IN 1985, Jane trained at the Royal Berkshire School of Nursing in Reading. After holding a couple of different clinical jobs gaining basic management experience, she joined the Adult Intensive Care Unit (AICU) as a Staff Nurse.

Jane explains: "I had a variety of positions within AICU working in units in Reading, London, Saudia Arabia and Malta, before finally settling in Leicester in 1995. Although I have always loved my job as an Intensive Care Nurse, I found that after 14 years I needed a change and was fortunate to join the Practice Learning Team at Leicester's Hospitals in 2004."

During her career, Jane has gained a BA (Hons) in Health and PGDip in Leadership in Health and Social Care, along with numerous mentorship qualifications.

Our Practice Learning Team is here to help

the organisation to meet both quality assurance standards and regulatory body requirements, by providing high quality learning for all nursing and midwifery students and staff.

Jane continues: "We do this by working closely with representatives from each service to ensure we maximise the capacity of students we have undertaking placements with us, without compromising quality."

The team works closely with higher education institutes, such as the School of Nursing and Midwifery at De Montfort University and other healthcare organisations who provide placements within Leicestershire to ensure students are 'fit to practice' when they register.

Jane adds: "Preparing students to become part of our workforce is at the heart of my

role. Alongside this, I have been supporting nurses with a lapsed Nursing and Midwifery Council (NMC) registration, to return back to nursing. This role has expanded since the Health Education England (HEE) campaign in 2014 which has enabled me to become a 'Return to Practice Lead' for the Trust to explore a number of exciting opportunities to bring nurses back into the profession."

Do you know anyone out there who would like to return to nursing, but is unsure how to go about it? Or if you are you a registered nurse but haven't worked on the clinical 'shop floor' and would like to go back to doing so? We have many flexible options that might suit you - please call Jane on 0116 258 3097.

Quick questions...

Which three words sum you up?

Passionate, caring & calm (generally) in a crisis.

Who inspires you?

People who have a go at things when it is clearly outside their comfort zone.

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

Don't make decisions/or send emails in anger. Write it down, sleep on it, reword if necessary then take a deep breath and send if still appropriate.

What is your most memorable holiday?

A five month overland camping trip through southern Africa. Things that stand out on the trip are seeing the Big 5, surfing on sand dunes in Namibia, white water rafting the Zambezi, bungee jumping off Victoria Falls bridge, walking safari in the Okavango delta of Botswana and the many local people we came across.

What was your first job?

Apart from the obligatory baby sitting as a teenager, my first proper job was as a Bank Clerk in London. I got out when making money became more important than people.



Practice Learning
Team



Jane on 'fit to practice'

"Preparing students to become part of our workforce is at the heart of my role. Alongside this, I have been supporting nurses with a lapsed Nursing and Midwifery Council (NMC) registration, to return back to nursing."





Leicester's Hospitals

Public Engagement Forum



Your chance
to meet with our
directors and senior
managers and ask them
anything you like

Did you know that Leicester's Hospitals run a Public Engagement Forum every three months?

The Engagement Forum is open to all members of the public and provides an opportunity to talk about improvements to Leicester's Hospitals and any issues that are concerning patients and carers. It also gives our Trust Board a chance to hear directly from the public about how our services are running.

Our last meeting focused on what we are doing to avoid cancelling operations and some of the reasons why this happens. Over the last year we have held discussions about emergency care, planning for the future, performance on cancer targets and our Quality Accounts, as well as updates on the Trust's progress and new developments across our three hospital sites.

As you may know, not many organisations offer this kind of regular

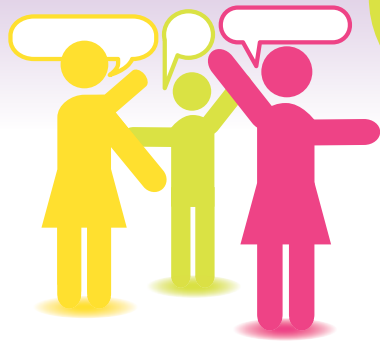
access to their senior leaders. However, we see the Engagement Forum as an important part of our commitment to running your hospitals in an open and transparent way.

We are always delighted to welcome new faces to these meetings. If you have a question you would like to ask of our directors or would like to take part in our discussions, we would be very pleased to welcome you to one of our forum meetings.

