

# together



## TAVI procedure Gives a new lease of life



we are passionate  
and creative  
AUTUMN 2017

*Caring at its best*

**NHS**  
University Hospitals  
of Leicester  
NHS Trust

# Welcome

to the Autumn 2017  
edition



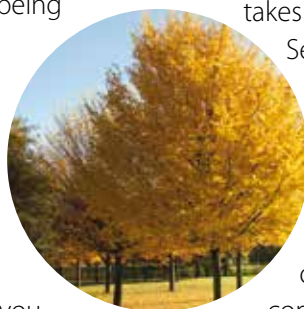
We are  
passionate  
and creative

## Welcome to the Autumn issue of Together.

In this issue we highlight the introduction of our 'Get Moving 2 Get Home' campaign. Across our three hospitals we will be encouraging patients to get up, dressed and moving while in hospital. The plan is to make changes to patients' perceptions of "I'm sick" to "I'm getting better", whilst preventing complications of being immobile.

We are also updating you on the work taking place at the 'Secret Garden' on our Glenfield site; the garden is beginning to take shape and we are finding out a lot more about its history. A big thank you to everyone involved in this project.

Our 'TAVI' team are also celebrating 10 years since they carried out the world's first keyhole aortic heart valve replacement and we meet Beverley Morris, a patient who explains why she was happy to become part of a research project as part of her breast cancer treatment.



We also welcome nine new Patient Partners. Our new recruits come from a diverse range of backgrounds and bring a wealth of new experience to our programme of patient and public involvement activity.

Finally I hope you will also 'save the date' for our Annual Public Meeting, which this year takes place on Wednesday 20

September, 2-6pm at The Peepul Centre, (see below). During the meeting the Chairman and I will be reviewing the past year and looking ahead to some of the developments and challenges our hospitals will be facing in the coming years. This event offers everyone a great opportunity to meet representatives from many of our services. **We all look forward to welcoming you.**

**John Adler**  
Chief Executive

## Piecing it all together: the emerging picture for our hospitals



**NHS**  
University Hospitals  
of Leicester  
NHS Trust

## Annual Public Meeting 2017

Wednesday 20 September  
2pm – 6pm

### The Peepul Centre

Orchardson Avenue  
LE4 6DP

Come along and hear about what we are doing to put safe, high quality patient-centred, efficient care at the centre of everything we do.

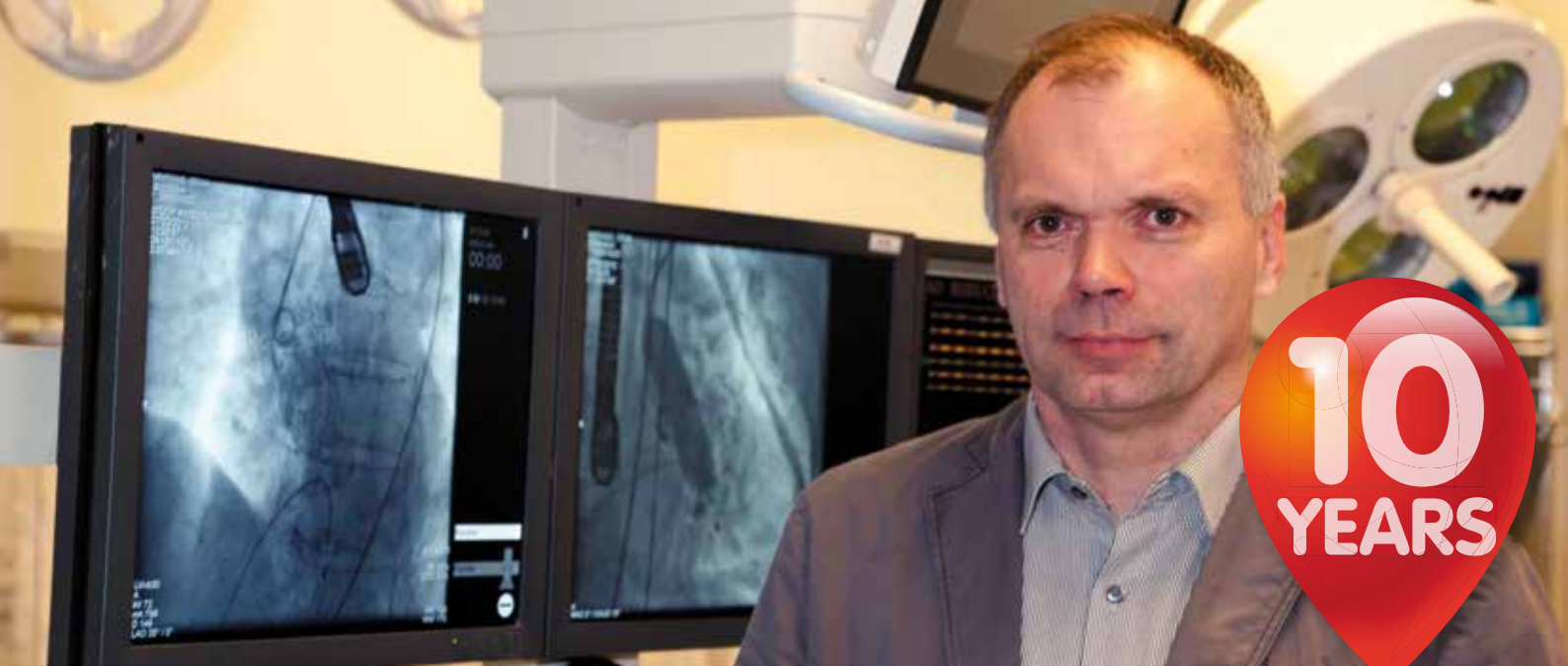
During the day our senior staff will be on hand to listen to your views.

This year, for the first time, we will be holding our Annual Public Meeting at the Peepul Centre, near Belgrave Road, Leicester.

**We hope to see you there.**







# 'TAVI' Team ten year anniversary

A multispecialty team of cardiologists and cardiac surgeons, known as the 'TAVI Team', are celebrating 10 years since they performed the first ever Transcatheter Aortic Valve Implantation (TAVI) procedure in the UK.



The first keyhole aortic heart valve replacement operation took place on 30 January 2007 and was undertaken by Consultant Cardiologist, Jan Kovac and his team.

