

together



Home Birth Team Launched



concentrating
on teamwork
WINTER 2017

Caring at its best

NHS
University Hospitals
of Leicester
NHS Trust

Welcome

to the Winter 2017
edition



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

As we fast approach the end of 2017 it seems appropriate in this issue to highlight that in 2018 the NHS will be celebrating its 70th birthday **#NHS70**.

As you will see from the article on page 5, we plan to commemorate and mark the occasion to celebrate our staff and patients and take the opportunity to recognise the many achievements of our hospitals. If you have any memories you would like to share, i.e.; were you born or trained here? Or have you been part of a ground-breaking procedure or treatment? Or just simply wish to highlight the support and care of our staff, please email **communications@uhl-tr.nhs.uk** - our team would like to hear from you. If you would like to be kept up-to-date on all of our news stories and activities why not follow us on any of our social media pages.

Also in this issue we welcome our new Equality and Diversity Lead, Haseeb Ahmad, along with

Breaking News!

NHS England announces
East Midlands Congenital Heart
Centre is to remain **open**.
Full story visit [www.
leicestershospitals.
nhs.uk](http://www.leicestershospitals.nhs.uk)

his support worker Abby
and Guide Dog Walt.

He explains his role and his
out of work past-time of taking
part in Iron Man competitions!

We find out how an innovative new
aortic valve replacement has benefitted
patient Annie Langton, and for all those
'mums to be' we are delighted to announce
the launch of our dedicated Home Birth Team.
Find out more about the team and hopefully
dispel some of the myths of having your baby
at home.

As ever there are lots more stories in this issue,
which I hope you enjoy reading.

**On behalf of myself and everyone at
Leicester's Hospitals can I take this
opportunity to wish you all a very pleasant
and safe Christmas and best wishes for a
happy and healthy 2018.**

John Adler Chief Executive

Caring at its best

NHS

Make Someone's Christmas Special

This Christmas hundreds of older people will
have to stay in hospital because they are
not well enough to go home.

Could you donate a present to help
make someone's Christmas special?

To donate a present to an older patient visit:

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

Last donation: Thursday 14 December

A partnership initiative between University Hospitals of Leicester NHS Trust
and Leicestershire Partnership NHS Trust

Supported by

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& Rutland
ageUK



Patients to benefit from innovative Inspiris valve

Thanks to pioneering technology, Glenfield Hospital has become one of the first hospitals outside of London to use and offer the newly developed Inspiris Resilia valve to its patients.



"We are delighted to be one of the first hospitals to use this new valve and it's great to hear how well our first patient, Annie, has recovered following the operation!"

The Inspiris Resilia valve, developed by Edwards Lifesciences Corporation, will now set a new benchmark for surgical aortic valve replacement and will provide patients, particularly younger patients and those with active lifestyles, with a more resilient tissue valve thanks to its long durability. It will give younger patients suffering from cardiac issues, the choice of having either a mechanical valve or this new technology.

The first implant of an Inspiris Resilia valve took place in August this year, making Glenfield Hospital the third hospital in the UK to carry out this procedure. Dr Annie Elliot, 64, from Thorpe Langton, near Market Harborough was the very first patient to receive the Inspiris valve and was also the first in the UK used for aortic root replacement.

Before her operation, Annie noticed her pulse was slightly higher than normal and

her breathing became wheezy. By October 2016, she became aware of mild chest pain and palpitations and went to the GP who arranged an echocardiogram, which later showed her aortic valve was incompetent and the root had dilated. Further investigations over the next six months showed surgery was needed.

She said:

"The recovery was amazingly swift and tiredness was greatly improved, so much so I was back at work seven weeks after the operation and able to help my daughter following the birth of her first baby. People have even commented how better I look compared to my preoperative state!"

"I am lucky to have had such an extraordinary surgical and anaesthetic team to support me through this period."

What makes the valve so distinctive is the

Resilia tissue which has demonstrated low calcification (accumulation of calcium salts in a body tissue) results, which was one of the biggest causes of failure in previous tissue valves. The benefits of having a tissue valve compared to a mechanical valve can dramatically improve the life of a patient and does not require long-term anti-coagulants.

The durability of the Inspiris Resilia valve also reduces the chance of reoperation and in the case of early degeneration, allows the valve to be replaced with a TAVI (Transcatheter Aortic Valve Implantation) valve, avoiding open heart surgery.

Dr Giovanni Mariscalco, Cardiothoracic Surgeon at Leicester's Hospitals, said: "The Inspiris Resilia is a breakthrough valve which we believe can change the lives of many patients for the better. So far, we have implanted this valve on around ten patients at Glenfield Hospital."



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An apple a day



keeps Leicester's Hospitals healthy today!

A new fruit and veg stall has recently launched outside the main entrance of Glenfield Hospital as part of a plan to promote healthier eating for staff, patients and visitors.



Leicester's Hospitals has teamed up with local greengrocer, PB Fruit and Veg to encourage people to eat more fresh fruit and vegetables in the

support of healthier lifestyles.