Next Meeting
21 July 2016
6pm-8pm
at Leicester
General Hospital

For more information on the Engagement Forum meetings, please contact Karl Mayes, Patient and Public Involvement Manager on 0116 258 8685 or email karl.mayes@uhl-tr.nhs.uk



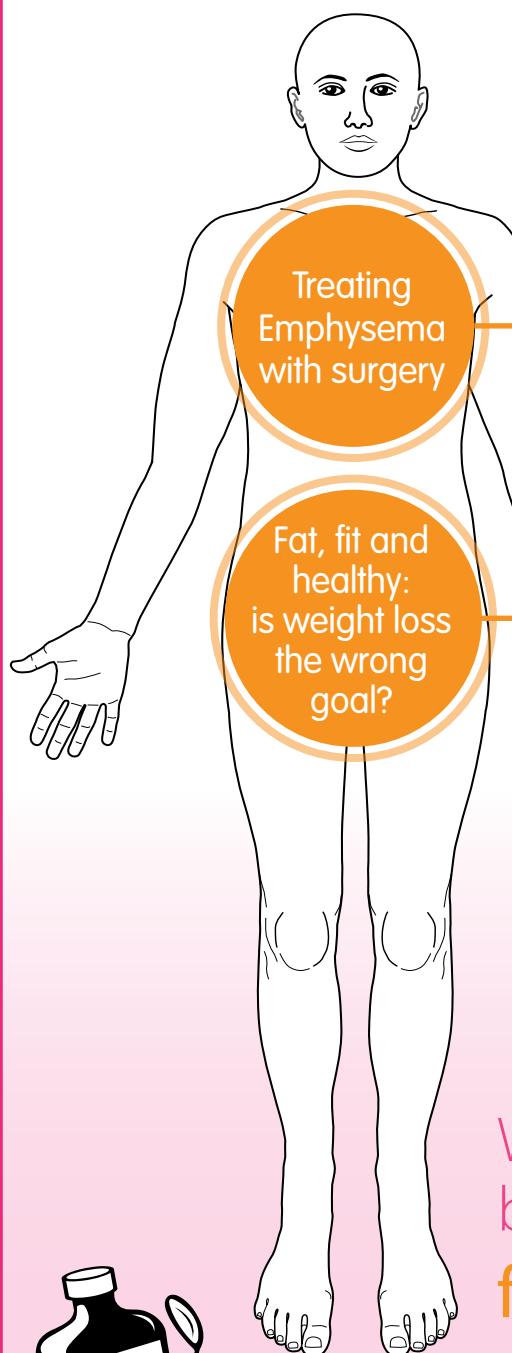


FREE

Leicester's MARVELLOUS Medicine talks



Our FREE Marvellous Medicine talks are hosted by leading medical experts every month. All talks take place from 6pm – 8pm in the Clinical Education Centre at the Leicester General Hospital



**Thursday
7th July**



**Mr Sridhar Rathinam
Consultant Thoracic Surgeon**

Emphysema is a condition that gradually damages the air sacs (alveoli) in the lungs. Mr Rathinam performs surgery to ease the symptoms of people with end stage emphysema. He will be talking about this operation and other surgery to the chest wall.

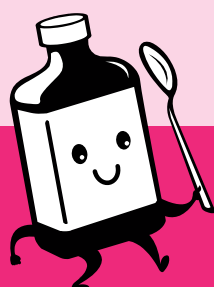
**Thursday
23rd June**



**Dr Gary O'Donovan
Researcher in Physical Activity,
Sedentary Behaviour and Health**

Low aerobic fitness may account for more deaths than obesity, diabetes, smoking, high blood pressure and high cholesterol. Aerobic exercise is beneficial to health with or without weight loss. Perhaps weight loss has been described as the wrong goal!