The operation was a huge success and

the first patient was 89-year-old Gladys Adams, from Wigston, Leicestershire, who went on to live a good life for a further nine years.

The now world-recognised TAVI procedure allows heart valves to be implanted using a catheter.

The procedure is minimally invasive and means patients, particularly the elderly, do not have to undergo open-heart surgery.

The surgery made British medical history as the new technique had only been performed in just half a dozen other hospitals world-wide before Glenfield. Whilst then it was a big step into the unknown, it has since become a routine procedure, saving hundreds of thousands of patients across the globe, as well as cementing Glenfield as a cardiac centre of excellence both nationally and internationally.



The team at Glenfield Hospital will carry out around 250 TAVI procedures a year, which give hope to thousands of older patients. Beryl Dakin (pictured), from Barrow upon Soar, underwent a TAVI procedure for a narrowed aortic valve two years ago and to mark her 88th birthday, recently climbed Leicestershire's iconic landmark, Old John Tower at Bradgate Park! Beryl said:

**"I'm extremely grateful to Professor Jan Kovac and his team for all that they did for me. I am sure that I was only able to achieve the climb because of their efforts and the excellent aftercare I received."**

Professor Kovac, said: "In the past, patients had to endure open heart surgery and would have been in hospital for at least a week after their operation, but with the catheter treatment this is much quicker and in most cases patients can be home within a few days of having the operation."

"We're all very proud of Beryl for her recent achievement. She has proven that having this procedure means you can go on to live a healthy life."

"Hundreds of thousands of patients' lives from all over the world have changed thanks to what we do in Leicester."





# Secret Garden

## Uncovering the history

helping to bring Leicester's Hospitals' Secret Garden back to its former glory

In December's issue of Together, we told you about the project we had taken on within the grounds of the old Mansion House at Glenfield Hospital – 'The Secret Garden'.

Now seven months on, the garden is beginning to take shape with thanks to the Community Payback team and our own UHL gardeners, who all worked hard to clear the garden at its early stage.

The team has also been busy in the background trying to capture both the history of the garden and the house in readiness for approaching a number of organisations for funding, as £1.3 million is still needed to move forward with the project. A trustee from the Oral History Society has also provided some information and a volunteer has agreed to do more in-depth research and to put together a timeline of the history of the garden and house, which is believed to date back to the Tudor Times!

The garden, together with the adjoining Mansion House, previously known as Frith House, has a rich history. The team have uncovered that between 1783-1811, the house was occupied by a Quaker farmer from Yorkshire called Joseph Ellis. It was then sold and between 1813-1861, was occupied by Thomas Oldham, his wife Lucretia and her brother William.

A local newspaper from this time, headlined: 'A large quantity of onions, apples and plums were stolen from the garden of Mrs Oldham, Leicester Frith House', it just shows just how prestigious the house and garden were, and to this day the plum and apple trees remain a part of the garden!

By 1923, 'Leicester Frith' was purchased by the Mental Deficiency Committee and the male patients were employed on the farm and in the grounds. The accounts of Glenfrith Hospital in 1955 showed that the market garden at Leicester Frith produced fruit and vegetables for use at the hospital, and that there was a fruit store somewhere on the grounds.

Karen James, Accommodation and Projects Manager for the Secret Garden said: "The project has been really exciting so

far and we have uncovered so much history thanks to everyone who has helped with the research so far.

"Although we have a lot more work to do, we have been very fortunate so many people to date have been so enthusiastic in giving up their time to provide us with the expertise and on-going support for our project.

"In the near future we will be looking to offer the opportunity for members of the public to become involved as we are to introduce a 'Friends of the Secret Garden' group. We also want to give volunteers the opportunity to provide support."

This has been a small snippet of the story so far, but we hope that it gives you a taste of the history and leaves you wanting to know more...

**To help the team:**  
**Thesecretgarden@**  
**uhl-tr.nhs.uk**







David

Gloria

# Delirium

Two years ago David was admitted with pneumonia and during his admission David experienced an episode of delirium. Patients with delirium experience hallucinations, false ideas or paranoia. These symptoms can be very distressing and frightening for patients and their families.

## David explains what the experience was like:

"Slowly but surely I descended into this land of... well it was different. My brain was telling me this isn't real but no matter what I did I couldn't wake up, I couldn't get rid of it. It was quite frightening."

Patients may act in a way that is not normal for them, leading them to be labelled a nuisance or troublesome. David was isolated due to his rude behaviour, which was very out of character. David adds: "All types of weird things were going on in my head. The whole thing was quite terrifying but I remember speaking to my wife Gloria on the phone to tell her there was a bomb going to go off. The thought was there but I knew it was wrong."

It is important to recognise this is not the patient's fault, a better understanding can help lessen the

We encourage our staff that if their patients are more confused or more withdrawn than normal to **'THINK DELIRIUM'**

distress and family members can work alongside healthcare professionals to resolve the delirium quicker.

Delirium can also have a significant impact on family and carers.

Gloria didn't know how to respond: "I didn't know whether to say you'll be ok it's not really happening, you just don't know how to reply to a person. I found it very difficult."

David spent three weeks in hospital recovering from his pneumonia and delirium. He was subsequently discharged home however he remains distressed by his experiences of delirium that he still remembers vividly.

Dr Chris Miller, Geriatrics Specialist Doctor (right) at Leicester's Hospitals, looks after patients like David: "Delirium affects up to half our adult inpatients. Those with chronic conditions such as dementia, or Parkinson's disease, and those with sensory deficits such as

visual or hearing impairments are more at risk. Unfortunately, delirium is not very well recognised and frequently leads to poorer outcomes. Patients are often distressed by these episodes. A lack of medical understanding can exacerbate any problems further."

Our staff are working to improve the care we provide, as Chris highlights: "We encourage our staff that if their patients are more confused or more withdrawn than normal to **'THINK DELIRIUM'** and work to find, investigate and treat any cause. Prompt actions can reduce the severity of any episode and improve outcomes for our patients."

*We would like to thank David and Gloria for sharing their story.*



Dr Chris



# Charlene Freeman

**Charlene** is a clinical embryologist at Leicester Fertility Centre based at the Royal Infirmary.

**MY NAME IS CHARLENE FREEMAN** and I am lucky enough to have been a Clinical Embryologist at Leicester Fertility Centre based at the Royal Infirmary for nearly 11 years, during which time I have helped many patients in their journey to becoming parents.

