

together

Welcome

Your Royal Highness



We make
time to care
SPRING 2018

Caring at its best

NHS
University Hospitals
of Leicester
NHS Trust

Welcome

to the first edition
of 2018



We make
time to care

**We have had a busy start to 2018.
On 7 March, Her Royal Highness
The Princess Royal officially opened
our new emergency department
at the Royal Infirmary.**

Her Royal Highness was given a tour of our new facilities for adults and children, and unveiled a plaque to commemorate the occasion. Further information and photographs are featured on pages 14 and 15.

In this edition we introduce our oncology outreach team, who have successfully secured funding to provide specialist cancer rehabilitation skills and knowledge to support patients living at home with cancer. To read more, turn to pages 6 and 7.

Can a vegan diet reduce type 2 diabetes? Our research and innovation team is going to find out through their Plant Your Health study. Diabetes rates are on the increase, with almost nine per cent of the adult

population in Leicester being diabetic. To find out more about the study, see pages 10 and 11.

Cervical cancer survivor, Kate Lee was the first to deliver a healthy baby in Leicester after surgery to remove her cervix. On pages 12 and 13, Kate shares her experience to help raise awareness of the disease and provide hope for other women in the same situation.

Finally, our next edition of Together will celebrate the 70th birthday of the NHS. There are details below of how you can get involved.

I hope you enjoy reading this edition.

John Adler
Chief Executive



70 YEARS

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.

**On 5 July 2018 the
NHS will celebrate
its 70th birthday.
#NHS70**

**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?**

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



EARN WHILE YOU LEARN!



Can our Professional Development and Apprenticeship Academy help you progress your career?

Apprenticeships are a great way for people of all ages to 'learn on the job' and earn a salary while studying for a qualification.

Since April, new apprenticeship standards designed by employers have been introduced to help to develop skills required in the NHS for new recruits and existing staff.

In partnership with Leicester College and De Montfort University, we have already enrolled 27 staff in leadership and management courses at advanced, higher and degree level apprenticeships to develop our management skills.

Other apprenticeships started at Leicester's Hospitals include: healthcare support worker, healthcare assistant practitioner, customer services and business administration. To ensure all skills development needs are met across the Trust, staff are undertaking qualifications through Leicester College in facilities management, infrastructure technician, improving operational performance and plumbing and heating.

Liz Allison, training and development manager, explains: "Changes to how training is funded means we are now in a unique position where we can explore how apprenticeship opportunities can help us create the workforce we need."

Ben Middleton,

aged 24, secured an apprenticeship as an Infrastructure Technician within the Medical Physics department at the Leicester Royal infirmary in March 2017.

Having completed various work placements, volunteering roles and agency work, Ben was looking for a more permanent job with strong career prospects.

Ben said: "I am really enjoying my apprenticeship and hope to still be working within the Trust in two years' time, using the new skills I have developed."

Ben's line manager, Ibrahim Bhayat, clinical technologist, adds: "Ben has become a key member of the team and has very quickly developed the skills and confidence to be able to deal with a variety of support requests."



"The apprenticeship has enabled Ben to immediately apply his academic learning, knowledge and skills to his work, which is helping us to develop the service in different areas."

"The specialist nature of the scientific computing section of medical physics makes it difficult for us to recruit staff with the necessary skills; however, the apprenticeship scheme has enabled us to develop staff such as Ben, whom we see as the future in this new, exciting and developing profession."

Further Information is available:

If you are a member of staff, please visit INsite or email ProfessionalDevelopment@uhl-tr.nhs.uk

For members of the public, visit our website: www.leicestershospitals.nhs.uk/aboutus/work-for-us/apprenticeships/

For our current apprenticeship vacancies visit: www.jobsatleicestershospitals.nhs.uk/

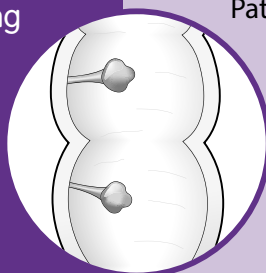
Bowel Cancer Awareness

April is
Bowel Cancer
Awareness
month

The Bowel Cancer Screening team is busy highlighting the benefits of early detection through regular screening. They are not hard to miss - over the month they will be promoting their service at various events with the walk in colon.

Bowel cancer is the UK's second biggest Cancer killer. Screening can detect bowel cancer early before any symptoms appear, when it is easier to treat and often less treatment is required.

It can also prevent bowel cancer from developing by detecting and removing non-cancerous growths called 'polyps' in the bowel before malignancy develops.