We've got the
body covered
from head to toe

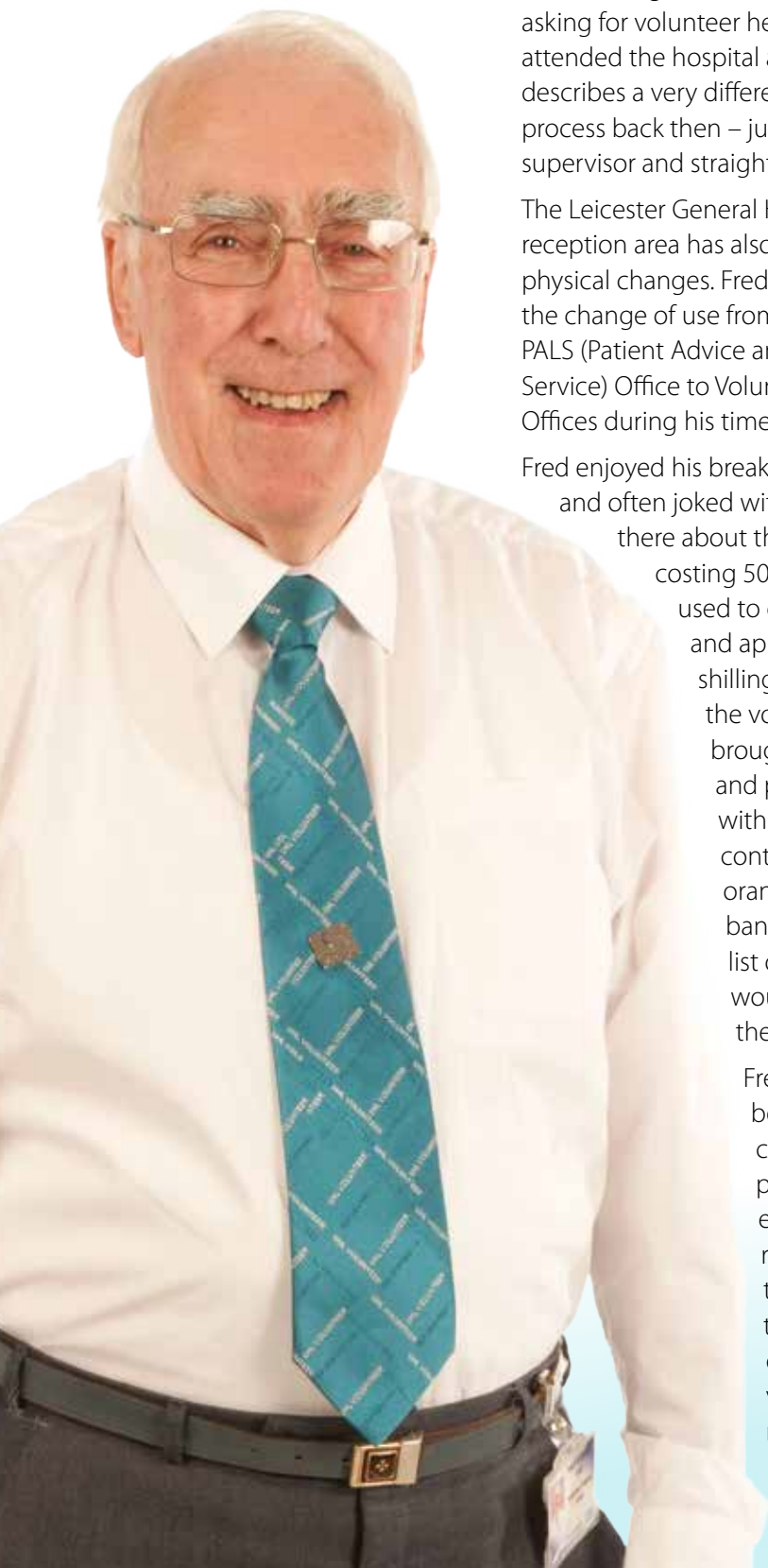


Contact Us!

For more information or to book a place on any of these talks please contact us on **0116 258 8685** or email Karl Mayes, Patient and Public Involvement/ Membership Manager: karl.mayes@uhl-tr.nhs.uk

My time as a volunteer

Fred Stocks
Patient Guide
Leicester
General Hospital



In March we said farewell to Frederick Stocks, one of our longest standing volunteers, who has now fully retired having met and greeted patients and visitors at the Leicester General Hospital since 1997.

Fred first enquired about volunteering after reading a notice asking for volunteer help when he attended the hospital as a patient. He describes a very different recruitment process back then – just a chat with a supervisor and straight to volunteering.