As a clinical embryologist I am not a nurse or a medical doctor, I am a scientist, one of many within the trust. I studied Medical Biochemistry at Leicester University before getting a trainee position. After completing my Association of Clinical Embryologist (ACE) training I was offered a full time post and gained experience before applying and obtaining my Health Care Professions Counsel (HCPC) registration which allows me to practice.

On a day to day basis my role includes gathering eggs and sperm samples from the female and male partners and/or donors, and fusing the sperm and eggs together to produce embryos, which are then grown in the laboratory under controlled conditions. I am also part of the team which implants viable embryos into the female patient's womb. I also preserve

(freeze) eggs, sperm and embryos for use at a later date.

I am also a STEM (Science, Technology, Engineering and Mathematics) Ambassador and have the opportunity to visit local schools; encouraging students to consider further study of STEM subjects and progression into related careers. I talk about my specific job role and have even held a debate about ethics; our ever increasing population and IVF – it made for a very interesting discussion!

I am really lucky to work in such a small dedicated department; we all support each other and our patients which is really important. IVF and infertility can get a lot of negative press, particularly when budgets are tight and people are looking for easy, headline grabbing targets or when some clinics charge so much for additional treatment items. We share our patient's dreams of becoming parents first time round. We give our NHS and private patients the same opportunities and level of care. The down side to my job is that it doesn't always work first time, however we are able to offer patients ongoing support throughout their treatment.

We have recently invested in a new state of the art incubator which is able to take pictures of the developing embryo at regular 5 minute intervals which, when played together, create a time-lapse video. This technology means the embryologist can continuously look at how the embryos are developing without taking them in and out of the incubator disturbing their atmosphere; this consistent environment is closer to that in natural conception so we get better quality embryos, better pregnancy rates and more take home babies first time! It is super exciting to be part of a field which is ever changing; I am always learning something new.



## Quick questions...

**Which three words sum you up?**

Helpful, kind, unique

**Who inspires you?**

I would love to be more like my friend who sadly passed away two years ago. She was such a warm, open and kind spirit who had so many friends and family yet she took time out for each of them, making each person feel loved and valued.

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

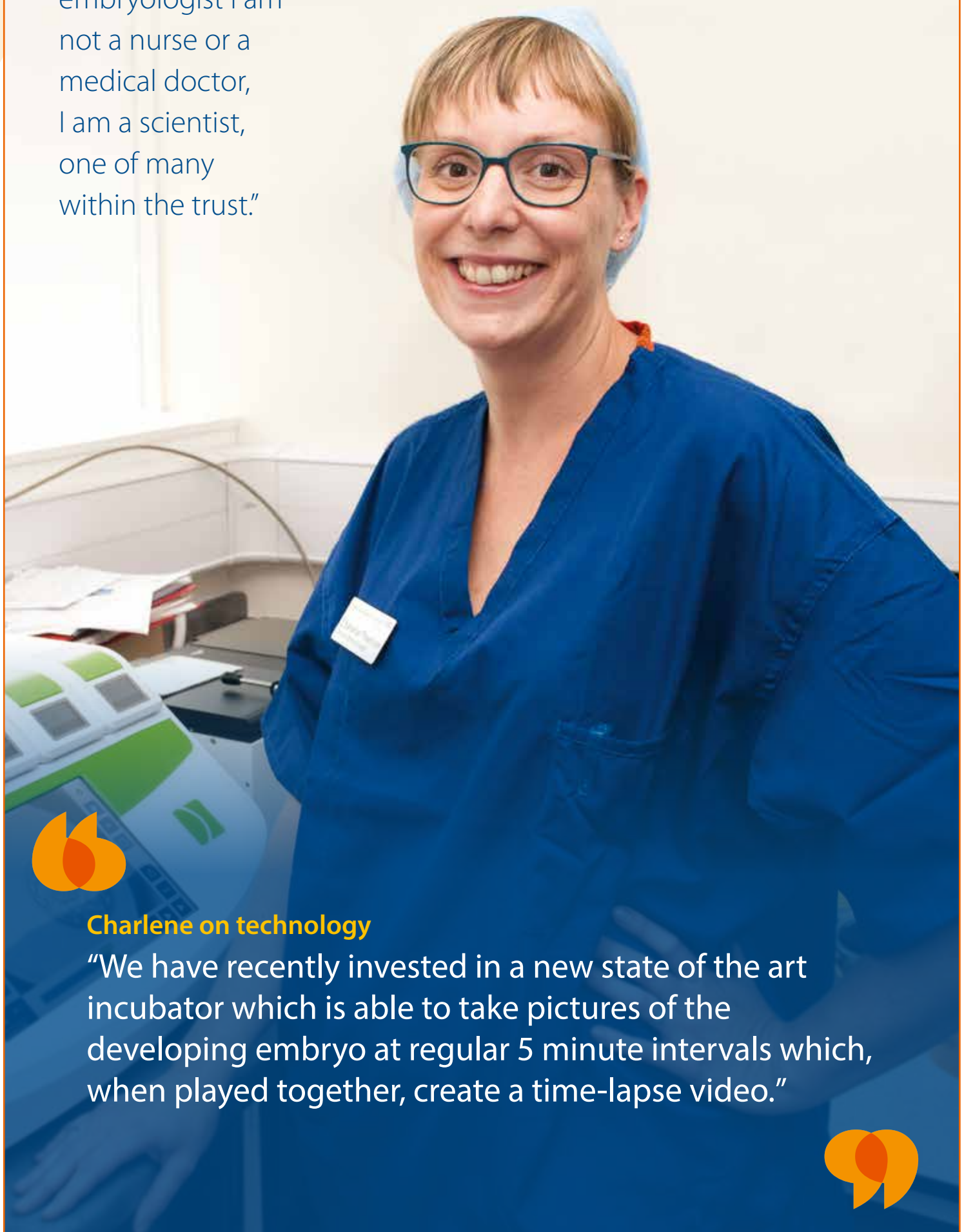
Be yourself, everyone else is taken

**What was your first job?**

Washing pots on a Saturday night in the pub down the road from where my parents live. I was 13 and earned £2.50 per hour!