Owner of PB Fruit and Veg, Penny Benedict currently operates a stall at a garden centre in Leicestershire, as well as another hospital in the East Midlands, and has been in the business for 16 years.

Brian Young, who is working with the Estates and Facilities team in Retail Catering at Leicester's Hospitals, said:

"Making fresh fruit and vegetables easily available at the hospitals will actively encourage staff, patients and visitors to eat healthier in line with the current NHS healthy eating guidelines, which is part of the Trust's overall Health and Wellbeing strategy."

"Following a successful pilot scheme at Glenfield Hospital, we hope to eventually have a stall at the Royal Infirmary and the General."

Penny Benedict of PB Fruit and Veg said: "I'm really excited to be given the opportunity to work with Leicester's Hospitals. So far the stall has gone down really well with patients, visitors and staff and most things were sold out on the first day!"



The stall is open from 7.30am to 4.30pm Monday to Friday outside Glenfield Hospital main entrance.

Ofsted judge Hospital School "outstanding"

The school provides education for pupils (aged 3-19) too ill to attend their school and is based at three sites: Royal Infirmary for patients on children's wards; Willowbank School in Leicester City; Coalville Community Hospital and also includes an Outreach Team. It was rated "good" when inspected in 2013.

Head teacher Stephen Deadman said he was "thrilled" by the report, adding it was down to the hard work of staff who were willing to go "above and beyond" to support pupils in their learning.

The report said staff had a secure knowledge of their subjects and used resources to great effect. They added the curriculum was "exciting and wide-ranging" with "topics, enrichment activities and special events that stimulated curiosity and promoted pupils' interest in learning."



Inspectors were overwhelmed by the quality of the teaching and lessons we delivered.

Mr Deadman commented: "We have done a lot of work over the past few years and there have been lots of positive changes. Inspectors were overwhelmed by the quality of the teaching and lessons we delivered. We are extremely proud of this report as it recognises the hard work and dedication of all staff across the school. We have a fantastic team who often go 'above and beyond' to support children with medical needs across Leicester, Leicestershire and Rutland."

wide-
ranging
enriching
exciting



70 YEARS

On 5 July 2018 the NHS will celebrate its 70th birthday.



This platinum milestone is a time to look back over the last 70 years, celebrating key developments and breakthroughs, and to look forward and build confidence about the NHS's long term future.

It is also a perfect opportunity to celebrate our staff and of course the lives of those people the service has touched.

Have you been treated in one of the Leicester Hospitals?

Perhaps you were born at the Royal Infirmary or General Hospital?

Did you train or work at one of the Leicester Hospitals?

Maybe you have been a part of a research trial?

Were you treated in the Leicester Isolation Hospital on Groby Road?



We are looking for anyone willing to share their stories and memories, photos or videos. **Please send them to communications@uhl-tr.nhs.uk**

NHS70



In focus

Satellite Pharmacy Technical Team

This specialist team, based on surgical and medical wards at Leicester Royal Infirmary are part of the pharmacy frontline services.

EVERY MONTH, the busy satellite team which includes ward-based technicians, medicines management assistants, medicines management technicians and pharmacists, dispense approximately 2,300 items and complete over 80% of the TTOs (prescriptions for patients 'To Take Out' when discharged from hospital) within an hour for each patient.

In September 2016 the surgical and medical satellite pharmacy teams merged their workforce and workload to streamline the service and encourage collaborative working, whilst maintaining the timely turnaround of in-patient discharge medication. This new way of working has resulted in greater service efficiency and allows our pharmacy staff to spend more time with patients completing tasks such as:

- Medication history taking (to consolidate medicines patients were taking prior to admission and during their hospital stay)

- Patient counselling (to give the patients the best understanding of their medicines)
- Discharge prescription processing (to allow the nearby satellite pharmacy a prompt turnaround)

The ward-based medicine management assistants ensure wards have adequate stock of essential medications to hand. They also work very hard to reduce unnecessary medicine wastage and expenditure by making sure in-patient medication is returned and reused where appropriate.

Lisa Rushin, a medicines management assistant who joined the team in 2008, explains: "I 'top up' my wards regularly to ensure medicines are readily available for patients and encourage tidy and safe working areas in the ward treatment rooms. I dispense prescriptions within the satellite pharmacy and I'm also involved in the recycling of medicines to reduce wastage. I thoroughly enjoy my role

and the contributions I make to patients."

Medicines management technicians play a key role on the wards to ensure patients have a detailed medication history taken within 24 hours of admission to hospital to make sure patients get the right medication at the right time.

Angie Massey, lead medicines management technician for Emergency and Specialist Medicine, said: "The collaboration of our team gives us such a positive approach to everything we do, from ward tasks through to discharge."

Chief pharmacist for Leicester's Hospitals, Claire Ellwood, added: "Huge credit goes to the on-going efforts of all our pharmacy staff and their dedication when patient turnaround is high. The team are an excellent example of our Trust value, 'one team that works best when working together.'"