At only four years old, the service is still relatively new to Leicester's Hospitals. However in that time, the Bowel Cancer Screening Team has made their mark. The service now has full roll out on both the Faecal Occult Blood (FOBt) screening pathway for 60 to 74 year olds and the Bowel Scope Pathway, a one off flexible sigmoidoscopy for 55 year olds. Leicester is only one of two regions in the country to achieve this.

Since the start of the programme the service has adequately screened over 40,000 people every year in the FOBt pathway. The team has performed over 4,500 colonoscopies and detected 115 cancers and 400 high risk patients, reducing their risk of developing bowel cancer in the future.

Since February 2015, within the Bowel Scope pathway, the service has performed 10,500 procedures and detected over 5,000 polyps, diagnosing 7 cancers.



In a recent audit to compare screening patients against symptomatic bowel cancer patients, the screening pathway leads the way with a greater percentage of early diagnoses, more laparoscopic surgery supporting shorter hospital stays and better patient outcomes.

If you see the team - go and have a look at the colon and find out more about reducing your risk of bowel cancer. Everyone thinks it will happen to someone else but for 1 in 14 men and 1 in 19 women, it could be you.

Don't die from embarrassment
Find out the facts
and when it's
offered to you,
do your screening

Bowel Cancer

What are the symptoms to look out for?

- Bleeding from the bottom and/or blood in your poo
- A change in bowel habit lasting 3 weeks or more
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

There are many websites you can access to understand the facts about Bowel Cancer and the signs and symptoms.

If you attend any of our events in April the screening team will be happy to answer your questions.

But don't wait for symptoms to occur...

When you are 55, you will be offered 'Bowel Scope Screening', a one - off flexible sigmoidoscopy test. This examination uses a thin, flexible endoscope to look inside the lower part of your bowel - the area in your bowel where polyps most commonly grow.

Removing polyps found will reduce your risk of Bowel Cancer. One life is saved for every 200 screened.

When you reach 60...

A screening test kit will be sent to you within a few weeks of your 60th birthday and the again every 2 years until the age of 74.

Regular screening can reduce the risk of dying from Bowel Cancer by 16%.

The Bowel Screening team would like all to participate in screening to reduce death from Bowel cancer. Nationally we expect 60% of people to do this however in Leicester City uptake is only about 45%. If you are not yet of the age for screening please encourage those loved ones and friends around that are.



Bowel Cancer Screening April 2018 roadshow (In the LEat restaurant)

3 April Leicester General Hospital **10 April** Leicester Royal Infirmary **17 April** Glenfield Hospital



Oncology and Haematology Outreach Team

The cancer story is changing as Macmillan's research reveals that the number of people living with a cancer diagnosis in the UK in 2015 was 2.5 million and is estimated to increase to four million by 2030.

'Activity should be promoted to patients at all stages of cancer from initial diagnosis through to the later stages, where being active can continue to benefit physical function and quality of life. The evidence shows that if an activity recommendation is carefully tailored to the individual, and takes account of potential side effects, it is likely to have a positive impact' - Macmillan (2012).

Our Oncology and Haematology therapy service successfully obtained funding for a pilot outreach team that started in July 2017 and will continue until 31 March 2018. The team includes two senior therapists and two therapy support workers carrying out occupational therapy and physiotherapy interventions.

Patricia Lam, Occupational Therapist at Leicester's Hospitals said, "Existing community therapy services can provide support to avoid admission, but they do

not have the specialist cancer rehabilitation skills and knowledge to support this complex group of patients."

The outreach team aims to support safe, effective and timely discharge and reduce re-admission to hospital by providing therapy assessments and interventions within 72 hours of discharge once the patient is medically fit. Using specialist knowledge, therapists promote managing cancer related fatigue, anxiety, maintaining health, wellbeing and independence at home, and modifications if needed.

Lynn Coles, Occupational Therapist, at Leicester's Hospitals said, "We focus on managing activities of daily living and setting personal goals for patients to work on, including exercise advice. We've already had some fantastic feedback from patients - our 'friends and family feedback' has demonstrated 98.4% satisfaction. We're delighted that our new outreach team is already

making such a difference to our patients."

One patient said "They arranged raisers for the sofa so I could sit down and get up on my own... I was gently persuaded to have a life alert fitted... this has added to the level of confidence both I and my daughter feel. I have every confidence in the team and in that I can self-manage as well as possible at home, because the team have dealt with what was possible and have tried everything to help me help myself." DM (2017)

Patients and therapists involved in outreach are hopeful to gain substantive funding. Rebecca Loomes, Macmillan Occupational Therapist at Leicester's Hospitals said, "It is paramount that we continue to optimise patients' physical function and quality of life, directly responding to Macmillan's changing cancer story that shows cancer diagnosis is rising in the UK".

Quick questions...