"As a clinical embryologist I am not a nurse or a medical doctor, I am a scientist, one of many within the trust."



### **Charlene on technology**

"We have recently invested in a new state of the art incubator which is able to take pictures of the developing embryo at regular 5 minute intervals which, when played together, create a time-lapse video."





# NEW children's acupuncture clinic to help reduce chronic pain



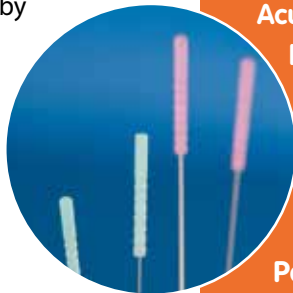
An innovative new children's acupuncture clinic has been set up at the Leicester Children's Hospital, based at the Royal. The clinic is run by Zoe Forster and Sarah Roberts, Children's Pain Specialist Nurses who have undergone training with the British Medical Acupuncture Society.

The training was funded by 'Away with Pain'

([awaywithpain.co.uk](http://awaywithpain.co.uk)), a charity which is passionate about enhancing the care of people who suffer with chronic pain.

Trustee for the charity, Dr Alan Sutton said: "We are delighted that our grant will now enable children to also benefit from acupuncture as part of their specialist care programme." Children are offered a six week course of treatment, during weekly 45 minute outpatient appointments.

Zoe explains: "Acupuncture stimulates the nerves in the skin, muscle and other tissues and can produce a variety of effects. It is known to increase the release of the body's natural pain killers (e.g. endorphins and serotonin) in pathways in the brain and spinal cord. The production of these substances modifies the way pain signals are received by the brain and hence can cause a reduction in pain."



**Acupuncture is not a cure for pain but a treatment which can help it. The effect of acupuncture differs from person to person, but has shown to benefit people in the following ways:**

#### **Pain relief:**

This can happen after one treatment or following three to four treatments and the effect can last from days to months.

#### **Improved sleep:**

Some people notice they sleep for longer and the quality of their sleep improves.

#### **Relaxation:**

Patients can feel more relaxed; which in turn may help them to cope better with pain.

#### **Increased sense of wellbeing:**

It can make people feel better both physically and emotionally and increase energy levels.

One patient who has now had three sessions is 11-year-old Kai Dougherty. He explains: "I've tried a lot for my pain but the only thing that really seems to take it away is acupuncture. Even though I'm terrified of needles, I wanted to try it because the pain team, who have been very helpful to me, told me how beneficial it could be. **My sessions have all worked tremendously well and I've been pain free for periods of time!**"

Sarah added: "We are excited to be offering this new and innovative service. Even though we have only just started the clinics, children like Kai are already reporting benefits of their treatment and there just are no words to describe how great that feels. We plan to formally audit our results and gather more patient feedback to show the effectiveness of the new service."



*a way with pain®*

For further information about Leicester Children's Hospital, please visit: [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk)





# John's Campaign offers extra support to carers



John's Campaign is a national initiative which seeks to ensure that carers are able to play an active role for those they care for, from hospital admission through to discharge.

**Founded in November 2014 by Nicci Gerrard and Julia Jones**, in memory of Nicci's father, Dr John Gerrard, the simple statement of purpose, Stay With Me, promotes the belief that carers should not just be allowed in hospital but should be actively welcomed.

Throughout June and July, John's Campaign was piloted on Wards 32, 33 and 36 at the Royal to identify any difficulties in adopting the principles of this initiative across our hospitals. The wards were visited by the Patient Experience Team daily to help support teams and embed the principles. They also completed surveys with patients, public and members of staff to gather feedback on thoughts and opinions.

Justine Allen, Sister for the Patient Experience Team explains: "During the pilot, staff welcomed carers onto the wards beyond standard visiting hours

and worked in partnership with families to help provide the best possible care for the patient."

Over 1,400 patients were admitted through the three wards, of which 14 had family or carers who were supported by John's Campaign, eight of these expressed a wish to stay with the patient the whole time.

The results of the pilot were extremely positive and staff were fully involved from start to finish. Carer feedback also suggests they felt more supported and involved. Justine continued:

**"The evidence collected shows that involving family and carers increases patient safety, improves outcomes and contributes massively to patient, family/carers satisfaction and experience."**

Both pilot and survey results have now been shared with patients, carers, public and staff and will be presented at our annual Dementia or Older People's Champions Conference.

Throughout September, we will be hosting a variety of events to promote **John's Campaign** and celebrate the high level of care offered at our hospitals during Older People's Month 2017.



For more information about John's Campaign, please visit: [www.johnscampaign.org.uk](http://www.johnscampaign.org.uk)





# Breast cancer research aims to provide comfort for future patients

In 2016/17, Leicester's Hospitals conducted 957 clinical trials and research studies in all specialties, including in the fields of genetics, cardiovascular and respiratory medicine, diabetes and cancer.



**Clinical trials are designed to improve the treatments, medical devices and care pathways we can offer patients now and in the future.** However, they simply wouldn't have been possible without the 12,914 people who volunteered to take part.

Beverley Morris, 63, of Markfield, is just one of our research participants. Beverley was diagnosed with breast cancer and told that she needed a mastectomy. Her surgeon, Miss Monika Kaushik, initially approached Beverley to see if she was interested in taking part in a study to compare two methods of managing her recovery after the surgery.

## Healing after a mastectomy

Following a mastectomy, once the breast tissue is removed, the body may create fluid between the layers of tissue as part of the normal healing process. This can build up, pushing the tissue layers apart and interfering with the healing process. To prevent the fluid from interfering with healing, doctors normally insert a drain at the end of surgery, which is left in place for about one week.

An alternative method to the drain for fluid management is a product called TissueGlu®. This is a surgical adhesive that holds the tissue layers together during the healing process. The study aims to compare the two methods and see if TissueGlu® is a better alternative to the conventional drain. Specifically, are there fewer side effects, a reduced need for an 'aspiration' – using a syringe to remove excess fluid – and can it therefore provide greater comfort for patients?

Beverley explained: "After I said I was interested, Nikki explained in more detail

what the study was about and the possible benefits. I wouldn't know which treatment I was going to receive until after I had woken up from the surgery. It wasn't frightening though, as she told me all about the options. The surgeon wouldn't know either, it was at random. When I was in theatre she would open an envelope and it would say whether I would have the TissueGlu® or the drain."