Quick questions...



What's the best part of your job?

Meeting patients on the wards and feeling that you have brightened their stay.



Best health tip?

Have your flu jab!



Advice for those interested in this role?

If you enjoy a challenge and working as part of a team whilst having the initiative to work alone, then a ward-based pharmacy role may be the path to take.



Angie Massey, lead medicines management technician for Emergency and Specialist Medicine, on team work:

“The collaboration of our team gives us such a positive approach to everything we do, from ward tasks through to discharge.”



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Baby
Corey

Dedicated Home Birth Team

A dedicated Home Birth Team has been launched by University Hospitals of Leicester (UHL). The team will provide a home birth service to the women and their families of Leicester, Leicestershire and Rutland.



New Service

The team currently consists of 15 midwives, with new team members joining in 2018, all of whom are passionate about low risk care and supporting women through normal pregnancy and childbirth.

UHL Home Birth Team Lead Annabelle Barker said: "Since the new team started on September 11 there have been 42 successful planned homebirths. The team have also cared for women who have booked a home birth but their plan of care has changed either antenatally or during labour, which has

meant they have gone in to hospital to give birth. The first couple of months have been important in establishing the way the team functions and offers the home birth service to women and their families. The team are now focussing on promoting the service to ensure all women are given the appropriate information to enable them to make an informed choice surrounding birth place."

"The whole team are excited to be able to offer women and their families this fantastic service and we hope to see the number of home births rise as it has done in other areas of the UK where a similar service has been introduced."

"The hospital did offer home births before but didn't have a dedicated team. The team will be able to provide more continuity because pregnant women will be seen by the same midwives.

"Women in our care who choose to have a home birth will have two midwives supporting them during their labour and in the postnatal period we continue to provide support in health, parenthood and feeding as the new family establishes before handing over to our public health nurse colleagues."



"No travelling time and I was able to eat and drink when I wanted to and after Corey was born I was able to go and have a bath and then just enjoy being with all of my family."



Claire Wooldridge from Coalville chose to have a home birth with her second child and son Corey, 7lb 2oz was

born on the 11 September, the first baby born to the new service.

Claire said: "When I had my first baby I had to stay in hospital as I found it difficult to breastfeed and I found it all a little bit stressful. I also worried about the travelling time as my first son Mason was born only 40 minutes after my waters had broken.

"This time I chose to have a home birth as I wanted familiar surroundings; not having to worry about where Mason might have to go to, in fact he was upstairs with my fiancé's mum the whole time during my labour, but as soon as he heard Corey cry he came straight down



and was able to meet his brother straight away. No travelling time and I was able to eat and drink when I wanted to and after Corey was born I was able to go and have a bath and then just enjoy being with all of my family.

"I also enjoyed getting to know my midwives, they were fantastic, arriving straight away after I telephoned them and they supported me and my fiancé throughout my labour and delivery. People I work with and friends thought I was very brave, but I had everything planned and I could not have asked for a better birth – I would highly recommend having a home birth to anyone."

Home birth is nationally supported for women with low risk pregnancies who labour spontaneously between 37-42 weeks.



Pregnant women who live in areas which are served by University Hospitals of Leicester NHS Trust can discuss their suitability for a home birth with their community midwife, who can then refer them to the UHL Home Birth Team or telephone the team direct on:

0116 258 3425.

Home Birth
Team



Having a transplant is
like having a new body.
You suddenly feel
amazing!



Put through his

PACES

John Savage, an actor and keen runner from Mountsorrel, had a kidney transplant in 2014:

"I was diagnosed with kidney disease when I was a baby. In 2010 I had a routine check-up and my kidneys were only functioning at around 24%, so my consultants put me on the transplant list. Even at that point it didn't really affect me. The thing that told me I was getting ill was seeing my performance decline when I was running."

John continues: "Having a transplant is like having a new body. You suddenly feel amazing! I've always enjoyed

exercise and wanted to get back into it, so I was like, 'right, let's exercise...err, can I? What can I do?' Your most important focus is keeping this new kidney healthy, you don't want to do anything that's going to be detrimental to it. So that's why I contacted the Leicester Kidney Exercise team."

"We're like a minority of a minority patient group" is how John describes athletic transplant patients.

Leicester Kidney Exercise team is a research group led by Professor Alice Smith. Their aim is to help everyone with kidney disease gain the best health and well-being through the use of appropriate exercise and physical activity. Alice has a particular interest in kidney transplant patients who are keen sportspeople.

She elaborates: "I often get emails, phone calls and messages through Facebook from patients all over the

country and abroad who want to do high level sport and exercise, and have kidney disease or have had a transplant. They've got questions about how to enhance their performance but I don't know the answers because the research has never been done."