What's the best part of your job?

Knowing you've made a difference in someone's life and working in a team that encourages and supports you. - GS

What or who inspires the team the most?

We meet a cross section of patients with varying needs and they inspire us to do the best we can to make their lives better. - VG

Advice for those interested in this role?

Have an open mind and be flexible in your thinking to be able give the best options for our patients. Also, have the mindset of a student - never think you are too old to ask questions or know too much to learn something new. - VG

Best health tip?

Have an achievable goal and stick to it. - GS

Back row (L to R): Elle Heane - Occupational Therapy Student, Patricia Lam - Occupational Therapist, Lynn Coles - Occupational Therapist, Rebecca Loomes - Macmillan Occupational Therapist, Joanna Bacon - Macmillan Physiotherapist, Alice Weeks - Physiotherapist.
Front row (L to R): Vongai Gondoza - Therapy Support Worker, Glynis Scattergood - Therapy Support Worker.



“We’ve already had some fantastic feedback from patients - our ‘friends and family feedback’ has demonstrated 98.4% satisfaction. We’re delighted that our new outreach team is already making such a difference to our patients.”



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SPRING 2018 together 7

Anaesthetist takes heart from Organ Donation generosity

Dr Snehasish Guha has been training as an anaesthetist at Glenfield Hospital since September 2017. He is no stranger to a cardiac operating theatre, having undergone successful heart transplant surgery in 2012.

Snehasish tells his incredible story and urges everyone who hasn't already to join the organ donation register, without which he might not be here today.

In May 2006, something was not quite right. Snehasish explains: "I'm a big foodie but I wasn't eating properly, just feeling very full. Basically, my lungs were full of water one night and I woke up realising it was my heart. I went for an echo and it was shockingly bad."

Snehasish was diagnosed with Dilated Cardiomyopathy (DCM), a disease of the heart muscle where it becomes stretched and thin, making it difficult to pump blood around the body efficiently. It is believed this was triggered following a viral Myocarditis, an inflammation of the heart muscle, which can be caused by common viral infections such as flu.

It wasn't long until the word transplant was mentioned. Snehasish said: "I was not really sure I was ready to hear that. He gave me the number of another gentleman who'd had a transplant 18 years previous.

"My wife and I were amazed by his story and he was far sicker than I ever was before his transplant. To see him 18 years later doing what he was doing

– that day I realised yes I can do this."

Dr Parameshwar and the Transplant team at Papworth Hospital began Snehasish on treatment for severe heart failure. He responded well and returned to work in February 2007, phasing back to full time work by mid-2008.

This continued until the end of 2010 when things took a turn for the worse. Snehasish said: "I had to stop work and was put on the emergency transplant list. I waited over one and a half years. "On 31 May 2012 I was due to go in for a regular check-up but they called me on the way to the hospital to say there was a potential organ."

Following a successful heart transplant, Snehasish felt 'great'. He explained:

"I was very lucky, I have not had any problems and everything has gone to plan."

There is no evidence of any rejection and I've just had my five year angiography which showed no change from five years ago."

Snehasish set himself some personal targets as he was waking up from his anaesthetic. He said: "I took my anaesthetic exams which are really hard and I'm pleased to say I passed them in December 2017.


"People asked me why I put myself through the stress of exams but I felt it justified everything I had been through and maybe, to the person who let me have their organ, that I am trying to be the best that I can."

Now in the anaesthetic training programme, Snehasish has four years of training remaining. He said: "I don't think about four years in the future, I take things month by month. People ask me how I feel about working on cardiac operations at Glenfield but I have no qualms at all - it is my job. The staff at Glenfield are very supportive and I am in a very good place."




If you have one piece of advice for anyone considering signing up for Organ Donation, what would it be?

My sincerest advice would be for everyone to please consider it and consider it in good health; it is going to make a massive difference to someone. It is harder to do when you are not in good health and for family to make those decisions for you – do not wait until something happens. If you do join the register, please let everyone know so everyone around you – your nearest and dearest, your friends, your GP – spell out your wishes clearly because it is important that everyone knows.



"Start talking now
with your family
and please
sign up"



"To the person
who let me
have their
organ, I am
trying to be
the best that
I can."

To find out more about Organ Donation
and to join the register, please visit:

www.organdonation.nhs.uk



Yes I donate
ORGAN DONATION



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Can a vegan diet reduce type 2 diabetes?

The Plant Your Health study aims to see how a vegan diet affects the overall health of people with, or at risk of, type 2 diabetes. Type 2 diabetes is a serious disease which affects the body's ability to control blood sugar levels.