The Leicester General Hospital reception area has also seen some physical changes. Fred has witnessed the change of use from Post Room to PALS (Patient Advice and Liaison Service) Office to Volunteer Services Offices during his time.

Fred enjoyed his breaks in the RVS café and often joked with the volunteers there about the bananas costing 50p and how they used to cost 10 shillings and apples costing 8 shillings! Before he left, the volunteers brought him a card and presented him with a gift bag containing an orange, apple and banana and a price list of what they would have cost in the 1950s!

Fred always tried to be friendly and chatty to the people he escorted and remembers taking two ladies to the clinic, one of whom was very anxious and nervous.

He tried to reassure her and on the way back, she went to find him and handed him a chocolate bar as a thank you.

He also recalls an incident when volunteers were told there was a man on the premises with a gun. The police were called and Fred and his fellow volunteer Alan barred the main entrance and stopped people entering until it was proved to be a misunderstanding and everything returned to normal.

One day when volunteering, Fred was not feeling well and a nurse saw this and sent him to Glenfield, where he later had to have a pacemaker fitted - a very fortunate encounter!

Fred is an incredible man - he has an MBE and has spent most of his adult life volunteering in one capacity or another - scouting for 20 years, School Governor, Church Warden, Chairman of two charities and co-founder of a wildlife hospital, where he has rescued countless animals.

We have been lucky to have had Fred as one of our volunteers and we will miss him, but he has earned a rest. He has promised to visit from time to time to share a coffee break with old friends and undoubtedly pass comment on the price of fruit!

Thank you Fred!
xxx



10



Happy Birthday

Leicester Royal Infirmary Patient Buggy Service Celebrates 10 Years

The patient buggies at the Leicester Royal Infirmary celebrated 10 years of service in April. The buggies at each site are run by a team of dedicated volunteer drivers who transport patients and visitors around the hospital site and hopefully make the experience of visiting Leicester's Hospitals more pleasant and less stressful.

The Buggy Service started as a partnership between RVS and Volunteer Services and is funded through the Leicester Hospitals Charity and donations made by buggy passengers.

What started as a one buggy, two day a week service at the Leicester Royal Infirmary has grown to provide a week day service at all three of Leicester's Hospitals. The service has proved popular with patients and visitors, completing 24,243 journeys and carrying 37,578 between April 2015 and March 2016.

Maureen Hughes is one of our original buggy drivers, who drove our outside buggy on the very first shift on 6 April 2016. Maureen became involved with the Buggy Service at the planning stage

after seeing an advert for volunteers, while using the WRVS Café at the Leicester Royal Infirmary.

We would like to extend our thanks to Maureen and all of the volunteers and staff who have helped the service expand over the last 10 years, making the service what it is today. We would also like to thank the current team of 50 volunteer buggy drivers - without their commitment and dedication there would not be a Patient Buggy Service.

"I love volunteering as a buggy driver because the patients and visitors are so pleasant and you can have a good laugh."

Maureen



Maureen was one of our first buggy drivers



THANK
YOU



FUNDRAISING news...



Champions' Trophy

The Community and Events Fundraising Team arranged for a tour of the Barclays Premier League Trophy to visit the Leicester Royal Infirmary on 29 April, which coincided with the 'Backing the Blues' campaign.

The trophy was available for staff and visitors to see and take a selfie with in the LEat restaurant. Those who took part donated £2 towards the Foxes Foundation.

Thank you to all at LCFC for your continued support!



Make a difference to your environment

Do you feel that your ward could offer a more welcoming environment for patients? Is there a piece of equipment that would make your job easier and the care for patients even better?

This year Leicester Hospitals Charity is offering you the chance to make a difference to your ward/area! Why not consider taking part in the charity's Walk for Wards. We will be holding our annual sponsored walk in September where you can raise money for your department.

Leicester Hospitals Charity is your charity for your hospitals by working together, we can really make a difference for our patients and for members of our team.

For more information about either of these events or to register, please contact Kamlesh Mistry on 07950 886 112 or Kamlesh.mistry@uhl-tr.nhs.uk.