Nikki Griffin-Teall is the research nurse who went through the purposes of the study with Beverley. She explained: "My role is to capture the research ideas from our clinicians and find research programmes that we could potentially offer to our patients as treatment options.

**"Once we have had a trial approved, I then contact patients to explain the study and see if they would like to be involved. There is no pressure for them to say yes, and they get time to consider the benefits and risks beforehand. It does not affect their normal treatment if they say no."**



# Why take part in research?



Beverley continued:  
"I wanted to take part  
in the study because  
I think the more  
information gathered,

the more it can help people in the future. It will help doctors to choose the best treatment for the individual. This has to be a bonus to everyone that is told they have cancer and need surgery."

Nikki concludes: "If there was no research there would be no progress, and without progress the statistics on life expectancy and quality of life following cancer treatment would stay the same. Because of research we can give better treatments today than we could yesterday and offer hope to patients and their families today where we couldn't in the past."

Nikki's post was funded with thanks to Leicester Hospitals Charity, with the aim of improving the care of breast cancer patients in Leicester, Leicestershire and Rutland.

Sue Stevenson, Trusts and Foundations Fundraising Officer for Leicester Hospitals Charity, said: "We would like to say a big thank you to everyone who fundraises to improve the care for breast cancer patients in Leicester, Leicestershire and Rutland. You have made a huge difference."

"If there was no research there would be no progress"



To take part in research trials:  
contact your clinician to ask about studies that are currently up and running.  
Alternatively, go to the UK Clinical Trials Gateway at [www.ukctg.org.uk](http://www.ukctg.org.uk)



"I wanted to take part in the study because I think the more information gathered, the more it can help people in the future".



# Get Moving

## What's happening?

We would like to encourage our patients to get dressed and mobile as soon as they are able to promote their dignity and to help them recover quicker.



*get up  
get dressed  
get moving*

**#red2green #last1000days #endPJparalysis**



## When did this start?

We launched this campaign across the Glenfield Hospital site on the Renal, Respiratory and Cardiovascular Wards and at the Royal Infirmary on the Specialist Medicine Wards on 4 July. We plan for this campaign to be rolled out across all wards at our three hospitals.

## Why are we doing this? What is the aim?

The hashtag **#endPJparalysis** was originated on Twitter, the social media site, by Professor Brian Dolan in 2016. The concept encourages patients to get up, dressed and moving while in hospital.

The idea is to make changes to patients' perceptions of "I'm sick" to "I'm getting better", whilst preventing complications of being immobile such as: muscle degeneration; clotting; and chest infections.

This initiative links to the **Red2Green Bed Days** approach that we introduced at the beginning of the year. This is a simple visual management system to assist in the identification of wasted time in a patient's journey.

If a patient is waiting for something to happen, we note them as a **RED DAY** and explain the reason why. If they are not, we note them as a **GREEN DAY**.

We use this simple methodology to identify patients' needs, identify any problems that are blocking them from their discharge home.



# 2 Get Home

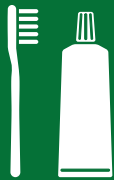
We are asking relatives, carers & friends to help our patients by:



Bringing in daywear, underwear, socks and comfortable shoes.



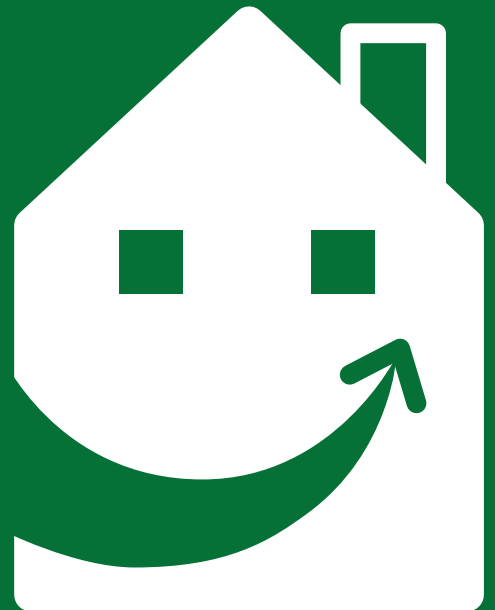
Providing glasses, hearing aids or any other items that our patients would usually have at home.



Toiletries to assist in washing, as well as toothbrushes and toothpaste.



You are welcome to assist your friend/relative with eating, dressing and walking (where appropriate). Staff are happy to support you in the correct way to do this.



## Changing culture

We are aiming to facilitate a change in culture across our hospitals, by supporting ward teams (Matrons and Ward Sisters) to encourage their patients to get out of bed each day in order to help aid their recovery. We encourage our patients and their families/carers to bring their own clothes to hospital.

**By working together we can help our patients' experience at our hospitals and also help them to get home earlier.**

**We hope you will support this campaign, Get Moving 2 Get Home.**

We would love for you to get involved in our campaign on Twitter



Share pictures of yourself in hospital in your own clothes using the hashtag **#Getmoving2gethome** and tagging us in by using the Twitter handle **@Leic\_hospital** or email **communications@uhl-tr.nhs.uk**

# # *Inside* *Out*

In our third feature of this series we meet Navpreet Surani who started out volunteering for Leicester's Hospitals before training as a Nursing Auxiliary in 2013. Outside of the hospital Navpreet works as a Key Stage 1 Primary School Teacher in Leicester.

## *Inside*

### *What is your role inside the Trust?*

I first joined Leicester's Hospitals in 2011 as a volunteer before training to become a Nursing Auxiliary in 2013. I work across many wards and departments within the hospital: Acute Frailty, Assessment Units, Medical wards and both high dependency and surgical Children's wards. I now have a Bank contract which allows me to work alongside my full time job as a Primary School Teacher.

### *What do you enjoy most about Nursing?*

Working as a nurse gives me a real sense of pride in my job, there aren't many jobs out there where something as small as making a cup of tea for someone could mean so much more to that person. The things I have experienced in my time here have really opened my eyes to all the situations people encounter in the hospital. I have been a part of some of the most important, sensitive and funny times with different families. There isn't a more personal or emotional job that I can think of which allows this to happen all in the space of a 12 hour shift! I admire how hard everyone works; we take on the lives of our patients in our shifts and feel what the patients feel through their time with us. I love that I become a part of my patients' lives, in the same way that my teaching job allows me to be part of the children's lives.