Lead researcher, Dr Thomas Yates of the NIHR Leicester Biomedical Research Centre, explains why a vegan diet might be helpful in reducing diabetic symptoms: "Recent research into causes of type 2 diabetes has found a strong association between a molecule in the blood, called TMAO, and increased risk of heart disease.

"TMAO is a byproduct made when certain foods, particularly animal products in the diet such as red meat, eggs and dairy, are broken down in the gut. This has been associated with an increase in plaque buildup in the arteries, which can lead to heart problems.

"Due to the increased risk of patients with type 2 diabetes also developing heart disease, research suggests that there is a connection between diet, type 2 diabetes and heart functioning."

The Plant Your Health research study uses this knowledge to explore whether a vegan diet can reduce the production of TMAO as well as improve blood sugar control in the body, and therefore reduce the risk of symptoms of type 2 diabetes.

Stavroula Argyridou is a registered dietitian and PhD researcher conducting the Plant Your Health study. She said: "During this study the participants will need to exchange what they're currently eating with vegan alternatives. We will promote a balanced diet based on a personalised approach."

Stavroula hopes to see a large drop in blood sugar levels in her participants over the eight weeks, which will help them to better manage their condition.

Before the study, participants will attend a consultation meeting with a professional dietitian and will be given individually tailored meal plans and advice.



Stavroula describes the process: "Essentially it's a free health check - several health measurements will be taken, including muscle and fat percentage, blood sugar levels and blood cholesterol levels. Everything will be closely monitored by our medical team."

Participants then engage in a fully vegan diet for a period of eight weeks and are encouraged to keep other aspects of their lifestyle, such as levels of physical activity, the same.

To find out more about the study, contact the team on **0116 258 4874** or email **PYHteam@leicester.ac.uk**



Vegetable image created by Freepik



In Leicester Diabetes Centre we have one of the largest facilities in Europe for conducting first class clinical research in diabetes.

Diabetes rates are on the increase, with almost nine per cent of the adult population in Leicester being diabetic.

Stavroula adds: "Type 2 diabetes can be developed through lifestyle choices such as low levels of physical activity, or being overweight or obese as a result of consuming more energy than we use.

"So we believe that a plant based diet may reduce the adverse effects of an unhealthy lifestyle, as we already know that fruit and vegetable consumption may reduce our risk of cardiovascular disease and type 2 diabetes."

Dr Yates elaborates on the importance of such research: "Diabetes is accountable for approximately ten per cent of the NHS budget in England and Wales, so research into ways of decreasing the prevalence of diabetes is needed to reduce the economic burden and improve the health of the nation.

In Leicester Diabetes Centre, which is based at Leicester General Hospital, we have one of the largest facilities in Europe for conducting first class clinical research in diabetes, so Leicester is leading the way on this front."

This study is funded by the National Institute of Health Research's (NIHR) Leicester Biomedical Research Centre (BRC), a partnership between Leicester's Hospitals, the University of Leicester and Loughborough University.



UNIVERSITY OF
LEICESTER



LEICESTER'S
RESEARCH



Leicester Diabetes Centre

Kate with Tom, Freddy and Ava



Kate's story

Pregnancy after cervical cancer

Cervical cancer survivor, Kate Lee (33) from Market Harborough was the first to deliver a healthy baby in Leicester after surgery to remove her cervix.

Kate shares her experience to help raise awareness of the disease and provide hope for other women in the same situation.

In November 2012 Kate went to see her doctor after she started to bleed after sex. After initial investigations, experts were anticipating to find cervical ectropion (a condition where cells from inside the cervical canal are present on the outside of the cervix) due to Kate's symptoms and age, but were surprised to find that Kate had cervical cancer.

Within 10 days Kate was referred to consultant gynaecologist Quentin Davies.

Kate explains: "I'd always gone for my smear tests and the next one wasn't due for another year, so I was shocked when Mr Davies told me and my husband that I had cervical cancer.

"We were introduced to Macmillan Nurse, Louise Boulter, who was very supportive and made sure we understood all the information we had been given."

Mr Davies presented Kate with three treatment options. He explains:

"Unfortunately cervical cancer often affects young women who have not completed their families. The more traditional treatments of radical hysterectomy or radiotherapy both effectively end fertility and could also result in the onset of the menopause. In a carefully selected group of patients it is possible to retain the potential for fertility by less radical surgery."

The most suitable treatment for her condition was a radical trachelectomy;

surgery to remove the cervix, the upper part of the vagina and lymph nodes in the pelvis.

Kate said: "My husband Tom and I had been married for 18 months at this point and we both wanted to have children. I raised my concerns with Mr Davies and was told to let my body heal before trying to get pregnant."

After waiting for 12 months, Kate and Tom started trying for their first baby and were delighted when Kate naturally fell pregnant straight away.