Her solution was to hold a patient day at Loughborough University's National Centre for Sport and Exercise Medicine. "We invited 24 people to a brainstorming event to ask the patients what they thought we should be researching. These are fit, driven transplant patients and one area they were interested in was high intensity exercise, but they didn't know if it would be suitable for them."

To start answering their questions, Alice and her team designed the PACE study, which looks at how high intensity interval training is tolerated in kidney transplant patients, whether they enjoy it and if they want to continue over the longer term. It also looks at how high intensity exercise might affect the immune systems of transplant patients.





The PACE study looks at how high intensity interval training is tolerated in kidney transplant patients, whether they enjoy it and if they want to continue over the longer term. It also looks at how high intensity exercise might affect the immune systems of transplant patients.

Alice explains: "Transplant patients need to keep their immune systems in balance, because if it gets too overactive they could reject their new kidney; if it's suppressed, they're open to infections. We know that intense exercise has profound effects on the immune response, so patients were worried about how hard they should work."

John was quick to sign up. "It was great doing the PACE study because I always had 2 personal trainers and got a full health

MOT! I'm quite competitive anyway, but having Rosey and Ganisha giving me that support gave me the confidence to push myself without worrying about whether I was going to be OK."

I'm quite competitive anyway, but having Rosey and Ganisha giving me that support through it gave me confidence to push myself without worrying about whether I was going to be OK."

Alice said: "We as researchers are not kidney patients so we don't know what the lived experience is and what actually matters most to the patients, so this study came from the patients' questions themselves. The PACE study will start to answer some of those questions and should lead onto further research,

which will enable us to provide advice and guidelines on what the patients really want to know."

John added: "Just to be heard was so important, being a patient.

I think the kind of work that Alice and her team are doing, even though she is working with people who are over-enthusiastic about exercise like me, will help all transplant patients who are looking to exercise."



"Talk to family members, about organ donation, that's the most important thing"

John, on organ donation:

"A lot of people are signed up on the organ donation register but they don't tell their family members, and that's the most important thing. If they are put in the situation when they don't know your wishes, family members tend to say no rather than yes. You could miss out on giving people that chance – that opportunity of life – which is a wonderful gift."



For more information about PACE, email: kidney.exercise@uhl-tr.nhs.uk



UNIVERSITY OF
LEICESTER



Loughborough
University

www.organdonation.nhs.uk

Nursing Recruitment Open Day

10am – 2pm

Clinical Education Centres

For more information,
please call: **0116 258 6378**

**Saturday
13 January
2018**



**Registered
Nurses
needed across
all three
sites**



**Nurses
required
for Intensive
Paediatric Care
& Children's
Hospital**

**Are you a trainee or registered nurse
looking for an exciting new career?**

Come and meet our nursing and education team to find out first-hand what it is like to work at one of the busiest and biggest teaching hospitals in the UK.

We are constantly striving to improve patient care and this starts by ensuring our staff are highly trained and encouraged to develop, progress and undertake research with access to ground-breaking technologies and techniques.

There will be an opportunity to have an interview on the day and secure a position with us (pending references). What a great start to the New Year!

"Nursing offers a vast array of exciting and rewarding career opportunities. Leicester is a great city to work and live in, offering our nursing staff the chance to provide high quality care to a diverse community of over one million patients. With so many specialities at our trust, there is something for everyone."

Julie Smith, Chief Nurse

**Take a tour,
meet staff,
interview, join
the #UHLteam**



**View our current vacancies at:
www.jobsatleicestershospitals.nhs.uk**



New Support Role to Deliver Hands-on Nursing Care

In January 2017, Leicester, Leicestershire and Rutland was successfully awarded the opportunity to become one of 35 test sites for the trainee Nursing Associate programme by Health Education England (HEE). We have since recruited 50 new trainees who are currently half way through the two year course.

Annabel Coulson, Practice Learning Lead for Education & Training at Leicester's Hospitals, explains: "Trainees complete a Foundation Degree in Science: Nursing Associate and are educated by a dedicated team of practitioners from across healthcare providers in Leicestershire.



There are 2000 people training to be nursing associates across England

"Feedback from the trainees and the staff they work alongside on the ward has been fantastic, showing us just how valuable this role will be to support our registered nurses and patient care."



What is a Nursing Associate?

This is a new support role that will sit alongside existing healthcare support workers and fully-qualified registered nurses to deliver hands-on care for patients.



"I started this training to deepen my knowledge and support my colleagues during these challenging times in healthcare settings"

Dominika Raginia-Ptak



"My mentors, colleagues, supervisors and teachers support and teach me the 'gold standard' of nursing care."

Kirsty Hickinbottom

Would you like to become a Nursing Associate?

We are now recruiting the next cohort for the Nursing Associate Programme. This is a unique programme delivered at the Leicestershire School of Nursing Associates, based on the Glenfield Hospital site. You will complete a Foundation Degree in Science: Nursing Associate and be educated by a dedicated team of practitioners from across healthcare providers in Leicestershire.