### *What do you enjoy most about teaching?*

Teaching has always been my ambition since I was in primary school! I loved the idea of taking a register and delegating, little did I know it involved a lot more than that!

## *Out*

### *What is your role outside of the Trust?*

I am a fully-qualified Teacher in a Primary School based in Leicester. I currently teach all aspects of the national curriculum, consisting of core subjects: Maths and English as well as foundation subjects such as art, ICT, science, music and many, many more!

I thoroughly enjoy my job, it can be stressful at times like all other jobs but working for Leicester's Hospitals has really helped me to develop the skills to deal with the unexpected! The children are the reason I love my job, their innocence and naivety at times can be both entertaining and encouraging, helping me to see the world in a better light. Their positivity and energy is contagious and makes each and every day a brighter one.

### *Do you see any parallels between Nursing and Teaching?*

Although it may not seem it, there are many similarities between my two jobs. Both jobs have an element of care and helpfulness, being organised and prioritising. Each gives its own sense of job satisfaction through supporting others on their journey, whether they are elderly or young, in education or healthcare. In both of my jobs I enjoy being around people and learning about their stories (especially on the older people's wards)! Working with children in both environments really makes me appreciate my role outside of the hospital and seeing the children at their best, not just at their worst.

**Want to feature in #InsideOut?** Share with us what you do outside of your day job.

**Do you volunteer, compete in a sport, or have a skill/talent?** Share it with us and take part in #InsideOut





## *Navpreet Surani*

Nursing Auxiliary,  
Leicester Royal Infirmary

## Teacher

## *Navpreet Surani*

Primary School Teacher

$$2 \times 2 = 4$$

$$2 \times 3 = 6$$

I am very lucky to have two incredible jobs which both are exhausting, testing of my patience, intense but also satisfying, rewarding and most importantly they each make a difference to people's lives.



THANK  
YOU



# FUNDRAISING

news...



## Brown Dog

Photo courtesy of Fothergill Photography

Thank you to Brown Dog Cancer Charity who have once again help fund some of our latest state-of-the-art equipment to help diagnosis cancer.

On this occasion they have funded an Egg- telescope which allows a better visualisation of the chest cavity. The equipment will be less invasive, less painful and enable faster recovery. Dr Rakesh Panchal, Consultant Respiratory Physician is photographed with Mark Storer and Grace Wardle of Brown Dog showing everyone how the new device worked and is extremely grateful to all involved for their huge support.



**BROWN DOG**  
Helping people with cancer

## Courtyard Gardens Donation



We were very fortunate to receive a kind donation of 20 tonnes of pea gravel from local supplier Tarmac to rejuvenate the gravel beds in the main courtyard garden and some of the other smaller courtyard's at Glenfield. Thanks to all at Tarmac for their support.

David McClelland, Regional Managing Director – Central says "We were delighted the hospital made contact and Tarmac are happy to support the local charity. The courtyard is an important area at the hospital which offers the patients and families a time for reflection and peace".



## Butterfly Walk 2017

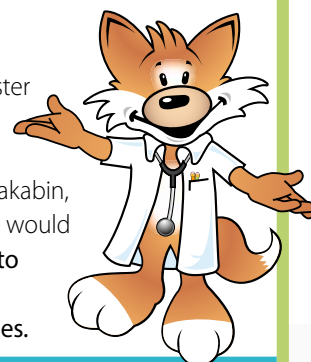
Leicester Hospitals Charity held its second Butterfly Walk in June at Leicester Racecourse raising over £31,000 for the Breast Care Centre at Glenfield Hospital. Thank you to everyone who attended the event, sent in donations and volunteered on the day. Your support makes a huge difference to the patients being treated by our Breast Care Team.



## LEICESTER HOSPITALS CHARITY SHOP

### Now Open!!

We are delighted to announce that the new Leicester Hospitals Charity Shop is now open at Leicester General Hospital. The shop is located near Outpatients 3 and is based within the orange portakabin, you can't miss us. Please come in and say hello, we would love to see you. If you have items you would like to donate please call 0116 258 8713 or visit [www.LHCharity.org.uk](http://www.LHCharity.org.uk) to check our opening times.



If you have a spare morning or afternoon and would be interested in volunteering in the shop please call **Alison Reynolds** on **0116 258 7221** to find out more.

To find out more, please visit our new website: [www.LHCharity.org.uk](http://www.LHCharity.org.uk)





## Opening of Children's Research Space at the Royal

Patients and families joined NHS staff and VIP guests to mark the opening of the new Children's Research Space at Leicester Royal Infirmary on Wednesday 28 June.

Leicester Hospitals Charity "Reaching out for Kids Research Appeal" raised £30,000 for the new Children's Research Space to provide state-of-the-art facilities for children - not only from Leicestershire and Rutland, but also from further afield - who take part in research within Leicester's Hospitals. Features include: a sensory playroom, 3-D interactive screen; an interactive floor projection in the waiting area; and 3 clinical rooms complete with bright, child-friendly graphics.

The Children's Clinical Research Team, the Genomes 100,000 Project and Leicester Hospitals Charity are incredibly grateful to all our supporters and fundraisers who made this all possible.

*Pictured: John Adler and Freya Evans*



## LCFC Legends Match

Over £7,000 was raised by a Leicester City Legends football match to benefit patients on the children's and young people's cancer ward. The match was set up by Chris Edwards, whose daughter, Jessica, is being treated there.

The event at Asfordby Football Club, which has been named "The Jessica Edwards Charity Cup", saw a team sheet that included former Foxes: Steve Walsh, Muzzy Izzet, Gerry Taggart, Julian Watts, Julian Joachim, Matt Piper, Jon Stevenson and Scott Oakes. Tony Thorpe (QPR, Fulham and Luton Town) also put on his boots again, whilst local musician Jersey Budd joined in the match too.

The match is now an annual event featuring ex-Leicester City players and local celebrities. Next year's event will take place on Saturday June 30th 2018.