Kate continues: "We were over the moon to be so lucky. I know a lot of people struggle with fertility as it is, and it can be even harder following a trachelectomy. I knew it could be a difficult pregnancy and might not - ultimately - be successful, so I planned to enjoy the privilege of being pregnant."

Kate was referred to consultant

obstetrician, Penny McParland, who explained the potential risks of carrying and delivering a baby after having a radical trachelectomy. Dr McParland performed a vaginal scan to check the cervix area and prescribed progesterone to help Kate's body to develop a form of mucus plug to protect the baby from infection while in the womb.

Dr McParland explains:

"Around half of all women who try to conceive after a radical trachelectomy will become pregnant. Although there is an increased risk of late miscarriage and premature birth, the majority will give birth to a healthy baby close to full term. We have to deliver the baby by caesarean section as the surgery means that the bottom of the uterus where the cervix was removed is stitched closed.



"Kate was our first patient to deliver at Leicester after undergoing this surgery and we were all delighted that she has been able to have two healthy babies."

Kate said: "Penny was such a reassuring presence that through both pregnancies I was relaxed and enjoyed them."

Baby Freddy was born in February 2015, at 34 weeks gestation at the Royal Infirmary. Freddy spent three days on the neonatal intensive care unit, followed by five days on the ward to establish feeding.

Two years and another successful pregnancy later, Kate gave birth to daughter Ava in October 2017. Ava was born at 36 weeks gestation with fluid on her lungs and spent 24 hours on a continuous positive airway pressure machine (CPAP), which pushes air into the lungs to help them to work properly.

Ava



Women like Kate who have received a cervical cancer diagnosis could benefit from a new research programme. Please see page 22 for further information.

Kate said: "The staff at Leicester's Hospitals did an amazing job; the care I received was excellent. We are so thankful to **Mr Davies** and **Dr McParland**. What they did for us was incredible."

Ava and Freddy





We are thrilled as HRH *The Princess Royal* officially opens our Emergency Department

On Wednesday 7 March 2018, Her Royal Highness, The Princess Royal opened our Emergency Department, the newest and biggest Emergency Department in the country.



Chairman Karamjit Singh CBE said: "We were delighted to welcome Her Royal Highness to the Leicester Royal Infirmary to officially open our Emergency Department. Staff gave Her Royal Highness a tour around our purpose-built department so she could see first-hand what we have done to create a better environment in which to care for our patients.

As Patron of the Royal College of Emergency Medicine, The Princess Royal has an understanding of the challenges faced in delivering emergency care and we were pleased to show her how we have designed a building to help us tackle those challenges."

At the end of her tour Her Royal Highness met with staff, volunteers and charities that have supported our Emergency Department build, before unveiling a plaque to commemorate the occasion.



FUNDRAISING

news...

2018 is going to be an exciting year for Leicester Hospitals Charity

Leicester's Hospitals are busier than ever. Our new emergency department has been incredibly busy ever since it opened, but thanks to gifts from supporters we have been able to enhance the experience for both adults and children. We are now working hard to find further funds to support the next phase of the emergency floor, which opens in the spring.

We are planning a series of fundraising challenges and are supporting more areas of our hospitals than ever before, so your support is even more important. Read on to find out more about our 2018 plans. **And to those of you who supported us in 2017 – a huge thank you, and I hope you are able to continue to support us this year.**



Who's been fundraising for us and how have we spent the money?

Creative Triangle, a small design company based at **New Walk**, helped to raise a fantastic **£5,000**. The team of 12 underwent a year long list of activities from November, quiz nights and skydives to help raise funds specifically for the children's play specialists. This wasn't the first time they have helped our children's wards; during Christmas they donated £1,000 worth of children's toys.

Play co-ordinator, Sally Markley said: "Thank you so very much for thinking of us again, so soon after your wonderful donation at Christmas. The money will be used to deliver specialised therapeutic play sessions to the children whilst they are in the children's hospital."



Leicester City players visit children's wards over Christmas

Leicester Hospitals Charity's Debbie Adlerstein worked alongside **Leicester City Football Club** to organise a Christmas visit to our children's wards and new children's emergency department.

Everyone at Leicester Hospitals Charity and Leicester Children's Hospital would like to say a huge thank you to everyone that attended and made the day so special for some of our young patients. The players were also kind enough to donate iPads and hand out Christmas presents to all of the children and families that they met.

Diary dates for 2018



Saturday 2 June

Leicester to Skegness Bike Ride

An organised bike ride that starts at the clock tower in Leicester and finishes in Skegness. Minimum sponsorship of £100. Support vehicles and return transport available back to Leicester.