All applicants will need evidence of the following:

- level 2 numeracy and literacy (or equivalent)
- substantive HCA (or similar support worker role)
- have the support of their line manager to undertake the two year training programme

Applications are now open! Interviews will be held from 8 January 2018. For further information or to apply, please email: annabel.coulson@uhl-tr.nhs.uk



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Inside *Out*

In this edition of our popular new series, we introduce Haseeb Ahmad. Haseeb joined the Trust as Equality and Diversity Lead in August 2017 after a long career in the world of equalities spanning over 23 years, most of which has been within the public sector and local government.

Haseeb is totally blind and uses specialist computer software to read out information on the screen. He is also supported by his support worker Abby Reynolds and his beautiful Guide Dog, Walt.

Inside

What is your role inside the Trust?

My role is to lead on equality and diversity for the Trust. This involves providing support and advice across a range of equality areas. For example, we have both legal and statutory responsibilities to provide fair and equitable services and job opportunities for people of all

backgrounds. I work with patients, staff, the Leadership Team and our Trust Board to ensure everyone can access services and jobs free from discrimination. I want to create a culture where everyone's talents and abilities are valued and where there are no unjustifiable barriers to stop people from accessing a service or career opportunity.

What do you enjoy most about taking part in the Iron Man competitions?

Apart from the physical challenge of taking part, which is wonderful in itself, I love the respect I get from fellow athletes and all my family and friends. It has really changed my life and opened up a whole new world for me.

What is your proudest achievement?

Outside of work it has to be setting the world record.

Out

What is your activity outside of the Trust?

I started taking part in triathlons in 2008 when I was 38 years old. As I am totally blind, in 2009 I applied to be on the Para Triathlon GB squad and competed in my first international competition in 2010. I had a fairly successful career in the GB squad taking part in three World Championships and on 2 October 2017, I set the Guinness Book of World Records 'fastest Blind Ironman' record in Barcelona (2.4 mile swim, 112 mile bike ride and 26.2 mile run) in a time of 11 hours, 3 minutes and 31 seconds.

Within my career, when I was the Head of Equality at Nottingham City council, I got the council to "Excellent", the highest level of the Equality Framework for Local Government in 2011.

Do you see any parallels between your work at Leicester's Hospitals and training for the Iron Man?

Definitely. There is of course the fact that I am keeping fit and healthy. But, also because I work with many guides who help me to achieve my triathlon goals. I have to work closely with them to build trust and positive partnerships. It's the same at work in terms of setting goals but also enjoying the journey which includes having positive and lasting friendships with people along the way.

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

NHS

Haseeb Ahmad

Equality and Diversity Lead

ATHLETE

Haseeb Ahmad

Athlete

I have recently self-published a book about how I lost my sight as a teenager, how I overcame my blindness, and my unexpected world record attempt in my new book **"From blind man to Ironman"** which came out in August 2017. If anyone is interested in reading more about me and how I did it, my book is available on

www.amazon.co.uk

THANK
YOU

FUNDRAISING

news...



Charity Partners - Leicester Tigers

We are delighted to announce that Leicester Tigers are supporting the Leicester Hospitals Charity Kidney Care Appeal this season, as one of their four charity partners for the 2017/18 season.

We were delighted to welcome players Manu Tuilagi, Logovi'i Mulipola, Dom Ryan and Tom Brady, who took time out of their training, to meet staff and patients at Leicester General's Haemodialysis Unit. Everybody was delighted to see them. We are really grateful to the players and the club for their support. **Come on Tigers!**



Cardiac Fundraising

We would like to say thank you to the Royal Oak Pub in Loughborough who held various fundraising events, including a golf day earlier this year, to raise funds in memory of their dear friend Jit Nager who died suddenly of heart failure. The pub raised a fantastic £2,685 for the Cardiac Department at Glenfield Hospital. Helen Lawson, Cardiac Team Leader said "It was great to go and meet the fundraisers from the Royal Oak, their generosity was really inspiring and their donation has made a huge difference to our patients. Thank you to all who organised and took part in these events."



Diwali Celebrations

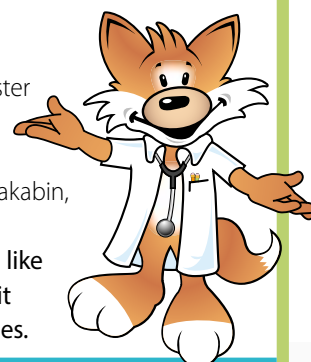
Many thanks to Mrs Sareen and The Ladies Satsang Group who invited us to join in their Diwali celebrations at The Geeta Bhavan Mandir. Since 2006 the group have donated over £11,000 which has been spread amongst the Children's Cancer Ward, the Emergency Department and Leicester Children's Hospital. On behalf of the staff and patients at Leicester's Hospitals we would like to say a big thank you.



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'd love to see you. **If you have items you would like to donate please call Pat on 07950 889046 or visit 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 on 0116 258 7221** to find out more.