## Everything you wanted to know about Wills, Trusts and LPAs... but were afraid to ask

Wills, Trusts and LPAs... nobody likes to think about them but perhaps you should. There's a lot of misinformation and misunderstanding on the subject. For example:

- Doesn't it all just go to my next of kin anyhow?
- Why can't I just use a DIY kit?
- What about a Will writer? Isn't that the same as a regulated Solicitor?
- I made one years ago so I'm OK
- Trusts... aren't they just for 'the rich'?
- LPAs... surely, they're just for the old and infirm?

All common questions but you would (perhaps) be surprised by the answers.

**Leicester Hospitals Charity is teaming up with Wilson Browne Solicitors in Leicester to hold our first Legal Surgery, offering free advice on Monday 27th November 2017 at Leicester General Hospital.**

Shivali Kapoor, a fully trained, SRA Regulated Solicitor and STEP member from Wilson Browne will be on hand to answer your questions in confidence. If you wish, she will also take your instructions for making your will at a promotional discounted rate, and discuss what other measures you can

take to protect your assets. She will also explain the benefits, and how easy it is, to leave a gift to charity in your will.

There's no catch, no small print and no obligation.

For more details and how to book, please call 0116 258 8709 or see our website: [www.LHCharity.org.uk](http://www.LHCharity.org.uk).



**wilson browne**  
SOLICITORS

# Welcome to our **new** Patient Partners

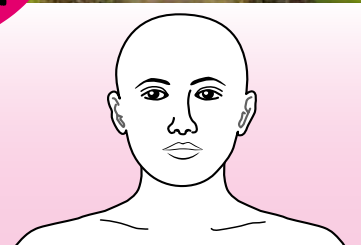


In June this year we were delighted to welcome nine new Patient Partners to the Trust. Our new recruits come from a diverse range of backgrounds and bring a wealth of new experience to our programme of patient and public involvement activity.



If you would like more information about Patient Partners or would like to discuss how Patient Partners could add value to your service please contact the PPI & Membership Manager on **0116 258 8685** or email [karl.mayes@uhl-tr.nhs.uk](mailto:karl.mayes@uhl-tr.nhs.uk)

## Leicester's **MARVELLOUS** Medicine talks



Our **FREE** Marvellous Medicine talks take place every month from 6pm – 8pm in the Clinical Education Centre at Leicester General Hospital.





# Who are Patient Partners?

Patient Partners are members of the public who provide a patient's or carer's perspective on all aspects of hospital services.

Patient and public involvement (PPI) is an increasingly important element of our decision making and Patient Partners are one of the key ways in which we position and hear the patient voice at the centre of our organisation.

Patient Partners get involved in a wide range of activity; from sitting on Boards and Committees and running patient focus groups to involvement in projects which improve services or evaluate care, community engagement, participating in interviews and reviewing patient information. They also meet regularly as a group to share their experiences and provide feedback; acting as a central consultation group for our staff.



## Our new recruits



**Keith Allan**

"I believe that my experience of working in the pharmaceutical industry will help me to understand patients. I hope that this will contribute to better care at UHL."

Some of our new Patient Partners have years of experience as a patient at the Trust, some come from an NHS or Social Services background and others have experience as a carer of someone using our hospitals. Their interests include how we handle complaints, access for people with disabilities, the performance of our emergency department, hospital discharge and safeguarding issues.



**Fazilla Shahzad**

"From a young age I have been a patient at UHL. I want to help by communicating patient views and ideas with professional teams. One of my goals is to try and get local communities involved to understand life at the hospitals."



**Jane Wilson**

"I believe that patients should be positioned at the heart of UHL's work and at a time of increasingly stretched NHS resources it is essential that the patient's perspective is heard and valued."



**Julia Wise-St Leger**

"I am excited about the opportunity to enhance and improve the patient experience with respect to our local hospitals."

**27 September 2017**

### Sickle Cell Awareness

**Dr Ann Hunter -  
Consultant Haematologist**

People with sickle cell disease produce unusually shaped red blood cells that can cause problems when they can become stuck in blood vessels. Join us as Dr Hunter talks about this chronic and debilitating condition. Time will be set aside at the end for your questions.

**25 October 2017**

### Using MRI to Improve Heart Health

**Professor Gerry McCann -  
Consultant Cardiologist**

Professor McCann will give an outline of how MRI scanning works and the different information that can be obtained on structure, function and assessing the heart's blood supply. He will show how MRI can reduce the number of invasive tests for patients with heart disease.



**14 November 2017**

### Keep Antibiotics Working

**Corrine Ashton -  
Lead Antimicrobial Pharmacist**

This talk will explain what antibiotic resistance is, describe the extent of the problem and explain how you can help minimise the risks. During the evening we will explore how you can make better use of antibiotics and help these vital medicines from becoming obsolete.

For more information 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](mailto:karl.mayes@uhl-tr.nhs.uk)

# Volunteering Update

## New Charity Shop

### Busy Times!!

**2017 is proving to be very busy for Volunteer Services.** As well as the 'day job' our volunteers have had to get used to the physical changes within the Leicester Royal Infirmary; the opening of a new Charity Shop at Leicester General Hospital and all the preparation that involves and the refurbishment and rebranding of the Glenfield Shop. Busy times!

We are also delighted to welcome a new member to the Volunteer Team Pat Hassall, who has been appointed as the Charity Shop/Volunteer Manager.

With thanks from all of the Volunteer Services Team

**Alison, Lisa, Zubeda, Fiona, Sue and Rosa**



If you feel you could afford a few hours to help volunteer we would love to hear from you, please call 0116 258 7221/8868/3955 or visit the hospital website:

[www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk)



## Volunteers Needed

**Volunteers are required across our three hospitals sites, but we are especially seeking help in our Charity Shops at Glenfield Hospital and Leicester General Hospital with sorting, pricing displaying and selling goods to raise funds for our Leicester Hospitals Charity.**

Vale Volunteers support patients at the end of their life by offering their time to sit with them so that they are not alone. There is training and support provided and it is a role that volunteers can take on in addition to their other volunteering.



**If you are interested in volunteering or in any of these specific roles please contact us for more information: 0116 258 7221/8868/3955 [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk)**



# 2017 Annual Volunteer Thank You Event



*Thank you all* ★★

Our Thank you event this year was held at 'The Venue' and was attended by around 300 volunteers. Entertainment was provided by the Leicester Hospitals Staff choir and a free raffle, quiz and buffet completed the evening.