Sunday 3 June

Leicester Hospitals Charity Kidney Care Appeal Walk

A sponsored walk to help raise funds for patients who suffer from renal problems. This year the walk will be held at the Tigers Rugby Ground. The walk will consist of a mile long route around the ground with the chance to look at the areas of the stadium you wouldn't normally be allowed to see!

Saturday 9 June

Leicester Hospitals Charity Butterfly Walk

Leicester race course will once again host the Butterfly Walk. This is a fun pack day with various stalls, bouncy castles and live music. The sponsored walk consists of a 3-5 km walk around the race track to help raise money for the Glenfield Breast Care Centre.



Saturday 21 July

NHS CUP

Have you ever felt the desire to show off your football skills and represent Leicester's Hospitals? Look no further than the NHS CUP! Hosted at GOALS Leicester and will pitch our staff against Leicester Partnership Trust staff in a fight to determine who has the grit and determination to hoist the NHS CUP! We need teams of 5-7 players to sign up and each team must raise a minimum of £250 to be eligible to play.



Sunday 29 July

Ride London

A 100-mile route on closed roads through London and into Surrey's stunning countryside. The minimum sponsorship is £500. Places are very limited so please get in touch as soon as possible.



For more information about these events please contact:

Kamlesh Mistry: 0116 258 4943

or email: Kamlesh.mistry@uhl-tr.nhs.uk



THANK YOU

Heartfelt thanks

In memory of her father Gurmit Singh Gill, Katrina Gill and family raised £1,600 which was donated to the cancer and haematology wards. With the donation the wards were able to buy a wheelchair for each ward, a TV for the Retreat Room on Ward 41, IV drip stands and two walking aids all will be of great benefit to our patients. On seeing the items purchased Katrina said: "We were so pleased to see that our donation has been spent and has gone to good use. Thank you so much." We would like to thank you and your family for your kind donation.



If you would like to find out more about our current appeals please visit: www.LHCharity.org.uk



Community Conversations

Special Focus on Disability

The latest of our "Community Conversations" events was held in January at the Centre for Integrated Living (LCIL) in the West End of Leicester. LCIL is a user led organisation which works to empower disabled people and support organisations to positively respond to disability.

Non-Executive Director Ballu Patel represented the Trust Board.

We spoke to a wide range of people with disabilities who had recently used services at Leicester's Hospitals. Many reported positive experiences and there was a great deal of support for the Trust. However, some key issues emerged from our conversations, largely relating to access to our buildings.

There was concern over the limited number of disabled parking bays at all sites, but particularly the Royal Infirmary. Several people also noted the difficulty they had finding wheelchairs at our main reception areas. We have recorded these concerns which have been sent on to our Facilities team.

Other issues raised during the event included; concerns about waiting times in clinics, queries about how we raised awareness of the needs of people with disabilities with our staff and the support we provide to carers. One clear message was that people with disabilities strongly encouraged our staff to consider the whole person, not just the condition, when they deliver care.

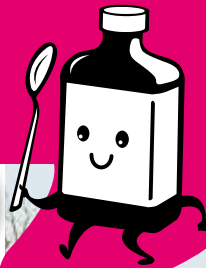
The insight of people who use our services is vital to improving what we do at Leicester's Hospitals. As such, we intend to carry on engaging with people with disabilities to ensure that we meet their needs and expectations.



If you would like to contribute to this conversation, please contact the **Patient & Public involvement team** on membershipdesk@uhl-tr.nhs.uk or telephone **0116 258 8685**.

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.

Dates for
your Diary!



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.



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.

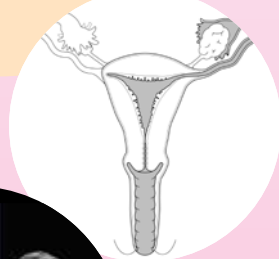


15 May

Endometriosis

Dr Tarek Gelbaya,
Consultant Gynaecologist

Endometriosis is a common condition where cells lining 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.



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

**70
YEARS**

28 June, 6 - 8 pm 70 Years of the NHS: A Special Celebration!

This special talk will cover the history of Leicester's Hospitals and the NHS through pictures, artefacts and recollections from staff and patients.

We will also be taking the opportunity to look forward to the next 70 years.

What does the future hold for Healthcare?



Join us as we look back over 70 years of the NHS
Clinical Education Centre, Leicester General Hospital

NHS70

Volunteering in 2018



Hello to all of our volunteers and welcome to another year of volunteering within Leicester's Hospitals.

With Spring fast approaching we are welcoming new opportunities and a commitment to continue to improve the experience of patients across our Trust through the involvement of volunteers.