New Equipment for Colorectal Unit

Would like to thank Mr Jim Simpson, who has raised funds for the Leicester General Colorectal Unit, after his successful rectal cancer surgery. He raised £7,489.05 towards purchasing an AirSeal machine. Currently the colorectal unit undertakes over 75% of its colorectal cancer operations by keyhole techniques and this equipment will help offer keyhole surgery to patients who are otherwise difficult to operate on by using minimally invasive techniques.



Knit & Natter

A highly successful Knit & Natter Day has been held at Crownhills Community College to say thank you to some of the wonderful supporters who knit for our neonatal babies, older patients, maternity services and our charity shops.

Marie Hough, Admin & Legacy Manager at the charity said "I hope our knitters have made some parents smile during some difficult early days in their new baby's life, or that they've sparked a conversation with one of our older patients about knitting. Once again, thank you to our super knitters from the charity and all of the staff and patients at UHL who have benefitted from your kindness."



Robbie Anderson Cancer Trust Donation

We are overwhelmed with the continued generosity from the Robbie Anderson Cancer Trust, who recently donated in excess of £16,000 for additional medical equipment for the children's and young people's cancer unit, ward 27 LRI. Kevin and Fiona Anderson came in to see the new bladder scanner and an ultrasound scanning device used to identify small veins to assist with getting lines in. Both items will enhance the care of the young cancer patients we treat, making the sometimes unpleasant procedures or treatments more comfortable.

Rosie Faulkner, Acting Sister said "to have this type of equipment on the Ward is of a huge benefit to our patients. We would like to thank Robbie Anderson Cancer Trust for their on-going support and donations; the equipment, gifts and money they have donated is of great benefit to all the children in our care. I remember Robbie on the ward, and it is truly inspirational that his family, friends and supporters continue to support his memory in this way."

2017 AGM

On Thursday 2nd November we held our AGM at Crown Hills Community College. More than 70 donors and fundraisers attended and it was great to have the opportunity to meet them and thank them in person for their support. There were a number of stalls ran by the various hospital departments we are currently fundraising for and talks from the Charity Chairman and the Head of Charity.

We would like to say a big thank you to everyone who attended and everyone who has supported us.



THANK YOU

Working Together to support people with Fibromyalgia

Karl Mayes, the Trust's Patient & Public Involvement Manager has been working with a local Fibromyalgia support group to co-design some advice and guidance for people diagnosed with the condition.



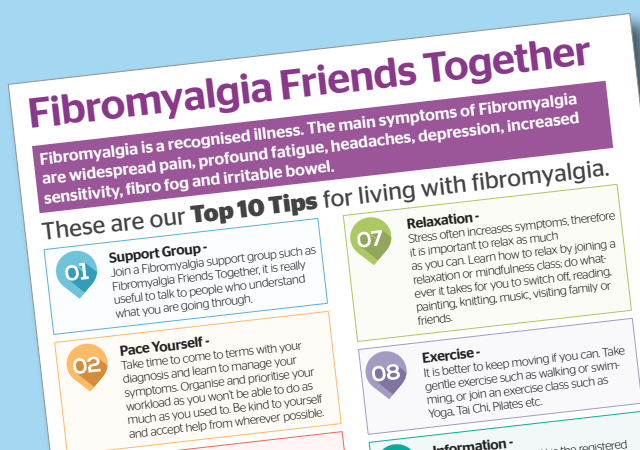
People with Fibromyalgia report a number of symptoms including widespread pain, fatigue, headaches, anxiety, and irritable bowel.

The Fibromyalgia Friends Together group had contacted Healthwatch Leicestershire to explore how they could improve services for people diagnosed with the condition. Healthwatch's engagement with people with the condition may be found in a special report ("It's not in my head") on the Healthwatch Leicestershire web site.

Top 10 Tips

The group worked with Karl to produce their **"Top 10 Tips For Living with Fibromyalgia"**. Healthwatch have now produced a poster which they are promoting to GP services. The Top Ten Tips will also be made available to staff at Leicester's Hospitals via its intranet.

- 01 Join a Support Group**
It is really useful to talk to people who understand what you are going through.
- 02 Pace Yourself**
Take time to come to terms with your diagnosis and learn to manage your symptoms.
- 03 Health Professional**
Try to find a GP that understands and recognises fibromyalgia. Ask for a referral to a rheumatologist, pain clinic, physiotherapist or dietitian and be persistent.
- 04 Treatment**
There is no one treatment or medication that works for all; what suits one person will not necessarily suit another.
- 05 New Symptoms**
Do not ignore new symptoms; it is not always fibromyalgia. If you are not sure, see your GP.
- 06 Complementary Therapies**
Do try complementary therapies such as Acupuncture, Reflexology or Aromatherapy.
- 07 Relaxation**
Stress often increases symptoms, therefore it is important to relax as much as you can.
- 08 Exercise**
It is better to keep moving if you can. Take gentle exercise such as walking or swimming, or join an exercise class such as Yoga, Tai Chi, Pilates etc.
- 09 Information**
Fibromyalgia Action UK is a good source of information. Use the internet as a tool but do recognise that not all information is correct.
- 10 Benefits**
Apply for any relevant benefits as these can make your life much easier. Help is available at your local CAB office. If you have difficulty walking you can apply for a Blue badge.