Volunteers received certificates for their service to the Trust which were presented by Chairman Karamjit Singh and Tim Diggle, Head of Leicester's Hospitals Charity. Chief Executive John Adler thanked the volunteers and Senior members of staff waited on tables. Everyone enjoyed the evening and it was great to see so many volunteers recognised for all of their time and commitment over the years.



**"I wanted to use my cancer experience to reassure and help newly diagnosed patients"**

## Focus on Volunteer Psycho-oncology Services, Margaret Chandler

"I chose to volunteer in this area because of my own personal experience of cancer and my work experience. I felt that I could bring transferrable skills to volunteering."

"When I was diagnosed I felt that there was no one who understood - I wanted to use my cancer experience to reassure and help newly diagnosed patients. I enjoy learning and feeling that I can give something back - it puts your own cancer into perspective. It's an unspoken understanding helping others and moving on - making good out of a difficult experience."

"I feel that the psychological aspect of cancer needs to be more in the forefront. It's not just

physical - body, mind and spirit all need to heal. With physical treatments improved and more people living beyond cancer psychological needs must be met to enable people to rebuild their lives after cancer."

As part of her role Margaret has launched and runs a Mindful Walking Group for Psycho-oncology patients.

The group meet during the Summer months on the 3rd Wednesday of the month starting at the Osborne Building at the Royal Infirmary. "It is an excellent chance for both staff and patients to get together away from the hospital environment and explore the local area in a relaxed manner."

**For more information on the walking group please contact the department on 0116 295 4562 or Margaret on 07860 946976**

## Cancer Stories Project



CancerStories features almost 1000 videos: why not use channel search to find what you are looking for (it is the little magnifying glass icon below)

Finally, volunteers in Oncology have been closely involved in working with Dr Alex Mitchell in the Cancer Stories project.

Over 100 videos have been made covering many cancers. They have proved to be a valuable resource to patients and their families after a cancer diagnosis.

**To find out more visit:**  
[youtube.com/mycancerstory](https://youtube.com/mycancerstory)  
& [youtube.com/cancerthemes](https://youtube.com/cancerthemes)



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## DONATION TO NNU WARD



Roger Skervin, Head of Hastings House, Ashby School, Ashby de la Zouch presented Marie Hoy, NNU Ward Manager with a cheque for £417.36.

The money was raised through a variety of fundraising activities which students took part in. **Big thank you to everyone who took part.**

## Musical Morning

A huge thank you to the Street Orchestra of London and De Montfort University for visiting the Osborne building at the Royal Infirmary, playing music, singing and dancing for patients, their families and staff. A great time was enjoyed by all.



# Out

# &

# About

## 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](mailto:communications@uhl-tr.nhs.uk) and we'll pick a few to include in the next edition of Together.

## Allotment Challenge

The Hope Against Cancer Unit at the Royal Infirmary have taken part in an allotment challenge on the balcony behind the unit facing the Tiger's ground.

Staff divided into two teams, getting their gardening gloves on and let their creativity show. The competing gardens were judged by patients with Wendy Fletcher and her team winning the competition. Patients awaiting chemotherapy treatment can visit the gardens.

A green fingered lot in the Hope Unit.





## Christina Oppenheimer, Consultant Obstetrician retires after 27 years



Christina began work at Leicester's Hospitals in 1990 as a senior registrar, before moving into Obstetrics and Gynaecology in 1994. Christina was the first female consultant in Obstetrics & Gynaecology to be appointed to Leicester's Hospitals, which was a major landmark in a predominantly male profession.

During her time as a consultant she established a service in gynaecology for children and adolescents and an Obstetric Haematology Service as well as fulfilling a variety of clinical management roles over the years.

**Best wishes on your retirement  
Christina.**



## SWIFFT Trial Prize Draw Winners

To encourage patients to remain engaged in our National Study "Scaphoid Wrist Internal Fracture Fixation Trial" (SWIFFT) all patients who completed questionnaires and attended clinic visits relating to the trial were entered into a prize draw. The lucky winner was Thomas Pollard who won an iPad.

## Knitting Skills for Age UK #BigKnit 2017

Our team of graduate rotation nurses and colleagues from Leicestershire Partnership NHS Trust have picked up their knitting needles to make 536 #innocentsmoothiehats, raising money for Age UK Leicester Shire & Rutland. For more information visit [www.ageuk.org.uk](http://www.ageuk.org.uk)



## 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:**  
Beryl Dakin with Deputy Sister, Kelly Brown and Cath Lab Assistant, Jane Edwards

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## 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](mailto:communications@uhl-tr.nhs.uk).

## THANKS...

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

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0116 258 5904

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## Midwives attend conference in Toronto



Claire Dodd and Andrea Goodlife who work as specialist hypertension midwives were recently invited to attend a conference in Toronto to talk about the unique home monitoring blood pressure service available for pregnant women in Leicester.

Leicester's Hospitals is one of the only hospitals in the country to offer the home monitoring blood pressure service for both antenatal and post-natal women with hypertension problems.

The pair joined 4,200 midwives from all around the world to take part in the four-day global conference and their lecture received great feedback!

## Patient Safety Mad Hatter's Tea Party

The Patient Safety Team set out to have some mid-summer madness by holding a Mad Hatter's Tea Party after work at the end of a very wet week in June. The fun and games was all for a good cause. The Safety and Risk Team are raising money to support Gem 106 Cash for Kids



Appeal for disadvantaged children in the East Midlands and have raised an amazing £204.00 towards this great cause so far.





# CHECK OUT OUR NEW SEASON'S FIXTURES

[www.leicestertigers.com/fixtures](http://www.leicestertigers.com/fixtures)

## BUY MATCH TICKETS

[www.leicestertigers.com/matchtickets](http://www.leicestertigers.com/matchtickets)

**WIN** a family ticket for 4 for London Irish in January

## COMPETITION

**To enter:** In what year did the first keyhole aortic heart valve replacement take place?

Send your answer, name and contact details to: [competitions@uhl-tr.nhs.uk](mailto:competitions@uhl-tr.nhs.uk)

Closing date is Friday 17 November 2017

Last edition's winner:  
Lorna Rossington