We always like to know how patients and visitors feel about our volunteers and the best way to do that is to ask them!

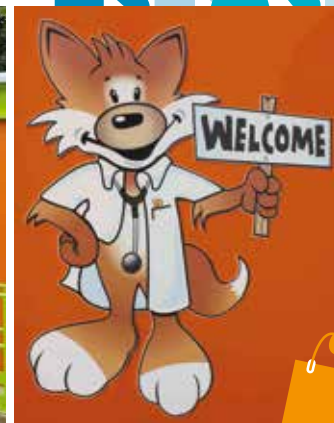
Currently our Survey volunteers are out and about around the hospitals asking people about volunteers – how they may have helped them already and if they have any ideas about how they could help in the future or how we could improve our services.

This feedback will help us to shape and improve our services to best meet the needs of the people who use our hospitals.

We are always pleased to hear from anyone who might have suggestions, ideas or feedback about any aspect of our services, please contact: volunteer.services@uhl-tr.nhs.uk

Thank you for your support, ★★

Alison Reynolds,
Volunteer Services Co-ordinator.



Leicester Hospitals Charity Shop

For our Charity Shops to succeed we need a constant supply of good quality pre-loved items to sell to our customers.

If you are having a Spring clear out or sorting through your wardrobe or cupboards please think about donating any unwanted items to us.

You can bring the items to any of the shops or to the Volunteer Services office on any of the three sites. No donation is too small and the money raised goes towards improving the patients' experience.

If you are a UK taxpayer please consider taking your donations directly to the shops during the hours they are open and take a few minutes of your time to sign up to the Gift Aid Scheme.

Gift Aid allows the charity to claim an additional 25% from the government on top of the money raised from your donations at no cost to you which can make a huge difference.

Thank you for your support.



giftaid it



Welcome to our volunteers



Gerald Brown



Volunteer Buggy Driver

"I have been a Volunteer Buggy Driver for six years now. I got involved because I didn't really have much else to do and more importantly I am a caring person and I want to help people who are less fortunate than me, to make a difference to patients when they come into hospital.

"I am doing an important job, helping patients get from A to B.

"I understand that patients often feel anxious about visiting hospital. I talk to the patients and try to take some of the worry away and hope to cheer them up with my silly sense of humour!

"I also help train new drivers and I use my communication skills and experience to help them. It is a very rewarding role.

I would recommend volunteering if you have the time and commitment - you meet lots of interesting people and the roles are very varied."



If you are interested in becoming a Volunteer Buggy Driver please contact Rosa Barron on 07921 545442.

Arlene Fitzgerald Library Volunteer



"I first volunteered when I retired. I had time on my hands and wanted to do something that made a difference.

"There were many different volunteer roles but I chose the

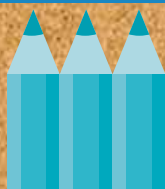
Library at Glenfield as I love books and reading, and understand how boring hospital stays can be from personal experience.

"Helping people makes you feel as though you have done something that may make their stay a little better.

"Interaction with patients and the great team I work with means there is often a lot of laughter. It is very rewarding!"



We need more library volunteers at the Royal Infirmary and General Hospital. If you would like more information please call Volunteer Services on 0116 258 7221/8868.



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SPRING 2018 together 21

Return to Work

Successful scheme is helping health professionals

The project also assists with faster recruitment and retention

In May 2016, Health Education East Midlands (HEEM) piloted a Return to Practice scheme for Allied Health Professionals (AHP) in the region.

The scheme provides funding and guidance to individuals who want to return to their professions after long periods of time out of clinical practice.

The project also assists local NHS trusts with faster recruitment and retention of these individuals, to meet the growing demands and pressures of their services where there are shortages of AHPs.

Our physiotherapy and occupational therapy teams have been involved in this project from the beginning. They have successfully supported two physiotherapists and two occupational therapists return to the Health Care Professions Council

(HCPC) register and therefore, practice.

Due to the success in the East Midlands, the scheme is now being run nationally and we continue to support returnees through supervised clinical placements across a range of specialities.

Kareena Bassan, physiotherapy practice learning lead, said:

"We are looking forward to welcoming three individuals from both professions who will be starting their supervised journey at Leicester's Hospitals over the next few months."

Sam Jansen, who has returned to practice as a physiotherapist using this scheme, explains:

"Thanks to the support of the practice learning and physiotherapy teams at Leicester's Hospitals, I have returned to work after being out of practice for nine years."

Senior physiotherapist for Musculoskeletal Outpatients, Kishan Aghada with return to practice physiotherapist, Sam Jansen.

Allied health may be defined as those health professions that are distinct from medicine and nursing, such as dietitians, occupational therapists, physiotherapists and radiographers.