The Fibromyalgia Friends Together support group meet on the third Thursday of the month at Ulverscroft Manor, Priory Lane, Ulverscroft, Leicestershire. For more information please contact Kathleen on kathleen@shuttlewood-clarke.org or telephone **01530 244914**

Leicester's MARVELLOUS



Medicine talks

Dates for
2018!

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

24 January Volunteering - good for your health?

Alison Reynolds,
Volunteer Services Coordinator

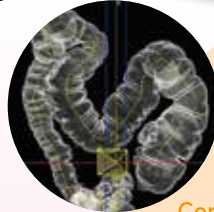
Volunteering can have many positive health benefits for individuals. It also offers opportunities to support people to regain skills and confidence while they are helping others. Find out how you could benefit from becoming a volunteer.



25 April Bowel Cancer Screening

Dr Richard Robinson,
Consultant Gastroenterologist and
the Bowel Cancer Screening Team

If bowel cancer is detected at an early stage, before symptoms appear, it is easier to treat and there is a much better chance of survival. A simple screening test offers both reassurance and can identify the disease early, before it becomes more advanced. Come along and find out more.



21 February Ultra-radical surgery in advanced ovarian and colorectal cancer

Dr Supratik Chattopadhyay,
Consultant Gynaecological Oncologist &
Dr Kirsten Boyle, Consultant Colorectal Surgeon

At Leicester's Hospitals we have developed 'maximum effort surgery' for some patients with advanced ovarian and bowel cancer. Although the surgery is radical, patient outcomes are positive. Why not come along and hear more from our team of specialists.



15 May Endometriosis

Dr Tarek Gelbaya, Consultant
Gynaecologist

Endometriosis is a common condition where cells of the lining of the womb are found elsewhere in the body. It leads to pain and scar tissue formation called "adhesions". In 2014, Leicester's Hospitals set up a specialist service for women with Endometriosis. Come along and find out more about the work of this service.



28 June 70 Years of the **NHS** A Special Celebration!

Join us as we look back over 70 years of the NHS. This special talk will cover the history of Leicester's Hospitals through pictures, artefacts and recollections of staff and patients.

21 March Aches and Pains - Myths of Arthritis

Dr Arumugam Moorthy,
Consultant Rheumatologist

Arthritis is a term often used to refer to disorders that affect the joints. Symptoms include joint pain and stiffness. In this informative talk Dr Moorthy will be dispelling some of the myths surrounding this common condition and giving advice for people who suffer from Arthritis.



11 July Children's Allergies

Dr David Luyt, Paediatric
Consultant

The prevalence of food allergy, particularly nut allergy, has increased dramatically in the UK over the past 20 years. Join us to hear from the Children's Allergy team how they are implementing the most up to date research to treat, cure and even prevent food allergy in their young patients.



Contact Us!

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



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WINTER 2017 together 19

Volunteering Update



Leicester Hospitals Charity Shop

Our new Charity Shop at Leicester General Hospital, has been formally opened by Ballu Patel, Non Executive Director and Chair of the Charitable Funds Committee.

The shop is open on Tuesday and Thursday 10:00am to 4:00pm and there are hopes with the recruitment of extra volunteers these opening times might be extended.

We would also like to take this opportunity to formally welcome our new Charity Shop Manager Pat Hassall, who has responsibility for all aspects of running the charity shops.

"I have only been in post a few months, but both of the shops are going from strength to strength. As news of the shops spreads we are receiving more and more donations. Plans for the future include selling on eBay – just search Leicester Hospitals Charity – which we hope will lead to a wider customer base for some of our more unusual or valuable items."



Pat Hassall

LRI pop up sale dates 2018

10am - 3pm

in the Royal Restaurant
Ground Floor, Balmoral

9th January

6th February

6th March

3rd April

1st May

12th June

3rd July

7th August

4th September

2nd October

6th November

4th December ★★



Would you like to Volunteer in the Charity Shop?



Your donations help us to buy equipment and make improvements that make a real difference

We have an amazing team of both new and experienced volunteers helping to maintain and run the shops at both Leicester General and Glenfield hospitals however we are looking for more volunteers to help us with all aspects of our Charity Shop activity – sorting, pricing, displaying goods, serving customers etc.



We would like to receive good quality:

Clothes (all ages)

Shoes, bags

Jewellery

Bric a brac

Books

DVDs

Toys, games & any other saleable goods

You can drop goods at either of our shops or phone:

Pat on 07950 889046 or Volunteer Services:
0116 258 7221/8868/3955





Sight Volunteer Advisors required by Vista

Vista, Leicester, Leicestershire and Rutland's charity for sight loss are currently recruiting for Sight Loss Volunteer Advisors to be based within Leicester's Hospitals Eye departments and clinics.