Our BIGGEST pledge to date

We are so so grateful to Vichai Srivaddhanaprabha for sharing the fantastic success of LCFC with a personal pledge of

£2million

to Leicester Hospitals Charity Children's Appeal. From the bottom of our hearts

THANK YOU!



A huge 'Thank You'

'Thank You' to David Clarke, former Leicester City reserve goalkeeper, who has purchased fitness equipment for Ward 41 at Leicester Royal Infirmary. David has helped the ward and wanted to say 'thanks' after he was treated for leukaemia.

He said: "When you're battling cancer, being physically fit or even trying to be does help a lot. I wanted to give something back to say thank you for the brilliant treatment I was given at the Royal Infirmary."

The funds were raised by selling donated football memorabilia online.



New TVs

Ward 41 and Leicester Hospitals Charity would like to thank WaveLength Charity for donating 16 TVs to Ward 41 at Leicester Royal Infirmary. Money raised by Josh Beasley and family helped to fund for the installation of the TVs in the ward.

To mark the occasion, there was an unveiling by the Beasley family and the CEOs of WaveLength, Kirsty Heslewood and Kerry Heslewood.



Midwives and medics raise mountains of cash

24 members of the maternity team, with family and friends, conquered the Yorkshire Three Peaks Challenge managing to raise a whopping £1,150 split between Sands, the stillbirth and neonatal death charity, and the Multiple Sclerosis (MS) charity.



Staff enter yacht race

Congratulations to the six members of staff who entered a yacht race on the Solent on the weekend of 24/25 April. Over the weekend they had 6 races and despite being novices, from 29 NHS teams they improved their results from 18th to 10th, finishing 15th overall.



Patient inspires revamp on Leicester General Dining room

A huge thank you to Sara Alexander and her family for raising more than £2,000 for the refurbishment of the Ward 27 dining room at Leicester General in memory of her late husband Paul.



We took part in the 'Backing the Blues' campaign on 29 April which helped Leicester City claim their first Premier League Title!

Out
&
About



Backing the Blues



Calling all staff! If you're 'Out & About' doing something interesting we'd love to hear from you. Send us your photos and a brief summary to communications@uhl-tr.nhs.uk and we'll pick a few to include in the next edition of Together.



together

is the official magazine of the University Hospitals of Leicester.

Communications Department
Level 2, Windsor Building
Leicester Royal Infirmary
Leicester, LE1 5WW

On the cover:

Richard, Rachael,
Oliver and Isaac Best.

CONTACT

together is written and edited by:
Paul Millington
Communications Officer
communications@uhl-tr.nhs.uk
0116 258 8644

Contributors include:

Katharine England, Tom Jelley,
Tiffany Jones, Clare Maddison,
Rosalind Moore, Tanya Scott.

SUBMISSIONS

together is a great way to share your news and success. Please contact the Communications Team to discuss.

DELIVERY

If you think your area is receiving too few or too many copies of **together** please email: communications@uhl-tr.nhs.uk.

THANKS...

To the Leicester Mercury for letting us use some of their photographs.

Design and photography by:

UHL Medical Illustration
0116 258 5904

Printed by:

Cubiquity Media

COMPETITION

WIN

A family ticket*
to The National
Space Centre



The award winning **NATIONAL SPACE CENTRE** is an out of this world experience for the family. With six interactive galleries, the UK's largest planetarium, world unique 3D SIM ride and iconic 42m high Rocket Tower, there's something for everyone.

Add to this on-site parking, café, shop and all the facilities you would expect from a world class attraction. An all-weather day out in the heart of the UK, follow the rocket signs from the M1 and M69.

The Centre is hosting special weekends including celebrations of Star Wars, LEGO and Daleks. For full details visit www.spacecentre.co.uk

Holiday periods are exciting, as the Centre adds workshops and talks into the mix, so advanced booking is advised. Don't forget that if you book in advance you will beat the queues, be able to upgrade to a **FREE Annual Pass** and there's no booking fees!

*T&Cs: Prize consists of two adult and two child tickets



TO ENTER

To be in with a chance of winning simply tell us:
When did Fred Stocks start volunteering
at Leicester's Hospitals?
Send your answer, name and contact details to:
competitions@uhl-tr.nhs.uk

The closing date for this competition is Wednesday 27 July 2016

**Last edition's
winner:**
Stuart Jones