Gaining ACCEPTANCE support for women with cervical cancer

Women like Kate who have received a cervical cancer diagnosis (see pages 12-13), could benefit from support from a new research programme.



£10,000 has already been raised, thanks to John Boulger, his staff at Crowndale foods, and his friends and supporters. Thanks John!

The ACCEPTANCE study is a partnership between Leicester's Hospitals, the University of Leicester and the National Centre for Sport and Exercise Medicine at Loughborough University.

Treatment of cervical cancer can lead to traumatic results, including infertility and incontinence. This new study will assist experts, gynaecological doctors and psychologists in developing methods to help these women reduce their anxiety and regain a sense of normalcy in their lives through exercise and emotional support.

Once £30,000 of additional funding has been raised, the study then hopes to recruit women from across Leicestershire who have had cervical cancer.



If you or someone you know are interested in learning more, email gynaecologyresearch@uhl-tr.nhs.uk



In Loving Memory

Emma Olubayo



Emma Jane Olubayo (Emma Mac) worked as matron for the critical care outreach team from 2016 until she sadly passed away on 26 November 2017, aged 41 years.

Emma followed in her mum, Yvette's footsteps and joined Leicester's Hospitals in 1999 as a staff nurse after qualifying from Sheffield. She joined the team on adult ICU at Glenfield Hospital and became a very popular member of staff, known by everyone on the unit and across the other hospitals.

In 2016, Emma finally landed her dream job as critical care outreach matron allowing her to utilise her skills to the maximum. She was a highly skilled critical care nurse, delivering specialised care with humility and compassion. There are many examples of patients and relatives thanking Emma for her care and compassion at the most difficult times in their lives.

Emma was also an amazing leader and believed passionately that the health and wellbeing of her staff was essential for delivering great care. Just before she died, she personally secured a significant amount of funding to ensure that the sepsis team, which she had been instrumental in setting up, would become a permanent part of the hospital. Emma has enabled a team who detect and treat patients with life threatening sepsis to continue to positively impact on so many others.

She had married Emmanuel earlier in 2017 and was looking forward to becoming a mum.

Unfortunately Emma did not get to meet her beautiful daughter Aretha who is the light that came from this tragedy.

The high esteem that she was held in by friends and colleagues was reflected in the attendance at her funeral and the money raised through crowd funding to support Aretha and Emmanuel.

Mandy Stones



On Wednesday 3 January 2018, PACU and theatres at the Royal lost a much loved and highly respected colleague.

Mandy started working in theatres in 2003 as a theatre assistant, before becoming a health care assistant in PACU. She was encouraged to follow her dream to become a nurse and was seconded in 2010. After qualifying in 2013 Mandy had a short stint on ward 24 and then returned 'home' to PACU as a staff nurse.

Mandy was kind, caring, non-judgemental and empathetic, an all-round wonderful nurse, with a passion for excellent patient care. She was instrumental in rolling out a new recovery pathway for obstetric patients and took great pride in improving care standards.

Her kind soul, great sense of humour and compassionate, loving nature will be so very greatly missed by all.



together

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On the cover:

HRH The Princess Royal with Kerry Johnston, Head of Nursing, Emergency Department

CONTACT

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

Contributors include:

Rachael Dowling, Tiffany Jones, Robert Knowles, Clare Maddison.

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...

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WIN
an Evening Spa
Experience for
two at Ragdale
Hall Spa

RAGDALE HALL

a dedicated **SPA** like no other

Ragdale Hall, in the beautiful Leicestershire countryside was recently awarded Best Destination Spa in the UK* and combines state-of-the-art technology with the charm of traditional Victorian architecture. Whether you are looking for total relaxation, me-time and pampering or to kick-start a healthier lifestyle, Ragdale Hall is the perfect choice.



T&C's NB 6.30pm arrival – 9.30pm departure. Prize valid Monday to Thursday. Travel to and from Ragdale Hall is not included. Ragdale Hall does not allow entry to any persons under the age of 16. The prize is non-transferable. The prize is valid for six months from date of letter sent to winner.

* Good Spa Awards 2017

You'll enjoy:

- **Use of all facilities**, including the NEW Rooftop Infinity Pool and Thermal Spa featuring a series of heat and water experiences, gym, numerous lounges and relaxation areas
- **A delicious two course meal** in the new Verandah Bar



www.ragdalehall.co.uk 01664 434831

COMPETITION

To enter: On what date did Her Royal Highness The Princess Royal visit our Emergency Department?

Send your answer, name and contact details to:
competitions@uhl-tr.nhs.uk Closing date is Friday 18th May 2018

Last edition's winner:
Sarah Osborne