Volunteer Advisors will provide practical advice, guidance, identifying individual needs and signpost accordingly, along with offering emotional support to people who have been diagnosed with sight loss or maybe at the risk of losing their sight across the county. This will promote independence and increase confidence.

You will receive full induction, visual impairment awareness training and hospital protocols.

Also, learn new skills, develop professional networks and all reasonable expenses will be paid.



For more details, please contact: 0116 249 8839 or email: Volunteering@Vistablind.org.uk

Goodbye to Ann

At the end of October we said goodbye to Ann Cook – who has tirelessly volunteered running the Glenfield Charity Shop since setting it up 26 years ago.

Without her involvement we would not be in the position we are today and for all of her hard work, dedication and commitment we are truly grateful. **Enjoy your retirement Ann.**



We will miss you

New Year Resolution 2018 ★★

Do you have a couple of hours spare each week?

Would you like to:

- Give something back to your community? ✓
- Meet new people? ✓
- Learn a new skill? Improve your job prospects? ✓

They are just a few things you could look forward to if you volunteered for Leicester's Hospitals.

We have a wide range of opportunities, across each of our hospitals:

- **Charity Shops**
at Glenfield and the General
- **Patient Ward Library service**
Royal Infirmary and the General
- **Forget Me Not Volunteers**
Supporting Dementia Patients
Royal Infirmary
- **Wheelchair Pushing**
Royal Infirmary
- **Ward Support**
Glenfield Hospital
- **Meet and Greet**
Royal Infirmary

You will receive full training and be part of a highly valued team.

For more information about volunteering please contact us:

E-mail:

volunteer.services@uhl-tr.nhs.uk
0116 258 7221/8868/3955



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Ward 17 Courtyard Project

Staff on Ward 17 at Glenfield Hospital worked hard to improve the outside space by sprucing pots, planting and installing a new seating all with the funds raised by generous family members and friends. Campaigner, Zuffar Haq joined staff and relatives recently to officially open the courtyard.



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 and we'll pick a few to include in the next edition of Together.

Organ Donation Week 2017



Our organ donation nurses took a life-size version of the board game Operation to the Highcross Shopping Centre, Leicester encouraging people to sign up to the organ donation register.

A ★ Well done!



Huge congratulations to the Acute Stroke Multidisciplinary Team on achieving an 'A' grade in the SSNAP national audit!

Vascular Opening



A huge thank you to **Liz Kendall MP** for officially opening our Hybrid Theatre and Leicester Vascular Institute at Glenfield Hospital.

Osborne building is 20!

Thank you to De Montfort University Gospel Choir for helping us celebrate #Osborne20. Twenty years of the Osborne building providing cancer services to the people of Leicestershire and Rutland. The choir got people singing and dancing and put a smile on everyone's faces.



All aboard!



Recently we had a very special visit from the **Archbishop of Canterbury** who took a tour around Leicester on board the Hospital Hopper, chatting with members of the public and our staff. Thank you for thinking of us in your visit to Leicester.

Spreading a little sunshine... or starlight!



Big thank you to The Starlight Children's Foundation, who sent two of their 'Captains' to Ward 27, LRI to entertain our youngest patients. Staying in hospital is not where anyone wants their child to be but the charity and their teams help minimise the stress and boredom of being in hospital.

A morning of arts, crafts, music, games and all-round entertainment was enjoyed by everyone. **Thank you.**



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: Janine Fulbrook and Rebecca Pearce, Midwives with Claire Wooldridge and baby Corey.

Fundraising for The UK Sepsis Trust



A team of ICU consultants have been fundraising for The UK Sepsis Trust.

John Parker and Alex Keeshan tackling the gruelling challenge of an off-road triathlon, consisting of a 3K paddleboard, 15K mountain bike and 5K trail run at Clumber Park, Nottingham. They were then joined by Neil Flint to cycle 45 miles from Glenfield Hospital to Victoria Square, Birmingham meeting up with other fundraisers from throughout the country. **They raised over £2000!**

Odames Family visit



Members of the Odames family visited the Odames Library at LRI and made a generous donation to the Sponsor a Book Scheme - Thank you! The Library is located on the former Odames Ward, named after Samuel Odames who funded its construction in the early 1900s.

Silver Award Presented



Ian Crowe, Non-Executive Director and Trust Armed Forces Champion was proud to receive on behalf of the Trust the Silver Award in MOD Employers Recognition Scheme.

CONTACT

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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

THANKS...

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

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Great Central Railway

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Visit our website at **www.gcrailway.co.uk**

Great Central Railway - Leicestershire | Tel: 01509 632323

COMPETITION

To enter: On what date will the NHS celebrate its 70th birthday?

Send your answer, name and contact details to:

competitions@uhl-tr.nhs.uk

Closing date is Friday 16 February 2018

Last edition's winner:
Donna Bentley-Carr